



The Manual to Middle School: The "do This, Not That" Survival Guide for Guys

Jonathan Catherman

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The transition from elementary school to middle school can be particularly difficult for boys. Too big to be little and too little to be big, they face the perfect storm of changing bodies, rushing hormones, and learning challenges. They may now begin to struggle with grades, behavior, and relationships with family and friends. Boys are often frustrated and embarrassed by trying to figure out on their own what to do and what *not* to do in this new environment with new expectations.

Jonathan Catherman and his two sons--one current and one former middle schooler--offer boys ages ten to twelve the practical help they need to make the move to middle school as painlessly as possible. The "do this, not that" format covers a hundred relevant topics and situations middle school boys will face, including school lockers, bullies, test taking, cell phone use, homework, gossip, leadership, respect, sports, and many more.

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Carrie Talbott says

My middle school son is not a big reader but he flew through this. Super practical (and funny) tips. He loved it!
