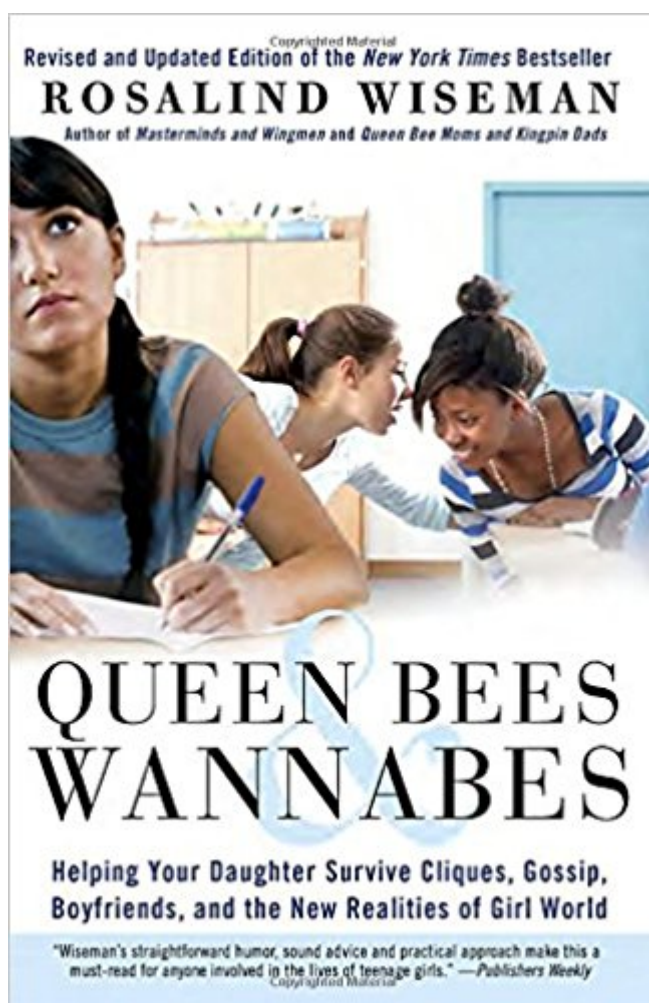


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# Queen Bees And Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, And The New Realities Of Girl World



## Synopsis

When Rosalind Wiseman first published *Queen Bees & Wannabes*, she fundamentally changed the way adults look at girls' friendships and conflicts—from how they choose their best friends, how they express their anger, their boundaries with boys, and their relationships with parents. Wiseman showed how girls of every background are profoundly influenced by their interactions with one another. Now, Wiseman has revised and updated her groundbreaking book for a new generation of girls and explores:

- How girls' experiences before adolescence impact their teen years, future relationships, and overall success
- The different roles girls play in and outside of cliques as Queen Bees, Targets, and Bystanders, and how this defines how they and others are treated
- Girls' power plays—from fake apologies to fights over IM and text messages
- Where boys fit into the equation of girl conflicts and how you can help your daughter better hold her own with the opposite sex
- Checking your baggage—recognizing how your experiences impact the way you parent, and how to be sanely involved in your daughter's difficult, yet common social conflicts

Packed with insights about technology's impact on Girl World and enlivened with the experiences of girls, boys, and parents, the book that inspired the hit movie *Mean Girls* offers concrete strategies to help you empower your daughter to be socially competent and treat herself with dignity.

## Book Information

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## Customer Reviews

“Wise, humorous, life-affirming advice for parents that is utterly respectful of girls. I recommend parents mark it up, turn the corners of pages, and heed Wiseman’s creative and practical strategies for guiding girls along the sometimes treacherous pathways of growing up today. *Queen Bees and Wannabes* is Mapquest for parents of girls, from fifth grade all the way to young adulthood.”

•Patricia Hersch, author of *A Tribe Apart: A Journey into the Heart of American Adolescence*

“Who’s in? Who’s out? Who’s cool? Who’s not? Why is one girl elevated to royal status and another shunned? *Queen Bees and Wannabes* answers these unfathomable questions and so many more. Wiseman gives parents the insight, compassion, and skill needed to guide girls through the rocky terrain of the adolescent social world. This is such an honest and helpful book; we recommend it highly.”

•Nina Shandler, author of *Ophelia’s Mom* and Sara Shandler, author of the bestselling *Ophelia Speaks*

“Laced with humor, insight, and practical suggestions, *Queen Bees and Wannabes* is the one volume that’s been missing from the growing shelf of girl-centered publications. Wiseman explains the inner workings of teen culture and teaches parents, educators, and peers how to respond.”

•Whitney Ransome and Meg Miln Moulton, executive directors, National Coalition of Girls’ Schools

“Wiseman cuts through wishful parental thinking with a wonderful mixture of humor, facts, girls’ voices, and a healthy dollop of reality. No, the harm cliques cause is not a natural fact of life. Wiseman gives us both hope and strategies to help our girls (and boys) build a more healthy, nurturing world for themselves.”

•Joe Kelly, author, *Dads and Daughters: How to Inspire, Understand and Support Your Daughter When She’s Growing Up So Fast*, executive director, Dads and Daughters

“Rosalind Wiseman invites us into the ‘Girl World’ with insight, honesty, and humor. Based on the most thorough, helpful research I know of, this book should be required reading for parents, teachers, and health professionals.”

•Edes P. Gilbert, acting president, Independent Educational Services

ROSALIND WISEMAN is an internationally recognized expert on children, teens, parenting, bullying, social justice, and ethical leadership. Wiseman is the author of *Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence* (Crown, 2002). Twice a New York Times Bestseller, *Queen Bees & Wannabes* was the basis for the 2004 movie *Mean Girls*. In fall 2009, an updated edition of *Queen Bees & Wannabes* will be republished with a chapter on younger girls, insights on how technology has impacted kids’ social landscapes, and new commentary from girls and boys. Her

follow-up book Queen Bee Moms and Kingpin Dads was released in 2006, and she is a monthly columnist for Family Circle magazine. Additional publications include the Owning Up Curriculum, a comprehensive social justice program for grades 6-12, and a forthcoming young adult novel, Boys, Girls, and Other Hazardous Materials, in stores in January 2010. Since founding the Empower Program, a national violence-prevention program, in 1992, Wiseman has gone on to work with tens of thousands of students, educators, parents, counselors, coaches, and administrators to create communities based on the belief that each person has a responsibility to treat themselves and others with dignity. Audiences have included the American School Counselors Association, Capital One, National Education Association, Girl Scouts, Neutrogena, Young Presidents Association, Independent School Associations and the International Chiefs of Police, as well as countless schools throughout the U.S. and abroad. National media regularly depends on Wiseman as the expert on ethical leadership, media literacy, bullying prevention, and school violence. She is a frequent guest on the Today Show and been profiled in The New York Times, People, Los Angeles Times, Chicago Tribune, Washington Post, USA Today, Oprah, Nightline, CNN, Good Morning America, and National Public Radio affiliates throughout the country. Wiseman holds a Bachelor of Arts in Political Science from Occidental College. She lives in Washington D.C. with her husband and two sons.

One of the best books I've ever read for helping to deal with the tween drama of 6th grade and the start of middle school. SO MANY people had recommended this book to me, I finally bought it. I actually highlighted things in it for my husband to read as well. It actually helps to understand things that I don't recall from being a tween/teen back in the 80s. One of the best analogies she gives is about your daughter being on a sinking ship and her two options are to go into the shark infested water- alone, or to get into a lifeboat with these girls that taunt or tease her. Can she just "ignore them?" Not a chance! But her fear of being in the water alone is her only other option, so she picks... the boat. That is what our daughters are faced with every day when they go to school. Additionally it gives you SOLUTIONS- some things to say and to NOT say which was really helpful. This book is NOT going to end the drama that your daughter is dealing with, but I think it is still a very useful tool. It even touches on social media (although she may have to update it since it changes so quickly) and how to deal with all of that. I would HIGHLY SUGGEST ANYONE WITH A 10-14 YR OLD GIRL READ THIS BOOK ASAP! Glad that I did....

As a recently retired middle school and Jr Hi educator with a masters degree plus and a

grandmother of 2 girls, 12 and 7, I devoured this book and sent it on to my son (the father of the girls) and sister who has an 11 year old. This book tackles the technology issues that coexist with just "growing up" from a knowledgeable and uncomplicated references to the damage that cell phones and computer websites can have on young women and girls. I wish I had had access to this in the early 2000's so I could have been more helpful for the students I worked with. Not only does this author bring to life these issues, but she gives many ways to help girls get through this in a more ego friendly, less damaging way. The book cannot just be read by parents as an easy read for themselves, but needs to be read with the child and teach them the techniques that author has provided to help girls "walk away from" gossip and mean peers with a sense of pride, success and understanding of her place in her social world.

My granddaughter was having problems with some of the girls in her 8th grade class. She said this book really helped her adjust to the various personalities and thinks it should be read by all girls to help them understand too!

The roles within the clique were interesting, and somewhat accurate, but the book assumes that every girl fits neatly into one of them, when this is often not the case. Some girls are not in the clique, but not a target, either. Others may be friends with multiple groups and play different roles in each one. The teenage social scene is just not as clearcut as the book makes it out to be. The first issue that I had with this book was with the "quotes" from teenaged girls. I'll just come out and say that I don't buy that they're authentic. Teenage girls don't talk this way. I got the impression that a lot of the quotes were either heavily edited to fit the points Wiseman wanted to make or fabricated altogether. The next problem I had was with the shockingly bad advice given. Wiseman advises that girls being shut out or bullied should handle the teasing like mature adults by directly addressing it, telling the mean girl it hurts their feelings and they want it to stop, and then "affirming" the teaser and their relationship. Like someone else said, the mean girls would have a field day with this. They'd think it was hilarious and it would just lead to more humiliation for the target. For example, she encourages the target to approach the mean girl and say, "Hi, there's something I really need to talk to you about. Can you meet me during study hall in the library at 11:00?" In her scenario, the mean girl actually agrees, and the target proceeds to have a private meeting where she tells the girl she wants her to stop teasing her, saying things like, "[Teasing] really hurts me. I wanted it stopped. I don't know why you don't like me. I would like us to be civil to each other and respect each other." She fails to take into account the fact that in real life, the mean girl would laugh in the target's

face when she requested the meeting and then relentlessly mock and ridicule her to the rest of the clique, especially if the meeting actually happened (it probably wouldn't) and the target delivered that speech. Advising your child to do this is just setting her up for more ridicule and humiliation. It exacerbates the problem instead of resolving it. That's just the thing Wiseman doesn't seem to get. Teens aren't mature adults, and what works for an adult isn't going to work for a 13 year old "target" who is being ostracized by the school bitch. She's also too quick to encourage parents not to get involved unless it's a last resort. In some of these situations, the best possible thing, and only thing that will be effective, is for the parent to get involved and put a stop to it immediately. Not wait until the abuse from the mean girl has become so unbearable that it's your last resort. I came away from the book feeling that Wiseman doesn't understand teen girls or the middle and high school social scene nearly as well as she seems to think she does.

This is the social science behind the messiness of relationships between girls and women in large and unstable communities like school or the workplace.

I'm a teacher, and heard about this book in a conference on bullying. Having struggled with "girl drama" in my classroom before, I downloaded it to my Kindle on the spot. I appreciated the valuable insight, and was able to use some of the strategies in my classroom. A good read for parents and educators!

This book has helped me through many a drama with my 11 year old. I refer to it regularly and even bought copies for friends with daughters. It is fascinating and horrifying at the same time but offers great guidance in what can be a very difficult time for parents and their daughters

Great book that gets down to the nitty gritty cliques and gossip. This is a must have book to read when your daughter begins 4th grade. Don't wait to read it! Rosalind Wiseman hits home with the various situations covered the book. This book has been a great help to me and my daughter.

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