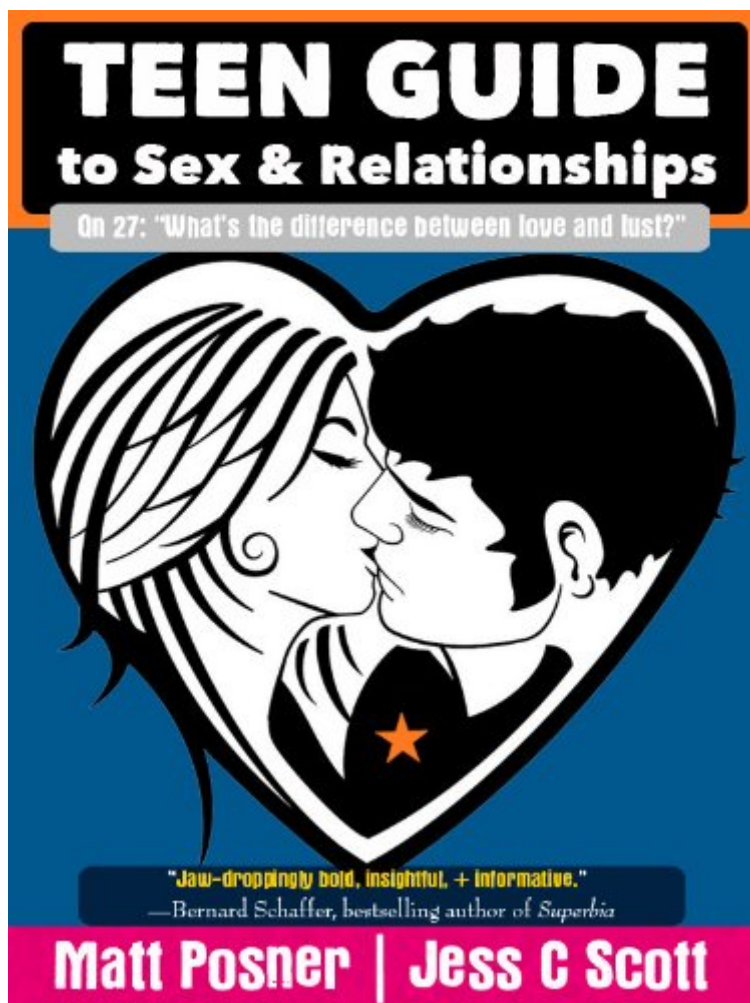


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# Teen Guide To Sex And Relationships



## Synopsis

Teen Guide answers the important and confusing questions young people have about their bodies and their hearts. It's an advice book from two authors who care about young people and want to help them work through the tough issues that will be on their minds as they move through an emotionally complex time of their lives. Every question is answered in a conversational way, as if the author were sitting next to you speaking from the heart. Co-authored by Matt Posner and Jess C Scott. Genre: Teen Health/Sexuality | 75,000 words

MATT and JESS answer questions about:

- \* Love vs. Lust
- \* Looks vs. Personality
- \* Whether you should have sex
- \* How important money is in a relationship
- \* Pornography (separating reality from fantasy)
- \* Sexual Orientation (is it okay to be "gay"?)

...and more

**About the Authors:**

**Matt's Bio:** Matt is an NYC teacher who's willing to make controversial statements that he thinks are in your best interest. In his own words, Teen Guide "explains what mature, adult sexuality is and provides a useful guide to entering that sexual world at the right time." He is also the author of the School of the Ages series of novels featuring America's greatest magic school.

**Jess's Bio:** Jess, a professional non-conformist, has a fresh youthful world view. Jess writes in a variety of genres including urban fantasy, young adult fiction, cyberpunk, and poetry. She's cool, supportive, and writes with both intellect and a lot of emotion. Her website is [jessINK.com/teenguide.htm](http://jessINK.com/teenguide.htm)

## Book Information

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## Customer Reviews

This book gives great advice and knowledge of what a teen might be going through and it really does help having two voices of reason.

Teaching kids "the facts of life" went out of style with petticoats and bow ties. We, as adults, owe our kids more than dry diagrams of fallopian tubes and coy descriptions of secondary sex characteristics. The time for evading the issue and whispering about sex is over. Kids deserve to be given the lowdown. Teenage kids have active sex lives. Anyone who thinks they don't or shouldn't has his or her head in the sand. Matt Posner and Jess Scott have taken our adult obligation to heart and together have written a lively and candid manual which teaches teenagers ALL about sex: How to go about it and how not to. How to enjoy sex and not put one's self or a partner in danger. How to take sex seriously enough not to waste it. How not to scoff at gayness and to tolerate all forms of alternative sexuality. Every hurdle kids might encounter in their sex lives is covered. This book is frank. But it is also discreet. It's well written and engaging. Anyone who owns or knows a teenager should buy this book for them as a present. The kid might blush bright scarlet. But after he or she has read this comprehensive book, written for teenagers in a language they can readily understand and even enjoy, the youngster will be thanking whoever gifted them with the book for many a year to come.

This is a very comprehensive guide to sex and communication, covering every aspect of romantic relationships. The authors speak to the reader in a comfortable, friendly tone. Reading the book is like having a down-to-earth chat with a best friend. The sections on how to be a good lover are especially helpful, as is the suggestion that talking about sex is very important, an acknowledgment that we can only get our needs met if we say what works for us and what doesn't. I especially appreciated the focus on considering your partner's feelings, and the inclusion of specific moves to help your partner experience the most sexual pleasure he/she possibly can. The authors write very knowledgably about the subject, and offer countless ideas and suggestions for making this sometimes frightening and confusing aspect of life much easier to navigate. I highly recommend this book for every teen. Katherine Mayfield Author,Ã Â The Box of Daughter: Overcoming a Legacy of

## Emotional Abuse - A Memoir

Teen Guide to Sex and Relationships is a well-written, informative, wide-ranging discussion of a large number of topics that teens will find very interesting. I imagine a lot of teens wish they understood more about the mechanics of sex while a teenager, even if they are determined to be abstinent at that age. No one can fault a teenager for having a healthy curiosity. The book devotes a large number of paragraphs to the mechanics of having sex, including basic sexual positions, how to use a condom, a few basic techniques for how to masturbate. My impression is that this book will appeal to teenagers and will be a book they purchase for themselves. It may also appeal to parents who wish to prepare for conversations with their teens about these subjects. The book has two authors and features alternating passages in which the authors share their thoughts about various topics. One of the authors, Matt Posner, identifies himself as a left-leaning moderate. He also says "Abstinence ... is the wisest decision for a teen to make ...." I really liked Posner's comment: "If you want to prove you're a man, get a job." (In other words, don't give into pressure from other guys to have sex just to prove something.) Jess C. Scott, the other co-author, is also the author of a "blog/IM" novel titled "EyeLeash," about a teenage couple that decides to be "friends-with-benefits." She says at the outset that during some portion of her teenage experience she viewed casual sex as a fun thing to do. I particularly enjoyed the portion of the book related to communicating to another person that you like him/her and want to get to know the other person, etc. I also enjoyed the part about healthy relationships, dealing with jealousy and making relationships last. I wish those chapters were at the beginning, where teens might be more likely to absorb them, rather than in the second half of the book. The book has a long and interesting discussion of what it means to be gay, to have gay acquaintances, to be in the closet, bi-sexual, open to experimentation, etc. Various methods of birth control are discussed. I believe the authors may not have stressed enough how ineffective condoms can be in preventing pregnancy. The authors seem somewhat ambivalent on the subject of whether a teen should have sex during the teenage years. They do a good job about explaining the pros and cons, but they certainly don't preach or teach total abstinence, or share many stories of how a particular person saved himself or herself for a future marriage partner and felt good about the decision. They list a few celebrities who announced that they had been abstinent, but they give the impression that abstinence is unusual and a difficult challenge for the average person. A typical remark is "I would recommend that you wait until you are finished with school and that you wait until you have found a person you feel you can be in a long relationship with." Jess Scott, seems to be more left-leaning than Posner. For example, she says, "The concept

of virginity can sometimes be taken to extremes. 'Good' girls are expected to be virgins till they get married." In another paragraph she says it is "fine" to be abstinent (she doesn't say "admirable" or "the best option"). In another paragraph she uses the words "complete repression" in relation to abstinence. I imagine some teens who choose abstinence do not feel they are repressing their sexuality, exactly. Perhaps they are saving it for a special occasion in the future, so abstinence is more a joyful aspect of their life rather than an unpleasant, sacrificial one. When the authors talk about teenage relationships, I wish they would emphasize that a teenage couple can have a profound bond while still avoiding teenage sexual activity. A longer discussion of various ways young couples could express their affection for each other without sex would have been nice. For example, I heard of a teenage couple that bought each other pajamas for Christmas, and I thought they had found a clever and platonic way to express their affection for each other. I'm sure there are many teenagers who will appreciate the frank and informative nature of this book and who will benefit in many ways from its insights. I give the book 5 stars due to the quality of the writing.

Let me just say, I wish Matt had written this book 10 years ago so that I could have shared it with my eldest son! He and Jess really did hit every topic, it is also refreshing to have them talk about gay relationships without making it the mockery so many people do these days! The guide approaches the subject(s) in such a way as not to make the reader uncomfortable; let's face it, sex at any age can be confusing as hell. The guide delves not only into the mechanics of sex but practicing safe sex as well. I did recently see a review where the reviewer seemed to be chastising the authors for not pushing abstinence; really?!?! Did you not get the point of the book? Teenagers hormones are already so far out of whack that a lot of times the act of sex is an afterthought. Matt and Jess have produced a guide to assist with key points like safe sex, protecting yourself AND your partner, taking care of business the right way and building healthy relationships just to mention a few. Matt and Jess are informative, open and honest. We have ourselves another great one from Mr. Posner, I expected nothing less!  $\hat{f}$   $\hat{A}$ <sup>o</sup>

I'm a teen, 17 although I know mainly everything talked about I would recommend this to a teen this is ready and mature brought to really (REALLY) learn about sex and sexually. Parents warning very descriptive. Overall enjoyed it!

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