



Over 115,000 copies in print—NOW REVISED AND UPDATED!

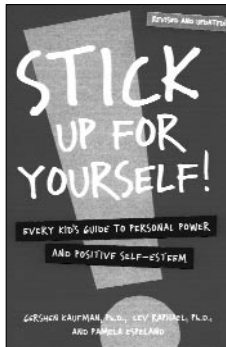
STICK UP FOR YOURSELF! Every Kid's Guide to Personal Power and Positive Self-Esteem

The backlashers are wrong!
Self-esteem isn't the culprit. Contempt for others is.

Contact

Amy Dillahunt
612.338.2068

- “Read, America!” Selection
- National Parenting Center Seal of Approval



(Minneapolis, MN)—NEWS FLASH! Positive self-esteem is *not* about being told you're wonderful (or telling yourself that you are); it's about doing worthy things. Positive self-esteem is not about the “warm fuzzies” of pizza parties, pencils, or stickers. **It's a feeling of genuine pride based on accomplishment**—positive actions, real achievements, and growth—not a false pride based on the need to diminish others. **STICK UP FOR YOURSELF! Every Kid's Guide to Personal Power and Positive Self-Esteem** (\$11.95, Free Spirit Publishing) helps kids ages eight to twelve understand the importance of knowing, valuing, and *being* yourself while striving to do what's right for you—and others. **STICK UP FOR YOURSELF!** is a kid-friendly guide full of practical, fun, and easy-to-use methods that help kids develop the personal power they need to make the right choices every day.

From trading Pokémon cards to bullies, it's hard to learn how to make yourself feel good without making someone else feel bad. With **STICK UP FOR YOURSELF!**, kids can learn how to take control of their own lives, and understand that mastering self-control and personal responsibility are necessary partners to developing self-esteem and personal power. The power to say no to negative behaviors, the power to speak up for what you believe is right, the power to realize that it's okay to be yourself—not who someone tells you to be in order to be part of this group or that clique—and the power to help someone who needs it.

Having personal power means taking responsibility for ourselves and knowing who we are, what we feel, and what's important to us. Add that to positive self-esteem—being duly proud of ourselves and our real accomplishments—and you have the two most important psychological skills that kids need in order to thrive personally and socially. With personal power and positive self-esteem, kids feel secure inside themselves, are more willing to take positive risks and accept personal responsibility, and can better cope with life's changes and challenges.

Part One of **STICK UP FOR YOURSELF!** concerns personal power: what it is, how to get (and use) it. As authors Gershen Kaufman, Lev Raphael, and Pamela Espeland explain, there are five main keys to getting and using personal power:

- **Being Responsible**—for both your behavior and your feelings.
- **Making Choices**—and understanding the difference between realistic and unrealistic expectations.
- **Getting to Know Yourself**—defining and understanding your feelings (and learning to cope with feelings that seem too strong to handle) and balancing your dreams with your needs.
- **Getting and Using Power in Your Relationships and Your Life**—including help in dealing with authority figures, parents, peers, and bullies.
- **Learning How to Live Happily Ever After**—by keeping a daily “Happiness List” of the five things that made you happy today. This wonderful tip helps kids see that no day is really a bad day, and even when they face a bump in the road, there are things they can do to increase their happiness all by themselves.

Part Two of **STICK UP FOR YOURSELF!** centers on self-esteem. The authors are quick to point out that self-esteem is not conceit, arrogance, or superiority, and that kids alone are responsible for their own self-esteem—it's not something that can be given to them by anyone else or taken away. The section begins with a useful quiz that shows kids how high (or low) their own self-esteem really is and how this concept plays out in their daily lives (how they feel about who they see in the mirror, how they handle making mistakes, how they interact with family and peers, etc.). This section also offers a wonderful tool for recognizing and developing the positive thoughts and "esteemable" deeds that all kids can feel great about: The I-Did-It List not only helps kids recognize what they're already doing right, it reminds them that when it comes to self-esteem, actions—not words of praise—create pride. By making a daily list of five things they did that they were proud of—from not losing their temper to helping a sibling with homework to taking out the trash—kids are reminded that they are probably already doing *at least* five things each day in which they've displayed good judgment, kindness, responsibility, or a talent.

Real self-esteem doesn't rise from indiscriminate praise, flattery, or inflated self-worth—these things are bad for kids. Real self-esteem is based on facts and truths, real achievements, and competencies that grow when kids help others, spend time with people who love them, and feel good about what they've accomplished. As the authors conclude, "Self-esteem isn't something we're born with. It's something we learn, which means it can—and should—be taught." With **STICK UP FOR YOURSELF!** kids can learn to shape their own lives and future—taking pride in their accomplishments, responsibility for their actions, and steps to develop their abilities—without diminishing or blaming others. They'll be ready to stick up for themselves, strive for success, and prepare for life.

Also available: **A TEACHER'S GUIDE TO STICK UP FOR YOURSELF! A 10-Part Course in Self-Esteem and Assertiveness for Kids** (\$19.95, ISBN 1-57542-069-4).

###

Excerpts and interviews are available through Free Spirit Publishing.
Contact Amy Dillahunt, 612-338-2068, dillahunt@freespirit.com

STICK UP FOR YOURSELF!

EVERY KID'S GUIDE TO PERSONAL POWER AND POSITIVE SELF-ESTEEM

by **Gershen Kaufman, Ph.D., Lev Raphael, Ph.D., and Pamela Espeland**

ISBN 1-57542-068-6 • \$11.95 • Softcover • 128 pp. • Illust. • 7¼" x 9¼" • Ages 8–12

About the Authors

GERSHEN KAUFMAN, Ph.D., is a Professor in the Counseling Center and Psychology Department at Michigan State University, the author of *SHAME: THE POWER OF CARING* and *THE PSYCHOLOGY OF SHAME: THEORY AND TREATMENT OF SHAME-BASED SYNDROMES*, and coauthor with Lev Raphael of *DYNAMICS OF POWER: FIGHTING SHAME AND BUILDING SELF-ESTEEM* and *COMING OUT OF SHAME*. **LEV RAPHAEL** has an M.F.A. in Creative Writing and a Ph.D. in American Studies. With Kaufman, he codeveloped and cotaught the program, "Affect and Self-Esteem," on which *DYNAMICS OF POWER* and *STICK UP FOR YOURSELF!* are based. Book critic for National Public Radio's "The Todd Mundt Show" and "Mysteries" columnist for *The Detroit Free Press*, Raphael is also the author of three Nick Hoffman mysteries, most recently *THE DEATH OF A CONSTANT LOVER*. **PAMELA ESPELAND** has authored and coauthored many books for children and adults including *WHAT KIDS NEED TO SUCCEED*, *WHAT TEENS NEED TO SUCCEED*, *MAKING THE MOST OF TODAY*, and *MAKING EVERY DAY COUNT* (all for Free Spirit Publishing).

About Free Spirit Publishing (www.freespirit.com)

Helping kids help themselves™ since 1983

Headquartered in Minneapolis, MN, Free Spirit Publishing Inc. is an award-winning publisher specializing in *SELF-HELP FOR KIDS®* and *SELF-HELP FOR TEENS®*. Free Spirit's mission is to provide children and teens—and the adults who care for and about them—the tools they need to succeed in life and to make a positive difference in the world.