



Me, Myself and I: All About Sex and Puberty

Books Reviewed:

[Me, Myself and I: All About Sex and Puberty](#) [1]

Issue:

[183](#) [2]

Reviewer:

[Sue Unstead](#) [3]

Editor's Choice:

off

Media type:

Book

BfK Rating:

3

A straightforward guide to the rollercoaster ride of physical and emotional changes that herald puberty. Information and advice is presented in a clear and direct tone, with any risk of earnestness punctured by regular injections of humour through the cartoon illustrations. The text is broken up by fact boxes (Check it out), question and answer sections (Top Tips), Blogs (supposedly by real teenagers but sounding more like the Editor), and Quizzes. Separate chapters focus on the changes that affect girls and boys, before tackling the subjects of sex, contraception and STIs. There are plenty of positive messages about keeping healthy, both physically and mentally, but the tone occasionally becomes hectoring, although it never falls into the trap of trying too hard to be cool. A useful end section includes a glossary and list of websites that can provide further information. Accessible and uncontentious, this would prove a useful resource for use in schools and for parents of teenagers.

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