

## The Self-Esteem Team's Guide to Sex, Drugs and WTFs!?



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(Jody Veum)

## THE SELF-ESTEEM TEAM'S GUIDE TO SEX, DRUGS AND WTFs!?

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John Blake Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, The Self-Esteem Team's Guide to Sex, Drugs and WTFs!?, The Self-Esteem Team, Sometimes being a teenager can seem like a relentless merry-go-round of people telling you how to dress and behave, who to be friends with, what grades you must get in order to avoid a destiny of failure and, most importantly, why you're spectacularly effing it all up. The Self-Esteem Team know this - because they were teenagers once. Obvs. In fact, they were teenagers enduring bullying, chronic skin issues, 'puppy fat' that refused to budge and 'I'm different from everyone else'-related angst. Later, they battled self-harm, depression and an eating disorder. That's why The Self-Esteem Team started travelling the UK: to give teenagers the tools they need to navigate life on their own terms. Natasha Devon, Grace Barrett and Nadia Mendoza - now a successful journalist, singer/songwriter and showbiz editor respectively - have worked with more than 45,000 young people helping them tackle mental health, self-esteem and body-image issues. This book contains everything you really want to know, but are too embarrassed to ask your teachers, from 'How do I know if I'm healthy?' to 'What's it like to take drugs?' They won't tell you that if you have sex you'll definitely get an STI and die, but they will help you decide if you're ready. They won't tell you never to watch porn, but they will help you decipher what you see. They won't ask you not to embrace fashion, fitness or beauty, but they will give you the info you need to rock your own brand of gorgeous.



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