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Puberty is one of the most exciting and confusing times in a young person's life. That's why the Family Planning Council created *Puberty's Wild Ride: The Ups and Down, Ins and Outs, Zigs and Zags of Growing Up* — a book for teens and their parents with 60 short articles on the topics that really matter to adolescents: their changing bodies, growing minds, friends and family, sexuality and safety, school and community. Opposite each article is a suggested activity that encourages further exploration of the topic. Find out about emergency contraception, body image, internet safety, texting, peer pressure, fitness, violence, family crisis, stress and much more. Updated and revised for 2010, with new articles about online communities and posting or sending photos that could pose a problem.

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Questions?
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