



## Teen Life Confidential: Bullies, Cyberbullies and Frenemies (Paperback)

By Michele Elliott

Hachette Children s Group, United Kingdom, 2013. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Friendships and peer relationships are one of the most difficult things about being a teen. Many face bullying of some kind or another, whether in person or on the Internet or social media. Written by Kidscape founder Michele Elliott, Teen Life Confidential: Bullies, Cyberbullies and Frenemies is a friendly, kind and practical guide to navigating these tricky relationships, and beating the bullies. Are there practical things you can do to stop being bullied - at home, at school and online? What are frenemies and how can you deal with them? How can you learn to make friends and respect yourself? If you re a bully, how can you change your behaviour? This brilliant book will tell you what bullying is, where it happens and what you can do about it, as well as how to assert yourself and develop your self-esteem. Advice is supported by quotes from teenagers, who share their own experiences, and will help to make readers feel they re not alone.



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