

## All about boys' bits

**A new, frank exploration of puberty for boys makes a refreshing change, and is just the book for teenagers.**

### All about boys' bits

*Children's Express* reporter Sean Sabbage reviews "Everything you ever wanted to ask about willies and other boy's bits" by Tracey Kreitman, Dr Neil Simpson and Dr Rosemary Jones.

This book is about much more than just 'boy's bits', it's a book to teach teenage boys about their body, something parents and teachers don't really like doing. It's a book full of the stuff of life. With "Amazing body facts", problem pages, comments from boys who have gone through puberty and chapters on the mechanics of puberty, body maintenance, emotions, sex, contraception, STDs, and even a whole chapter on what happens to girls at puberty, this is a book full of the stuff of life.

It contained loads of information that I didn't know, plus answers to questions that had been worrying me (I decline to go into these). In fact it was everything I had ever wanted to know about puberty. I tend to like scientific facts, and this book was full of them!

It was really good to read a book that was actually interested in teaching teenage boys about their body, something I get the feeling most parents and teachers don't really like doing.

The chapter on body maintenance wasn't just about the 'bits' but more obvious things like diet, smoking, alcohol, drugs, sleep, exercise, teeth, shaving, spots, etc. (though there is a whole chapter on keeping your 'bits' clean and watching out for disease.) Both of these chapters are a must-read.

Another chapter that I found really interesting was 'Emotional pressures & changes'; this talked about stuff like depression, and what your hormones do to you, as well as talking about peer pressures.

In fact, this book had everything I ever wanted to know about puberty in it, and I would recommend it for any teenage boy.

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### About the team

This review was produced by Sean Sabbage, 14. An edited version was published in Young Minds magazine.

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