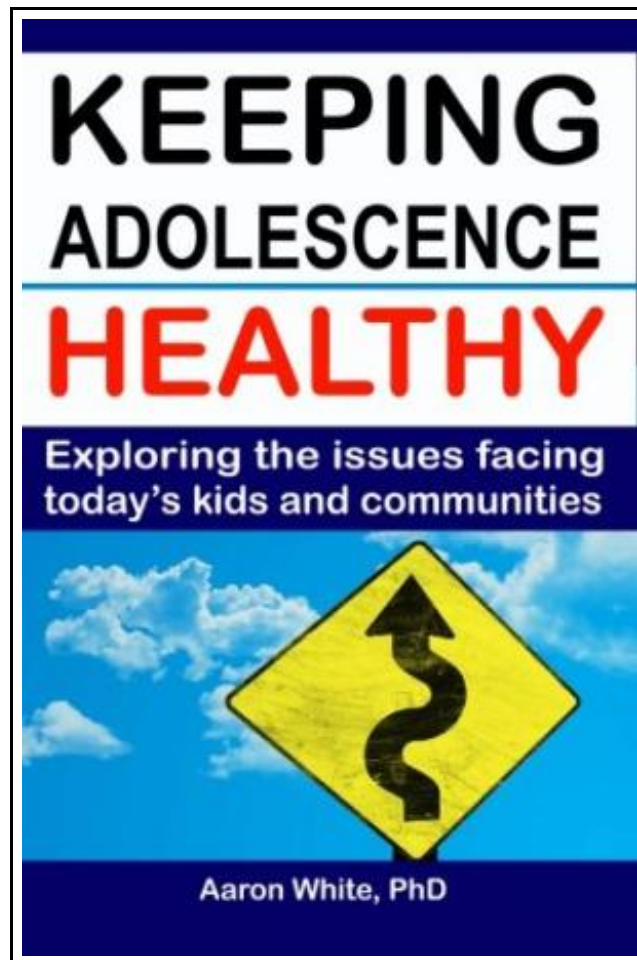


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KEEPING ADOLESCENCE HEALTHY: EXPLORING THE ISSUES FACING TODAY S KIDS AND COMMUNITIES



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Booksurge Publishing, United States, 2008. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.During the teenage years we are molded into young adults by interactions with the world around us. For today s teens, the world includes a high level of violence, pressure to look good even if it requires surgery, easy access to drugs and alcohol, prescription medications, fast food, videogames, and the list goes on. In this compelling and highly informative book, Dr. White explores adolescence and examines what research tells us about how factors like videogames, school violence, bullying, alcohol, drugs and diet influence how kids think, feel and act, as well as how adults can help protect teens from common pitfalls and influence their development in positive ways. Chapter 1: What is adolescence and why is it so important? -- Explores what adolescence is, why it happens and what normal adolescence tends to look like. Chapter 2: Looking good at any cost - The pressure kids are under to attain aesthetic perfection -- Examines the impact of magazines, TV and other media on body image. Discusses plastic surgery among teens and how adults can help teens cope with the pressure to look perfect. Chapter 3: Diet, exercise and relaxation - What does it mean to be a fit teen? -- Discusses what it means to be physically healthy during adolescence. Explores healthy food choices, vending machines in public schools, eating disorders, relaxation and other topics. Chapter 4: The toxic effects of videogame violence on kids and communities -- Looks at the impact of virtual violence on real thoughts, feelings and behaviors, and explores ways to help kids make healthy decisions around gaming. Chapter 5: School violence - Bullying, shootings and what can be done about it...



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