

## *Girls Only All About Periods And Growing Up Stuff*

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

Girls Only! All About Periods and Growing-Up Stuff Hodder Children's Books

“Nicole Jardim walks the talk, and I am confident that *Fix Your Period* will help ignite the hormone balance you are seeking and restore your vitality.” --Sara Gottfried, MD, New York Times bestselling author of *The Hormone Cure* A life-changing step-by-step natural protocol to ignite lasting hormone balance and improve everything from PMS, period pain, and heavy periods to irregular cycles and missing periods, from Nicole Jardim, certified women's health coach and co-host of the podcast *The Period Party*. For most women, getting their period sucks. Bloating. Cramps. Acne. Aches. Moodiness. Messiness. No wonder we call it *The Curse!* For many, it's not just an inconvenience—it's a colossal life disruption, forcing them to miss work, school, appointments, or dates. We've been encouraged to medicate away common period problems with birth control and ibuprofen, and just survive the mood swings as best we can. But as Nicole Jardim explains, periods aren't a nuisance, they're information. When you learn to decode your period (or lack thereof), you'll be able to recognize the underlying hormone imbalances causing your period problems and know how to fix them naturally with Jardim's proven six-week protocol to resolve even the most challenging hormone imbalances and menstruation issues. Joining the ranks of books by Jolene Brighten, Sara Gottfried, and Aviva Romm, Nicole Jardim's *Fix Your Period* is essential for women plagued by PMS, irregular, painful, or heavy periods, PCOS, Endometriosis, or fibroids—and for anyone who wants to take charge of her hormonal health—and regain control of her life—naturally.

'Maisie Hill has written a bloody brilliant book (pun intended). Everything you need to know about periods and how they affect you and your life is here. It's revolutionary' - Miranda Sawyer  
'Thank GOODNESS for Maisie Hill! Flipping open the lid on a vital conversation. It's about time we claimed the power of our periods!' - Gemma Cairney, broadcaster & co-founder of Boom Shakalaka Productions  
'This is such an important book. Maisie's insights and cycle strategy have changed my life and my cycle. *Period Power* is written with such intelligence, humour and a deep understanding of women's health. If you have a period you need to read this book.' - Anna Jones, author of *The Modern Cook's Year* A profound and practical blueprint for aligning daily life with your menstrual cycle. *Period Power* is the handbook to periods and hormones that will leave you wondering why the hell nobody told you this sooner. The hormones of the menstrual cycle profoundly influence our energy, mood and behaviour, but all too often we're taught that our hormones make us unreliable, moody bitches, or that it's our lot in life to put up with 'women's problems'. Maisie Hill, a women's health practitioner, knows the power of working with the menstrual cycle and refuses to accept this theory. Instead, Maisie believes that our hormones are there to serve us and, if utilized correctly, can be used to help you get what you want out of life. Yes, we are hormonal, and that's a very good thing. This revolutionary book reveals everything you need to know about taking control of your menstrual cycle and outlines *The Cycle Strategy* to help us perform at our best, throughout our cycle. In *Period Power* you will discover how to: - maximise your natural superpowers each month while making adjustments for the darker days, and use Maisie's favourite tips to improve them - identify your personal patterns, powers and

pitfalls for each phase of the menstrual cycle - plan your month to perform at your best in all aspects of your life - figure out if you have a hormonal imbalance and what to do about it. *Period Power* is a no-nonsense guide with all the tools you need to improve your menstrual health.

Susan's Growing Up

The Curse

The Body Book for Younger Girls

A Girls' Anatomy Book Covering Puberty and Periods

Growing Up It's a Girl Thing

The Adventures of Toni the Tampon

A New Chapter in the Fight for Menstrual Justice

*The book ?tu Vidy? emerged in search of answers to questions asked by adolescent girls and women in India during the author's interactions with them as part of Menstrual Health workshops, conducted over a span of a decade across rural India. In an attempt to decode menstrual practices, the author undertook a journey across India and studied various indigenous knowledge systems such as ?a?-Dar?ana, ?yurved, Tantra, Cakra, Y?g, ?gama ??stra, Jyotis?a ?a?stra, and several sub-texts from these categories. As a result, the book goes beyond just describing cultural practices and takes a deep dive into explaining the scientific and logical reasoning behind the origin of these practices. This book is for all Indian women who have unanswered questions pertaining to menstrual practices, for menstrual researchers who will find a treasure trove of potential areas for research pertaining to menstrual health, for sportswomen to discover the ancient techniques that worked in sync with women's periods and not against it, and also for the feminist who assumes that cultural practices around menstruation are a taboo that needs to be done away with. The correct understanding of the science behind menstrual practices, as given in this book, will help women prevent menstrual difficulties, develop a positive attitude toward menstruation, and learn to work in sync with nature's cycles. ?tu (pronounced as ruthu) is one of the terms for menstruation in Sanskrit. Vidy? means knowledge. ?tu Vidy? is the author's attempt to bring together various indigenous knowledge systems that provide information about the science of menstruation, which is relevant even to this day.*

*Ruby Luna is curious about bodies and particularly about the lower part of her body and what she cannot see inside. This illustrated children's book introduces the correct words for female anatomy through humour, fun actions and watercolour paintings, giving children a language for girls' bodies and their cyclical nature, and a knowledge of what is where! There are two levels of text on each page for different ages or reading abilities. There is an action on each page to keep children engaged in the content and keep the subject light, and amazing facts to entertain and encourage body positivity. Aimed at 5-10 year olds to support talking about bodies while young minds are curious. The illustrations include different skin colours so that all children feel represented.*

*This fact-filled guide to periods is bursting with positive, honest advice on managing and understanding menstruation. Having a period is an incredible thing – Own Your Period celebrates what the body can do and provides young people (age 9+) with everything they need to be prepared... and empowered. Includes the fascinating science behind why things happen, with all the details of menstruation through to the menopause. Answers all essential questions like what's a vulva and what does it look like, what do periods actually feel like, and what happens if blood stains your clothes? Chella Quint's witty text slays superstitions, busts common myths, and fights period shame, while providing practical information about menstrual products, tracking cycles, and sharing her own personal stories. Funny, insightful, and warm illustrations with friendly chatty text makes this an everything-you-need-to-know essential handbook, which pre-teens can refer to before their periods start, and will appreciate when their*

cycle is more established.

This Puberty book will help you to understand what you are going through without going into unnecessary detailed information about sex that is more suitable for older teenagers. This book covers topics such as confidence, moods and feelings, pressures of growing up, bullies, physical body changes, periods and boyfriends are explored in this book that has been designed for girls aged between 7 and 13.

*Celebrate Your Body (and Its Changes, Too!)*

*What Your Kids Need to Hear from You About Sex*

*Girls Only! All About Periods and Growing-Up Stuff*

*Third-wave Feminism and the Politics of Menstruation*

*Developing Girls and Menstrual Health in the Global South*

*Fix Your Period*

**Ruby Luna starts her period at 10 years old and keeps a diary for the next two years all about the menstrual products she tries and the things that happen to her and her friends. It is aimed at 10-12 year olds, but would be suitable for any girl starting her period earlier than that. It also covers the transition from primary to secondary school. It is written with humour to keep the topic light and entertaining, but includes lots of information from the impact of diet on periods to when girls historically started menarche (first period) in an accessible way. (/br) (/br)Ruby Luna's Moontime is a follow-on book from Ruby Luna's Curious Journey for 5-9 year olds on female anatomy, but it can be read independently. "It's great! I think it will really appeal to teens too! I think it covers a lot of things that girls want to know about. This diary is funny, packed full of useful information and will help girls feel confident about periods and body changes. Great job!" Anna (13) "I had fun reading this book with my mum. There was great practical advice on periods, and I enjoyed reading a story that reflected my own experience of starting my period and transitioning from primary to secondary school." Rosie Davis (12) "My daughter found the prospect of reading a book about puberty and periods less than inspiring but she has always loved being read to so Tessa's book was just the ticket. At 12 having started her period at 10 she felt super knowledgeable when we began to read together. We enjoyed chatting about the story and how it related to her own experience of ending primary and entering secondary school. We also chatted about all the period related issues brought up so cleverly in the book. If you are looking for a novel to share with your pre-teen that is fun, informative and that will bring you closer to your daughter look no further. Although my daughter is 12 we both felt that this would still be a great book for a 9-10 year old, especially if she is an early bloomer. This is a much-needed book - fiction is the best way to teach pre-teen girls about the changes taking place in their bodies and the practical issues that can impact them. Well done Tessa on writing this much needed book." Julie Davis (mum) "In my capacity of talking to secondary school children about puberty, there is a vast difference in what kids know or believe, so a resource like this will help put the record straight in an enjoyable and educational way." Sharon Sneddon, Lecturer in Reproductive Medicine "I like the way the diary pointed out that most teachers are approachable and supportive in regard to children who have started their periods, regardless of how young they may be when this happens, and raised common issues such as going swimming at school and when the children are taught about periods at primary school." Mrs Mirbel, Deputy Head of Micklands Primary About the Author TESSA VENUTI SANDERSON teaches menstrual cycle awareness to girls and women and facilitates Celebration Day for Girls gatherings where menarche (first period) is seen as a rite of passage and an opportunity to enhance body image and self-esteem. She has a PhD in Medical Sociology and is also a women's yoga teacher. Learn more at [www.cyclicalwisdom.com](http://www.cyclicalwisdom.com) and**

[www.tessayoga.co.uk](http://www.tessayoga.co.uk).

*This book has been written for girls with special needs. It takes girls and their carers step-by-step through the process of managing periods.*

*A provocative look at the way our culture deals with menstruation. The Curse examines the culture of concealment that surrounds menstruation and the devastating impact such secrecy has on women's physical and psychological health. Karen Houppert combines reporting on the potential safety problems of sanitary products--such as dioxin-laced tampons--with an analysis of the way ads, movies, young-adult novels, and women's magazines foster a "menstrual etiquette" that leaves women more likely to tell their male colleagues about an affair than brazenly carry an unopened tampon down the hall to the bathroom. From the very beginning, industry-generated instructional films sketch out the parameters of acceptable behavior and teach young girls that bleeding is naughty, irrepressible evidence of sexuality. In the process, confident girls learn to be self-conscious teens. And the secrecy has even broader implications. Houppert argues that industry ad campaigns have effectively stymied consumer debate, research, and safety monitoring of the sanitary-protection industry. By telling girls and women how to think and talk about menstruation, the mostly male-dominated media have set a tone that shapes women's experiences for them, defining what they are allowed to feel about their periods, their bodies, and their sexuality.*

*A guide for pre-adolescent girls to the changes that puberty brings to their bodies, including information about menstruation.*

*Ancient Science behind Menstrual Practices*

*Everything You Don't Want to Ask (But Need to Know)*

*A Pop-Up Book*

*For Younger Girls*

*Period Power*

*A Girl's Guide to Puberty & Periods*

*Puberty Girl*

*The essential girl guide to growing up! Girls Only! focuses on the practicalities, social and personal implications of starting your period, and the physical and emotional developments in puberty. It tells you what happens and when, what you need to know and how to prepare. It answers all the questions girls are dying to ask, but daren't, in a clear, friendly way, using real-life examples. It's the perfect first book about periods for girls from primary school age and upwards, with a reassuring tone and fun, quirky illustrations. The perfect first book about periods for girls of primary school age, information at the right level. Family Interest Parenting*

*"Diabetes is a serious, chronic disease that occurs either when the pancreas does not produce enough insulin (a hormone that regulates blood sugar, or glucose), or when the body cannot effectively use the insulin it produces. Diabetes is an important public health problem, one of four priority noncommunicable diseases (NCDs) targeted for action by world leaders. Both the number of cases and the prevalence of diabetes have been steadily increasing over the past few decades. Globally, an estimated 422 million adults were living with diabetes in 2014, compared to 108 million in 1980. The global prevalence (age-*

**standardized) of diabetes has nearly doubled since 1980, rising from 4.7% to 8.5% in the adult population. This reflects an increase in associated risk factors such as being overweight or obese. Over the past decade, diabetes prevalence has risen faster in low- and middle-income countries than in high-income countries. Diabetes caused 1.5 million deaths in 2012. Higher-than-optimal blood glucose caused an additional 2.2 million deaths, by increasing the risks of cardiovascular and other diseases. Forty-three percent of these 3.7 million deaths occur before the age of 70 years. The percentage of deaths attributable to high blood glucose or diabetes that occurs prior to age 70 is higher in low- and middle-income countries than in high-income countries. Because sophisticated laboratory tests are usually required to distinguish between type 1 diabetes (which requires insulin injections for survival) and type 2 diabetes (where the body cannot properly use the insulin it produces), separate global estimates of diabetes prevalence for type 1 and type 2 do not exist. The majority of people with diabetes are affected by type 2 diabetes. This used to occur nearly entirely among adults, but now occurs in children too."--Page 6.**

**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.**

**The essential guidebook for every girl. The Period Book is a reassuring must-read for every girl about to have her period, and every parent wishing to prepare a daughter for this important milestone. With more than 300,000 copies sold, The Period Book stands out from the pack by specifically addressing younger girls. And with eleven now the average age at which girls get their period, this supportive and practical approach, providing clear and sensitive answers to common questions, is even more welcome today. The revised edition includes a**

**new introduction for parents and an additional chapter about body image.**

**A Girl's Guide to Stuff That Matters : \*Relationships, Body Talk & Girl Power!**

**Global Report on Diabetes**

**The Girls' Guide to Growing Up**

**Girls Only! How Will I Change?**

**Where the Crawdads Sing (Movie Tie-In)**

**Everything You Need to Know for Growing Up You**

**Confronting the Last Unmentionable Taboo: Menstruation**

A friendly, reassuring and positive guide for girls as they approach puberty, explaining the changes that will happen to their bodies as they grow up and how these changes might make them feel. Covering everything from periods and breast development to body hair and personal hygiene, puberty and parenting expert Anita Naik addresses any worries that girls may have relating to what is 'normal'. She reassures readers and boosts their confidence, encouraging them to feel positive about the changes they will experience as they go through puberty. The book also includes lifestyle advice on topics like healthy eating and exercise, and information on how puberty affects boys. Topics covered: What is puberty? Your puberty timeline Breasts and bras Same age, different stage Skin changes Sweat, smells and personal hygiene Hair in new places Down there What are periods? The practical side of periods Coping with periods Sex explained Making babies New feelings Managing your moods Healthy eating The power of exercise Self-esteem and body image Privacy and your body Puberty for boys Boys have worries, too "Chris Bobel is a careful ethnographer, respectful of research participants, and while she clearly takes a stand on menstrual activism, she handily defends her proposition that feminism is 'finding its balance between reliving its past and creating its future.' Bobel's work, which includes incisive analysis of how third-wave, activists incorporate and update tactics and strategies of the second wave, will be a welcome addition to the scholarship of feminism." Elizabeth Kissling, author of *Capitalizing on the Curse: The Business of Menstruation* *New Blood* offers a fresh interdisciplinary look at feminism-in-flux. For over three decades, menstrual activists have questioned the safety and necessity of feminine care products while contesting menstruation as a deeply entrenched taboo. Chris Bobel shows how a little-known yet enduring force in the feminist health, environmental, and consumer rights movements lays bare tensions between second and third-wave feminisms and reveals a complicated story of continuity and change within the women's movement. Bobel focuses on debates central to feminist thought (including the utility of the category "gender") and the challenges to building an inclusive feminist movement. Filled with personal narratives, playful visuals, and original humor, *New Blood* reveals middle-aged progressives communing in Red Tents, urban punks and artists "culture jamming" commercial menstrual products in their zines and sketch comedy, queer anarchists practicing DIY health care, African American health educators espousing "holistic womb health," and hopeful mothers refusing to pass on the shame to their pubescent daughters. With verve and conviction, Bobel illuminates today's feminism-on-the-ground---indisputably vibrant, contentious, and ever-dynamic.

Everything a girl needs to know about puberty and periods in one brilliant little

book. Written in a friendly, accessible style, this is an essential guide for all girls approaching puberty.

Smash the period taboo with Toni the Tampon! Color in 20 hand drawn pages of Toni's adventures with friends. Great for all ages, this coloring book is an easy way to start a conversation with young kids about menstruation, and a perfect excuse for adults to have some bloody good fun.

Menstruation in Twentieth-Century America

The Talk

The Period Book

The New Puberty

Ruby Luna's Moontime: A Girls' Book about Starting Periods

The Girls' Guide to Growing Up Great

Vaginas and Periods 101

**NOW A MAJOR MOTION PICTURE** *The #1 New York Times bestselling worldwide sensation with more than 12 million copies sold, “a painfully beautiful first novel that is at once a murder mystery, a coming-of-age narrative and a celebration of nature” (The New York Times Book Review). For years, rumors of the “Marsh Girl” have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life—until the unthinkable happens. **Where the Crawdads Sing** is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Delia Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps. From beloved New York Times bestselling author and award-winning journalist Anita Diamant comes a timely collection of essays to help inspire period positive activism around the globe. When *Period. End of Sentence* won an Oscar in 2019, the film’s co-producer and Executive Director of *The Pad Project*, Melissa Berton, told the audience: “A period should end a sentence, not a girl’s education.” Continuing in that revolutionary spirit and building on the momentum of the acclaimed documentary, this book outlines the challenges facing those who menstruate worldwide and the solutions championed by a new generation of body positive activists, innovators and public figures. Including interviews from people*

**on the frontlines—parents, teachers, medical professionals, and social-justice warriors —Period. End of Sentence. illuminates the many ways that menstrual injustice can limit opportunities, erode self-esteem, and even threaten lives. This powerful examination of the far-ranging and quickly evolving movement for menstrual justice introduces today's leaders and shows us how we can be part of the change. Fearless, revolutionary, and fascinating, Period. End of Sentence. is an essential read for anyone interested in empowering women, girls, and others around the world. To learn more about The Pad Project, go to [ThePadProject.org](http://ThePadProject.org).**

**Frankly discusses the physical and social changes that occur when a girl goes through puberty, and offers suggestions on how to deal with them.**

**'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, 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**

**The Autism-Friendly Guide to Periods**

**A Coloring Book**

**The Ultimate Puberty Book for Girls**

**Six Weeks to Banish Bloating, Conquer Cramps, Manage Moodiness, and Ignite Lasting Hormone Balance**

**A Girl's Guide to Growing Up**

**Harness Your Hormones and Get Your Cycle Working For You Own Your Period**

**The Managed Body productively complicates 'menstrual hygiene management' (MHM)—a growing social movement to support menstruating girls in the Global South. Bobel offers an invested critique of the complicated discourses of MHM including its conceptual and practical links with the Water, Sanitation and Hygiene (WASH) development sector, human rights and 'the girling of development.' Drawing on analysis of in-depth interviews, participant observations and the digital materials of NGOs and social businesses, Bobel shows how MHM**

frames problems and solutions to capture attention and direct resources to this highly-tabooed topic. She asserts that MHM organizations often inadvertently rely upon weak evidence and spectacularized representations to make the claim of a 'hygienic crisis' that authorizes rescue. And, she argues, the largely product-based solutions that follow fail to challenge the social construction of the menstrual body as dirty and in need of concealment. While cast as fundamental to preserving girls' dignity, MHM prioritizes 'technological fixes' that teach girls to discipline their developing bodies vis a vis consumer culture, a move that actually accommodates more than it resists the core problem of menstrual stigma.

This is a story about what can happen to a girl when she starts her period. People do not need to be able to read in order to understand the story. Susan does not understand what is happening to her when she finds blood on her sheets and clothes. She does not tell her mother, but goes straight to school. In the playground, other girls giggle and point at the blood stains. Susan doesn't know why they are laughing at her. A teacher notices what is happening and calls Susan aside to explain what menstruation is, and how she should look after herself. Susan's mother provides further reassurance on her return home from school. She shows Susan how to keep herself clean and comfortable. Susan has become a woman, and her mother takes her shopping to celebrate.

This frank, funny guide to getting your period gives preteens all they need to master—and even celebrate!—menstruation. Getting your period for the first time can be mortifying, weird, and messy—and asking questions about it can feel even worse. But it doesn't have to be that way. This taboo-free guide is packed with honest advice and big-sisterly wisdom on all the things girls need to know: from what cramps feel like to whether you can feel blood coming out, to what you should do if your pad leaks onto your clothes. Welcome to Your Period includes case studies, first-person accounts, questions from real teens, and answers from health journalist Yumi Stynes and adolescent health specialist Melissa Kang, MD. Cheerful illustrations keep the tone fun, and help with how-tos on different period supplies. There are even suggestions for throwing a first-period party. With its inclusive, body-positive message, pocket size, and reassuring vibe, this must-have menstruation manual will make girls feel not only normal but proud.

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.

Special Girls' Business

New Blood

**Puberty, Periods and All That Stuff!**

**Changing Bodies, Periods, Relationships, Life Online**

**Go with the Flow**

**The Managed Body**

**Period. End of Sentence.**

An updated edition of a best-selling reference for younger adolescents shares practical, expert advice on topics ranging from hair care and healthy eating to menstruation and acne. Original.

Presents straight talk about friendships, parents, sexuality, teen relationships, media influences, and values to empower girls to build confidence, understand their bodies, and envision their potential.

The Boy's Body Book is here to help with expert advice, common sense tips, fast facts, and answers to all questions a boy might have about growing up.

A generation ago, fewer than 5 percent of girls started puberty before the age of 10; today, that percentage has more than doubled. Early puberty is not just a matter of physical transformation—it's also deeply psychological, with a myriad of effects that can put a girl at higher risk for behavioral problems and long-term health challenges. In this reassuring and empowering guide, Louise Greenspan, MD, and Julianna Deardorff, PhD—two leading experts on the root causes and potential consequences of early puberty in girls—deliver vital advice on how to prevent and manage early puberty. They explain surprising triggers—from excess body fat to hormone-mimicking chemicals to emotional stressors in a girl's home and family life—and offer highly practical strategies, including how to limit exposure to certain ingredients in personal care and household products, which foods to eat and which to avoid, ways to improve a child's sleep routine to promote healthy biology, and more. *The New Puberty* is an engaging, urgently needed road map to helping young girls move forward with confidence, ensuring their future well-being.

Girlology

Little Book of Growing Up

How to Navigate Early Development in Today's Girls

The Boy's Body Book

The Modern Period

Rtu Vidy?

The Care & Keeping of You

"Lara Freidenfelds traces this cultural shift, showing how Americans reframed their thinking about menstruation. She explains how women and men collaborated with sex educators, menstrual product manufacturers, advertisers, physical education teachers, and doctors to create a modern understanding of menstruation. Excerpts from seventy-five interviews - accounts by turns funny and moving - help readers to identify with the experiences of the ordinary people who engineered these changes."--BOOK JACKET.

PERIOD founder and Harvard College student Nadya Okamoto offers

a manifesto on menstruation and why we can no longer silence those who bleed—and how to engage in youth activism. Throughout history, periods have been hidden from the public. They're taboo. They're embarrassing. They're gross. And due to a crumbling or nonexistent national sex ed program, they are misunderstood. Because of these stigmas, a status quo has been established to exclude people who menstruate from the seat at the decision-making table, creating discriminations like the tampon tax, medicines that favor male biology, and more. *Period Power* aims to explain what menstruation is, shed light on the stigmas and resulting biases, and create a strategy to end the silence and prompt conversation about periods.

This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: "what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?" The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

A body-positive guide to help girls ages 8 to 12 navigate the changes of puberty. Puberty can be a difficult time for a young girl?and it's natural not to know who (or what) to ask.

*Celebrate Your Body* is a reassuring entry into puberty books for girls that encourages girls to face puberty with excitement and empowerment. From period care to mysterious hair in new places, this age-appropriate sex education book has the answers you're looking for?in a way you can relate to. Covering everything from bras to braces, this body-positive top choice in books about puberty for girls offers friendly guidance and support when you need it most. In addition to tips on managing intense feelings, making friends, and more, you'll get advice on what to eat and how to exercise so your body is healthy, happy, and ready for the changes ahead. *Puberty explained?* Discover what happens, when it happens, and why your body (and mind) is amazing in every way. *Social skills?* Learn how to stand up to peer pressure, stay safe on social media, and keep the right kind of friends. *Self-care tips?* Choose the right foods, exercises, and sleep schedule to keep your changing body at its best with advice you won't find in other puberty books for girls. This inclusive option in

puberty books for girls is the ultimate guide to facing puberty with confidence.

Menstrupedia Comic

Ruby Luna's Curious Journey

The Friendly Guide to Periods for Girls

The Palgrave Handbook of Critical Menstruation Studies

Welcome to Your Period!

A Manifesto for the Menstrual Movement

The Care and Keeping of You Journal 1

High school students embark on a crash course of friendship, female empowerment, and women's health issues in Lily Williams and Karen Schneemann's graphic novel *Go With the Flow*. Good friends help you go with the flow. Best friends help you start a revolution. Sophomores Abby, Brit, Christine, and Sasha are fed up. Hazelton High never has enough tampons. Or pads. Or adults who will listen. Sick of an administration that puts football before female health, the girls confront a world that shrugs—or worse, squirms—at the thought of a menstruation revolution. They band together to make a change. It ' s no easy task, especially while grappling with everything from crushes to trig to JV track but they have each other ' s backs. That is, until one of the girls goes rogue, testing the limits of their friendship and pushing the friends to question the power of their own voices. Now they must learn to work together to raise each other up. But how do you stand your ground while raising bloody hell?

View our feature on Sharon Maxwell's *The Talk*. A groundbreaking resource to help jump start an ongoing discussion between parents and teens about sex and sexuality Internet chat rooms, boy/girl sleepovers, reality TV . . . there ' s more to “ the talk ” than ever before. Faced with a culture that pushes our kids to be “ sexy ” before puberty begins, how do we explain the power of sexuality in a way that promotes healthy, age-appropriate behavior? *The Talk* is a breakthrough resource for parents and educators that prepares kids for a hypersexualized world and lays the foundation for ethical sexual behavior that can guide our children from elementary school through college. Using real-life situations, Dr. Sharon Maxwell demonstrates how dramatically the world of preteen and teen sexual exploration has changed. She helps parents think through the message they want to give to their kids about sexual behavior, and how that message must evolve as their kids get older. Focusing on the importance of love and intimacy, Dr. Maxwell helps parents define their values about sex and gives concrete ways to share those values with teens. *The Talk* shows parents how to:

- \*Set family guidelines for safe Internet use
- \*Address the social power that comes from looking sexy, and the personal responsibility each of us has to use that power appropriately
- \*Discuss the moral aspects of sexuality in ways teens will understand
- \*Help children recognize the difference between feelings of sexual desire and love
- \*Develop principles with our teens that will help them figure out when it ' s okay to be sexual with someone and when it ' s not

Dr. Maxwell connects the dots between reproduction, the potent power of sexiness, sexual desire, emotional intimacy, and the spiritual dimension of sexuality. Offering an innovative framework for looking at human sexuality, this book has the potential to change the national conversation on sex education.

Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical professionals, this is a book that teaches all people about periods, which can be a scary and overwhelming issue. Promoting the fact that everyone either has periods or knows someone who does, the book reduces the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. It also breaks up information using flaps and step-by-step photos of how to change pads and tampons, it discusses alternatives to tampons and pads, and gives information about possible sensory issues for people with autism.

*Straight Talk About First Bras, First Periods, and Your Changing Body*