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## Introduction

# HOW THIS BOOK CAN HELP YOU



- Do you get in trouble a lot (even though you try to do the right thing)?
- Do you have problems following the rules in school and at home?
- Do you have a hard time sitting still or staying in one place?
- Do you have problems learning because you can't stop thinking about your feelings?
- Do you hit people or yell at them when you're angry or upset?
- Do you have trouble making friends and keeping them?
- Do you sometimes feel really sad?
- Do you feel bad about who you are and the things you do?
- Have you stopped trying to behave well because you don't think you can?

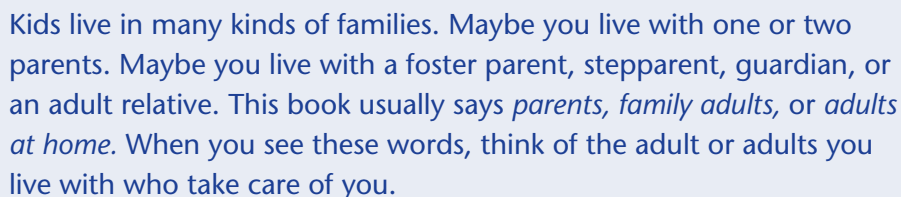
If you said **YES** to any of these questions, this book is for you!



**HAVE YOU BEEN GIVEN A BEHAVIOR “LABEL”?** This book can help you if you have been given a label like BD, EBD, SED, or anything else that has to do with behavior. (You’ll read more about these labels a little later.) To keep things simple, I use the term BD in the book. But the ideas fit kids with other behavior labels, too. Look for answers in this book to questions like these:

- Why do kids with BD have trouble making good choices?
- What can kids with BD do about having it?
- Why don’t teachers, parents, and other kids understand kids with BD?
- How can kids with BD make things better for themselves?

**WHAT IF YOU DON’T HAVE A BEHAVIOR “LABEL”?** Maybe behavior is a problem for you even though you don’t have a label like BD. This book can help you, too. It’s full of ideas for learning to take charge of your own behavior so you can get along better with teachers, other kids, and parents.



Kids live in many kinds of families. Maybe you live with one or two parents. Maybe you live with a foster parent, stepparent, guardian, or an adult relative. This book usually says *parents*, *family adults*, or *adults at home*. When you see these words, think of the adult or adults you live with who take care of you.

- **A book especially for kids with BD, ED, EBD, or SED, and anyone else who needs help getting along**
- **Written for kids to read themselves—so they can help themselves**

"Kids who use this book will not only make their own lives better, but also ease the lives of family adults, classmates, and teachers."

—Steven R. Forness, Ed.D.,  
Professor, School Principal, and  
Chief Educational Psychologist,  
UCLA Neuropsychiatric  
Hospital, Los Angeles, CA

# THE BEHAVIOR SURVIVAL GUIDE FOR KIDS

"A great book—very practical and helpful. Positive, encouraging, and supportive."

—Eleanor Guetzloe,  
Professor Emerita,  
Department of Special  
Education, University of  
South Florida

Some kids get in trouble a lot. Every day is a struggle for them. They can't seem to make good choices, no matter how hard they try.

Does this sound like you? If it does, you know that behavior problems are no fun. Neither is being labeled BD, ED, EBD, or SED. But maybe you just don't know how else to act. That's true for many kids with behavior challenges.

This book is full of ideas for you to try. They have worked for other kids, and they can work for you.

## LOOK INSIDE TO FIND:

- **What BD means—and does not mean**
- **Reasons why some kids have BD**
- **The scoop on school programs**
- **True stories about real kids**
- **Smart choices for dealing with feelings**
- **Ways to get along better at school and at home**
- **"Tricks" to help you track your progress**
- **A glossary of words you need to know**
- **A list of resources (books, organizations, and Web sites)**
- **And much more**

## GROWN-UPS:

There's something for you, too. Visit the Free Spirit Web site ([www.freespirit.com](http://www.freespirit.com)) for an extensive list of resources for parents and teachers, available as a free download.

**TOM MCINTYRE** (Dr. Mac) is a professor of special education at Hunter College of the City University of New York. A popular workshop presenter and keynote speaker, he hosts the award-winning Web site for teachers and parents, [www.behavioradvisor.com](http://www.behavioradvisor.com).

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