



# **Deal With It: A 12 Week Study on Teenage Girls' Anger (Youth Specialties (Paperback))**

*Mary Huebner*

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Anger is a regular part of every middle school girl's world. Often times, this anger can appear as open aggression where girls bully one another, or they can unhealthily suppress their anger. But there are godly and appropriate ways students can respond to situations that make them angry. Deal With It gives youth leaders the tools to help middle school girls deal with their anger. Through activities that include reading and responding to stories about Maria, a fictional teen, students will learn to recognize their anger and find healthy ways to express their emotions.

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