

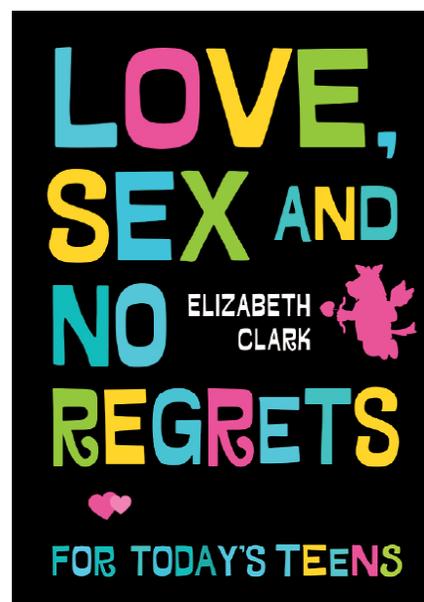


Love, Sex and No Regrets for Today's Teens

Elizabeth Clark with **Foreword by Steve Biddulph**

BOOK INFORMATION

Title:	<i>Love, Sex and No Regrets for Today's Teens</i>
Author:	Elizabeth Clark
ISBN:	978 1925048 889
Format:	Paperback, 96 pp, 235 x 155mm + black and white photos
Price:	\$16.99
Date:	1 May 2017



A counsellor of teens for nearly thirty years based in Colorado, USA, Elizabeth Clark was driven to create this book for parents – so that they had something they could pass on to their teen and (ideally) have a tool for initiating discussions on sensitive topics. In her research with teens and their world, she became even more aware of how things have changed for teens in the last ten years. Internet access to porn with its emotional disconnection in sexual encounters and distorted depictions of sexuality has led to a whole range of disturbing consequences.

In this important book, Elizabeth has devised a unique and very effective approach that speaks frankly to the younger reader without condescension or judgement. She has created a nineteen-year-old girl as the book's narrator. She warns and educates in a style teens will read far more readily than conventional, nonfiction self-help books. In this way, her narrator discusses privately and openly what she has learnt about attraction, feeling sexual, setting limits, abusive situations, respecting yourself and much more.

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 and TV and porn are fantasies being sold to them as truths. And when they try and emulate these fantasies in real life, they are terribly disappointed and often injured by the experience. Most of them cannot put words to this. Most of them believe this is as good as it gets. Most of them silently think something is wrong with them because they are terrified or simply not enjoying it. I have known many barely eighteen-year-old girls who apathetically say they are finished with sexuality.'

Elizabeth encourages parents to read the book. 'You can use the information to start discussions. You can also give the book to your teen when you feel they are ready.' She says that they actually want to talk to us but find it hard. The answer, she has found, is to begin with small steps. First of all you need to create an opening. Ask them, as casually as you can, 'So, what is going on in your love life?' Love is a more respectful term to use than 'sex life'.

'Elizabeth Clark is the very best sex educator in the world. Her writing on this subject knows no peer. She is especially interested in what parents can do during the sexual awakening years of their children.'
– Steve Biddulph

Important points From 'Love, Sex and No Regrets for Today's Teens'

A SILVER LINING!

'Please know there is very, very good news. I found that simply telling kids about the miseducation of porn, and about the truth of real, healthy sexuality is enough. Our kids are very fast learners. They are very motivated to have good sex lives. This is the great news.'

'The hard news is that we may have to be talking to our kids about sexuality before it is developmentally appropriate. This is because so many of them and/or their peers are exposed to sexually explicit material far before they are sexually mature. I promise that a small bit of information when they are young, and a bit more when they hit adolescence can take care of most of the problems that occur due to the access to the cyber world. This won't take care of all the problems associated with teen sexuality, but it does help them with their miseducation.'

VIEWS ON EDUCATION

'In this book I have taken into account the many varied beliefs around sex education while keeping in mind that 93% of us did not wait until marriage to have sex, that 80+% of nineteen year olds have had sex, that our teens' have constant access to internet porn, and that sexuality is often confusing and disappointing and complicated for adults as well as teens.'

'Even though there are many differing opinions on sexual education, we all hope our kids will delay sex and be healthy and safe both physically and emotionally. Some parents believe explicit sex education will lead teens to enter into sexuality before it is appropriate. There are those who think educating them fully will lead them to making better decisions. I am sure there are teens who do well and poorly with both options.'

MEDIA & MARKETING

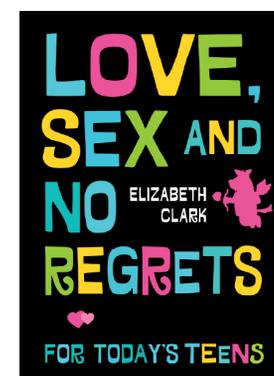
Elizabeth Clark will be conducting print and radio interviews online and via email concerning young people and the Internet.

The book will be vigorously cross promoted by leading parenting writer and speaker Steve Biddulph on his 2017 tour.

Marketing to senior secondary schools nationally.

Foreword by Steve Biddulph

'This is the book I wish I had when I was a teen. Entertaining, honest, informative and empowering, [it] demystifies love, sex and everything in between.'
- Daria Snadowsky, author of *Anatomy of a Boyfriend*



ABOUT THE AUTHOR

Elizabeth Clark is a counsellor specialising in teens from all walks of life. She has been a therapist for almost thirty years.