



Boys as a . Encourage him to explore his feelings -- give him advice on girls (or boys), A Parents Guide to Understanding Teenage Guys - The Youth Cartel Weight obsession affects millions of teenagers today, especially girls. Many boys strive for the perfect body by dieting or by doing compulsive exercise. Slideshow: Understanding Eating Disorders · Slideshow: Visual Guide to Binge Eating Understanding Guys: A Guide for Teenage Girls by Michael Gurian .