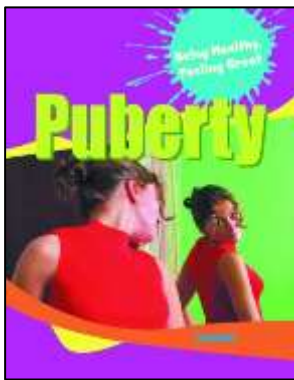


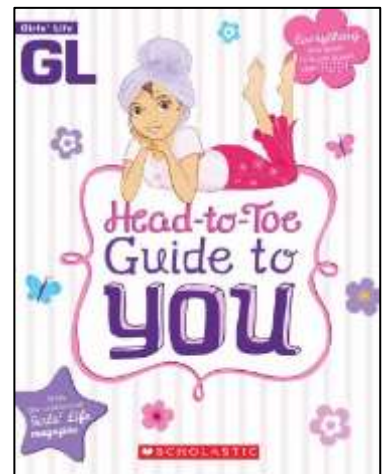
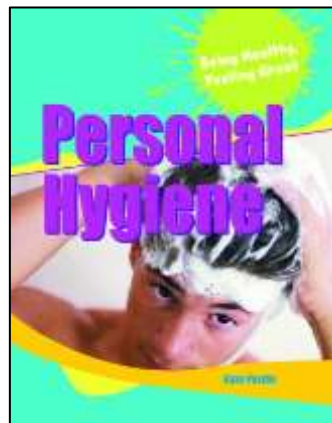
Resources about Growing Up and Changing Bodies

The following books about growing up and human body changes are available in the Spring Ridge Elementary Library for parents and students to check out. While not all of the topics in these books are covered in the “Growing Up” talk, they are meant to be supplemental information sources. You can click on each book’s title for more information about that book. Please contact Mrs. Jakubowicz, the teacher-librarian, to find out where to find these books and how parents can check them out.

Being Healthy, Feeling Great Series –



[“Puberty” by Leon Gray & “Personal Hygiene” by Katie Purdie](#)

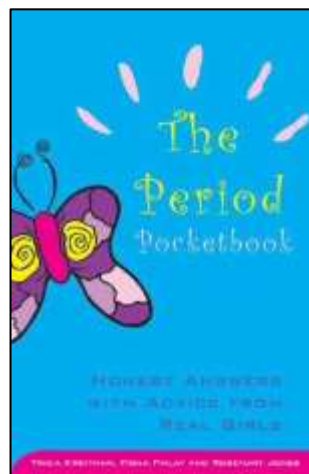


[“GL Head-to-Toe Guide to You” by Sarah Flynn](#)

[“It’s So Amazing!” by Robie H. Harris](#)



[“The Period Pocketbook” by Tricia Kreitman, Fiona Finlay & Rosemary Jones](#)



[“Growing Up: It’s a Girl Thing” by Mavis Jukes](#)

