

Foreword by Chris Beckman, former cast member of MTV's *The Real World: Chicago* and author of *Clean*

Meet Karen, Jessica, Eric, Ashley, Emile, and Ryan—the voices of six teens of different ages from various backgrounds who are discussing some critical issues facing kids today. Together they tackle the topics of alcohol, tobacco, and drug abuse; eating disorders; self-injuring; and other risky behaviors. Each brings a unique perspective as they share what they know, dispel myths, and consider statistics and consequences. Join the conversation as they brainstorm ways to avoid getting caught in the hype and peer pressure—and how to help friends who've made bad decisions and are heading down dangerous paths.

“Although genes and upbringing deeply influence you, you are you because of your choices. I highly recommend you choose to read this book and follow its advice when it comes to the decisions you're going to have to make.”

—Sean Covey, best-selling author of *The 6 Most Important Decisions You'll Ever Make* and *The 7 Habits of Highly Effective Teens*

“This is an incredible tool for teens to get through what potentially can be the toughest years of their lives. The KidsPeace experts provide exceptional insight into what it's really like to be a teenager today.”

—Jennifer Berry Gooden, Miss America 2006

This book—written by teens for teens—is the brainchild of **KidsPeace**, the international charity that has helped kids and teenagers avoid and overcome crises for 125 years.

Cover design by David Farr



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Advice for  
Teens and Their Friends  
on Alcohol, Drugs, Eating Disorders,  
Risky Behavior, and More

By America's Teens and the Experts at KidsPeace  
Edited by Anna Radev

