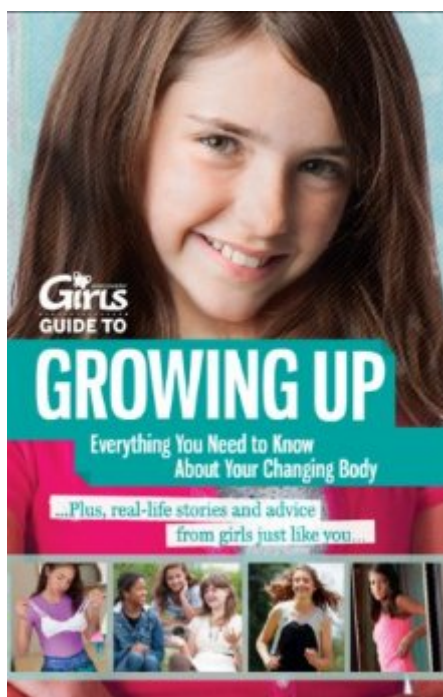


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# Discovery Girls Guide To Growing Up Everything You Need To Know About Your Changing Body



## Synopsis

Discovery Girls Guide to Growing Up explains everything tween girls need to know about puberty in a straightforward and relatable way. By understanding what's going on inside her and knowing what to expect next, she'll spend less time wondering and worrying about what's happening to her body and more time enjoying the changes. She'll also learn how to handle her emotions and love her body (even if it's not perfect!) so she'll feel confident and ready for all the challenges of puberty. Best of all, thanks to tens of thousands of girls who were brave enough to share their stories about pimples, periods, bras, emotions, and more, she'll know she is not alone.

## Book Information

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## Customer Reviews

As an intermediate teacher faced with girls on the brink of puberty, I decided to start a Girls Group at my former school that would cover topics such as puberty, health, emotions, self-esteem...etc. Our school did not have a prescribed program to use for this Girls Group, so I had to gather materials from a variety of resources. Recently, I started another informal Girls Group during my student's recess/lunch hour, and I have been able to use this book to guide our lessons. Many of

the topics included in this book can be very uncomfortable for adolescents to discuss, especially with a teacher. This book allows us to break down those barriers because my students know that this book was written by girls just like them. Over the years it seems that many of the 9, 10, and 11 year olds I work with are developing at much earlier ages. Even though they are only in elementary school, it is so crucial for these young girls to be made aware of the changes that are taking place, and to know what to expect in the coming years. This book would be an asset for a Girls Group program like the informal one I have started. It would be beneficial if this book came with a prescribed program to use within schools, including activities to do in conjunction with the topics presented. Because the program I lead doesn't consist of a curriculum or program map, I do not receive funding for it. I'm hoping that in the years to come that I have a program designed, focused around *Growing Up: Everything You Need to Know About Your Changing Body*, to present to my building principal so that our program can be funded and the girls involved can each receive a copy of the book. Not only do I think that this book is important for a girls group, but I also think it is essential for every intermediate and middle school teacher to have a copy of this book in their classroom. With knowledge comes confidence, and this book gives my female students both!

Not really that much information here. I thought this would be more for older girls but it has pretty much the same information as the American girl book for younger girls which we already have. Also there are not 158 pages there are 146 and with so many pictures on them my daughter was done with it in less than 45 minutes. Wish I had bought the other book instead. An appropriate age in my opinion would be 8-10.

As a fourth grade teacher, I constantly keep my eyes peeled for books that will inform and inspire my students. I LOVE this book for teaching girls about their changing bodies. Everything is explained so simply with tons of drawings, photos, and anecdotes by real girls. It will help make puberty much less uncomfortable and scary than it might be otherwise. The message is empowering and comforting all at once. I wish I had had a book like this when I was growing up!

My daughter and I loved this book! She read it in one day and found all of the information easy to understand and didn't have too many questions. As a parent, I really appreciated having this book as a resource to help me with explaining all of the changes her body will be experiencing soon. Will definitely recommend to other parents!

My daughter is 9 and her school doesn't have a class about the human body. She started asking me about puberty because she read in her Discovery Girls magazine that it can start at 10. I purchased this book to get the conversations started and help her get accurate information. She read the book in 2 days and says she's going to read it again :). It was very informative. She loved the quotes from other girls going through the same thing. This is a great book for her age group.

What an excellent book! I have two daughters who are both in the thick of adolescence and this book has been an EXCELLENT resource for all of us. As a mother, I am always looking for literature that will help me teach my daughters that growing up is an exciting and interesting time and that they need not be frightened or embarrassed about all of the changes that they are experiencing. This book has clear, concise information, is very readable and is age appropriate. It has a great 'we're all in this together' sort of message that teaches girls to embrace and not fear the inevitable changes of adolescence. It also incorporates the voices of hundreds of girls questions and concerns, connecting my daughters to the experiences of others who are going through similar changes. I think this book is a 'must' for every girl with an engaged parent who wants to supplement their counsel with a great book and a definite 'must' for the school nurse and school counselor, all of whom might be called upon to help our girls grow and develop into confident young women. This book imparts knowledge, which will empower our girls to be the very best that they can be! Thanks Discovery Girls!

This book is wonderfully sensitive to the questions and concerns of tween girls about physical and emotional changes during the process of puberty. My daughter and I appreciate the quotes from girls just like them, showing the excitement, confusion, worries, and amazement that girls can feel. Everything is very clearly explained, and the authors emphasize that every girl develops at her own rate--it's all fine. The book doesn't talk down to the girls, either; it uses biologically appropriate terms while putting them in the context of ordinary experience. I gave a copy to my daughter's school library, and with girls reaching puberty earlier and earlier, they were very happy to have a resource like this. The book definitely fosters a mood of acceptance and open dialogue. After reading it my daughter told me something about her body that was bothering her that she had never shared with anyone before. I hadn't realized that it was significant concern of hers until this Discovery Girls guide helped her to feel relaxed enough to open up.

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