

Title: *Go With the Flow*

Author: Karen Schneemann

Perspectives Category: Challenging the Status Quo

Reviewer Name and Grade: Yaseen V., Grade 10

Date Reviewed: 9/3/21

1. What is the main plot of this book?

The main plot of this book focuses on high school students Abby, Brit, Christine and Sasha who decide to fight back against their school administration and have their voices heard. These girls wish to start a menstruation revolution so that the schools provide them with the support they need. This book deals with the challenges in friendship and female empowerment.

2. Which character did you most identify with and why?

Although the characters in this book deal with issues that I personally do not deal with, I think Brit is a relatable character because she has faced many social controversies regarding the issue of equal representation.

3. What do you believe is the main message of this book?

I believe the main message of this book is for women and young girls to fight back against administrations and make their voices heard so that their needs are met. This book does a good job at highlighting female issues that are often swept under the rug and instead normalize them.

4. Do you think the main message of this book was effectively integrated into the story, or did it come across as too "preachy"?

I did find this book to be a little preachy at times, however the message behind the book is incredibly important and is something that is very valuable for girls and others to read about.

5. If two or more perspectives on an important topic were explored/presented in this book, which one did you agree with and why?

I agree with the perspective that shows how women and young girls take initiative, such as rallying a revolution, for their voices to be heard. This message and perspective is an important one for all people because it shows how problems can be solved.

6. In what ways (if any) were your beliefs about a topic changed or reaffirmed through reading this book?

My beliefs on female issues and how difficult they are for young girls, especially when they are being neglected have been reaffirmed from reading this book.

7. What perspective, if any, do you think was missing from this book?

I do not think any perspective was missing from this book because the book focuses on female issues and centered around its female characters rather than male, which allowed their voices to be better heard.

8. Did this book encourage you to pursue any topics further through more reading, research, action, etc., and if so, how?

No, this book did not encourage me to pursue any topics further though more reading, research, or action. However, it did teach me more about female struggles and how girls feel neglected by administrations that are often led by men.

9. What type of reader (based on age, interests, perspectives, etc.) would you suggest this book to?

I would recommend this book to all people because it teaches you about female struggles. However, I would especially recommend this book to young girls and teens because this book deals with issues that are often seen as taboo for girls to discuss when it should not be the case.

10. What other book(s) have you read that you think would make a good addition to this category of the Perspectives Bibliography, and why?

Another book I think would make a good addition to this list is Almost American Girl, because it tells a captivating story about immigration, belonging, and how arts can save a life. In this book, the main character stands up for what she believes in and works to find a solution to her problem just like the girls did in this book.

Reviewer Name and Grade: Tatjana T., 11th Grade

Date Reviewed: April 10, 2023

1. The main plot of "Go With the Flow" revolves around four high school girls, Abby, Brit, Christine, and Sasha, who come together to fight against menstrual stigma and advocate for menstrual health and access to menstrual products in their school. The story follows their friendship, activism, and challenges as they navigate societal expectations, gender norms, and the importance of reproductive rights.

2. I most identified with Abby, one of the main characters in the book, who is portrayed as a passionate and outspoken advocate for menstrual health and gender equality. Abby is shown as someone who is unapologetically vocal about her beliefs, stands up for her friends, and takes action to make a positive change. I identified with Abby because of her determination to challenge societal norms and fight for social justice.

3. The main message of this book is about breaking menstrual taboos, advocating for reproductive rights, and promoting gender equality. It highlights the importance of menstrual health education, access to menstrual products, and ending the stigma and shame associated with menstruation. The book also addresses issues of intersectionality, including race, sexual orientation, and socio-economic status.

4. The main message of the book was effectively integrated into the story through the characters' experiences and challenges. It did not come off as preachy, as it was portrayed through the characters' personal stories, emotions, and actions. The book balanced advocacy with storytelling, making it engaging and relatable.
5. One perspective explored in the book is the importance of menstrual health education and access to menstrual products, which I agreed with. The characters in the book advocate for comprehensive menstrual health education and breaking down menstrual taboos, which aligns with my belief in promoting reproductive health and education as a basic human right.
6. Through reading this book, my beliefs about menstrual health and reproductive rights were reaffirmed. It reinforced my belief in the need for open conversations about menstruation, ending menstrual stigma, and advocating for equitable access to menstrual products for all individuals, regardless of gender identity or socio-economic status.
7. One perspective that could have been further explored in the book is the intersectionality of menstrual health, particularly how different social identities, such as race, sexual orientation, and socio-economic status, can impact access to menstrual products and experiences of menstrual stigma. While the book touches upon these topics, a deeper exploration could have added more depth and nuance to the story.
8. This book encouraged me to pursue further reading and research on menstrual health, reproductive rights, and gender equality, particularly in the context of intersectionality. It prompted me to reflect on my own privilege and the importance of advocating for marginalized communities and taking action to create positive change.
9. I would suggest this book to teenage readers or young adults who are interested in contemporary, socially relevant, and character-driven stories that promote gender equality, reproductive health, and menstrual health awareness. It may also appeal to readers who are passionate about social justice, activism, and breaking down societal taboos.
10. "Period Power" by Nadya Okamoto and "The Vagina Monologues" by Eve Ensler would make good additions to this category of Perspectives biography, as they also explore similar themes of menstrual health, reproductive rights, and gender equality from a feminist and intersectional perspective.