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How Rude!

## SILVERWARE SIGNALS

Silverware has its own body language. Here's what various positions mean:



"I'm still eating."



"I'm about to pass my plate for seconds."



"I'm done."



"I'm a slob."

## USING CHOPSTICKS

If the chopsticks are stuck together, separate them. You'll notice that they taper at one end. Use the smaller, narrower ends for picking up food; usually they're round, while the top ends are square. You'll hold the chopsticks about half to two-thirds of the way up, keeping the ends even.

Hold the upper chopstick—the one that moves—as if it were a pencil (almost). Support it between your second and third fingers, but extend them a bit straighter than if you were writing.

Don't rest the upper chopstick in the hollow between your thumb and index finger, as you would a pencil. That's where you'll rest the upper half of the bottom chopstick. Support the lower half with the tip of your ring finger. The bottom chopstick stays fixed, while the upper chopstick pincers up and down when you move your second and third fingers.

On second thought, never mind. It's impossible to explain how to use chopsticks. Get a friend to show you—or ask the waiter for a fork.



**Eat, Drink,  
and Be Wary**

## The Do's and Don'ts of Delightful Table Manners

### Do . . .

- . . . wait to sit until everybody is present and all ladies have been seated
- . . . wait to eat until everybody is served—unless your hostess tells you to please start
- . . . take small portions when food is passed
- . . . offer to pay the dry cleaning bill of anyone upon whom you spill food
- . . . learn to talk with a little food in your mouth and your lips closed (this skill will serve you well at business lunches)
- . . . finish swallowing one mouthful before taking another (or a sip of your beverage)
- . . . take small bites and chew with your mouth closed
- . . . pace your eating so you don't get ahead of or behind the others in your group
- . . . sit up straight and lean slightly over the table when putting fork to mouth
- . . . keep your humming to a minimum.

### Don't . . .

- . . . redip the bitten ends of veggies or chips into the communal bowl of dip (you may redip the other ends)
- . . . pick your teeth at the table

*continued*

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# How Rude!™

The Teenagers’ Guide to Good Manners,

Proper Behavior,

and Not Grossing People Out

Most etiquette books are preachy, boring, and dull. This one keeps you laughing as you learn the basics of polite behavior in all kinds of situations—at home, at school, in public, with friends, with strangers, at the mall, at the movies, on the phone, online, in conversations, at job interviews, in restaurants, on elevators, in cars, on skates, at parties, at formal dinners, on the bus, and anywhere you go.

You’ll find out how to cope with cliques • handle friendship problems • be a host with the most (and a guest with the best) • offer someone your seat • fight fair • answer invitations • deal with rude adults • respond to bigoted remarks • write a letter • dress properly for any occasion • survive a formal dinner • master the proper techniques for civilized spitting, scratching, sneezing, yawning, coughing, hiccuping, nose-picking • and *much* more.

Hundreds of “Dear Alex” questions and answers cover everything from dating to breaking up, thank-you notes to table manners, ethnic jokes to obscene phone calls, skateboarding to driving. “True Stories from the Manners Frontier” divulge the shocking consequences of *not* having good manners. Survey results reveal what teens, parents, and teachers think about manners and why they’re important.

*How Rude!* is a veritable encyclopedia of etiquette. It’s an all-encompassing how-to guide to the manners you need to know. It’s a comprehensive compendium of commonsense advice on issues that matter to you. And it’s a riot to read.

Alex J. Packer, Ph.D., is a very polite educator, psychologist, and screenwriter. He has been Headmaster of an alternative school for 11- to 15-year-olds and Director of Education at the Capital Children’s Museum. He is currently President of FCD Educational Services, Inc., in Boston. Alex is also the author of *HIGHS! Over 150 Ways to Feel Really, REALLY Good... Without Alcohol or Other Drugs*, the acclaimed *Bringing Up Parents: The Teenager’s Handbook*, and the “How Rude! Handbooks” series for teens (*Family Manners, School Manners, and Friendship & Dating Manners*).

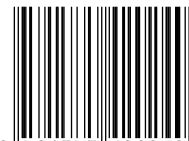
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