
**Authors’ credentials:** Mosatche holds a Ph.D. in Developmental Psychology and is Director of Program Development for the Girl Scouts of the U.S.A. She is author of an advice column for *Just 4 Girls*, and works as a program development and evaluation consultant to schools and community agencies. Unger has an MA in English and works as a membership and program consultant for the Girl Scouts of the U.S.A. She has written and published numerous articles and books for young people.

**Summary:** “Adults should have to go to school for a day to see what it’s really like for us. Things have changed so much - what we learn, what the kids are like, and just about everything else,” according to Kevin, a middle school student. If this quote seems familiar, you will find this book helpful in learning more about your middle school age adolescent’s issues and concerns. Although this book was written for students 10-14 years of age, parents will find this book helpful for refreshing their own memories of middle-school life while learning about the challenges that young teens face today.

Mosatche and Unger describe seven survival tips for middle-school students. Each tip is accompanied by activities designed to encourage middle-school students to explore their interests. Students’ quotes and observations throughout the book will reassure young adolescents that their experiences are not uncommon.

Among the issues addressed are the physiological changes that are characteristic of puberty. For parents who are apprehensive about talking to their child about such matters, the authors’ advice can serve as a good discussion starter. They also remind youngsters that liking oneself is important. Mosatche and Unger describe some activities that can lead improved self-esteem. Common stressors that can negatively impact adolescents’ self-concepts such as wearing glasses or braces, body and facial hair, and clothing and fashion choices are discussed. The authors also address adolescents’ feelings. Embarrassment, stress, fear, anger, sadness and grief are common feelings, and Mosatche and Unger offer suggestions for effectively handling these emotions. The authors describe warning signs associated with stress and grief, and encourage adolescents to ask for help. Middle-school student are urged to take greater responsibility for their lives through good decision-making, responsible money and time management and by avoiding risky behaviors. Other topics include family connections, peer relationships, and school life.

**About the reviewer:** Danea Gorbett has a B.A. in Psychology. She is a former graduate student in education at Northern Illinois University and a mother.