Gontents

Introductionı	
Survival Tip #1	
Get Used to Your Changing Body	5
You're Changing Inside and Out	
Changes in Boys	
Changes in Girls9)
Coping with Changes	2
Give Your Body the Fuel It Needs	+
Try It: Finding Food That's Right for You	5
Dieting Dangers	5
Tips: Struggling with Weight17	7
Catch Some Zzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzz	
Move That Body	•
Keep It Clean (Your Body, That Is!)2	
Stop the Invasion of the Zits2	3
Survival Tip #2	
Like the Skin You're In 20	6
Give Yourself a Self-Esteem Boost2	7
Tips: Avoiding Self-Esteem Sinkers2	8
Stay Positive3	0
Try It: Finding Positive Thoughts3	2
Feel Good About How You Look3	3
Bracing for Braces3	5
Getting Glasses3	7
Develop Good Personal Habits and a Unique Style	
A Few Words About Piercing3	8
What About Shaving?3	8
Clothing Matters4	
Tips: Get the Scoop on Celebrities4	ĺ

Survival Tip #3

Understand Your Feelings	44
What Are You Feeling?	45
Tips: Get the Conversation Going	
How Embarrassing!	
Coping with Stress	
Tips: When to Get Help	
Try It: Relaxation Exercise	
Facing Your Fears	
4 Steps to Face Your Fears	
Try It: Taking Small Steps	
Dealing with Anger	_
Sadness and Grief	
Helping Friends with Their Feelings	
SUTVIVAL TIP #4 Connect with Your Family	64
Keeping Open the Lines of Communication	
7 Ways to Get Along with Family Members	
Hot Button Issues at Home	
Rules, Rules, and More Rules	
Chores at Home	
Screen Time	
Tips: Free Time Unplugged	_
Privacy	
Tips: Sample Privacy Contract	
Agreements and Disagreements	
Try It: Family Meetings	76

Tough Times at Home	77
Tips: When Home Isn't Safe	78
The Sibling Scene	78
Staying Close to Your Family	8ı
Survival Tip #5	
Find, Make, and Keep Friends	84
What's Friendship All About?	
Making Friends	85
Tips: Fun Things to Do with Friends	
Being a Good Friend	88
When You're Not Getting Along	89
Friendship Pitfalls	91
When Friendships End	93
Online Friends and Privacy	94
Tough Stuff	97
The Ins and Outs of Middle School	98
Handling Peer Pressure	99
Coping with Cliques	102
Dealing with Bullying	103
Violence in School	106
Crushes, Flirting, Dating, and More	107
Dating Dilemmas	110
Your First Kiss	112
Survival Tip #6	
Make the Most of Middle School	114
Surviving Middle School	115
Tips: Getting Settled In at School	
Getting Along with Teachers	
Brain Power	
Different Ways of Learning	
When Learning Is Difficult	

Studying Smart and Succeeding at Homework	123
Tips: Studying SMART	125
Taking Tests	125
Tips: Getting Ready for Standardized Tests	127
Successful School Projects	128
Try It: Project Ideas Worksheet	
Preparing Reports	
Tips: Getting Help from Your Family	
Extracurricular Activities in Middle School	_
Playing Sports	137
Try It: Team Quiz	_
Joining Clubs and Community Activities	
Preparing for the Years and Careers Ahead	139
Survival Tip #7 Take Charge of Your Life	142
Make Decisions Right for You	143
Take Care of Number One	
Take Healthy Risks	148
Make Time for a Hobby	
Try It: Hobby Quiz	151
Volunteer to Make a Difference	153
Make the Most of Your Time	155
Try It: Tracking Your Time	156
Set Goals to Beat the Procrastination Blues	157
Try It: Setting Goals	158
Take Care of Your Money	160
Try It: Making a Budget	
Get Ready for What's Next	
Role Models and Mentors	165
Index	169
About the Authors	170