



Growing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Body

By Mavis Jukes

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The author follows up her best-seller *It's a Girl Thing: How to Stay Healthy, Safe, and in Charge* with a light-hearted book of advice for girls ages eight to eleven on menstruation, puberty, and other concerns.

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Editorial Review

From School Library Journal

Grade 4-8-A slimmed-down version of Jukes's *It's a Girl Thing* (Knopf, 1996) that explores puberty firsts such as bras and periods. The author imparts the essential information vital to a young woman's early development. Speaking with the sensitivity of an older, trusted sister, Jukes assures readers that the changes, or lack of, in their bodies are perfectly normal. She covers body hair and shaving, perspiration and deodorant, and how to buy your first bra. The second half of the book is devoted to what to expect and how to plan for your first period. Jukes details the pros and cons of pads and tampons and gives practical, safe advice for alleviating cramps. Sexual intercourse is defined as an activity for adults and used to describe the reproductive organs. Sexual activity in teenagers and birth control are not covered. The narration has an easy, comfortable voice and imparts accurate and important information while assuring readers that they can still be children even though they've entered puberty.

Katie O'Dell Madison, Multnomah County Library, Portland, OR

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From [Booklist](#)

The title gives a slight hint, but librarians and readers may still be surprised to discover that despite a few organizational changes, some slight rewriting, and the addition of a short section dealing with privacy issues, this is basically little more than the first three chapters of Jukes' 1996 *It's a Girl Thing*. The openness and warmth, if sometimes gushy, enthusiasm ("the bra smelled so new and delicious") of the first book are still apparent, and once again Jukes calls up personal anecdotes about her own puberty during the late 1950s as she introduces girls to their sexual anatomy, menstruation, and a few related topics. Although a number of more detailed books on those subjects exist--among them, *The Period Book* (1996), by Karen Gravelle and her daughter, Jennifer--this one, which has an excellent section on bras, may suit girls on the new end of the puberty continuum. *Stephanie Zvirin*

Users Review

From reader reviews:

Debbie Davis:

Now a day people who Living in the era where everything reachable by match the internet and the resources inside can be true or not need people to be aware of each info they get. How people have to be smart in receiving any information nowadays? Of course the answer then is reading a book. Reading through a book can help people out of this uncertainty Information particularly this *Growing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Body* book because book offers you rich information and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it you probably know this.

Peter Wilson:

People live in this new moment of lifestyle always attempt to and must have the extra time or they will get great deal of stress from both daily life and work. So , when we ask do people have free time, we will say

absolutely sure. People is human not only a robot. Then we question again, what kind of activity do you have when the spare time coming to an individual of course your answer can unlimited right. Then do you ever try this one, reading guides. It can be your alternative inside spending your spare time, the book you have read is usually *Growing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Body*.

Mary Stock:

Growing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Body can be one of your beginner books that are good idea. We recommend that straight away because this e-book has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to get every word into joy arrangement in writing *Growing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Body* yet doesn't forget the main place, giving the reader the hottest and also based confirm resource details that maybe you can be certainly one of it. This great information could drawn you into new stage of crucial considering.

Jonathan Baker:

With this era which is the greater person or who has ability in doing something more are more important than other. Do you want to become one of it? It is just simple solution to have that. What you have to do is just spending your time almost no but quite enough to have a look at some books. Among the books in the top collection in your reading list is actually *Growing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Body*. This book that is certainly qualified as *The Hungry Hillsides* can get you closer in getting precious person. By looking upward and review this reserve you can get many advantages.

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