

HEY AMAZING YOUNG PERSON!

How are you? Isn't getting this book as a gift SO WEIRD? We're not always great about talking about bodies and changes. Hopefully this book will have some helpful information and will also help you figure out what questions you want to ask the adults in your life as well.

And some other important stuff to remember....

ABOUT GENDER, IDENTITY AND OTHER ADULT SOUNDING WORDS THAT IMPACT SOME KIDS A LOT

IF YOU'RE READING THE BOY'S BODY BOOK

Throughout this book we try to make it clear that there is no wrong way to be a boy. Boys come in all sizes and shapes and like many different things from black cowboy hats to pink ballerina tutus. Some boys like to ride bikes, some boys like to ride horses, some boys want to sit on the couch and read.

Most kids who are born with what we usually call boy parts feel like they are boys inside. This is called being cisgender. But some kids who are born with what we usually call boy parts feel like the word "boy" doesn't really describe them. They might feel like a boy inside, or they might feel like neither the word boy nor girl describes who they are. This is called being transgender.

Kids (and adults) can realize their actual gender (their gender identity) is different from what they were assigned at birth at any age. Some kids start to feel this difference very early, many kids who are transgender realize this--even if they don't have a word for it--around age eight.

If this sounds like you, please know you are not alone! It might not be easy, but you can find supportive adults and maybe even other trans kids to talk with. At the end of the book we've included some resources that might be good places to start.

Any kid hitting puberty (cisgender or transgender) who is born with the parts people call boy parts should understand those parts, how they work and how to take care of them. So if someone handed you this book because they think you're a boy even if you don't feel like one inside, we want you to know we see you, and hope that some sections of this book might still be useful to you!

IF YOU'RE READING THE GIRL'S BODY BOOK

Throughout this book we try to make it clear that there is no wrong way to be a girl. Girls come in all sizes and shapes and like many different things from black cowboy hats to pink ballerina tutus. Some girls like to ride bikes, some girls like to ride horses, some girls want to sit on the couch and read.

Most kids who are born with what we usually call girl parts feel like they are girls inside. This is called being cisgender. But some kids who are born with what we usually call girl parts feel like the word "girl" doesn't really describe them. They might feel like a boy inside, or they might feel like neither the word boy nor girl describes who they are. This is called being transgender.

Kids (and adults) can realize their actual gender (their gender identity) is different from what they were assigned at birth at any age. Some kids start to feel this difference very early, many kids who are transgender realize this--even if they don't have a word for it--around age eight.

If this sounds like you, please know that you are not alone! It might not be easy, but you can find supportive adults and maybe even other trans kids to talk with. At the end of the book we've included some resources that might be good places to start.

Any kid hitting puberty (cisgender or transgender) who is born with the parts people call girl parts should understand those parts, how they work and how to take care of them. So if someone handed you this book because they think you're a girl even if you don't feel like one inside, we want you to know we see you, and hope that some sections of this book might still be useful to you!