



A Young Woman's Survival Guide

From Brand: Health Initiatives For Youth

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An incredible resource for young women (and older folks too!), profusely illustrated and extremely user-friendly. Chapters include: “Relationships & Sexuality”; “Anatomy & Menstruation”; “STDs, HIV & Hepatitis”; “Birth Control, Safer Sex & Abortion”; “Young Women”, “Pregnancy & Good Health”; Nutrition, Sports & Fitness”; “Abuse & Self-Defense”; “Alcohol, Drugs & Cigarettes”; “How To Be Your Own Advocate”; and a massive resources guide—this is the real deal. Start dealing with it, and buy it for those who aren't. Essential. And now in a new, updated, revised, and expanded second edition.

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