



Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence

By Rosalind Wiseman

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The Basis for the Movie Mean Girls

PARENTS CAN MAKE A DIFFERENCE IN GIRL WORLD

Do you feel as though your adolescent daughter exists in a different world, speaking a different language and living by different laws? She does.

This groundbreaking book takes you inside the secret world of girls' friendships, translating and decoding them, so parents can better understand and help their daughters navigate through these crucial years. Rosalind Wiseman has spent more than a decade listening to thousands of girls talk about the powerful role cliques play in shaping what they wear and say, how they feel about school, how they respond to boys, and how they feel about themselves. In this candid and insightful book, Wiseman discusses:

- Queen Bees, Wannabes, Targets, Torn Bystanders, and others: how to tell what role your daughter plays and help her be herself
- Girls' power plays, from birthday invitations to cafeteria seating arrangements and illicit parties, and how to handle them
- Good popularity and bad popularity: how cliques bear on every situation
- Hip Parents, Best-Friend Parents, Pushover Parents, and others: examine your own parenting style, "Check Your Baggage," and identify how your own background and biases affect how you relate to your daughter
- Related movies, books, websites, and organizations: a carefully annotated resources section provides opportunities to follow up on your own and with your daughter

Enlivened with the voices of dozens of girls and parents and a welcome sense of humor, *Queen Bees and Wannabes* is compelling reading for parents and daughters alike. A conversation piece and a reference guide, it offers the tools you need to help your daughter feel empowered and make smarter choices.

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Editorial Review

From Publishers Weekly

Wiseman (*Defending Ourselves: Prevention, Self-Defense, and Recovery from Rape*), offers parents a guide to navigating the adolescent landscape. Acting as a liaison between "Girl World" and "Planet Parent," Wiseman helps parents understand their daughters' friendships, the power of cliques and the roles of girls within them (including Queen Bee, Sidekick, Torn Bystander, Messenger and Target). She outlines parenting styles (from "The Lock-Her-in-a-Closet Parent" to "The Loving-Hard-Ass Parent") and offers tips on talking to teens ("Don't use the slang your daughter uses"). The second half concentrates on boys, sex and drugs as well as what to do if your daughter needs professional help. Within each chapter, "Check Your Baggage" sections challenge parents to recognize their own biases and remember what it was like when they were teens; as well, Wiseman offers scripts for discussing difficult issues and advice on how to deal with them. The author also forthrightly addresses the issue of homosexuality. To wit, a "Homophobic Questionnaire" that turns the tables on parents with questions such as "What do you think caused your heterosexuality?" Wiseman's straightforward humor, sound advice and practical approach make this a must-read for anyone involved in the lives of teenage girls. Back matter offers extensive resource listings including fiction and nonfiction titles, movies and helpful organizations and their Web sites.

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From [Booklist](#)

Forget the stereotypes of sugar and spice. Girls are *mean*, and as this book and a recent *New York Times Magazine* cover story indicate, their subtle, insidious style of bullying is rapidly garnering attention and concern. Wiseman, who founded a nonprofit company dedicated to empowering teens, calls on her extensive face-to-face research with teens in this book that exposes the social minefields of female adolescence and the deep scarring that can result. Wiseman also gives an excellent overview of the common patterns of aggressive teen girl behavior with an increased focus on a parent-teacher audience, offering valuable practical advice, including how to talk about hard issues like sexual harassment. She also offers admirable, groundbreaking insight into an all-too-common issue and will be invaluable to any adult struggling to help a girl get through her teens. Also suggest Sharon Lamb's revealing title *The Secret Lives of Girls*. Gillian Engberg

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Review

"Wise, humorous, life-affirming advice for parents that is utterly respectful of girls. I recommend parents mark it up, turn the corners of pages, and heed Wiseman's creative and practical strategies for guiding girls along the sometimes treacherous pathways of growing up today. **Queen Bees and Wannabes** is Mapquest for parents of girls, from fifth grade all the way to young adulthood."—Patricia Hersch, author of **A Tribe Apart: A Journey into the Heart of American Adolescence**

"Who's in? Who's out? Who's cool? Who's not? Why is one girl elevated to royal status and another shunned? **Queen Bees and Wannabes** answers these unfathomable questions and so many more. Wiseman gives parents the insight, compassion, and skill needed to guide girls through the rocky terrain of the adolescent social world. This is such an honest and helpful book; we recommend it highly." —Nina Shandler, author of **Ophelia's Mom** and Sara Shandler, author of the bestselling **Ophelia Speaks**

"Laced with humor, insight, and practical suggestions, **Queen Bees and Wannabes** is the one volume that's

been missing from the growing shelf of girl-centered publications. Wiseman explains the inner workings of teen culture and teaches parents, educators, and peers how to respond.”—Whitney Ransome and Meg Miln Moulton, executive directors, National Coalition of Girls’ Schools

“Wiseman cuts through wishful parental thinking with a wonderful mixture of humor, facts, girls’ voices, and a healthy dollop of reality. No, the harm cliques cause is not a natural fact of life. Wiseman gives us both hope and strategies to help our girls (and boys) build a more healthy, nurturing world for themselves.”—Joe Kelly, author, **Dads and Daughters: How to Inspire, Understand and Support Your Daughter When She's Growing Up So Fast**, executive director, Dads and Daughters

“Rosalind Wiseman invites us into the “Girl World” with insight, honesty, and humor. Based on the most thorough, helpful research I know of, this book should be required reading for parents, teachers, and health professionals.” —Edes P. Gilbert, acting president, Independent Educational Services

From the Hardcover edition.

Users Review

From reader reviews:

Christopher Kennedy:

The experience that you get from *Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence* is the more deep you excavating the information that hide into the words the more you get thinking about reading it. It doesn't mean that this book is hard to know but *Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence* giving you thrill feeling of reading. The copy writer conveys their point in certain way that can be understood by means of anyone who read this because the author of this guide is well-known enough. This particular book also makes your own vocabulary increase well. Making it easy to understand then can go with you, both in printed or e-book style are available. We recommend you for having that *Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence* instantly.

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