



Sex, Puberty, and All That Stuff: A Guide to Growing Up

By Jacqui Bailey

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This friendly book talks to teens in their own language, with emphasis on the subject that is foremost in the minds of just about every adolescent boy and girl: Sex. Separate chapters titled Boy Stuff and Girl Stuff describe body changes that occur during puberty, with frank and open explanations of male and female genitals, how they feel and how they function. Chapters that follow discuss typical teen problems, as well as those entirely new feelings that come with sexual development. Among them are, having a crush on that attractive boy or girl, coping with controlling parents, menstruation, dating and sexual activity, contraception, pregnancy, sexually transmitted infections, homosexual impulses, and generally surviving those difficult yet exciting teen years. Line drawings on most pages.

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Editorial Review

From School Library Journal

Grade 5-10 - A wryly humorous approach to the topic, coupled with colorful cartoons, makes this a particularly friendly book. Bailey takes an honest, nonjudgmental tone in the clearly and cleverly written text, busting myths, dispelling confusion, and calming fears for readers whose "world has suddenly got a whole lot weirder," thanks to raging hormones. The coverage is comprehensive, including everything from body image to crushes to STDs. The author continually emphasizes a young person's right to choose not to engage in sexual activities, although no reference to abstinence is specifically included. Teens are encouraged to wait until they are involved in a mature, loving relationship, and not give in to peer pressure. The chapters on relationships are especially insightful, highlighting the differences in how boys and girls see sex and listing reasons and ways to say "No." The comical illustrations portray a variety of teens in typical scenarios, ranging from getting a leg wax to being confronted with a broken condom to having a pelvic exam. Anatomical diagrams clearly depict and identify the different parts of internal and external sex organs. Color-blocked sidebars with pertinent information appear on nearly every spread. Lynda Madaras's *The "What's Happening to My Body?" Book for Boys* and *The "What's Happening to My Body?" Book for Girls* (both Newmarket, 2000) cover similar information with an equally reassuring tone, and include introductions for parents. - Joyce Adams Burner, Hillcrest Library, Prairie Village, KS

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Review

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School Library Journal, January 2005

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