



Office of the Children's Rights Director

Young Person's Guide to Keeping Children Safe

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A Young Persons Guide

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A Young Persons Guide:

A Young Person's Guide to Christianity R. Douglas Wardrop, 2014-09-20 R Douglas Wardrop believes that most books describing Christianity are filled with errors and are boring This book is biblically accurate and is never boring It uses strong graphics and colorful presentations combined with simple language It is also fairly short and can be read through quickly A Young Person's Guide to Christianity provides a fairly complete description of Christianity and will appeal to young people from about seven years old to late teens The book guides them on how to become born again Christians Key Christianity beliefs are defined and important questions are answered in a way that is biblically accurate The Greatness of God is described in two ways 1 Using items such as a bowling ball grass sand and a mustard seed strong image ideas are given to show how vast God's creation is 2 Using scientific information for distances within our solar system the time taken for the fastest jet airliner and light to traverse these distances is shown in a strong graphical way These distances begin with the distance from New York to London and end with the distance from the Earth to the sun Again the aim is to show how vast is God's creation God's main promises to you are given with the main aim to make these promises real and personal to you A Young Person's Guide to Christianity defines how you can begin your Christian life and a prayer for this is included

A Young Person's Guide to Healthy Eating & Longevity Dr. Vincent N. Cefalu, 2016-03-02 This book renders advice to overweight youngsters who would like to hopefully increase their longevity and have as much enjoyment and fulfillment out of life as possible Young people aren't aware of the serious mental and physical impact of obesity as it is not just an adult problem I present an honest and commonsense approach on how to eat healthy while keeping some satisfaction in life I provide many recommendations that deal with real life situations and truths instead of phony imaginations present conclusions based on my having personally performed over 1 500 autopsies and relate my own disgusting consequences of having developed atherosclerotic disease from being over four hundred pounds for over thirty years In this book I detail a very strict but ideal diet program that even a child can follow that resulted in my losing 272 pounds over a ten month period and whereby my continued adherence has allowed me to be able to maintain this weight I offer advice on how to prevent some of the problems that I encountered by following such a rigorous diet I also provide some very inexpensive and easy to prepare low calorie recipes that I concocted that are good appetizers and filler uppers While writing in my usual witty satire manner I discuss some potentially dangerous situations that exist explain why certain drugs should be avoided at all costs and mention several foods that should be eliminated from a young person's diet I provide some of my own little homemade poems along the way so that I can keep the youngsters mind occupied and interested in what I have to say Through my experiences as having served as coroner I disclose many hazards that exist all around us and mention some simple things that young people tend to forget that too often result in unnecessary deaths Also by making overweight and diabetic adolescents aware of certain chemical reactions that are continuously occurring inside our bodies hopefully they would be in

a better position to understand and interpret my suggestions So in brief I have something to offer all my young readers from the most extrememy diet planto the most realistic and conservative In a nutshell I lived through what I now warn others about since I found out too late what obesity could do to our body Also I explain why obesity is not just an adult problem and discuss both the teenage drug problem and the scare involving sexual diseases among our youths

The Young Person's Guide to Health and Wellness Ahron Friedberg, Sandra Sherman, 2026-01-13 A practical guide setting young people on a path to greater wellbeing The Young Person s Guide to Health and Wellness grew out of Dr Friedberg s hands on role in creating a holistic health wellness and athletic program at the Portledge School in Locust Valley N Y Under his continued guidance the program helps students pursue the best version of themselves in every dimension of their lives It enables them to develop strong habits that will anchor them as they grow towards maturity The program is based on ten principles beliefs You live in your body so take care of it Good nutrition is essential for health Healthy habits strengthen you Self reflection helps you find your way Core moral values improve your sense of self Healthy relationships are integral to your well being Empathy is essential to caring about each other Building community helps you grow personally Nurturing a sound mind is important to physical health Making the most of good choices leads to a fulfilling life The Young Person s Guide to Health and Wellness elaborates on these tenets demonstrating how young people can apply them in their own lives What is good nutrition for someone with my body type and energy expenditure How do I build community in my neighborhood The Guide is designed so that young people can approach the tenets through reading and reflection augmented by discussion in classrooms or team meetings Each chapter explaining a particular tenet will include questions for reflection and discussion Ultimately the Guide encourages young people not to leave health and wellness to luck or chance but to take responsibility for their psychological and physical wellbeing By developing an awareness of health and wellness and making it the basis of sound habits young people can better prepare for whatever comes next

The Young Person's Guide to the Orchestra Anita Ganeri, 1996 Provides information about the history of the orchestra since its beginnings in the seventeenth century instruments of the orchestra and famous composers of classical music

[A Young Person's Guide to the Opera](#) Helen Erickson, 1980 Information on the production of operas and an interview with an opera singer Nicolai Gedda precedes historical background and synopses of currently performed operas

A Young Person's Guide to Music Neil Ardley, 1995 A look and listen guide to the world of music Lets the reader hear as well as read about music

A Young Person's Guide to Music Neil Ardley, 1995-10-01

[A Young Person's Guide to Science](#) Roy A. Gallant, 1993 Covers a broad spectrum of topics in the physical and life sciences to provide a foundation of basic scientific knowledge

A Young Person's Guide to Getting & Keeping a Good Job J. Michael Farr, 1990

The Irish Police Guide John Herman Rice, 1923

A young person's guide, 1968

The Metropolitan Police Guide Sir William Frederick Alphonse Archibald, John Herbert Stobart Greenhalgh, James R. Roberts, 1916

A Guide to the Law and Practice of Petty Sessions Edward Thomas Ayers, 1884

The Irish Constable's Guide Sir Andrew Reed,1895 **A Guide to the Education Act, 1918** K. E. T. Wilkinson,1920
A Young Person's Guide to Law and Justice Daniel Sokol,Ronald Sokol,2024-08-28 A Young Person s Guide to Law and Justice is written by an experienced father and son team of lawyers and educators It provides an entertaining and accessible guide by blending the philosophical and practical sides of the law **A Guide to Criminal Law & Procedure** Charles Thwaites,1914 ARTnews ,1955 **Readers' Guide to Periodical Literature** Anna Lorraine Guthrie,Bertha Tannehill,Neltje Marie Tannehill Shimer,1919 The Youth's Liberal Guide for Their Moral Culture and Religious Enlightenment Hermann Marcus Kottinger,1877

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