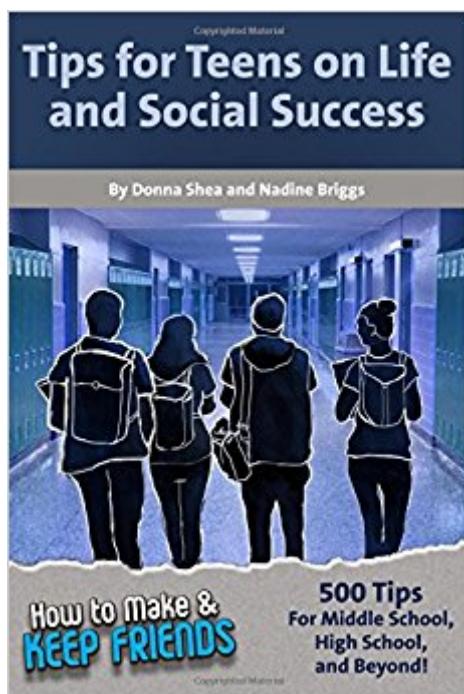


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# How To Make & Keep Friends: Tips For Teens On Life And Social Success (Volume 3)



## Synopsis

Being a teenager isn't always easy, and navigating friendships and relationships can be especially difficult for some teens. Our goal in writing this third book in our friendship series was to help make the social journey through the teenage years an easier one. This time in life can feel both exciting and difficult. There are some challenges that every teen experiences. These include: • Changing Brains • Changing Bodies • Strong Emotions • Understanding Yourself • Developing a Value System • Awkwardness • Changing Friendships • Barriers to Social Success We know from our experience as social coaches that everyone is friend-able. • Sometimes a teen need a little support or advice to make that happen. We had real teens help us with writing the tips in this book. This book builds on the tips that we talked about in our best-selling book for younger kids, *How to Make & Keep Friends: Tips for Kids to Overcome 50 Common Social Challenges*. For tweens or younger teens, the end of our first book and the beginning of this one will be the right developmental combination of tips. The book is meant to be used as a reference guide. We did not intend for it to be read cover to cover. Teens can easily flip to the section they want to know more about and read only the parts that will be interesting and helpful them as an individual or for a specific situation. There is a total of 500 immediately actionable tips for teens to use. We have sections that cover: • Personal Hygiene • Building Self-Confidence • Managing Strong Feelings • Being Excluded, Ignored or Rejected • Considering Another's Point of View • Conflicts and Disagreements • Online Presence and Gaming • Interviews and Appointments • Accepting Criticism • Dating and Sexuality • And much, much more!

## Book Information

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## Customer Reviews

Donna Shea and Nadine Briggs are both accomplished social educators. They each facilitate friendship groups at their respective centers in Massachusetts. Donna's center is The Peter Pan Center for Social and Emotional Growth located in Boxborough and Nadine owns Simply Social Kids in Tyngsborough. Both Donna and Nadine are parents of children with special needs. Donna and Nadine consult to schools, parent groups, and human service agencies. They are also seasoned public speakers and travel to bring workshops and seminars to schools, conferences, and other venues across the country. Nadine and Donna are certified in bullying prevention through the Massachusetts Aggression Reduction Center and are creators of the How to Make & Keep Friends Social Success in School Initiative to provide classroom training and team building for school systems. Donna and Nadine would love to hear your feedback on their books, speak with you about providing programming in your area, or keep in touch with you about new books and materials. Find them on Facebook, Twitter, and LinkedIn. Email them at [howtomakeandkeepfriends@gmail.com](mailto:howtomakeandkeepfriends@gmail.com) or Visit them online at [www.howtomakeandkeepfriends.com](http://www.howtomakeandkeepfriends.com) and sign up to receive updates and their weekly blog posts.

Great book. It has a lot of useful tips for making friends and learning about being independent. Lots of teens have trouble making friends and I think this book will be helpful to them and their parents. Its organized well enough that you don't have to read it all at once.

How to Make & Keep Friends: Tips for Teens on Life and Social Success is a helpful read for teens who are worried about back to school. The book is divided into four sections: Self, Others, Online and Social Media, and College, Work, and Adulthood. Within each section are about a dozen different chapters like fitting in, bullying and meanness, personal hygiene, real friends checklist, online presence, driving, accepting criticism, and more. Each topic has a short introduction and then a list of coping strategies for each of the chapters. I liked the "Adjusting to Social Feedback" chapter that discussed non-verbal feedback, being conscious of social norms, conversation tips, and respecting personal space. The format of this book is "teen-friendly". The anecdotes are relatable and the tips on how to deal with each scenario is simple and straight to the point, exactly what a teen wants. The examples shared in the book are common occurrences at the school where I work. I look forward to sharing this book with my students in my work as a school counselor. I see myself with a student dealing with a particular issue, finding a relevant chapter in this book, having them read it, then discussing with them what they learned.

I have been waiting for this book to come out. As a School Counselor, I have Donna & Nadine's first book for younger children but really looked forward to having tips for teens to use in my work with older students. This book has surpassed my expectations and has so many practical, helpful ways that teens can be coached! Social situations that many people find challenging are spelled out clearly -- and it's great to have these ideas laid out in such an easy-to-use format. I know I will be using this resource frequently in my work.

Tips for Teens on Life and Social Success is a great resource for supporting teenagers who have difficulties navigating through the many social issues that arise in their lives. Shea and Briggs shed light many of the problematic scenarios that develop for teens and how we, as educators can help. As a high school teacher, I really enjoyed reading the book and could see many of my own students in the pages. The book is aimed at teens and is very readable. You can start at any chapter - "Peer Pressure", "Building Self confidence" - whatever the need is - OR you can read from cover to cover. Teenagers should find this book very helpful.

This book gives concrete tips for teens to help with navigating the often overwhelming interactions that happen at school, in the community, and even online. This is a great resource for helping to engage in important conversations as a parent. Having the book to look at together really helps to facilitate short, to the point, conversations that impart key safety and wellness strategies. I would recommend this book to any parent of a tween or teen.

As a middle school teacher, I can't tell you how helpful this book is for young teens! There are so many helpful hints to helping them through one of the most difficult times in their lives- middle school and high school are tough! But this book has some wise words to help them through...

As a teen, this book was helpful in figuring out what to do in some social situations. The authors really understand what it's like to be a teen. Great book!

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