

Growing Up: It's A Girl Thing

Provides effective guidelines to help parents raise daughters, explaining how to avoid sexual stereotypes, widen opportunities, enhance learning, and cultivate strong, spirited, and caring young women. Original.

The oldest daughter of revered composer Leonard Bernstein offers a rare look at her father on the centenary of his birth—illuminating a man, a city, and an era that defined modern culture—in a deeply intimate and broadly evocative memoir reminiscent of Alexandra Styron’s Reading My Father and Richard Ford’s Between Them. The composer of On the Town and West Side Story, chief conductor of the New York Philharmonic, television star, humanitarian, friend of the powerful and influential, and inveterate partygoer Leonard Bernstein was a massive celebrity during one of the headiest periods of American cultural life, and perhaps the most talented musician in American history. To his eldest daughter, Jamie, he was all that and more; he was the man in the scratchy brown bathrobe that smelled of cigarettes, who sat late at night at the piano when he couldn’t sleep (he could not sleep), an incredible jester, an incessant teacher, he taught her to love the world in all its beauty and complexity. In public and private, Lenny was larger than life. In Famous Father Girl, Bernstein mines the emotional depths of her childhood and invites us into her family’s private world. A fantastic set of characters populate the Bernsteins’ lives, including the Kennedys, Mike Nichols, John Lennon, Richard Avedon, Stephen Sondheim, Jerome Robbins, and Betty Lauren Bacall. An intoxicating tale, Famous Father Girl is an intimate meditation on a deeply complex and sometimes troubled man and the beautiful music that was the soundtrack to his life. Deeply moving and often hilarious, Bernstein’s beautifully written memoir is great American story about one of the greatest Americans of the modern age.

Growing up God’s way forGirls is a colourful, fully illustrated book available as separate versions for boys and girls. It is intended for children approaching or experiencing puberty, typically represented by the 10-14 years old age range. The artwork has been specially produced for the book and includes accurate biological drawings as well as ‘cartoon’ illustrations to keep the young reader interested. Most importantly of all, the Bible is the constant reference point, so that what the Bible has to say about the matters dealt with is always front and centre. The result is that this book conveys essential biblical ethical teaching as well as the facts about puberty. For example, here’s an extract from the teaching on the chapter on n Physical Intimacy (in this case in the girls’ version): So special that God has given us rules It might seem attractive to live in a world where there are no laws. (Of course it would mean that your parents would never be able to tell you that you were doing something wrong!) But have you ever thought what would happen if there were no laws about how we should drive a car? The laws of the road make it safe for us to drive. If there were none, many more people on the road would get injured and driving would be a very frightening experience. God has given us a law regarding how we relate to the opposite sex in sexual intimacy. This law is the seventh of the Ten Commandments: ‘You shall not commit adultery’ (Exodus 20:14). From this verse and other passages in the Bible, we learn that all sexual activity outside marriage is wrong. The word adultery means either being married and experiencing sexual intimacy with someone who is not your husband, or experiencing sexual intimacy with someone else’s husband. In the New Testament, God warns us to ‘flee from sexual immorality’ (1 Corinthians 6:18). The term ‘sexual immorality’ includes any sexual activity that is not between a husband and his wife. The fact that God has given us a specific command to keep sexual intimacy for marriage shows how important God considers sexual intimacy to be. The husband and wife are important to Him, their marriage is important to Him, and the new life that may result from sexual

intimacy is important to Him. God’s law about sexual intimacy is for our safety and well-being - it protects us, it protects marriage, and it protects young life.

A hip, honest, and streetsmart guide to growing up female offers expert guidance on self-confidence, parents, crushes, friendships, and more through stories, articles, cartoons, and quizzes.

A Girl’s Guide to Life

How to Stay Healthy, Safe, and in Charge

Famous Father Girl

Girl Talk

Revised Edition

Yak Girl

The Girls’ Guide to Growing Up

This book is not only reassuring; it is inspiring, and bursting with ideas and achievable strategies. The authors write with authority and conviction, and tackle even the most difficult and delicate of topics. If ever you needed to be convinced that girls with ASD can overcome the difficulties and challenges of puberty and adolescence, have successful friendships and enjoy a healthy sexuality, then take the time to read this book - it is a must-have for families, teachers and therapists alike.’ -Sarah Attwood, author of Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger’s Syndrome
Growing up isn’t easy, and the trials and tribulations of being a teenager can be particularly confusing for girls with Autism Spectrum Disorders (ASDs). This book covers all the concerns commonly faced by girls with ASDs and their parents, from periods and puberty to worries over friendships and ‘fitting in’. Taking a good look at these adolescent issues, and many more, within the context of specific areas of difficulty for girls with ASDs, the authors provide families with the knowledge and advice they need to help their daughters - and the whole family - through the teenage years. This book addresses core issues such as cognition, communication, behavior, sensory sensitivities, and social difficulties; it gives candid and realistic advice on a wide range of important teenage topics. Providing professional perspectives alongside personal experiences from mothers, daughters and educators, this is a unique and indispensable guide for families and their daughters with ASDs, as well as the teachers and professionals who work with them.

With this revised edition, this best-selling, essential illustrated guidebook for adolescent girls is now available as a refreshed edition, with new and updated content. With over 400,000 copies sold, this appealingly illustrated guidebook to puberty—now updated with new content relevant to today’s kids—is the perfect companion for girls and parents preparing for this important milestone. Written in consultation with preteen girls, this guide offers a supportive, practical approach, providing clear and sensitive answers to common questions on periods, as well as advice dealing with pimples and mood swings. This revised edition features new sections on: - getting braces - bra sizing - shaving - relatable anecdotes from real girls - changing friendships - romantic feelings - dealing with sexual harassment both on social media and in real life Complete with charming and informative interior illustrations, The Period Book is a trusty friend that can help girls feel confident about this new phase of their lives.

Body image expert Dr Charlotte Markey helps girls aged 9-15 to understand, accept, and appreciate their bodies.

A totally modern, easy-to-read, upbeat guide to girls’ growing up issues, now updated to include online and smartphone safety. The Girl Files offers age-appropriate advice, practical tips and support to help girls navigate the physical and mental rollercoaster of puberty. From periods and body hair to bras, boys, sexting and cyber bullying, The Girl Files’ chatty, big-sisterly style is a fantastic, feel-good reference source for ‘twens and young teens, and places a strong emphasis on the importance of self esteem, and maintaining a positive attitude. Chapters: P is for puppies, pink and... puberty From hips to zits The news on boobs Periods, pads and PMS All change! Mates and dates Staying safe Get connected! The Boy Files by Alex Hooper-Hodson is the partner title to The Girl Files, offering puberty advice and support for boys. Alex has also written the popular teen self-help resources: 52 Teen Girl Problems and How to Solve Them and 52 Teen Boy Problems and How to Solve Them.

Growing Up God’s Way for Girls

All About Puberty & Growing Up

Growing a Girl

Growing Up Female and Ambitious

What’s Happening to My Body? Book for Girls

Secrets, Tips, and Expert Advice on the Good, the Bad, and the Awkward

Just a Girl

Growing up isn’t as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride. The Girl’s Body Book is here to help with expert advice, common sense tips, fast facts, and answers to all questions a girl might have.

Stigma is a corrosive social force by which individuals and communities throughout history have been systematically dehumanized, scapegoated and oppressed. From the literal stigmatizing (attooing) of criminals in ancient Greece, to modern day discrimination against Muslims, refugees and the ‘undeserving poor’, stigma has long been a means of securing the interests of powerful elites. In this radical reconceptualisation Tyler precisely and passionately outlines the political function of stigma as an instrument of state coercion. Through an original social and economic reframing of the history of stigma, Tyler reveals stigma as a political practice, illuminating previously forgotten histories of resistance against stigmatization, boldly arguing that these histories provide invaluable insights for understanding the rise of authoritarian forms of government today.

This unusual memoir immerses us in the fascinating story of a spirited girl in a remote, undeveloped region of Nepal near the border of Tibet, a place made known to the world in Peter Matthiessen The Snow Leopard. Life above 13,000 feet in Upper Dolpoften called the last paradise because of its breathtaking snow-capped peaks, untouched beauty, and hand-irrigated green pastureswas one of constant risk and harsh survival. Dorjes life centered around the care of her numerous younger brothers and sisters and the family sheep, goats, and yaks. At age five she began herding and was soon taking the animals high in the mountains, where she fought off predatory wolves and snow leopards. Covering her first ten years, the story takes Dorje from her primitive mountain village to the bewildering city of Kathmandu, and finally to a new home in America, where she receives life-saving surgery. With humor, soul, and insightful detail, the author gives us vividly told vignettes of daily life and the practice of centuries-old Tibetan traditions. This wonderful and surprising tale of survival, loss, and self-reflection offers us entry to this difficult, yet magical, place.

"How can I prepare her for this new phase? I wanted to find an explain the details of this special stage while also integrating the important aspects of it from the Islamic religion. Being from the West, most books I found only explained the physiological changes. But I found that Muslim girls, especially ones from Western countries, need to know more about the religious implications of this stage. So I decided to write this guide to help young girls understand the basic things a Muslim girl should know about puberty, including the religious aspects that come along with it. However, this guide is just a starter to the journey ahead. I encourage parents to talk with your teens and pre-teens about this important stage of life to have a full and thorough understanding." - Natalia Nabil Includes: What is puberty and its stages. Hygiene tips. Religious duties to perform. And ones to stay away from. And much more

My Body’s Changing for Boys

Everything You Need to Know for Growing Up You

The Girl from Hockley

What Parents and Professionals Should Know About the Pre-Teen and Teenage Years

The Boy’s Body Book

Choices & Changes in the Tween Years

A Girl’s Guide to Growing Up

Presents a guide for girls with intellectual disabilities as an introduction to the physical and emotional changes they will encounter during puberty.

The "What's Happening to My Body?" Book for Girls Written by experienced educator and her daughter in a reassuring and down-to-earth style. The "What's Happening to My Body?" Book for Girls gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and a helpful resources section, this bestselling growing-up is an essential puberty education and health book for all girls ages 10 and up.

For more than a decade, girl power has been a cultural barometer, reflecting girlhood's ever-changing meanings. How did girl power evolve from a subcultural rallying cry to a mainstream catchphrase, and what meaning did young girls find in its pop culture forms? From the riot grrrls to the Spice Girls to <td>The Powerpuff Girls, and influenced by books like <td>Re-viving Ophelia and movements like Take Our Daughters to Work Day, <td>Growing Up With Girl Power charts this history. It considers how real girls who grew up with girl power interpreted its messages about empowerment, girlhood, strength, femininity, race, and more, and suggests that for young girls, commercialized girl power had real strengths and limitations - sometimes in fascinating, unexpected ways. Encompassing issues of pre-adolescent body image, gender identity, sexism, and racism, <td>Growing Up With Girl Power underscores the importance of talking with young girls, and is a compelling addition to the literature on girls, media, and culture. Supplemental resources are available online at GrowingUpWithGirlPower.com.

Everything a girl needs to know about puberty and periods in one brilliant little book. Written in a friendly, accessible style, this is an essential guide for all girls approaching puberty.

Growing Up for Boys

Growing Up

The Girls' Guide to Growing Up Great

Growing up in Iran: a daughter's story

Girls Growing Up on the Autism Spectrum

It's All About Relationships

Growing Up in the Remote Dolpo Region of Nepal

Provides a close-up look at such issues as the physical and emotional changes that puberty brings, friendship, boys, families, and other changes in their lives

A friendly, reassuring and positive guide for girls as they approach puberty, explaining the changes that will happen to their bodies as they grow up and how these changes might make them feel. Covering everything from periods and breast development to body hair and personal hygiene, puberty and parenting expert Anita Naik addresses any worries that girls may have relating to what is 'normal'. She reassures readers and boosts their confidence, encouraging them to feel positive about the changes they will experience as they go through puberty. The book also includes lifestyle advice on topics like healthy eating and exercise, and information on how puberty affects boys. Topics covered: What is puberty? Your puberty timeline Breasts and bras Same age, different stage Skin changes Sweat, smells and personal hygiene Hair in new places Down there What are periods? The practical side of periods Coping with periods Sex explained Making babies New feelings Managing your moods Healthy eating The power of exercise Self-esteem and body image Privacy and your body Puberty for boys Boys have worries, too

Just a Girl is the sensitive, personal story of the author's ambition to become and succeed as a scientist during the lwhite man in power! era of the 1950s to 2010s. In the male-dominated science world, she struggles from girlhood unwillingness to sexist battles in jobs on the farms and in the restaurants of America, in academia's laboratories and field research communities, and in the executive corner office. Jackson overcomes pain, shame, and self-blame, learns to believe in herself when others don't, and becomes a champion for others. The turbulent legal and social background of sexual harassment and sexism in America over seven decades is delivered as a history with the author's insight! Just a Girl is also a call to action: it identifies the court cases and lawsuits that helped advance the cultural changes we see today; outlines the pressing need for a Boys and Men Liberation (BAML) movement; highlights new approaches by parents; advocates for changes in our universities; and suggests a different direction for corporate America to take to stop the cycle of sexual harassment. Eye-opening and inspiring, it points the way to a brighter future for women everywhere.

Practical advice from a Christian viewpoint about the internal and external changes experienced by teenage girls, touching on everything from shopping wisely to good hygiene to eating disorders.

Bloom

A Guide to Puberty

Growing Up Duggar

Girl to Girl

It's a Girl Thing : Straight Talk about First Bras, First Periods, and Your Changing Body

Little Book of Growing Up

Girls Body Book

Being a girl isn't always easy, and growing up is far from a walk in the park. This time of transition is particularly confusing without a confidante to help. Meet Sarah O'Leary Burningham, a real-life big sister here to coach preteens through all of life's big moments, from first bras to first periods. Filled with letters and testimonials from real girls—as well as confidence-boosting advice and myth-busting sidebars—this fun, accessible, and highly visual book is a must-have for every girl navigating her way through the pre-teen years. Consider the world of a young girl who never knew what a normal family was like, and didn't experience the traditional love of a mother or father. For her, home meant several families all jumbled up together. After the age of five, her mother worked long hours away from home, and she was often left alone or cared for by mothers of other children. Her chief male authority was not her father, but the group's charismatic, heavy-handed leader. Only later would she come to understand: this community was a cult. Natalie A. Carter and Melissa Cummings-Quarry, founders of Black Girls' Book Club, share stories - the wins and the L's - and offer honest, practical advice that will show you how to own your choices. To live your truth without fear. To be grown on your own terms without limits or apologies. Grow. It's a mood. It's a mindset. It's a mantra. It's a lifestyle. It embodies everything that makes us who we are.

A guide for pre-adolescent girls to the changes that puberty brings to their bodies, including information about menstruation.

This essential guide to growing up for girls covers everything children have always wanted to know but were afraid to ask. Friendly and funny text features case studies and questions from 'real-life' anonymous readers to encourage the idea that different experiences are still normal. Subjects that might seem daunting to readers are covered with sensitivity and quirky humour. Puberty and personal hygiene are covered in detail, as are relationships in and out of school, including different types of bullying and how to make growing up a little less scary.

A Girl Like Tilly

The Girl Files

Love Yourself and Grow Up Fearless

Nowhere Girl

Muslim Girl, Growing Up

The Period Book

It's a Girl Thing

The Girl from Hockley is a new, revised edition bringing together in one new volume this remarkable story. Born into the industrial slums of Birmingham in 1903, Kathleen Dayus became a legend in her own time. She vividly recalls her Edwardian childhood and her life as a young munitions worker during the war, marriage and life below the poverty line in the 1920s. Early widowhood and the Depression forced her to relinquish her children to Dr Barnardo's homes until, eight long years later, she could afford a home for them again. Her autobiography is a testament to the indomitable spirit, humour and verve that characterised her life. Her extraordinary memory for the sights, sounds and smells of her youth, her marvellous sense of the comic and above all her spirited refusal to do anything but live life to the full, deservedly made her one of the most compelling storytellers of our time.

In this fun and interactive book from bestselling author Nancy Rue, all the questions girls 8 to 12 ask about their changing bodies and growing up are answered, along with advice and health tips designed to help you become the confident, beautiful young woman God created you to be. Whether you're noticing new curves and hair growing where it never did before, or feel like your emotions are always on the surface, you likely have a lot of questions about what is going on inside you ... and what it means. No matter how big the question or how embarrassing it may sound, Nancy Rue is here with answers. Inside You! A Christian Girl's Guide to Growing Up, you'll discover: honest answers to your changing-body questions health and beauty tips quizzes and journaling space to help you figure out where you are in your puberty journey medical and spiritual facts on the things you wonder about advice from girls like you who have been where you are Most importantly, you'll discover the true beauty that is revealed as you grow closer to God, and all the things you're going through are actually part of his plan for the beautiful, confident, grown-up you! You! A Christian Girl's Guide to Growing Up can be used as a supplement to school health classes looks at puberty from a Christian perspective helps make adolescence understandable and manageable for young girls features a conversational tone and fun features

Growing up time, but it can also feel scary. During puberty, your body changes on the outside and on the inside. You might have noticed some of these changes already, or they might not have started happening to you yet. This book explains what happens during puberty, and provides some friendly reassurance and advice.

Ashley Bartnell's mother was a glamorous American, her father a dashing Englishman, each trying to slough off their past and upgrade to a more romantic and exotic present in Iran. As the story starts, Ashley is eight years old and living in Tehran in the 1960s: the shah was in power, the US for Westerners was rich and privileged. But somehow it didn't all add up to a fairytale. There were bankruptcies and prisons, betrayals and lovers, lies and evasions. And throughout it all, Ashley's passionate and strong-willed mother, Genie. Stories of mothers and daughters are some of the most compelling in contemporary memoir, from The Liar's Club and The Glass Castle to Don't Let's Go to the Dogs Tonight and Bad Blood. Farangi Girl deserves to be in their company. It's an honest

You! A Christian Girl's Guide to Growing Up

Just for Girls

Bunk 9's Guide to Growing Up

Farangi Girl

Seven Strategies for Raising a Strong, Spirited Daughter

Growing Up Different

Growing Up with Girl Power

A timely and hands-on guide for parents on how to safeguard your daughter's childhood and help her to grow into a healthy and confident young woman.

Tilly is a bit of a puzzle. She's struggling at school, she really doesn't like surprises, she isn't sure if she's a girl or a boy, and she just doesn't want to make new friends. Why is it such hard work to try and understand people, or for them to understand her? This poignant story maps the entire childhood of a bright young girl with autism. Growing up undiagnosed, she finds life increasingly difficult and confusing. Unable to communicate her thoughts and feelings, she retreats further into her own world while her family grows evermore perplexed and concerned. When a psychologist finally explains what makes her special, they can stop focusing on the problems and start to navigate a new way forward for Tilly. With vividly expressive illustrations and minimal words, this story is a valuable and accessible tool for helping children aged 7-13 and their families understand female autism, and will also be immensely helpful to readers interested in understanding better how autism manifests in girls. Honest, positive, and ultimately hopeful, it is inspired by the real childhood of Helen Bates's daughter Rachel, who also writes about her experiences on her blog www.agirlketilly.com.

A frank and friendly book explaining puberty and how to stay happy and confident as boys go through physical, psychological and emotional changes. Covers everything boys want to find out about, including moods and feelings, what happens to girls, diet, exercise, body image, sex and relationships, contraception, sexual health, self-confidence, drink and drugs, exam stress and cyberbullying.

Every smart girl knows when to ask for advice, and this book is an indispensable companion to growing up. Addressing all those cringe 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.

Stigma

Changing Bodies, Periods, Relationships, Life Online

Grown: The Black Girls' Guide to Glowing Up

Growing Up Girl

The Body Image Book for Girls

The Truth on Growing Up, Being Real, and Making Your Teen Years Fabulous!

The Machinery of Inequality

Describes health, body, and emotional issues for girls reaching adolescence, including nutrition, menstruation, and why girls think and act different from boys.

**"Thank you for being the baddest in the literary game, knowing and loving us Black girls" Candice Caryt-Williams, author of Queenie
Such a loving and warm guide and ode to black girls, I am so happy the younger generation have this in their lives' Bolu Babalola, author of Love in Colour
Your big sis in book form, Grown is the ultimate fully illustrated guide to navigating life as a Black teenage girl. With a foreword from the inimitable Spice Girl Melanie Brown and contributions from inspirational Black women such as Diane Abbott MP, Dorothy Koomson and Candice Caryt-Williams and illustrations from Dorcas Magbadole, Grown is a celebration of Black British girlhood that will empower teens everywhere. Being a teenager and trying to understand who you are and what you stand for is hard. Period. But if you're a Black girl and don't always see yourself represented in the books you read, the films you watch, the adverts you see or the history you're taught, it can be even tougher. Grown: The Black Girls' Guide to Glowing Up was written with one thing in mind sis. You. From understanding identity to the politics of hair to maintaining squad goals to dealing with microaggressions to consent to figuring out what career you might want, Grown has got your back. Natalie A. Carter and Melissa Cummings-Quarry, founders of Black Girls' Book Club, share stories - the wins and the L's - and offer honest, practical advice that will show you how to own your choices. To live your truth without fear. To be grown on your own terms without limits or apologies. Grow. It's a mood. It's a mindset. It's a mantra. It's a lifestyle. It embodies everything that makes us who we are.**

"I ran a race inside America's favorite mega-sized family, the four eldest girls talk about their faith, their dreams for the future, and what it's like growing up a Duggar. Airing weekly throughout the United States, the United Kingdom, Australia, andNew Zealand, 19 Kids and Counting has made the huge Duggar family into a media phenomenon. The Duggar children are frequently asked, "Tell the truth: do you really agree with the lifestyle your parents have created for you?" Now, the four eldest Duggar girls—Jana, Jill, Jessa, and Jinger--open up about the blessings and advantages of living the Duggar lifestyle. With a backdrop of the key relationships in their lives--relationship with self, parents, siblings, friends, boys, and God--the four Duggar girls open up about their own personal faith and convictions, boys, dating, manners, living in a large family, politics, and much more. You'll learn how the family navigates the difficult years between twelve and sixteen and what the girls look for in a man, all in a frank and fun book that will inspire teens and adults alike. Including lighthearted stories about the younger kids' antics, Growing Up Duggar is a wise and entertaining trip into a family like no other"--

**"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? Worried about growing up? This book is for you! Puberty isn't just about what's going on in your body, but also your brain, your emotions and the world around 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**

A Memoir of Growing Up Bernstein

Honest Talk About Growing Up and Your Changing Body

The Girls' Life Guide to Growing Up

Girlhood on Screen and in Everyday Life

Psycho-Social Explorations of Gender and Class

Growing up with Autism

CONGRATS! YOU HAVE FOUND "THE BOOK"! Filled with facts, tips, advice, and illustrations, BUNK 9'S GUIDE TO GROWING UP is the girl-powered puberty book you'll actually want to read. Written in the voice of the counselors in training at the fictional Camp Silver Moon, it's like having your best friend or older sister share everything there is to know about being comfortable in your changing body. From periods, bras, and hormones to nutrition, exercise, and sleep—to crushes, that first kiss, and ALL the feels—it's the head-to-toe guide to not only surviving puberty but totally, 100% owning it! GUARD THIS BOOK WITH YOUR LIFE AND USE ITS SECRETS WISELY. The Top Three Tips for the Best Puberty Ever A Field Guide to Breasts Acne: Self-Care and Skin Care The 'No-Smell' Basics Rocking Your First Period Why Sleep? Boys: They're Changing, Too Crushing It

The Boy's Body Book is here to help with expert advice, common sense tips, fast facts, and answers to all questions a boy might have about growing up.

Throughout the de-industrialized world, huge transformations are taking place in the social fabric, leaving few lives untouched. The shift from a manufacturing base to service and communications industries is accompanied by the decreased participation of men and the increased number of women in the labour market. Girls growing up today face huge changes in the organization of family, education and work.

The Smart Girl's Guide To Growing Up