

# Adolescent Resources

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## Lending Library Books/Resources for Parents and Kids

### Pre Adolescent

*Ready, Set, Grow!: A What's Happening to My Body? Book for Younger Girls; Lynda Madaras*

*On Your Mark, Get Set, Grow!: A "What's Happening to My Body?" Book for Younger Boys; Lynda Madaras*

### Early Adolescence

*Get out of my life; Anthony Wolfe Ph.D*

*The Care & Keeping of You: The Body Book for Girls (American Girl Library); Valerie Schaefer*

*What's Going on Down There?: Answers to Questions Boys Find Hard to Ask; Karen Gravelle*

### Late Adolescence

*Get out of my life; Anthony Wolfe Ph.D*

*Escaping the Endless Adolescence:How We Can Help Our Teenagers Grow Up Before They Grow Old;Joseph P. Allen, Claudia W. Allen.*

*I Wanna Be Sedated: 30 Writers on Parenting Teenagers; Faith Conlon*

## Web Resources for Parents and Teens

[www.cdc.gov/injury/index.html](http://www.cdc.gov/injury/index.html)

[www.cdc.gov/HealthyYouth/healthtopics/index.htm](http://www.cdc.gov/HealthyYouth/healthtopics/index.htm)

[www.kidshealth.org](http://www.kidshealth.org)

[www.kidshealth.org/teen/](http://www.kidshealth.org/teen/)

[www.healthychildren.org](http://www.healthychildren.org)