It's perfectly normal pdf

IT'S PERFECTLY NORMAL CHANGING Bodies, Growing Up, Sex and Sexual Health 20th Anniversary Edition —Completely Updated For Today's Kids and Teens Candlewick Press, September 2014 Illustrated by Michael Emberley This newest edition of IT'S PERFECTLY now includes the most up-to-date information, including information about how to stay safe and healthy on the Internet— that today's kids and teens need to have to to have to click here for more information on the changes in this latest edition: Download the anniversary data sheet IT'S PERFECTLY NORMAL started one day when I was in an editor's office. He asked me if I wanted to write a book about HIV and AIDS for primary school-age children. I never intended to write a book on this subject, but I had an immediate response. I told the editor that if I were to write a book on the subject, I would write an extensive book on sexual health that would, of course, include HIV and AIDS. I told him that children and teens needed to know about the virus, but they also needed to know a lot of other things about their changing bodies, growing up, sex and sexual health to stay healthy. That night at dinner, I told my family about my idea for this book and asked my husband and children what should be in a book on sexual health for children 10 and older. My kids were in high school at the time. And that started my research, which continued throughout the five years it took to complete this book. That night I called some of my children's elementary school teachers (including their science teacher), librarians, several pediatricians I knew, people in the field of reproductive health, and parents who were friends. Over the next few weeks, I met each of them and asked them the same question I asked my family: What should be in a book for children and teens about sexual health? Again, their thoughts and were invaluable. While writing the book, I went back to these people over and over again, to make sure that my facts were accurate and up-to-date and that the text was age-appropriate. Their expertise and answers to endless questions were invaluable. That's because unless I really understand something right - be it a chromosome or gene, or love or sadness - I can't write about it properly. Every time I meet with one of these experts, I learn new and fascinating things that somehow slip into my books. When Michael Emberley made the art for this book, we also showed it to the same experts. This process continued during the creation of this book and it is one that I use for all my books, nonfiction and fiction. Perhaps this explains why it took five years to make IT'S PERFECTLY NORMAL! I've been working on it for five years and Michael Emberley has been working on it for almost three years! While working on the revisions for the 20th 20th edition of IT'S PERFECT NORMAL and the 15th anniversary edition of IT'S SO AMAZING!, but once again I met with experts to find out and figure out what needed to be updated in these new editions. I do this every time it's completely normal and the other two books in this series, it's so amazing! AND IT'S NOT THE STORK! are about to be reprinted as a way to provide children and teens with the most up-to-date and accurate scientific and psychological information. School Library Journal (starred review) The Horn Book (starred review) Print reviews and feature articles in: The New York Times Sunday Book Review, The Los Angeles Times, The Minneapolis Star Tribune, The Boston Globe, The San Francisco Chronicle, The Philadelphia Inquirer. The Century's Best Children's Books, San Francisco Chronicle, December 26 - January 1, 2000 A New York Times Sunday Book Review Notable Book of the Year, 1995 Publisher's Weekly Best Book of the Year School Library Journal Best Book of the Year Booklist Editors' Choice Reading Reading Magic Award winner New York Public Library 100 Titles for reading and sharing selection Wil Solimene Award Winner for Excellence in Medical Communication Boston Globe Horn Book Winner In this intelligent, amiable and carefully researched book, Harris (Before You Were Three) honestly explains the physical, psychological, emotional and social changes that occur during puberty and the implications of these changes. Taking a conversational, relaxed tone, Harris also discusses topics such as sexual orientation, sexual reproduction, pregnancy, contraception, sexually transmitted diseases and sexual abuse. The author deliberately and effectively repeats certain crucial information, especially about the possible consequences of sexual intercourse. Alternately playful and realistic, (and sometimes graphic), Emberley's (Ruby) watercolor-and-pencil art reinforces Harris's message that bodies come in all sizes, shapes and colors-and that any variation is 'perfectly normal.' Cartoon panels illustrate several complicated processes (for example, menstruation, fertilization of an egg, childbirth). Appearing on each spread are two characters-an easy-going bird and a strange bee-whose comments add levity to this solid volume. -Publishers Weekly (starred review), September 1994 This caring, conscientious and well-made book will be a fine library resource, as well as a wonderful addition to the high school sex-education curriculum. There is no doubt, however, that some libraries and schools have problems emberley's abundant photographs, which, in addition to being warm and unaffected, are his in a book for this age group. The bold color cartoon drawings are very candid: a double page spread of nudes, which beautifully shows the varied shapes and sizes people come in; a picture of a couple making love; one of a boy masturbating as he sits on his bed; another of a girl examining her genitals in a mirror. Less controversial will be Emberley's useful diagrams and the ongoing cartoon commentary he delivers on the main text, which is delivered by an embarrassed and a curious bird (modern children may miss the allusion, and the device eventually wears thin). Harris' text, as forthright as Emberley's art, includes all supposedly age-appropriate issues (the structure of the reproductive system and puberty, for example), as well as a good deal more-of the terms we use when we talk about sex at sexual intercourse, birth, abortion, sexual health, abuse, and issues of responsibility and respect. Readers here won't find answers to their burning questions as easily as in the review of question-answering a look At Questions about Sex and Growing Up (1988), by Joanna Cole. Harris' coverage, however, is much broader and a good deal more detailed. With illustrations scattered across the pages, the format occasionally seems crowded, but the frankness of the artwork will help children view sex as a natural part of life. Such openness will also help them understand the most important message of the text: that sex encompasses many things, not just one. Children find this a reassuring, informative precursor to Lynda Madaras' book on puberty; librarians will find it worth fighting for if, coincidentally, the need arises. -Booklist (starred review), September 1994 Most children wonder and have many questions about sex, says the introduction, and this candid and cheerful book tries to answer those questions. There are seven sections: Many questions, what is sex, our body, puberty, families and babies, decisions, and staying healthy; within these sections, the author examines puberty, sexual feelings, reproduction, contraception and other topics. The text is simple, friendly and specific, regarding valuable information in a non-ly specific way. The book's user-friendliness, however, stems mainly from Michael Emberley's candid and light-hearted illustrations. Diagrams ranging from male and female genitalorgans to the position of contraceptive devices are clear and understandable; an open-minded bird and an embarrassed one when fluttering through the pages that marginal dialogue and comicsniuts; small Woody-Allen-like exploits of a freed egg and an onrushing appear occasionally and are funny and memorable. The lightness of touch is welcome and serves a useful purpose: where some children's books about sex leave themselves open to giggling silliness by trying to avoid it, it accepts that recognizing that readers can be both individually and collectively a mixture of curiosity, disinterest, and fear, and so much to giggle at that ultimately nervousness will die down and interest will proceed unhindered. Many adults want their children to have information about all the things that the subtitle of this book promises, but it's easy to forget the range of facts that kids want to know as they fight their way through puberty and wonder if they're doing well and what the opposite sex is doing. It's Perfect Normal doing a good job of demystifying some of these details: particularly useful illustrations depicting a circumcised penis and an uncircumcised penis, the placement of tampons and sanitary pads, and other aspects of the subject that both sexes want to know about, but are probably too embarrassed to ask about. And naked human bodies appear in the book in a reassuring variety of sizes, shapes, colors and genders - there are adolescents peering into the mirror, domestic and recognizable masturbation scenes, tactful but honest depictions of sexual intercourse, and a terrific double-page spread of rows of different naked people, ranging from young to old, fat to thin that should strip off in the locker room a lot easier for young readers. Sooner or later, kids get used to it, comfortable with, and feel good about their more mature bodies, the book says, and it does what it can to make that happen sooner. Acceptance and respect go hand in hand, and readers clearly get the message that respecting yourself and others is part of sex and growing up. The book makes clear that families are as diverse as individual bodies and that there are a lot of different ways - platonic, gay, and straight - of caring for people. It also makes clear that part of the concern should be for yourself – that you are stronger when you know how to protect yourself from illness, safe from sex if you don't choose to have it, and safe for people who can make these decisions difficult. It's good to be comfortable with your body; it's also good to be comfortable with your decisions about it. At first glance, there seemed to be several illustrations in this book that would make a striking cover for the Bulletin. Thinking about the lake, however, we decided that pulling pictures of naked people out to stand alone on our cover could mislead our readers and distort the book. One of Harris and Emberley's most valuable achievements is creating a low-key atmosphere in which vulnerable readers can explore this sensitive topic. They didn't create that environment with just one page and we can't transfer it with one photo. It's not a perfect book - there are a few scale problems, and the puberty section really should discuss female orgasms and male - but this is one of the most un intimidatingly intimidating informative sex books to come along for this age group. That inspired spread of all those unclothed men and women brings home a good message in a way that surreptitiously peeks at magazines or classmates doesn't. The title of the book, It's Perfectly Normal, is a politely impersonal version of the statement that young readers really want to hear: you're perfectly normal. -The Bulletin of the Center for Children's Books (starred review), October 1994 Teens may want more information about sex, but it's not always easy for us parents to provide it! Now there's a new book that offers candid, up-to-date and reassuring information with funny, but accurate, cartoon illustrations. It's Perfectly Normal (Let's Talk About Sex) covers everything from puberty and conception to contraception and AIDs. -BEST Illustrator Emberley (Welcome Back, Sun, 1993, etc.) has teamed up with Harris (Hot Henry, 1987, etc.) to promote more ethnic and sexual diversity than New York City's Rainbow Curriculum ever negotiated for when they fight all non-PC concepts: They take swings at agediscriminating (People have sexual intercourse far and far with the elderly) and on homophobia in the military (pointing out that, in old Sparta , it was thought that if a warrior was in the same regiment as his lover, he would fight harder to impress him). But there is more information than polemic here, s the reader is guided by a corny but never condescending couple - an uninhibited bird and a repressed bee - through puberty, anatomy, reproduction, and a sense of the emotional weight that accompanies sexuality. The books intelligently cover contraceptive options, how to have safer sex, how to treat STIs, and, in a particularly impressive chapter, how to combat sexual abuse - all without patronizing the pre- or post-pubescent. Emberley's illustrations are often as funny as they are informative. With affirmations of homosexuality and masturbation - it's perfectly normal - and a choice-leaning (yet cautious) discussion about abortion, this volume will be anathema to social conservatives. But for parents who fear that a school sex-ed class might not be informative enough, it will certainly help that dreaded birds-and-bees discussion. A great learning tool that can help slow the spread of sexual diseases and ignorance. -Kirkus Reviews (recommended and pointer), September 15, 1994 ... Refined, elaborate, reassuring... -USA Today, March 31, 1998 A book about sex that manages to be honest without losing a sense of humor. The cartoon style illustrations are witty, expressive and accurate. -The New York Times Sunday Book Review, Notable Books of the Year 1995, December 3, 1995 Pubescence quirky and unpredictable, filled with individual variations on a universal theme. Too many educational books for children have diagrams of sex and and — or worse, romanticized those subjects. But in It's Perfectly Normal: A Book About Changing Bodies, Growing Up, Sex, and Sexual Health, the author Robie H. Harris and the illustrator, Michael Emberley, manage to be honest without losing their sense of humor. Mrs Harris' text is informal, broad and frank; Mr. Emberley's photographs are informal, broad, candid and funny. No fact or image is too embarrassing for them to include. If you doubt me, just go to page 23 and look at the girl looking upside down in a mirror to locate her anus, vagina and urethra - all remarkably obvious to the reader. Other pages discuss and portray different size penises, different options for contraception and safe sex, and different ways in which a baby can be born. The illustrations show a range of anatomical forms, ethnic variations and sexual beliefs. The design is a marvel of coordinated information and illustration. This is cartooning at its best - witty, expressive, and accurately reflective of human antics. Perhaps the cloest compared to the bird-and-bee duo who comment in It's Perfectly Normal is the mammoth who chats with the reader in David Macauley's handbook The Way Things Work. In fact, It's Perfectly Normal is a kind of human companion to Mr. Macauley's miracle of mechanical explanation. One of the advantages of the design of It's Perfectly Normal is that the cartoon illustrations extend its appeal to readers in a remarkably broad age group, although the book is intended for early adolescents. A younger child can enjoy the art, while a parent paraphrases an inroduction on the facts of life. An independent reader in the lower ranks can search for definitions of both well-known and lesser-known terms in privacy. Preadolescents can test their knowledge against what is so clearly demonstrated here. And adolescents can give a superior grin as they secretly learn what they need to know most about sexual survival in a world threatened by sexually transmitted diseases. -The New York Times Book Review, March 12, 1995 This refreshingly candid tour of the facts of life is just the ticket for nervous parents when it's time to explain the birds and the bees to their curious children. -People magazine is just the ticket for nervous parents when it's time to explain the birds and the bees to their curious children. -People magazine is just the ticket for nervous parents when it's time to explain the birds and the bees to their curious children. -People magazine, May 15, 1995 This is a great sex-education resource for pre-adolescents and parents. The book loaded with cartoon illustrations, including a cartoon centerfold on pp. 21-21 of people of different development stages and body builds. Zany Bird and Bee characters make comments of gross! until I want to change now! - all those things that children often say when they are exposed to sex education material. Chapters include an introductory discussion on sex, reproduction, sexual desire, sexual intercourse and sexual orientation. The association with gay and lesbian relationships is is The second chapter on the human body and genitals is followed by one on adolescent changes. The chapter on families and babies includes a description of types of families, different forms of touch and assertive rights about not touching and not having sex, as well as common teen misconceptions that can lead to pregnancy. Intrauterine development and the birth process are discussed in the chapter on families. A chapter on decisions contains encouraging words for young people to consider postponing sex and/or using contraceptives that are shown and described in detail. Laws on abortion, issues of sexual abuse and STD follow. Overall, I think this is the best book source on sex education for the pre-teen I've seen in recent years, customizable for use with normal and sexually traumatized pre-teens. T. Berry Brazelton and Penelope Leach also like it! -Psychologists' Announcer, January 2000 Finally... a book for young people about sex and reproduction in language that they can understand, plus photos they will enjoy. -Ann Landers A comprehensive and reassuring celebration of reproductive health, human sexuality and diversity that children, parents, educators and health professionals around the world will welcome. -Michael McGee Vice President for Education, Planned Parenthood Federation of America, Inc. A perfectly wonderful treatment of the always sensitive topic of sex education for young people. The book treats the subject seriously and the intended readers respectfully. I warmly recommend it to adolescents, parents and other adults who want a refresher course on the facts of life. -Hugh B. Price President, National Urban League, Inc. It's Perfectly Normal gives growing children a chance to read an honest and explanatory view of their developing bodies. The text and photos give them a chance to understand and appreciate themselves. I recommend [It's perfectly normal] to parents and children who come into adolescence. They're going to love it. -T. Berry Brazelton, MD Author of Touchpoints At Last! A book that tells pre-teens and teens what they need to know about sex without turning off the less sophisticated, turning on the more sophisticated or insulting the moral values or sensibilities of parents and teachers. It's Perfect Normal is informative and interesting; reassuring and responsible; warm and charming. I wish every child (and parent) could have a copy. -Penelope Leach, Ph.D. Author of Your Baby and Child and Children First This book is a must-read for preteens and teens! It presents honest, clear and scientifically accurate information about puberty and sexual in a language that children can and will use-critical information that will help them make the wise and informed choices they need to make as they enter and go through puberty. -Angela Diaz, M.D., M.P.H. Professor Pediatrics and Community Medicine, Mount Sinai School of Medicine Director, Mount Sinai Adolescent Health Center, New York A family-friendly guide to everything your child ever asked you about sex, but you were afraid to answer. With inexorable, cartoon-like illustrations, and a matter-of-fact text. 'It makes the whole subject accessible, attractive and appropriate,' Dr. Siegler (director of the Institute for Child, Adolescent, and Family Studies in Manhattan) says. -Child magazine A concise treatment of vital information. Using a clever series of cartoons to enliven and expand the text, Harris gives readers a better understanding of the special role of sexuality in the human experience. Reproduction, puberty, and sexual expression and health are investigated. Contraception, abortion and homosexuality are treated openly. Readers will enjoy the candid but playful illustrations that convey a reassuring array of body types and ethnicities. The inventive use of a bird and a bee that respond to the subjects by artfully contrasts the different views of early and late bloomers. What the author offers in size, currency, and a cheerfully engaging format is very special. An ideal introduction to coming of age. -School Library Journal, March 1995 1995

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