

**When someone spreads rumors about you
or says mean things online . . .**

DO talk to the person about what she said. Maybe she thought it was just a joke and didn't know how much it hurt you. Talking can get the person to stop spreading hurtful words about you.

I thought it was
funny to say that.
I didn't mean it.



If the person refuses to stop, report the bullying to an adult. A teacher, principal, or parent can help put an end to it. Hurting people by spreading mean things about them is a form of harassment and may even be against the law in your area.

DON'T try to get revenge by making a mean website about the person who has been bullying you. Don't start rumors about anyone, and don't use social media to embarrass or hurt someone. If you do that, *you* are harassing—and you can get into trouble.

You can read a lot more about this very ugly thing called cyberbullying in the next chapter.





MYTH
#2

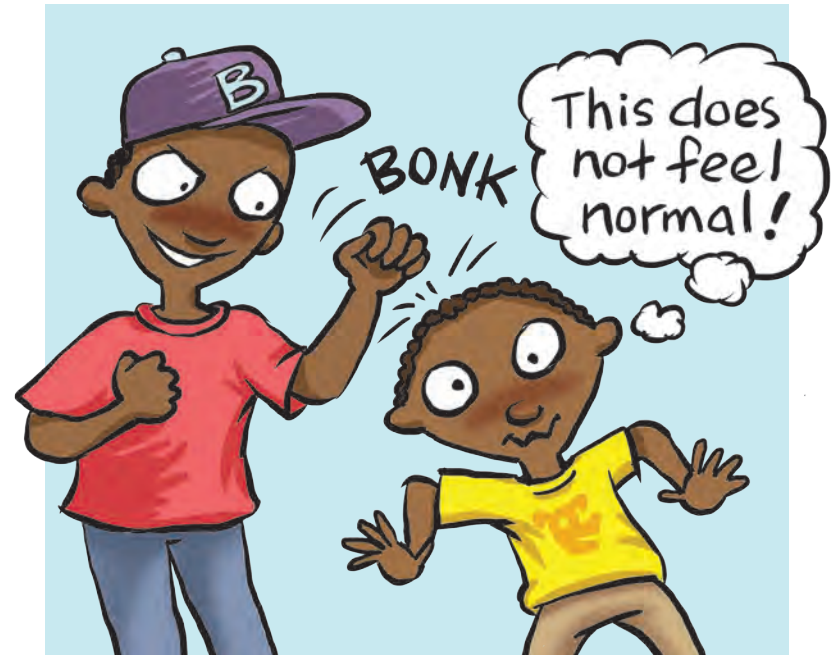
Only boys bully.

Fact: Girls bully, too. All kinds of kids bully. Sometimes girls will pick on girls and boys will pick on boys. And girls will sometimes pick on boys, and boys will sometimes pick on girls.

MYTH
#3

Getting bullied is a normal part of growing up.

Fact: What's "normal" about feeling afraid to go to school? Or putting up with threats or physical abuse? This myth is just an excuse for bad behavior. Plus it helps create a "code of silence" about bullying. If you think bullying is "normal," you don't say anything about it, and you don't do anything about it. Nobody else does, either. Meanwhile, kids keep on bullying.

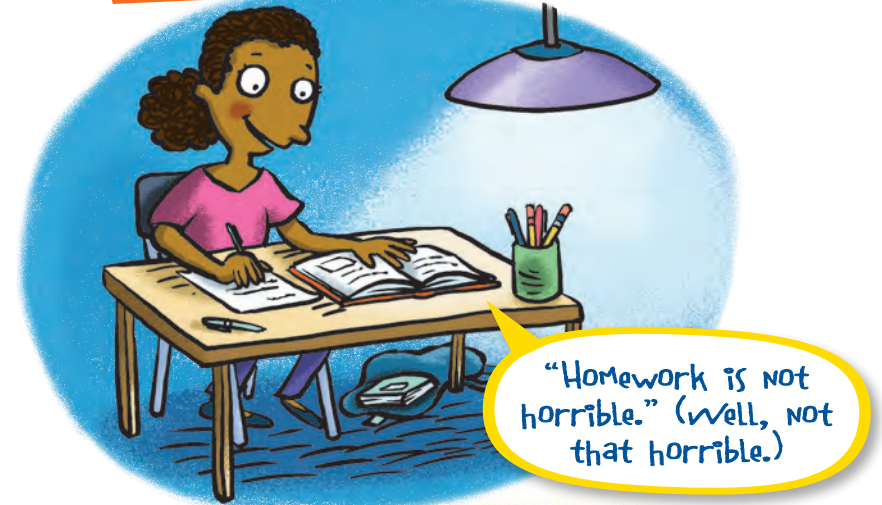


Here are a few good reasons for doing homework:

- It helps you practice skills that you haven't fully learned yet. And it helps you review skills that you have learned.
- It gives you the chance to finish up tasks that you couldn't get done during school hours.
- It helps you learn and grow.



Now, repeat after me:



9 Hints for Doing (And Get-Throughing) your Homework

HINT #1 Go Screen-Free

You cannot watch television or videos—or play games on your phone, or text, or get on social media—and do your homework at the same time. It doesn't work! People who do their homework while looking at screens often develop "Screen-Homework-Neck." (This is a nervous twitch of the head that occurs as a result of continually flicking your head up, down, or over to get a quick look at the screen as you work.) The more you flick, the more you twitch. The more you twitch, the more you flick.

This terrible condition gets worse as you age. "Screen-Homework-Neck" is embarrassing when you get old enough to kiss and you keep missing the other person's mouth.

Many kids do their homework on a computer, tablet, or other electronic device. These devices make it very tempting to be distracted. It's so easy to switch over to another app to play or watch videos! To stay focused,

you have to be strong! Make a deal with yourself that you will do **homework only** for 30 minutes, then reward yourself with five minutes of playtime. Some kids turn off Wi-Fi on their devices until they have completed their homework.



True Friends Rule!

Kids who have solid friendships feel better about themselves and are happier than kids who don't. That's because friends offer help and support. Friends are good to talk to, and they're fun to be around.

When somebody else likes you, it's easier for YOU to like you, and the world becomes a nicer place to be in. If you don't know what on earth we're talking about, read this page again, but slowly this time.



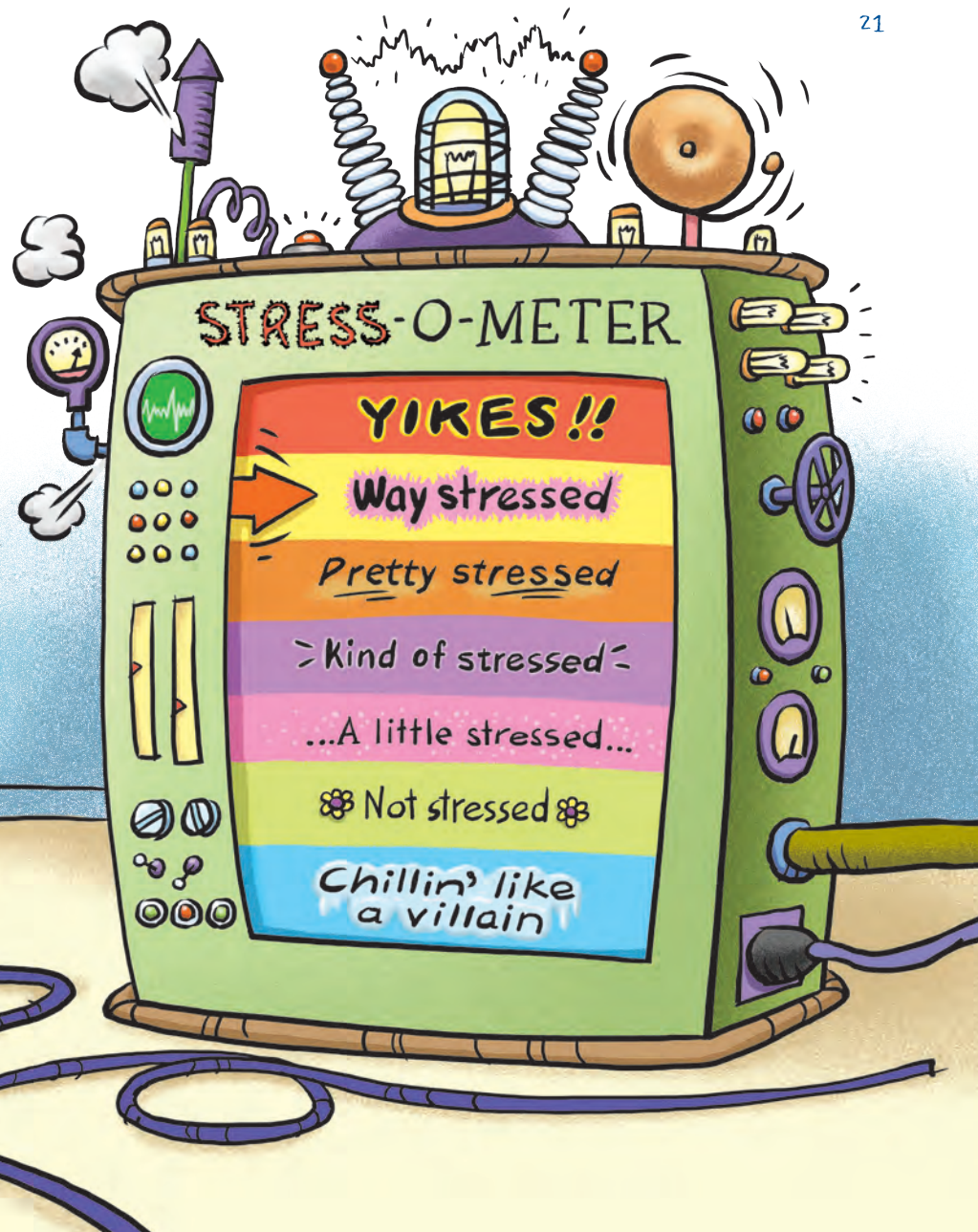
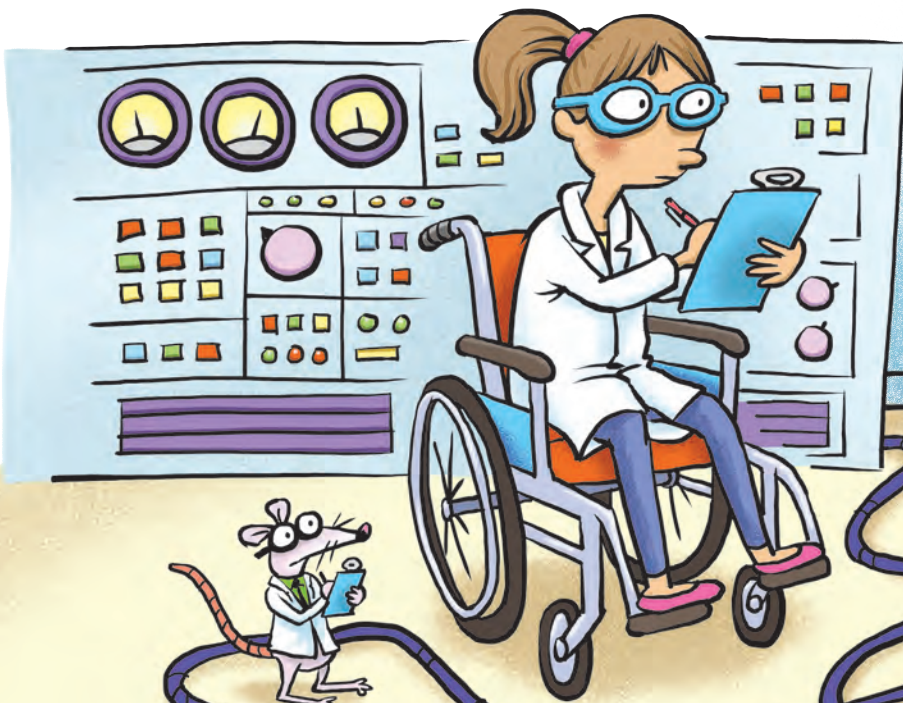
Are Your Friendships the Real Deal?

Real friends like the real you. You don't have to impress them or be phony around them. That's the great thing about friends.

Real friends accept you as you are. They're there for you when you're upset or have a problem. They keep your secrets and know what makes you laugh. Best of all, they care about you, and you care about them.

Why, Oh, Why Do we Have Stress?

Stress can be measured in levels. How stressed are you right now?



Introduction

Why You Need This Book

Everyone gets angry. There isn't one person on the planet who hasn't been angry before. Some people deal with their anger a lot better than others. And some can't seem to cope with their anger at all.

No matter who you are, anger can make you feel like a real monster.

