

# Adult Titles on Teens and Stress

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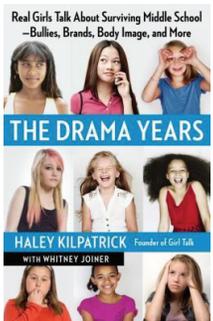


***Sticks and Stones: Defeating the Culture of Bullying and Rediscovering the Power of Character and Empathy***  
by Emily Bazelon

A humane and closely reported exploration of the way that hurtful power relationships play out in the contemporary public-school setting

... As a parent herself, [Bazelon] brings clear, kind analysis to complex and upsetting circumstances.”

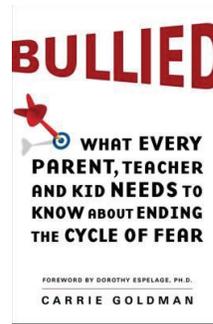
–The Wall Street Journal. Available in print and digital formats. **302.343 B 2013**



***The Drama Years: Real Girls Talk About Surviving Middle School – Bullies, Brands, Body Image, and More***  
by Haley Kilpatrick

Today’s middle school girls have it rough. In a few short years, they go through an incredible number of biological and emotional changes,

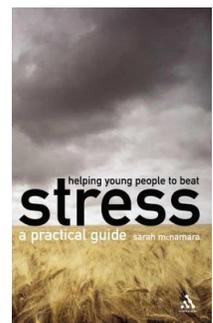
making this the most formative – and riskiest – time in their lives. Groups turn on each other, a trusted childhood friend can reveal secrets by sending a text message or updating a Facebook status, and deciding where to sit in the cafeteria can be a daily struggle. As any tween will tell you, life for a middle school girl can be summed up in one word: drama. **305.235 K 2012**



***Bullied: What Every Parent, Teacher, and Kid Needs to Know About Ending the Cycle of Fear***  
by Carrie Goldman

Everybody knows how it feels to be ostracized, isolated or taunted, but most of us are at a loss when it comes to knowing how to make it

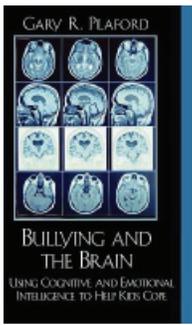
better. In Carrie Goldman’s groundbreaking book, *Bullied*, she offers concrete solutions for parents, teachers, and kids on how to effectively respond to painful situations – whether it is normal social conflict or more serious bullying. Winner of National Parenting Publications Award and Mom’s Choice Award! **302.343 G 2012**



***Helping Young People to Beat Stress***  
by Sarah McNamara

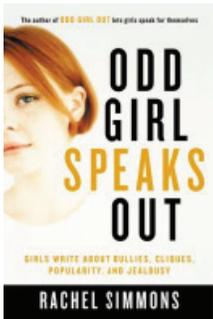
Young people are experiencing more social and psychological problems than ever before. *Helping Young People to Beat Stress* is the essential guide to helping teenagers minimize stress in their lives, both at school

and at home. Sarah McNamara provides advice, information and techniques on mental and physical ways of coping with stress, study skills and time management, communication skills, and coping with depression and anxiety. This book should prove invaluable reading for everyone who works with teenagers. **155.5 M 2005**



***Bullying and the Brain: Using Cognitive and Emotional Intelligence to Help Kids Cope***  
by Gary R. Plaford

Numerous books have been written about bullying, but most of them only deal with external interventions those that suggest teaching students more appropriate social skills. Here, Gary Plaford examines internal interventions; external interventions; monitoring and controlling bullying behaviors; issues related to students-the bullies, victims, and bystanders; the latest research on the brain and emotional intelligence; managing emotional triggers; building connections; and creating an outward focus. *Bullying and the Brain* also includes a study guide to help teachers and administrators plan the necessary steps to address bullying problems at school and worksheets to assist in interventions. This book will be of interest to parents and educators of students from elementary to high school. **371.58 P 2006**



***Odd Girl Speaks Out: Girls Write About Bullies, Cliques, Popularity, and Jealousy***  
by Rachel Simmons

Here, Rachel creates a safe place for girls to talk, rant, sound off, and find each other. The result is a collection of wonderful accounts of the inner lives of adolescent girls.

Candid and disarming, creative and expressive, and always exceptionally self-aware, these poems, songs, confessions, and essays form a journal of American girlhood. They show us how deeply cruelty flows and how strongly these girls want to change.

**302.343 S 2004**