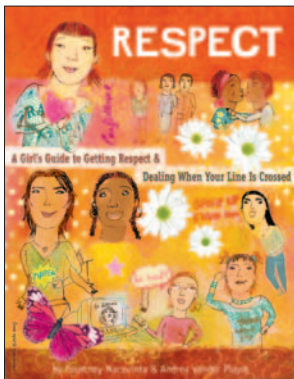




FOR
IMMEDIATE
RELEASE

Contact

Amy Dillahunt
612.338.2068
dillahunt@freespirit.com



**RESPECT:
A GIRL'S GUIDE TO GETTING
RESPECT & DEALING WHEN
YOUR LINE IS CROSSED**

**Courtney Macavinta &
Andrea Vander Pluym**

girls ages 13 & up

Respect is connected to everything, from how girls feel about themselves and others to the choices they make. This smart, savvy book helps teen girls get respect and hold on to it.

www.respectgirls.com

Respect is *real* girl power

RESPECT

A GIRL'S GUIDE TO GETTING RESPECT & DEALING WHEN YOUR LINE IS CROSSED

Courtney Macavinta and Andrea Vander Pluym

Great book! A thorough guide that both parents and girls will love.

—Rosalind Wiseman, author, *Queen Bees and Wannabes*

... honest, inclusive, whip-smart. This book has the power to change the world.

—Angela Watrous, editor, *Bare Your Soul:*

The Thinking Girl's Guide to Enlightenment

Respect *inspires girls to replace self-doubt with far more powerful beliefs: self-respect, sisterhood, and social change*

—Peggy Orenstein, author, **Schoolgirls: Young Women, Self-Esteem, and the Confidence Gap**

Minneapolis, Minnesota—“We’re going to tell you something that no one told us straight out when we were growing up: Respect is every girl’s birthright,” say authors Courtney Macavinta and Andrea Vander Pluym. In their new book, **RESPECT: A GIRL'S GUIDE TO GETTING RESPECT & DEALING WHEN YOUR LINE IS CROSSED** (Free Spirit Publishing, \$15.95), Courtney and Andrea show girls how to build respect for themselves and others by taking care of their minds and bodies, setting boundaries, and taking action to make the world a better place.

With an understanding “big sister” style, **RESPECT** covers topics teen girls face every day like body image, family, friends, the media, school, relationships, and rumors. It confronts tough issues like sexual harassment, date rape, sex, drugs, and alcohol. Activities, journaling exercises, and sample dialogs provide strategies to make girls confident. Quotes and advice from teen girls provide a real voice to common teen issues.

Courtney and Andrea admit “as teens we struggled to find respect without a compass or a clue.” In **RESPECT**, they encourage every girl to find her voice and become a “girl on a mission.” Living with respect is about supporting other girls and speaking up when your line is crossed. Lack of respect can damage how girls see and treat themselves, and the effects can last a long time. They can lead to family problems, lower grades, poor relationship choices, and lack of extracurricular activities. Andrea and Courtney show girls that without respect, they can’t reach their full potential, but *with* respect, they can learn to make healthy choices and be powerful advocates for themselves and others.

No makeup tips, pink glitter, or sexy clothes—**RESPECT** shows every girl that respect is always within reach because true respect starts on the inside. *That’s the kind of girl power every teen girl can use!*

Excerpts and interviews are available through Free Spirit Publishing.
Contact Amy Dillahunt, 612.338.2068, dillahunt@freespirit.com

###

**RESPECT:
A GIRL'S GUIDE TO GETTING RESPECT & DEALING WHEN YOUR LINE IS CROSSED**

**Courtney Macavinta &
Andrea Vander Pluym**

ISBN 1-57542-177-1 • \$15.95 • 7" x 9" • 240 pp. • two-color illust.



Courtney Macavinta



Andrea Vander Pluym

About the Authors

Courtney Macavinta and Andrea Vander Pluym are the former editors of the popular online and radio network ChickClick, and award-winning writers whose articles have appeared in *Teen*, *MXG*, *All About You*, *Shape*, *Variety*, the *Washington Post*, the Associated Press, *CNET News.com*, *Wired News*, the *Sacramento Bee* online, and Time Warner publications.

Courtney was featured in the book *Cool Women, Hot Jobs* (Free Spirit) and has appeared on radio, TV, and in national print media as an expert on subjects from women's media to politics. Andrea is the author of *What Should I Do?* (Scholastic) and has also lectured on writing for teens at national conferences.

Courtney and Andrea are dedicated to giving teen girls the respect they deserve and have worked with organizations including Girls For A Change, the YMCA, Bay Area Teen Voices, Girls in the Hall, Bay Area Girls Center, CanTeen, the Ms. Foundation's Take Our Daughters and Sons to Work Day, and Impact Bay Area Self-Defense for Women and Girls. Both live in Northern California.

Topics authors can speak about:

Building girls' self-respect, self-worth, confidence, body image, eating disorders, healthy living, media influence, gender stereotypes, risk-taking, family communication, friendship, peer pressure, sisterhood, teen relationships, sexual activity/trends, sex education, communicating boundaries, bullying, sexual harassment, teen activism, girls' rights, teen safety and self-defense, dating violence, stalking.

*You need it. You want it.
You deserve it.*

Learn more about *Respect*
at

www.respectgirls.com



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.