

FROM THE EXPERTS AT THE GOOD HOUSEKEEPING INSTITUTE

★ GH little lab ★

Expert Advice + Inspiration
for Your Family + Pets

Teen author and
influencer Carrie Berk,
17, has some surprising
advice for other kids.

Three ways to
Build
Bully-Proof
Confidence
in Your Kids

Your
style
Your
superpower

CONFIDENCE

CUE #1

“Surround yourself with people who lift you up.”

— Carrie Berk, 17

This isn't just one of Carrie Berk's mottoes — it's some of her best anti-bullying advice. When Carrie was bullied in elementary school, then cyberbullied a few years later, she didn't cower or retaliate. Instead, she wrote a book about dealing with bullies and built a career around empowering other teens too. Since then, the teen author and influencer has shared her unique approach through her books and a website — and right here.

Cultivate Confidence

When Carrie was teased for her flashy outfits, she hid in all-black clothes. But after realizing that by flaunting her style she could help others feel more confident, she started a style-empowerment blog



MODEL TEEN

“Carrie puts her whole heart into it,” says Sheryl of their books. “It’s her voice.”

called *Carrie's Chronicles* to encourage others to embrace what made them unique. Today she walks down the school halls in glitter sneakers, head held high. “I want to show that you should be yourself unapologetically and express the exclamation point of who you are,” she says.

Focus on the Positive

“Surround yourself with people who lift you up,” Carrie advises. “Whoever that special person is for you, invest your time in doing fun activities with them, not worrying about what the bully is thinking.” That theme carries through her first series, *The Cupcake Club*, which she began writing when

she was 8 with her ghost-writer mom, Sheryl. The pair have now authored two other series, *Fashion Academy* and *Ask Emma*, for a total of 21 books.

Don't Fuel the Fire

“Firing back at the bully will only exacerbate the situation,” Carrie says. “Put your energy toward your passions instead of seeking revenge. Bullies can't compete with shining stars.” Instead of engaging with online trolls, she throws herself into her projects.

Along with writing, Carrie serves as a teen ambassador for the anti-bullying initiative **NoBully.org** and responds to messages from other kids to spread love instead of negativity.

CONFIDENCE CUE #2

ZEN OUT WITH BARBIE

The latest incarnation of a classic doll is helping kiddos find inner peace. When they press Breathe With Me Barbie's necklace, her soothing voice and light-up shirt lead them through five guided meditations. Studies show that yoga and meditation help children cope with stress and anxiety — now Barbie can too.

SOURCE: Study published in *Psychology Research and Behavior Management*, April 2018.

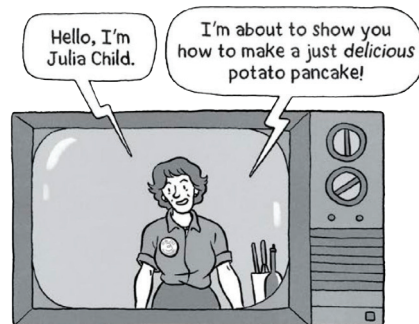


BARBIE, \$20.
MATTEL

CONFIDENCE CUE #3

TEACH GIRLS AND BOYS HER-STORY

This past February, the girl-power magazine *Kazoo* came out with *Noisemakers: 25 Women Who Raised Their Voices & Changed the World*, a special publication to teach kids about strong historical women in an eye-catching comic book format. We loved this ode to Julia Child that turns cooking into a life lesson.



“Girls deserve to be the heroes of their own stories,” says Erin Bried, editor in chief of *Kazoo*. “But boys also need to know that women are, and have always been, powerful.”

NOISEMAKERS, \$26, AMAZON

