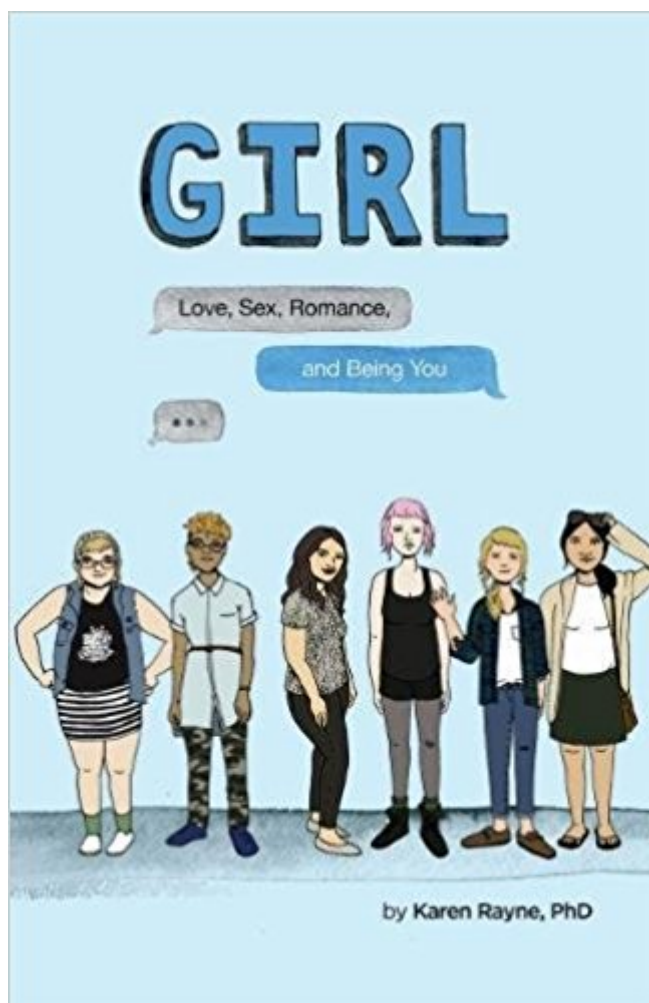


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# GIRL: Love, Sex, Romance, And Being You



## Synopsis

GIRL: Love, Sex, Romance, and Being You is an inclusive growing-up guide for teen girls with information on gender and identity, dating and romance, relationships, and sex. It gives teen girls practical information that is uncensored, factual, and unbiased, and aims to help readers develop into responsible and informed adults and prepare them for healthy romantic relationships. This book also includes self-reflection questions, media resources lists, illustrations, and diary entries as additional supplemental materials. This book is unique in that it is accessible and nonjudgmental to all who self-identify as a girl.

## Book Information

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## Customer Reviews

Rayne offers an empowering, thorough, and inclusive guide to sexuality for "older teenagers who identify as female." Divided into four overarching sections, the book candidly examines gender, attraction, healthy relationships, hookups, consent, various types of sex, and numerous other related topics. Handwritten entries from six teens and young women provide intimate and unvarnished first-hand perspectives ("I spent so many years 'saving myself,' so long ignoring my bodily needs and for what?" writes Blake, a nonbinary artist/activist). Rayne's book is notable for the breadth and depth of its discussions; readers seeking advice on or knowledge about virtually any aspect of sexuality and identity should find this to be a valuable resource. --Publishers Weekly Starred Review  
Karen Rayne understands the world today's teens live in. And she's a fabulous sexuality educator. In GIRL: Love, Sex, Romance, and Being You, she breaks it all down in a way that will help older teen girls understand the straightforward and complicated pieces of love, sex,

and dating, and then helps girls put those pieces together in ways that help girls respect and be true to themselves. --Andrew P. Smiler, PhD, Author of *Challenging Casanova: Beyond the Stereotype of the Promiscuous Young Male* and *Dating and Sex: A Guide for the 21st Century Teen Boy!* LOVE this book! Truly, I have been waiting for a book like this. GIRL is comprehensive and the topics are covered so thoroughly it is quite impressive just how much Dr. Rayne includes in each chapter. GIRL will be a major contribution to psychological literature and self-help YA, and will be something that teen girls will treasure! --Bonnie Zucker, PsyD, Author of *Anxiety-Free Kids* and *Take Control of OCD*; Co-author of *Resilience Builder Program for Children and Adolescents*"GIRL is an inclusive guide for all self-identified girls to gender and identity, dating and romance, and healthy sexuality [by] a nationally recognized educator, trainer, author, and expert in sexuality education." --Teen Vogue

This book is full of useful, relevant, accurate information for girl-identified people. It is sexuality education at its best, presented in a way that treats young people as competent decision-makers and moral agents. Especially important, the book maintains a realistic and sex-positive tone throughout. Highly recommended. --Rev. Marie Alford-Harkey, President and CEO, Religious Institute

This should be a go-to book for all girls. In addition to providing straightforward, smart advice on all the right topics, the book promotes self-awareness, self-confidence, and self-acceptance, all of which are so important for preparing girls to have healthy romantic and sexual relationships. The inclusion of insight-building questions for girls to really get to know themselves, as well as other young people writing about their own experiences, makes this book alive and very real. If there is a young girl in your life that you care about, go out and buy her this book. -- --Joanne Davila, PhD, Professor of Psychology, Stony Brook University, Author of *The Thinking Girl's Guide to the Right Guy: How Knowing Yourself Can Help You Navigate Dating, Hookups, and Love*

This is a raw book that any teen girl will find enlightening. The book is definitely uncensored and offers a fully factual account of so many of the things that these young women will go through in their lives. The book goes through issues regarding relationships, sex, dating, romance and so much more. There are questions that will lead the reader on a self-reflective journey and some great lists and additional resources that many will refer back to again and again.... This is a great resource for all teen girls today! --Dad of Divas

Karen Rayne, PhD, is an educator, trainer, and nationally recognized expert on sexuality. Karen lives in Austin, TX, where she works with people of all ages to make information and conversations about sexuality accessible. Her goal is to ensure everyone has someone to talk with about sexuality and a place to find honest, accurate information. Because she can't talk with everyone, she writes

books like this one.

I'm a LCSW, working with adolescents and I must say this book is a must have resource for working with older girls - I sometimes suggest the book, or try it out with younger, but more mature girls - I've gone as young as 13, but all girls I see now over 13 look the book over and we talk out various sections and ideas presented. One girl picked it up, looked at the table of contents and then closed the book, held it tight in both her hands and said 'I need this book - this book has ALL THE ANSWER!'. In general, 'I need this book' is often the response of the girls and I've begun giving the book (I ordered 10 copies already) to girls that I think need to have it at home. The book speaks to these girls in a voice that they understand and feel heard by, the book speaks on issues few adults are comfortable going into in such depth and which is factually based in all areas.

Girl: Love, Sex, Romance, and Being You is a must-read for all young people. The information is straightforward, thorough, and inclusive to everyone. Dr. Rayne has a brilliant way of talking about the complexities of gender and sexuality that is very comprehensive and understandable. Self-identities and expressions are discussed as fluid concepts, where it is normal to experience these differently throughout our life. Other powerful topics include self-exploration, self-pleasure, healthy relationships, and affirmative consent, while many common myths are debunked. Throughout the book, she encourages critical thinking skills and open communication. The information equips the reader with the knowledge and skills needed to ensure they have safe, healthy, consensual, and pleasurable experiences. The personal stories demonstrate honest narratives for young people; in them, we all share common experiences. It's a how-to guide for understanding your body, identity, desires, pleasure, relationships, and how society and culture can influence these things. Young people are acknowledged for having the capacity of having intense emotions and desires. She clears up many commonly held misconceptions about female pleasure, and more specifically, teenage female pleasure. These discussions and information are the links to closing the pleasure gap between women and men. Dr. Rayne takes a more sex-positive approach to education as she examines the culture of sexuality and gendered assumptions that impact our everyday lives. Girl can help the reader successfully navigate through the tumultuous, exciting, confusing, trying, and wonderful adventures that are adolescence and young adulthood.

If you have a teenage girl in your life (I've got two teenage daughters) this is an amazing resource.

Direct, honest, and comprehensive. Yes. This book.

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