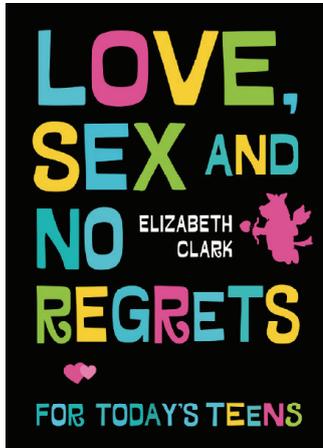


# Love, Sex and No Regrets

## for Today's Teens Elizabeth Clark

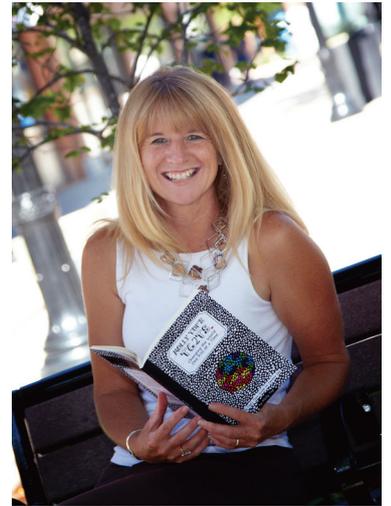


## Let's start the conversation.

### Helping your teen deal with their love life!

This is the book we would have loved to have been given in our late teens. A clear-eyed and honest discussion about what you might experience in your first serious (and perhaps sexual) relationship.

Elizabeth Clark, the author of *Love, Sex and No Regrets for Today's Teens*, is a highly respected counsellor who has worked with teens from all walks of life for 30 years.



Elizabeth writes: 'Surveys of teens say they wish their parents would talk to them more about sex. Really. With all their access to everything sexual, why would they care what you had to say? Because most of the stuff they are hearing from movies or TV and porn are fantasies being sold to them as truth. And when they try and emulate these fantasies in real life, they are terribly disappointed and often injured by the experience.'

In *Love, Sex and No Regrets for Today's Teens*, Elizabeth has created Hannah, a 19-year-old girl, as the narrator of this remarkable discussion about navigating the joys, pitfalls and disappointments of early sexual experiences.

How does Hannah's age group feel about the whole topic of sex?

*'Most of our sex education came from porn stars, not our parents. We've been on our own, drowning in the cyber-sexual world. Unfortunately porn became our model for sexuality when our parents handed us our phones, computers and tablets.'*

*'Many of us have been using the lies of porn as a model for real sex, especially the lie that we should be emotionally disconnected when we are being sexual.'*

*'Sexuality is for when you are old enough, and mature enough, healed enough to know how to say 'No .... and to know when your partner is saying 'No '.*

Whether you approve or not, teens are being confronted with more sexual images and situations than often they can handle. They need to know how to deal with what they see and what they feel. They need the same sort of guidance given to them when they were learning to talk or starting school.

This book will help you start that conversation.

### Media

Elizabeth Clark is based in Colorado USA, and is keen to fit in with our time zones. **To receive a review copy or arrange an interview, contact Sarah Blundell on 0405 760090 ([sarah@finch.com.au](mailto:sarah@finch.com.au)) or Rex Finch on 0418 690263 ([rex@finch.com.au](mailto:rex@finch.com.au)).**