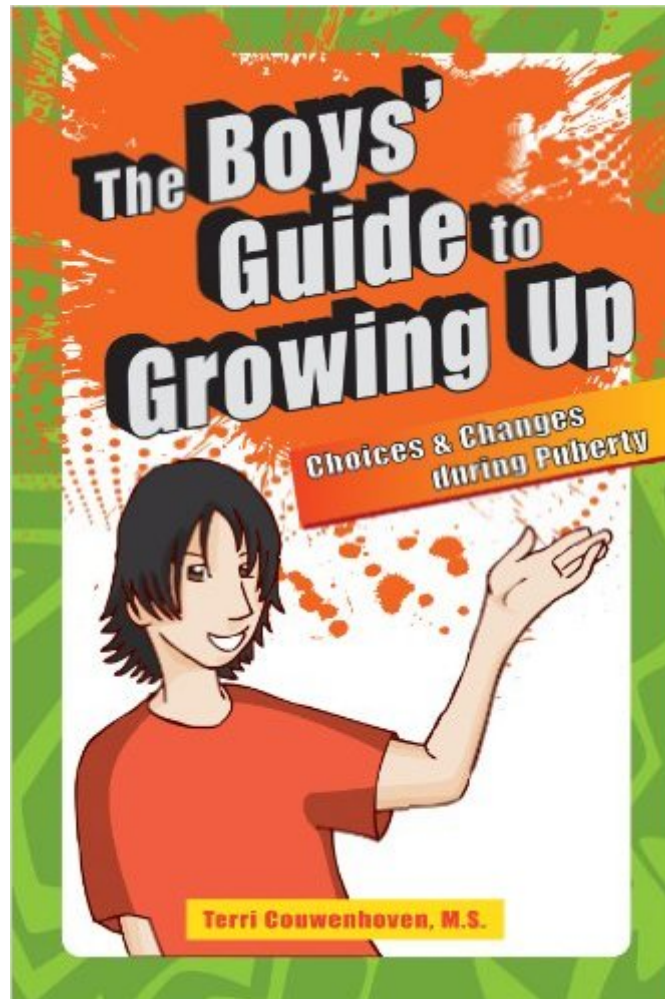


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# The Boys' Guide To Growing Up: Choices And Changes During Puberty



## Synopsis

The Boys' Guide to Growing Up gives boys with intellectual disabilities the facts they need to navigate puberty. Written at a third-grade reading level for boys aged 9-16 with Down syndrome, autism, cerebral palsy, mental retardation, fragile X, or other special needs, this book is the companion to The Girls' Guide to Growing Up (2011), also by Terri Cowenhoven. The author, a certified sexuality educator, draws on more than 20 years experience conducting workshops on puberty and sexuality issues with boys, girls, families, and professionals. The book's succinct text, realistic illustrations, and learning activities enable boys to read the book themselves or follow along with the aid of an adult. Its reassuring, matter-of-fact tone shows boys what changes--inside and out--to expect during puberty, and how to manage them: -Growth spurts and bigger muscles -Voice cracking and deepening -Blemishes and oily skin -Body and facial hair -Moodiness -Crushes, flirting, and sexual feelings -Erections, wet dreams, and masturbation The Boys' Guide to Growing Up gives practical advice on commonplace concerns such as shaving, what to do about zits, and how to smell nice. More complex and essential topics are covered too, such as how to know when flirting is reciprocated (or not!), how to hide or discourage an erection in public, what information is okay to share with others versus what should remain private, and how to stay safe. It's a must-have book for boys on the brink of puberty, teens who are in the midst of it, and the adults who care for them. Also check out Terri Couwenhoven's book for teaching children with Down syndrome about puberty and sexuality, Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality.

## Book Information

Paperback: 64 pages

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Product Dimensions: 0.2 x 6 x 8.8 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #167,946 in Books (See Top 100 in Books) #31 in [Books > Children's Books > Growing Up & Facts of Life > Health > Maturing](#) #83 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse](#) #218 in [Books > Children's Books > Growing Up &](#)

Age Range: 10 - 13 years

Grade Level: 4 - 11

## Customer Reviews

My son and I read this book together in about 30 minutes. It was at his level. He understood the information and when he did not, he asked the appropriate questions. It is an easy read and likely appropriate for 10-15 year olds with special needs.

I'm a huge believer in educating my kids about puberty, but was struggling with my boy because: 1 - his understanding is different than that of a "typical" adolescent and 2 - I've never been a pubescent boy. My nearly 13-year-old loves Jake and the Neverland Pirates and Mickey Mouse Clubhouse, but despite staying a little guy in many ways, his body is growing up, and I knew I needed help. The Boy's Guide to Growing Up is PERFECT. Though my little dude can't read it on his own, the illustrations are enough to catch his interest, and it's written in a manner in which I can read it out loud to him and he can process it. We've had it for about a year and a half, and at first I just gave it to him to look at - and he mostly wasn't interested. Recently, though, he's begun growing hair in new places and is curious about turning into a man, so we've been reading sections as they are appropriate. The book not only addresses the physical changes, but appropriate ways in which to deal with these changes. "What can you do so you won't stink?" and "Touching your penis, testicles, or butt is very private. Make sure you are in your bedroom or bathroom at home with the door closed." are worded so great, and since the book says it, there is much more authority to the ideas than just coming from Mom. I would highly recommend this book for any parent of a special needs boy, and though I haven't looked at it, I know there is a girl version as well - likely also great.

I am a special ed. teacher. Usually our school nurse teaches family life to our fifth graders. This year it was left to the teachers. I was very nervous. I ended up making a presentation from different resources from the internet. I found this book just before the date to teach family life. I loved how they gave simple clear rules for flirting. The book was well organized. It discussed matters in simplest terms.

Excellent book to use with boys with or without disabilities to cover the "facts of life" in an easy to understand manner. The pictures and text are very good describing the changes in a boy's body

clearly.

This is the perfect book for young boys heading toward puberty. It covers pretty much everything a boy should know about before he actually hits puberty. It's written in easy to understand language and covers a wide range of topics from how to tell if a girl likes you, to pubic hair, and even tackles masturbation. I would recommend that the parent(s) read it first so you'll be prepared for any questions that might arise.

My autistic sons are using this book for learning about their changes. It is excellent material to accompany good talk sessions and social stories. The best part is the simple and to the point facts and explanations, alongside with drawings.

Haven't read through the book yet just flipped and read a couple of pages. It has a lot of illustrations to show non-verbal speaking kids. I'm really satisfied with this book so far, my son is non-verbal so this would greatly help him.

A great basic with specific information for teens and a great guide for parents when having to talk to their teen. As a special education teacher, I plan to lend this out to parents as needed to address an understanding of puberty changes and the need to talk about public vs private behavior.

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