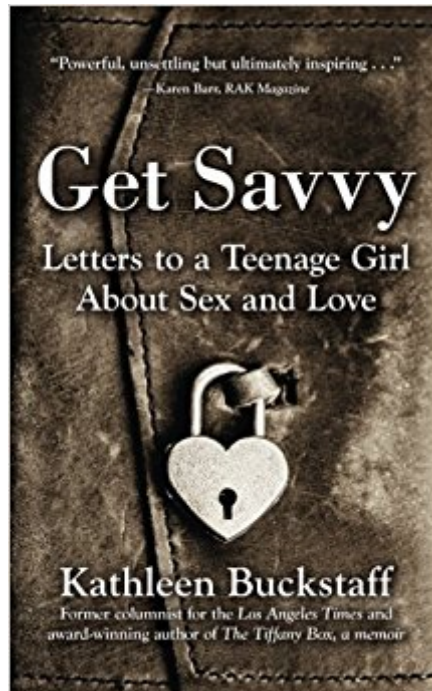




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Get Savvy: Letters To A Teenage Girl About Sex And Love



Synopsis

Award-Winning Finalist, Best New Non-Fiction, 2017 International Book Awards On a winter night at a prestigious New England boarding school, two teenage girls compared secret love letters male teachers had written them. One girl kept a journal and recorded the events that followed. The other, years later, took her own life. When her own daughter was 16, Kathleen Buckstaff, author and former Los Angeles Times columnist, developed severe stomach pain and within a few months lost 30 pounds. Doctors eventually determined she was suffering from PTSD. As she reviewed her old journals, Kathleen had to face painful truths. When she discovered the two teachers were still teaching, she felt obligated to do everything possible to protect current students. Kathleen interviewed over 60 college students, recent graduates, healthcare professionals, self-defense instructors, and professors. In letters to a teenage girl, Kathleen revisits the events that changed her life and the lives of her closest friends, drawing from her interviews to describe what she wishes she had known about sex, predators, self-defense, and love. Get Savvy also includes a journal section with reflection questions, in which Kathleen offers a practice of self-love, kindness, and respect, encouraging the reader to take time to get to know herself. Get Savvy can be used as a reference book in Health and Sexuality education classes. It covers bullying, resisting peer pressure and how to create positive social alliances. Get Savvy also addresses what to say to someone who has been sexually assaulted or raped; how to identify an abusive relationship; what to say to someone who is depressed and may be suicidal; what to say to someone who may have an eating disorder. Get Savvy covers how to ask someone on a date; how to talk about sexual boundaries; what consent looks like; how to identify predatory behavior; verbal language around self-defense; how to intervene and help as a bystander; bystander training; and how to get help for oneself or a friend who is suffering from PTSD, mental illness, or sexual trauma. Get Savvy specifically deals with suicide prevention and lists warning signs and prevention strategies. Get Savvy also includes mindfulness training, the cultivation of compassion and healthy boundaries, and encourages the exploration of one's inner guide, gifts, and goals. Get Savvy teaches self-love, respect and resilience. It is a resource tool for teens, both male and female, parents, educators, healthcare providers and community leaders.

Book Information

Paperback: 400 pages

Publisher: Two Dolphin Productions; 1 edition (May 11, 2017)

Language: English

ISBN-10: 0988764296

ISBN-13: 978-0988764293

Product Dimensions: 5 x 1 x 8 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 10 customer reviews

Best Sellers Rank: #469,093 in Books (See Top 100 in Books) #92 in [Books > Education & Teaching > Schools & Teaching > Instruction Methods > Health](#) #101 in [Books > Religion & Spirituality > New Age & Spirituality > Sacred Sexuality](#) #103 in [Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health](#)

Customer Reviews

"It is astonishing to learn that Buckstaff didn't start out intending to share her own story of sexual trauma. Her courage in confronting this deeply damaging personal experience is what brings cohesion to the 60-plus exhaustive interviews she conducted to create this powerful, unsettling but ultimately inspiring and affirming book. Though intended to help teenage girls navigate sex and love, *Get Savvy* is a blueprint for recovery that offers hope to anyone at any age who has experienced any kind of emotional trauma." —Karen Barr, RAK Magazine

This book is about a tough subject yet is so beautifully written that it is, literally, a page-turner. I want to give it to all my friends and my children and my children's friends-- it's that good, that important. It tells a harrowing story of abuse and recovery, and woven in are words of wisdom from young men and women finding their way through the maze of our confusing modern rituals around sex, drinking and experimentation. It includes definitions, statistics, science and interviews with experts. But above all, it's a big-hearted, generous book that seeks to help all young people become more savvy about sex and love. Don't hesitate. It's a must-read, empowering and honest.

Kathleen Buckstaff does us all a favor by sharing her story and the stories of young women today navigating sexuality, boundaries and sexual violation. Written with love and a practical perspective, *Get Savvy* should be required reading for all young women. Thank you Kathleen.

I read this book when it first came out and I loved it. Kathleen Buckstaff is honest and open and you can see how much she cares about young women-and men- wanting to protect them from the rape culture that seems to run rampant on college campuses- and elite private schools. Now, a few

months later, some of my friends have daughters going to college and I recommended the book to them. I reread it and found it to be more helpful than the first read-through and I will make sure to save this helpful, educational and caring book for my grand daughter who is yet to be born.

A read-through the night, read-through the tears must read for all ages-13+ (a guess on my part, for reasons you will see & certainly question). This book addresses the horror of violated trust, the importance of open communication, the right of all kids, teens and parents to be their own protector and advocate. A powerful personal journey woven through important interviews with a large variety of people with different backgrounds and experiences, from professionals to loads of young young adults. The sage advice is like a warm blanket of self love and empowerment. Everyone will relate to some event in this book and hopefully walk away with a deeper understanding of predator/victim/social cultures. I hate books that identify a real problem with no concrete resolutions, but this book is full of stories, advice and activities that if we all practiced evens tiny amount each day, the world would be a more sane, more humane, place.

Teens in Kathleen Buckstaff's neighborhood often talk to her about issues they don't feel comfortable discussing with their parents; they trust her to tell them the truth and counsel them wisely. Their confidence in her is well placed. This book will help high school seniors navigate the hookup culture and avoid college sexual assault. The first half of the book ("My Story") interlaces Buckstaff's own experiences with interviews among college students and experts. The second half ("Your Story") is a workbook that invites readers to create empowering personal strategies to avoid abuse---and ultimately, to develop relationships defined by intimacy and love (including love of self). This is a generous-spirited, practical, important book.

This is a "must read" for every girl headed to college and for her parents!

As a former university chaplain and faculty member I wish I had Buckstaff's book to share with all incoming first year women. I have shared this invaluable resource with high school seniors and first year students -- it is a 'heads-up' read for women entering the often sexually aggressive worlds of academia and the work place. The author writes compellingly from her personal experiences, insights, and wisdom. Parents of young women regardless of their destinations after high school will benefit from the book and be better prepared to talk with their offspring.

I'd like to encourage everyone with a teenage daughter to order this book, read it yourself, have your daughter read it, and discuss it together. This is such an important book to get in the hands of all the young women we love. The message and insights are extremely important, and the book offers a way to open up discussions on topics that many of us find difficult to talk about.

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