

Girls Only! All About Periods And Growing Up Stuff: All About Periods And Growing Up Stuff

Going through puberty? Thinking about puberty? Worried about growing up? Don't worry! This book is for you. Packed with facts and thoughtful advice, plus words of wisdom from older women and quotes and questions from girls who are also going through it, this book covers every aspect of going through puberty for girls (and even has a chapter on what's going on with boys because knowledge is power, after all). Also filled with quirky illustrations from the fabulous Flo Perry, coupled with space to scribble your own thoughts and ideas. From body basics like breasts, spots and periods, to the questions with no easy answers (Does how you look matter? Is a crush ever wrong? Is it bad to be jealous of your best friends - and does having a best friend even matter?) Plus, of course, clear and empowering information on sex, sexuality and gender and a whistle-stop guide to the wonderful world of online. Written by women who just happen to be mums: word whizz Sophie Elikan, psychotherapist Laura Chaisty and GP Dr Maddy Podichetty.

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 Moomtime 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 what happens during 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 VENUJTI 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 and www.tessayoga.co.uk. 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 aren'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 Period Repair Manual is your guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice and tips for women of every age and situation. If you have a period (or want a period), then this book is for you. Topics include: " How to come off hormonal birth control " What your period should be like "What can go wrong " How to talk to your doctor " Treatment protocols for all common period problems, including PCOS and endometriosis The second edition contains insights from Professor Jerilyn Prior, more than 300 new references, and an additional chapter on perimenopause and menopause. Written by a naturopathic doctor with more than twenty years experience, this book is a compilation of everything that works for hormonal health.

Girls Only!

A Girls' Anatomy Book Covering Puberty and Periods

Period

Vaginas and Periods 101

Life hack your cycle and own your power all month long

Period.

Own Your Period

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 that has stained 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 VENUJTI 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 and www.tessayoga.co.uk.

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 aren'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 Period Repair Manual is your guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice and tips for women of every age and situation. If you have a period (or want a period), then this book is for you. Topics include: " How to come off hormonal birth control " What your period should be like "What can go wrong " How to talk to your doctor " Treatment protocols for all common period problems, including PCOS and endometriosis The second edition contains insights from Professor Jerilyn Prior, more than 300 new references, and an additional chapter on perimenopause and menopause. Written by a naturopathic doctor with more than twenty years experience, this book is a compilation of everything that works for hormonal health.

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The Palgrave Handbook of Critical Menstruation Studies

The Period Comic- Issue 2

The Autism-Friendly Guide to Periods

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.

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

A frank, funny, age-appropriate guide for pre-teens about getting your period, from Dr Melissa Kang (a former Dolly Doctor) and Yumi Stynes (all-round excellent woman). 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 like that! This little book is packed with honest advice on all the things you need to know: from what cramps feel like to whether you can feel it coming out, to what you should do if your pad leaks onto your clothes. Welcome To Your Period includes case studies, first-person accounts and questions from real teens (and answers from real experts - us!) so you can manage your period like a boss. Winner of the 2020 ABIA Book of the Year for Older Children. Longlisted for the 2020 ABDA Best Designed Children's Non-Fiction.

Period. is everything you need to know about periods. PERIOD. Period. is a book for everyone; children and adults, mums and dads, womb-owners and ex-womb-owners. Overflowing with practical tips and advice, from what a period actually is to who does and who doesn't have them, this inclusive book is a myth-busting must-read. There is no beating around the bush in this funny and informative book written and illustrated by Natalie Byrne, a London-based illustrator who uses her colourful work to promote intersectional feminism and tackle social issues such as sexual assault and mental health.

Welcome to Your Period

Periods Gone Public

All about Periods and Growing-up Stuff

Periods... Just Why?

Go With the Flow

Puberty, Periods and All That Stuff!

Six Weeks to Life-Long Hormone Balance

From the founder of HelloFlo, a modern and insightful guide to periods and puberty for a new generation When will I get boobs? Does wearing a tampon hurt? What's the deal with menstrual cups? Seriously, when will I get boobs? Honest, funny, and unafraid of the messy, real-life facts about a girl's changing body, this is definitely not your mother's puberty book. HelloFlo founder Naama Bloom's mission is to create informed, empowered young women who are unafraid to ask questions and make the best choices for themselves and their bodies. A celebration of women's bodies and all the confusing, uncomfortable, silly, transformative, and powerful changes that occur during puberty.

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.

Explains what happens at the onset of menstruation, discussing what to wear, going to the gynecologist, and how to handle various problems.

An illustrated guide to the changes that occur in girls during puberty, Vic Parker's guide explains menstruation and the impact of hormones at a crucial period during a woman's physical and emotional development.

Girls Only! All About Periods and Growing-Up Stuff

HelloFlo: The Guide, Period.

A Girl's Guide to Puberty & Periods

A Period Guide Book and Journal

Puberty Girl

The Girls' Guide to Growing Up Great

Fix Your Period

Here it is-a book that has all the "girl stuff" young girls have been dying to know about. The transition from young girl to teenager makes the tween years a time of great change-especially in the body department! For all of the questions adolescence raises, this unique and creative book for girls ages 7-11 answers the common questions girls have during this often confusing and overwhelming stage in life. The Body Book gives girls the scoop on everything from body changes and cramps to diet and exercise in an inviting and conversational manner. Filled with fun magazine-type quizzes and imaginative activities, The Body Book not only offers accurate, up-to-date information on personal issues tween girls experience but also shares it from a positive biblical perspective. Above all, the message that all of these changes are a God thing is highlighted on each and every page.

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.

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. 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 films sketch out the parameters of acceptable behavior and teach young girls that bleeding is naughty, irresponsible 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.

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

The Everything Puberty Book for the Modern Girl

Third-wave Feminism and the Politics of Menstruation

Taking a Stand for Menstrual Equity

Puberty, Periods, Period Poverty, A Girl's Ultimate Guide. From Age 9 to 14

This Period in My Life

Menstrupedia Comic

"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 feminism 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.

Library Friendly Edition of original- A sensitive, detailed and informative guide to female puberty, this book will prove invaluable for both young girls and their parents alike, tackling key subjects from the physical changes that occur at this time to practical matters such as buying your first bra.

Medical Eligibility Criteria for Contraceptive Use reviews the medical eligibility criteria for use of contraception, offering guidance on the safety and use of different methods for women and men with specific characteristics or known medical conditions. The recommendations are based on systematic reviews of available clinical and epidemiological research. It is a companion guideline to Selected Practice Recommendations for Contraceptive Use. Together, these documents are intended to be used by policy-makers, program managers, and the scientific community to support national programs in the preparation of service delivery guidelines. The fourth edition of this useful resource supersedes previous editions, and has been fully updated and expanded. It includes over 86 new recommendations and 165 updates to recommendations in the previous edition. Guidance for populations with special needs is now provided, and a new annex details evidence on drug interactions from concomitant use of antiretroviral therapies and hormonal contraceptives. To assist users familiar with the third edition, new and updated recommendations are highlighted. Everyone involved in providing family planning services and contraception should have the fourth edition of Medical

Eligibility Criteria for Contraceptive Use at hand.

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.

Period Book

What's Happening to Me? (Girl)

Everything You Don't Want to Ask, But Need to Know

The Period Book

Susan's Growing Up

Medical Eligibility Criteria for Contraceptive Use

'This will start a revolution for women.' CONSTANCE HALL As young girls, most of us were given the talk about how to manage our periods. It's the beginning of a tedious bloody grind, one of the last great taboos. But the truth is, the menstrual cycle has benefits - big, fantastic, daily, monthly, even lifelong, benefits. Every month, you have four hormonal phases that keep coming around. Each phase bears its own gifts and ways of making us feel: a time to dream, a time to do, a time to give and a time to take. Once you know what these phases are, you can predict them, plan for them and use them over and over again. In fact, harnessing your period superpowers will make you unstoppable (until you choose to stop, that is). Period Queen takes the worst thing about being a woman and turns it into the best thing. Author and period preacher Lucy Peach urges us to stop treating periods like nature's consolation prize for being a woman, banishing the notion that hormones reduce us to being random emotional rollercoasters. Become an expert in recognising what you need at different times of the month and learn how every cycle gives you a chance to cultivate the most important relationship of your life: the one with your precious self. It's pretty bloody amazing.

Written by autistic author Ruby 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 flags 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.

Forget 'women's troubles' and get your cycle working for you. For most women, one week (or more!) out of every month is sacrificed to having a period or anticipating its arrival. And it's largely experienced as a colossal disruption - from being doubled over in pain and suffering from acne outbreaks to loss of sex drive, exhaustion, insomnia and major moodiness. Yet when women seek medical assistance, they are usually told to accept it or take birth control pills to 'balance' hormones. What's wrong with this picture? Everything! Period problems are not simply to be endured or covered up with pills - they are our body's way of telling us that something is wrong. And ignoring these signs can lead to bigger health issues - including fertility problems - down the line. This is where Fix Your Period comes in. Based on decades of work with women, Nicole Jardim's all-natural approach will help you to see the red flags (no pun intended) that your period (or lack thereof) can alert you to, how to troubleshoot these symptoms to get a better understanding of the problem and, most importantly, what to do about it. It is an empowering approach that will give you the essential tools to take control of your own healing. Whether you are suffering from PMS, PCOS (polycystic ovarian syndrome), irregular periods, painful periods, endometriosis, fibroids, Fix Your Period will enable you to regain normal, healthy periods and get your life back on track.

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.

A Girl's Guide to Growing Up

Human Development Report 1997

The Body Book

The Diary of a Young Girl

The Friendly Guide to Periods for Girls

The Period Comic

A No-Nonsense Guide to Mastering Your Hormones and Menstrual Cycle

Liberised version of a Jewish girl's record of how her family hid from Nazi occupiers in World War II Holland.

If you want to discover all the answers to your most burning period questions, then keep reading..... Having your period is messy, makes you sore (like being hit by a train), can be emotionally draining, irritating, not to mention highly inconvenient! Everyone has a flashback memory of the exact moment they crossed the invisible line between being a young, innocent girl and a mature woman. You think to yourself as a young girl, just why on earth periods occur in the first place? Suddenly, your body and emotions change, and you haven't got a clue why all these strange things are happening to you! Many women and young girls are embarrassed by the process of menstruation, but everybody goes through it. We don't talk about periods enough. In this book, you'll discover: The secrets of the female reproductive system Demystifying the most astonishing legends around periods The surprising effect hormones have on your body and mind Four simple steps to understanding your menstrual cycle The crucial reason you need to track your menstrual cycle Just what on earth is PMT? The vital facts you need to know about birth control and your period How to recognise abnormal periods and when to seek medical advice The top menstrual care products to make periods more comfortable Daily practices to help you feel relaxed during your period and much more... In Periods...Just Why you will get accessible and straight-forward advice concerning all your deepest period concerns. Each chapter of the book is packed with actionable steps. This book will help you to recognise what is happening to both your body and emotions during the rollercoaster ride known better as your period. It doesn't matter if you are starting to get your period or have gone through the menopause, you can guarantee you will discover something new. This book will support you to turn the mysterious world of the complex reproductive system and menstrual cycle into a vital tool for helping you to monitor your level of physical health and wellbeing. You could go on just guessing, continuing to be in agony each month when you get your period - having no clue as to why you experience these pains and symptoms. You could go on believing these silly myths keeping you from enjoying life while on your period. Or, you could simply get this book and arm yourself with the knowledge you so desperately need to de-bunk your body's mysteries. This is a great book to read alone or for female teens and adults to read together. So if you want to get to grips with your menstrual cycle and make it work in harmony with your daily life, then scroll up and click the "Add To Cart" button now!

'I wish this book had been written before I stopped having them. I might have enjoyed them more! It's brilliant, informative and funny. Period.' Jennifer Saunders 'I want to hear what Emma Barnett says about everything, and this terrific and timely book proves to be no exception.'

Elizabeth Day

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 go on strike, 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 to you stand your ground while raising bloody hell?

Girls Only! How Will I Change?

Ruby Luna's Curious Journey

Changing Bodies, Periods, Relationships, Life Online

Confronting the Last Unmentionable Taboo: Menstruation

Period Queen

Anne Frank

The Adventures of Toni the Tampon

Puberty comes with a lot of changes. The Period Comic (An Illustrated book) will help girls understand and learn about such changes in their bodies in a fun, easy and intriguing way as they continue to grow, whilst building their self-confidence.For many girls, puberty can be an uncertain time. The Period Comic includes everything girls need to know about growing breasts, acne or pimples, their periods, hair in private areas, feelings, nutrition, managing period cramps, preparing for your first period, period poverty, and so much more. This book has practical steps to guide them as they learn about the amazing changes happening in their bodies during puberty and beyond!Among puberty and period books for girls, The Period Comic offers encouraging support while answering real questions that girls have about puberty. Positive, judgment-free, and medically accurate, this book discusses puberty in a way that young girls can relate to. The book was medically reviewed by an experienced gynecologist. The Period Comic is a thrilling and engaging story of three friends on an intriguing weekend of discovery, where they discover and learn about their bodies, puberty and periods. It fun filled and easy for young girls to relate to. Though, they are from diverse cultural backgrounds, one thing they share in common is the changes happening in their bodies as they grow!The Period Comic offers vital insight such as: -Easy to understand and relatable- The Period Comic explains periods (menstruation) in a practical and easy way that young girls can relate with. It fun filled, the comic eases the anxiety and numerous questions about periods. The story involves practical tips and have been illustrated using beautiful characters with great personalities.-An overview of puberty that explains what happens, when it happens, and how she'll know-Explanations of changes in body, mood etc. Also, how to confidently approach these changes that occur in puberty -Medically Accurate: reviewed by an experienced gynecologist. -Practical tips and advice for navigating different situations during puberty--from understanding growth spurts to managing periods and menstrual hygiene -Leave girls feeling informed, empowered, and ready for the changes that lie ahead.-Properly researched: Information in this book was informed by intensive research and experience garnered over the years of working with young girls and women in different communities and documentary of their experiences regarding periods.REVIEWSWow!! The Period Comic is amazing. It is so easy to understand. I can identify with some of the things described in the book. I particularly love the fact that is in a comic format. I love the characters in the book. I have told my friends about the book and they can't wait to get their copies.A llyears (United Kingdom)I could not drop The Period Comic once I started reading it. It is interesting and engaging. I love it! Thank you for letting me read this. It is so much fun and easy to understand. I can totally relate with the illustrations.Dee 13 years (UK)This book is so amazing. It is just incredible. The book was supposed to help my daughter, but I read it as well and I am just blown away. I have learnt some things and it sure makes explaining periods to my girl so easy. Thank you.Mrs 0 (UK)

This powerful, timely novel in verse exposes provocative truths about periods, sex, shame, and going viral for all the wrong reasons. After school one day, Frankie, a lover of physics and astronomy, has her first sexual experience with quiet and gorgeous Benjamin--and gets her period. It's only blood, they agree. But soon a gruesome meme goes viral, turning an intimate, affectionate afternoon into something sordid, mortifying, and damaging. In the time it takes to swipe a screen, Frankie's universe implodes. Who can she trust? Not Harriet, her suddenly cruel best friend, and certainly not Benjamin, the only one who knows about the incident. As the online shaming takes on a horrifying life of its own, Frankie begins to wonder: Is her real life over? Author Lucy Cutwell vividly portrays what it is to be a teen today with this fearless and ultimately uplifting novel in verse. Brimming with emotion, the story captures the intensity of friendships, first love, and female desire, while unflinchingly exploring the culture of online and menstrual shaming. Sure to be a conversation starter, Blood Moon is the unforgettable portrait of one girl's fight to reclaim her reputation and to stand up against a culture that says periods are dirty.

Girls Only! All About Periods and Growing-Up StuffHachette UK

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

Natural Treatment for Better Hormones and Better Periods

A Girl's Easy Guide to Puberty and Periods -An Illustrated Book

A Pop-Up Book

Sex in Education, Or, A Fair Chance for Girls

New Blood

The Girls' Guide to Growing Up