

Growing Up Its A Girl Thing

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**South Side Girls** Hodder & Stoughton  
An explanation for adolescent girls of the changes that take place at puberty and how Jewish tradition views this and other related aspects of becoming a woman.  
**Making the Right Choices** Girlpact LLC  
Being a girl isn't always easy, and growing up is far from a walk in the park. This time of transition is particularly confusing without a confidante to help. Meet Sarah O'Leary Burningham, a real-life big sister here to coach preteens through all of life's big moments, from first bras to first periods. Filled with letters and testimonials from real girls—as well as confidence-boosting advice and myth-busting sidebars—this fun, accessible, and highly visual book is a must-have for every girl navigating her way through the preteen years.  
**A Christian Girl's Guide to Growing Up** Penguin  
For more than a decade, girl power has been a cultural barometer, reflecting girlhood's ever-changing meanings. How did girl power evolve from a subcultural rallying cry to a mainstream catchphrase, and what meaning did young girls find in its pop culture forms? From the riot grrrls to the Spice Girls to <The Powerpuff Girls, and influenced by books like <Reviving Ophelia and movements like Take Our Daughters to Work Day, <Growing Up With Girl Power charts this history. It considers how real girls who grew up with girl power interpreted its messages about empowerment, girlhood, strength, femininity, race, and more, and suggests that for young girls, commercialized girl power had real strengths and limitations – sometimes in fascinating, unexpected ways. Encompassing issues of pre-adolescent body image, gender identity, sexism, and racism, <Growing Up With Girl Power underscores the importance of talking with young girls, and is a compelling addition to the literature on girls, media, and culture. Supplemental resources are available online at GrowingUpWithGirlPower.com.

**Girlhood on Screen and in Everyday Life** Turtleback  
Every smart girl knows when to ask for advice, and this book is an indispensable companion to growing up. Addressing all those cringey questions about periods, boys and boobs that adults squirm at answering, Anita Ganeri's sensible, light-hearted advice will calm the fears of any worried young woman. All about Periods and Growing-up Stuff Three Rivers Press  
Provides a close-up look at such issues as the physical and emotional changes that puberty brings, friendship, boys, families, and other changes in their lives  
**For Younger Girls** Turtleback  
You're reaching that age where there's a lot going on: first bras...hair growing in new places...changing friendships...and periods. Some of it makes you feel embarrassed, some of it makes you happy, andsome of it makes you want to roll your eyes and crawl under a rock. Welcome to puberty. Right now you can't imagine how any of this could be fun. But read this book and you can face the weirdness, get over the gross-factor, and head into puberty with confidence and knowledge. It's definitely not a boring lecture. And it's not like an embarrassing little chat with your parents. It was written by two female doctors who are also moms (and they're pretty funny). In this book, you'll find honest information, useful advice, and tips for handling all the changes. There are also some great short stories about a cast of characters who are going through the same things you may be. This book will help take away the awkward and give you just the information you need to feel confident and ready for the "new" you!  
Revised Edition Usborne Publishing Ltd  
The Boy's Body Book is here to help with expert advice, common sense tips, fast facts, and answers to all questions a boy might have about growing up.  
You! A Christian Girl's Guide to Growing Up Red Globe Press

A principal sends a girl homo from school for not wearing a bra, A manager fires a woman at work because she questions the difference in pay between herself and her male counterpart. The public ignores a female athlete's accomplishments and instead scrutinizes her for how she looks. There are many differences between the female and male experience in American society today, The Being Female in America series draws out the biases, double standards, and discriminatory attitudes embedded in American culture and considers their impact on women natlonwide, Prepare to engage meaningfully In the conversation through Being Female in America.  
**Bloom** EP BOOKS  
From the makeup artist on TLC 's What Not to Wear, a full color make-up book that shows teenagers how to embrace their own inner beauty. Carmindy gives teens the beauty basics and best skincare practices needed to grow up gorgeous. Instead of teaching them to cover up their "flaws," she demonstrates how to emphasize their best features in the most effortless and teen-budget-friendly ways possible. Along with easy-to-follow makeup application tips, this book features beautiful, transformational photos of real-life girls as they get "Carmindized" in age-appropriate make-overs. Carmindy also offers inspiring advice for dealing with a wide range of self-esteem and image issues: from zits and glasses to bullying and peer pressure. Throughout, Carmindy reminds readers to always face the world, and everyone in it, with grace and a positive outlook.  
**Pioneer Girl** Workman Publishing  
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**A Girl's Guide to Growing Up Gorgeous** Wren & Rook  
Practical advice from a Christian viewpoint about the internal and external changes experienced by teenage girls, touching on everything from shopping wisely to good hygiene to eating disorders.  
**You!** She Writes Press  
CONGRATS! YOU HAVE FOUND "THE BOOK"! Filled with facts, tips, advice, and illustrations, BUNK 9'S GUIDE TO GROWING UP is the girl-powered puberty book you'll actually want to read. Written in the voice of the counselors in training at the fictional Camp Silver Moon, it's like having your best friend or older sister share everything there is to know about being comfortable in your changing body. From periods, bras, and hormones to nutrition, exercise, and sleep—to crushes, that first kiss, and ALL the feels—it's the head-to-toe guide to not only surviving puberty but totally, 100% owning it! GUARD THIS BOOK WITH YOUR LIFE AND USE ITS SECRETS WISELY. The Top Three Tips for the Best Puberty Ever A Field Guide to Breasts Acne: Self-Care and Skin Care The 'No-Smell' Basics Rocking Your First Period Why Sleep? Boys: They're Changing, Too Crushing It Secrets, Tips, and Expert Advice on the Good, the Bad, and the Awkward Hachette UK  
The "What's Happening to My Body?" Book for Girls Written by 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 is an essential puberty education and health book for all girls ages 10 and up.  
**Bloom Chronicle Books**  
Growing up God's way forGirls is a colourful, fully illustrated book available as separate versions for boys and girls. It is intended for children approaching or experiencing puberty, typically represented by the 10-14 years old age range. The artwork haas been specially produced for the book and includes accurate biological drawings as well as 'cartoon' illustrations to keep the young reader interested. Most importantly of all, the Bible is the constant reference point, so that what the Bible has to say about the matters dealt with is always front and centre. The result is that this book conveys essential biblical ethical teaching as well as the facts about puberty. For example, here's an extract from the teaching on the chapter on 'Physical Intimacy' (in this case in the girls version): So special that God has given us rules It might seem attractive to live in a world where there are no laws. (Of course it would mean that your parents would never be able to tell you that you were doing something wrong!) But have you ever thought what would happen if there were no laws about how we should drive a car? The laws of the road make it safe for us to drive. If there were none, many more people on the road would get injured and driving would be a very frightening experience. God has given us a law regarding how we relate to the opposite sex in sexual intimacy. This law is the seventh of the Ten Commandments: 'You shall not commit adultery' (Exodus 20:14). From this verse and other passages in the Bible, we learn that all sexual activity outside marriage is wrong. The word adultery means either being married and experiencing sexual intimacy with someone who is not your husband, or experiencing sexual intimacy with someone else's husband. In the New Testament, God warns us to 'flee from sexual immorality' (1 Corinthians 6:18). The term 'sexual immorality' includes any sexual activity that is not between a husband and his wife. The fact that God has given us a specific command to keep sexual intimacy for marriage shows how important God considers sexual intimacy to be. The husband and wife are important to Him, their marriage is important to Him, and the new life that may result from sexual intimacy is important to Him. God's law about sexual intimacy is for our safety and well-being - it protects us, it protects marriage, and it protects young life.  
**Choices & Changes in the Tween Years** Franklin Watts  
Advice from Girls' Life magazine in a hip and honest guide to growing up.  
Growing Up in the Remote Dolpo Region of Nepal Thomas Nelson Inc  
This charmingly illustrated guide for girls is full of facts and advice about growing up, puberty, body image, friendship, crushes and more! Written in literal language and addressing sensory issues, safety, and social skills throughout, it offers an ideal introduction to the teenage years for girls with autism aged 9 to 14.  
**All About Puberty & Growing Up** Bloomsbury USA Childrens  
This unusual memoir immerses us in the fascinating story of a spirited girl in a remote, undeveloped region of Nepal near the border of Tibet, a place made known to the world in Peter Matthiesens The Snow Leopard. Life above 13,000 feet in Upper Dolpooften called the last paradise because of its breathtaking snow-capped peaks, untouched beauty, and hand-irrigated green pastureswas one of constant risk and harsh survival. Dorjes life centered around the care of her numerous younger brothers and sisters and the familys sheep, goats, and yaks. At age five she began herding and was soon taking the animals high in the mountains, where she fought off predatory wolves and snow leopards. Covering her first ten years, the story takes Dorje from her primitive mountain village to the bewildering city of Kathmandu, and finally to a new home in America, where she receives life-saving surgery. With humor, soul, and insightful detail, the author gives us vividly told vignettes of daily life and the practice of centuries-old Tibetan traditions. This wonderful and surprising tale of survival, loss, and self-reflection offers us entry to this difficult, yet magical, place.  
**Girls Growing Up on the Autism Spectrum** Zonderkidz  
Presents information for girls about the physical and emotional changes which take place during puberty, discussing hormones, menstruation, nutrition, eating disorders, exercise, cleanliness, and body image.  
**Where the Girls Are** Jessica Kingsley Publishers  
Going through puberty? Thinking about puberty? Worried about growing up? Don't worry! This book is for you. Packed with facts and thoughtful advice, plus words of wisdom from older women and quotes and questions from girls who are also going through it, this book covers every aspect of going through puberty for girls (and even has a chapter on what's going on with boys because knowledge is power, after all). Also filled with quirky illustrations from the fabulous Flo Perry, coupled with space to scribble your own thoughts and ideas. From body basics like breasts, spots and periods, to the questions with no easy answers (Does how you look matter? Is a crush ever wrong? Is it bad to be jealous of your best friends — and does having a best friend even matter?) Plus, of course, clear and empowering information on sex, sexuality and gender and a whistle-stop guide to the wonderful world of online. Written by women who just happen to be mums: word whizz Sophie Elkan, psychotherapist Laura Chaisty and GP Dr Maddy Podichetty.  
Growing Up Female and Ambitious Knopf Books for Young Readers  
CONGRATS! YOU HAVE FOUND "THE BOOK"! Filled with facts, tips, advice, and illustrations, BUNK 9'S GUIDE TO GROWING UP is the girl-powered puberty book you'll actually want to read. Written in the voice of the counselors in training at the fictional Camp Silver Moon, it's like having your best friend or older sister share everything there is to know about being comfortable in your changing body. From periods, bras, and hormones to nutrition, exercise, and sleep—to crushes, that first kiss, and ALL the feels—it's the head-to-toe guide to not only surviving puberty but totally, 100% owning it! GUARD THIS BOOK WITH YOUR LIFE AND USE ITS SECRETS WISELY. The Top Three Tips for the Best Puberty Ever A Field Guide to Breasts Acne: Self-Care and Skin Care The 'No-Smell' Basics Rocking Your First Period Why Sleep? Boys: They're Changing, Too Crushing It