

Where To Download Boy Files: Puberty, Growing Up And All That Stuff (Wayland One Shots)

Boy Files: Puberty, Growing Up And All That Stuff (Wayland One Shots)

Presents a collection of exciting trivia for boys, including information on supercars, pizza statistics, and nature's deadliest poisons, and provides tips on such subjects as fighting sharks, creating codes, and escaping.

Mayim Bialik, Jeopardy! host and star of The Big Bang Theory, puts her Ph.D. to work as she talks to teens about the science of growing up and getting ahead. A must-have book for all teenage girls.

Growing up as a girl in today's world is no easy task. Juggling family, friends, romantic relationships, social interests and school...sometimes it feels like you might need to be a superhero to get through it all! But really, all you need is little information. Want to know why your stomach does a flip-flop when you run into your crush in the hallway? Or how the food you put in your body now will affect you in the future? What about the best ways to stop freaking out about your next math test? Using scientific facts, personal anecdotes, and wisdom gained from the world around us, Mayim Bialik, the star of The Big Bang Theory, shares what she has learned from her life and her many years studying neuroscience to tell you how you grow from a girl to a woman biologically, psychologically and sociologically. And as an added bonus, *Girling Up* is

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chock-full of charts, graphs and illustrations -- all designed in a soft gray to set them apart from the main text and make them easy to find and read. Want to be strong? Want to be smart? Want to be spectacular? You can! Start by reading this book. Praise for *Girling Up*: "Bialik is encouraging without being preachy . . . many teens will be drawn to this engaging and useful book." --Booklist "Ultimately, the author stresses that 'Girling Up' does not end with adulthood—it is a lifelong journey. Thanks to Bialik, readers have a road map to make this trip memorable." --School Library Journal "Written in conversational style . . . the tone remains understanding, supportive, and respectful of the reader's individuality throughout the text." --VOYA

A bang-up-to-the-minute and totally modern guide to girls' growing up issues. The *Girl Files* offers friendly advice, practical tips and support to help girls navigate the physical and mental rollercoaster of puberty. From periods and body hair, to bras, boys and cyber bullying, *The Girl Files* chatty, big-sisterly style is a fantastic, feel-good reference source for 'tweens and young teens.

An enthralling and comprehensive look into the contemporary state of one of the wealthiest—and most misunderstood—family dynasties in the world, perfect for fans of *Succession*, *The House of Gucci*, *The Cartiers*, and *Fortune's Children*. Oil magnate J. Paul Getty, once the richest man in the world, is the patriarch of an extraordinary cast of sons,

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grandchildren, and great-grandchildren. While some have been brought low by mental illness, drug addiction, and one of the most sensational kidnapping cases of the 20th century, many of Getty's heirs have achieved great success. In addition to Mark Getty, a cofounder of Getty Images, and Anne G. Earhart, an award-winning environmentalist, others have made significant marks in a variety of fields, from music and viticulture to politics and LGBTQ rights. Now, across four continents, a new generation of lively, unique, and even outrageous Gettys are emerging, and not coasting on the dynasty's still-immense wealth. August Getty designs extravagant gowns worn by Katy Perry, Cher, and other stars; his sibling, Nats—a fellow LGBTQ rights activist who announced his gender transition following his wedding to transgender icon Gigi Gorgeous—produces a line of exclusive streetwear. Their fascinating cousins include Balthazar, a multi-hyphenate actor-director-DJ-designer, and Isabel, a singer-songwriter-MBA candidate. A far-flung yet surprisingly close-knit group, the ascendant Gettys are bringing this iconic family onto the global stage in the 21st century. Through extensive research, including access to J. Paul Getty's diaries and love letters, and fresh interviews with family members and friends, *Growing Up Getty* offers an inside look into the benefits and burdens of being part of today's world of the ultra-wealthy.

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How to Grow Up and Feel Amazing!

Boy Talk

Smile: A Graphic Novel

A Complete Boys' Guide to Growing Up Including 10 Ultimate Skin-Care Tips | Puberty Books for Boys Age 9-12

A Comic Book Guide to Relationships, Bodies, and Growing Up

Girls Growing Up on the Autism Spectrum

Revised Edition

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

A friendly and practical guide to the stages and issues

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in boys' development from birth to manhood. From award-winning psychologist Steve Biddulph comes an expanded and updated edition of RAISING BOYS, his international best seller published in 14 countries. His complete guide for parents, educators, and relatives includes chapters on testosterone, sports, and how boys' and girls' brains differ. With gentle humor and proven wisdom, RAISING BOYS focuses on boys' unique developmental needs to help them be happy and healthy at every stage of life.

An expanded and revised edition of the popular flip book for preteens. One half of the book is filled with questions commonly asked by girls entering puberty, and the other half with questions asked by boys. "If you can only afford one book on puberty for this age group, this is the one to have." --School Library Journal This book contains informative, honest, and reassuring answers to questions that preadolescents have about puberty--from friendships and feelings, to pimples, babies, body hair, menstruation, bras, and much more. Straightforward, age-appropriate answers are provided by an experienced nurse-and-physician team who have been giving seminars to preteens and their parents throughout the Pacific Northwest and Bay Area for more than 25 years. Each question in the book has been asked by kids during their classes (many of them frequently). This new edition also contains updated language throughout and additional questions and answers regarding sex, sexuality, consent, and gender identity and norms. The book is also filled with lighthearted and often humorous full-

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color illustrations throughout.

Boys can have many questions about going through puberty. This classic, appealingly illustrated guidebook--now updated with brand new content relevant to today's kids--is the perfect companion for boys and parents preparing for this important milestone. This guide offers a supportive, practical approach, providing clear and sensitive answers to common issues--from what physical changes you might experience, to what puberty is like for girls, to how to handle the sexual feelings you may be starting to experience. This revised edition is made up of 25% updated content, featuring new sections on: - body image - sexual harassment and consent - using social media safely Complete with funny black-and-white illustrations, this book will give boys the facts they need to feel confident about this new phase of their lives.

The Ultimate Puberty Book for Preteen and Teen Girls
It's So Amazing!

A Question-and-Answer Book for Boys and Girls
A House for Everyone

What Parents and Professionals Should Know About
the Pre-Teen and Teenage Years

Why Boys Are Different - and How to Help Them
Become Happy and Well-Balanced Men

Are You There God? It's Me Margaret.

This text prepares boys for what to expect from puberty and offers advice on what they can do to cope with the physical, psychological, and emotional changes and stay happy and confident as they go through their early teens.

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The "What's Happening to My Body?" Book for Boys
Written by an experienced educator and her daughter in a reassuring and down-to-earth style, The "What's Happening to My Body?" Book for Boys gives sensitive straight talk on: the body's changing size and shape; diet and exercise; the growth spurt; the reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on steroid abuse, acne treatment, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all boys ages 10 and up. "An illustrated handbook that teaches boys to accept their own vulnerability and trust their heads, hearts, and souls"--

Faced with the difficulties of growing up and choosing a religion, eleven- going on twelve-year-old Margaret talks over her problems with her own private God.

How to Be Strong, Smart and Spectacular
8 Quests for Boys to Grow Up with Kindness, Courage, and Grit

All about Puberty & Growing Up

The Boy Files

All About Puberty & Growing Up

Raising Boys

Growing Up Great!

No Marketing Blurb

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A book all about and for guys includes graphic-novel-style illustrations to engage even reluctant readers, quotes from real boys, results from a nationwide survey, inspiring stories, facts, and anecdotes to keep them interested. Original.

Cover -- Half-title -- Title -- Copyright -- Dedication -- Contents -- Preface -- 1 Youth and Media -- 2 Then and Now -- 3 Themes and Theoretical Perspectives -- 4 Infants, Toddlers, and Preschoolers -- 5 Children -- 6 Adolescents -- 7 Media and Violence -- 8 Media and Emotions -- 9 Advertising and Commercialism -- 10 Media and Sex -- 11 Media and Education -- 12 Digital Games -- 13 Social Media -- 14 Media and Parenting -- 15 The End -- Notes -- Acknowledgments -- Index -- A -- B -- C -- D -- E -- F -- G -- H -- I -- J -- K -- L -- M -- N -- O -- P -- Q -- R -- S -- T -- U -- V -- W -- X -- Y -- Z

'This book is not only reassuring; it is inspiring, and bursting with ideas and achievable strategies. The authors write with authority and conviction, and tackle even the most difficult and delicate of topics. If ever you needed to be convinced that girls with ASD can overcome the difficulties and challenges of puberty and adolescence, have successful friendships and relationships and enjoy a healthy sexuality, then take the time to read this book - it is a must-have for families, teachers and therapists alike.' -Sarah Attwood, author of Making Sense of Sex: A Forthright Guide to Puberty, Sex and

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Relationships for People with Asperger's Syndrome

Growing up isn't easy, and the trials and tribulations of being a teenager can be particularly confusing for girls with Autism Spectrum Disorders (ASDs). This book covers all the concerns commonly faced by girls with ASDs and their parents, from periods and puberty to worries over friendships and 'fitting in'. Taking a good look at these adolescent issues, and many more, within the context of specific areas of difficulty for girls with ASDs, the authors provide families with the knowledge and advice they need to help their daughters - and the whole family - through the teenage years. This book addresses core issues such as cognition, communication, behavior, sensory sensitivities, and social difficulties; it gives candid and realistic advice on a wide range of important teenage topics. Providing professional perspectives alongside personal experiences from mothers, daughters and educators, this is a unique and indispensable guide for families and their daughters with ASDs, as well as the teachers and professionals who work with them.

A Girl's Guide to Growing Up

The Warrior Challenge

The Glass Castle

Are You There God? It's Me, Margaret.

The Boy's Body Book

Puberty, Growing Up and All That Stuff

Asking About Sex and Growing Up

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A Girl's Guide to Puberty and Periods is a body-positive illustrated book that helps girls, ages 9-14, understand what to expect about puberty and everything that goes with it. The book shares "my first period" stories from girls across the U.S. of all backgrounds to help your child understand that everything they are going through is okay and normal. Parents will appreciate that the book also incorporates factual health content and practical tips developed by health experts at Columbia University. The goal is to empower girls to feel more confident and knowledgeable about their changing bodies.

Agony Uncle, relationship expert, journalist and blogger, Alex Hooper-Hodson received upwards of 2,000 letters a month from teen boys and girls aged 12-16. All can be related to 52 core issues that affect teenage boys and girls today - from first sexual relationships, dealing with unwanted sexual attention, how to avoid Facebook mistakes, how drink, drugs and online gaming can affect your life - to the social and emotional aspects of family, friends and relationships. Through a 'Problem Page' format Alex explores the key issues that today's teens face.

The Boy's Body Book is here to help with expert advice, common sense tips, fast

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facts, and answers to all questions a boy might have about growing up.

At lunchtime, all of Tom's friends gather at school to work together building their house. Each one of them has a special job to do, and each one of them has a different way of expressing their gender identity. Jackson is a boy who likes to wear dresses. Ivy is a girl who likes her hair cut really short. Alex doesn't feel like 'just' a boy, or 'just' a girl. They are all the same, they are all different - but they are all friends. A very simple story that challenges gender stereotypes and shows 4 to 8 year olds that it is OK to be yourself. An engaging story that is more than just an educational tool; this book will assist parents and teachers in giving children the space to explore the full spectrum of gender diversity and will show children the many ways they can express their gender in a truly positive light.

For tablet devices

100 Things Guys Need to Know

The Story of America's Most Unconventional Dynasty

Wait, What?

Everything You Need to Know for Growing Up You

How Media Attract and Affect Youth

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Girl Files

Discover your body's awesomeness with the puberty guide for tween and teen girls Puberty is one of the first signs that you're growing up--and that's something to be celebrated. If you're looking for body-positive puberty books for girls but aren't sure where to start--Celebrate Your Body 2 provides the support needed to navigate this whole puberty thing with confidence. From bras and braces to budding romantic feelings, this guide stands out among puberty books for girls as you become an expert on everything from pimples to peer pressure. Of all the puberty books for girls, this one will help you discover how your changing body is beautiful, special, and simply on the way to becoming the number one you. Celebrate Your Body 2 goes beyond other puberty books for girls, including: The shape of you--Explore how and why your body is changing with advice on mysterious hair, period care, and more. Cool and confident--Find calmness during mood swings and increase your self-esteem using creative suggestions and confidence-building tips rarely found in puberty books for girls. Close-knit vs. clique--Learn about choosing the right friends, finding a trusting ear, and the importance of consent. Your body is awesome--now start your journey right with Celebrate Your Body 2, one of the best in puberty books for girls. Celebrate the thirtieth anniversary of the Newbery Honor-winning survival novel Hatchet

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with a pocket-sized edition perfect for travelers to take along on their own adventures. This special anniversary edition includes a new introduction and commentary by author Gary Paulsen, pen-and-ink illustrations by Drew Willis, and a water resistant cover. Hatchet has also been nominated as one of America's best-loved novels by PBS's The Great American Read. Thirteen-year-old Brian Robeson, haunted by his secret knowledge of his mother's infidelity, is traveling by single-engine plane to visit his father for the first time since the divorce. When the plane crashes, killing the pilot, the sole survivor is Brian. He is alone in the Canadian wilderness with nothing but his clothing, a tattered windbreaker, and the hatchet his mother had given him as a present. At first consumed by despair and self-pity, Brian slowly learns survival skills—how to make a shelter for himself, how to hunt and fish and forage for food, how to make a fire—and even finds the courage to start over from scratch when a tornado ravages his campsite. When Brian is finally rescued after fifty-four days in the wild, he emerges from his ordeal with new patience and maturity, and a greater understanding of himself and his parents. The companion to our bestselling book, The Care & Keeping of You, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express

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what's happening to their bodies - and their feelings about it.

A real pediatrician and the author of the bestselling Care & Keeping of You series provides tips, how-tos, and facts about boys' changing bodies that will help them take care of themselves. Full color.

Changing Bodies, Periods, Relationships, Life Online

A Memoir

What's Happening to Me? (Boys)

The Girl Files

Hatchet

REAL Answers to REAL Questions from Preteens About Body Changes, Sex, and Other Growing-Up Stuff

Growing Up for Boys

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 -

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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.

Uses a question-and-answer format to present sex information for preteens.

Growing up is an exciting time, but it can also feel scary. During puberty, your body changes on the outside and on the inside. You might have noticed some of these changes already, or they might not have started happening to you yet. This book explains what happens during puberty, and provides some friendly reassurance and advice.

Raina Telgemeier's #1 New York Times bestselling, Eisner Award-winning graphic memoir based on her childhood! Raina just wants to be a normal sixth grader. But one night after Girl Scouts she trips and falls, severely injuring her two front teeth. What follows is a long and frustrating journey with on-again, off-again braces, surgery, embarrassing headgear, and even a retainer with fake teeth attached. And on top of all that, there's still more to deal with: a major earthquake, boy confusion, and friends who turn out to be not so friendly.

The Girls' Guide to Growing Up Great
Problem Solved: 52 Teen Boy Problems & How To Solve Them

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Plugged in

The Period Book

What's Happening to My Body? Book for Boys

Will Puberty Last My Whole Life?

For Boys Only

A frank, up-to-the-minute guide to boys' growing up issues. The Boy Files offers friendly advice, practical tips and support to help boys navigate the physical and mental rollercoaster of puberty and guide them gently through the potential pitfalls. From willy worries, shaving and body hair to girls, spots, bullying and staying safe in a cyber world, The Boy Files' chatty, big-brotherly style is a feel-good reference source for 'tweens and young teens. Chapters: Even superheroes go through puberty The puberty alphabet All about hormones Zits, bits and stinky pits Girls aren't aliens Growth spurts, gorilla hair and a voice like VADER! Sleeping late and controlling the hate The wandering willy Staying safe Live long and prosper Partner title to The Girl Files by Jacqui Bailey, The Boy Files is written by agony uncle Alex Hooper-Hodson, who is also the author of 52 Teen Boy Problems & How To Solve Them and 52 Teen Girl Problems & How To Solve Them, all published by Wayland. From Heather Corinna, founder and director of Scarleteen.com, and Isabella Rotman, cartoonist and sex educator, comes a graphic novel guide that covers essential topics for preteens and young teens about their changing bodies and feelings. Join friends Malia,

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Rico, Max, Sam and Alexis as they talk about all the weird and exciting parts of growing up! This supportive group of friends are guides for some tricky subjects. Using comics, activities and examples, they give encouragement and context for new and confusing feelings and experiences. Inclusive of different kinds of genders, sexualities, and other identities, they talk about important topics like: - Bodies, including puberty, body parts and body image - Sexual and gender identity - Gender roles and stereotypes - Crushes, relationships, and sexual feelings - Boundaries and consent - The media and cultural messages, specifically around bodies and sex - How to be sensitive, kind, accepting, and mature - Where to look for more information, support and help A fun and easy-to-read guide from expert sex educators that gives readers a good basis and an age-appropriate start with sex, bodies and relationships education! The perfect complement to any school curriculum.

'Wise and kind' - Sali Hughes 'Every young teen needs this book' - Nadia Sawalha

'Brilliant, accessible, sensitive and funny' - Emily Maitlis 'Funny, kind and wise' -

Daisy Buchanan Going through puberty?

Thinking about puberty? Worried about growing up? This book is for you! Puberty isn't just about what's going on in your body, but also your brain, your emotions and the world around you. Knowledge is power! All the information you need is here, plus advice,

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wisdom and lots of questions from girls like you: - Body-basics (like breasts, spots and periods) - Life's big mysteries. Is how you look important? Is a crush ever wrong? Is it bad to be jealous of your friends? - Clear, empowering info on emotions, sex, sexuality and gender - Staying safe and having fun online - Plenty of space for your own notes and doodles

"What is my son doing behind his constantly closed door? What's with his curt responses, impulsiveness, newfound obsession with gaming, and...that funky smell? As pediatrician and mother of two teenagers Cara Natterson explains, puberty starts in boys long before any visible signs appear, which causes confusion about their changing temperaments for boys and their parents alike. Often, they also grow quieter as they grow taller, which leads to less parent-child communication. But, as Natterson warns, we respect their increasing "need" for privacy and alone time at their peril. Explaining how modern culture mixes badly with male adolescent biology, she offers science, strategies, scripts, and tips for getting it right"--

Guy Stuff

New Science Behind the Subtle Art of Raising Sons

What Happens to My Body and Mind

A Book about Eggs, Sperm, Birth, Babies, and Families

Growing Up Getty

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Problem Solved: 52 Teen Girl Problems & How To Solve Them

The Biggest, Baddest Book Ever

Faced with the difficulties of growing up and choosing a religion, a 12-year-old girl talks over her problems with her own private God. Reissued with a fresh new look and cover art.

Simultaneous.

Every guys guide to navigating puberty One day, your son is just a regular kid doing regular kid stuff and then--BOOM--puberty hits! If they're wondering what's up with all the body changes (like, "what the heck happened to his voice?"), don't worry--of all the puberty books for boys, this one has all they need to know to stay cool and grow up great. Growing Up Great is a body-positive guide to getting through puberty confidently by respecting the body and all of its changes. From how to handle the physical rollercoaster to coping with out-of-whack feelings, this book has your teen's back--so they can focus on all of the good stuff ahead. When it comes to puberty books for boys, this one has it all: Knowledge is power--This book has everything kids need to understand and embrace the physical changes in the journey through puberty. Feel all the feelings--Teens will learn how to cope with strong emotions by tapping into creativity, exercising, or practicing mindfulness--no other puberty books for boys needed. Real topics--Guys will find tons of relevant advice on how to handle

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today's challenges like social media, peer pressure, and more. Puberty books for boys should help kids sail through changes positively and with self-confidence. Growing Up Great delivers.

What Happens To My Body and Mind A Complete Boys' Guide to Growing Up ♦ incl. 10 Ultimate Skin-Care Tips | Puberty Books for Boys Age 9-12 ♦ While everyone might be telling you different things, puberty doesn't have to be a scary, crazy time where everything feels up in the air. What Happens To My Body and Mind? A Complete Boys' Guide to Growing Up, incl. 10 Ultimate Skin-Care Tips is a positive, reassuring, and educational approach to explaining what puberty is for boys, what you can expect, and how you're going to feel over the coming years. Within the following chapters of this book, we're going to cover everything you need to know to keep a sound state of mind, including: * How your voice will change * How your body will change * How you're going to feel * Dealing with sexual and intimate feelings towards others * What is actually happening within your body * How to look after yourself during puberty * How to look after your skin during puberty * And much more! What Happens To My Body and Mind? A Complete Boys' Guide to Growing Up, incl. 10 Ultimate Skin-Care Tips aims to describe everything you need to know in the simplest, most understanding way possible. While you may have heard loads of

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puberty horror stories and you're feeling really unsure about what lies ahead, don't worry; we've got you covered. When it comes to getting through puberty, there's no other handbook you'd rather have by your side. Easy to read, follow, and refer back to, this handy little book is a must-have.

The nation's favourite doctor, Dr Ranj, is here to explain everything you ever wanted to know about puberty - plus lots more. What does it mean to be a boy? And I'm not just talking about what you have between your legs, but what life is really like for boys. Growing up is a real minefield! So I've put everything I've learned both from my career as an NHS doctor and my own life experiences into this twenty-first century guide to being a boy. It covers the obvious things like the physical changes you'll go through during puberty and adolescence (hello, pubic hair and voice breaking!), but also helps you to figure out how to manage your emotions, deal with friends and family and learn about healthy relationships. Filled with easy-to-understand explanations, down-to-earth advice and cheeky illustrations, this growing-up guide by trusted paediatrician Dr Ranj is perfect for readers aged 10+ who want to discover the confidence to be the very best version of themselves. Content includes: - Puberty and physical development, including genital, skin, hair and voice changes - Looking after your body, from shaving, good hygiene and

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healthy eating to body confidence and exercise -
Mental health awareness, including the
importance of sleep, managing mood swings and
anxiety - Managing relationships, from parents
and siblings to friends and crushes, and how to
cope with bullying - A sensitive, age-appropriate
introduction to sex, consent and privacy -
Navigating the online world, including social
media and cybersafety

Girling Up

The Ultimate Puberty Book for Boys

Celebrate Your Body 2

The Body Book for Boys

A Story to Help Children Learn about Gender
Identity and Gender Expression

For Younger Girls

Decoding Boys

“An outstanding book. . . . Meets the needs of those in-between or curious kids who are not ready, developmentally or emotionally, for It’s Perfectly Normal.”
—Booklist (starred review) How does a baby begin? What makes a baby male or female? How is a baby born? Children have plenty of questions about reproduction and babies—and about sex and sexuality, too. It’s So Amazing! provides the answers—with fun, accurate, comic-book-style artwork and a clear, lively text that reflects the interests of

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children age seven and up in how things work, while giving them a healthy understanding of their bodies. Created by the author and illustrator of It's Perfectly Normal, this forthright and funny book has been newly updated for its fifteenth anniversary.

A totally modern, easy-to-read, upbeat guide to girls' growing up issues, now updated to include online and smartphone safety. The Girl Files offers age-appropriate advice, practical tips and support to help girls navigate the physical and mental rollercoaster of puberty. From periods and body hair to bras, boys, sexting and cyber bullying, The Girl Files' chatty, big-sisterly style is a fantastic, feel-good reference source for 'tweens and young teens, and places a strong emphasis on the importance of self esteem, and maintaining a positive attitude. Chapters: P is for puppies, pink and... puberty From hips to zits The news on boobs Periods, pads and PMS All change! Mates and dates Staying safe Get connected! The Boy Files by Alex Hooper-Hodson is the partner title to The Girl Files, offering puberty advice and support for boys. Alex has also written

the popular teen self-help resources: 52 Teen Girl Problems and How to Solve Them and 52 Teen Boy Problems and How to Solve Them.

Agony Uncle, relationship expert, journalist and blogger, Alex Hooper-Hodson received upwards of 2,000 letters a month from teen boys and girls aged 12-15. All can be related to 52 core issues that affect teenage boys and girls today - from first sexual relationships, dealing with spots, how to avoid Facebook mistakes, how drink, drugs and on-line gaming can affect your life - to the social and emotional aspects of family, friends and relationships. Through a 'Problem Page' format Alex explores the key issues that today's teens face.

Growing up is a whole lot easier if you have some idea what to expect. This book describes exactly what will happen to your body in a straightforward, easy-to-understand way, and it explains some of your feelings too - all you need to know for this important time in your life. This is a highly illustrated ebook that can only be read on the Kindle Fire or other tablet. "Look no further: the What's

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Happening to Me? books are nothing short of brilliant. They aim to help children aged nine and above understand bodily changes and they do this extremely well... Reading these books will help young people to become more self-assured and feel more comfortable talking about their concerns. Adolescent boys will find this book answers a lot of their questions and help them to worry less about the changes taking over their bodies. Reading these books will help young people to become more self-assured and feel more comfortable talking about their concerns. " - John Dabell, TES Magazine

A Boy's Guide to Growing Up

What's Going on Down There?

A Girl's Guide to Puberty & Periods

My Body's Changing for Boys

The No-Worries Guide for Boys

The Care and Keeping of You Journal 1