

SELF-HELP

Girls...Don't just let sex happen. Be ready for it!

SEX FOR THE FIRST TIME is an important decision that many girls make in their teens. This no-regrets guide gives you the help you need right now, when you're making choices about what's right for *you*. Sex doesn't have to hurt—physically *or* emotionally. The first time and every time can be happy and healthy. Whether you're a virgin or have already had first sexual experiences, **Virgin S·E·X** is jam-packed with information and great advice on everything (yes, *everything*) you want to know about sex...and a lot of other stuff you probably didn't even know to ask.

the good, the bad (and the scary) 40 TRUE SEX STORIES FROM TEENS

Get the real story on:

- Why girls have sex, and some reasons you might *not* be ready
- Avoiding situations that could leave you feeling sad, scared, or embarrassed
- Guys and lies—how to know if a guy really likes you
- Date rape and sexual assault—what it is and how to prevent it
- Sex for the first time—who, what, when, why, and how
- How to do what's best for *you*. Always.

Plus, "The Sexual Dictionary"—all the really technical details!

Are you ready
for sex?

Take the quiz in
Chapter 4.

Order more copies of
Virgin S·E·X.
Call 1-800-247-6553.

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Dr. Darcy

"This is real talk about sex, beyond the talk from your mom or dad, or the talk your friends gave you—it's the *truth* from a real, live sex therapist. I wrote this book for YOU."

—Dr. Darcy

Dr. Darcy is a Certified Sex Therapist in Columbia, South Carolina. She has been in private practice as a marriage, family, and sex therapist for twenty years. Honest and outspoken, her goal is to help teenage girls make positive choices about relationships and first sexual experiences so that they have healthy, happy, loving experiences, the *first* time and *every* time.

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a girl's no-regrets guide to happy, healthy sex...
the first time and every time

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