

## Girls Only All About Periods And Growing Up Stuff All About Periods And Growing Up Stuff

For use in schools and libraries only. An updated edition of a best-selling reference for younger adolescents shares practical, expert advice on topics ranging from hair care and healthy eating to menstruation and acne. Original.

Celebrating over twenty years in print, 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.

Ruby Luna starts her period at 10 years old and keeps a diary for the next two years all about the menstrual products she tries and the things that happen to her and her friends. It is aimed at 10-12 year olds, but would be suitable for any girl starting her period earlier than that. It also covers the transition from primary to secondary school. It is written with humour to keep the topic light and entertaining, but includes lots of information from the impact of diet on periods to when girls historically started menarche (first period) in an accessible way. (/br) (/br)Ruby Luna's Moontime is a follow-on book from Ruby Luna's Curious Journey for 5-9 year olds on female anatomy, but it can be read independently. "It's great! I think it will really appeal to teens too! I think it covers a lot of things that girls want to know about. This diary is funny, packed full of useful information and will help girls feel confident about periods and body changes. Great job!" Anna (13) "I had fun reading this book with my mum. There was great practical advice on periods, and I enjoyed reading a story that reflected my own experience of starting my period and transitioning from primary to secondary school." Rosie Davis (12) "My daughter found the prospect of reading a book about puberty and periods less than inspiring but she has always loved being read to so Tessa's book was just the ticket. At 12 having started her period at 10 she felt super knowledgeable when we began to read together. We enjoyed chatting about the story and how it related to her own experience of ending primary and entering secondary school. We also chatted about all the period related issues brought up so cleverly in the book. If you are looking for a novel to share with your pre-teen that is fun, informative and that will bring you closer to your daughter look no further. Although my daughter is 12 we both felt that this would still be a great book for a 9-10 year old, especially if she is an early bloomer. This is a much-needed book - fiction is the best way to teach pre-teen girls about the changes taking place in their bodies and the practical issues that can impact them. Well done Tessa on writing this much needed book." Julie Davis (mum) "In my capacity of talking to secondary school children about puberty, there is a vast difference in what kids know or believe, so a resource like this will help put the record straight in an enjoyable and educational way." Sharon Sneddon, Lecturer in Reproductive Medicine "I like the way the diary pointed out that most teachers are approachable and supportive in regard to children who have started their periods, regardless of how young they may be when this happens, and raised common issues such as going swimming at school and when the children are taught about periods at primary school." Mrs Mirbel, Deputy Head of Micklands Primary About the Author TESSA VENUTI SANDERSON teaches menstrual cycle awareness to girls and women and

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facilitates Celebration Day for Girls gatherings where menarche (first period) is seen as a rite of passage and an opportunity to enhance body image and self-esteem. She has a PhD in Medical Sociology and is also a women's yoga teacher. Learn more at [www.cyclicalwisdom.com](http://www.cyclicalwisdom.com) and [www.tessayoga.co.uk](http://www.tessayoga.co.uk).

Puberty comes with a lot of changes. The Period Comic (An Illustrated book) will help girls understand and learn about such changes in their bodies in a fun, easy and intriguing way as they continue to grow, whilst building their self-confidence. For many girls, puberty can be an uncertain time. The Period Comic includes everything girls need to know about growing breasts, acne or pimples, their periods, hair in private areas, feelings, nutrition, managing period cramps, preparing for your first period, period poverty, and so much more. This book has practical steps to guide them as they learn about the amazing changes happening in their bodies during puberty and beyond! Among puberty and period books for girls, The Period Comic offers encouraging support while answering real questions that girls have about puberty. Positive, judgment-free, and medically accurate, this book discusses puberty in a way that young girls can relate to. The book was medically reviewed by an experienced gynecologist. The Period Comic is a thrilling and engaging story of three friends on an intriguing weekend of discovery, where they discover and learn about their bodies, puberty and periods. It fun filled and easy for young girls to relate to. Though, they are from diverse cultural backgrounds, one thing they share in common is the changes happening in their bodies as they grow. The Period Comic offers vital insight such as: -Easy to understand and relatable- The Period Comic explains periods (menstruation) in a practical and easy way that young girls can relate with. It fun filled, the comic eases the anxiety and numerous questions about periods. The story involves practical tips and have been illustrated using beautiful characters with great personalities. -An overview of puberty that explains what happens, when it happens, and how she'll know- Explanations of changes in body, mood etc. Also, how to confidently approach these changes that occur in puberty -Medically Accurate: reviewed by an experienced gynecologist. -Practical tips and advice for navigating different situations during puberty? from understanding growth spurts to managing periods and menstrual hygiene -Leave girls feeling informed, empowered, and ready for the changes that lie ahead. -Properly researched: Information in this book was informed by intensive research and experience garnered over the years of working with young girls and women in different communities and documentary of their experiences regarding periods. **REVIEWS** Wow!! The Period Comic is amazing. It is so easy to understand. I can identify with some of the things described in the book. I particularly love the fact that is in a comic format. I love the characters in the book. I have told my friends about the book and they can't wait to get their copies. A 11 years (United Kingdom) I could not drop The Period Comic once I started reading it. It is interesting and engaging. I love it! Thank you for letting me read this. It is so much fun and easy to understand. I can totally relate with the illustrations. Dee 13 years (UK) This book is so amazing. It is just incredible. The book was supposed to help my daughter, but I read it as well and I am just blown away. I have learnt some things and it sure makes explaining periods to my girl so easy. Thank you. Mrs O (UK) The first book to explore menstruation in the current cultural and political landscape and to investigate the new wave of period activism taking the world by storm. After centuries of being shrouded in taboo and superstition, periods have gone mainstream. Seemingly overnight, a new, high-profile movement has emerged—one dedicated to bold activism, creative product innovation, and smart policy advocacy—to address the centrality of menstruation in relation to core issues of gender equality and equity. In *Periods Gone Public*, Jennifer Weiss-Wolf—the woman *Bustle* dubbed one of the nation's “badass menstrual activists”—explores why periods have become a prominent political cause. From eliminating the tampon tax, to enacting new laws ensuring access to affordable, safe products, menstruation is no longer something to whisper about. Weiss-Wolf shares her firsthand account in the fight for “period equity” and

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introduces readers to the leaders, pioneers, and everyday people who are making change happen. From societal attitudes of periods throughout history—in the United States and around the world—to grassroots activism and product innovation, Weiss-Wolf challenges readers to face stigma head-on and elevate an agenda that recognizes both the power—and the absolute normalcy—of menstruation.

The Managed Body productively complicates 'menstrual hygiene management' (MHM)—a growing social movement to support menstruating girls in the Global South. Bobel offers an invested critique of the complicated discourses of MHM including its conceptual and practical links with the Water, Sanitation and Hygiene (WASH) development sector, human rights and 'the girling of development.' Drawing on analysis of in-depth interviews, participant observations and the digital materials of NGOs and social businesses, Bobel shows how MHM frames problems and solutions to capture attention and direct resources to this highly-tabooed topic. She asserts that MHM organizations often inadvertently rely upon weak evidence and spectacularized representations to make the claim of a 'hygienic crisis' that authorizes rescue. And, she argues, the largely product-based solutions that follow fail to challenge the social construction of the menstrual body as dirty and in need of concealment. While cast as fundamental to preserving girls' dignity, MHM prioritizes 'technological fixes' that teach girls to discipline their developing bodies vis a vis consumer culture, a move that actually accommodates more than it resists the core problem of menstrual stigma.

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.

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.

A body-positive guide to help girls ages 8 to 12 navigate the changes of puberty. Puberty can be a difficult time for a young girl?and it's natural not to know who (or what) to ask. Celebrate Your Body is a reassuring entry into puberty books for girls that encourages girls to face puberty with excitement and empowerment. From period care to mysterious hair in new places, this age-appropriate sex education book has the answers you're looking for?in a way you can relate to. Covering everything from bras to braces, this body-positive top choice in books about puberty for girls offers friendly guidance and support when you need it most. In addition to tips on managing intense feelings, making friends, and more, you'll get advice on what to eat and how to exercise so your body is healthy, happy, and ready for the changes ahead. Puberty explained?Discover what happens, when it happens, and why your body (and mind) is amazing in every way. Social skills?Learn how to stand up to peer pressure, stay safe on social media, and keep the right kind of friends. Self-care tips?Choose the right foods, exercises, and sleep schedule to keep your changing body at its best with advice you won't find in other puberty books for girls. This inclusive option in puberty books for girls is the ultimate guide to facing puberty with confidence.

The essential girl guide to growing up! Girls Only! focuses on the practicalities, social and personal implications of starting your period, and the physical and emotional developments in puberty. It tells you what happens and when, what you need to know and how to prepare. It answers all the questions girls are dying to ask, but daren't, in a clear, friendly way, using real-life examples. It's the perfect first book about periods for girls from primary school age and upwards,

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with a reassuring tone and fun, quirky illustrations. The perfect first book about periods for girls of primary school age, information at the right level. Family Interest Parenting

'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! 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

Modelland - the FIERCE NEW NOVEL BY TYRA BANKS—IS OUT! No one gets in without being asked. And with her untamable hair, large forehead, and gawky body, Tookie De La Crème isn't expecting an invitation. Modelland—the exclusive, mysterious place on top of the mountain—never dares to make an appearance in her dreams. But someone has plans for Tookie. Before she can blink her mismatched eyes, Tookie finds herself in the very place every girl in the world obsesses about. And three unlikely girls have joined her. Only seven extraordinary young women become Intoxibellas each year. Famous. Worshipped. Magical. What happens to those who don't make it? Well, no one really speaks of that. Some things are better left unsaid. Thrown into a world where she doesn't seem to belong, Tookie glimpses a future that could be hers—if she survives the beastly Catwalk Corridor and terrifying Thigh-High Boot Camp. Along the way, she learns all about friendship, courage, laughter and what it feels like to start to believe in yourself. When you enter the fantastical world of Modelland, you'll see that Tookie was inspired by Tyra's life as a supermodel. All those crazy and wild adventures Tookie has with her friends? Some of them were ripped straight from the headlines of Tyra's life! Tyra knows all about beauty and fashion and fierceness, and she shares everything here in MODELLAND. It's fun, zany, and 100 bazillion-percent Tyra. You don't want to miss Tyra's amazing new novel! From the Hardcover edition.

View our feature on Sharon Maxwell's The Talk. A groundbreaking resource to help jump start an ongoing discussion between parents and teens about sex and sexuality Internet chat rooms, boy/girl sleepovers, reality TV . . . there's more to "the talk" than ever before. Faced with a culture that pushes our kids to be "sexy" before puberty begins, how do we explain the power of sexuality in a way that promotes healthy, age-appropriate behavior? The Talk is a breakthrough resource for parents and educators that prepares kids for a hypersexualized world and lays the foundation for ethical sexual behavior that can guide our children from elementary school through college. Using real-life situations, Dr.

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Sharon Maxwell demonstrates how dramatically the world of preteen and teen sexual exploration has changed. She helps parents think through the message they want to give to their kids about sexual behavior, and how that message must evolve as their kids get older. Focusing on the importance of love and intimacy, Dr. Maxwell helps parents define their values about sex and gives concrete ways to share those values with teens. The Talk shows parents how to: \*Set family guidelines for safe Internet use \*Address the social power that comes from looking sexy, and the personal responsibility each of us has to use that power appropriately \*Discuss the moral aspects of sexuality in ways teens will understand \*Help children recognize the difference between feelings of sexual desire and love \*Develop principles with our teens that will help them figure out when it's okay to be sexual with someone and when it's not Dr. Maxwell connects the dots between reproduction, the potent power of sexiness, sexual desire, emotional intimacy, and the spiritual dimension of sexuality. Offering an innovative framework for looking at human sexuality, this book has the potential to change the national conversation on sex education.

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

"Explores the subject of menstruation, from toxic historic and religious roots to how young activists are challenging the silence and shame that can erode self-esteem and even threaten lives ..."--Page [4] of cover.

The essential guidebook for every girl. The Period Book is a reassuring must-read for every girl about to have her period, and every parent wishing to prepare a daughter for this important milestone. With more than 300,000 copies sold, The Period Book stands out from the pack by specifically addressing younger girls. And with eleven now the average age at which girls get their period, this supportive and practical approach, providing clear and sensitive answers to common questions, is even more welcome today. The revised edition includes a new introduction for parents and an additional chapter about body image.

Answers the questions young girls (and their parents) have about menstruation. Dr. Carroll explores what girls want to know about periods and helps them understand the exciting and positive changes taking place in their bodies

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

This Puberty book will help you to understand what you are going through without going

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into unnecessary detailed information about sex that is more suitable for older teenagers. This book covers topics such as confidence, moods and feelings, pressures of growing up, bullies, physical body changes, periods and boyfriends are explored in this book that has been designed for girls aged between 7 and 13.

This is a story about what can happen to a girl when she starts her period. People do not need to be able to read in order to understand the story. Susan does not understand what is happening to her when she finds blood on her sheets and clothes. She does not tell her mother, but goes straight to school. In the playground, other girls giggle and point at the blood stains. Susan doesn't know why they are laughing at her. A teacher notices what is happening and calls Susan aside to explain what menstruation is, and how she should look after herself. Susan's mother provides further reassurance on her return home from school. She shows Susan how to keep herself clean and comfortable. Susan has become a woman, and her mother takes her shopping to celebrate.

A generation ago, fewer than 5 percent of girls started puberty before the age of 8; today, that percentage has more than doubled. Early puberty is not just a matter of physical transformation—it's also deeply psychological, with a myriad of effects that can put a girl at higher risk for behavioral problems and long-term health challenges. In this reassuring and empowering guide, Louise Greenspan, MD, and Julianna Deardorff, PhD—two leading experts on the root causes and potential consequences of early puberty in girls—deliver vital advice on how to prevent and manage early puberty. They explain surprising triggers—from excess body fat to hormone-mimicking chemicals to emotional stressors in a girl's home and family life—and offer highly practical strategies, including how to limit exposure to certain ingredients in personal care and household products, which foods to eat and which to avoid, ways to improve a child's sleep routine to promote healthy biology, and more. *The New Puberty* is an engaging, urgently needed road map to helping young girls move forward with confidence, ensuring their future well-being.

Discover your body's awesomeness with the puberty guide for tween and teen girls. Puberty is one of the first signs that you're growing up--and that's something to be celebrated. If you're looking for body-positive puberty books for girls but aren't sure where to start--*Celebrate Your Body 2* provides the support needed to navigate this whole puberty thing with confidence. From bras and braces to budding romantic feelings, this guide stands out among puberty books for girls as you become an expert on everything from pimples to peer pressure. Of all the puberty books for girls, this one will help you discover how your changing body is beautiful, special, and simply on the way to becoming the number one you. *Celebrate Your Body 2* goes beyond other puberty books for girls, including: *The shape of you*--Explore how and why your body is changing with advice on mysterious hair, period care, and more. *Cool and confident*--Find calmness during mood swings and increase your self-esteem using creative suggestions and confidence-building tips rarely found in puberty books for girls. *Close-knit vs. clique*--Learn about choosing the right friends, finding a trusting ear, and the importance of consent. Your body is awesome--now start your journey right with *Celebrate Your Body 2*, one of the best in puberty books for girls.

This book examines the social and technological history of sanitary napkins and tampons through the lens of passing, and the effects of technology upon women's

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experiences of menstruation. These ubiquitous yet invisible technologies provide women with the means to hide their periods, but the history of embedded politics in menstrual technologies reveals that they can be used both as artifacts of control and empowering tools of change.

Check out all the facts about periods and growing up with this essential guide for girls only This book focuses on the practicalities of periods, the social and personal implications of starting your period, and the physical and emotional developments in puberty. It tells you what happens and when, what you need to know, and how to prepare. It answers all the questions girls are dying to ask, but daren't, in a clear, friendly way, using real-life examples. It's the perfect first book about periods for girls of primary school age as it provides information at the right level. The tone is positive and reassuring, and complemented by quirky illustrations throughout.

"Information and anecdotes about puberty, for girls, from the founder of the popular website HelloFlo.com"--

Minority Women and Western Media presents global research examining representations of minority women in different media contexts and shows that discrimination is about gender as well as other intersecting characteristics. Authors illustrate how stereotypes are challenged and new discourses emerge around the world giving voice to minority women.

Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical professionals, this is a book that teaches all people about periods, which can be a scary and overwhelming issue. Promoting the fact that everyone either has periods or knows someone who does, the book reduces the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. It also breaks up information using flaps and step-by-step photos of how to change pads and tampons, it discusses alternatives to tampons and pads, and gives information about possible sensory issues for people with autism.

In this hip, hilarious and truly eye-opening cultural history, menstruation is talked about as never before. Flow spans its fascinating, occasionally wacky and sometimes downright scary story: from mikvahs (ritual cleansing baths) to menopause, hysteria to hysterectomies—not to mention the Pill, cramps, the history of underwear, and the movie about puberty they showed you in 5th grade. Flow answers such questions as: What's the point of getting a period? What did women do before pads and tampons? What about new drugs that promise to end periods—a hot idea or not? Sex during your period: gross or a turn-on? And what's normal, anyway? With color reproductions of (campy) historical ads and early (excruciating) femcare devices, it also provides a fascinating (and mind-boggling) gallery of this complex, personal and uniquely female process. As irreverent as it is informative, Flow gives an everyday occurrence its true props – and eradicates the stigma placed on it for centuries.

Discusses the physical and psychological changes at the onset of menstruation. Includes a guide for parents and teachers.

The companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips,

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quizzes, and checklists help girls understand and express what's happening to their bodies - and their feelings about it.

With more than 600 pages and heaps of cartoons, Girl Stuff has everything girls need to know about: friends, body changes, shopping, clothes, make - up, pimples (arrghh), sizes, hair, earning money, guys, embarrassment, what to eat, moods, smoking, why diets suck, handling love and heartbreak, exercise, school stress, sex, beating bullies and mean girls, drugs, drinking, how to find new friends, cheering up, how to get on with your family, and confidence. Each chapter includes facts, hints, inspiring lists, hundreds of quotes from real girls, and details for over 350 websites, books and other information. This completely revised edition, written in extensive consultation with more than 70 medical and practical experts, provides the most up - to - date and useful information possible.

Ruby Luna is curious about bodies and particularly about the lower part of her body and what she cannot see inside. This illustrated children's book introduces the correct words for female anatomy through humour, fun actions and watercolour paintings, giving children a language for girls' bodies and their cyclical nature, and a knowledge of what is where! There are two levels of text on each page for different ages or reading abilities. There is an action on each page to keep children engaged in the content and keep the subject light, and amazing facts to entertain and encourage body positivity.

Aimed at 5-10 year olds to support talking about bodies while young minds are curious. The illustrations include different skin colours so that all children feel represented.

New York Times, USA Today, and Wall Street Journal Bestseller! Girls can rule the world—all they need is confidence. This empowering, entertaining guide from the bestselling authors of *The Confidence Code* gives girls the essential yet elusive code to becoming bold, brave, and fearless. It's a paradox familiar to parents everywhere: girls are achieving like never before, yet they're consumed with doubt on the inside. Girls worry constantly about how they look, what people think, whether to try out for a sports team or school play, why they aren't getting "perfect" grades, and how many likes and followers they have online. Katty Kay and Claire Shipman use cutting-edge science and research, as well as proven methods of behavioral change, to reach girls just when they need it the most—the tween and teen years. Packed with graphic novel strips; appealing illustrations; fun lists, quizzes, and challenges; and true stories from tons of real girls, *The Confidence Code for Girls* teaches girls to embrace risk, deal with failure, and be their most authentic selves. If you or the girl in your life loved *The Gutsy Girl* or *Rad American Women A-Z*, you'll love this.

Girls Only! All About Periods and Growing-Up Stuff All about periods and growing-up stuff Hachette Children's

This frank, funny guide to getting your period gives preteens all they need to master—and even celebrate!—menstruation. Getting your period for the first time can be mortifying, weird, and messy—and asking questions about it can feel even worse. But it doesn't have to be that way. This taboo-free guide is packed with honest advice and big-sisterly wisdom on all the things girls need to know: from what cramps feel like to whether you can feel blood coming out, to what you should do if your pad leaks onto your clothes. *Welcome to Your Period* includes case studies, first-person accounts, questions from real teens, and answers from health journalist Yumi Stynes and adolescent health specialist Melissa Kang, MD. Cheerful illustrations keep the tone fun, and help with how-tos on different period supplies. There are even suggestions for throwing a first-period party. With its inclusive, body-positive message, pocket size, and reassuring vibe, this must-have menstruation manual will make girls feel not only normal but proud.

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A provocative look at the way our culture deals with menstruation. The Curse examines the culture of concealment that surrounds menstruation and the devastating impact such secrecy has on women's physical and psychological health. Karen Houppert combines reporting on the potential safety problems of sanitary products--such as dioxin-laced tampons--with an analysis of the way ads, movies, young-adult novels, and women's magazines foster a "menstrual etiquette" that leaves women more likely to tell their male colleagues about an affair than brazenly carry an unopened tampon down the hall to the bathroom. From the very beginning, industry-generated instructional films sketch out the parameters of acceptable behavior and teach young girls that bleeding is naughty, irrepressible evidence of sexuality. In the process, confident girls learn to be self-conscious teens. And the secrecy has even broader implications. Houppert argues that industry ad campaigns have effectively stymied consumer debate, research, and safety monitoring of the sanitary-protection industry. By telling girls and women how to think and talk about menstruation, the mostly male-dominated media have set a tone that shapes women's experiences for them, defining what they are allowed to feel about their periods, their bodies, and their sexuality.

"Chris Bobel is a careful ethnographer, respectful of research participants, and while she clearly takes a stand on menstrual activism, she handily defends her proposition that feminism is 'finding its balance between reliving its past and creating its future.' Bobel's work, which includes incisive analysis of how third-wave, activists incorporate and update tactics and strategies of the second wave, will be a welcome addition to the scholarship of feminism." Elizabeth Kissling, author of *Capitalizing on the Curse: The Business of Menstruation* *New Blood* offers a fresh interdisciplinary look at feminism-in-flux. For over three decades, menstrual activists have questioned the safety and necessity of feminine care products while contesting menstruation as a deeply entrenched taboo. Chris Bobel shows how a little-known yet enduring force in the feminist health, environmental, and consumer rights movements lays bare tensions between second and third-wave feminisms and reveals a complicated story of continuity and change within the women's movement. Bobel focuses on debates central to feminist thought (including the utility of the category "gender") and the challenges to building an inclusive feminist movement. Filled with personal narratives, playful visuals, and original humor, *New Blood* reveals middle-aged progressives communing in Red Tents, urban punks and artists "culture jamming" commercial menstrual products in their zines and sketch comedy, queer anarchists practicing DIY health care, African American health educators espousing "holistic womb health," and hopeful mothers refusing to pass on the shame to their pubescent daughters. With verve and conviction, Bobel illuminates today's feminism-on-the-ground---indisputably vibrant, contentious, and ever-dynamic.

This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: "what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?" The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

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