

BOWEN LAUNCHES BOOKS FOR A BRIGHTER FUTURE

By: Jodi St. Cyr



Little girls around the world now have a new resource to help them navigate puberty with confidence: *Something is Happening With My Body*.

At the book launch and donation ceremony held on January 31, at The Barbados Community College, Chief Education Officer Mrs. Romana Archer-Bradshaw, applauded author Rev. Cassandra Bowen for creating a strong moral anchor and a firm foundation that every girl needs.

Rev. Bowen thanked the Sandy Lane Trust and Prestige Print for making it possible for the books to reach every primary school across Barbados. Realising

this vision required support from many people along the way, including her husband and friends. Among them was Roger Worrell, registrar of the Barbados Community College, who congratulated Bowen on the launch. The two also share BCC as an alma mater.

This "labor of love," first written in 2017, tells girls that their bodies are a temple. It equips them with the knowledge to face menstruation with dignity instead of recoiling in fear.

Bowen encouraged the school representatives and other adults who would have access to the book to use it wisely, as a valuable tool for educating girls across Barbados during such an important moment in their lives.

A second title, *Deeper Perspectives*, was also launched at the ceremony, aimed at helping older persons reconnect with themselves. Bowen described it as a "quiet, powerful acknowledgement of who you are."

A counselor, reverend, and woman known for greeting strangers with a warm hug, Bowen might just be the kind of person you want helping your girls affirm their femininity and grow in grace.