



How to RSVP:

By letter to:

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Click to Register at:

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Directions to MSH:

By underground:

Northern Line to
Angel Tube Stn.

By overground:

Highbury & Islington

By car:

Nearest car park, N1 Centre, beside the
Business Design Centre, Upper Street.
Some meter parking in the road.

On foot:

Walk approximately half way along Liverpool
Road... look out for The Hop & Berry,
(formerly The Barnsbury) public house, on the left,
coming from Angel. It's directly opposite
Maples Business Centre.



MSH



Ahead of The Christmas Party Season...

*You are most cordially invited to the
UK Launch of our New Title*

The Date:

Friday 7th November, 2014

The Time:

Starts @ 3pm — ends @ 9pm
(to allow for different schedules)

The Location:

MSH Wellbeing
Suite C, Maples Business Centre
144, Liverpool Road,
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Knox Publishing
Brentwood

The New Edition

Two
sex explained

—For
**Changing
Times**

By
Helen J Knox



Section 1

Young Men's Changes & Willy Worries

Pages 11- 32

Section 7

Safer Sex

Pages 204-230

Section 2

Young Women's Changes & Women's Worries

Pages 33 - 65

Section 8

Social Media

Pages 231 - 236

Section 3

Visiting a Clinic

Pages 66 - 70

Section 9

Safer Dating & Clubbing

Pages 237 - 247

Section 4

Contraception (Birth Control) (Family Planning)

Pages 71 - 128

Section 10

Language & Respect

Pages 248 - 249

Section 5

Growing Up & New Experiences

Pages 129 - 148

Section 11

The Sexplained Column

Pages 250 - 273

Section 6

The Law & Sex (including FGM)

Pages 149 - 201

Section 12

Overview of Sexual Infections

Pages 274 - 275

"Forget other survival guides: This is the one everybody needs. Buy it for your kids, your gap year, your school library, your GP, your practice nurse, school nurse, or your barracks... but most of all, buy it for yourself.

This is essential information way beyond the experience of most of us, including many healthcare professionals, but it's all here and easy to find.

Maybe there is no such thing as a stupid question but it's scary to ask and dangerous not to. All your questions are answered here, as well as many you didn't even know you wanted to ask.

For example: What's FGM? What's an oral dam? How can you get pregnant without having sex? How long do sperm live inside a woman? What does consent really mean? What should I do if I forget my Pill? How fast do men ejaculate? What's a clitoris? What's phimosis? What's fertile mucus? My boyfriend says he needs to have sex! and Should sex hurt? ... to name just a few.

We all wonder and we all need to know."

Dr David Wight
General Practitioner - Sheffield

"Anyone contemplating their choice of contraception will find this book to be an excellent guide.

After explaining the changes that occur as we mature physically and emotionally, it offers sensible choices. Written in a user friendly / easily accessible format, it is useful for young people and those who work or live with them.

And, given the increasing relationship between social media, pornography and the many laws related to sex, this is an important book for anyone interested in, or curious about, the sexual complications of the 21st century."

Sally Kelsey
Contraception Nurse Specialist

"**Sexplained Two - For Changing Times** is an essential tool for anyone who works with girls and young men, and is a must read for every teenager (and adult).

Helen's abundance of medical knowledge combined with the right amount of humor sheds light on many important and all too often unspoken sexual topics.

Everyone invested in sexual and reproductive health and development will want to read it.

I cannot recommend it more highly to schools."

Joy Marchese
Teacher and Parent Educator at
The American School in London



"Times have definitely changed. Gone are the days when contraception and genito-urinary medicine were two distinct disciplines.

With the integration of sexual health services, many professionals feel out of their depth, and their comfort zone, when they are faced with today's sexual health challenges.

This book covers topics that staff working with young people need to know and it's an invaluable reference for people working in a wide range of environments.

It answers a myriad of questions posed by healthcare professionals, young people, their parents and other adults.

I highly recommended this book, to all."

Justin Gaffney RN
Chair of Genito-Urinary Nurses Association (GUNA) UK



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