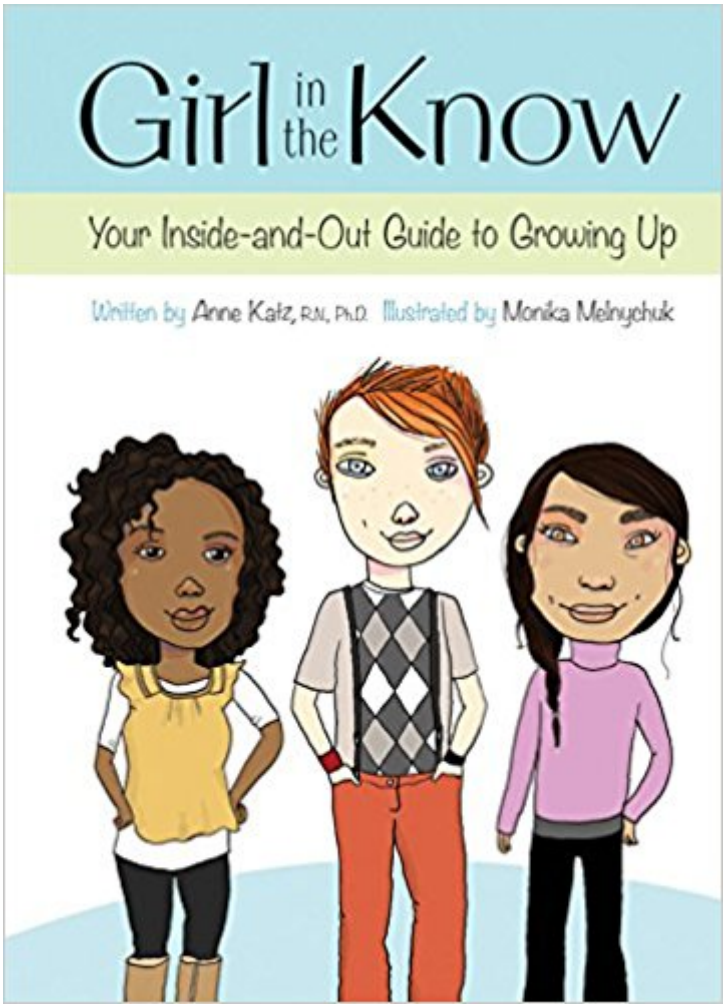
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Girl In The Know: Your Inside-and-Out Guide To Growing Up



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Synopsis

With a relaxed, conversational approach, Girl in the Know is a straight-talking little manual packed with everything a girl should know about the many changes she can expect in puberty and how to make her way through it all as smoothly as possible. But there's way more than just the body basics --- the book is divided into three main sections (Your Body, Your Mind and Taking Care) where girls will find advice on their sexuality, mood swings, crushes, health and much more.

Book Information

Hardcover: 112 pages

Publisher: Kids Can Press (March 1, 2010)

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Shipping Weight: 11.2 ounces

Average Customer Review: 4.3 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,950,275 in Books (See Top 100 in Books) #81 inÃ Â Books > Teens > Personal Health > Maturing #234 inÃ Â Books > Teens > Social Issues > Being a Teen

Customer Reviews

Grade 4Ã¢â ¬â œ7Ã¢â ¬â •This well-done primer will help guide girls through the physical and emotional changes that come with growing up. Using straightforward language and a no-nonsense approach, Katz's text explains puberty in a relaxed tone. The comprehensive section on nutrition, or "fueling up," is particularly good. Melnychuk's wonderful multicultural illustrations stand out as well. They are beautifully global and strike a great balance between cartoon and realistic art. These renderings combined with Katz's reassuring tone make this basic guide one of the better additions to the genre.Ã¢â ¬â •Elaine Black, Georgia Public Library Service, Atlanta (c) Copyright 2010. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted.

... warm, straightforward, useful advice on a broad range of topics ...Ã¢â ¬â ¢BooklistThis well-done primer will help guide girls through the physical and emotional changes that come with growing up. Using straightforward language and a no-nonsense approach, Katz's text explains puberty in a relaxed tone.Ã¢â ¬â ¢School Library Journal

My 10 year old niece checked this book out of the library and didn’t want to return it! I surprised her with her own copy. Her parents agree that this book contains useful information and will be used for years to come. Every girl should own this!

This book presents itself as informational and does a great job of covering most of the basics of puberty and adolsecence in a matter-of-fact way. It is a secular viewpoint, so a word of caution: In the Your Body section same-sex attraction and masturbation are touched upon and may not reflect all parental views. Though these are very minor parts of one section of the book, some parents may want a heads up.What’s missing? While periods and symptoms are discussed, nothing whatsoever is said about the signs of fertility which a girl may also wonder about and want information on as she experiences them.The section on Your Mind is particularly good and hits on the topics of friends and bullying as well as balancing your life with rest and relaxation, creating a well-balanced life. The Section on Taking Care does a great job covering nutrition, exercise and hygiene.All-in-all this a great book that would make an excellent part of a kit/basket that some mothers like to make up for their daughters welcoming them to womanhood. (Kits can include hygiene products, pampering items like lotion and body scrub and CHOCOLATE!)

"Girl in the Know" is a great handbook for pre-and post-pubescent girls, designed to help adolescents navigate their way through the tricky world of growing up with grace and style. "Girl in the Know" has three main sections, including Your Body, Your Mind, and Taking Care, each packed with great practical tips for coping with emerging maturity, sexuality, changeable moods, self health practices, and more. Some interesting areas of discussion include, breasts and bra sizes, piercings and tattooings or body art, menstruation, healthy nutrition, bullying, and sound mental health practices. There are pages on moodswings, crushes, cliques, relaxing and sleeping, and getting along with your family. "Girl in the Know" is also filled with appealing, multi-racial pictures of all sorts of different girls, all going through growing up. "Girl in the Know" is a great resource for parents, teachers, libraries, health care professionals, and girls. Pick up a copy for the young girl in your life. She will thank you.

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