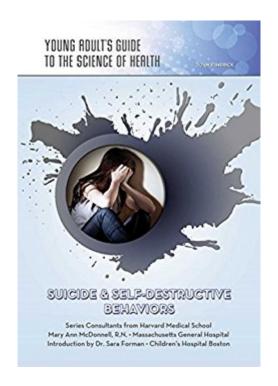


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Suicide & Self-Destructive Behaviors (Young Adult's Guide To The Science Of He)





Synopsis

Sixteen-year-old Draven dresses like the un-dead. Thirteen-year-old Kristen slices her thighs. Fifteen-year-old Jamal rides BMX bikes in competition. What do these teens have in common? They are all taking risks. Though many teens seek independence and thrills through activities that can harm them, risk-taking in adolescence does not have to be self-destructive. This book takes an honest look at the five most self-destructive behaviors: substance abuse, risky sex, self-injury, eating disorders, and suicide. Causes, consequences, and treatment options are examined, and the final chapter provides healthy less-risky alternatives teens can take to accomplish their independence-seeking goals. Sidebars, easy-to-understand statistics, and real-life case studies make this an informative, interesting read for teens who seek to understand high-risk behaviors, their consequences, and how to avoid them.

Book Information

File Size: 12635 KB

Print Length: 128 pages

Publisher: Mason Crest (September 2, 2014)

Publication Date: September 2, 2014

Sold by: A Simon and Schuster Digital Sales Inc.

Language: English

ASIN: B00NCJZQKK

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #3,096,013 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #63 in Books > Teens > Social Issues > Suicide #193 in Books > Teens > Personal Health > Maturing #643 in Kindle Store > Kindle eBooks > Teen & Young Adult > Personal Health

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