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Puberty Girl



Synopsis

Offering a fun, sassy, and girl-power-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

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Average Customer Review: 3.9 out of 5 stars 5 customer reviews

Best Sellers Rank: #602,363 in Books (See Top 100 in Books) #57 in [Books > Children's Books > Growing Up & Facts of Life > Health > Sexuality](#) #73 in [Books > Children's Books > Growing Up & Facts of Life > Health > Maturing](#) #188 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse](#)

Age Range: 9 - 12 years

Grade Level: 4 - 7

Customer Reviews

Grade 4-8 While the basic information presented here is sound, the book is marred by a reliance on an overly cute presentation that frequently slops over into silliness. That whole area between your legs is known as the vulva. Please don't confuse this with Volvo which is something your parents might drive you to school in. The Australian slang will be unfamiliar to readers in the United States (such as surfboards for sanitary pads and minties for tampons).

Overall, the book is visually appealing, featuring splashy graphics and bold color photos of girls, but the ethnic representation is almost exclusively Caucasian. The question-and-answer format is readable and practical, and the sidebars based on interviews are interesting and personable. Lynda Madaras's *The What's Happening to My Body? Book for Girls* (Newmarket, 2000) is a solid resource about puberty, written in a more sensitive manner, and presenting its information in a more straightforward, less distracting way.

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Gr. 4-7. Like Lynda Madaras' *Ready, Set, Grow!* (2003), this glossy title aims at girls anticipating the first stages of puberty. Movsessian, a psychotherapist, has lead workshops on puberty at Sydney, Australia's Royal Women's Hospital for 13 years, and her warm, cheerful, informed approach seems rooted in her extensive experience. In addition to chapters about the basic body changes during female puberty, including one about menstruation and the necessary equipment, the author offers helpful suggestions for conflict resolution, listening to one's feelings, and understanding personal boundaries (and when they are breached). She also includes a brief list of boys' puberty changes, and a closing chapter mentions homosexuality. The glossy, girl-magazine design, with lots of color photos of attractive preteens, is matched by the bubbly, girl-power tone: "Girls, love your vaginas!" It's the frank advice about inserting tampons, pursuing health, and managing emotions that really distinguishes this title. Many of the organizations and resources on Movsessian's Web site are Australian, so American readers may want to consult Madaras' book for more information.

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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.

This is an excellent book for ten year olds to read - well written and just the right tone.

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. 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.

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