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# Puberty Girl



## Synopsis

Offering a fun, sassy, and girl-powerâ “inspired approach to understanding puberty, this beautifully packaged guide offers tweens an appealing and fresh take on entering adolescence. This celebration of maturing bodies and spirits is invariably positive, while providing factual information on menstruation, pubic hair, acne, eating disorders, and other issues essential to girls entering puberty. The emotional challenges of this stage are also addressed, including information on sexual abuse, bullying, maturation reluctance, and conflict resolution. With straightforward and conversational advice on everything from tampons to teasing, Puberty Girl is a trustworthy resource for girls seeking answers to embarrassing questions and looking for a way to embrace their new selves. Inspiring photographs of real girls create a sense of shared community, while instructional illustrations teach young girls about their changing bodies.

## Book Information

Paperback: 128 pages

Publisher: Allen & Unwin (September 1, 2005)

Language: English

ISBN-10: 1741141044

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Product Dimensions: 8.5 x 0.4 x 8.5 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #206,989 in Books (See Top 100 in Books) #29 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Sexuality #89 inÂ Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse #565 inÂ Books > Children's Books > Growing Up & Facts of Life > Family Life > New Experiences

Age Range: 9 - 12 years

Grade Level: 4 - 7

## Customer Reviews

Is a perfect book for young girls without teaching more than necessary as much as we have read. My daughter is 9 years old and I need a book without too much information but enough for her age.

Some people will love this book written by an Australian author, some will think it does not go far enough, but I did not like it. I bought this book because I have a feeling this lady is going to my

daughter's private school to deliver what I used to call the period talk. There is a quite bit of hidden sex ed but it kind of just pops out every now and then rather than being a definite topic, so your daughter will have a lot of questions if they do not already know. There is also a section on homosexuality. It is written in an irritating conversational tone with lots of slang (titties and boobs etc). Also the book makes a lot of assumptions about what your 10 year old is reading or looking at, and recommends homeopathy for period pain. The author is a psychologist so there is also a large section on body image and confidence. Apparently, according to the author, "the men like us curvy", which I found a completely inappropriate phrase for a pre-teen to be reading. Personally I don't want my 10 year old reading this.

I just bought this book for my 10 year old, and I think it's great - VERY body positive, without too much information about sex and sexuality. There's also quite a bit about the whys and hows about feminine protection, and it's presented in a much better format than I've come across in other books. The pages are also all colored, which makes it quite a bit more approachable for a young girl to flip through. The only thing I wish that I knew before I bought it, was this is an Australian book, and contains a fair amount of Aussie slang. None of this slang is bad words, but just things that most American kids just aren't familiar with in regular conversation and it can make some parts of the book difficult to understand without either having to ask or looking up those meanings.

Helpful information for my tween step daughter. It can be awkward and uncomfortable for young girls to talk about these things, but they need the info, so giving my step daughter this book and letting her know I would always be there to answer questions that the book didn't was perfect for us.

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