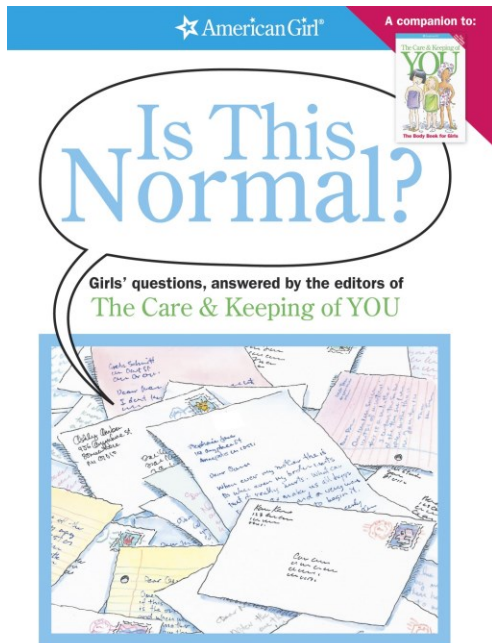


IS THIS NORMAL?



Book Summary:

Questions regarding puberty and menstruation for young girls, are answered.

Summary of Concerns:

This book contains non-sexual nudity.

Juvenile

By Erin Falligant and Michelle Watkins

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/5

Child Guidance
BookLooks Review Rating

Page	Content
39	<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>
45	<p>Dear American Girl ,</p> <p>I have big boobs for being only ten. Boys look at my bra straps when I try to talk to them.</p> <p>...Boys your age are curious about girl's changing bodies, and they're not always very good at hiding it. If you notice a boy staring at your chest, tilt your head and try to catch his eye.</p> <p>...What's sexual harassment?</p> <p>Making sexual comments or comments about your body whistling or making rude gestures rubbing up against you touching, grabbing, or poking your breasts or other parts of your body.</p>
51	<p>She wears shirts that her breasts show through because she doesn't wear bras. Some of the boys are starting to notice it, and I am afraid to tell her.</p>
74	<p>Your swimsuit bottoms should hide most of your pubic hair. If some of your hair sticks out, try wearing a "boy-cut" suit or a "hipster." These suits are cut low across the thigh, so they hid hair better than bikini bottoms. As you get older, your pubic hair may spread to the edge of your thighs. Some women shave the edges of their pubic hair, but it's tricky business.</p>
75	<p>Dear American Girl,</p> <p>I'm really worried that when I shower in gym, other girls will notice hair in my private places.</p>
85	<p>Dear American Girl,</p> <p>When I try to put in a tampon, it hurts. Do you have any advice?</p> <p>Still Trying</p> <p>A little discomfort is normal, especially if your vagina is dry or you're having trouble relaxing. Make sure to use the smallest tampon, one labeled "slimfit," "junior," or "slender." Look for plastic applicators with round tips, which are easier to insert than cardboard ones. To help an applicator slide in, ask a parent if you can add a little lubricant to the tip of the applicator. Then use a hand mirror to locate the opening of your vagina. As you insert the applicator, relax your muscles.</p>



Stage 1



Stage 2



Stage 3



Stage 4



Stage 5

Think you missed a stage?
Don't panic. Some girls
skip over one of the
middle stages of breast
development.

Figure 1