

# American Medical Association Boy's Guide to Becoming a Teen



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Becoming a teen is an important milestone in every boy's life. It's even more important to get answers and advice to the most common health issues boys face from a trusted source. The American Medical Association Boy's Guide to Becoming a Teen is filled with invaluable advice to get you ready for the changes you will experience during puberty. Learn about these important topics and more: \* Puberty and what kinds of physical and emotional changes you can expect-from your developing body to your feelings about girls \* The importance of eating the right foods and taking care of your body \* Pimples, acne, and how to properly care for your skin \* Your reproductive system-inside and out \* Thinking about relationships and dealing with new feelings

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