



# Growing Up: Gospel Answers About Maturation and Sex

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*Growing Up-Gospel Answers about Maturation and Sex* presents the "facts of life" as they should be presented-with respect and in the context of gospel standards and doctrine. Written especially for young people between the ages of ten and fifteen, this book will help open doors of communication between parents and children, facilitating their discussion of:

Conception, prenatal development, and birth Physical growth and maturation Love, marriage, and sex The law of chastity

*Growing Up* offers the right information at the right time to help young people make the right choices.

## Growing Up: Gospel Answers About Maturation and Sex Details

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### **Brenda says**

Probably more of a 3.5. Read with my 11 year-old. She has been asking a lot of questions and this was a great supplement and jumping off point for deeper discussions. I did like the gospel perspective and am glad we talked about it before she had the movie/discussion at school.

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### **Mommywest says**

I don't know many people who could approach this subject with the sensitivity and clarity that Brad Wilcox has. Aimed at the age group 10-15ish, this book discusses puberty and sexual intimacy and their sacred nature.

Brad has written this book in a format that is meant to be read by the maturing child, but I would recommend that parents use it as a resource in helping them to talk to their children first. (Brad has written an excellent forward to help parents do this.) Then the book can be available for parent or child whenever there are questions or concerns.

Brad covers everything, and I mean EVERYTHING that kids need to know, and that will come up in this crazy world we live in. He talks about how emotional, spiritual, mental, and physical development are all part of growing up. The majority of the book is spent discussing the changes boys' and girls' bodies will go through, with simple and understandable illustrations; and sexual intimacy and its sacred nature. He also talks about different things that have become culturally acceptable, like masturbation, homosexuality, and infidelity, and helps children understand how to avoid such things.

This book is written from the viewpoint of a member of The Church of Jesus Christ of Latter-Day Saints, with supporting scripture and prophetic quotes, and I found it to be an excellent resource for talking to our older children about this important subject.

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### **Cami Evans says**

This is absolutely what I've been looking for to help my daughters understand puberty and sexual relations--a book that begins with a discussion about heavenly parents and life beginning at conception then ending with a hope that growing up means growing closer to Jesus Christ. This will obviously not be the right book for everyone, but it is what I would like to share with my children. It is written to them, so now that I have read it, I am happy to let them read it so we can talk about it together. Some things are only lightly touched on, but that will still help me broach the subject and start the discussion with them. Some maturation books seem to cause alarm in children or give so many details that they are completely overwhelmed, but these explanations are simple, clear, and taught just right.

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### **Alyse says**

Definitely a must read for those with kids who are growing up. Wonderfully written.

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### **Wendee says**

In today's world it's never too early to start talking with kids about sex and sexual choices. If they don't get their answers from parents, they will get them from friends or the internet, and we all know those sources can't always be trusted. This is a wonderful book to help parents approach a touchy subject with confidence. It will not go into un-needed detail but will provide answers and guidance. I especially like the part about sexual molestation and abuse because, not only can it help a lot of kids but it was handled very tastefully. This is a wonderful tool!

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### **Cynthia says**

This book is a wonderful jumping off point for parents looking to introduce the topics of maturation and sex from a gospel perspective. If your child is entering into puberty this would be appropriate for them to read. I read the book first so that I could be clear about its content, and now my son gets to read it. Some of the information is a little basic, so I can see that parents should be prepared to talk more in depth about certain topics in the book, but this is a wonderful resource full of simple and clear explanations.

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### **Jennifer says**

A very appropriate book for teaching adolescents about their bodies and about sex. I recommend this for any parent seeking to teach their children, with religion in mind also. I'd read it together or check back in with the child after each chapter is read so that the child can ask questions if needed.

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### **Rachel Meyers says**

This book is fantastic at looking at the positive aspects of growing up and how to share that with your children. I love the LDS perspective as well. I am constantly amazed at the wonders of the human body and how we are designed to thrive in families and how we each have our unique rolls. Growing up is fun and God made our bodies pretty great!

Richard and Linda Eyre say you should be talking to your kids at age 8 in simple terms about how babies are made etc. i have felt my kids aren't mature enough then at least not enough to go into detail. I think 10 is a really good age for us. It is hard because we dont want our kids to be naiive, but we want to wait until they are mature enough to handle the information.

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## Becky says

When a friend showed this to me a few weeks ago, I skimmed a few chapters and Loved it! It's a simple, straight-forward read that answers questions an LDS kid might have. I even learned a few things! ;) It's helpful to have it already worded cause I don't always explain things as clearly as I'd like. And especially cause I'm not a boy, but I'm raising one! He has already asked me questions about his body parts and since I didn't feel confident talking about boy parts, I just skimmed the surface. So today I read that section to him and we both checked out the diagram and learned all the correct names. (My one complaint is that it wasn't as detailed as I hoped, but that's why this is a good beginning book/good for young ages--and unlike most of the reviews, I disagree that it's for the 10+ age...I say 5+ since male adolescence begins around age 8 and these days, we need to be addressing this as early as possible. Some literature suggests that we should begin talking Now about the things we want our kids to Know and Understand in 5 years--when my son's body 'wakes up,' I want him to already be fully equipped with the knowledge and lack of embarrassment he will need to mature in a healthy way).

The section we read was also helpful because it talked about some fears most boys have, but it reassured and encouraged with a loving, positive tone. I would never have known about those fears (and I know his father would never engage such a conversation) so I feel grateful that I found this book. I am passionate about talking openly, early, often, accurately, and lovingly about sex, bodies, maturation, etc...so there is no taboo, no shame, no naivete (all the things that have led to our incredibly-large population of Mormon male porn and/or masturbation addicts. I date them--believe me--their parents didn't talk about this (and they especially didn't talk about negative feelings or emotions and how to cope with them in a healthy way) and/or they shamed them and that is why these clean-cut, Temple-attending, love their mommies, well-educated, and stable grown men got addicted to the worst drugs on earth when they were 5, 8, 11, 15...(from their mommy's clothing magazines, etc)...yep, TALK to your children!! Educate! Get over your embarrassment and communicate early, often, and with love! You can't possibly control our environment enough that they won't be exposed so the only true protection is to empower them with knowledge, skills, openness, and an ability to follow the Spirit.)

For me personally, the masturbation section was also helpful because Brad Wilcox is very clear about how it's not appropriate and how wet dreams provide a natural release so it's not "necessary" as some have said. My mid-singles demographic has shocked me as I have met many Temple-attending lovely men and women who think this isn't such a big deal. And then there are a lot of virtuous never-married over-30 girls who don't have problems and don't want a man with problems, but have been led to believe (probably by a man with problems) that all men need to do this every now and then, especially if they've waited this long for marriage. I have rebelled against this notion in my heart, but was unsure where I'd draw the line in actuality. However, after reading this section, I felt validated in my quest for someone who has lived the law of chastity as obediently as I have. Now, who are my Goodreads friends again? Who all is reading this? haha ;)

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## Destiny says

This book gives information on maturation and sex in a clear and plain manner that is easy for youth to understand. I like that it is written for LDS (Mormon) standards. I like that he spells things out, so there is no confusion as to what is meant or being said.

He does not go in depth on the topics, but does lay a good foundation for parents and youth to begin discussions. This book is meant to be read together with your child, so that questions can be answered or topics further discussed.

### **Jennifer says**

A good, basic book. Tastefully written. I felt it was lacking in detail in places, but that is good for those who don't want/need as much information. Used together with What's the Big Deal: Why God cares about Sex, a teen would be well-equipped to deal with the ideas the world is throwing at them.

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### **Barbara says**

I was looking for a book that would help me talk to my kids about intimacy and maturation when the time was right. I needed a book that could help me overcome my nervousness to discuss such issues. This is a book you can read with your child. The author puts maturation and intimacy in a gospel principle setting. He speaks honestly and clearly about the subjects in a mature way, but in a way that kids can understand. My oldest daughter and I have read the first part of the book together. It was actually a good experience, not the nerve-wracking, embarrassing thing I thought it might be. However, we haven't got to the sex part yet. :)

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### **Lindsey says**

Perfect teaching book, if you're adult enough to not laugh, which apparently my husband and I are not.

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### **Susan says**

This is a fantastic book to read with your 10-15 year old in relation to maturation and sex. Wilcox has written it in a way that is easy to understand and appropriate (it is LDS based). There are three short chapters on pornography, sexual harassment and sex abuse and molestation at the end of the book which are very important subjects to discuss with children this age. He does a nice job writing about these subjects if parents find it hard to know what to say. I highly recommend reading this book as a parent and then sharing it with your children who are in the 10-15 yr.old age range.

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### **Andy says**

Great resource for kids!

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