



# **Stick Up for Yourself: Every Kid's Guide to Personal Power & Positive Self-Esteem (Revised & Updated Edition)**

*Gershen Kaufman, Lev Raphael, Pamela Espeland*

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## **Stick Up for Yourself: Every Kid's Guide to Personal Power & Positive Self-Esteem (Revised & Updated Edition)** Gershen Kaufman, Lev Raphael, Pamela Espeland

First published in 1990, this perennial best-seller has helped countless children build self-esteem and assertiveness skills.

Newly revised and updated, it's the ultimate resource for any kid who's ever been picked on at school, bossed around, blamed for things he or she didn't do, or treated unfairly—and for any kid who sometimes feels frustrated, angry, powerless, or scared. Simple words and real-life examples show how children can stick up for themselves with other kids (including bullies and teasers), big sisters and brothers, even grown-ups.

Kids learn how to build relationships, become responsible, manage their anger, grow a “feelings vocabulary,” make good choices, solve problems, set goals, and “store” happiness and pride. Questions from real kids are paired with answers about how to handle specific situations calmly, confidently, and effectively. A special note to parents and teachers explores the “self-esteem backlash” and explains what self-esteem really is—and why kids today need it more than ever.

A wealth of practical, encouraging, realistic advice, this empowering little book is also recommended for parents, teachers, and counselors.

Part of the Bully Free Kids™ line

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