RECOMMENDED READING – for parents, younger girls, and older girls from the Resources section of http://journeyofyoungwomen.org

Books for Parents

ADOLESCENCE AND COMING OF AGE

The Thundering Years: Rituals and Sacred Wisdom for Teens by Julie Tallard Johnson. On the way to adulthood, we need to listen to our intense feelings, dreams, desires, and goals. Drawing on wisdom from cultures around the world, the author offers ideas for teens to creatively harness the powerful emotions and energy of the teen years. Chock full of insight, exercises, rituals, and resources. Written for teens, but great ideas for parents and mentors.

Becoming Peers: Mentoring Girls Into Womanhood by DeAnna L'am. An inspirational guide for mothers, grandmothers, stepmothers, aunts, or any woman wishing to nurture a girl through her coming of age (while empowering herself!) — This book provides practical guidelines for mentoring a girl into womanhood. It offers creative ceremonies and activities designed to honor a girl’s transition and call her to new levels of maturity. At the same time, it presents the adult woman/mentor with powerful tools for enhancing her inner and outer life. The book is motivated by the belief that for a girl to enter womanhood in a meaningful way, it is essential that her mother and other special women in her life cultivate a new way of relating that will gradually help her to become their peer.

Menarche: A Journey to Womanhood by Rachael Hertogs. A book for mothers and daughters to read together, with suggested activities.

Coming of Age by Linda Knodle. This is a Waldorf curriculum for coming of age that covers skillfully, creatively and reverentially the changes of puberty and human reproductive anatomy.

Circle Round: Raising Children in Goddess Traditions. A wonderful goddess-ț, earth-honoring book about celebrating the wheel of the year. For families with young children up through middle school. Includes material on Coming of Age. Whether you’re into the Goddess or not, offers a great picture of how to use stories and activities to learn and celebrate.

Not a book but must mention here the Rites of Passage audio/video package by DeAnna L'am and Janet Allison. Interviews and presentation about adolescent rites of passage for both girls and boys. http://www.ritesofpassageevent.com/Kpackage.php

MENSTRUATION AND MENOPAUSE

105 Ways to Celebrate Menstruation by Kami McBride. Reclaim a sense of love and honor for your body and your menstrual cycle, 105 Ways to Celebrate Menstruation invites you to explore healing tools that promote wellness and empowerment for your menstrual experience. This is a valuable book for all menstruating women and women with teenage daughters. It helps women better understand their body cycles and how to use menstruation as a tool for personal growth and self-healing. You will find wonderful herbal recipes that have been formulated from Kami's fifteen years of teaching women's health. Simple and easy to read, you will feel inspired to nurture and care for yourself, creating a healthier and more balanced moon time. ~ by the publisher.  Highly recommended ~ KK
The Seven Sacred Rites of Menarche: The Spiritual Journey of the Adolescent Girl by Kristi Meisenbach Boylan. The vast majority of books on menarche—the first menstrual cycle—do not address its effect on a young girl's spiritual journey from maidenhood to womanhood. This book outlines the seven rituals, or stepping-stones, that a young woman faces on her voyage, marking her way through adolescence. These stepping-stones lead her from the childhood years to the childbearing year and draw attention to a young woman's changing spirit. Included are ideas for creating rites of passage, celebrations, and positive rituals for both mothers and daughters to share during this challenging and amazing time of growth. ~ by the publisher. Highly recommended ~ KK

4 Seasons in 4 Weeks: Awakening the Power, Wisdom, and Beauty in Every Woman's Nature by Suzanne Mathis McQueen. Using the sun seasons, moon phases, and archetypes to reach deeply into the vulnerable depths of the repeating female monthly experience, 4 Seasons in 4 Weeks is a non-technical and symbolic journey through the 28 days of the female hormonal rhythm, revealing a logical and predictable blueprint that is easy for anyone to understand. By tapping into this primordial compass and forgotten ancient wisdom, each woman, whether cycling or not, is given the power to find home in her rhythmic essence, navigating her physical energy, well-rounded viewpoint, and sexuality by taking charge of her survival as well as advantage of optimal times to connect, create, exercise, seduce, rest, lead, and observe. When men learn the 4s4w approach, it takes the mystery and the guess work out when initiating sex or other forms of communication. From the beginning, brief overviews of women's history, global healing, sacred geometry/universal rhythms, and female sexuality prime the reader for a richer appreciation of the four weekly seasons. Using language and images that are clear, comfortable, and positive, this exquisite book sheds light on the true nature of the organic feminine rhythm and allows both women and men to embrace it with grace and ease. ~ by the publisher. Highly recommended ~ KK

Her Blood is Gold by Lara Owen. Every time a woman menstruates she has the opportunity to develop greater self-knowledge and spiritual awareness. Drawing on information from several cultural traditions as well as from her own experiences and those of other women, Lara Owen shows how your period can become a time of emotional deepening and physical renewal during which you can tap into inner wisdom. "Honoring Menstruation" is an updated, revised and expanded version of Owen's first book, "Her Blood Is Gold" and includes a new section on natural healing methods for menstrual symptoms, as well as a detailed description of the of the spiritual and emotional phases that occur within the menstrual cycle. ~ by the publisher. Highly recommended ~ KK

Blood, Bread, and Roses: How Menstruation Created the World by Judy Grahn. The feminist author of Another Mother Tongue offers a mythographic study of the interconnections among ancient menstrual rites and the development of agriculture, mathematics, writing, calendars, and other realms of knowledge. ~ by the publisher

The Wise Wound: Menstruation and Everywoman by Penelope Shuttle. This groundbreaking study of the facts, fantasies, and taboos surrounding menstruation has helped bring about a profound shift in attitudes toward a natural phenomenon that has been reviled and denigrated over the centuries. Thoroughly researched yet highly readable, combining psychology, anthropology, and poetry ~ by the publisher

Mysteries of the Dark Moon: The Healing Power of the Dark Goddess by Demetra George

Dragontime: Magic and Mystery of Menstruation by Luisa Francia

Red Moon: Understanding and Using the Gifts of the Menstrual Cycle by Miranda Gray
"The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change" by Christiane Northrup, M.D. Highly recommended - KK

"Moon Time: a guide to celebrating your menstrual cycle" by Lucy H. Pearce.

"Menarche: A Journey to Womanhood" by Rachael Hertogs. A book for mothers and daughters to read together, with suggested activities.

RAISING A DAUGHTER

"Mother-Daughter Wisdom: Creating a Legacy of Physical and Emotional Health" by Christiane Northrup. A feast of advice, information and inspiration relating to the spiritual, psychological and medical (mind, body, soul) aspects of your daughter and your relationship with her. A helpful guide to help mothers raise empowered, spirit-filled, healthy daughters. ~ by the publisher. Highly recommended ~ KK


"Embracing Persephone: How to be the Mother You Want for the Daughter You Cherish", by Virginia Beane Rutter

"Keep Talking: A Mother-Daughter Guide to the Pre-Teen Years", Lynda Madison, PhD, Andrew McMeel Publishing


"Between Mother and Daughter: A Teenager and Her Mom Share the Secrets of a Strong Relationship", Judy Ford and Amanda Ford, Red Wheel

SEXUALLY HEALTHY KIDS


"From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Youth" (2nd. Edition) Debra Haffner. Newmarket Press, 2008. (for ages birth to 12) This book is filled with practical advice and guidelines to help parents feel more comfortable talking to children and early adolescents about sexuality issues. Incorporating values exercise, it encourages parents to examine their own sexual values so that they can share these messages.

"Always My Child: A Parent's Guide to Understanding Your Gay, Lesbian, Bisexual, Transgendered or Questioning Son or Daughter", Kevin Jennings, 2002. Filled with real-life stories, scientific research and practical advice, Jennings' latest (after Becoming Invisible) stresses the importance of family acceptance for a child's self-esteem and the need to create a safe haven at home for GLBTQ teens, who often feel depressed, isolated, and harassed by peers and society at large. ~ Publishers Weekly
Books for Younger Girls

Note: There are many more resources available than the ones provided in this guide. Always check out suggested resources before sharing them with your children in order to ensure that they are a good fit for your family's values and needs.

Beautiful Girl: Celebrating the Wonders of Your Body by Christiane Northrup and Kristina Tracy. Offers this simple but important message: that to be born female is a very special thing and carries with it magical gifts and powers that must be recognized and nurtured. Dr. Northrup believes that helping girls learn at a young age to value the wonder and uniqueness of their bodies can have positive benefits that will last throughout their lives. By reading this lovely book, little girls will learn how their bodies are perfect just the way they are, the importance of treating themselves with gentle care, and how changes are just a part of growing up. ~ from the publisher. Highly recommended for ages 4 - 8 or 10.

It’s Not the Stork! A Book about Girls, Boys, Babies, Bodies, Families, and Friends by Robie Harris, illustrated by Michael Emberley. Ages 4 and up

It’s So Amazing: a Book about Eggs, Sperm, Birth, Babies, and Families by Robie Harris, illustrated by Michael Emberley. Ages 7 and up

It’s Perfectly Normal: Changing Bodies, Growing Up, Sex & Sexual Health. Robie Harris & Michael Emberley. Ages 10 and up

This delightful series answers nearly every question children and young teens may have about birth, babies, bodies, families and healthy sexuality. With lively, comfortable language and sensitive, engaging artwork, Robie H. Harris and Michael Emberley address readers in a reassuring way, respectful of a child's healthy desire for straightforward information. The information is up-to-date, age-appropriate, and scientifically accurate, and always aimed at helping kids feel proud, knowledgeable, and comfortable about their own bodies. ~ from the publisher. Note: Some families will shy away from the frankness of this book for preteens. Most children want this information and will enjoy the positive, earthy tone. ~ KK

The Care and Keeping of You: The Body Book for Girls, Valorie Lee Schafer and Norm Bendell, American Girl Publishing. Ages 8+. What growing girls want to know about their bodies - from hair care to healthy eating, bad breath to bra buying, pimples to periods. It offers guidance about basic hygiene and health without addressing issues of sexuality.

The Period Book: Everything You Don’t Want to Ask (But Need to Know), Karen Gravelle and Jennifer Gravelle, Walker and Company, 2006. Ages 4 - 8, but OK for older too.

It’s a Girl Thing: How to Stay Safe, Healthy and In-Charge, Mavis Jukes, Knopf Books for Young Readers


Journey of Young Women ~ Katharine Krueger


*Menarche: A Journey to Womanhood* by Rachael Hertogs. A book for mothers and daughters to read together, with suggested activities.

*Katie's Journey - Moon Lodge Dreams* by Spider. The author shows her love and understanding for the young woman in bloom. Guides girls entering their moomtime in gently and compassionately, making menarche a time of joy and celebration, rather than shameful or confusing.

*Cycling to Grandma's House* by Jac Torres-Gomez "A beautiful book that gives young girls an inspiring introduction to the subject of getting your first period." - Lara Owen, author of *Her Blood Is Gold: Awakening to the Wisdom of Menstruation*

Books for Older Girls

*The Thundering Years: Rituals and Sacred Wisdom for Teens by Julie Tallard Johnson*. On the way to adulthood, we need to listen to our intense feelings, dreams, desires, and goals. Drawing on wisdom from cultures around the world, the author offers ideas for teens to creatively harness the powerful emotions and energy of the teen years. Chock full of insight, exercises, rituals, and resources.


*Doing It Right: Making Smart, Safe and Satisfying Choices about Sex* by Bronwen Parde


*Cycle Savvy: The Smart Teen's Guide to the Mysteries of Her Body*, Toni Weschler, Harper Paperbacks, 2006. Should I be concerned if my cycles are rarely 28 days? Why do I often feel so emotional before my period? And how can I know when my period's really going to start?! ... Explore the fascinating world of ovulation, fertility, and why you even have periods at all! And learn all about the body signals, mood changes, and other signs that accompany your cycle. With brainteasers, sample charts, and first-person tales of experiences that every girl can relate to, *Cycle Savvy*takes the mystery out of your amazing body. – adapted from Editorial Review. *Highly recommended!* 

*GLBTQ: The Survival Guide for Gay, Lesbian, Bisexual, Transgender, and Questioning Teens*, Kelly Huegel, Free Spirit, 2011. Straightforward information, practical advice,... a contemporary look at society and its growing acceptance of people who are GLBTQ, and updates on efforts to promote equality, including the current status of legislative initiatives concerning safe schools, gay marriage, workplace equality, transgender expression, and Don't Ask, Don't Tell. Issues-based information and advice address coming out, prejudice, getting support, staying safe, making healthy choices, and thriving in school. This frank, sensitive book is written for young people who are beginning to question their sexual or gender identity, those who are ready to work for GLBTQ rights, and those who may need advice, guidance, or reassurance that they are not alone.

*LAID. Young People's Experiences with Sex in an Easy-Access Culture* by Shannon Boodram
The Little Black Book for Girlz: a Book on Healthy Sexuality: By Youth, for Youth (St. Stephen's Community House)

The "Go Ask Alice" Book of Answers: A Guide to Good Physical, Sexual, and Emotional Health, Columbia University's Health Education Program, 1998. Topics include relationships, sexuality (anatomy, physiology and sexual response), sexual health (reproduction, contraception and sexually transmitted diseases), emotional health, fitness and nutrition, alcohol, nicotine and other drugs, and general health. Whether about nose piercing or sniffing lighter fluid, from a worried lesbian or anxious bulimic, all questions are taken seriously, treated respectfully and given straightforward, nonjudgmental answers. A word to parents of the college-bound: don’t let them leave home without it. – Publishers Weekly

Sexpectations: Sex Stuff Straight Up by Leissa Pitts and Craig Murray. An upfront, matter-of-fact, and teenage-friendly sex education and sexual health guide book, for both boys and girls, in one easy-to-use flip volume. Designed to help teens make healthy, positive choices based on the right information, this guide explores the complex issues teenagers face around sexual exploration, sexual desire, and making the right decisions about sex. Always providing honest and straightforward information, it talks about when to have sex, how sex happens, why you might or might not have sex, what sex feels like, and other important things to know if and when a girl or guy has, or is about to have, sex. But sex isn't just about one person, and the material here goes way past how to put on a condom to explore the tricky areas of pleasure and desire and discuss what's happening with relationships and friends, family, sexual identity, and cultural influences. It takes teens through knowing themselves and their bodies, keeping safe, protecting themselves, thinking through pregnancy, knowing about relationships, and tapping into their personal power to make positive choices. With comments from other guys and girls facing the same experiences, this book talks honestly and respectfully about the hard questions and gives teens some answers they might need. ~ from the publisher

Sexual Decisions: the Ultimate Teen Guide by L. Kris Gowen

The Underground Guide to Teenage Sexuality, Michael J. Basso, Fairview Press, 2003. This guide is comprehensive and treats readers with honesty and respect. The author is a sexuality educator who knows his stuff and communicates mainly in a question-and-answer format. ...Basso covers all the basics (physical, emotional, and social) as well as facts about contraception, sexually transmitted diseases, and homosexuality. He also makes a strong case for abstinence without appearing to be pushing that agenda... [Includes] help on how to say no and deal with peer pressure to have sex, drink, or do drugs. – School Library Journal

101 Ways to Dance by Kathy Stinson. In this risqué collection, award-winning author for young people Kathy Stinson offers characters and plotlines that reflect the many ways teens learn about lust and love. From the first stirrings of same-sex desire on a lakeside beach to troubling paternity questions around a teen pregnancy, Stinson's stories reflect both the sweetness and the scariness of teenage sexuality. Offers many opportunities for discussion, and also a great choice for reluctant readers. A must-have for all junior high and high school libraries.