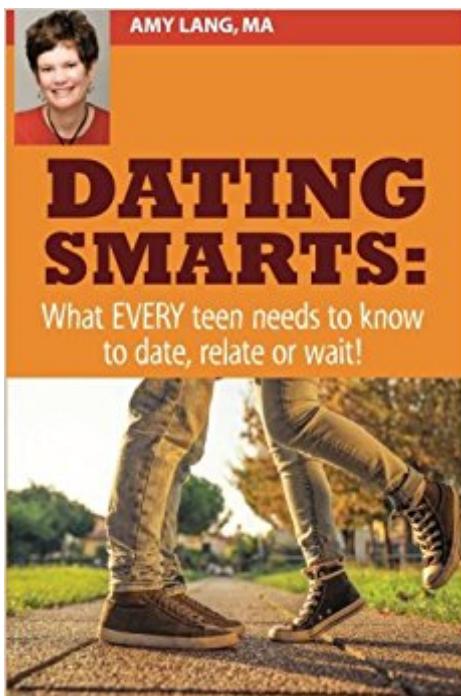


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# Dating Smarts - What Every Teen Needs To Date, Relate Or Wait



## Synopsis

Dating. Relationships. Sex. Is there any part of life you find more confusing? Your parents and the other adults in your life probably try to talk to you about all this but fall far short of being truly helpful. Honestly, they are just as baffled and confused as you are about this part of life and this is one of many reasons they do such terrible job of talking to you about it. *Dating Smarts* tells teens just like you the truth about dating, relationships and sex and gives you practical, real-world tips and support so you can be a kick-ass boyfriend or girlfriend. Telling kids to “wait” to have sex is just about as helpful as telling a cloud not to rain or the sun not to shine. Eventually almost everyone has sex and what you really need to know is how to navigate your way to your first time feeling confident, comfortable and clear about it. *Dating Smarts* will guide you through all the areas of dating and relationships you need to know and understand before making this big decision.

You’ll learn: When and how you will know the time is right for you! Other people’s first time experiences All about dating from how to ask someone out to how to kindly say “no” if someone asks you out to how to safely escape from a terrible date All the elements of healthy relationships so you know what to expect The signs that show your relationship is unhealthy and how to leave Your values about sex, dating and relationships What a healthy vagina and penis should look like Practical, basic information about sexually transmitted diseases and birth control What gay, straight, bisexual and transgender really mean Where to get help if you need it plus other great resources to keep you on top of the dating and relationship game Short and to the point, *Dating Smarts* will give you just enough information to feel tons smarter about your romantic life. Whether you are a girl or a guy; in a relationship or never been in one; straight, gay or something in between; there’s help for you here.

## Book Information

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## Customer Reviews

Over 10 years ago when she was struck-dumb by her son's questions about this body, sexuality educator Amy Lang, MA got her poop in a group and decided to help parents (and herself) learn how to talk to kids about the birds and the bees. Advice guru Dan Savage says Amy is "a parent's best-friend-with benefits" when it comes to the sex talks. She is still married to her first husband and they are getting the hang of parenting their teenage son. He recently told her he would rather talk to strangers than his parents about sex. Amy lives in Seattle, WA and you can learn more about her and her work at [BirdsAndBeesAndKids.com](http://BirdsAndBeesAndKids.com)

In the adult world, dating is like an audition. An acquaintance asks you out to dinner or an event, which will give you time together to learn more about each other. Will you enjoy each other's company? Will you have shared values and common ground? Will you want to spend even more time getting to know each other? Will there be "chemistry"? For many, the first date could mean: "I wonder if I want to have sex with you." A hug and a sweet kiss afterward may be expected. And if both feel something, perhaps more! And now your child wants to date someone! Your kid is growing up and needs to learn how to have fun while being responsible. Because of your own experiences with dating, you may have dark thoughts: foreplay, sex, unwanted pregnancy, and sexually transmitted infections! Ack! It's enough to give you the heebie-jeebies! Dating should be fun, so how can you help your child create the best-case scenario, while avoiding the worst? One dad I know greeted his daughter's potential suitor by inviting the boy to sit with him on the front porch. "So you want to go out with my daughter," he said. This was followed by questions about the boy's intentions while he slowly whittled away on a wooden cylinder about the size of...well, you know. I've always thought this story was hilarious, but of course it's not the approved solution! The good news: childhood sexuality expert Amy Lang has written *Dating Smarts: What Every Teen Needs to Know to Dare, Relate or Wait*, a resource that can help parents and teens plow through issues that could be scary for both. For over 25 years, Lang has counseled parents and teens about every aspect of sexuality and dating. Because she knows the territory so well, her advice is thorough and wise. Her writing style is perfect for young people: honest, compassionate, direct, and plain-spoken. Her book covers all the important topics. I like the way she coaches teens to learn what their values and

boundaries are, so they can set expectations and manage behavior while having fun. Like all good how-to books written for teens, a parent can use *Dating Smarts* several ways:- Read the book to prepare for parent-teen discussions- Simply give the book to the teen- Read the book, have your teen read it, then discuss the topicsOne of the benefits of raising kids in the early 21st century is that resources like this exist. So you won't have to pull out your pocket knife on the front porch.

I bought this book for my teenage daughter who just fell in love for the first time. I read it first and loved the candid tone and non-judgmental approach to sex, relationships, and dating. It was a quick read and easy to digest. My daughter is reading it now, and I can tell it is making her think. Our discussions about relationships and her own attitudes about sex are far richer since she started reading it. My main thing is I want her to think about her values and attitudes toward sex before she is faced with a decision. This book does a great job of making you think about values and character without being at all preachy. I believe it is helping her find her own path.

I am a fourteen year old male and have a considerable amount of dating experience, and my mother purchased this book (a little late but she tries her best.) A reading through it I found some helpful tips and a lot of talk about safe sex. Good guide to safety and forming your values, much like a basic do your own sex ed class. I found that this title was more geared towards young women then young men. The strategies were much more socially acceptable and easy for girls. Being a guy who has done a lot of dating I feel guys may want to consider a different book...On the whole though this book can help parents trust their kid and the kid be more. Good read.

I thought this book was very well written and straight to the point. I think she talks "straight talk" to teens without sounding preachy. If you think it's a bit too much information for your teen to absorb, especially if they are a young teen, then you can use the book for some talking point so to begin conversations with them. I have been queasy about talking about birth control with my 13 year old because I don't want it to appear I am condoning sex at 13, but I think it's the responsible thing to do to discuss sexuality with them while also expressing your family values around it. Knowledge is power and Amy Lang gives you lots of knowledge in this book. I highly recommend it!

As a therapist, working with tweens for twenty years, I whole-heartedly recommend this book. Amy's easy-mannered, forward and fun style shines through for the tween who is starting to splash around in the dating pool (and their parents!). If you want your kid to get spot-on tips and heads-ups from an

informed and powerful female perspective (but don't have the stomach or parts to do it yourself), this is REQUIRED READING for boys and girls alike; I keep it on the table in my waiting room!

This book has helped my 14 year old gain the knowledge to know what is a healthy relationship. Sometimes it's hard to talk to your kids about this. Actually it harder for your kids to listen :) This book is amazing and I highly recommend checking out birds and the bees and other books by the author.

Good book for my teen to read. Has a lot of good information for teens and what they will encounter in today's dating scene.

Great book for any teenager dating or not. Lays it all out there and offers sound advice.

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