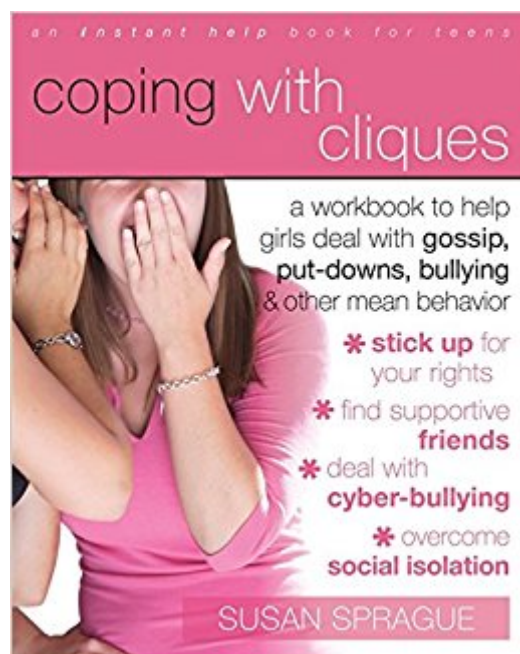




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# Coping With Cliques: A Workbook To Help Girls Deal With Gossip, Put-Downs, Bullying, And Other Mean Behavior (Instant Help /New Harbinger)



## Synopsis

When you're the target of snubbing or teasing at school, it's easy to feel like everyone else has a group of friends and you're the only odd one out. The reality is that gossip and rumors hurt everyone, and often, even the most popular girls feel alone. Making your way through junior high and high school isn't easy, and it definitely requires more than the right shoes and lip gloss. You'll need a cool head and the confidence to be yourself in the face of serious social challenges. This workbook will help you deal with cliques, teasing, and gossip, and show you how to avoid getting caught up in this hurtful pattern of behavior. Coping with Cliques also includes key strategies for sticking up for yourself, maintaining your self-esteem even when others tease you, and finding friends who like you for who you are. The exercises in this workbook will help you to: Handle Internet gossip and teasing Stop feeling like you have to be sexy Be assertive when necessary to gain respect and confidence Find true friends and stop being hurt by friends who leave you out

## Book Information

Series: Instant Help /New Harbinger

Paperback: 168 pages

Publisher: Instant Help; 2Rev Ed edition (May 1, 2008)

Language: English

ISBN-10: 1572246138

ISBN-13: 978-1572246133

Product Dimensions: 0.2 x 7.8 x 9.8 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 3.1 out of 5 stars 12 customer reviews

Best Sellers Rank: #187,233 in Books (See Top 100 in Books) #25 in [Books > Teens > Social Issues > Bullying](#) #51 in [Books > Teens > Social Issues > Dating & Intimacy](#) #204 in [Books > Teens > Education & Reference > Social Science](#)

## Customer Reviews

Gossip, teasing, and bullying can have a devastating effect on teenage girls. This workbook was developed to help girls develop a positive identity during these difficult years. The activities in this book equip girls with the tools they need to deal with cyber-bullying, social isolation, pressure to be sexy, and other issues that arise in middle school and high school.

Interesting that the commenters are split down the middle on their reviews: the adults -- counselors,

parents, other adults -- think it's great. The teens themselves see the book for what it is -- patronizing and empty. The adult commenters are out of touch with the teens the book is supposed to help. The teens without exception rated the book very low, or just would not read it at all. I know what a good workbook is like, and this is not a good one. Although this one has the worksheets, it has no models or options for the user to employ to solve her problems with the bullies (or to stop herself from bullying others.) The reason I bought the book is my activism against bullying in senior and disabled public housing. The US State of Missouri just passed a tough new law against bullying in senior/disabled apartment buildings. I was bullied in kindergarten, then as an adult when I taught public school, I was helpless to stop the bullying of boys against other boys outside school hours. The victims would come to me daily and say that another boy/s had beaten them up on the way home from school, and the school systems had a policy that "off school grounds" they were not responsible. These were the early 1960s; now, schools are trying to do something about internet bullying/harassment. Kindergartners who bully, elementary school, middle school, high school, college bullies -- they grow up and just get better at what they do to other people. They eventually end up in senior housing. Here's a great movie - "A Girl Like Her" which grippingly shows what it's like to be the victim of a bully girl. I hope to find a workbook that's as good as the movie, although the movie does not have solutions, either.

My mom bought this workbook for me, along with a few others. Most are wonderful in this series, but I was maybe 15 when my mom bought it for me. It's written a very cheesy, childish prospective. I couldn't deal with the topic at all. It seemed to rely a lot on self esteem which really bugged me. I guess it could help some girls but I wouldn't recommend it at all.

Provides very good information. Good resource.

Go to book for any counseling office! Very easy to use activities!!

Gave as gift.

This book is probably very valuable to working with late-Middle School and High School teenage girls. Based on previous reviews, I was hoping to draw on it for working with diverse social communication skills. It was not so helpful, here.

Great quick lessons to use for small group and individual counseling groups. These lessons are suitable for middle school girls.

Great book. Every counselor should own a copy.

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