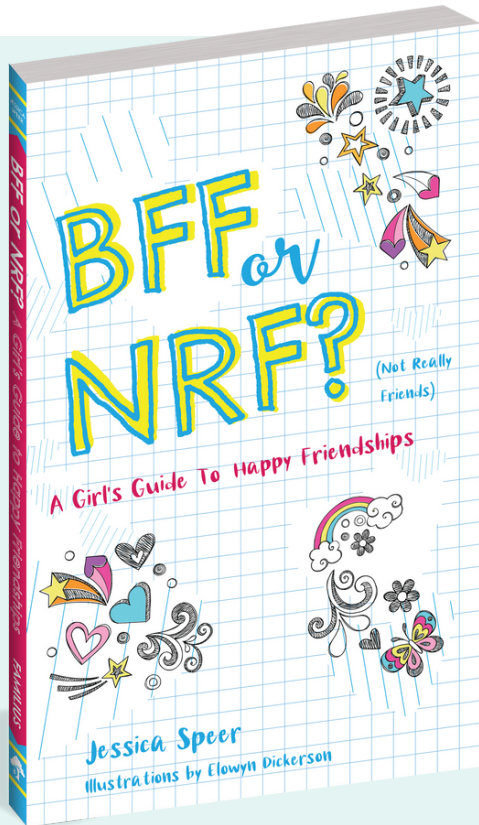


# BFF OR NRF? (NOT REALLY FRIENDS) A GIRLS GUIDE TO HAPPY FRIENDSHIPS

BY JESSICA SPEER - ILLUSTRATED BY ELWYN DICKERSON

Packed with fun quizzes, illustrations, and stories, **BFF or NRF** is the ultimate guidebook to help readers explore the ins and outs of friendship.



ISBN: 9781641701952

Age Range: 8-12

## CHAPTER TOPICS

- 1: Quiz-How Healthy Are My Friendships?
- 2: Quiz-How Are My Friendship Skills?
- 3: The Friendship Pyramid
- 4: What Qualities Do I Like in Friends?
- 5: "Oops, I Wish I Hadn't Said That"- Managing Big Emotions in Healthy Ways
- 6: Speaking Up with "I Power" When Your Friend Isn't Treating You the Way You Want to be Treated
- 7: Tricky Friendship Scenarios - What Would I Do?
- 8: Navigating Conflict and Bullying
- 9: Making New Friends
- 10: Taking Care of Myself During Rough Patches
- 11: Putting It All Together

## POSSIBLE INTERVIEW QUESTIONS

- Why are friendship and social struggles common in the preteen and teen years?
- The book shares nine hidden friendship truths. What are some of these truths?
- What is the Friendship Pyramid, and why is it useful?
- The book explores the difference between conflict and bullying and ways to respond to each. Why this is helpful for girls to understand?
- The book has interactive components, like quizzes and fill-in-the-blanks. Why is that important?

## ABOUT JESSICA SPEER

Jessica Speer is the award-winning author of **BFF or NRF (Not Really Friends)? A Girls Guide to Happy Friendships** and **Middle School - Safety Goggles Advised**. Her interactive books engage and entertain readers by combining the stories of preteens and teens with fun activities and practical insights. She has a master's degree in social sciences and explores social-emotional topics in ways that connect with kids.

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