

Queen Bees & Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and the New Realities of Girl World

Rosalind Wiseman, 2009

Project Prevent and Address Bullying (PPAB)

for students with disabilities

BOOK
REVIEW

Northern Illinois University | School Psychology Program

COST: \$12.99 on Amazon.com

PUBLISHER: Three Rivers Press, 2009
(third edition).

Description of content:

Queen Bees and Wannabees is a parenting guide that broadly covers girl-related issues. This book provides advice, scripts and resources for parents on topics such as cliques, technology, crushes and partying. Wiseman also provides quotes from real girls and parents that demonstrate her ideas.

Although many may be familiar with this book as the inspiration for the movie *Mean Girls*, which focuses on cliques and bullying in the form of relational aggression, this is only a small portion of Wiseman's book. The author does describe the various roles girls may play within a clique and the politics these cliques can create, but this is the focus of only a few chapters. It is also important to note that her descriptions are based more on her personal experiences as an educator rather than bullying research.

While bullying research experts were not frequently cited within her book, it may still provide general guidance to parents who are raising girls. Parents with a daughter who is experiencing relational aggression would be able to pick up this book and receive tips on how to help their daughter survive the situation and grow from the experience, and they might also get a better picture of the "Girl World" all girls are currently navigating.

Strengths:

- Engaging reading style.
- Provides a current view of the culture girls are living in, or "Girl World," as Wiseman puts it.
- Parents can use the scripts Wiseman provides in order to have more successful conversations with their daughters.
- Addresses global girl issues, so readers will learn about a variety of topics.
- Briefly touches on the social dynamics of boys, so parents with children of both genders can benefit.
- While not the main focus, the book does not shy away from serious topics such as diversity, sexuality, and drugs.

Limitations:

- Some advice is based on Wiseman's experience rather than evidence-based research
- Bullying is not the main focus of the book, which might frustrate a reader hoping to find a bullying guide for girls
- Lengthy — this will not be a quick weekend read, but readers can choose relevant chapters

Audience:

- Parents



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