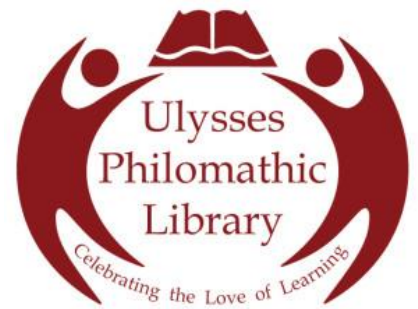


A Library Guide to Tough Topics for Teens



Librarians want to help you find the information you need. We won't judge you, and we will always keep your questions (and the books you check out) private. But it's ok if you want to keep it all to yourself!

There are a few suggestions on the other side of this guide, but please ask at the desk or send an email to librarian@trumansburglibrary.org if you'd like more assistance!

SUBJECT	CALL NUMBER AREAS TO CHECK (here and at other libraries, like Ithaca)
Relationships	155-158, 306, 646, 810
Body Image	155, 305, 612-616
Health & Hygiene	610, 613, 616, 646
Suicide, Self-Harm, & Addictions	362, 616
Stress, Depression, & Anxiety	155, 302, 616-618, 649
Death & Grief	155
LGBTQ+	306, 323, 342
Sex	306, 613
Pregnancy	306, 618,
Rape & Sexual Assault	158, 362, 364

I Have The Right To: A High School Survivor's Story Of Sexual Assault, Justice And Hope

YA-B Prout

This memoir takes a magnifying glass to the institutions that turn a blind eye to such behavior and a society that blames victims rather than perpetrators. Chessy's story offers real, powerful solutions to upend rape culture as we know it today.

Dear Bully: Seventy Authors Tell Their Stories

YA 302.3 Dear

Today's top authors for teens and young people come together to share their stories about bullying—as bystanders, as victims, and as the bullies themselves—in this moving and deeply personal collection.

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic

YA 618.9 Tompkins

This guide provides simple strategies and tools that can reduce feelings of anxiety and panic in roughly 30 minutes through concise and effective tips (including breathing and relaxation exercises, nutrition, sleep, exercise and facing fears "one step at a time.")

When a Friend Dies: A Book for Teens About Grieving & Healing

YA 155.9 Gootman

A brief guide that provides practical advice, some from teens whose friends have died. A good book for identifying and addressing feelings.

What if? Answers to questions about what it means to be Gay and Lesbian

YA 306.7 Marcus

No question goes unanswered in this important book about being gay. All the basics—and not-so-basics—are covered in more than one hundred questions asked by real teens. Whether you're curious about your own sexual orientation or looking to understand and support someone close to you, this book contains an abundance of answers.

S.E.X.: The All-You-Need-to-Know Sexuality Guide to Get You Through Your Teens and Twenties

YA 306.7 Corinna

A guide to sexuality for high school and college students that discusses male and female anatomy, orientation and sexual identity, relationships, safe sex, abuse and rape, pregnancy and contraception, and sexually-transmitted diseases.