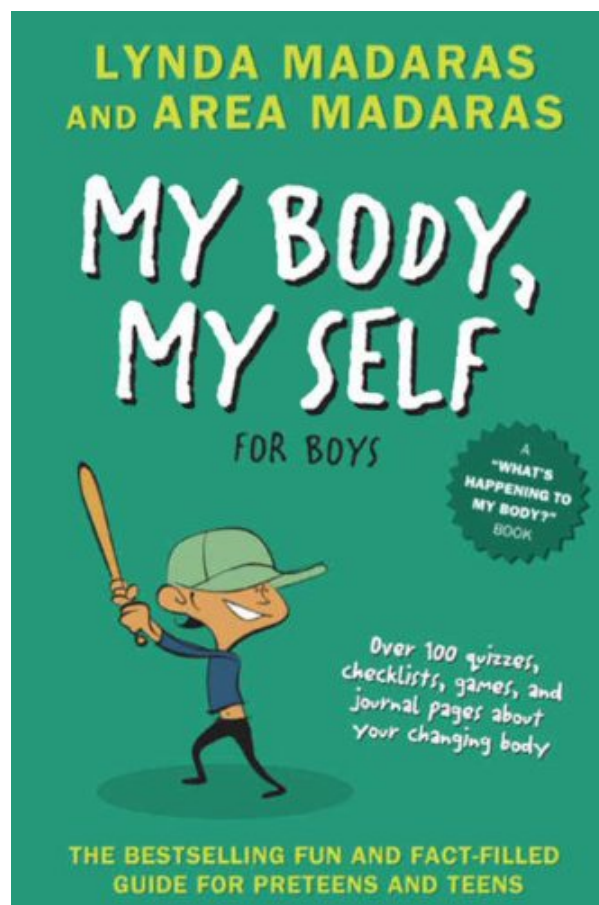
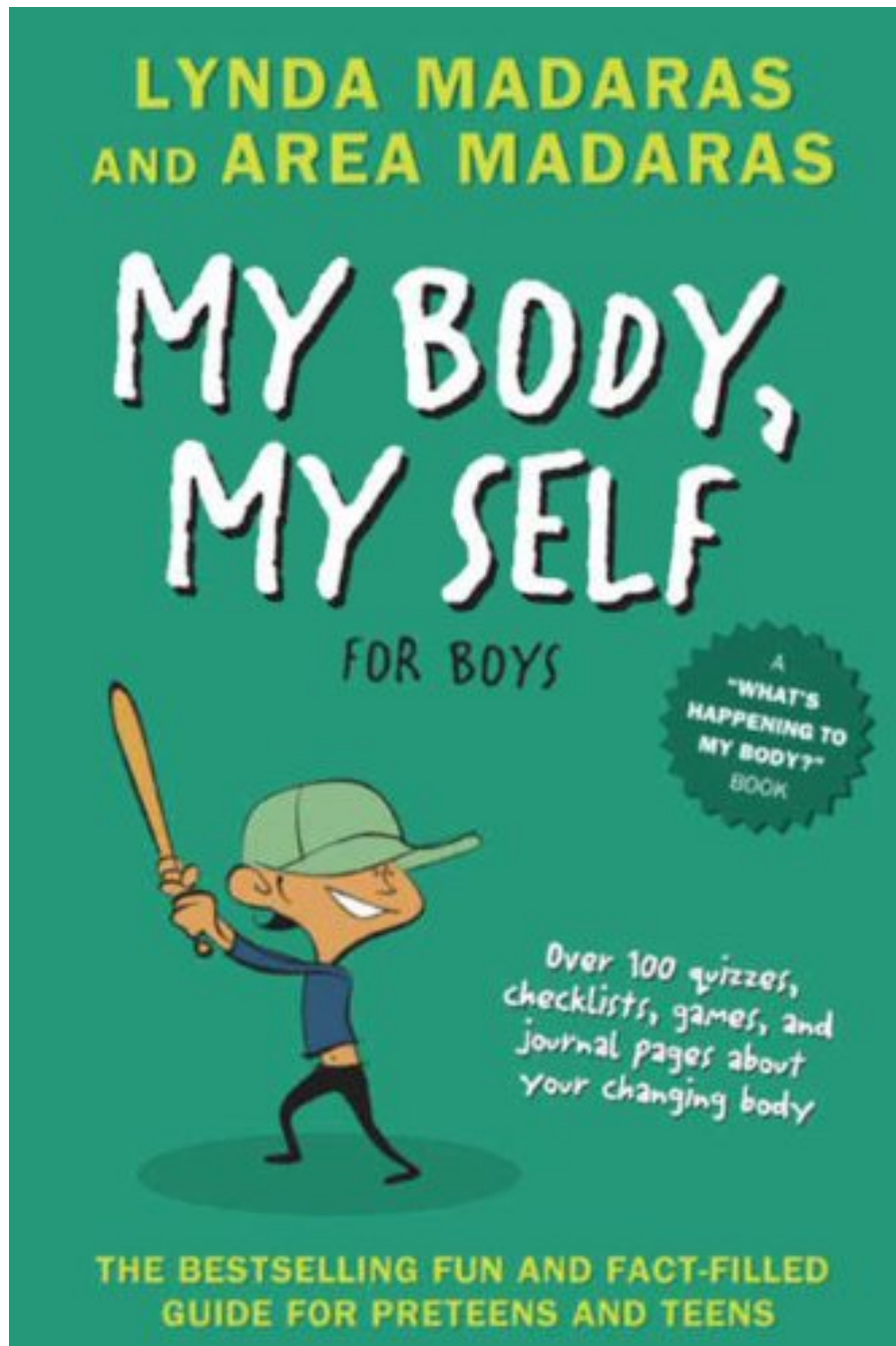


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Review

"Lynda Madaras takes seriously the questions asked over the years in her sex education class and gives accurate, detailed answers." —School Library Journal

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About the Author

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The Madaras growing-up guides are acknowledged by parents, educators, librarians, and doctors for their unique, nonthreatening style, excellent organization, and thorough coverage of both the physical and emotional issues surrounding puberty and adolescence. And kids love them too! As one fan wrote, "Dear Lynda, I can't believe that you, a mom, knew all this stuff!"

My Body, My Self for Boys is filled with activities, checklists, illustrations, and plenty of room for journal jottings, plus lots of personal stories in which boys share their concerns and experiences about growing up.

For ages 10 and up.

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Most helpful customer reviews

88 of 90 people found the following review helpful.

great for 10 year old starting puberty

By C. Maloy

I bought this and On your Mark Get Set Grow and What's happening down there? for my 10 year old. They were great, explaining things I didn't even think of and it helped keep the dialogue about the subject going with him. He came up with great questions. This book was nice because it had lots of quizzes so he can keep track of which phase he is in.

I think I was less ready for him to have all of this stuff. Difficult to come to terms with the fact that by 10 years of age, kids are getting exposed to plenty of stuff at school from their friends. I'd rather he be getting correct info and that it's coming from home. Good Book!!!!

46 of 46 people found the following review helpful.

a reliable book

By angie

my son had questions, a lot of questions (just turning 11) - i answered them honestly, straightforwardly and with compassion. I asked him, since he had a lot of questions would he like a book about it, where all his questions would be answered. That he could always talk to me about it even as he was reading the book. He pretty much leaped out of his chair and said that would be great. I got two books but this one is clearly the right one, the reliable one (my older ones enjoyed their copies too when they were his age). This really is the right book. It's been around a long time, its clear, open, seems to answer all the school stories that they hear. He can read it alone, use as a reference, it is not embarrassing to him, doesn't talk down to him but meets him right at his age. It covers before, middle and end of puberty. It has pencil drawings that are dignified - and it talks about all the differences between boys body types and growth stages - it was a sense of relief for my son to know he was normal. It even asks just a couple of minor questions that he can answer. Secretly, I think those questions were put there for parents. They are questions like Do you have more questions you want to ask? - It's a respectful book. It is what I would call a traditional book for a traditional family. I branched out and got two books but the other one seemed to talk in a too immature way. Like it wasn't hitting the mark for the right age of puberty. I think parents should be the first source of answering questions when children are little and then when you sense a deeper interest offering a book helps the child take control of their thoughts without being embarrassed. I do check in with him, and ask how he likes the book. If there is anything he would like to talk about in more detail, but for now, this is exactly the right level for a 10,11 year old introduction to their bodies.

0 of 0 people found the following review helpful.

Excellent resource

By jlwindy

Excellent book. Very straightforward, with decent b/w drawings and excellent information for growing young men. We make a point of reading this once a week to our son, and he does really invest in it and ask questions, etc. I even think he looks forward to the time, and we definitely see that this time has given him more confidence in who he is becoming, physically. We've found it opens doors that otherwise might not

open by themselves. Highly recommend.

[See all 52 customer reviews...](#)

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