

For Girls Ages 9 to 12 and Their Parents or Caregivers

# As Girls Grow Up

## ZOOM MEETING

### GOAL OF CLASS

To make it easier for you and your parents to talk about sensitive topics.

### ORDER OF TOPICS

- Physical Changes during Puberty
- Break
- Emotional Changes in Adolescence
- Short Videos
- Relationship Changes in Adolescence
- What is Sex?
- Consequences of Sex and other Choices
- Questions

### NEXT SESSION

September 25, 2021 at 10 AM  
Register today: <http://bit.ly/AsGirlsGrowUp>

### FEEDBACK

Email [asgirlsgrowup@gmail.com](mailto:asgirlsgrowup@gmail.com)



**UW Medicine**

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## Resources for Girls

### BOOKS

- *Changes in You and Me: A Book about Puberty Mostly for Girls* by Paulette and Martyn Bourgeois
- *Girls Guide to Becoming a Teen* by American Medical Association
- *It's a Girl Thing* by Mavis Jukes
- *My Body, My Self for Girls* by Lynda and Area Madaras
- *My Feelings, My Self* by Lynda and Area Madaras
- *Period* by JoAnn Loulan and Bonnie Worthen
- *Puberty Survival Guide for Girls* by Eve Ashby
- *Sex, Puberty and All That Stuff: A Guide to Growing Up* by Jacqui Bailey
- *The Care and Keeping of You* by Valorie Schaefer
- *The Care and Keeping of You 2* by Cara Natterson
- *The Girl's Body Book: Everything You Need to Know for Growing Up YOU* by Kelli Dunham
- *The Period Book* by Karen Gravelle
- *The What's Happening to My Body? Book for Girls* by Lynda and Area Madaras
- *What's Happening to Me?* By Peter Mayle
- *What's the Big Secret* by Laurie Krasany Brown and Marc Brow

### WEBSITES

- U.S. Department of Agriculture – Diet ([choosemyplate.gov](http://choosemyplate.gov))
- U.S. Department of Health and Human Services ([girlshealth.gov](http://girlshealth.gov), [womenshealth.gov](http://womenshealth.gov))
- [Bam.gov](http://Bam.gov), [Girlsinc.com](http://Girlsinc.com), [Kotex.com](http://Kotex.com), [Tampax.com](http://Tampax.com), [Always.com](http://Always.com), [Stayfree.com](http://Stayfree.com), [Amaze.org](http://Amaze.org)

### VIDEOS

- *Let's Talk Puberty for Girls* by Disney Educational Productions
- *Managing Puberty, Social Challenges, and (Almost) Everything* by Coulter Video
- *Puberty: A Girl's Journey Through The Physical, Emotional and Social Changes* by Marsh Media