
**About the author:** Ms. Wiseman is the cofounder and president of the Empower Program, a nonprofit organization that empowers youth to stop the culture of violence. She speaks throughout the country and has written several articles on violence against women and girls’ self-esteem. She has been on *Oprah* and holds advisory positions on several national organizations.

**Summary:** Wiseman has written a practical guide for parents, based on her own experiences working with adolescent girls. She explains the role of cliques and what constitutes popularity during the preteen and teen years. Wiseman describes the harsh realities of "Girl World," providing parents with insights into the lives of their daughters and gives suggestions about how to help them manage peers’ teasing and gossip to which young girls are exposed. She describes the role that teen cliques play and individual identities each clique member may pursue. The clique leader is the "Queen Bee" and she holds court. The Queen bases her popularity on fear and control; she uses charisma, force, money, good looks, will and manipulation as she reigns over the other girls. The Queen’s friends will do what she wants them to do and other girls do not intimidate her.

Wiseman encourages mothers to check their emotional baggage and to reflect on her own adolescent experiences. Such reflection may affect how mothers relate to their daughters’ peer conflicts and can help to improve communication between mother and daughter. Wiseman gives advice about what to say and what words can sabotage communication. She calls these comments “landmines” and advises parents to avoid them. She also describes different parenting styles and encourages parents to identify characteristics they see in themselves. Are you, for example, a *No-Privacy Parent* or a *Worried Parent*? Does this help or hinder your relationship with your daughter? Wiseman describes the characteristics convey high status for teen girls and those conveying low status—being overweight, too opinionated, too shy, having acne, or gay. She provides specific advice to fathers by way of “Dad Alerts” and outlines some strategies that can help dads deal with contentious parenting situations. Most important, Wiseman’s advice is meant to help parents traverse the sometimes-yawning gap between the “Parent Planet” and the seemingly alien world that teenage daughters inhabit.

**Reviewed** by Ann Sassano, a mother. Ann is also a high school teacher and a former graduate student at Northern Illinois University.