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Cliques, Crushes, True Friends: Developing Healthy Relationships

Alison Canar

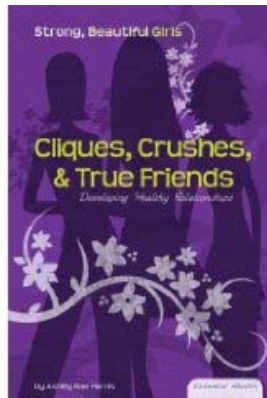
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Harris, Ashley Rae. *Cliques, Crushes, & True Friends: Developing Healthy Relationships*. ABDO Publishing Company, 2009. ISBN 9781604530995. \$22.95. 112 p.

Reviewer: Alison Canar

Reading Level: Intermediate, Young adult

Rating: Dependable

Genre: Informational books;

Subject: Interpersonal relations--Juvenile literature; Teenage girls --Psychology--Juvenile literature; Books--Reviews;

Friendship and dating hold top priority for many middle school girls. During this age of physical change and emotional turmoil, adolescents could use some friendly guidance. *Cliques, Crushes, & True Friends* is part of a series for young women entitled *Strong, Beautiful Girls*. It aims to help girls develop the interpersonal skills to successfully navigate through peer relationships by thinking critically about real-world situations. Included are chapters about different roles one might play in a friendship and a variety of scenarios to consider.

While the majority of the book is written by Harris or “Ashley” as she would like to be known to readers, it also features insights from psychologist Dr. Vicki, founder of the Better Parenting Institute. The end of each chapter contains an analysis from Dr. Vicki, “Get Healthy” tips to learn from the chapter, and a final word from Harris. The book deals with subjects, such as drug use and sexuality, that some parents might not feel comfortable sharing with their young daughters. On the other hand, these are issues that teens will likely face in their peer groups, and the book deals with inoculation techniques such as recognizing when to say no and how to stand up for oneself. Older readers might find the writing style too heavy-handed, but for interested middle school readers, this could be a useful book to foster high-order thinking and social introspection.

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