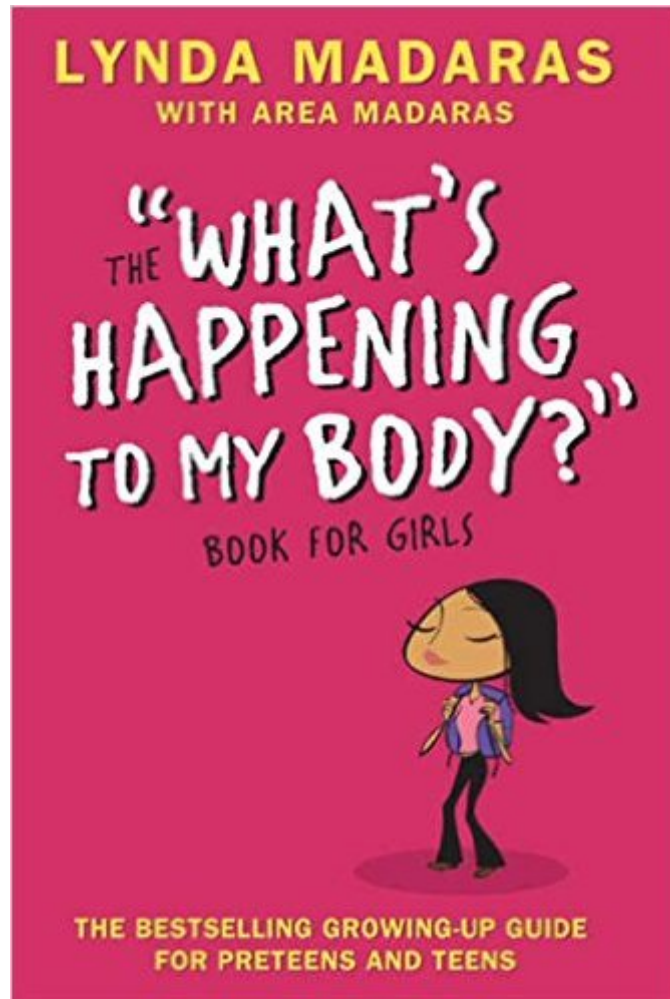


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The "What's Happening To My Body" Book For Girls, Revised Third Edition



Synopsis

The bestselling guides for preteens and teens updated with a brand-new look. The Madaras growing-up guides are acknowledged by parents, educators, librarians, and doctors for their unique, nonthreatening style, excellent organization, and thorough coverage of both the physical and emotional issues surrounding puberty and adolescence. And kids love them too! As one fan wrote, "Dear Lynda, I can't believe that you, a mom, knew all this stuff!" "What's Happening to My Body?" for Girls features detailed coverage, in age-appropriate language, of the body's changing size and shape, the growth spurt, the reproductive organs, the menstrual cycle, romantic and sexual feelings, puberty in the opposite sex, and much more. Includes a comprehensive resource section and line drawings. For ages 10 and up. The new editions feature:

- Fresh new cover design for series
- Entirely redesigned interiors with new illustrations
- Uniform trim sizes for display
- New author introductions
- Updated resource sections and content
- 50 black-and-white drawings

Book Information

Series: What's Happening to My Body?

Hardcover: 304 pages

Publisher: Newmarket; 3 edition (June 25, 2007)

Language: English

ISBN-10: 1557047685

ISBN-13: 978-1557047687

Product Dimensions: 6.1 x 1 x 9.1 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (233 customer reviews)

Best Sellers Rank: #557,423 in Books (See Top 100 in Books) #32 in [Books > Teens > Personal Health > Maturing](#) #47 in [Books > Children's Books > Growing Up & Facts of Life > Health > Sexuality](#) #63 in [Books > Children's Books > Growing Up & Facts of Life > Health > Maturing](#)

Age Range: 12 - 15 years

Grade Level: 7 - 9

Customer Reviews

This is a great book for anyone interested in the process of growing up. I am a 15 year old girl and my mom got me this book when I was 10 years old, and I love it. It answered all my questions about growing up. Some people think that this book is too advanced for your average pre-teen, but having

been there just a few years ago, I can assure you that it is not. The book provides a lot of information that I was curious about, yet too embarrassed to ask about. Even being so young when I got the book, I can assure you that it did not cause me to grow up any faster... it only caused me to grow up at a normal speed with more information. I still read the book as I experience new things, and because of this book and the topics it discussed, I was more assured about the changes going on inside of me.

My wife and teenage daughters teased me about reading this book. But as someone who works with girls in sports, I felt it was important to know what is going on with girls at this age. Was the book informative? Yes. It had two strong points: 1) It treats sexuality and associated taboo subjects as normal parts of life. Really, I cannot understand why some of the other reviewers thought the information was too graphic; 2) I was particularly intrigued with some of the sex-related questions young people ask. At first, their questions seemed ridiculous and so naive but then you realize they ask them because we treat the subjects of puberty and sexuality with such secrecy. No wonder some of the questions are so hilarious! The book treats each of the major subjects in a simple straightforward way. There is nothing difficult to understand and young women are supported for their decisions and preferences. The author also makes some suggestions (based on adult wisdom and her experience with young people) about what to consider when deciding to do A or B. My only criticism of the book is that some of the AIDS information is outdated. My copy said the information had been updated. While I am not an expert on AIDS, my impression is that some of the information did not reflect progress made in prevention, diagnosis and treatment. The book has sold well because it gets right to the point about everything that young people want to know about growing up female. And yes, I did learn a few things.

My mother bought this book for me when I was ten. Her mother had never explained any aspect of puberty or menstruation to her and she was afraid of giving me confusing or incorrect information. I remember reading this book cover to cover at least five times and going through it again as I was a teenager and had questions. I developed earlier than most girls and this book was a reassuring source of information. It not only taught me a lot about my body and what was happening, but was a boost to my self-esteem because it talked about differences as being o.k. I haven't read the new edition, mine is 15 years old, but I can't imagine anything better for a mother to give her daughter as she enters puberty. It opened a line of communication between my mom and me about a topic that is not always easy to discuss with your parents at that age. I would recommend this book to ANY

parent for his/her daughter.

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. It does say that the female reproductive organs are designed for pregnancy and breastfeeding, and that an ovum combines with a male sperm to become fertilized and grow into a baby, but it does not say *how* one becomes pregnant or comes in contact with sperm. It emphasizes that pregnancy is something that "mature" women experience, without implying that a younger person can't become pregnant - I think the authors walked this line very carefully. I looked all over for a book that would cover puberty without going into a lot of detail about sex, getting pregnant, etc. I think that I made a good choice with this book!

I bought this for my daughter who is 10. She is not showing any stages of puberty but I thought it would be a great way to follow up on our discussions about her upcoming changes. This book has a number of worksheets which encourage the reader's thoughts and feelings on all sorts of subjects. It also is very good at explaining that all girls are different and all develop at different ages. I think it gives the right amount of information for my daughter; not too much, not too little.

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