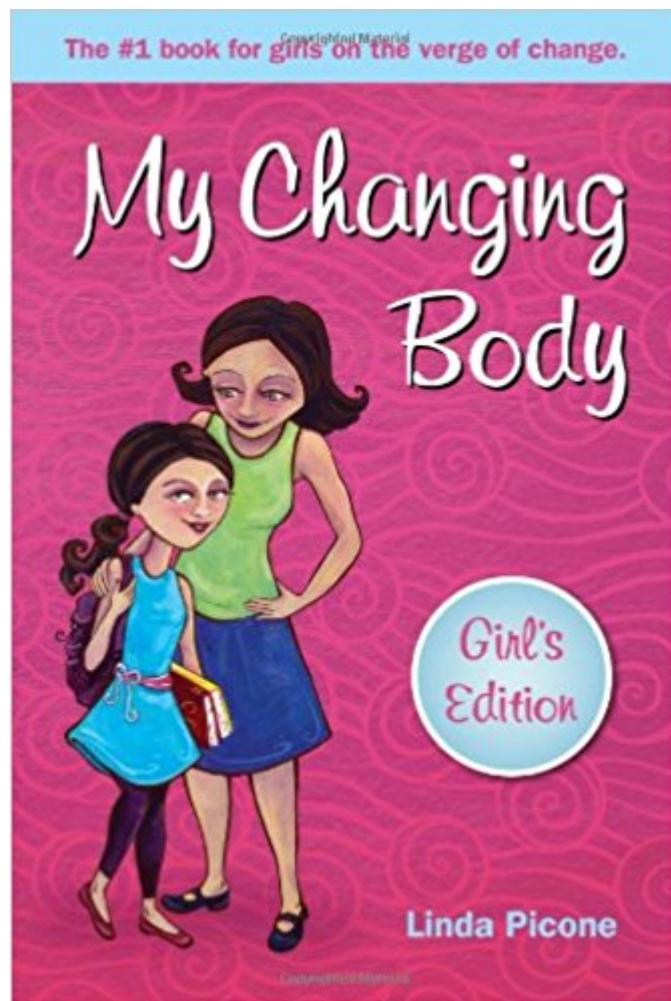


The book was found

# My Changing Body



## **Synopsis**

Filled with practical, insightful facts about the changes girls go through before and after puberty, My Changing Body is the ultimate know-your-body manual for girls. Included here is everything girls need to know about their periods, breasts, and reproductive systems—along with fascinating explanations for all those other mysterious physical and emotional changes that accompany growing up. Includes information on relationships, mood swings, body image, body hair, hygiene, pimples, cramps, and more.

## **Book Information**

Paperback: 150 pages

Publisher: Fairview Press; Girl's ed. edition (June 16, 2010)

Language: English

ISBN-10: 1577491874

ISBN-13: 978-1577491873

Product Dimensions: 6.1 x 0.4 x 9.2 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 2.3 out of 5 stars 8 customer reviews

Best Sellers Rank: #757,488 in Books (See Top 100 in Books) #87 in Books > Children's Books > Growing Up & Facts of Life > Health > Maturing #3361 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women

Age Range: 9 - 12 years

Grade Level: 4 - 7

## **Customer Reviews**

Linda Picone is a bestselling author and an expert in patient education.

A really good book to help you explain these issues to your daughter(s).

That was insane to read. Maybe when my daughter is like 16. It talks about anal sex. That's just really weird to have in a young child's book

This book should present all this information in a less scary way. It seems that this book had been written for a high school kid and not for a 9+ year old girl.

Not appropriate for a 9 year old as the information states

This book indicates on the cover that is for "girls on the verge of change"

Presents the changes in a female body from about age 8 to the end of puberty, in easy to read yet accurate language. My daughter thought some of the information was unsettling at first, but when I said she could skip over anything that she didn't want to read about, or ask questions, she did both, but continued reading. Respects the reader and gives information on sexual activities, consequences, and a bit on LGBT aspects.

I advise parents to read this book in advance of sharing it with your son and consider the age and maturity level of your child. It has a lot of information including oral sex, anal sex, sexually transmitted diseases, rape and abortion. It seemed over the top when your child first needs to learn about why their body is changing and what to expect. Too much information and a broad spectrum of topics. It ends abruptly with abortion.

My daughter's friend lent her this book. I looked through it yesterday and could not believe it. She is 10 and this is the excellent book to create a perv (now I know why her friend says many disturbing sexual things little girls should not be saying). It even goes over oral sex, masturbation, different types of sex, many types of birth control, details about the outer anatomy of the reproductive system. I do not recommend this book for anyone unless they are at least 17. Why would you want your little girl exposed to these things, perhaps there should be an age included on the cover or something to make us aware, or you could use it as a reference when talking with her but absolutely not having her read it.

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