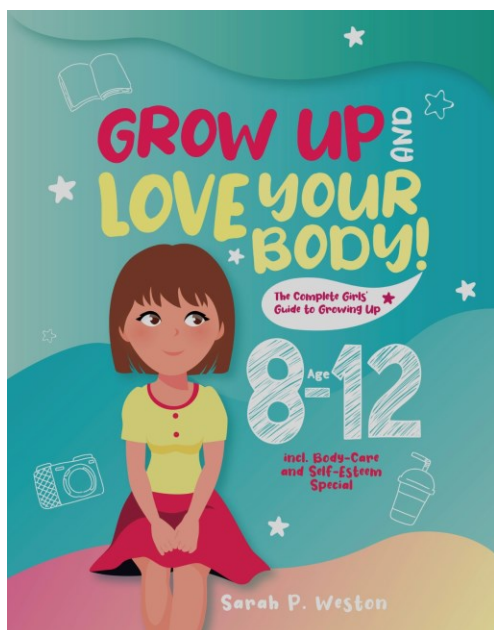


GROW UP AND LOVE YOUR BODY!



Juvenile

By Sarah P. Weston

ISBN: 9798831701241

Book Summary:

Instructs young girls about negative influences and self-esteem while growing up.

Summary of Concerns:

This book contains non-sexual nudity; controversial social commentary; and discussions of sexual predation.

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Child Guidance
BookLooks Review Rating

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| 13 | Your breasts will keep growing and they will seem rounder and fuller than they used to be. The hair on your pubic area will also become thicker and curly. |
| 35 | Tennis: This is a great sport where you can use speed, skill and cleverness to win games. One of the best things about tennis for a young girl is that if you are good at it and you ever decide to do this sport as a job, you will earn equal prize money to the men. |
| 51 | It can be natural to feel self-conscious at first when you are wearing your bra but a good bra that is right for you should feel comfortable and give you the support that you need. It will also stop your nipples from showing underneath your clothes. It can stop you from getting aching breasts or feeling conscious that people are looking at you. |
| 61 | <p>Internet grooming</p> <p>There are some bad people who go online looking for younger girls that they can find and “groom” to do sexual things for them. These people can be men or women but they will often lie about their age or gender. For example, you might get a message from someone on social media who tells you that they are an 11-year-old girl. They might even have photos of a girl as their profile picture. But, when you cannot see them in person, it is difficult to know whether they really are who they say they are.</p> <p>Of course, this doesn’t mean you should refuse to reply to anyone who messages you but you will notice some warning signs if they are an adult who is trying to groom you to talk about or do sexual things with them.</p> <p>For example:</p> <p>They may compliment your looks.</p> <p>They might write in a way that sounds “older” and be unfamiliar with the kind of slang that you use.</p> <p>They might try and turn the conversation into sexual things, such as asking if you have ever kissed a boy.</p> <p>They may ask you to send them pictures of yourself in underwear or even without any clothes on at all.</p> <p>They may want to see you on a camera but tell you that theirs is broken or that they do not have one.</p> <p>They often will ask you not to tell your parents about your friendship with them and make you promise to keep it a secret.</p> <p>Eventually, they might want to meet up with you and ask you to go to their house. At first, it might seem like a confidence boost when someone is telling you that you look beautiful in your profile picture, especially if you have low self-esteem or body image issues. But, it can be a sign that all is not well with the person you are talking to and there is something “off” about them.</p> |
| 83 | When society is so focused on the way you look, it can be hard to think about what you can do with your intelligence. However, looking at your other talents can be the perfect way to boost your self-esteem. Sometimes, as a girl, you will notice that there may be some barriers for you to overcome when it comes to people’s attitudes. |
| 86 | But it is important to realise (sic) that girls are still breaking down some barriers in society. For many centuries, girls and women did not have the same kinds of |

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| | <p>rights that men had. While girls and women, especially in the west, now have equal rights to boys and men, some people still have an old attitude that girls should just act like ladies and not talk about current issues.</p> <p>As a young girl, dealing with this issue can be really upsetting because you might feel confused as to why some people do not take you seriously or want to listen to you. Of course, most people are not like that. But if you do meet someone who does treat you in that way, remember that it is not your fault and they are the ones who need to change with society, not you.</p> <p>You might also hear something called a “stereotype.” A stereotype is when people have a fixed image of what a certain type of person should be. So, for example, some people still believe that only boys should be doctors and girls should become nurses. You might have heard that on the television or read it in books or magazines. You might even have heard other kids say it when you are in school.</p> <p>When you hear these stereotypes, remember that they are not true. Being a girl does not limit you or prevent you from doing what you want to do. There are many women, now and throughout history, who have achieved incredible things.</p> |