



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 warm, 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:

Monica Ceja:

This Growing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Body book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book will be information inside this e-book incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. This particular Growing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Body without we comprehend teach the one who reading through it become critical in considering and analyzing. Don't always be worry Growing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Body can bring if you are and not make your bag space or bookshelves' grow to be full because you can have it with your lovely laptop even mobile phone. This Growing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Body having great arrangement in word and layout, so you will not sense uninterested in reading.

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