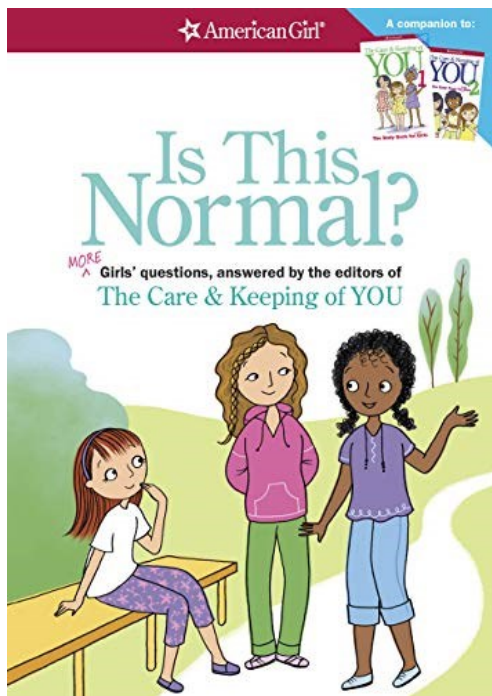


# IS THIS NORMAL?

## MORE GIRLS' QUESTIONS, ANSWERED BY THE EDITORS OF THE CARE & KEEPING OF YOU



*Juvenile*

**By Darci Johnston**

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### **Book Summary:**

Questions about female puberty and self-care are answered.

### **Summary of Concerns:**

This book contains non-sexual nudity.

**1**  
/5

**Child Guidance**  
BookLooks Review Rating

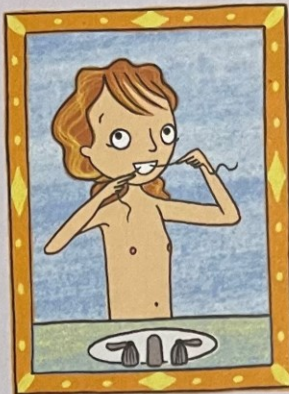
Page	Content
43	<p>The illustrations on this page depict young girls with their breasts exposed in various stages of puberty.</p> <p><i>See Figure 1.</i></p>
44	<p>I really want breasts! How long is this going to take?</p>
51	<p>What I'm worried about is my nipples. Sometimes they are pointy, and other times they are sort of flat on my breast. Is this something to be concerned about? <b>WORRIED 'BOUT the Buds!</b></p> <p>Breast nipples have lots of nerves in them. This makes them sensitive to the touch and temperature. If your shirt rubs against your nipples, for example, or if you get cold, those nerves can "wake up" and cause the muscles around them to tense up. When that happens, your nipples become hard and pointy- until the nerves calm back down. Even certain thoughts and feelings, such as being excited, can wake up the nerves.</p> <p>...Girls, especially, might find it annoying because they worry that other people can see the hard nipples through their shirt.</p>
52	<p>The illustration on this page depicts a young girl putting on underwear</p>
54	<p>You might be able to cover your pubic hair with your swimsuit bottoms. If some hair shows, try wearing a suit with a skirt or ruffle at the bottom, or a "boy-cut" or "hipster" with bottoms cut low across the thigh. These suit styles hide hair better than bikini bottoms or other regular leg cuts. But if you really want to wear a bikini or you're worried about your hair showing no matter what suit you wear, you might consider shaving the edges of your pubic hair. Shaving there is tricky, because girls can get ingrown hairs when the hair is growing back, or the new growth can be extremely itchy.</p>
70	<p>The illustration on the left side of this page depicts a young girl, exposed from the waist downward as he sits on a toilet in a frontal view. Fingers on her left hand are spreading her labia apart.</p> <p>The text under the picture reads: 1. Get Ready Wash your hands, then unwrap the tampon. With one hand, find the labia at the opening of the vagina and use your fingers to spread the sides apart. With your other hand, hold the applicator at the bottom of the larger tube with your thumb and middle finger; place your index finger at the bottom of the narrow tube.</p> <p>The illustration on the right side of the page depicts a young girl in a three-quarters view. There is a white box illustrating her internal organs as she is inserting a white tube labeled as "tampon" and "applicator."</p> <p>The text under the picture reads: 2. Insert Insert the tip of the applicator into your vagina. Aim at a slight upward angle toward your back, and guide the large tube part of the applicator all the way into your vagina. Then push on the narrow tube with your index finger. This will push the tampon out of the applicator and into your vagina. Pull out the applicator and throw it away.</p> <p><i>See Figure 2.</i></p>

Page	Content
71	<p>The illustration on the left side of this page depicts the same young woman described above. She is exposed from the waist downward. A finger on her right hand is pointing toward her vagina.</p> <p>The text under the picture reads: 3. Check Fit</p> <p>The string should now hang down between your thighs- it should not be inside the vagina. You won't be able to feel the tampon if it' in the right position. If it feels uncomfortable, though, it may not be far enough. Use your finger to gently push it in farther. Wash your hands afterward.</p> <p>The illustration on the right side of the page depicts the same young girl described above. She has her right hand hanging by her thigh and there is white paper in her left hand.</p> <p>The text under the picture reads: 4. Removal</p> <p>When it's time to take out the tampon- within four to six hours- sit on the toilet, relax your muscles, and pull firmly on the string. The tampon will slide out. Don't flush the tampon down the toilet- this can clog drains. Instead, wrap it in toilet paper and throw it away. Wash your hands.</p>
97	<p>I am in sixth grade and am way ahead of most every girl in school. How do I get guys to stop looking at my breasts and girls to stop calling me names?</p> <p>...If you notice a boy staring at your chest, say "I really don't like it when you stare at me like that..."</p> <p>...The behaviors in the list below are examples of what's called sexual harassment, and they're against the law at school. If you're being harassed, the school needs to take action to protect you.</p> <ul style="list-style-type: none"> <li>Making sexual comments or comments about your body</li> <li>Whistling or making rude gestures</li> <li>Rubbing up against you</li> <li>Touching, grabbing, or poking your breasts or other parts of your body</li> </ul>



### Stage 1

This is how most breasts look before puberty begins. Breasts are flat to the chest, with a raised nipple and small areola.



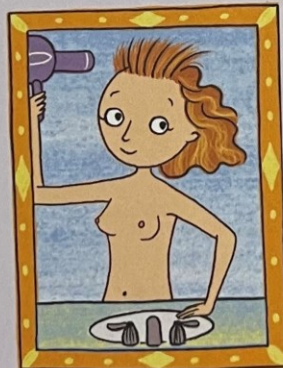
### Stage 2

A raised bump called a breast bud begins to develop under each nipple. The nipples and areolas get larger and darker. You may feel some tenderness in this area as the breasts grow.



### Stage 3

The nipple and areola continue to grow and can get even darker in color. Breasts get larger and may look a bit pointy.



### Stage 4

The areola and nipple blend together into a mound that rises above the breast. Some girls skip this stage.



### Stage 5

Breasts are fully developed, with a rounder, fuller shape. The areola and nipple form a mound that rises above the breast. The nipple is raised above it.

Figure 1



*Dear American Girl,*

*I have some questions about tampons. Can you tell me how is the easiest way to put them in?*

*Samantha*

*I have no idea how you get the tampon string into the vagina. No idea!!!*

*J.G. from Dallas*



### 1. Get Ready

Wash your hands, then unwrap the tampon. With one hand, find the labia at the opening of the vagina and use your fingers to spread the sides apart. With your other hand, hold the applicator at the bottom of the larger tube with your thumb and middle finger; place your index finger at the bottom of the narrower tube.

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### 2. Insert

Insert the tip of the applicator into your vagina. Aim at a slight upward angle toward your back, and guide the large tube part of the applicator all the way into your vagina. Then push on the narrow tube with your index finger. This will push the tampon out of the applicator and into your vagina. Pull out the applicator and throw it away.

Figure 2