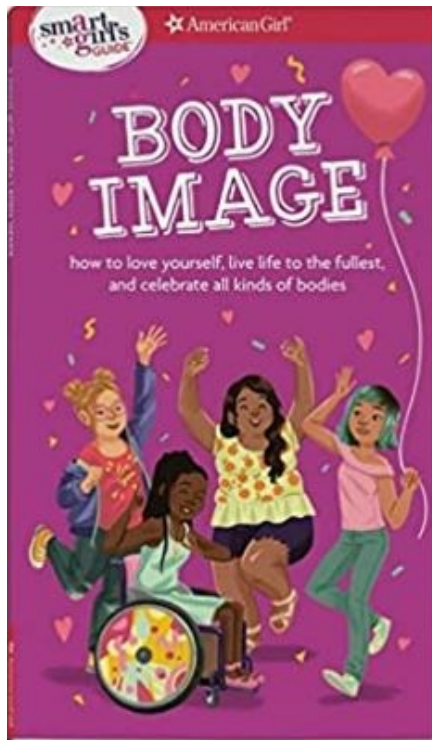


BODY IMAGE



Juvenile

By Mel Hammond

ISBN: 978-1-68337-190-8

Book Summary:

Teaches young girls about body changes during puberty; controversial social, racial and gender ideologies; and activism.

Summary of Concerns:

This book contains alternate gender ideologies; inexplicit non-sexual nudity; and controversial social and racial commentary.

2 /5

Teen Guidance
BookLooks Review Rating

Page	Content
24	If you're a girl of color, you might feel left out in spaces where no one else looks like you. You might even face poor treatment sometimes.
25	<p>Zoe was five when she first faced bullying for her skin color and hair texture.</p> <p>...As Zoe got older, her interests changed- and so did her activism!</p> <p>...She's even starting a podcast about Black girl empowerment and social justice!</p>
31	<p>Beautiful breasts</p> <p>Breasts come in endless varieties. Some are big, some are small. Some are round, some are pointy. Some sit high on the chest, some hang low. Some point up, some point down. Even the colors of the nipples and areolas- the dark circular areas around the nipples- vary from pink to dark brown. Some nipples stick out, while others go inward. Some left breasts are bigger than right breasts, or vice versa.</p> <p>...I have big boobs for my age, but the one thing I don't like about them is that they sag!</p>
36	<p>gender joy</p> <p>...The way you show your gender to the world through clothes and behaviors is your gender expression. Your gender expression can be feminine, masculine, or somewhere in between- and it might change!</p>
37	<p>While gender expression is what you show on the outside, gender identity is how you feel on the inside- a girl, a boy, or someone who doesn't quite fit into either category. When a baby is born, a doctor looks at the baby's body parts to assign its sex- whether the baby is female or male. Most kids grow up feeling comfortable in the sex the doctor assigned. This kind of person is cisgender. (Say it sis-jen-dur.) Bu for some, that assigned sex doesn't match who they know they are inside. A kid who was assigned as male might know herself to be a girl inside, for example. Someone whose gender is different than the sex they were assigned at birth is transgender. Some people don't feel like a girl or a boy inside- which is totally OK! People in this group are usually called nonbinary and might use a pronoun like they instead of he or she.</p> <p>The illustration on this page depicts a young woman wearing a jacket with a pin attached to her lapel which reads: SHE Her Hers</p> <p>She has another pin on her jacket representing the transgender flag. There is a transgender flag in the background of the image.</p>
38	<p>Being transgender is not an illness or something to be ashamed of. If you're questioning your gender identity- or if you already know for sure that you're trans or nonbinary- talk with an adult you trust, like a parent or school counselor. That person can connect you with a specially trained doctor, who can help you and your family decide what's best for your body. At first, you and the doctor might talk about wearing the clothes and using the pronouns (like he, she, or they) that make you fell most like the true you. If you haven't gone through puberty yet, the doctor might offer medicine to delay your body's changes, giving you more time to think about your gender identity. And if you've already gone through puberty, a doctor can still help. Studies show that transgender and nonbinary kids who get help from doctors have a much better mental health than those who don't.</p>

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39	<p>Body dysmorphia But for girls with body dysmorphia, that worry starts taking over their lives.</p>
40	<p>Disordered eating and eating disorders ...Girls with disordered eating might go on diets, skip meals, and obsessively count calories but also feel out of control around food. ...Anorexia causes a girl to starve herself. To lose weight, she might eat only very small meals, skip meals altogether, or exercise until she's exhausted. ...Girls with bulimia eat large amounts of food at one time (called bingeing) and then try to get rid of it (called purging) to keep their bodies from gaining weight. During purging, a girl might force herself to vomit, use laxatives to make herself poop, or exercise until she's exhausted.</p>
42	<p>Look at the palm of your hand. See all the intersecting lines? Imagine each of those lines represents one piece of your gender, race, ability, religion, where you're from, and everything else that makes you you. ...If you look at just one of those lines, you're not seeing the whole you. No one is just a girl. ...Everyone is made up of many, many identities that intersect in unique ways. This way of looking at your identity is called intersectionality. Intersectionality helps you celebrate your uniqueness as well as examine the things that make it easier or harder for your body to move through the world.</p> <p>What does your identity look like?</p> <p>The illustration on this page depicts a hand with the palm in front. There are several lines drawn in different colors around the palm and wrist. There are labels with blank lines to fill in. The labels read: Race; Age; Disabled or nondisabled; Gender expression; Thin, wide, or average body; Short, tall, or average height; Language you can speak at home; Place you were born; Cisgender or transgender; Gender</p> <p><i>See Figure 1.</i></p>
43	<p>10-year-old Ivy G. is Deaf, transgender, and Jewish, and her first language is American Sign Language (ASL). ...Intersectionality is important to Ivy because there's no way she can move through the world as just a Deaf person or just a transgender girl. She's both- plus a lot more! ...When Ivy first came out to people at her school for Deaf students, people didn't understand what it meant to be transgender. So her mom encouraged her to create videos to educate people using ASL. Now people understand better.</p>
57	<p>Get comfortable saying no. As you get older, you'll face pressure to make choices you know are wrong, like drinking alcohol, vaping or smoking, or taking drugs.</p>
69	<p>In the United States today, the girls and women who fit the beauty standard tend to be... ...nondisabled and cisgender. When did you last see a magazine model who uses a cane or a movie star who uses they/them pronouns? Whit. It's no secret that racism shapes who appears in TV, films, and advertisements. Less than half of kids in the United States are White, but you'd</p>

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	never guess that from picking up a book or turning on the TV! When women of color do appear in the media, they tend to have features similar to White people, like straight hair and light skin. That's just not right!
72	Beauty standards may be made up, but their consequences are very, very real. They hurt girls by convincing them that their bodies are wrong. This stress can lead to: Depression and anxiety, Dieting, Smoking cigarettes, Developing an eating disorder, Vomiting on purpose or taking laxatives, Skipping meals and fasting
74	Look for kid-friendly content by Black, Latinx, Asian, and Native American creators. Find videos and images you like by people with big bodies, disabled bodies, and transgender bodies.
86	Just as racism means treating someone poorly because of their race, ableism means treating nondisabled people better than disabled people. Sizeism (also called fatphobia) means treating thin people better than people with large bodies. And transphobia means treating cisgender people better than transgender people.
87	<p>If the issue is big, you could even reach out to a local civil rights organization. Spread the news. Sometimes people have trouble spotting body bullying for what it is. To educate people, you could do a class presentation about how to make schools more accessible or create posters about using people's correct pronouns.</p> <p>A box at the top of the page reads: ASK! WHAT PRONOUNS DO YOU USE? SHE/HER HE/HIM THEY/THEM</p>
89	<p>Today, many transgender and nonbinary people are fighting for their right to use restrooms where they feel comfortable. Slowly but surely, they're changing bathrooms to be safe and stress-free spaces.</p> <p>The illustration on the upper right side of the page depicts a bathroom sign reading: ALL-GENDER RESTROOM</p>
90	<p>The illustration on the upper right side of the page depicts a rectangle with several pictures on it. Words on the rectangle read: BODY POSITIVITY, imagine, dream, BE YOU, Kindness, TRANS RIGHTS (next to a pink, blue, and white transgender flag), Love, ACCESSIBILITY, NICE WHEELS.</p> <p>The words above the image read: vision board</p>
92	<p>Change your school</p> <ul style="list-style-type: none"> ...Do a presentation about racism in beauty standards. ...Ask your social studies teacher for more information about the lives of people of color, people with disabilities, and transgender people during the time period you're studying. ...Join or create a group to unit transgender, nonbinary, and cisgender students.
93	<p>Change your community</p> <ul style="list-style-type: none"> ...Talk to the owner of a local business about putting up with more inclusive bathroom signs. ...Ask people for their pronouns and use them correctly.

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	...Join or start a book club, and suggest reading a book by a Black, disabled, or transgender author.
95	To learn more about or get help with... Gender identity visit The Trevor Project (thetrevorproject.org) or Human Rights Campaign (hrc.org/resources) Gender-inclusive schools visit GLSEN (glsen.org) ...Divers books visit We Need Diverse Books (diversebooks.org) ...Anti-racism visit A Smart Girl's Guide: Race & Inclusion

the one and only you

Part of developing a healthy body image is honoring each and every piece of you. Look at the palm of your hand. See all the intersecting lines? Imagine each of those lines represents one piece of your gender, race, ability, religion, where you're from, and everything else that makes you you. No one else has a pattern quite like yours.

If you look at just *one* of those lines, you're not seeing the whole you. No one is *just* a girl. No one is *just* someone with a learning disability. No one is *just* a person whose parents immigrated from China. Everyone is made up of many, many identities that intersect in unique ways. This way of looking at your identity is called *intersectionality*. Intersectionality helps you celebrate your uniqueness as well as examine the things that make it easier or harder for your body to move through the world.

What does your identity look like?

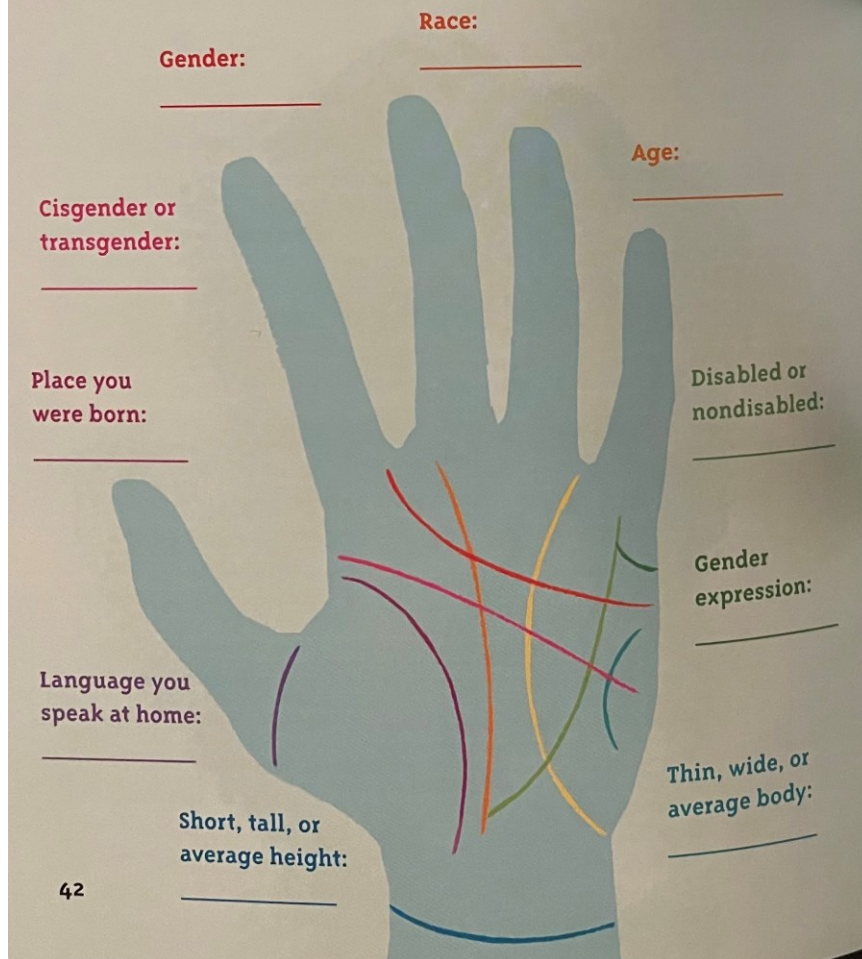


Figure 1