

Surviving Teenhood:

1. What was the driving factor for writing this book?
2. What are some of the realities of the teenage years?
3. Nutrition plays a big part in the teenage years, especially in regards to eating disorders. What are some of the eating disorders our teens face?
4. What are some of the risks of cell phone usage? You have a sample cell phone contract in your book – what are some of the items contained in this contract?
5. Computer usage is very popular with teenagers. What are some things to be aware of and what should parents be doing to make sure their teen isn't a victim of cyber bullying?
6. In the subtitle you list Teachable Moments. What are “teachable” moments?
7. Teenage suicide is on the rise. What are some signs for parents to watch for?
8. Teenage pregnancy rates are somewhat declining, however there are still teens getting pregnant. Why are teens getting pregnant at such an early age?
9. In regards to teen pregnancy, you have an exercise in the book for all parents and teens to do. What is it?
10. There are different types of parenting styles in the book. Is there one better than another?