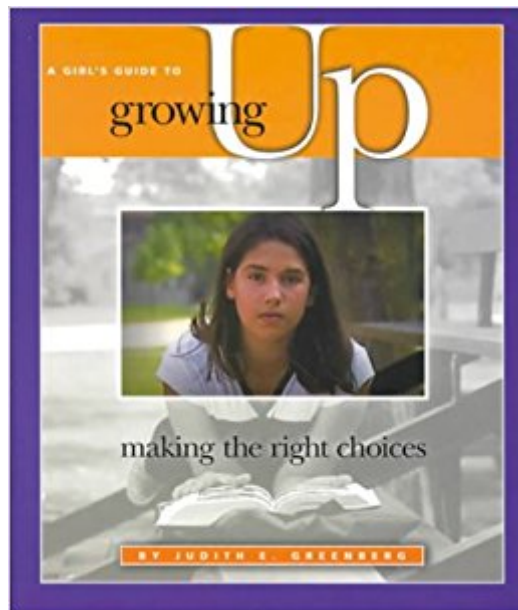




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# A Girl's Guide To Growing Up: Making The Right Choices



## Synopsis

Relaxed and respectful, this book provides a reader-friendly guide to the tricky landscape across adolescence. Leaving lectures behind, each chapter addresses real issues like personal relationships, alcohol and drugs, eating disorders, gangs, cliques, and sex. Internet resources, hotlines, and questionnaires are also included. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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Average Customer Review: 4.4 out of 5 stars 2 customer reviews

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Personal Health > Maturing #182 in Books > Teens > Social Issues > Being a Teen

## Customer Reviews

Gr 6-10-This short, nicely packaged book presents little in the way of new information but is written in an easy-to-read, nonjudgmental style. As if delivered by a favorite aunt or big sister, the material is easily digested and should be readily accepted. Common-sense advice is warmly offered on setting limits, avoiding risky behaviors such as drug use and getting pierced or tattooed, getting along with peers and parents, and developing relationships. Readers will relate to the black-and-white photos of young teens of diverse ethnic backgrounds. Brief, moving poems begin each chapter, and an excellent list of Web sites and helpful national organizations is appended. Lynda Madaras's *What's Happening to My Body: A Growing up Guide for Parents and Daughters* (Newmarket, 1988) is more comprehensive and is more accessible for older teens. Ellen Kahaner's *Everything You Need to Know about Growing up Female* (Rosen, 1997) addresses a similar audience but lacks current Web sites and organizational contact information. A welcome addition to most collections.-Susan Riley, Greenburgh Public Library, Elmsford, NY  
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Gr. 5-8. An empathetic tone and lots of personal stories distinguish this self-help title for preteens and younger teen girls. Greenberg covers such issues as school, risky behaviors, dating, sex, self-esteem, eating disorders, and cliques. She begins each chapter with a poem by a teenager, uses many examples taken from real-life situations, and offers advice from counselors, doctors, and consultants in "What do the experts say?" snippets. A final chapter addressed to parents and caregivers is noteworthy for its tact, sensitivity, and support of both teens and parents. The text is nicely broken up with lots of black-and-white photos showing teens of different ethnicities and social groups. Though some of the photos look posed, they nonetheless form an effective counterpoint to the text. Greenberg tackles many subjects here, none in depth, but she refers readers to some excellent books, Web sites, and hotlines where they can learn more. Debbie Carton Copyright © American Library Association. All rights reserved

My grand daughter really enjoyed this book. Some parts of it she reads alone at night before bed and some nights she will ask her father to read and "talk about stuff". This is a really good book because my grand daughter says it comes from "somebody who knows what's really going on and is cool." Making the right choices, what's happening to me, how do I handle boys, how do I handle bullies, how do I handle peer pressure??? Unfortunately my grand daughter is very very pretty - many people would count this as a blessing but being tall, thin and model pretty draws people (wolves) to you and to be forwarded is to be forearmed. We can't even go shopping at a mall that people don't try to pick her up, get to know her - and she is still quite young, just turned 11. I've tried to tell her and this book confirms, choices girls (and boys) make once they hit puberty can affect the rest of their life for better or worse. Kids have so much to contend with now. Use to be most kids came from a two parent household and the worse thing that went on was dad had two martinis after dinner. Now, 50% of our youth are key latch kids by age 10. Most are exposed to pornography, drugs, explicit music lyrics, alcohol, cigarettes, bullying and allowed to dress like adults when their not even a dozen years out of diapers. Our children are our legacy and we pour millions into the military, bailing out banks and hardly anything into social programs and raising the level of education for our children. This book is really worth every single star and more. My grand daughter said it gave her some good sound "cool" (modern) advice on real issues even preteens now are facing. I use to work in a upper middle class, college educated office - and two of my co-workers had 15 year old daughters pregnant. If you are a mother or single father, get this book for your daughter once you see her "blooming" into a young lady - she's going to need it.

Good for teenage girls.

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