



# Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good About Yourself

By Scott Cooper

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**Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good About Yourself**  
By Scott Cooper

What if every kid had a handy toolbox of ways to get along with others? That's just what this book is: a collection of 21 concrete strategies kids can pull out and use to express themselves, build relationships, end arguments and fights, halt bullying, and beat unhappy feelings. Like the Mighty Might, which takes all the fun out of teasing. And the Thought Chop, which helps kids resist self-defeating thoughts. And the Squeaky Wheel, a type of persistence that gets results. And the Coin Toss, a simple way to resolve small conflicts. Each tool is clearly described, illustrated with true-to-life examples, and accompanied by dialogue and lines kids can practice and use. Stories and anecdotes show each tool in action. A terrific resource for any young person and any adult committed to teaching social skills. Includes a note to adults.

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### **Editorial Review**

#### Review

“A handy resource for all youth workers and educators.”—*Youth Today*

“Excellent communication book. . . . Do-able skills written in kid-friendly vernacular”—*Youthworker*

Read, America!, Selected

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About the Author

Scott Cooper is an anti-bullying advocate and has provided workshops on the topic throughout northern California. He has been a school board president and member of the Sonoma County Advisory Board of Drug Programs. Scott has past experience teaching, coaching basketball, and working as a bilingual aide. He is CFO of a planning and design firm and a member of the National Audubon Society. He is the author of *Sticks and Stones: 7 Ways Your Child Can Deal With Teasing, Conflict and Other Hard Times* (Three Rivers Press, 2000).

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##### **Eleanor Bender:**

The feeling that you get from Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good About Yourself is a more deep you excavating the information that hide in the words the more you get thinking about reading it. It does not mean that this book

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**Annette Dixon:**

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