



LIKE



ABILITY

≡ THE TRUTH ABOUT POPULARITY ≡



BY LORI GETZ, MA &

MITCH PRINSTEIN, PhD, ABPP



LIKE ABILITY

≡ THE TRUTH ABOUT POPULARITY ≡



*To Brian, Charlie, and Lainey, who inspire me daily to be
the best person I can be. And when I don't get it right,
remind me that I get to try again tomorrow—LG*

*To Samara, Max, and my wife, Tina, who teach me every
day about the relationships that matter most—MP*



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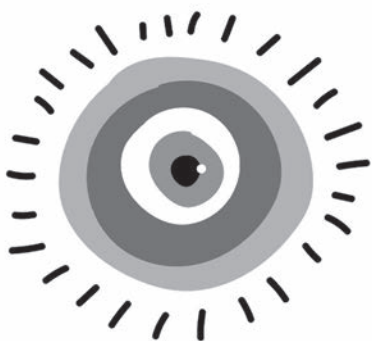
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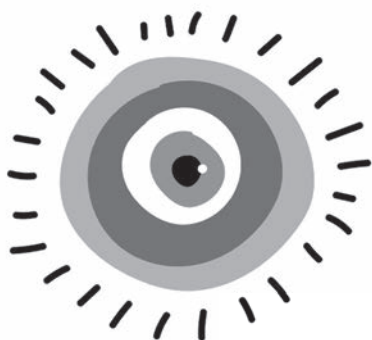
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INTRODUCTION



If we asked you what you care about, what would be on the list? Probably some standard answers like school, family, and being a good person—but what else? We’ve often found that when people are being honest, they spend a lot of time thinking about what others think of them and about their relationships with peers. Who is friends with whom? Who is most popular? What are classmates posting on social media? Social dynamics have always been complicated, even when previous generations were growing up without the internet, but things are far more complex today. Now, teens live in a fishbowl where every action and relationship can be subject to comments, approval, and even ratings. It’s a new world that most adults have a hard time relating to and understanding.

Parents try (mostly without success) to explain teen culture to teens. They do their best to sort through the drama, desperately trying to keep up with all the players and their relationships. They mean well. They are

wise (due to the many years they too spent as teens). But no matter how smart a parent might be, you probably don't want to hear, "When I was your age..."

So instead, we (the authors) decided it was time to write about popularity for YOU rather than for your parents. This workbook is NOT about knocking down those who are popular, or an attempt to convince you that popularity is a bad thing. In fact, all the research points to the exact opposite: popularity is important!

Instead, we offer you something different: science and research, stories, and an opportunity to decide for yourself which type of popularity YOU want to have. Popularity is not an elusive goal granted only to a select few. Believe it or not, anyone can become the right kind of popular with a little bit of insight and a whole lot of reflection.

This workbook is filled with stories that will make you wonder, shake your head, laugh, and most of all, think about yourself.

We want to give you the information without the lectures! We want you to find yourself in the stories so you can identify who you are right now and who you want to be.

First, we'll talk about what popularity is, and what the different types are. Then we'll talk about why popularity is important—what makes people care about it in the first place? We'll look at how people get popularity, why it's so complicated, and finally, how you can affect your own popularity. Each chapter has activities and prompts to help you reflect on the concepts and create an understanding of how to approach different situations. The goal of the workbook is to encourage and promote self-awareness and develop your individual recipe for the right kind of popular. So are you in? Are you ready to learn the truth about popularity, why it's important, and how to achieve the kind you want? If so, here we go!