

Read Book Whats Happening To My Body For Boys Revised Edition Pdf For Free

My Body My Body, The Buddhist It's My Body My Body Belongs to Me / Mi cuerpo me pertenece My Body is a Book of Rules How Does My Body Work? Human Body Book for Kids Is It My Body? I Love My Body Because A War On My Body My Body Me and My Body Hello, World! My Body My Body, My Earth When You Find My Body What's Happening to My Body? Book for Boys Listening to My Body What's Happening to My Body? Book for Girls Aliens Stole My Body Build Your House Around My Body the magic my body becomes My Body, My Home My Body Does My Body Offend You? My Body, The Buddhist My Body Is Special and Private This is my Body. "What stirs and differences have these few words caused!" An extract &c. showing how this subject was treated about 150 years ago It's MY Body There Are Holes In My Body To Keep My Body Safe, I Have a Plan This is My Body My Body Is a Rainbow This Is My Body This Is My Body and These Are My Parts My Body! What I Say Goes! It's My Body Places I've Taken My Body A Net to Catch My Body in Its Weaving My Great Body My Body Black is the Body

The "What's Happening to My Body?" Book for Boys Written by an experienced educator and her daughter in a reassuring and down-to-earth style, The "What's Happening to My Body?" Book for Boys gives sensitive straight talk on: the body's changing size and shape; diet and exercise; the growth spurt; the reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on steroid abuse, acne treatment, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all boys ages 10 and up. "A picture book about different bodies around the world and why we each love our bodies"-- A War on My Body; A War on My Rights--a profoundly personal and collaborative book led by Texas high school Valedictorian Paxton Smith, with contributions from numerous reproductive rights activists and public personalities, including renowned women's rights lawyer Gloria Allred, reproductive and immigrant justice warrior Sadie Hernandez, New York Congresswoman Carolyn B. Maloney, victims rights attorney Judie Saunders and former Texas Senator Wendy Davis. The book will be released on January 22, 2022 --49 years after the

U.S. Supreme Court ruled to protect a pregnant woman's rights to abortion in the landmark Roe vs. Wade case. A riveting, educational, and powerful assemblage from a multitude of global leaders, entertainers, educators, medical and legal professionals spanning several generations and walks of life. *A War on My Body; A War on My Rights* chronicles the history of abortion rights, its role in gender equality and its cruciality to healthcare infrastructure while offering a mosaic of raw, passionate perspective of the crisis concerning women's reproductive rights and the dire impending consequences should the right to choose wane in the United States and on a global scale. It is a tribute to leadership and advocacy, illuminating the voices of those willing to take a stand on an issue that has long been cloaked in controversy and dishonor. Geraldine Largay vanished in July 2013, while hiking the Appalachian Trail in Maine. Her disappearance sparked the largest lost-person search in Maine history, which culminated in her being presumed dead. She was never again seen alive. In this memoir of faith and faltering, musician Hammon, a Jewish New Yorker, offers a tender and harrowing look inside American evangelicalism through the lens of a convert in search of a more progressive and fluid faith. "The body is a vessel given by God" (Romans 12:1). Treating our bodies with love and respect is a way of respecting and pleasing God. *There Are Holes in My Body* speaks to young children ages three to ten years or persons of an impressionable age who are more vulnerable to the act of child abuse. Parents and caregivers can feel a sense of comfort having a discussion about body parts in a language that children understand and with a clear and simple picture of how the body is made up and why it functions the way it does. It gives the teacher (parents or caregivers) the ease of offering the right tone when speaking about what might be termed a difficult topic. Parents are able to inform the child or children about a topic that is sometimes shunned. Parents also have the opportunity to further educate the child as they experience their own body in motion every day-hearing, smelling, eating, at bath, and toilet time. *There Are Holes in My Body* comes to life in these moments! The subject of child abuse of any nature touches every part of the globe. This type of behaviour is an outrage and a scourge that needs to be stamped out. According to the website www.cdc.gov, one in four girls and one in thirteen boys will be sexually abused. It further stated that 91 percent of child abuse is perpetrated by someone the child knows. They outlined issues stemming from child sexual abuse that affects persons way into adulthood as health and mental problems, to include physical injuries (hurting oneself), heart disease, obesity, cancer, unwanted pregnancies, depression, post-traumatic stress disorder (PTSD), as well as behavioural consequences such as substance abuse, risky sexual behaviour, and risk of suicide. There is some certainty that this book will take us

forward to a better place. It is believed that arming parents and caregivers with helpful information regarding these issues is a step in the right direction. In so doing, we can look to a better world for all, void of the scars our children can endure, thereby ensuring that they are not made into our worse enemies. **BRING BACK ROD'S BODY!** Rod Allbright has found his father -- but lost his own body! It's been stolen by BKR, the most fiendish villain in the galaxy, which leaves Rod sharing the body of a one-eyed, blue alien named Seymour. Alas, when it comes time to go after BKR, Rod is forced to stay behind so that the little villain won't be able to get at the world-destroying secret locked in Rod's brain. Stranded on an alien planet with only Madame Pong, Seymour, Snout, and his annoying cousin Elspeth for company, Rod fumes at being left behind. Little does he know he's about to be drawn into a web of alien plots that will test his courage to the utmost -- and ultimately bring him face-to-face with BKR. Part puzzle, part revenge tale, part ghost story, this ingenious novel spins half a century of Vietnamese history and folklore into "a thrilling read, acrobatic and filled with verve" (The New York Times Editors' Choice). **FINALIST FOR THE CENTER FOR FICTION'S FIRST NOVEL PRIZE • LONGLISTED FOR THE WOMEN'S PRIZE FOR FICTION • ONE OF THE BEST BOOKS OF THE YEAR:** The New York Times Book Review, NPR, Good Housekeeping, Kirkus Reviews "Fiction as daring and accomplished as Violet Kupersmith's first novel reignites my love of the form and its kaleidoscopic possibilities."—David Mitchell, author of *Cloud Atlas* Two young women go missing decades apart. Both are fearless, both are lost. And both will have their revenge. 1986: The teenage daughter of a wealthy Vietnamese family loses her way in an abandoned rubber plantation while fleeing her angry father and is forever changed. 2011: A young, unhappy Vietnamese American woman disappears from her new home in Saigon without a trace. The fates of these two women are inescapably linked, bound together by past generations, by ghosts and ancestors, by the history of possessed bodies and possessed lands. Alongside them, we meet a young boy who is sent to a boarding school for the métis children of French expatriates, just before Vietnam declares its independence from colonial rule; two Frenchmen who are trying to start a business with the Vietnam War on the horizon; and the employees of the Saigon Spirit Eradication Co., who find themselves investigating strange occurrences in a farmhouse on the edge of a forest. Each new character and timeline brings us one step closer to understanding what binds them all. *Build Your House Around My Body* takes us from colonial mansions to ramshackle zoos, from sweaty nightclubs to the jostling seats of motorbikes, from ex-pat flats to sizzling back-alley street carts. Spanning more than fifty years of Vietnamese history and barreling toward an unforgettable conclusion, this is a time-traveling, heart-

pounding, border-crossing fever dream of a novel that will haunt you long after the last page. *My Body, My Earth* provides the tools to explore your somatic warehouse of generational memory in order to decipher the cause and effect of your experiences and life patterns. When your personal stories go unremembered they become dormant, and typically translate into a symptom—which is your body talking to you, saying, "Wake up, pay attention, don't forget about this." Historical amnesia locks these stories in the body, manifesting as pain, disease, addictions, emotional patterns, and repetitive circumstances. Somaticly excavating your personal legend unearths memories of the past that can be reconciled and healed in order to create a new myth—for your body and for your Earth. When we experience a symptom as painful, we are taught to suppress or ignore it. Doing this for long periods of time aggravates the symptom, establishing chronic, generational physical or emotional conditions. Expressing or tending to symptom through the process of somatic remembering, helps to relieve pain and creates spiritual well-being, emotional optimism, and physical freedom. This guidebook for personal transformation reveals the Five Steps of Somatic Archaeology so that you, too, can heal your past and recover your joy. Somatic Archaeology(TM) bridges the ancient Medicine Wheel, human behavior, spirituality, and bodywork into a revolutionary pathway that provides tools for body evolution—a natural and gradual progression of recreating ourselves and our world while in this physical form. I invite you to remember.

The "What's Happening to My Body?" Book for Girls Written by experienced educator and her daughter in a reassuring and down-to-earth style, The "What's Happening to My Body?" Book for Girls gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up is an essential puberty education and health book for all girls ages 10 and up. The choreographer argues that the body and the self is the focal point of artistic consciousness and explains this theory in chapters titled "my body likes to rest" and "my body finds energy in surrender." Winner, 2017 Etel Adnan Poetry Prize

In the magic my body becomes, Jess Rizkallah seeks a vernacular for the inescapable middle ground of being Arab American—a space that she finds, at times, to be too Arab for America and too American for her Lebanese elders. The voice here freely asserts gender, sexuality, and religious beliefs, while at the same time it respects a generational divide: the younger's privilege gained by the sacrifice of the older,

the impossibility of separating what is wholly hers from what is hers second-hand. In exploring family history, civil war, trauma, and Lebanon itself, Rizkallah draws from the spirits of canonical Arab and Middle Eastern poets, and the reader feels these spirits exorcising the grief of those who are still alive. Throughout, there is the body, a reclamation and pushback against cultures that simultaneously sexualize and shame women. And there is a softness as inherent as rage, a resisting of stereotypes that too often speak louder than the complexities of a colonized, yet resilient, cultural identity. Rizkallah's *The Magic My Body Becomes* is an exciting new book from an exciting young poet, a love letter to a people as well as a fist in the air. It is the first book in the Etel Adnan Poetry Series, publishing first or second books of poetry in English by writers of Arab heritage.

Your body is amazing! It can move, grow and heal as well as help you think, read and talk. Look after your brilliant body, from eating well to exercising and keeping clean. Respect your body and make sure others respect it too. If you don't want a hug or a kiss from friends or family, it's okay to say no. Your body belongs to you! Take care of your body and it will take care of you. This is *My Body and These Are My Parts* was written to enlighten young children about their bodies and how to prevent sexual abuse. In this short story, children are informed on the importance of privacy and how to say No! to protect themselves in a child-friendly manner. The rhyming words in *This Is My Body and These Are My Parts* make teaching self-help skills and phonemic awareness an easy task. Talking with children about sexual abuse prevention can be difficult, but not with *This Is My Body and These Are My Parts*. Through a series of imaginative approaches to movement and performance, choreographer Deborah Hay presents a profound reflection on the ephemeral nature of the self and the body as the locus of artistic consciousness. Using the same uniquely playful poetics of her revolutionary choreography, she delivers one of the most revealing accounts of what art creation entails and the ways in which the body, the center of our aesthetic knowledge of the world, can be regarded as our most informed teacher. *My Body, The Buddhist* becomes a way into Hay's choreographic techniques, a gloss on her philosophy of the body (which shares much with Buddhism), and an extraordinary artist's primer. The book is composed of nineteen short chapters ("my body likes to rest," "my body finds energy in surrender," "my body is bored by answers"), each an example of what Susan Foster calls Hay's "daily attentiveness to the body's articulateness." A timely story of two teenagers who discover the power of friendship, feminism, and standing up for what you believe in, no matter where you come from. A collaboration between two gifted authors writing from alternating perspectives, this compelling novel shines with authenticity, courage, and humor. Malena Rosario is starting to believe that

catastrophes come in threes. First, Hurricane María destroyed her home, taking her unbreakable spirit with it. Second, she and her mother are now stuck in Florida, which is nothing like her beloved Puerto Rico. And third, when she goes to school bra-less after a bad sunburn and is humiliated by the school administration into covering up, she feels like she has no choice but to comply. Ruby McAllister has a reputation as her school's outspoken feminist rebel. But back in Seattle, she lived under her sister's shadow. Now her sister is teaching in underprivileged communities, and she's in a Florida high school, unsure of what to do with her future, or if she's even capable making a difference in the world. So when Ruby notices the new girl is being forced to cover up her chest, she is not willing to keep quiet about it. Neither Malena nor Ruby expected to be the leaders of the school's dress code rebellion. But the girls will have to face their own insecurities, biases, and privileges, and the ups and downs in their newfound friendship, if they want to stand up for their ideals and—ultimately—for themselves.

Throughout the 1980s and early '90s, Kim Gordon—widely known as a founding member of the influential band Sonic Youth—produced a series of writings on art and music. Ranging from neo-Conceptual artworks to broader forms of cultural criticism, these rare texts are brought together in this volume for the first time, placing Gordon's writing within the context of the artist-critics of her generation, including Mike Kelley, John Miller, and Dan Graham. In addressing key stakes within contemporary art, architecture, music, and the performance of male and female gender roles, Gordon provides a prescient analysis of such figures as Kelley, Glenn Branca, Rhys Chatham, Tony Oursler, and Raymond Pettibon, in addition to reflecting on her own position as a woman on stage. The result—*Is It My Body?*—is a collection that feels as timely now as when it was written. This volume additionally features a conversation between Gordon and Jutta Koether, in which they discuss their collaborations in art, music, and performance.

Institut für Kunstkritik Series Learn from home and explore the world with these fun and easy board books! Young children are fascinated by their eyes, ears, nose, fingers, and toes. Here's a Hello, World! board book that teaches toddlers all about the human body, with shapes, sizes, colors, and super-simple facts. Hello, World! is a series designed to introduce first nonfiction concepts to babies and toddlers. Told in clear and easy terms and featuring bright, cheerful illustrations, Hello, World! makes learning fun for young children. And each sturdy page offers helpful prompts for engaging with your child. ("How many fingers can you count on each hand?") It's a perfect way to bring science and nature into the busy world of a toddler, where learning never stops. Look for all the books in the Hello, World! series: • Solar System • Weather • Backyard Bugs • Birds • Dinosaurs • My Body • How Do Apples Grow? • Ocean Life •

Moon Landing • Pets • Arctic Animals • Construction Site • Rainforest Animals • Planet Earth • Reptiles • Cars and Trucks • Music • Baby Animals • On the Farm • Garden Time • Planes and Other Flying Machines • Rocks and Minerals • Snow

In seventeen intimate essays, poet Molly McCully Brown explores living within and beyond the limits of a body—in her case, one shaped since birth by cerebral palsy, a permanent and often painful movement disorder. In spite of—indeed, in response to—physical constraints, Brown leads a peripatetic life: the essays comprise a vivid travelogue set throughout the United States and Europe, ranging from the rural American South of her childhood to the cobblestoned streets of Bologna, Italy. Moving between these locales and others, Brown constellates the subjects that define her inside and out: a disabled and conspicuous body, a religious conversion, a missing twin, a life in poetry. As she does, she depicts vividly for us not only her own life but a striking array of sites and topics, among them Mary Shelley's *Frankenstein* and the world's oldest anatomical theater, the American Eugenics movement, and Jerry Falwell's Liberty University. Throughout, Brown offers us the gift of her exquisite sentences, woven together in consideration, always, of what it means to be human—flawed, potent, feeling. Discusses the senses, different parts of the body, and how people use them. Acclaimed book, now in English and Spanish, helps adults teach children about abuse, getting help, and how to set boundaries to stay safe. Without being taught about body boundaries, a child may be too young to understand when abuse is happening—or that it's wrong. Now available in a bilingual English-Spanish edition, *My Body Belongs to Me /Mi cuerpo me pertenece* offers a tool parents, teachers, and counselors can use to sensitively share and discuss the topic of sexual abuse. Through simple language and colorful illustrations, this straightforward, gentle book guides young children to understand that their private parts belong to them alone. The overriding message is that if someone touches your private parts, tell your mom, your dad, your teacher, or another safe adult. In a country where, according to estimates from the CDC, one in four girls and one in six boys will be sexually abused before age eighteen, this book is an essential abuse-prevention resource to help children feel, be, and stay safe. Using her experience working as a New York City prosecutor of child abuse and sex crimes, Jill Starishevsky has crafted a book that addresses body boundaries in a way that kids can understand and that doesn't seem scary or heavy-handed. Includes, in both English and Spanish, a letter to adults at the beginning and a section in the back with suggestions and resources for discussing the book with children. **THE NEW YORK TIMES BESTSELLER** A deeply honest investigation of what it means to be a woman and a commodity from Emily Ratajkowski, the archetypal, multi-hyphenate

celebrity of our time. _____ 'This is the book for every woman trying to place their body on the map of consumption vs control, and every woman who wants to better understand her impulses. It left me much changed' - Lena Dunham 'I read these pages, breathless with recognition, and the thrill of reading a new voice telling it like it is' - Dani Shapiro 'Emily Ratajkowski's first essay collection needs to be read by everyone [...] both page-turning and moving as hell' - Amy Schumer 'A slow, complicated indictment of a profession and the people who propel it [...] it will deliver a more nuanced and introspective rendering of her interior than those who come to it with those surface interests might expect' - Vogue 'Dazzling' - Observer 'Ratajkowski brings nuanced insight to questions about empowerment versus commodification of women's bodies and sexuality. Blending cultural criticism and personal stories, My Body is smart and powerful' - Time Magazine 'Raw, nuanced and beautifully written. A moving and enlightening experience to join a woman openly exploring such deep parts of her physical self via the written word. A truly impressive debut' - Emma Gannon 'Excellent [...] Ratajkowski writes with curiosity, intellect and acute awareness' - Harper's Bazaar 'Superb [...] it feels revolutionary' - Telegraph 'I admire and envy her artistry' - Guardian _____ Emily Ratajkowski is an acclaimed model and actress, an engaged political progressive, a formidable entrepreneur, a global social media phenomenon, and now, a writer. Rocketing to world fame at age twenty-one, Ratajkowski sparked both praise and furor with the provocative display of her body as an unapologetic statement of feminist empowerment. The subsequent evolution in her thinking about our culture's commodification of women is the subject of this book. My Body is a profoundly personal exploration of feminism, sexuality, and power, of men's treatment of women and women's rationalizations for accepting that treatment. These essays chronicle moments from Ratajkowski's life while investigating the culture's fetishization of girls and female beauty, its obsession with and contempt for women's sexuality, the perverse dynamics of the fashion and film industries, and the grey area between consent and abuse. Nuanced, unflinching, and incisive, My Body marks the debut of a fierce writer brimming with courage and intelligence. Little Critter talks about all his body parts and what they do. New readers can discover how their body works, inside and out. Clear, concise text presents key body parts and how they relate to the whole body, while relating to readers' experience, such as feeling their heartbeat on the outside. Colorful photos and diagrams enhance understanding. Empowering children to understand that they have a right to be treated appropriately, especially their private parts, is an important step toward reducing the risk of prolonged sexual abuse. Experts promote, in addition to parental education, educating children to know when a body safety rule is broken

and that it is always right to tell are essential to protecting children. *To Keep My Body Safe, I Have a Plan* is a groundbreaking children's picture book to effectively teach safety, whether on a play date, at school, or anywhere a child might be without his or her trusted caregiver. Developed with the guidance of renowned child safety expert, Pattie Fitzgerald, Founder of Safely Ever After, Inc., and grounded in brain science, this book is essential for all school-age children, though it is appropriate for younger children as well. Safety of the body can be a difficult topic to discuss with kids, but the rules are straightforward and critical. Research by the Center for Disease Control and Prevention estimates that one in six boys and one in four girls are sexually abused before the age of eighteen. Many books on safety emphasize "stranger danger," but an estimated ninety-percent of sexual abusers are known to the child. The safety rules in this book could save your child from being a victim of child molestation. This book gently introduces children to the concept of SAFE ADULTS, INTUITION, and the ESSENTIAL RULES for keeping the body safe. Children will be empowered to L.E.A.D.: to integrate Logic and Emotions to Analyze and Decide on a safety plan. Learning safety facts, examining the emotions involved, analyzing safety tips, and deciding on a safety plan gives children security, confidence, and the tools they need to keep their body safe. *Blueprint it: This Have a Plan* title can also be personalized online at www.littleblueprint.com. Children will learn safety rules while viewing their name, personal photos, a character that resembles them, and/or a dedication. A personalized book makes a child the hero of their story, engaging them and promoting comprehension and recall of potentially life-saving concepts. Indie Reader approved! IR Verdict: *TO KEEP MY BODY SAFE, I HAVE A PLAN* is a book to teach and empower children with knowledge to protect themselves and others. *TO KEEP MY BODY SAFE, I HAVE A PLAN* equips children with tools for thinking through a dangerous environment, with logical steps for personal safety. It lays the groundwork for a child's healthy self-esteem by helping the child to know that his or her feelings are valid. And it models the process for a child to plan a way of escape when in an uncomfortable situation. Author Katherine Eskovitz maps out safe scenarios and suggestions for a personal safety plan. Illustrator Jessica Churchill combines an interesting assortment of still life photos with cartoons to bring home the point. The partnership of author and illustrator works beautifully to provide an appealing book that doesn't overwhelm the child with worst-case scenarios. Children will connect with the story and pictures as they learn valuable lessons in self-care. This book is a part of a series of books created to teach children life skills. The author began the series in an effort to help her own children take charge of the challenges they faced, and shared her secrets as the books equipped her own

parenting skills. The website, www.littleblueprint.com displays the storylines for each, with a goal to L.E.A.D. Using logic, emotions, analysis and decision making, children are equipped with a formula to tackle life's difficulties in its various forms. The books are appropriate for toddlers through the teen years, as the comprehension levels increase with age. Truly, it's never too early to teach a child about being aware of the environment and understanding an appropriate response. And the plan formed is adjustable as needed for the child's benefit. TO KEEP MY BODY SAFE, I HAVE A PLAN is book to teach and empower children with knowledge to protect themselves and others. Reviewed by Sally Ferguson for IndieReader. See more at: <http://indiereader.com/2014/05/keep-body-safe-plan/> "Listening to My Body is an engaging and interactive picture book that introduces children to the practice of paying attention to their bodies. Through a combination of story, and simple experiential activities, it guides them through the process of noticing and naming their feelings and the physical sensations that accompany them so that they can build on their capacity to engage mindfully, self-regulate and develop a deeper sense of well-being."-- My body can do many things. I can hear, touch, feel, smell and see. Let's explore these 5 senses together. In My Body Is a Book of Rules, Elissa Washuta corrals the synaptic gymnastics of her teeming bipolar brain, interweaving pop culture with neurobiology and memories of sexual trauma to tell the story of her fight to calm her aching mind and slip beyond the tormenting cycles of memory. How does your body work? This fun human anatomy book helps kids 8-12 answer that question through awesome, hands-on STEAM/STEM experiments and activities. Entertaining and interactive, The Human Body Book for Kids shows curious kids how their body systems help them move, breathe, fight infections, and keep them alive! Filled with fascinating information about human anatomy, this exciting science book features:

- More than 40 STEAM experiments and activities that help kids learn about their amazing bodies.
- Full-color illustrations and photographs that highlight the cells, tissues, organs and body systems as well as explain the steps and outcomes of the experiments.
- A doctor author, an MD who works with both children and adults and is an expert on the human body inside and out.
- Weird and wonderful facts about the human body: Did you know that you're about 1 cm taller in the morning than the evening? That a baby is born with 300 bones but has only 206 by the time they're an adult? That some children are born with an extra set of ribs surrounding the lungs called "gorilla ribs"?
- Learning and fun together: Kids will create models, eat experiments, and show off their STEAM skills to family and friends.

Endorsed by the co-founder of Apple's Siri, this educational book is a great resource for answering kids' questions about how their bodies work. Wellness expert Mallika Chopra speaks

to a younger audience in this new picture book about feeling emotions in your body through color. Did you know that your body is absolutely amazing? It can do so many things at the same time, explore the world both inside and outside, and help you feel the feelings deep down inside. When you start to feel big feelings, it's helpful to use colors, words, and breath to explore your body and to make yourself calmer and more at peace. In wellness expert Mallika Chopra's debut picture book, she helps children imagine a rainbow of colors radiating from their body and combines this color connection with breathing exercises to help them relieve stress, tension, fears, and sadness and to feel happier and more at peace. *My Body Is a Rainbow*, adapted from her middle grade guidebook *Just Feel*, is sure to be a go-to resource for parents, caregivers, and educators to help preschool-aged children feel safe, creative, strong, loved, unique, wise, and perfect just the way they are. Amazing facts come together with fun, easy-to-do crafts in this STEAM-centric celebration of the human body. Learn amazing facts like how germs can make you sick, why you have a belly button, and how your senses work. Then create wonderful crafts, like a beautiful family tree, a homemade stethoscope, and gingerbread skeletons, combining reading skills, STEAM concepts, and hands-on family fun. Discover what a family tree is, then create one yourself. Explore your amazing fingerprints, then decorate a beautiful picture frame with them. Make a paper skeleton or play a game about digestion. This is a perfect package for a little learner who wants to know all about what's going on inside their body! Designed to help adults talk with toddlers and preschoolers about sexual abuse in a way that reduces embarrassment and fear and emphasizes self-reliance and open communication, *It's MY Body* does not contain specific references and stories about sexual abuse, a nod to the tender age of its target audience. It does, however, emphasize how children's feelings can help them make decisions about sharing their bodies, and how to communicate those decisions to others. The book introduces two "touching codes," which children can use to protect themselves when they are uncomfortable. "My Body, My Home is a guide, a meditation, a tender opportunity, and a journey back home to yourself. It's an invitation to rewrite the stories of your body, explore embodied ways of being, and uncover how deeply you belong to yourself, others, and the universe. May this book be a refuge to marvel at the nuance and complexity that makes you remarkably human."--Back cover. Find out some first facts about the human body! Use the chunky push, pull and slide mechanisms to see what's inside your body, how you think and what happens when you eat and drink. Your body is amazing! It can move, grow and heal as well as help you think, read and talk. Look after your brilliant body, from eating well to exercising and keeping clean. Respect your body and make sure

others respect it too. If you don't want a hug or a kiss from friends or family, it's okay to say no. Your body belongs to you! Take care of your body and it will take care of you. This comprehensive, empowering and age-appropriate children's book will teach children about respect, consent and body boundaries. It also explores safe and unsafe feelings, early warning signs, a safety network, the correct names for private parts, safe and unsafe touch, and the difference between secrets and surprises. Ages 3-9 "Blackness is an art, not a science. It is a paradox: intangible and visceral; a situation and a story. It is the thread that connects these essays, but its significance as an experience emerges randomly, unpredictably. . . . Race is the story of my life, and therefore black is the body of this book." In these twelve deeply personal, connected essays, Bernard details the experience of growing up black in the south with a family name inherited from a white man, surviving a random stabbing at a New Haven coffee shop, marrying a white man from the North and bringing him home to her family, adopting two children from Ethiopia, and living and teaching in a primarily white New England college town. Each of these essays sets out to discover a new way of talking about race and of telling the truth as the author has lived it. "Black Is the Body is one of the most beautiful, elegant memoirs I've ever read. It's about race, it's about womanhood, it's about friendship, it's about a life of the mind, and also a life of the body. But more than anything, it's about love. I can't praise Emily Bernard enough for what she has created in these pages." --Elizabeth Gilbert

WINNER OF THE CHRISTOPHER ISHERWOOD PRIZE FOR
AUTOBIOGRAPHICAL PROSE NAMED A BEST BOOK OF THE YEAR BY NPR
AND KIRKUS REVIEWS ONE OF MAUREEN CORRIGAN'S 10
UNPUTDOWNABLE READS OF THE YEAR

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