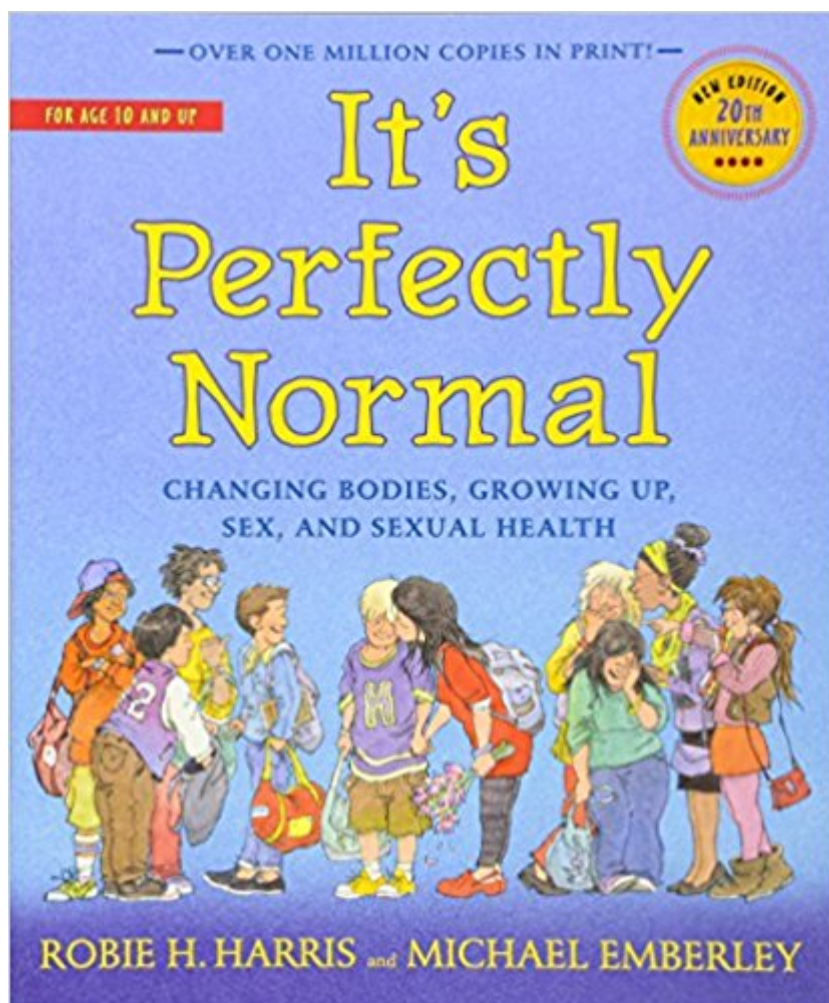


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# It's Perfectly Normal: Changing Bodies, Growing Up, Sex, And Sexual Health (The Family Library)



## Synopsis

The definitive book about puberty and sexual health for today's kids and teens, now fully updated for its twentieth anniversary. For two decades, this universally acclaimed book on sexuality has been the most trusted and accessible resource for kids, parents, teachers, librarians, and anyone else who cares about the well-being of tweens and teens. Now, in honor of its anniversary, It's Perfectly Normal has been updated with information on subjects such as safe and savvy Internet use, gender identity, emergency contraception, and more. Providing accurate and up-to-date answers to nearly every imaginable question, from conception and puberty to birth control and STDs, It's Perfectly Normal offers young people the information they need now more than ever to make responsible decisions and stay healthy.

## Book Information

Series: The Family Library

Paperback: 112 pages

Publisher: Candlewick; 20 Anv New edition (August 8, 2014)

Language: English

ISBN-10: 0763668729

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Product Dimensions: 8.5 x 0.4 x 10.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 576 customer reviews

Best Sellers Rank: #1,035 in Books (See Top 100 in Books) #1 in Books > Children's Books >

Growing Up & Facts of Life > Health > Fitness #1 in Books > Children's Books > Growing Up &

Facts of Life > Health > Sexuality #1 in Books > Health, Fitness & Dieting > Exercise & Fitness >

Pregnancy

Age Range: 10 and up

Grade Level: 5 and up

## Customer Reviews

Gr 1 & Up "These highly acclaimed titles have been go-to guides for a whole generation of children, teens, and their parents wishing to address these delicate, often difficult-to-discuss topics. They are noteworthy for their straightforward and accessible style, reliable information, and warm, inclusive artwork. It's Perfectly Normal, which is geared toward children nearing puberty, has sold more than one million copies, been translated into more than 35 languages, and has been endorsed

and used by teachers, librarians, clergy, health care and mental health professions across this country. It also has the distinction of being listed as #7 on the American Library Association's list of most frequently challenged books of the 21st century. This edition has been revised for a new generation, including updates in scientific and medical information about reproduction, birth control, abortion, sexual abuse, and sexually transmitted diseases. Harris and Emberley have also included information on gender identity and online safety. It's So Amazing!, written for a younger audience, has also been revised to include up-to-date scientific and medical information and also addresses being online and using the Internet. --This text refers to the Library Binding edition.

"It's Perfectly Normal is informative and interesting; reassuring and responsible; warm and charming. I wish every child (and parent) could have a copy." â " Penelope Leach, Ph.D., author of YOUR BABY & CHILD "I recommend [IT'S PERFECTLY NORMAL] to parents and children who are coming into adolescence. They will love it." â " T. Berry Brazelton, M.D. author of TOUCHPOINTS "A perfectly wonderful treatment of the always touchy subject of sex education for young people. The book treats the subject seriously and its intended readers respectfully." â " Hugh B. Price, president, National Urban League, Inc.

Please note that this book does not hold back when talking about sex nor does it hold back with its pictures. You need to decide your comfort levels about sex and what you feel is appropriate for your children. I found this book to be very informative and written at a level for preadolescent kids to be able to easily understand. It's laid out with illustrations and small comics in a way to help keep their attention. It does show naked bodies, genitalia , people having intercourse, and so forth. It covers a variety of topics that are important in today's world such as no means no, how to stay safe online, be careful what you text and email, and of course, safe sex practices.

I read all the reviews on , among others. I decided to get the book to read with my 10 year old daughter. It does have cartoon graphics to illustrate each chapter, but there is nothing "sexy" about those (you can find them online if you search). It does discuss homosexuality, birth control, abortion, as well as menstruation, puberty, etc, etc. everything. So, this is a very personal decision, but I decided that a book this thorough would be the perfect guide to use with my kid. Because, next year she will go into 5th grade and they will start teaching a class on a watered down version of these topics. Also she is already hearing random stuff at school and after school. Who knows what exactly, and from which kid(s). So I decided that I'd rather go through all these topics with my

daughter BEFORE she learns "the truth" from someone else. Plus, when will I talk to her? When she is past puberty and too "embarrassed" to talk? Now is a good time. She still listens to me :) So, I sat down with my daughter and explained why I got this book. I told her it's highly controversial because people have different beliefs. I said we should not talk about this at school, but the reason I am going through it with her is because I know she will hear bits and pieces out there, and I don't want her to feel confusion, embarrassment, or fear. I want her to feel like she can come to me any time and I will listen and help guide her. She was happy that would talk and had lots of questions as we approached each chapter. I did NOT hand over the book. I keep the book, and explained that it's not for her friends to see. Their parents can decide how to educate their kids. We need to respect each other. :) I acted naturally through this conversation. So approaching controversial topics may seem tough, but we are still going through it, and it's amazing how many questions she has, and how open and comfortable she felt. for instance: homosexuality... We read the chapter and then I asked her what she thought, before I spoke. I explained to her our beliefs as a family, and we talked a little about politics and religion. She is 10, so I kept it light. Whether I said homosexuality is wrong or right is not the point here. The point is that this is an opportunity to sit down and discuss it with my kid. By reading the book, we are not saying "go do it". It's also to me an opportunity to discuss privacy and respect. With the pic of the girl looking at herself in the mirror... My daughter giggled, and I said, "well, don't you look at yourself? In private? It's good to know your body. To look for moles, changes, etc. It's natural to be curious, but it is a private act. And all the book is illustrating is, this is a natural act that everyone does." We only read a chapter at a time, and we find that each discussion brings up other discussions such as skin cancer, health, hygiene, etc. Sorry this is a long review and I am not claiming to be a writer. I won't go into how I handled each topic, because maybe it's overkill, but already five other friends have bought this book. We see this book as a tool, and funny that my friends and I don't necessarily see eye to eye on every topic. We decided that we prefer to go over every topic, especially the super controversial ones... because if we don't go over these with our kids... Who will?? Good luck!!

I realize people find discussing sex and reproduction controversial, but this is a great book for educating on sex and reproductive health and related topics. The content is presented without bias to sexual orientation, politics, or religion. Puberty, masturbation, other types of sex, pregnancy, relationships, and other topics are well discussed from the side of both genders. It does clearly state that abstinence is the most effective way to prevent pregnancy and STD's, and stresses that the decision to become sexually active should be a conscious and deliberate one by a responsible

person. Contraception is covered thoroughly and topics such as abortion, miscarriage, adoption, LGBT, are explained in an objective manner. Book does a good job at explaining what appropriate and consensual contact is with other people. Something that I thought was a very good inclusion in the this edition was conduct on phones, texting, computers, digital media, etc., and the potential consequences of misusing them. Overall, I can't really think of anything specific this book is missing. The illustrations are appropriate but they are direct which I guess some people find disturbing. They are by no means gratuitous nor are they anything resembling pornography. Depending on your views as a parent or caregiver, the age suggestion of 10 and up may be higher or lower than what you think is appropriate, but it's pretty reasonable considering what most kids have learned on the playground by 10 years old. If you believing in educating earlier, this book should be perfectly fine for whenever you want to discuss it. The language and overall tone is still something that younger children can understand. This book is almost identical to It's So Amazing by the same publisher. It's slightly more mature in tone and does cover sex related topics in more depth. There are less cartoons on the sidebars, which were somewhat distracting in the other book IMO, but many of the illustrations are exactly the same between books. If I were to pick between the 2, I would just skip It's So Amazing and get this one. Even if you find some of the topics too mature or just not applicable, they can likely be skipped and returned to at a later time. There are valuable sections in this book that are not in the other one such as appropriate texting and computer usage.

I'm so torn on what to write for a review, because I mostly like this book. But, be aware that it dives right into several things that you may/may not want to discuss with your kids right off the bat. Since this is an intro to sex book, I really had a hard time with the fact that it introduces anal sex. And, right up front....honestly, it was about page 4 or 5. Sure, we're going to share and teach him a lot, but now isn't the time to bring up anal. Not at age 10.

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Sexual Improvement, Reach Sexual Pick, Last Longer) Growing Marijuana: Marijuana Growing Tips and Tricks to Get Big Yields For Beginners! (Growing Marijuana For Beginners, Growing Marijuana Indoors & Outdoors, Growing Marijuana Tips and Tricks) Changing Bodies, Changing Lives: Expanded Third Edition: A Book for Teens on Sex and Relationships Growing Mushrooms for Profit: The Definitive Step-By-Step Guide to Growing Mushrooms at Home for Profit (Growing Mushrooms for Profit, Growing Mushrooms ... Mushrooms, Growing Oyster Mushrooms) The Red Pill: Man-Woman Sex life (red pill,rational man,redpill,sex drugs,sexual health,sexuality,sexual medicine,medical help) 200 Dirty Talk Examples: How to Dirty Talk your way to the Most Graphic, Mind-Blowing Sex of your Life (Sex Advice and Sex Tips to Improve Sex Life and have Better Sex) Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) Kama Sutra: Best Sex Positions from Kama Sutra and Tantra to Skyrocket Your Sex Life (Kama Sutra, Sex Positions, How to have Sex, Tantric Sex) (Volume 1) XXX MATURE SEX Pictures 3: sex, porn, milf, mature sex, love girls, sex pictures, anime sex pictures Pronounce it Perfectly in English with Audio CDs (Pronounce It Perfectly CD Packages) Perfectly Ridiculous (My Perfectly Misunderstood Life Book #3): A Universally Misunderstood Novel Perfectly Invisible (My Perfectly Misunderstood Life Book #2): A Universally Misunderstood Novel Perfectly Ridiculous: A Universally Misunderstood Novel (Perfectly Dateless) Sexual Health Information for Teens: Health Tips about Sexual Development, Human Reproduction, and Sexually Transmitted Diseases (Teen Health Series) Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2 Make Him Bigger: SUPERSIZE HIM 2 â “ Size does matter! Penis Growth & Enhanced Sex with Nutrition Hacks & Secret Sex Herbs (Sexual Power: Have More Fun With Sex)

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