



Sexual Health: Understanding Your Body's Changes (Hardback)

By Serena Gander-howser

Rosen Central, United States, 2012. Hardback. Condition: New. Language: English . Brand New Book. Puberty is the time in life when a young person starts to become sexually mature. This "survival guide" describes the physical and emotional changes that boys and girls go through during puberty, the biological reasons for these changes, and the brand-new health and hygiene issues they will face as they grow. Tweens and teens are given solid information about what changes in the body are normal and expected, as well as how to identify health issues that might be a problem. A sense of competence and confidence about handling personal hygiene, and a sense of responsibility for protecting their own health and well-being, will be instilled in readers. Content fulfills National Health Education Standards.

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