

# My first

Period



# Period A Girls Guide To Menstruation

**Saurabh Agarwal, Neha Agrawal**



## **Period A Girls Guide To Menstruation:**

Period: a Girl's Guide to Menstruation with a Parent's Guide JoAnn Loulan, 2001      **Period Wonderland - A girl's guide to puberty and menstruation [English Graphic Novel]: Secrets revealed by Dabung Girl and SuperAvni** Saurabh Agarwal, Neha Agrawal, 2022-10-15 A must read book for every teen and young adult Join Dabung Girl and SuperAvni on an exciting journey to unravel the mysteries of puberty and periods Do you think they will be able to discover the answers to their pressing questions Period Wonderland is a fun tastic graphic novel that provides awareness on puberty menstrual hygiene management period products nutrition tracking periods and also break myths taboos that exist in the society The imagination creativity and fun continues throughout the comic Join the movement and become a period champion by buying this book for yourself or gift it to others Let us make change happen today and not wait for tomorrow Congrats on being a period champion Do you know why young adults across the globe love this book Because the book is FUN INFORMATIVE They love the thorough research and bringing together of real life experiences PROGRESSIVE It helps them break several stereotypes and myths and promotes a progressive mindset and MEDICALLY REVIEWED They appreciate that experienced medical doctors have reviewed the book This period wonderland book is divided into 7 adventure chapters where readers learn about Adventure 01 Wonders of Puberty Adventure 02 Trip to Period Wonderland biology of menstruation Adventure 03 Superpower of Period Products understanding the menstrual products available and tracking your menstrual cycle Adventure 04 Secrets for A Fabulous You taking care of oneself during periods Adventure 05 Magical Foods to Rescue health and nutrition Adventure 06 Dangerland of Myths breaking myths and taboos BONUS Bytes Learning Island Additional informative details The wait is over You have an inherent power that is waiting to be unleashed You are the sky Limitless Get ready to rediscover yourself dream and shine You should settle for nothing less when it comes to having all your questions answered So choose your favourite reading corner and dig right into the book Co authors Neha Agrawal An Ally for Humanity a coach and a diversity inclusion leader with over two decades of corporate experience Instagram writetoneha Saurabh Agarwal An internationally recognized life skills educator who brings in knowledge from Harvard University IIT      **The Period Book** Karen Gravelle, Jennifer Gravelle, 2017-06-20 This bestselling essential illustrated guidebook for adolescent girls is a trusty friend that can help girls feel confident about this new phase of their lives What is my period exactly Do I need to see a doctor What does it feel like to wear a pad What if I get my period at school Karen Gravelle and her fifteen year old niece Jennifer Gravelle have written a down to earth and practical book that answers any questions you might have about your period from what it is and what it feels like to how to choose pads and tampons to how to talk to your parents about it The Period Book will help guide you through all the physical emotional and social changes that come with your period as well as related issues like dealing with pimples mood swings and new expectations from friends and family Debbie Palen s funny and sympathetic cartoons ease the confusion and exasperation you might feel and

celebrate the new sense of power and maturity that your period can bring

**The Ultimate Girls' Guide to Understanding and Caring for Your Body** Isabel Lluch, Emily Lluch, 2009 Adolescence can be a tricky time From periods and puberty to health and hygiene to fashion and beauty every preteen girl has questions she'd like answered The problem is many girls feel embarrassed or aren't sure who to ask This book was written by two teenage sisters Isabel Lluch age 16 and Emily Lluch age 13 They know firsthand the issues that most girls experience during puberty In addition this book offers valuable information from noted health care nutrition fitness dental psychology and beauty experts The Ultimate Girls Guide offers insight and advice on every important topic in a preteen girl's life including sections on makeup acne body hygiene bras periods healthy eating sports and fitness and even stress depression and eating disorders Girls will appreciate the expert advice offered in a straightforward easy to understand manner and will happily identify with the young authors and their peers Additionally each chapter is filled with tips and fun facts that can be used on a daily basis Isabel and Emily answer questions about puberty and changes from 9 girls of different backgrounds and ethnicities More than 120 pages of beautiful color illustrations make this book the perfect gift for preteen girls and their parents as well as a great resource for schools nurses sex education program health classes and more

Period JoAnn Loulan, Bonnie Worthen, 2001-04 Discusses the physical and psychological changes at the onset of menstruation Includes a guide for parents and teachers

Period JoAnn Loulan, Bonnie Worthen, 2008-04-25 Discusses the physical and psychological changes at the onset of menstruation Includes a guide for parents and teachers

The Period Book - A Girl's Guide to Growing Up Karen Gravelle, 2019-09 This book is one of the top teen books and it will answer the young girl's questions about menstruation and all the changes attached to this important milestone in her life Illustrations by Debbie Pale Vietnamese translation by Ong Bong's Mom

**A Happy Period: A Girl's Simple Guide to Understanding Her Menstruation** Fehintola Simeon-Umukoro, Growing up can be a wild ride and there's so much to learn as you journey from childhood to becoming a young adult In this book written just for you we dive into the changes your body will go through during puberty especially focusing on menstrual health and hygiene You'll discover what to expect how to stay comfortable and why talking about menstruation is completely normal Whether you're curious about what's coming or already experiencing changes this guide is here to help you navigate it all with confidence and knowledge It's okay to have questions let's find the answers together

The ABC Of Menstruation" Nancy Ogbue - Nwosu, 2023-12-22 The ABC of Menstruation is a helpful book that explains everything about periods in an easy way It talks about how periods work materials to use for periods how to use them and how to track your period with ease This book is perfect for Menstrual education outreaches channeled towards community public school It breaks down period in very simple terms for girls of all generations to learn and build healthy period habits

**A Girl's Guide to Life** Katie Meier, 2010-06-22 Presents advice for teenage girls on how to improve body mind and soul as they grow into womanhood

Girls Growing Up on the Autism Spectrum Shana Nichols, Gina Marie Moravcik, Samara Pulver

Tetenbaum,2009-01-01 Providing professional perspectives alongside personal experiences and suggestions from mothers daughters and educators this is a comprehensive text for parents teachers and professionals working with families and their daughters with ASDs

**That Time of the Month** Rosie Kessous,2022-08-25 There is one thing that puzzles Samira PERIODS She has heard people talking about them but has no idea what they are With the help of this book and her family she learns all about that time of the month This friendly and reassuring book about periods for young girls follows the story of Samira as she finds out from her mum and dad all about when a first period arrives It clearly explains why girls have them what happens in the body to make periods and what the first signs of getting a period are The book aims to demystify periods ease any worries and provide reassurance that periods are a healthy part of growing up The author Rosie Kessous works for Days for Girls DfG UK DfG is an International Charity providing women s health education alongside washable sanitary towels produced by volunteers in developed countries for those in need Rosie s training as an Ambassador of Women s Health Educator and subsequent distribution of washable sanitary pads on a trip to Kenya inspired That Time of the Month Rosie realised the need for a comprehensive accessible and engaging book for young girls about menstruation Rosie is currently working to facilitate a curriculum to be taught in schools in the UK through Days for Girls Arianna is an illustrator based in Edinburgh She believes deeply in the powerful role children s books can play in helping to educate inform and inspire young people and hopes to use her illustrations for this purpose That Time of the Month is her first children s book which she created whilst studying at university After reaching out to the charity Days For Girls UK expressing her desire to create a book on periods Arianna was put in contact with Rosie the author who shared the belief that a picture book aiming to demystify and encourage openness about periods was needed

**The Period Comic-Girls' Easy Guide to Puberty & Periods-Ages 9-15. An illustrated book** Florence Igboayaka,2019 Join these three friends of Hamilton Primary School Anabel Ada and Misha on an interesting and exciting weekend adventure of discovery They may be of different ethnicities but for them one thing is common the wonderful changes that occur in their bodies as they grow Period or menstruation is not a choice but rather an integral part of most girls lives as they reach puberty However there is a huge gap in period education and awareness This is because most parents or caregivers find it an awkward topic to discuss In other cases it is a topic shrouded in secrecy as though it were a taboo This should not be so because period is part of the reproductive system of a girl The Period Comic has been illustrated to help young girls learn about periods in a fun and intriguing way build their confidence and knowledge about the changes happening in their bodies as they grow It is a must have for all girls from age 9

*Psychology of Women* Florence L. Denmark,Michele A. Paludi,2017-09-21 Updated with findings from the latest research this contributed work on the psychology of women covers global initiatives theories and practical applications in various settings It also addresses best practices of feminist methodologies and teaching psychology of women courses As societal gender standards continue to shift and the capabilities strengths and needs of women become more widely acknowledged

and prioritized even as myths regarding women's leadership health and work behavior persist it becomes increasingly important to understand the psychology of women This third edition of *Psychology of Women* provides updated and expanded coverage of this highly significant and relevant subject through diverse perspectives of internationally known scholars in their disciplines offering synopses of recent research and examinations of key theoretical issues global initiatives and practical applications in the workplace therapy and educational settings A resource ideally suited to students in women's studies and the psychology of women as well as for use as a handbook for scholars faculty members and specialists in fields relating to the psychology of women the book covers specific topics such as women in middle age women's career development and challenges in integrating work and family roles and the ongoing problem of violence against women This latest edition also includes best practices of feminist methodologies and information regarding teaching psychology of women courses and it emphasizes placing value on all women including women of color women with disabilities and lesbian bisexual and transgender women

*The Girls' Guide to Growing Up Great* Sophie Elkan, Laura Chaisty, Maddy Podichetty, 2018-04-19 Wise and kind Sali Hughes Every young teen needs this book Nadia Sawalha Brilliant accessible sensitive and funny Emily Maitlis Funny kind and wise Daisy Buchanan Going through puberty Thinking about puberty Worried about growing up This book is for you Knowledge is power All the information you need is here plus advice wisdom and lots of questions from girls like you Body basics like breasts spots and periods Life's big mysteries Is how you look important Is a crush ever wrong Is it bad to be jealous of your friends Clear empowering info on emotions sex sexuality and gender Staying safe and having fun online Plenty of space for your own notes and doodles Puberty isn't just about what's going on in your body but also your brain your emotions and the world around you

*Periods in Pop Culture* Lauren Rosewarne, 2012-06-14 Menstruation seldom gets a starring role on screen despite being experienced regularly by nearly all women for a good many decades of their lives *Periods in Pop Culture* Menstruation in Film and Television by Lauren Rosewarne turns the spotlight on period portrayals in media examining the presence of menstruation in a broad range of contemporary pop culture Drawing on a vast collection of menstruation scenes from film and television this study examines and categorizes representations to unearth what they reveal about society and about our culture's continually fraught relationship with female biology Written from a feminist perspective menstrual representations are analyzed for what they reveal about sexual politics and society Rosewarne's thorough investigation covers a range of topics including menstrual taboos stigmas and fears as well as the inextricable link between periods and femininity sexuality ageing and identity *Periods in Pop Culture* highlights that the treatment of menstruation in the media remains an area of persistent gender inequality

**Your Moontime Magic** Maureen Theresa Smith, 2020 A guide to helping adolescent girls navigate the physical and emotional changes that occur with the onset of menstruation Includes traditional myths personal stories brief anatomy lessons and nutritional advice to promote well being throughout the menstrual cycle

*From Menarche to Menopause* Joan

Chrisler,2014-06-11 From Menarche to Menopause The Female Body in Feminist Therapy examines the latest research on the menstrual cycle and women s reproductive health This timely volume focuses on women in therapy who are disconnected from or even repelled by their own bodies due to cultural attitudes abuse trauma or the natural aging process Experts in the fields of psychology and women s health unite to celebrate the physical life stages of women and girls and to offer practical advice for therapists to use when addressing negativity caused by appearance age menstrual symptoms or reproductive concerns In this book you will gain new understanding about the effects on a woman s mental health that transitional life stages can cause from preadolescence through the childbearing years to menopause The suggestions in From Menarche to Menopause can help women resist the bombardment of negative messages and misleading information they receive about their bodies and their reproductive concerns This helpful resource can also assist you in opening new lines of communication between mothers and daughter women and men and women and other women From Menarche to Menopause discusses how to handle topics such as self loathing caused by media and cultural messages that affect women s acceptance of their bodies overcoming a daughter s reluctance to discuss sensitive topics of bodily maturation menstruation and emerging sexual development helping women men and couples cope with infertility assisting women in overcoming a disappointing birth experience providing therapeutic care to women and couples who experience perinatal loss addressing perimenopause in midlife women and the concerns negative attitudes and uncertainty of this transition This unique book fills the gap in feminist therapy literature with practical advice concerning the functions of women s bodies that can be used within the therapy context From Menarche to Menopause includes extensive references and several book reviews to further your research and provide reading and other resources you can recommend to your clients This practical resource on women s reproductive health as it relates to mental health is an important addition to the bookshelves of feminist psychologists clinical practitioners social workers and health practitioners as well as faculty and students of these disciplines **The Smart**

**Girl's Guide To Growing Up** Anita Ganeri,2015-09-03 Every smart girl knows when to ask for advice and this book is an indispensable companion to growing up Addressing all those cringey questions about periods boys and boobs that adults squirm at answering Anita Ganeri s sensible light hearted advice will calm the fears of any worried young woman **The Girl's Guide to Puberty** Shanicia Boswell,2024-03-26 A Fun Interactive Girl s Guide to Puberty Ages 9 15 A fun energetic knowledgeable and loving guide Tatyana Ali wife mother actress singer and filmmaker said of Oh Sis You re Pregnant This inclusive body positive puberty workbook for girls covers everything you need to know about your teen years Do it yourself or with an adult this period book for girls holds space for the puberty talk to be had in fun yet important ways The puberty journal that teaches so much Why do I smell Am I normal Puberty can be such a confusing time But this interactive puberty workbook for girls helps you learn personal care learn about puberty teen health and so much more with fun and interactive quizzes journal prompts and cute and inclusive informatics so you can navigate puberty without any embarrassment Puberty

talk from an expert Shanicia Boswell the owner of Black Moms Blog and bestselling author of Oh Sis You re Pregnant returns with her new book Girl s Guide to Puberty Shanicia knows how important understanding puberty is so she made the period book for black girls and any teen girl looking for real answers Inside Girl s Guide to Puberty find Body positive language and illustrations for girls of every shape and shade Real stories and funny jokes about puberty and all of the things that comes with it A puberty workbook for girls with information and fun activities like journaling quizzes and more If you re looking for holistically helpful period books for teen girls then add this to your collection today If you enjoyed The Care and Keeping of You or Grow Up and Love Your Body or Oh Sis You re Pregnant you ll enjoy learning from this Girl s Guide to Puberty



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