



## Growing Up for Girls (Paperback)

By Felicity Brooks

Usborne Publishing Ltd, United Kingdom, 2013. Paperback. Condition: New. Katie Lovell (illustrator). Language: English . Brand New Book. This book prepares girls for what to expect from puberty and offers advice on what they can do to cope with the emotional, psychological and physical changes and stay happy and confident as they go through their early teens. It covers all the topics that girls want to find out about, including moods and feelings, periods and how to survive them, what happens to boys, diet, eating disorders, exercise, body image, sex and relationships, contraception, sexual health, self-confidence, drink and drugs, exam stress, cyberbullying, and staying safe - both out and about and online. It guides young teenagers through this exciting and sometimes daunting stage as they start taking full responsibility for many aspects of their own lives for the first time.

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