



Order today!

Puberty is one of the most exciting and confusing times in a young person's life. That's why the Family Planning Council created *Puberty's Wild Ride: The Ups and Down, Ins and Outs, Zigs and Zags of Growing Up* — a book for teens and their parents with 60 short articles on the topics that really matter to adolescents: their changing bodies, growing minds, friends and family, sexuality and safety, school and community. Opposite each article is a suggested activity that encourages further exploration of the topic. Find out about emergency contraception, body image, internet safety, texting, peer pressure, fitness, violence, family crisis, stress and much more. Updated and revised for 2010, with new articles about online communities and posting or sending photos that could pose a problem.

Pennsylvania Orders:

Puberty's Wild Ride is **FREE** to individuals and organizations in Pennsylvania – just pay shipping costs (see below), or pick up copies from the Family Planning Council office. Limit 120 copies.

Outside Pennsylvania:

Puberty's Wild Ride is available to individuals and organizations outside Pennsylvania for a nominal fee of \$2 per book plus shipping costs. Limit 120 copies.

Shipping Costs

Quantity	Shipping Cost
1-5	\$2 per book
6-32	\$10 flat rate
33-64	\$20 flat rate
65-96	\$30 flat rate
97-120	\$40 flat rate

Date: _____

_____ number of books ordered
 _____ x \$2 per book if outside PA
 _____ subtotal
 _____ + shipping
 total

SHIP TO:

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Phone _____
 Email _____

Additional Shipping Instructions:

Checks and Money Orders: Please make checks and money orders payable to the Family Planning Council.

Shipping and Delivery: Most orders will be shipped within 5 business days of receipt of order. Please allow up to two weeks for delivery.

Mail order form to:
 Family Planning Council
 260 S. Broad Street, #1000
 Philadelphia, PA 19102

Fax order form to:
 Attention of Mary
 Atkinson, 215-732-1252

Questions?
Contact Mary Atkinson
at 215-985-2604
or email
mary@familyplanning.org