

MEDIA RELEASE

12 November 2007

KAZ COOKE PRESENTS: *GIRL STUFF*; A FULL ON GUIDE TO THE TEEN YEARS

This seminar presented by Kaz Cooke is an essential evening for girls, parents and teachers. It will be held at Lauriston Girls' School on Thursday 22 November 2007 at 7.30pm.

Kaz will be discussing her new inspirational book, *Girl Stuff*, written for teenage girls including information, hints, facts, inspiring lists, cartoons and quotes from the thousands of real girls aged 12 to 18.

Girl Stuff has everything girls need to know about: friends, body changes, shopping, clothes and make-up, pimples, sizes, hair, earning money, guys, embarrassment, what to eat, moods, smoking, why diets suck, handling love and heartbreak, exercise, school stress, sex, beating bullies and mean girls, drugs, drinking, new friends, cheering up, how to get on with your family and confidence.

Girl Stuff has been written in extensive consultation with more than 70 medical, psychological and practical experts and is also an essential resource for teachers, health professionals and parents.

Kaz Cooke is an Australian author, columnist, cartoonist and mother. She has a background in journalism, writing columns and radio. Other best selling books include **Up the Duff**, **Kidwrangling**, **Real Gorgeous**, the **Little Book of Stress** and many other little books.

Event Details: The Seminar will be held on Thursday 22 November at Lauriston Girls' School at 7.30pm in Irving Hall.

Photo opportunities are also available prior to event.

For more information please contact Gina Bowden, Marketing and Public Relations Coordinator, Lauriston Girls' School, 38 Huntingtower Road, Armadale 3143. Phone 98647559 or 0433161501. bowdengi@lauriston.vic.edu.au