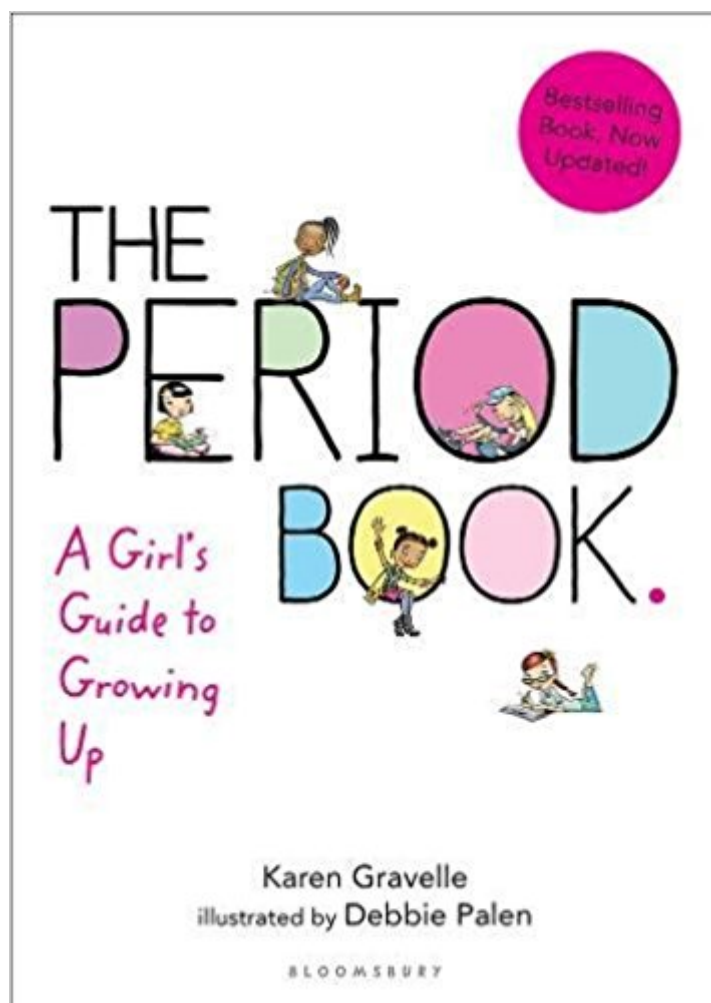


The book was found

The Period Book: A Girl's Guide To Growing Up



Synopsis

Celebrating over twenty years in print, this best-selling, essential illustrated guidebook for adolescent girls is now available as a refreshed edition, with new and updated content. With over 400,000 copies sold, this appealingly illustrated guidebook to puberty--now updated with new content relevant to today's kids--is the perfect companion for girls and parents preparing for this important milestone. Written in consultation with preteen girls, this guide offers a supportive, practical approach, providing clear and sensitive answers to common questions on periods, as well as advice dealing with pimples and mood swings. This revised edition features new sections on: getting braces- bra sizing- shaving- relatable anecdotes from real girls- changing friendships- romantic feelings- dealing with sexual harassment both on social media and in real life. Complete with charming and informative interior illustrations, The Period Book is a trusty friend that can help girls feel confident about this new phase of their lives.

Book Information

Paperback: 144 pages

Publisher: Bloomsbury USA Childrens; Reprint edition (June 20, 2017)

Language: English

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Product Dimensions: 5.5 x 0.3 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 220 customer reviews

Best Sellers Rank: #7,362 in Books (See Top 100 in Books) #7 in [Books > Children's Books > Growing Up & Facts of Life > Health > Maturing](#) #10 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse](#) #62 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

Customer Reviews

"Adults uncomfortable discussing sexuality will find support in Karen Gravelle's companion books Her straight-forward, lively writing provides comfort and readability." - The News & Observer
"Karen Gravelle hits her mark with this accessible guide for adolescent girls . . . Palen's cartoon illustrations echo the candor of the text and reinforce its kid-friendly approach." - Publishers

Weekly" In a friendly, chatty manner, Gravelle explains the external and internal changes of puberty . . . Its directness and simplicity makes it a solid choice, especially for younger girls." - School Library Journal "Warm and positive." - Booklist

Karen Gravelle is the author of Bloomsbury's bestselling nonfiction titles *The Period Book*, *What's Going on Down There?*, and *The Driving Book*. She lives on the eastern shore of Virginia. Debbie Palen is a professional illustrator from Cleveland, Ohio. When not illustrating, she can be found doing yoga, writing, or reading comics.

My 12 year old daughter just started her period this summer. She was away from home visiting family, which makes me sad that I missed the first one. I went online that night and found this book. I read the reviews, and the comments about the content being inappropriate. One reviewer mentioned that she was appalled by a section that informed the reader that you could get pregnant if semen is introduced into the vagina by any means, such as a finger. While it might make us uncomfortable as parents to think about our sweet girls doing anything of the sort, the fact is that it happens. I for one would rather have her know the risks and avoid them, than keep her blissfully ignorant while she ends up pregnant because she "didn't know". They say you're supposed to have "the talk" by the time they are 8 years old now as it is. Now that she's able to get pregnant (cuz let's face it that's what periods are for) I want her to know. Keeping her in the dark isn't going to do her any favors, and telling her the truth won't hurt her. So anyways I bought the book and had it overnighted to her at my mom's house. My mom said when she handed her the book she rolled her eyes and was like "Oh God". But she sat down to read, and did not put it down again until she had read it cover to cover. She told my mom, that was a REALLY good book, it had a lot of good information in it. It also has a little log in the back for her to track her cycle. I'm comfortable in my choice to get her the book. Now I know she knows, and what she knows is the truth and not hearsay from other teenage girls or boys. You know they talk about it right? And they act on it younger and younger these days? Don't you want them informed?

I feel very compelled to write a review after reading the top-rated comments by panicked mothers. Here is my story: I read this book when I was 10. I borrowed it from my friend, whose mom was a bit more hands-off than mine. I remember using it with my girlfriend, and a mirror, to find where our vaginas were. I didn't use it to masturbate. It didn't make me lose my virginity earlier. It just gave me the kind of no-nonsense ILLUSTRATED, not photographed, depictions of what I had to expect in the

coming years. I loved this book because instead of trying to shelter me, it gave me all the best information and helped me make well-informed decisions. I felt compelled to review this book not only because I thought it was great, and memorable FIFTEEN YEARS later. But also because these panicked mothers, who are worried about their daughters being "too young" to learn about these things, clearly haven't been to a middle school in recent years. Children--twens--are having sex. At 11, before they even need The Period Book, and at 13, when that tidbit about the fingertip's worth of sperm causing impregnation could be vital, life-changing information. That was never me, but hey! I read the Period Book when I was 10. So I knew better...So don't hide this book from your kids. Because they're almost not kids. And even as kids, behind your very backs, they're probably doing adult things. This book promotes body-literacy; it doesn't change the innate nature of your girls, or negate the moral compass you've instilled in them. As parents, don't you want to give your child THE BEST CHANCE to make good decisions? If so, get her this book.

We bought this as training material for a nurse in a developing country who could read English as well as her native language. It came highly recommended to me. It looks very comprehensive, but I admit I thumbed through it, then immediately gave it away in the training pack we made.

Very informative, easy to read and digest. Arrived promptly. Thanks!

This is the perfect book for having the conversation. I truly needed it!

Great book for a girl whose body is changing. My daughter is 11 and thought this book was helpful without making her feel uncomfortable! :)

Daughter loves it great book

GREAT book for any young girl hitting the double digits. I would read it first as there was some things that I had no clue happened or when. There are some sketches pictures of girls and boys, but I guess it's all to teach the difference.

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