

# From Your Doctor To You

WHAT EVERY TEENAGE GIRL SHOULD KNOW  
ABOUT HER BODY, SEX, STDs AND CONTRACEPTION



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Fatu Forna

From Your Doctor To You: What every teenage girl should know about her body, sex, STDs and contraception



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Sex, STDs, and contraception are challenging but necessary topics of debate between parents and their daughters. It really is from your doctor for you, includes real life pictures, discusses what things to expect during that 1st gynecology visit, and contains what every teenage lady should know as they develop into adulthood. This book is compiled by a gynecologist, possesses frank medical tips given in an easy to read, and unbiased way to encourage teenage ladies and their parents to start, or continue discussions about their bodies, sex, STDs, and contraception.



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"30% of US teenagers have had sex by age sixteen, most young people have sex for the first time at age seventeen, twenty million people get an STD every year and most of the are young people between your ages of fifteen and twenty-four. Five Stars Superb resource for teens and youthful women. This book is a great resource for parents who want to educate themselves along the way of educating their daughters, for parents who are shy about discussing these topics and want reliable information for their daughters, and for other health professionals who educate teens. It's compiled by an actual MD in ob/gyn practice, with daughters, who has additional specialty training and professional encounter in matters of STDs and sexual wellness. You can't have better credentials than that. Informative descriptive true to life exposure all issues a girl must know.. It's created in straightforward language, has helpful illustrations, is inclusive of different view points and properly respects the parental role in decision producing. We highly encourage you to have a look also. I would love to share this with my groupings on I saw this book. It tells the true story. I would want to talk about this with my organizations on FB Great source for teens and parents Great overview for teens and their parents. You wonder about the accuracy of whatever information they circulate among themselves. " If you are a mom like me, or aunt The statistics are real and eye-opening .. .... "If you're a mother like me personally, or aunt, or grandmother or any various other adult playing a job in the life of growing kids, you are most likely really paying attention. For me personally, the take home message is that children are discussing sexuality extremely early in their teens. A design to describe topics. Good sense advice and easy to read details. This book is a great resource for parents who would like to educate themselves in . You want we had a chance, the responsible adults in their lives, to ensure they have all of the facts and know the truth. It was very refreshing for me to come across this book by Dr. Fatu Forna, an Obstetrician and Gynecologist, and also mother to 3 daughters and 1 son.. In her 5-chapter book, she reviews what every child ought to know because they approach puberty, about their changing body, sexuality, sexually transmitted diseases, pregnancy and contraception, and viewing their gynecologist. She uses real life images to illustrate the genital organs in healthy and diseased claims. She uses a Q & In each section, she adds a highlight, "FROM YOUR OWN Doctor FOR YOU," which is the take home message that the reader can grasp also if just looking in a hurry. The writing is definitely engaging and provokes dialogue, so much so that a young teenager could review with a mother or father. The effectiveness of this book is that it gives so very much detail without becoming just another text book. I certainly intend to keep this publication in my own family library and will refer to it, to educate the young people in my own life as they get older. Five Stars This is an excellent book to greatly help parents educate their teenagers about sex, STDs and contraception. Readable and understand..



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