



The Little Black Book for Girlz: A Book on Healthy Sexuality

St. Stephen's Community House

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Check it out: not just a book about sex, but a look at girl culture by youth themselves. No stuffy school textbook. No nose-y adults. Just a diverse group of teen girls from a community youth project who had questions about sexuality. To find answers, they collected stories, poetry, and artwork from other youth. They also interviewed frontline health experts to get solid facts about the stuff young women have to deal with. It's a great mix of real-life examples and life-saving info. Topics include: • Relationships • Periods • Sex • Birth control • Pregnancy • Sexually Transmitted Infections / AIDS • Sexual assault. Everything has been vetted by doctors, and the book is endorsed by health professionals, so you know you're getting good info. There's also a section at the back with places you can contact to find out more. It's all stuff that youth need to know, and it's all decked out in a compact, easy-to-browse 'zine style. The Little Black Book for Girlz is a super-important, take-anywhere empowerment guide for girls. Don't leave your teen years without it.

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