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The Girls Guide to Growing Up: Choices Changes in the Tween Years

By M. S.

Woodbine House. Paperback. Condition: New. 62 pages. Dimensions: 8.8in. x 5.9in. x 0.3in. Here's a book just for girls beginning a new phase of their lives! This appealing and easy-to-follow guide for girls with intellectual disabilities is an introduction to the physical and emotional changes they'll encounter during puberty. Written on a third-grade reading level for preteens or young teenaged girls to read by themselves or with a parent, it's filled with age-appropriate facts, realistic illustrations and photos, icons, and a Q and A. The Girls Guide to Growing Up advises girls about their changing bodies, privacy issues, and how to feel their best, including: -What is puberty -Body changes (height and shape, breasts and bras, body hair, skin and blemishes, body odor) -Emotional changes (moodiness and handling your feelings, sexual feelings and what to do about them, flirting dos and don'ts) -Periods (what to expect, using a pad) -Hygiene (keeping face and body clean, showering, using deodorant) -Privacy, safety and social appropriateness (private parts, rules for who can touch you and when, rules for touching others, what to do if you feel unsafe) The Girls Guide to Growing Up is written by an experienced sex educator who specializes in working...



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Reviews

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