



# Sexual Decisions: The Ultimate Teen Guide (It Happened to Me)

*Kris L. Gowen*

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## **Sexual Decisions: The Ultimate Teen Guide (It Happened to Me)** Kris L. Gowen

For teens too shy to talk to mom and dad about sex, author L. Kris Gowen offers them sound advice on a highly personal level, filling in some of the blanks in their knowledge about sex and relationships.

Specifically designed to help young adults aged 16-19 make their own decisions about sexuality, *Sexual Decisions* is not only about the facts of sexual health, but it also delves into the feelings and emotions that surround sex.

The philosophy of this book is:

- Teens have a right to ask questions and get answers.
- Teens already know a lot about sex and relationships, but not all there is to know.
- Teens are going to make decisions for themselves about sex. Having access to information can help them make better, safer decisions.
- No question should be left unanswered.

The information included in this book is relevant to the lives of teens but includes topics that are not often discussed. It provides an education about sex that is practical, and gives teens a sense of what is going on "out there"—in other people and the worlds of research and politics—as well as inside themselves.

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