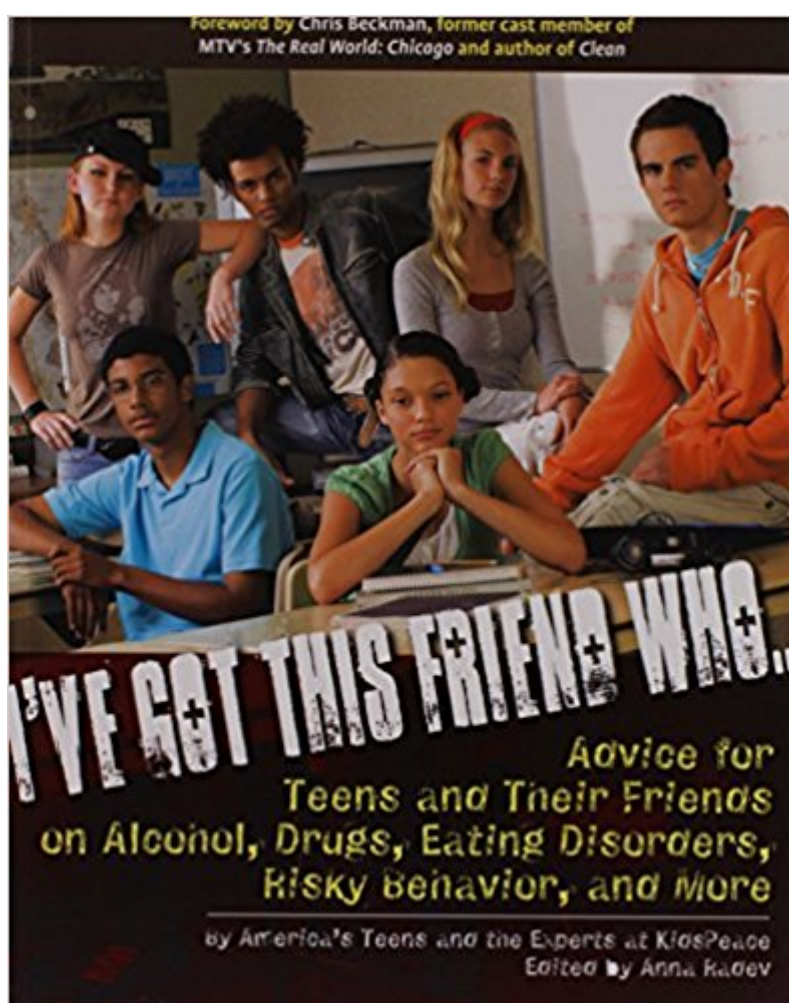


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# I've Got This Friend Who: Advice For Teens And Their Friends On Alcohol, Drugs, Eating Disorders, Risky Behavior And More



## Synopsis

Personal stories, fast facts and self-tests help young readers recognize when a friend or family member is in trouble, identify and seek help for their own issues, and practice self-care to avoid feeling overwhelmed by others' problems. This interactive book helps teens handle difficult issues: alcohol or other drug use, depression, eating disorders, and more. Personal stories, fast facts and self-tests help young readers recognize when a friend or family member is in trouble, identify and seek help for their own issues, and practice self-care to avoid feeling overwhelmed by others' problems.

## Book Information

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## Customer Reviews

KidsPeace, a nonprofit organization based in Bethlehem, Pennsylvania, serves children and families in crisis through numerous program and services. TeenCentral.net, a unique Web site operated by KidsPeace, connects teens with problem-solving resources nationwide and appropriate advice from trained counselors.

Ask a teenager who they would rather have advice from, their friends, or the adults in their lives, and you know they are going to say their friends. It's what we all did, and I can live with that. But how many friends have the answers to everything a teen could be wondering about? Sometimes it takes a group of friends to find the answers. In "I've Got This Friend Who..." edited by Anna Radev, a panel of six teens share their experiences, their knowledge, and their approaches to life and its many challenges. If there is a question about it, the answers are likely in this book. The hottest topics

of drugs, smoking, alcohol, eating disorders, self injurious and high risk behaviors are thoroughly explored and discussed from a teen's perspective. Why do people smoke? What makes you an alcoholic? How can you control the urges of addiction? Why would someone not eat? How does hurting yourself affect you? What do you do when your friends are headed for serious trouble? The best solutions are always found with knowledge of the who, what, when, where and why. Coming from the words of other teenagers, the advice here is most valuable. Imagine a group of young adults hanging out and discussing whatever is going on. The questions that come up are asked with curiosity but also with great importance and interest since things might be very personally and hugely influential in their lives. One might have an eating disorder and have first hand experience with why this occurs. One might have a parent who is an alcoholic and is concerned that it is hereditary. Someone's best friend might be considering having sex, while another friend might be cutting herself with a razor blade. The discussions in the book are broken down into six chapters, focusing on these topics. Each chapter is like a panel chat-fest and includes sidebars of important facts and information while the teens discuss the real life ramifications. What results is an advice source for readers whose friends might not have all the answers. There are times when the information sharing seems a little forced; like a teen just wouldn't answer in such a fact based way, but the answers provided are worth that risk. I highly recommend having this book around the house. Most readers won't sit through the entire book all at once, but will refer back to it when a situation arises in their lives. Full of additional resources like websites and hotlines, it is an interactive tool as well. The people behind the book are well versed in helping teens: KidsPeace is a 125 year old national children's crisis charity dedicated to giving hope, help, and healing to children facing crisis. This is a must have for teens everywhere.

Written by teens for teens, I've Got This Friend Who... Advice for Teens and Their Friends on Alcohol, Drugs, Eating Disorders, Risky Behavior, and More lives up to its title. The creation of KidsPeace, an international charity that has worked for 125 years to help kids and teenagers avoid and overcome crises, I've Got This Friend Who... is written in straightforward dialogue format - essentially a frank and honest conversation. "Considering cigarettes or chew a reward and treat after working hard or doing well at school or at work and making time to take a break and treat yourself is a dead giveaway [of addiction]. If you aren't addicted, you wouldn't treat yourself that way. You might go to a movie or have a piece of cake instead." Chapters cover topics such as illegal drugs, eating disorders, self-injury behavior (a.k.a. "cutting"), unprotected sex, and much more. The teens speaking out in I've Got This Friend Who... know what they're talking about - they

back up their honest insights with cold, hard facts, definitions, and lists of medical problems associated with risky behavior. Additional tips for teens struggling to cope, from what to say when being pressured to smoke to the do's and don'ts of how to react if one learns a friend is self-injuring, round out this solid straight-talk guide. A "must-have" for school and public libraries especially.

I'VE GOT THIS FRIEND WHO... is a well written handbook for teens to help their peers with issues of alcohol, tobacco, inhalants, drugs, eating disorders, self-injury and suicide, risky behavior and unsafe sex. Each topic has its own chapter that includes up-to-date statistics and resources specific to the topic. The topics were the frequently selected concerns by those kids who logged on to TeenCentral.net. The book is set up as a discussion among six fictional teens each with different backgrounds, ages, personalities, and points of view. They explore each topic and offer advice on what teens can do to identify and help other teens with these problems, without blame. They also offer suggestions of how to say "NO" without losing face in group settings. Self-esteem issues and peer pressure are also discussed. This book is more geared for those teens who might be exploring, thinking about, or who are in situations concerning these topics. This is a great book for teens. It has an easy to read format and excellent explanations on each topic. For you parents, this is a must read! You need the background information and support sources it has to make those talks with your teen meaningful. Anyone who works with teens should read this for those same reasons also!

I bought this book for my teen son when we were living through a divorce. It was a good read resource for him. I read it also and found it helpful. Recommend.

This is great book to facilitate discussion of risky behavior between parents and children.

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