

[MY BODY FOR GIRLS](#)



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How does the body work? What happens to girls during puberty? What should I know about periods? How does the female reproductive system work? How can I sleep better? How can I take care of my body, skin, and hair? What can I do to fight germs? How can I prevent STDs (sexually transmitted diseases)? What are the types of birth control?

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The Authors give the "Basics" and then let the Girls choose whether it's right or wrong, based on their Religious Upbringing!! I have Used BOTH "What's Happening to My Body" books for BOTH Girls and Boys during our "Current Events" discussions in Youth Group. Purchase is for your GROWING Girls!!!

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My Body My Self for Girls by Lynda Madaras Area Madaras

With quizzes, checklists, games, and illustrations throughout, My Body, My Self for Girls also includes journal pages and lots of personal stories addressing girls concerns, experiences, and feelings during this new stage of their lives.

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My Body My Self for Girls by Lynda Madaras Goodreads

My Body, My Self for Girls is a great book for girls in the 9-14 year-old age range who want to learn more about the changes they can expect in their bodies during puberty, and for the parents or other adults who will be raising them through it. This book is written in a very easy-to-understand, conversational style that is fully accessible to

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The What's Happening to My Body Book for Girls A Growing

So I got the American Girls Body Book instead. This one would be more appropriate for later puberty, I think. It's also a great resource for both moms I checked this out from the library when I was looking for a book to give my almost-8 yr.-old.

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A Girl s Changing Body What Happens in Puberty

That s why many girls are taller than boys in middle school. Increased body fat is also a normal part of puberty. You may go from 8% to 21% body fat, says Kathy McCoy, MD, a psychiatrist who co-wrote The Teenage Body Book and who was a columnist for Seventeen magazine. Don t go on a diet to try to lose this weight.

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What's Happening to My Body Book for Girls A Mighty Girl

Everything preteen and teen girls need to know about their changing bodies and feelings Written by an

experienced educator and her daughter in a reassuring and down-to-earth style, The "What's Happening to My Body?"

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5 Embarrassing Body Changes for Teen Girls During Puberty

5 Embarrassing Body Changes for Teen Girls. Your period, acne, body odor, unwanted hair, and more. By Gina Shaw. From the WebMD Archives. You're not a kid anymore. Maybe you're not exactly an adult woman yet, but you know that your body changes when you're a teen -- and you're so ready to move on. author of My Body, My Self for Girls. She

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