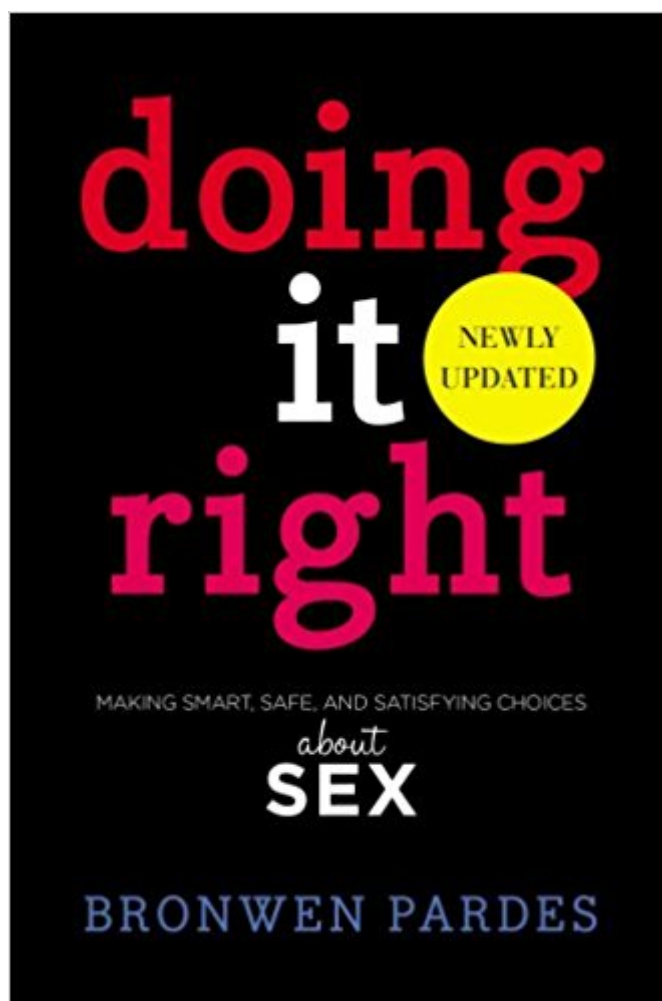


The book was found

Doing It Right: Making Smart, Safe, And Satisfying Choices About Sex



Synopsis

>Enjoy responsibly. Sex. Sometimes it feels like everybody's doing it. Maybe you are. Maybe you're thinking about it. Maybe it's years away. Whatever. You need to be ready -- in your head, and down there. You have to know the right stuff in order to do it. Got questions? Who doesn't. "The Sex Lady" will break it down for you. • Does size matter? • How do you prevent STDs? • What birth control options are there? • If someone says they're a virgin, what does that mean? • Am I ready? Am I normal? The more you know, the easier it is to make safe -- and smart -- decisions about sex.

Book Information

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Customer Reviews

Grade 9 Up • As a sexuality educator at middle schools, high schools, and colleges, Pardes has had her share of the experience in the trenches, and shares some of the most commonly requested information. She is up-front and honest with her audience, not shying away from topics such as anal sex, masturbation, and readiness for a sexual relationship. She strives to give teens the information they need, without judgment, to make their own decisions. She freely discusses sex without love, reproductive anatomy, transitioning as a transsexual, and sexually transmitted diseases. Because she tries to do so much in one volume, some topics, such as STDs other than HIV, are mentioned but not covered in depth. The openness of this book will be a boon to teens looking for frank discussions of sexuality and making choices. • Lynn Evarts, Sauk Prairie High School, Prairie du Sac, WI Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to the Library Binding edition.

Pardes is an HIV counselor who has led sex-ed classes in middle schools, high schools, and colleges, and she draws on her extensive experience instructing young people in this resource. An empowering, opening chapter sets the tone: "No matter what anyone tells you, what you do with your own body is up to you." Subsequent chapters, which often use a question-and-answer format based on teens' actual queries, delve into sexual anatomy, questions to consider before sex, contraception, safe-sex practices, homosexuality, masturbation, and sexual violence. Throughout, Pardes avoids a heterosexual bias, and her discussion of sexual activity is explicit and inclusive: dildos are briefly mentioned, for example. The facts are up-to-the-minute (there is a paragraph about the new vaccine against HPV), and the language is refreshingly clear, straightforward, and never judgmental. Pardes clearly defines the differences between emergency contraception (Plan B) and abortion pills as well as terms such as transvestite, transgender, and transsexual. Bolstered by excellent resource lists, this title stands out for its comprehensive, open coverage of teens' most urgent questions about sexuality. Gillian Engberg Copyright © American Library Association. All rights reserved --This text refers to the Library Binding edition.

My 17 year old daughter finished this quickly and said it was worth reading.

I bought this for my 19 year old daughter. I didn't read it cover to cover, but I did go over the book. I would recommend this to anyone who is legally old enough to have sex! It's very informative.

Bought this for my 8th grader to have and read.

Great factual information. What most kids are not going to ask about - but should know. Leave out on your bookcase for the kids to pick up and read. Might save your child from asking friend who may make up something instead of giving factual information. Adults could learn a thing or two in most cases

This book had good information and was written very non bias but I was looking for a book that was geared more towards older adults and this seems to be great for teenagers and very young adults!

There are so many sex books for teens out there. I sorted through hundreds here on . This one is great because it's non-judgmental, no religious overtones and it provides info that every teen wants

to know. I really wish I had a book like this while I was growing up. My only criticism of the book is that it is quite wordy. It might be good to get two copies (one for you and one for your teen) so that you can read it together and have discussions and motivate your teen through the reading. I could see some of the younger teens struggling to get through all of the text. If you read your copy on your time, then you can follow-up with your teen in some discussion about his/her reading. Another idea is to photocopy sections of the book and give your teen each section once a week over the course of a few weeks. We've decided to do this not only to keep our teen from being overwhelmed by a wordy book, but also so we can have discussion/Q&A each week after the reading for that week. Our teen is young and already having sex (don't ask how we found out!) so this allows us also to not include certain parts of the book that are still a bit inappropriate for him to be learning right now or things he just wouldn't be interested in (like how to handle getting your first period). All in all, it's a great book. It's rare to find a book like this that isn't too juvenile or religious and encourages healthy attitudes about sex, how it all works, and making right choices.

The book *Doing it Right: Making Smart, Safe, and Satisfying Choices About Sex* by Bronwen Pardes is an all-inclusive informational book about many of the aspects of sexuality. The book starts by saying that sex can mean different things to different people and that that must always be kept in mind. It teaches the basic anatomy of both the male and female in order to make the topics easier to understand. The book goes on to talk about sexually transmitted infections and diseases along with their symptoms, treatments, and testing. Also it talks about contraception and birth control and also distinguishes which kinds protect against STI's and which ones do not. The book talks about all the different kinds of sexual orientation such as gay, lesbian, bisexual, and transsexual. It then goes on to talk about transgendered people and people who are questioning their gender. It also talks about masturbation and covers a lot of commonly used slang with regards to sexuality in order to help the reader understand what other people are talking about. It then talks about a more serious topic in rape, and talks about the feelings you may experience if you have been raped and what kind of help you can seek. A very cool part of this book is that it supplies resources at the end of it for people who are interested in learning more about any of the topics. The resources are sprinkled throughout the book where the topic is covered but there is also a chapter at the end of the book that has all of the resources listed and organized by topic. This is so important because this book is aimed at teenagers which can be a very confusing time in growing up. With these extra resources teens can arm themselves with more information on things that interest, concern, or just plain confused them about sexuality. As far as accuracy is concerned I would say this book is very accurate and much of

the information in the book is the same as what we have discussed and learned in class. Much of the information in the book is also consistent with the information in our textbook just in a little less detail. *Doing it Right* is less technical but more personal than our textbook. It talks more about what teens want to know about rather than just the scientific side of everything. This book talks about topics that the textbook gives little insight into such as anal sex and mutual masturbation, among other things. Although the book is less detailed the accuracy is spot on. The information given in Pardes' book matches up directly with the information in our textbook. It just gives the information in a more condensed version with an easier vocabulary to understand. This book shows sexuality in a very positive light. It makes everything about sexuality seem normal even if it may go against what society views as right or normal. It talks about how just about everything is normal because if it turns you on sexually it is probably a good and ok thing to do. The question and answer format of the book is very useful and covers a lot of questions that teens would have and helps give a positive answer to all the questions. One important thing that the book stresses is that the choice is always yours. When it comes to being sexual or not it says the choice is yours and nobody else's. It also stresses that nobody else can tell you what to do or not to do with regards to sex as long as it is within the law of the state you are in. It always also stresses that sexuality isn't about what you want to do in bed but who you want to do it with. The book is so positive about sexuality which is great for the people that it is targeted towards. Because it is targeted towards teens it makes this confusing time in their lives less confusing and stressful. It makes it something that can be embraced and understood fully while you are going through it. Pardes' book is overall a very positive and accurate book about sexuality that is perfect for the target audience and even those above its target audience. As a college student I even enjoyed reading it, especially the question and answer sections that answers many questions I had or may have had at one time in my life.

Pardes (dubbed 'The Sex Lady' by her students) has a superb "voice" for dishing sex advice to adolescents. As a middle school teacher, I know all too well how difficult it can be to strike the right tone in talking to pre-teens and teens. If you talk to them too simply, they think (rightly so) that you're patronizing them; if you talk to them as you would an adult, then their eyes glaze over and all is lost. It is a fine line. What is remarkable about *Doing It Right* is that Pardes achieves that delicate balance by talking to this age group in a way that is neither condescending nor complicated -- she just gives her readers the facts on sex matters in a manner that is down-to-earth, unbiased, and often funny. For young adults who read this book, not only will *Doing it Right* be an important source of information on some of the biggest issues they face today, but even more importantly, Pardes'

accessible writing style will read like a candid conversation with the cool big sister they wish they had.

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Guide to Making Right Choices: Your Life God's Way

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