

Laugh & Learn®

Cliques, Phonies & Other Baloney



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Trevor Romain & Elizabeth Verdick
Illustrated by Steve Mark

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A wise person once said this.
Maybe Oscar Wilde, maybe
Thomas Merton, no one knows
for sure. But from now on, you
can say it and sound **really,**

really
smart.

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Why You Need This Book (No Baloney)

Clique: It's a word that's spelled funny and sounds funny and (like a vampire) can be a pain in the neck. The word *clique* sounds like *trick*. It's tricky being "cliquey" as you go through school.

Here's one definition:

CLIQUE (noun): a narrow, *exclusive* group of people—especially one held together by common interests and views.

Exclusive means having the power to *exclude* certain people, or keep them out. So, cliques like slamming the door on others. BANG!



Cliques can make you feel:

SHUT OUT

Lonely

SCARED

worried

angry

unwelcome

unhappy

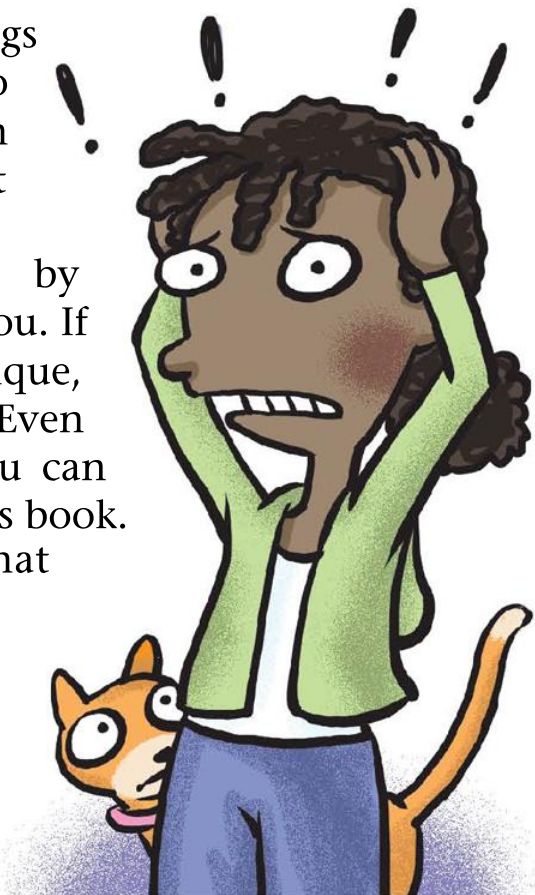
unpopular

PRESSURED

Any of those feelings make it harder for you to have fun, pay attention in school, or be confident about who you are.

If you're bothered by cliques, this book is for you. If you're dying to be in a clique, this book is for you, too. Even if you're in a clique, you can learn something from this book.

This book is about what cliques are, what they do, and what *you* can do about *them*. It's also about making friends—those important people in your life who don't mind if you act goofy or make mistakes. You'll learn that having good friends isn't always the same thing as being popular or being in a clique. You'll also discover that the best way to get along with people—at school or anywhere else—is to be friendly and respectful.



Best of all, you'll see that being yourself—not someone else—can help you grow up with greater confidence.

Chapter 1

Are You Sick
of Cliques?

Does a clique at your school leave you feeling annoyed, uneasy, and a little queasy?

If cliques make you sick, you might have **cliques vomititus**, otherwise known as the clique sickness. Maybe you feel like throwing up because a clique is being cliquey. This means clique members:



1. Leave out other kids on purpose.
2. Act like they're better than everyone else.
3. Set rules or standards about how others "should" dress, behave, or be.

Clique sickness might make you want to skip school. It's hard to get out of bed and face another day of feeling like you don't belong. But each new day is a chance to kick that sickness. It may help to look closer at what makes a clique a clique.

The Ins and Outs of Cliques

Remember that definition of a clique (see page 1)? An important word in it is *exclusive*. A clique *excludes* others, or leaves them out.

A clique is different from a "group of friends." You may have a few close friends you hang around with. Maybe you live near each other, participate in the same sport or club, sit by each other at lunch, and share interests. Nothing wrong with that—especially if you make room for others to join in.





A clique has a different approach. Cliques are sticky—they stick together like glue. The members of the clique are almost always together. Maybe they take up a whole lunch table or block the hallway as they walk side by side in a line. The message is: “We’re **IN**. You’re **OUT**.”

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