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What's Happening To My Body? Book For Girls: Revised Edition



Synopsis

Everything preteen and teen girls need to know about their changing bodies and feelings. Written by an experienced educator and her daughter in a reassuring and down-to-earth style, The "What's Happening to My Body?" Book for Girls gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all girls ages 10 and up. Selected as a Best Book for Young Adults by the American Library Association.

Book Information

Series: What's Happening to My Body?

Paperback: 288 pages

Publisher: William Morrow Paperbacks; 3 edition (June 6, 2007)

Language: English

ISBN-10: 1557047642

ISBN-13: 978-1557047649

Product Dimensions: 6.1 x 0.7 x 9.1 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (232 customer reviews)

Best Sellers Rank: #5,756 in Books (See Top 100 in Books) #2 in [Books > Teens > Personal Health > Maturing](#) #6 in [Books > Children's Books > Growing Up & Facts of Life > Health > Maturing](#) #10 in [Books > Parenting & Relationships > Parenting > Parenting Girls](#)

Age Range: 12 - 15 years

Grade Level: 7 - 9

Customer Reviews

I definitely recommend this book if you are looking for an interactive and informative book about puberty for a reader age 9-12. I read this entire book before giving it to a dear 11 year old girl. I think she will find it fun to do the activities, and I think it will answer many of her questions. It is not loaded with details, because it is meant to complement the book "What's Happening to My Body" by the same author. But I think it can stand alone, especially if you are looking for an introductory book

without a lot of "scary" info. It has many great illustrations (breast development, changes in hips/waist, pubic hair growth patterns) to help the reader understand that the changes in her body are a normal part of growing up. A few things you may want to know before buying this book/giving it to your child: It has a chapter on learning about your body and gently suggests using a mirror to identify the various parts, accompanied by a cartoon that the reader is encouraged to color in (I liked that this kept the chapter light-hearted). The same chapter also has a small paragraph on masturbation, saying that it is "normal to do it and normal not to do it." This paragraph (p. 79) can easily be cut out if you feel that your child is not ready for it, without disturbing the rest of the text too much. Overall, the writing was age-appropriate, and new terms were well defined, with a few exceptions. For instance, on p. 92 the author says that an unfertilized ovum (which she defines as an egg) will "disintegrate" - this may sound like a scary word to a younger reader. Otherwise, I did not see any other potentially inappropriate content for this age group (9-12 yrs old). The book does not cover sex.

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