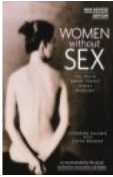

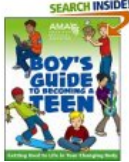







Read Yourself Well: Sexual Health

If you would like help finding any of these books at your library, please tick the appropriate box and give to library staff. They will be happy to help you.

 Catherine Kalamis	<p><u>WOMEN WITHOUT SEX</u></p> <p><u>FOR WOMEN</u></p> <p><i>"Examines what can cause sexual problems and suggests how women can seek help or help themselves through a variety of techniques".</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>	 Richard F Spark,	<p><u>SEXUAL HEALTH FOR MEN</u></p> <p><u>FOR MEN</u></p> <p>An easy-to-read guide for men of all ages.</p>	<p>Please Tick</p> <p><input type="checkbox"/></p>
 Amercian Medical Association	<p><u>BOYS GUIDE TO BECOMING A TEEN</u></p> <p><u>YOUNG MALES</u></p> <p>Covers puberty, physical and emotional changes, relationships, importance of eating the right foods, acne and more.</p>	<p>Please Tick</p> <p><input type="checkbox"/></p>	 Jeanne Willis and Lydia Monks	<p><u>SNOGS, SEX AND SOULMATES</u></p> <p><u>YOUNG FEMALES</u></p> <p>Covers puberty, periods, breasts, body image, eating disorders, snogging, sex, contraception, STDs etc.</p>	<p>Please Tick</p> <p><input type="checkbox"/></p>
 Maroushka Monro	<p><u>TEENAGE PREGNANCY</u></p> <p><u>YOUNG PEOPLE</u></p> <p>The challenges of teenage pregnancy, facing up to being parents, and the choices that they might have to make.</p>	<p>Please Tick</p> <p><input type="checkbox"/></p>	 Ian McAllister, Gail Boag, John Farrelly	<p><u>SEXUAL HEALTH FOR LIFE</u></p> <p><u>FOR CHILDREN</u></p> <p><i>Dr Chris Herman, G.P. "A fantastic resource. Essential reading for every parent, teacher and teenager. Advice on pregnancy and STI's."</i></p>	<p>Please Tick</p> <p><input type="checkbox"/></p>

You can find your nearest library by using the following contacts:

Website: www.northamptonshire.gov.uk/leisure/libraries/public/libs.htm
 Telephone: 01604 462049
 Email: enquiredirect@northamptonshire.gov.uk

If you would like to meet with one of the PCT's new Health Trainer's to discuss making healthy lifestyle changes call them **Free on 0800 085 1988.**