



Navigating two worlds

- How to start considering possible career paths
- Understanding personal responsibility
- Developing a good work ethic
- Investing and saving money
- Understanding party drugs and their dangers
- How to avoid alcohol spiking
- The dangers of being in a crowd ... and being left alone
- Coping with aggression in clubs
- What to do if friends get severely drunk
- Understanding acceptable dress codes for different situations
- The value of work experience and developing a good resume

The Two Worlds of Your Teenager
by Sacha Kaluri and Sonya Karras,
is published by Finch Publishing
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Print and e-versions are released
simultaneously.

To interview the authors or to
request a review copy, please contact
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'Wildly entertaining and exceptionally informative'

– Andrew Fuller, leading Australian psychologist and author of *Tricky Teens*

The authors' fun, down-to-earth manner readily connects with parents and teens, and makes this an engaging and informative read.

Since 2000, Sonya Karras and Sacha Kaluri have presented the 'Australian Teenage Expo', now one of the largest youth education events in Australia. In their work they could see that two important areas enter the lives of teenagers almost simultaneously: developing a social life and starting to think about a possible career path.

As experienced school presenters and mothers, Sonya and Sacha saw that they had some valuable life experience to offer teens as they made decisions in these two areas. So, in order to get important messages to teens and their parents, *The Two Worlds of Your Teenager* was created.

'This book has all the answers ... and even manages to ask the right questions.'

– Susie O'Brien, Herald Sun

Sonya Karras and Sacha Kaluri have developed their careers working with teenagers. They are popular presenters in the youth sector and have their own national TV series, 'The Sonya and Sacha Show'.

Sacha and Sonya are founders of the travelling 'Australian Teenage Expo', and reach parents through their newspaper parenting column. www.sonyaandsacha.com.au

