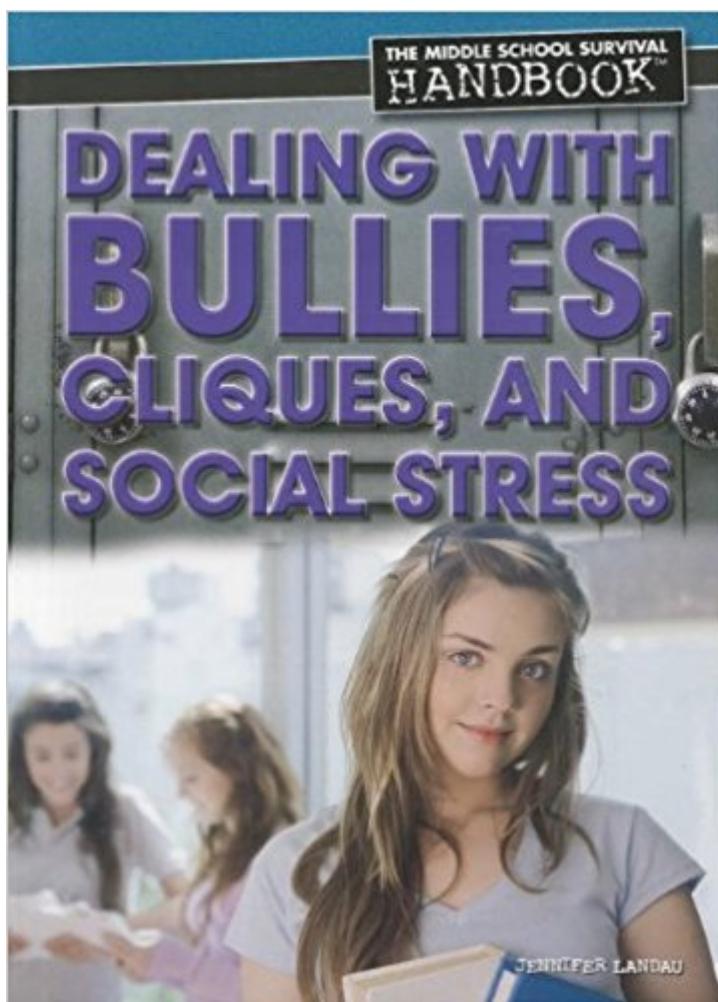


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# Dealing With Bullies, Cliques, And Social Stress (Middle School Survival Handbooks (Rosen))



## Synopsis

Readers learn how to recognize and deal with various types of bullying, which reaches its peak in the middle school years. They get the rundown on cliques, and learn tips for taking care of their mind, body, and spirit when they encounter social pressure. A chapter is devoted to mean girls who they are, how they got that way, how to handle them, and how to work toward a better way of communicating going forward. Cyberbullying is widespread today and very damaging this volume also provides strategies on how teens can protect themselves and guard against hurting others. By using the tips and techniques in this handbook, students will thrive during these years.

## Book Information

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