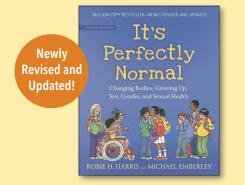
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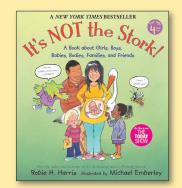
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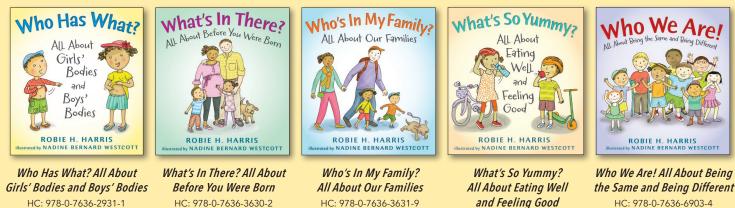
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For ages 3-7

### NEW! MAY 2021 Fully Revised, Updated, and Verified Edition of *It's Perfectly Normal*



## A Note from the Author



**S** ince *It's Perfectly Normal* was first published, Michael Emberley and I have never stopped talking with kids, preteens, teens, and adults about the information and issues in this book. It has given us the opportunity and privilege to learn even more about what young people need to know to stay healthy. We have consulted with experts, including parents, teachers, librarians, doctors, nurses, psychologists, psychoanalysts, scientists, clergy, preteens, and teens, regarding what information about puberty, sex, gender, reproduction, and many other topics needed to be updated or added. Whenever changes in the text and art are necessary to make this book as up-to-date and accurate as possible, we make them.

Comprehensive, truthful, and accessible, this newest edition of *It's Perfectly Normal* provides young people with up-to-date facts about the physical and emotional changes in puberty, including the feelings they may have about relationships and identities. Preteens and teens need this latest information in order to make responsible decisions and stay healthy.

### Updates include:

- New art and conversations between the Bird and Bee characters
- Gender-inclusive information and language added throughout
- LGBTQ+ topics, such as identity, sex, and sexuality—making this a sexual health book for all preteens and teens
- Latest advances in methods of sexual safety and contraception
- Most recent medical information about abortion, plus latest developments regarding access to abortion

- Importance of consent and more information on sexual abuse
- Inclusion of the HPV vaccine and other updates regarding sexually transmitted diseases, such as HIV/AIDS
- Benefits, pitfalls, and ways to stay safe when searching online for information on sexual health and when contacting others using social media in these times of rapidly changing technology

We hope that this new edition will help to keep the next generation of kids, preteens, and teens healthy and safe. We also hope it will help them make informed and responsible decisions about sexual health as they continue to grow up and go through puberty and adolescence.

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