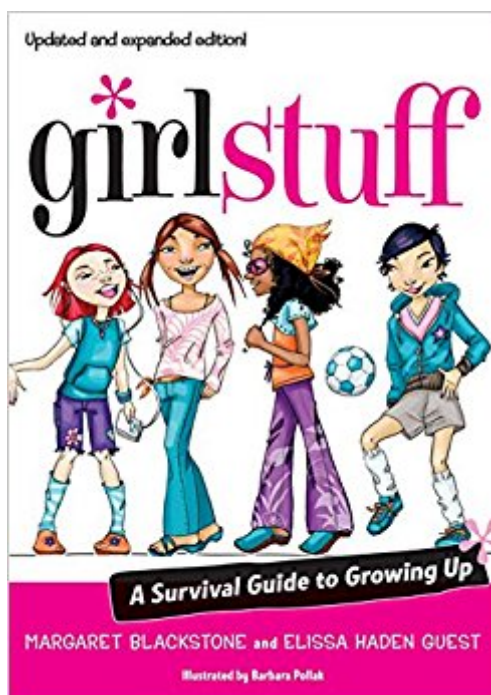


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# Girl Stuff: A Survival Guide To Growing Up



## Synopsis

Girls approaching puberty have lots of questions: How can they get rid of zits? Why do they sometimes feel cranky and scared? Are they "normal"? With a relaxed conversational style, this comprehensive and compassionate guide will help answer those questions and many more--even those that are too scary or embarrassing to ask. Loaded with information that will help tween girls understand and cope with the physical and psychological changes that go along with puberty, this updated and expanded coming-of-age guide will be shared and read over and over until all those changes don't seem so confusing.

## Book Information

Paperback: 192 pages

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Product Dimensions: 6 x 0.6 x 8.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 30 customer reviews

Best Sellers Rank: #145,494 in Books (See Top 100 in Books) #37 in [Books > Children's Books > Growing Up & Facts of Life > Health > Maturing](#) #73 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse](#) #905 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women](#)

Age Range: 10 - 12 years

Grade Level: 5 - 7

## Customer Reviews

"One of the weirdest words in the English language is puberty. Not only does it sound funny--pew-berty or pube-hurty--it also makes us feel funny now and then as we are going through it. Not ha-ha funny--although there is that, too--but scared, awkward, sad, wildly-happy-one-minute-and-utterly-miserable-the-next, gorgeous, ugly, kind, mean, goofy, silly, you-name-it funny." With these down-to-earth and wise words, authors Margaret Blackstone and Elissa Haden Guest begin their wonderfully straightforward, useful, friendly book on girl stuff: you know, menstruation, peer pressure, zits, emotional roller coasters, health, and "what you never wanted anyone to know you want to know about sex." Homey tips about getting bloodstains out of

underpants (and reassurances that it happens to everyone) and what clothing to wear during your period ("Keep a dark sweatshirt at school to wrap around your waist in case you leak through") are interspersed with information about self-defense methods, suggestions on how to tell when a friend is truly a good friend, reproductive anatomy lessons, and stress-busting activities. Sexual orientation is addressed openly and with a liberal attitude. Quotations and questions from girls add an even more authentic teen essence: "The cool girls are the sun, and I feel like I'm on Venus." Barbara Pollack's amusing drawings get to the heart of the matter, without ever being overbearing. This book is the big sister you always hoped for: reassuring, informative, matter-of-fact, nonjudgmental. (Ages 9 to 15) --Emilie Coulter --This text refers to an out of print or unavailable edition of this title.

Grade 5-8-This resource for girls approaching puberty falls between Mavis Jukes's popular *Growing Up* (1998) and her *It's a Girl Thing* (1996, both Knopf), broadly covering female physical, emotional, and social development and sexuality. By covering such a wide range of topics in a compact book, the authors don't go into extensive detail in any particular area, but do an admirable job touching on a plethora of subjects of interest to this audience. Much of the information is shared by pairing frank, realistic questions that readers might ask with accurate, straightforward answers packed with facts. Topics include body hair and odor, nutrition and eating disorders, menstruation, friendship, peer pressure, stress, and alternative medicine. The chapter devoted to acne and skin care is filled with practical, safe, and effective techniques for dealing with related problems. Relationships, sexual identity, and birth control are also discussed but in less detail. Black-and-white spot drawings appear throughout. The accessible format, attractive design, and chatty narrative make this a worthy addition to the girls' development canon. Katie O'Dell, Multnomah County Library, Portland, OR  
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Good for girls 12 and up

I bought this for my granddaughter so that she could see that she's not the only one going through changes and so my daughter had something to help her explain things to her too..it has a lot of info and so far they both like it!

Well written book that answers questions some girls aren't too excited to learn about.

Just had it around the house for my daughter and son

FANTASTIC! Worth every penny! My daughter loved it too!

It is a well written book and coming dictating well with girls about the changes they are and will be experiencing.

This book should not be recommended for the ages that are on here. I didn't even give it to my 11 year old. Maybe in High School! Maybe I am naive to think that my daughter does not have questions about some of this stuff but really the book was over the top! Maybe in a few years.

My niece's daughter is will be 12 this week and really doesn't have anyone to talk to about "girl things." So, I purchased this book for her. She enjoyed it so much that she read straight through it, coming very close to finishing it the same day she received it.

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