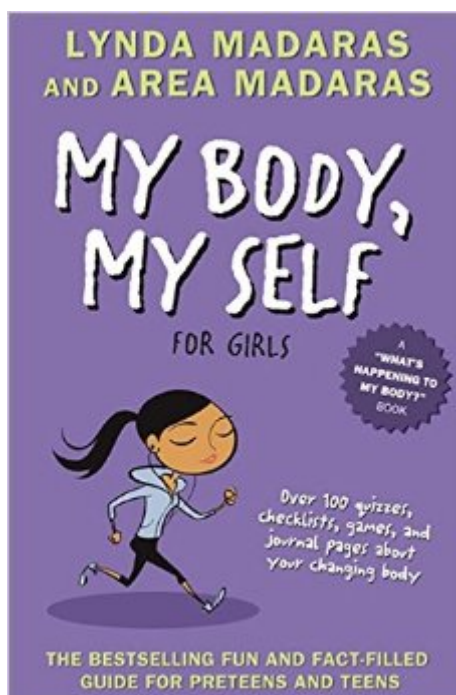


The book was found

My Body, My Self For Girls, Revised 2nd Edition (What's Happening To My Body?)



Synopsis

Whatâ€™s happening to my body? Is this normal? This fact-filled journal and activity book makes it fun for girls to find answers to their many questions about the physical and emotional changes that accompany puberty. With quizzes, checklists, games, and illustrations throughout, MyBody, My Self for Girls also includes journal pages and lots of personal stories addressing girlsâ€™ concerns, experiences, and feelings during this new stage of their lives.

Book Information

Paperback: 160 pages

Publisher: William Morrow Paperbacks; 2nd edition (June 19, 2007)

Language: English

ISBN-10: 1557047669

ISBN-13: 978-1557047663

Product Dimensions: 6.1 x 0.4 x 9.1 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (232 customer reviews)

Best Sellers Rank: #64,096 in Books (See Top 100 in Books) #23 in [Books > Children's Books >](#)

[Growing Up & Facts of Life > Health > Maturing](#) #84 in [Books > Parenting & Relationships >](#)

[Parenting > Parenting Girls](#) #190 in [Books > Parenting & Relationships > Parenting > Teenagers](#)

Age Range: 9 - 12 years

Grade Level: 4 - 6

Customer Reviews

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.

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