

BY DARBY A. STRICKLAND

BECOMING YOU



FOR
GIRLS

**EVERYTHING YOU WANTED
TO KNOW ABOUT GROWING UP**

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A LITTLE NOTE BEFORE WE BEGIN

This book is like a travel guide for a big adventure—your adventure of growing up! You don't have to read it all at once (that would be like trying to eat an entire cake in one bite). Instead, you can

- **Read a little at a time.** Pick the chapters that feel most interesting or helpful right now.
- **Talk it over.** If something makes you curious or confused, ask a parent, grandparent, or another trusted adult. They're on this journey with you!
- **Pause and think.** Sometimes you'll see questions or activities. These are little rest stops to help you reflect on what you're learning.
- **Come back again.** Your body won't change all at once. You might read something now and then return later when it makes more sense.

Most of all, remember this: You don't have to figure out puberty on your own. God is with you, and he's given you people who love you to walk beside you. So take a deep breath, turn the page, and get ready—you're becoming the wonderful young woman God designed you to be!

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GOD'S AMAZING DESIGN

YOUR BODY IS A GIFT

Have you ever looked up at the sky with all its sparkling stars and been amazed? Or maybe you watched a butterfly flutter by and thought, *Wow! It's so tiny and perfectly made!*

Guess what? God made you with that same kind of wonder—carefully, creatively, and joyfully.

God created you with so much love and care! He didn't just make the part of you that thinks and feels. He made your whole self, body and soul, to be his masterpiece.

The Bible tells us that when God created people, he made us body and soul together (Genesis 2:7). Your body is part of who you are. It lets you play and dance, hug your family, laugh with your friends, and experience the wonderful world God made.

And here's something extra special: Jesus, God's own Son, came into the world in a real human body just like yours! He laughed at funny stories, ate dinner with his family, scraped his knee, and even got sleepy after a long day. He knows what it's like to grow up, to feel hurt, and to need rest. Because Jesus came in a body, we know for sure that bodies are not only good, they're also glorious!

The Bible says that God made people in his image (Genesis 1:27). That means you were made to reflect his goodness in a one-of-a-kind way. You're not just a person; you're his person. You belong to him, and he delights in who you are.

So when your body changes or feels unfamiliar, you can remember that you are deeply loved by the One who made you, sees you, and promises to stay with you forever. And that's the best kind of growing-up news there is.

Maybe you've started to notice some changes in your body, or maybe you're curious about what will happen as you grow older. It can feel exciting, confusing, or even a little overwhelming. But here's something very important to remember: God has carefully designed every part of you, and he calls his creation "very good" (Genesis 1:31).

The Bible says, "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made" (Psalm 139:13–14). That means every part of you—inside and out—is growing exactly the way God designed!

JESUS HAD A BODY TOO!

Jesus got hungry, tired, and even stubbed his toes. But unlike us, he never sinned. He used his body to love people by hugging, helping, and even healing others. And guess what? He gave up his body on the cross to rescue yours. When you belong to Jesus, your whole self—body and soul—is wrapped up in his love. You are his treasure, from head to toe!

GROWING UP IS GOD'S PLAN

Right now, your body is growing in a new way. This is called puberty, and it's something every girl (and boy!) goes through. It's the process of becoming the woman God created you to be—strong, wise, and full of his love. He planned for you to grow and change, not just on the outside (with height or curves), but on the inside too (in your heart, thoughts, and faith)! Puberty is one of the ways God prepares you for the future, and though it comes with some big changes, you don't have to go through it alone.

In this book, we'll talk about everything from how your body grows to handling new emotions and friendships, and even things like using social media and technology. You'll learn how to care for your body, understand your feelings, and see yourself the way God sees you—as loved, valuable, and wonderfully made.



YOUR BODY IS SPECIAL

Stop and think about all the awesome things your body can do. You can use your body in all kinds of amazing ways. You laugh with your friends and sing your favorite songs. You feel the sun on your skin, taste yummy ice cream, and hear your favorite bedtime story. Your body is a gift from God!

God didn't make you by accident. He designed you—body and soul—to be exactly who you are. In Genesis chapter one, the Bible says that God made both girls and boys in his image (v. 27). That means your body isn't just something you live in—it's part of who you are. You were created to enjoy life, love others, and reflect God's goodness.



Your Body Helps You Experience God's Amazing World

Think about the cool things God made—majestic mountains, sparkling oceans, colorful flowers, and cute animals. But guess what's even more amazing? You!

God gave you a body so that you can explore, create, and grow. Your hands can build, bake, and paint. Your feet can dance, run, and climb. Your eyes can see the pink and orange glow of a sunset, and your ears can hear music that makes your heart sing.

Your body isn't just there—it's part of life's adventure!

Your Body Helps You Show Love

Did you know that your body can be used as a way to love and care for others?

- You can smile at a friend who feels sad.
- You can hug someone who needs comfort.
- You can help your younger sibling tie their shoes.
- You can use your voice to say kind words that encourage others.
- You can draw a picture to cheer someone up or sing a silly song that makes your sibling laugh.
- You can help set the table for dinner.

Your body is a tool for love! And every time you use your body to show love—even in small, quiet ways—you’re shining a little bit of God’s heart into the world.

The Beauty of Being a Girl in God’s Eyes

Being a girl is special. It means being strong in love, kind in heart, and wise in the way you see the world.

You don’t have to look or act a certain way to be valuable. God already calls you precious. God says, “You are so precious to me. I see you, I care about you, and I love you deeply” (Isaiah 43:4, author’s paraphrase).

So when you wonder if your body is good enough, strong enough, or pretty enough, remember this: Your body is part of God’s wonderful plan for you.

THE BIGGEST CHANGE

As your body is growing, you will notice many changes. Your feelings will grow stronger, and your friendships might change. But the most important change isn't about your body at all—it's about your heart.

The Bible says we all need help because sometimes we don't listen to God or love others the way we should. That's why God sent Jesus. When you trust him, he makes you brand-new on the inside and welcomes you into his forever family. When you belong to God's family, these amazing promises are yours to hold on to:

- **Jesus forgives me as soon as I ask.** (1 John 1:8–9)
- **Jesus is with me.** He promises to stay close, no matter what changes I face. (Matthew 28:20)
- **Jesus is growing me.** Each day, he helps me become more like him in kindness, love, and courage. (Ephesians 4:15)



As we talk about all the ways your body changes during puberty, it's important to remember that God is also growing your heart. You are his child, part of his family, and his love for you never, ever changes.