



The Self-Esteem Team's Guide to Sex, Drugs & WTFs?!!

Grace Barrett, Natasha Devon, Nadia Mendoza

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Being a teenager can seem nothing but people telling you what you should do, and how spectacularly you are effing it all up. The Self-Esteem Team know this, because they were teenagers once—enduring bullying, chronic skin issues, "puppy fat," and angst. Later, they battled self-harm, depression and an eating disorder. That's why The Self-Esteem Team offers real answers. They won't tell you that if you have sex you'll definitely get an STI and die, but they will help you decide if you're ready. They won't tell you never to watch porn, but they will help you decipher what you see. They won't ask you not to embrace fashion, but they will give you the info you need to rock your own brand of gorgeous.

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