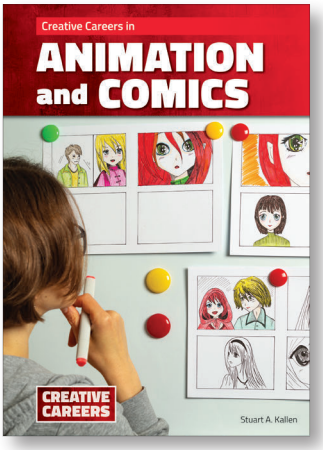
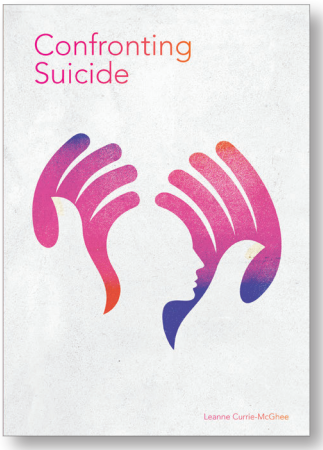
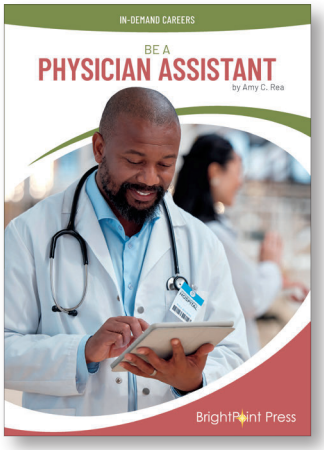
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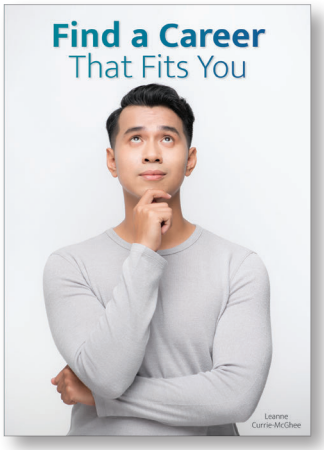
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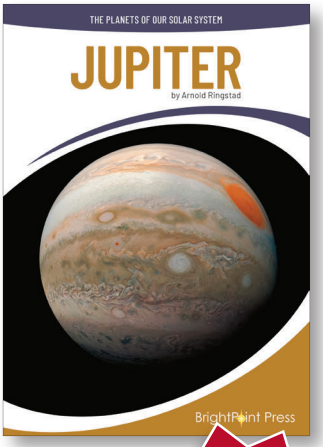




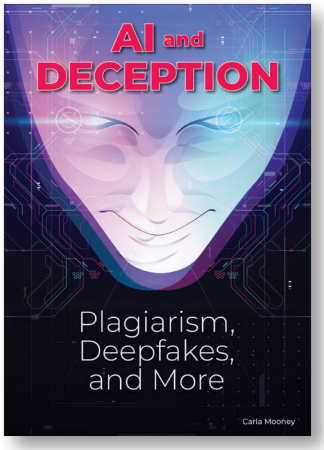




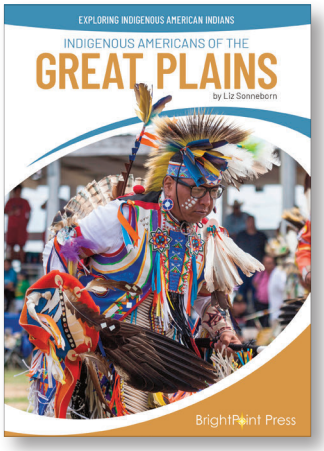


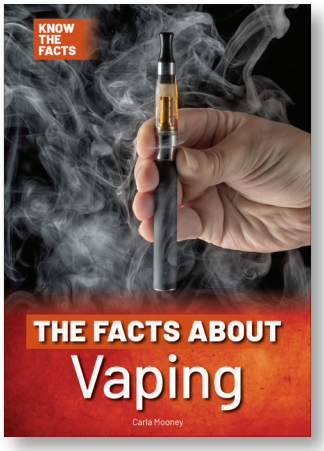












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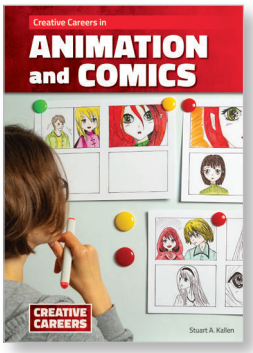
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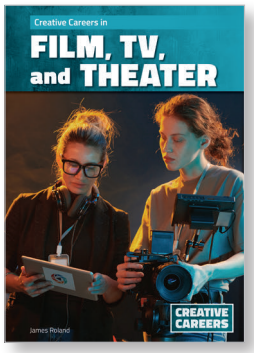
Creative Careers

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Creativity does not get a lot of attention when people start thinking about careers, but it is the focus of this series. Each book introduces readers to jobs that require creativity and imagination. The chapters describe what those jobs entail, required education and training, and more. Additionally, all books feature quotes from industry insiders.





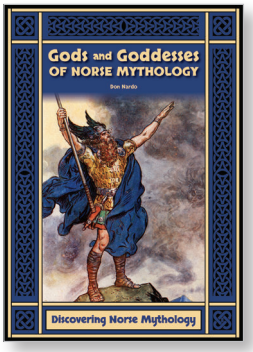


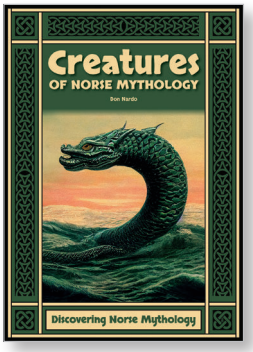


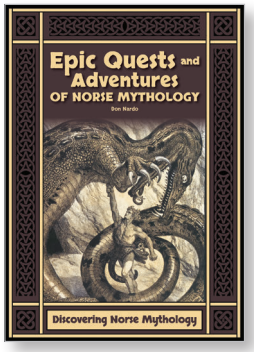
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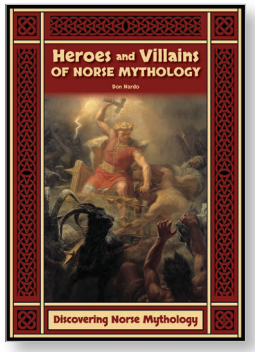
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The world of the ancient Norse peoples was populated by a strange, wondrous, and sometimes frightening array of creatures and beings. The books that make up the *Discovering Norse Mythology* series take readers on a journey through this ancient world. Stories of heroes and villains, epic quests, mythical realms, deities, and creatures will appeal to mythology enthusiasts and newcomers alike.







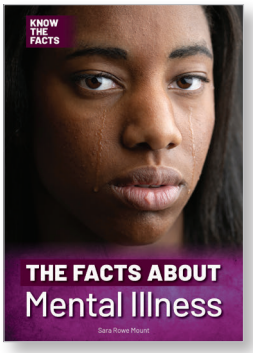


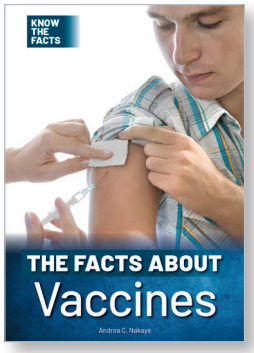
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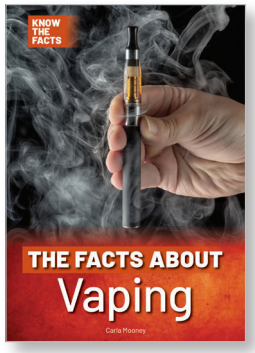
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When it comes to social issues, almost everyone has an opinion. The problem is a lot of those opinions are not informed by facts. This series presents a factual context for understanding hot-button issues such as gun violence and vaccines. Through clear, accessible writing and fully documented sources, the books enhance critical thinking and thoughtful discussion of important social issues.





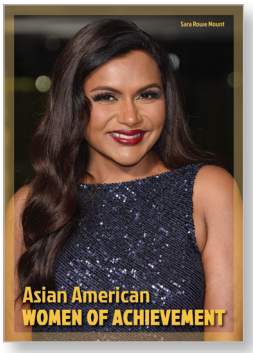




Women of Achievement

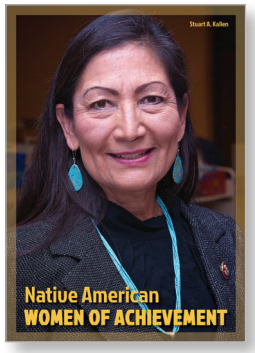
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Throughout US history, women of various racial and ethnic backgrounds have contributed to every sector of society—from science and the arts to politics and social justice. And they have done so despite hardships and structural barriers. The *Women of Achievement* collective biography series profiles the lives and accomplishments of bold and inspiring American women from all walks of life.









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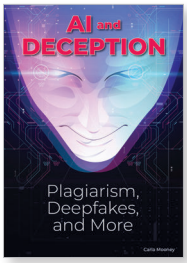
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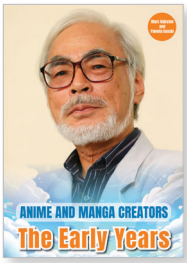
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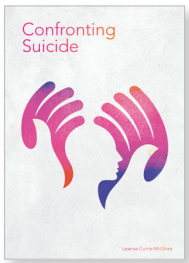
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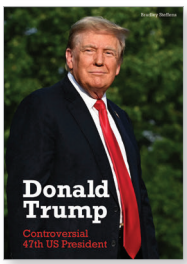


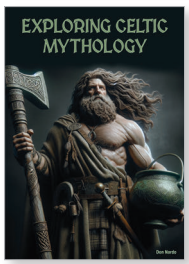


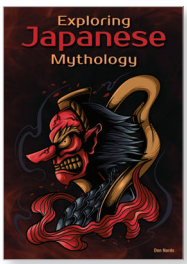




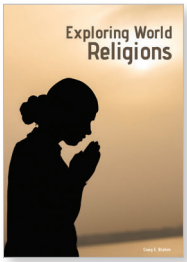






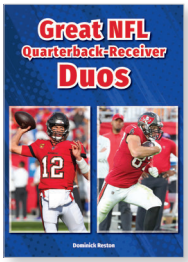


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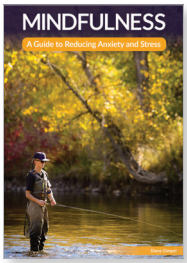


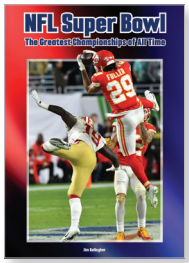


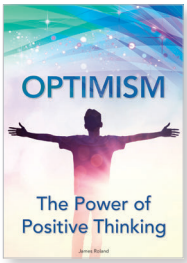


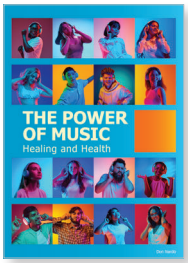




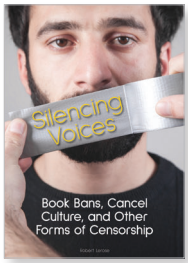






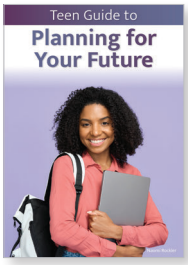


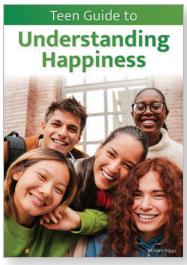


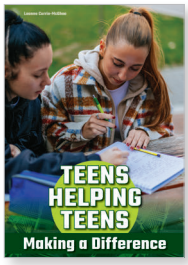




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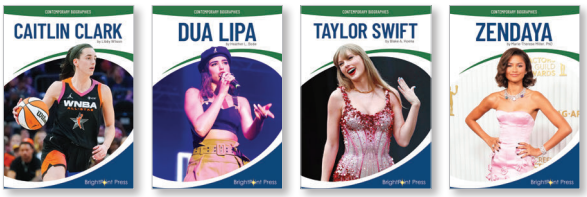
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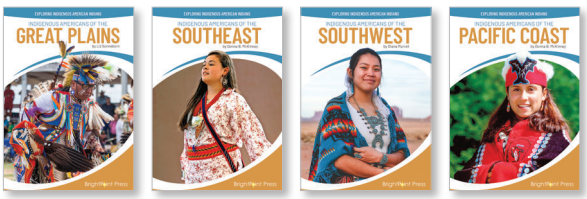
America's Ethnic Diversity • Page 58

America's Ethnic Diversity explores six of the major ethnic groups that have made the United States their home. The series provides background about each group's history, culture, religions, achievements, and challenges. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.



Contemporary Biographies • Page 16

Contemporary Biographies follows the career paths of five women who have made their mark in the worlds of media or sports. This series tells the stories of the stars' early lives and touches on key accomplishments and challenges they've faced during their time in the spotlight. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.



Exploring Indigenous American Indians • Page 62

Exploring Indigenous American Indians teaches readers about North America's Indigenous Nations. The books in this series explore dozens of Indigenous Nations from across the country and delve into the Nations' diverse history, beliefs, culture, and present-day lives. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.



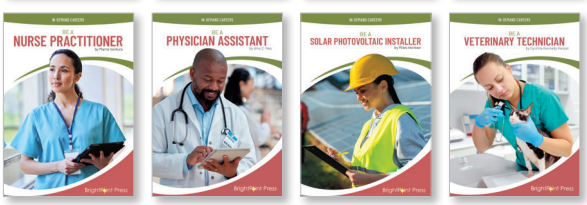
Haunted Places • Page 70

Haunted Places explores different locations that are believed to be haunted, including asylums and hospitals, graveyards, hotels, houses and mansions, and ships and lighthouses. This series examines what makes these places appear to be haunted and highlights the experiences that everyday people and ghost hunters have had there. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.



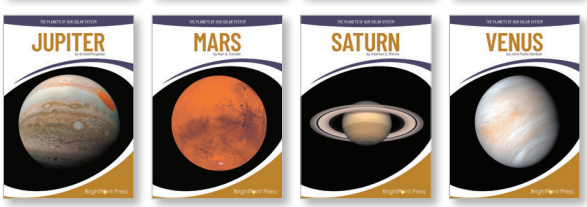
Holidays and Celebrations Around the World • Page 60

Holidays and Celebrations Around the World provides a glimpse into five cultures and the holidays and events they honor. These celebrations may be tied to religious observances or linked to other important dates that have helped shape the culture. This series examines the history, traditions, and significance of these special days. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.



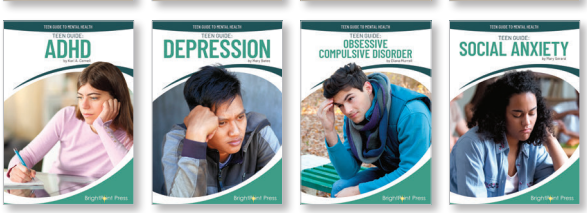
In-Demand Careers • Page 22

In-Demand Careers looks at rising STEM-based careers in today's economy. The series explores each job's responsibilities, education and training, and future outlook. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.



The Planets of Our Solar System • Page 72

The Planets of Our Solar System explores the eight planets of the solar system as well as the major dwarf planets. The books in this series provide information about the main physical characteristics of each planet, discuss the discovery and study of the planet before the space age, and detail what people have learned by exploring the planet using spacecraft. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.



Teen Guide to Mental Health • Page 46

Teen Guide to Mental Health discusses ADHD, social anxiety, depression, obsessive compulsive disorder, and helping someone in crisis. The books in this series define the mental health issue, explain how it affects teens' daily lives, and provide ways teens can find support. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

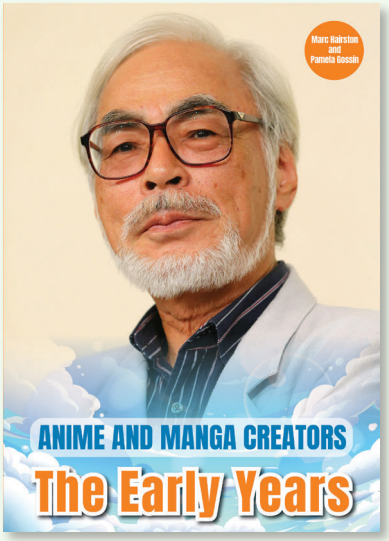
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Anime and Manga Creators: The Early Years

Grades 6–12 • Anime



Anime and Manga Creators: The Early Years

(eBook)

978-1-6782-1094-6 *(1095-3)*

Hardcover: List ~~$45.26~~

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eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, vocabulary, source notes, for further research section, websites, index



NEW AUGUST 2025

eBooks available

see p. 2

Anime and Manga Creators: The Early Years introduces readers to some of the most influential artists and writers of the formative years of anime and manga. Each chapter provides an overview of one important creative artist's life and explains how each got started, gained experience, and overcame challenges as they produced their most famous anime or manga work. These stories offer much to encourage, guide, and inspire rising anime and manga creators of all ages.

Anime and Manga Fan Culture



Anime and Manga Fan Culture

(eBook)

978-1-6782-1068-7 *(1069-4)*

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NEW AUGUST 2025

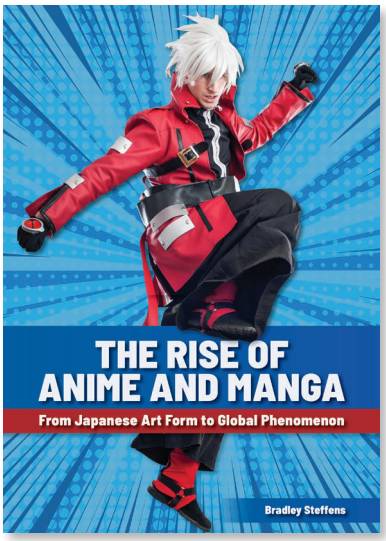
eBooks available

see p. 2

An estimated 2.9 billion people enjoyed anime and manga in 2024. Some fans are casual viewers and readers. Others celebrate the popular stories and characters in their daily lives. This book explores the many facets of anime and manga fandom and the enduring appeal of the Japanese art forms.

Anime Single Titles

Grades 6–12 • Anime



The Rise of Anime and Manga: From Japanese Art Form to Global Phenomenon

2024

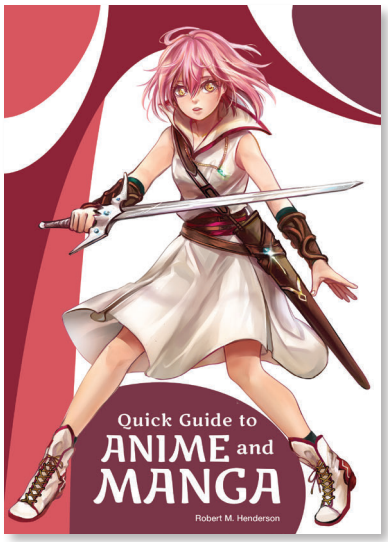
(eBook)

978-1-6782-0586-7 *(0587-4)*

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eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index

Manga and anime have risen from obscure art forms with cult followings to mainstream cultural forces. This book traces the development of manga and anime from their roots in medieval Japanese artwork to their record-shattering success on bestseller lists and in box office receipts. It also discusses their impact beyond the page and screen—in conventions, cosplay, toys, games, apparel, and accessories.



Quick Guide to Anime and Manga

2021

(eBook)

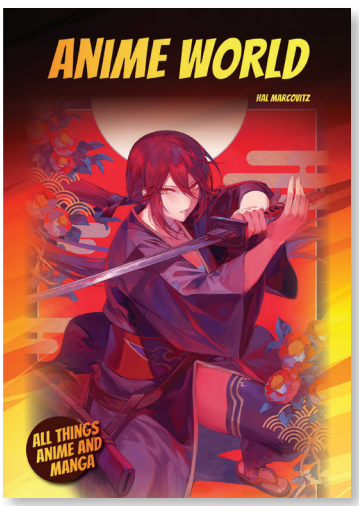
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Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, for further research section, source notes, index

Anime and manga are surging in popularity, creating legions of new fans, and bringing in billions of dollars in revenue. This quick guide covers all the essential titles and artists while exploring the reasons why these uniquely Japanese art forms have captured the imagination of so many different types of people throughout the world.

All Things Anime and Manga



Hardcover: List ~~$45.26~~
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4-Book Set: List ~~$181.04~~
School & Library $135.80
eBook: Single User $33.95
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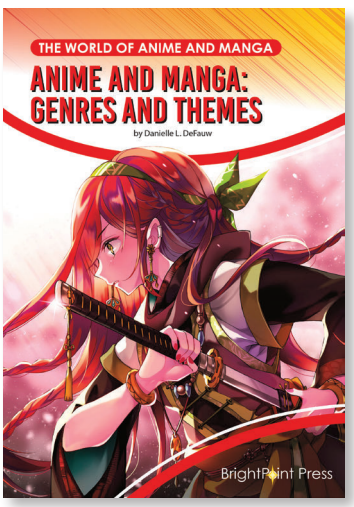
series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

eBooks available see p. 2

All Things Anime and Manga offers teens a close-up look at the vast and ever-changing worlds of anime and manga and the many genres that make up those worlds. The series also includes a cultural guide that will help teens navigate and understand the many cultural references—from folklore, history, and daily life—that appear throughout their favorite stories and artwork.

		(eBook)
Anime World *2024*	978-1-6782-0516-4	*(0517-1)*
Cultural Guide to Anime and Manga *2024*	978-1-6782-0518-8	*(0519-5)*
Fantasy, Romance, and More: Genres of Anime and Manga *2024*	978-1-6782-0520-1	*(0521-8)*
Manga World *2024*	978-1-6782-0522-5	*(0523-2)*

The World of Anime and Manga



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Hardcover: List ~~$45.26~~
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School & Library $135.80
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Multiuser $47.25

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Lexile range: 850L–890L

Hi-Lo YA nonfiction. *The World of Anime and Manga* explores the popular Japanese art forms of anime and manga. The series examines the history of anime and manga, the major genres, the important artists, and the impact of these art forms around the world today. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

		(eBook)
Anime and Manga Artists *2024*	978-1-6782-0752-6	*(0753-3)*
Anime and Manga: Genres and Themes *2024*	978-1-6782-0754-0	*(0755-7)*
The World of Anime *2024*	978-1-6782-0756-4	*(0757-1)*
The World of Manga *2024*	978-1-6782-0758-8	*(0759-5)*

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Korean Pop Culture: The New Global Obsession

Grades 6–12 • Arts and Entertainment



Korean Pop Culture: The New Global Obsession

(eBook)

978-1-6782-1088-5 *(1089-2)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index



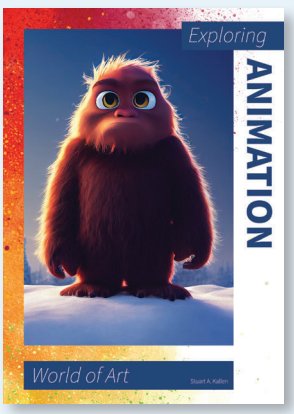
NEW AUGUST 2025

eBooks available

see p. 2

From pop music to television dramas to food and fashion, South Korea has become a thriving exporter of pop culture. This book examines how the so-called Korean Wave of pop culture has attracted fans all over the world with its emphasis on creativity, excitement, and fun.

World of Art





This series introduces students to some of the most popular art forms. The books do this by exploring early development of the art form and the innovators who made that happen; important changes over time in tools, techniques, and styles; the contemporary art form and influential contemporary artists; and new directions.

World of Art

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6-Book Set: List ~~$271.56~~ **School & Library $203.70**
eBook: Single User $33.95/Multiuser $47.25

eBooks available see p. 2

			(eBook)
Exploring Animation	*2025*	978-1-6782-0854-7	*(0855-4)*
Exploring Anime and Manga	*2025*	978-1-6782-0856-1	*(0857-8)*
Exploring Comic Art	*2025*	978-1-6782-0858-5	*(0859-2)*
Exploring Graffiti and Street Art	*2025*	978-1-6782-0860-8	*(0861-5)*
Exploring Graphic Art	*2025*	978-1-6782-0862-2	*(0863-9)*
Exploring Tattoo Art	*2025*	978-1-6782-0864-6	*(0865-3)*

For more title information visit www.referencepointpress.com

series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, words in context, source notes, for further research section, index

The World of Hobbies





Hi-Lo YA nonfiction. *The World of Hobbies* introduces readers to different hobbies people pursue in their free time. Hobbies are done for personal enjoyment, but they can also serve as creative outlets and social activities. The series explores hobbies for a variety of interests, showing readers what each hobby is like, what tools and supplies are needed, and how they can get involved. Readers who like art, building things, computers, fashion, and nature will learn about multiple hobbies that match their interests. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

The World of Hobbies

Hardcover: List ~~$45.26~~ **School & Library $33.95**
5-Book Set: List ~~$226.30~~ **School & Library $169.75**
eBook: Single User $33.95/Multiuser $47.25

HI-LO NONFICTION FOR TEENS

eBooks available

see p. 2

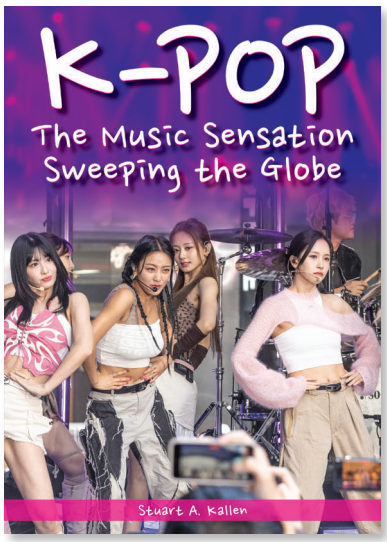
		(eBook)	Lexile Scale
Hobbies If You Like Art *2025*	978-1-6782-0876-9	(0877-6)	790L
Hobbies If You Like Building Things *2025*	978-1-6782-0878-3	(0879-0)	770L
Hobbies If You Like Computers *2025*	978-1-6782-0880-6	(0881-3)	780L
Hobbies If You Like Fashion *2025*	978-1-6782-0882-0	(0883-7)	810L
Hobbies If You Like Nature *2025*	978-1-6782-0884-4	(0885-1)	760L

For more title information visit www.referencepointpress.com

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Entertainment Single Titles

"A valuable and inviting resource for readers seeking to learn more about K-pop"
— Kirkus Reviews, October 1, 2024



K-Pop: The Music Sensation Sweeping the Globe

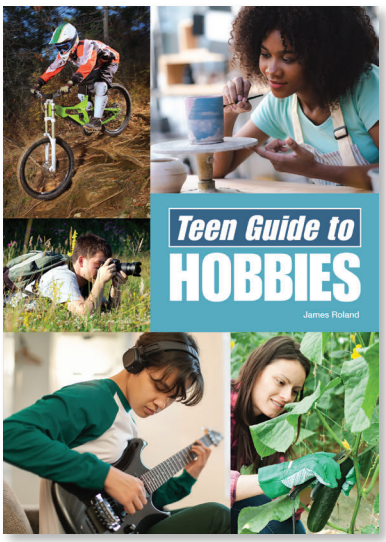
2025

	(eBook)
978-1-6782-0806-6	(0807-3)

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index

With BTS leading the way, South Korean K-pop has become the world's most popular music. *K-Pop: The Music Sensation Sweeping the Globe* covers the stars and their music, dance, and fashion, from K-pop roots in the 1990s to the international entertainment colossus it is today.



Teen Guide to Hobbies

2025

	(eBook)
978-1-6782-0820-2	(0821-9)

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index

eBooks available

see p. 2

Hobbies can be fun ways to pursue an interest, express oneself creatively, improve fitness, or make new friends. But hobbies can also reduce stress and lower the risk of depression and anxiety. Filled with voices of teen hobbyists, this book explores dozens of hobby ideas for teens and suggests ways to get started or take an existing hobby to the next level.

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FIFA World Cup: The Greatest Matches of All Time

Grades 6–12 • Sports and Fans



FIFA World Cup: The Greatest Matches of All Time

(eBook)

978-1-6782-1078-6 *(1079-3)*

Hardcover: List ~~$45.26~~
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eBook: Single User $33.95
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specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, visual chronology, margin quotes, source notes, for further research section, websites, index





NEW AUGUST 2025

eBooks available

see p. 2

The FIFA World Cup is a global sporting event, drawing more than a billion soccer fans for live and televised matches. In the course of this quadrennial tournament, a few matches have gained fame for their amazing individual play, improbable comeback victories, and surprising wins by underdog teams. These standout World Cup matches have helped popularize the sport and bring in new fans and players in nations all over the world.

The Dangers of Online Sports Betting



The Dangers of Online Sports Betting

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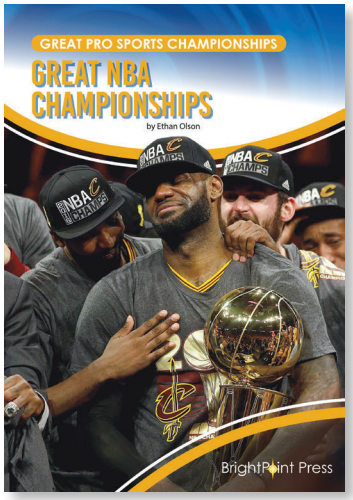
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see p. 2

Legalized online sports betting has exploded in popularity, with one in five Americans today claiming to have an online betting account. Introductory deals and endless come-ons are designed to keep people placing sports bets on their smartphones and laptops. This book shows how the ease of online sports betting can lead to gambling addiction and serious personal problems.

Great Pro Sports Championships



HI-LO NONFICTION FOR TEENS

Hardcover: List ~~$45.26~~
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4-Book Set: List ~~$181.04~~
School & Library $135.80
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Lexile range: 820L–900L

Hi-Lo YA nonfiction. *Great Pro Sports Championships* explores some of the greatest championship games and series ever played in a variety of sports. The books use vivid storytelling to recap the moments that made each championship thrilling and the players who made them happen. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

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Great FIFA World Cup Matches	*2024*	978-1-6782-0652-9	*(0653-6)*
Great MLB World Series Championships	*2024*	978-1-6782-0654-3	*(0655-0)*
Great NBA Championships	*2024*	978-1-6782-0656-7	*(0657-4)*
Great NFL Super Bowl Championships	*2024*	978-1-6782-0660-4	*(0661-1)*
Great NHL Stanley Cup Championships	*eBook only*	978-1-6782	*(0659-8)*

Quick Guide to Fantasy Sports

Grades 6–12 • Sports and Fans



HI-LO NONFICTION FOR TEENS

Hardcover: List ~~$45.26~~
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Multiuser $47.25

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Lexile range: 700L–720L

Hi-Lo YA nonfiction. *Quick Guide to Fantasy Sports* introduces readers to the exciting world of fantasy football, basketball, baseball, and hockey. Readers will learn how to form or join a league, draft a team, compare player statistics, set a lineup, and compete for the fantasy championship.

			(eBook)
Quick Guide to Fantasy Baseball	*2021*	978-1-6782-0000-8	*(0001-5)*
Quick Guide to Fantasy Basketball	*2021*	978-1-6782-0002-2	*(0003-9)*
Quick Guide to Fantasy Football	*2021 eBook only*	978-1-6782	*(0005-3)*
Quick Guide to Fantasy Hockey	*2021*	978-1-6782-0006-0	*(0007-7)*

Sports and Fans Single Titles



What Makes a Superstar Athlete?

2023

	(eBook)
978-1-6782-0484-6	*(0485-3)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, index

All superstar athletes have an abundance of talent, but talent alone does not make a superstar athlete. This book looks at the many different factors that shape superstar athletes. These include developing mental toughness, recognizing and seizing opportunities, learning from others, and hours and hours of focused practice to raise skills and keep them at superstar levels. Personal accounts from athletes and coaches in many different sports add insight and interest.



Teen Guide to Fandoms: Gaming, Music, Movies, and More

2024

	(eBook)
978-1-6782-0610-9	*(0611-6)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, find out more section, websites, index

Fandom is a subculture characterized by fans who have feelings of empathy and camaraderie with one another. *Teen Guide to Fandoms: Gaming, Music, Movies, and More* covers the antics of superfans who use their fandom as a creative outlet, producing fan fiction, art, videos, comics, costumes, and songs to honor their idols.

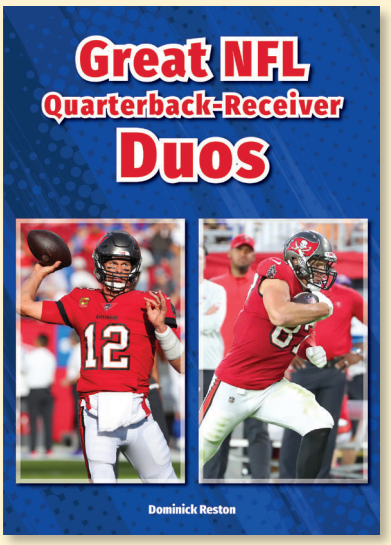
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Great NFL Quarterback-Receiver Duos

Grades 6–12 • Sports and Fans



Great NFL Quarterback-Receiver Duos

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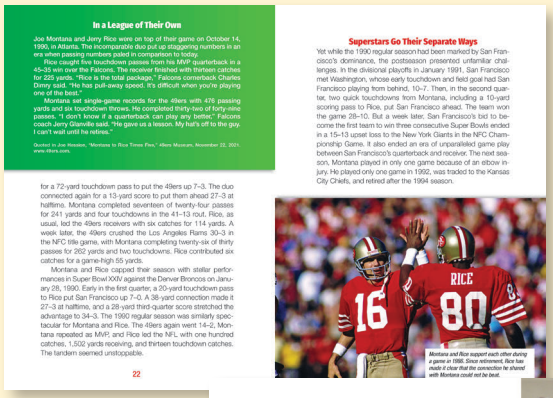
Hardcover: List ~~$45.26~~

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specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index

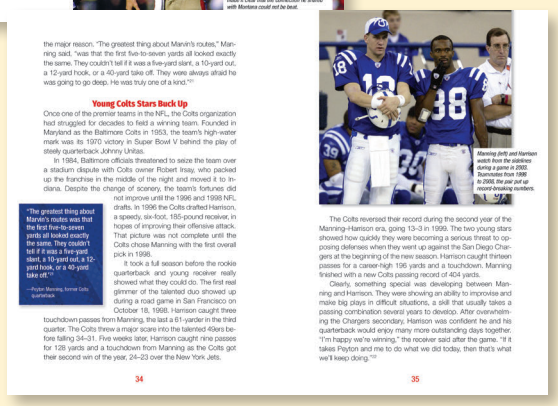


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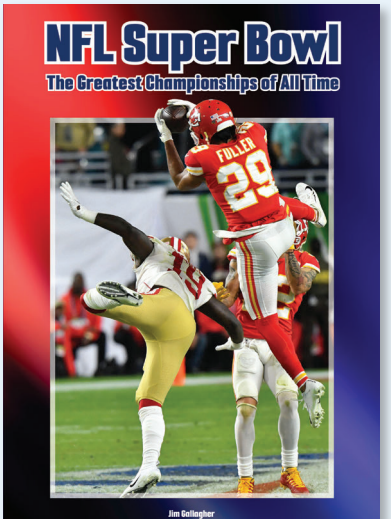
eBooks available

see p. 2

There is nothing in today's NFL that matches the excitement of an exhilarating quarterback-receiver combination. Rocket-armed quarterbacks throw incredible passes from all angles to astonishingly athletic receivers, who make spectacular catches look routine. This book discusses some of the greatest duos of all time.



NFL Super Bowl: The Greatest Championships of All Time



NFL Super Bowl: The Greatest Championships of All Time

(eBook)

978-1-6782-1188-2 *(1189-9)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin stat boxes, source notes, for further research section, websites, index



NEW AUGUST 2025

eBooks available

see p. 2

The annual NFL championship game is the most popular single-day sporting event in the United States. Super Bowl Sunday has become a cultural holiday, drawing fans from all across the country. This book discusses five of the most exhilarating Super Bowls in football history.

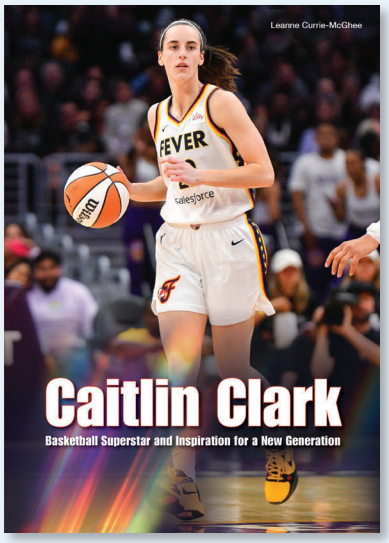


Caitlin Clark: Basketball Superstar and Inspiration for a New Generation

Grades 6–12 • Biographies

"An engaging deep dive into the life of a rising basketball superstar"

—Kirkus Reviews, July 1, 2025



Caitlin Clark: Basketball Superstar and Inspiration for a New Generation

(eBook)

978-1-6782-1000-7 *(1001-4)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

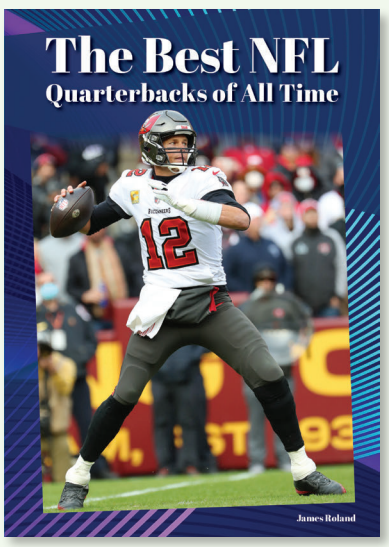
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NEW AUGUST 2025

eBooks available

see p. 2



There are a few qualities that make a great soccer athlete. Speed, stamina, passing and dribbling skill, and leadership all contribute. A handful of players have combined all of these qualities to set records, win championships, and attain individual honors such as the Ballon d'Or, given each year to the world's best player. This volume explores the all-time greats and how they climbed to the soccer summits.

Inspirational Women of Today



Inspirational Women of Today

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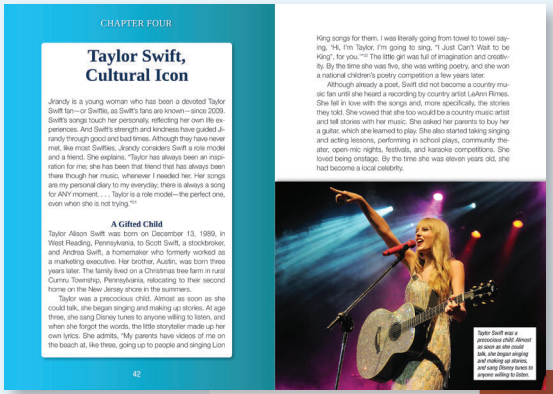
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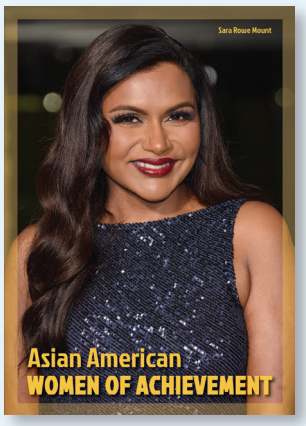
see p. 2



Social attitudes toward women have evolved over time. Yet even today, women face challenges based on their gender. Nevertheless, women are leaving their mark in every field. This book profiles the lives of four of today's most inspirational women: Sylvia Acevedo, rocket scientist and advocate for girl's STEM education; Simone Biles, gymnast and winner of eleven Olympic medals; Tammy Duckworth, US senator and retired military pilot; and Taylor Swift, artist and cultural icon.

Grades 6–12 • Biographies









Throughout US history, women of various racial and ethnic backgrounds have contributed to every sector of society—from science and the arts to politics and social justice. And they have done so despite hardships and structural barriers. The *Women of Achievement* collective biography series profiles the lives and accomplishments of bold and inspiring American women from all walks of life.

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Women of Achievement

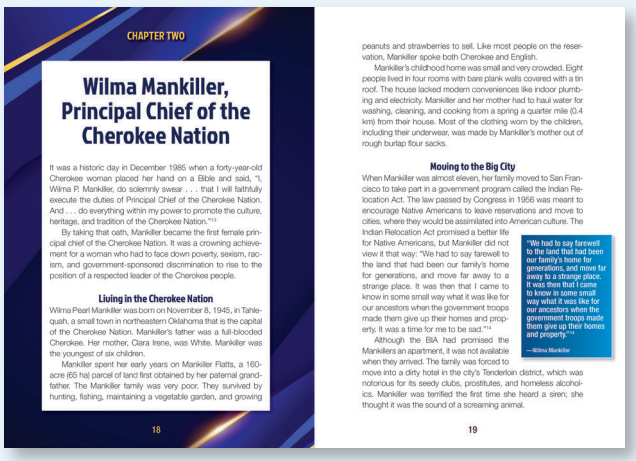
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CHAPTER TWO

Wilma Mankiller, Principal Chief of the Cherokee Nation

It was a historic day in December 1985 when a forty-year-old Cherokee woman placed her hand on a Bible and said, "I, Wilma P. Mankiller, do solemnly swear . . . that I will faithfully execute the duties of Principal Chief of the Cherokee Nation. And . . . do everything within my power to promote the culture, heritage, and tradition of the Cherokee Nation."[13]

By taking that oath, Mankiller became the first female principal chief of the Cherokee Nation. It was a crowning achievement for a woman who had to face down poverty, sexism, racism, and government-sponsored discrimination to rise to the position of a respected leader of the Cherokee people.

Living in the Cherokee Nation

Wilma Pearl Mankiller was born on November 8, 1945, in Tahlequah, a small town in northeastern Oklahoma that is the capital of the Cherokee Nation. Mankiller's father was a full-blooded Cherokee. Her mother, Clara Irene, was White. Mankiller was the youngest of six children.

Mankiller spent her early years on Mankiller Flatts, a 160-acre (65 ha) parcel of land first obtained by her paternal grandfather. The Mankiller family was very poor. They survived by hunting, fishing, maintaining a vegetable garden, and growing peanuts and strawberries to sell. Like most people on the reservation, Mankiller spoke both Cherokee and English.

Mankiller's childhood home was small and very crowded. Eight people lived in four rooms with bare plank walls covered with a tin roof. The house lacked modern conveniences like indoor plumbing and electricity. Mankiller and her mother had to haul water for washing, cleaning, and cooking from a spring a quarter mile (0.4 km) from their house. Most of the clothing worn by the children, including their underwear, was made by Mankiller's mother out of rough burlap flour sacks.

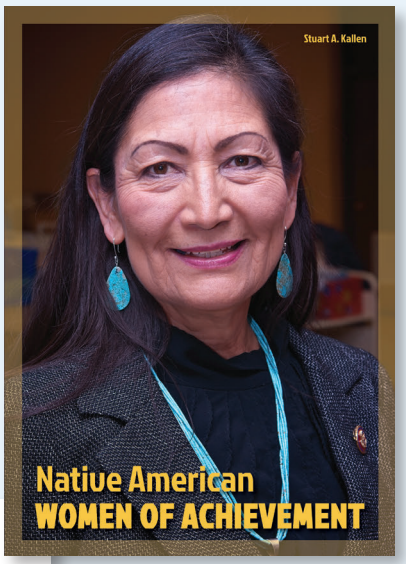
Moving to the Big City

When Mankiller was almost eleven, her family moved to San Francisco to take part in a government program called the Indian Relocation Act. The law passed by Congress in 1956 was meant to encourage Native Americans to leave reservations and move to cities, where they would be assimilated into American culture. The Indian Relocation Act promised a better life for Native Americans, but Mankiller did not view it that way: "We had to say farewell to the land that had been our family's home for generations, and move far away to a strange place. It was then that I came to know in some small way what it was like for our ancestors when the government troops made them give up their homes and property. It was a time for me to be sad."[14]

"We had to say farewell to the land that had been our family's home for generations, and move far away to a strange place. It was then that I came to know in some small way what it was like for our ancestors when the government troops made them give up their homes and property."[15]
—Wilma Mankiller

Although the BIA had promised the Mankillers an apartment, it was not available when they arrived. The family was forced to move into a dirty hotel in the city's Tenderloin district, which was notorious for its seedy clubs, prostitutes, and homeless alcoholics. Mankiller was terrified the first time she heard a siren; she thought it was the sound of a screaming animal.

18 19





Shown is one of the cellblocks at the former federal penitentiary known as Alcatraz. Mankiller has said that her participation in the occupation of Alcatraz by Native American protestors changed how she perceived herself.

The prison on Alcatraz Island had been shut down in 1963. The occupation of the island was based on a clause written in a long-forgotten treaty that said any unused federal lands must revert back to Native Americans. The Native Americans on the island represented over twenty Indian nations, and as word of the protest spread, the Alcatraz population swelled to over one thousand people. Mankiller took part in the occupation, ignoring the objections of her husband, who did not support her activism.

Demonstrators held Alcatraz Island for nineteen months. As the protest continued, the population of the island dwindled. In 1971 federal marshals evicted the last protesters living on Alcatraz. Mankiller left the island before the protest ended, but she says the experience changed how she perceived herself:

From that point on, I became very, very interested and I acquired skills because I wanted to help my own people. So I figured out how to organize things. I figured out how to do paralegal work. I was encouraged to go to college.

Nobody in my family went to college—nobody I knew went to college. . . . It was conceptually out of our space. And this one woman [I met on the island] who always thought I had leadership potential and didn't just see a ghetto kid, talked me into going to college.[17]

Mankiller's decisions led her to attend a community college, where she studied sociology.

Mankiller returned to her family home in Oklahoma when her father died in 1971. While saddened by her father's death, Mankiller took comfort in returning to Mankiller Flatts. The visit planted a seed in her mind to someday live once again in the Cherokee Nation.

After her father's funeral Mankiller returned to California to continue the fight for Native American rights. She became director of the Native American Youth Center in Oakland, where she counseled young people troubled by city life.

A Sacred Name

Wilma Mankiller's surname, Asgaya-dihi in Cherokee, was used by the Mankiller family for four generations. As an old Cherokee name, Mankiller was originally a title similar to an American military rank such as major or captain. The Mankiller name could only be earned by a person who watched over and protected their community—and by someone who had killed a man. The name was a source of sacred strength for Mankiller, as she writes in her 1993 autobiography, *Mankiller: A Chief and Her People*:

Native Americans regard their names not as mere labels, but as essential parts of their personalities. A native person's name is as vital to his or her identity as the eyes or teeth. There is a common belief that when a person is injured, her name is maligned, just as she might be bruised in an accident. . . . If prayers and medicine fail to heal a seriously ill person, the spiritual leader . . . bestows a new name on the sick person. The healer then begins anew, repeating sacred formulas with the patient's new name. In the hope that these measures will bring about restoration and recovery.

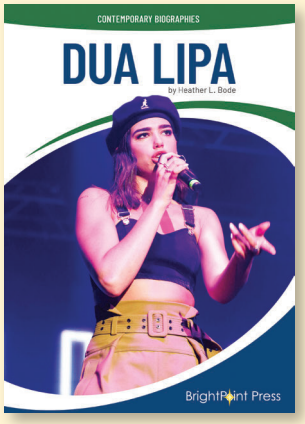
Wilma Mankiller and Michael Wallis, *Mankiller: A Chief and Her People*. New York: St. Martin's, 1993, p. 3.

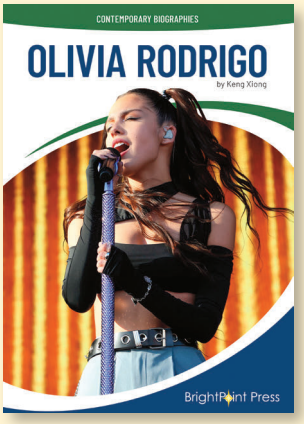
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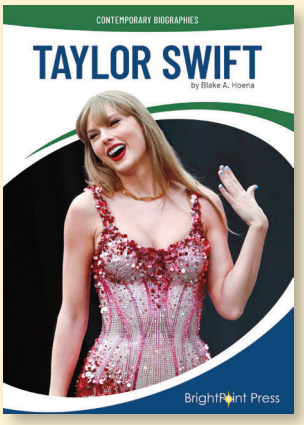
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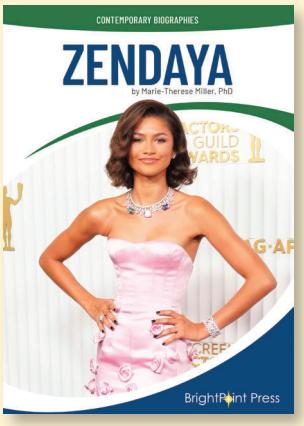
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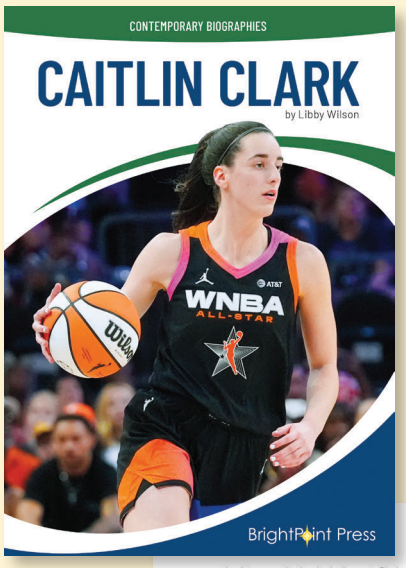
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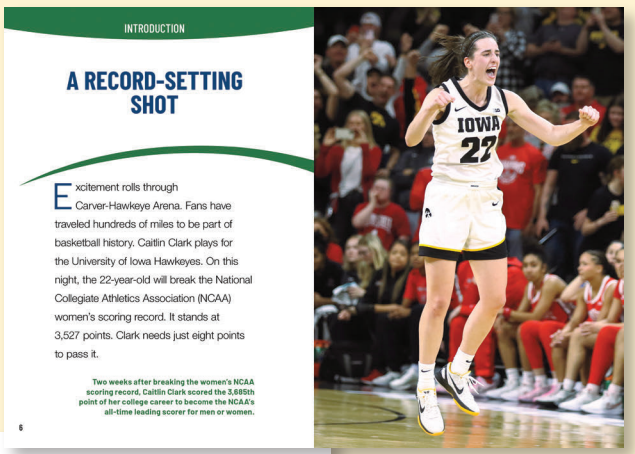
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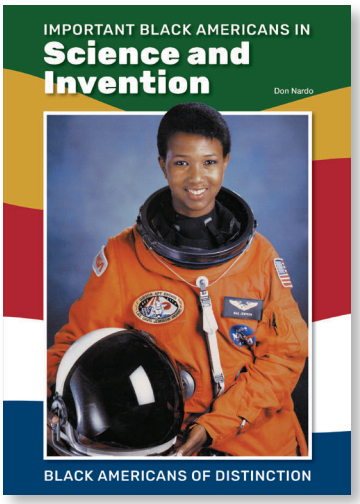






Black Americans of Distinction

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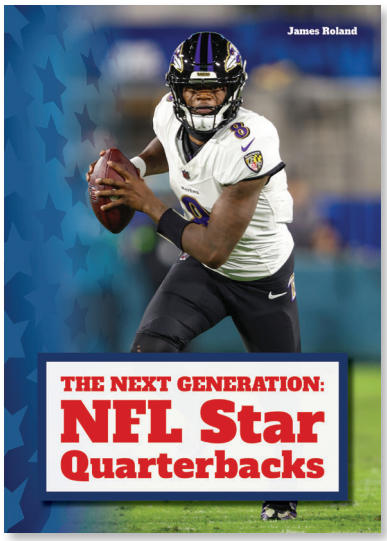
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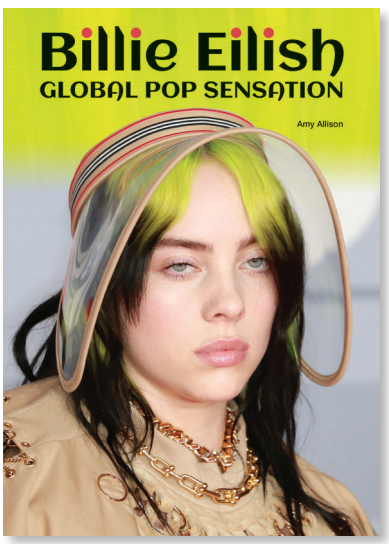
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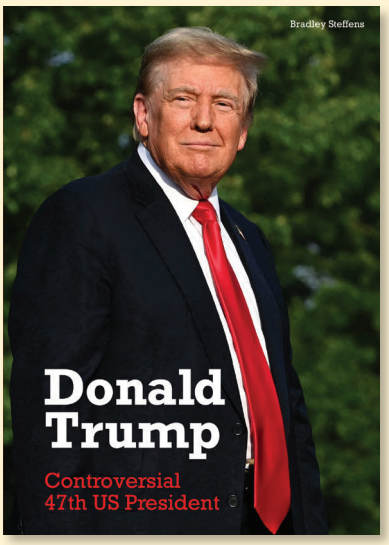
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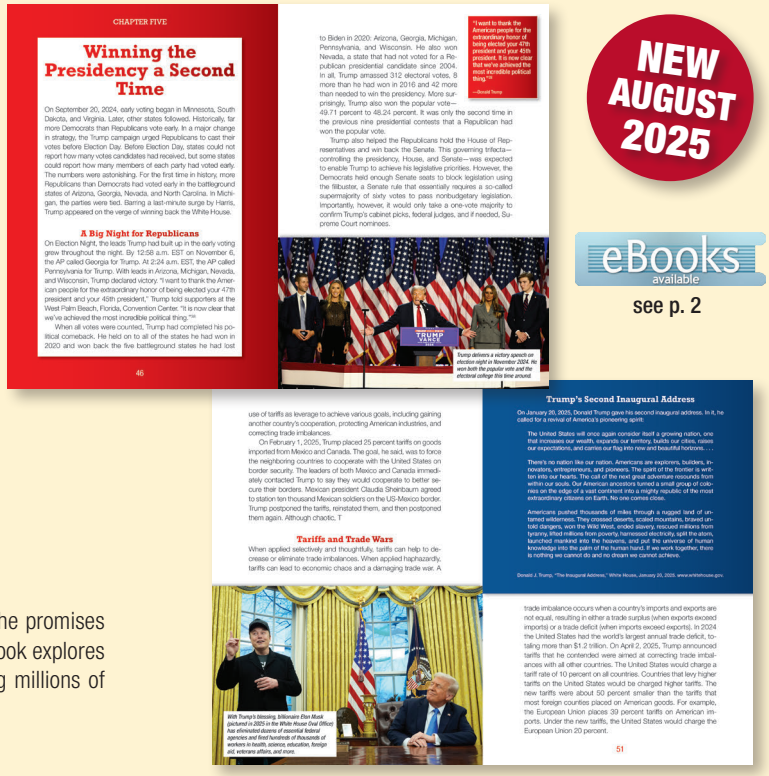
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NEW AUGUST 2025

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see p. 2

Donald Trump is a lightning rod for controversy. His supporters hope he will fulfill the promises he made throughout his 2024 campaign. His critics fear the very same thing. This book explores how Trump became the champion of a large number of Americans while alienating millions of others along the way.

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For more than two decades, Vladimir Putin, the president of the Russian Federation, has nurtured his goal of restoring Russia's global power and influence. A longtime opponent of the West, he has mouthed support for democracy while at the same time ruling Russia with an iron fist. This book explores Putin's life and legacy.



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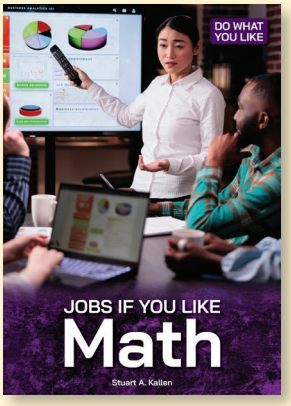
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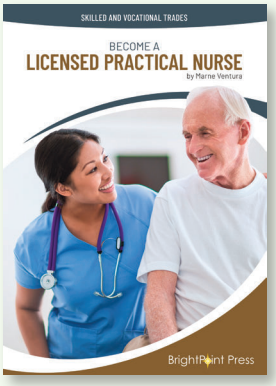
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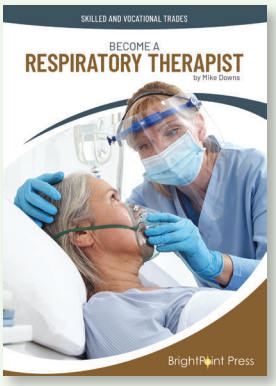
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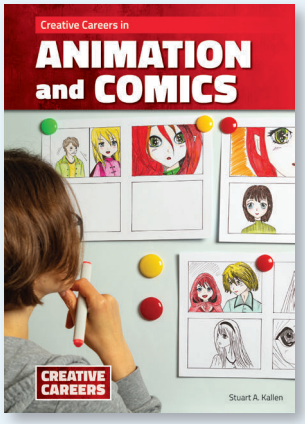
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Become a Construction and Building Inspector *2024*	978-1-6782-0682-6	(0683-3	790L
Become a Construction Equipment Operator *2023*	*eBook only* 978-1-6782	(0415-0)	750L
Become a Dental Hygienist *2023*	*eBook only* 978-1-6782	(0417-4)	800L
Become a Diagnostic Medical Sonographer *2025*	978-1-6782-0896-7	(0897-4)	760L
Become a Home Health Aide *2024*	978-1-6782-0684-0	(0685-7)	830L
Become a Licensed Practical Nurse *2025*	978-1-6782-0898-1	(0899-8)	820L
Become a Physical Therapy Assistant *2023*	*eBook only* 978-1-6782	(0421-1)	830L
Become a Police Officer *2024*	978-1-6782-0688-8	(0689-5)	790L
Become a Real Estate Appraiser *2024*	978-1-6782-0690-1	(0691-8)	860L
Become a Respiratory Therapist *2025*	978-1-6782-0900-1	(0901-8)	720L
Become a Web Developer *2023*	*eBook only* 978-1-6782	(0423-5)	850L
Become an Aircraft Mechanic *2025*	978-1-6782-0902-5	(0903-2)	810L
Become an Auto Mechanic *2025*	978-1-6782-0954-4	(0955-1)	820L
Become an Industrial Mechanic *2024*	978-1-6782-0686-4	(0687-1)	830L
Become an IT Support Technician *2023*	*eBook only* 978-1-6782	(0419-8)	820L

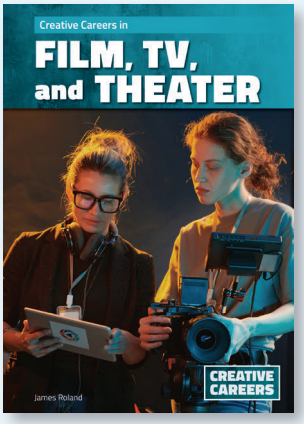
series specifications: interest level grades 6–12, reading level grades 3–4, 64–80 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Order direct or from your wholesaler

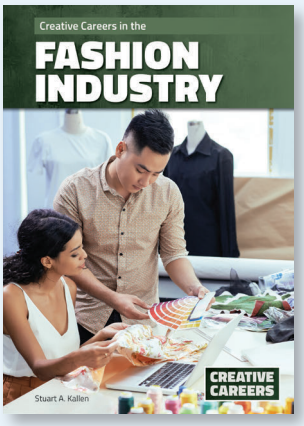
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Call: (888) 479-6436
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Creativity does not get a lot of attention when people start thinking about careers, but it is the focus of this series. Each book introduces readers to jobs that require creativity and imagination. The chapters describe what those jobs entail, required education and training, and more. Additionally, all books feature quotes from industry insiders.

NEW AUGUST 2025

Creative Careers

Hardcover: List ~~$45.26~~ School & Library $33.95
5-Book Set: List ~~$226.30~~ School & Library $169.75
eBook: Single User $33.95/Multiuser $47.25

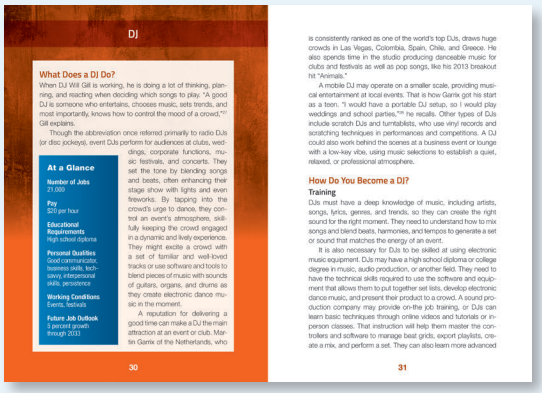
eBooks available see p. 2

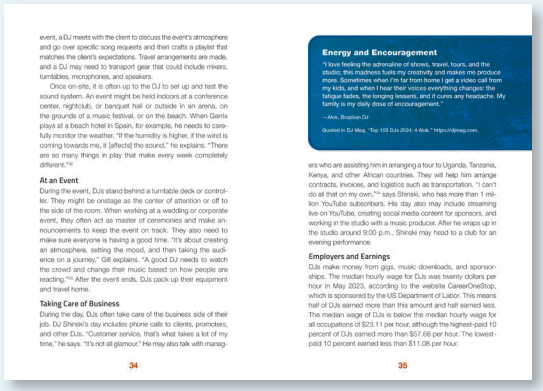
		(eBook)
Creative Careers in Animation and Comics	978-1-6782-1020-5	(1021-2)
Creative Careers in Film, TV, and Theater	978-1-6782-1026-7	(1027-4)
Creative Careers in Music	978-1-6782-1028-1	(1029-8)
Creative Careers in the Culinary Arts	978-1-6782-1022-9	(1023-6)
Creative Careers in the Fashion Industry	978-1-6782-1024-3	(1025-0)

For more title information visit www.referencepointpress.com

series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, fact sections, source notes, Q&A interview, other jobs list, find out more sections, index

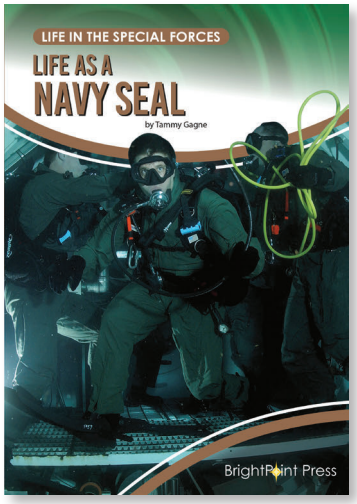








Life in the Special Forces



HI-LO NONFICTION FOR TEENS

Hardcover: List ~~$45.26~~
School & Library $33.95
6-Book Set: List ~~$271.56~~
School & Library $203.70
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, reading level 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

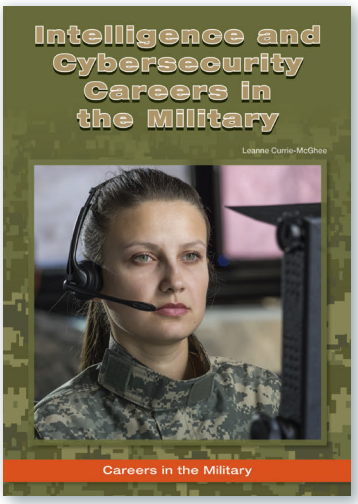
Lexile range: 770L–950L

Hi-Lo YA nonfiction. *Life in the Special Forces* looks at the work of the most elite soldiers in the US military. The series explores the training, vehicles, weapons, and missions of these troops, showing how they handle combat, reconnaissance, rescues, and more. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

			(eBook)
Life as a Green Beret	*2024*	978-1-6782-0740-3	*(0741-0)*
Life as a Navy SEAL	*2024*	978-1-6782-0742-7	*(0743-4)*
Life as a Pararescue Specialist	*2024*	978-1-6782-0744-1	*(0745-8)*
Life as an Army Ranger	*2024*	978-1-6782-0746-5	*(0747-2)*
Life in the Delta Force	*2024*	978-1-6782-0748-9	*(0749-6)*
Life in the Marine Force Recon	*2024*	978-1-6782-0750-2	*(0751-9)*

Careers in the Military

Grades 6–12 • Careers



Hardcover: List ~~$45.26~~
School & Library $33.95
5-Book Set: List ~~$226.30~~
School & Library $169.75
eBook: Single User $33.95
Multiuser $47.25

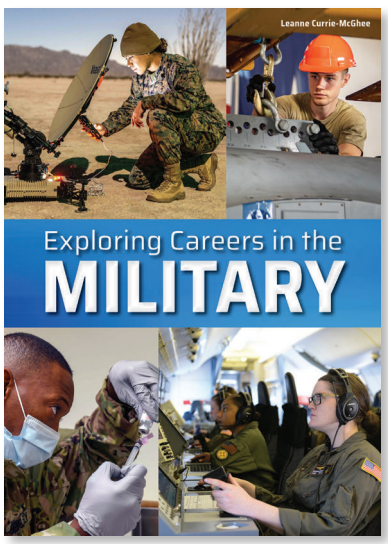
series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding

Young people can gain valuable skills, experience, and discipline in the military. They can also train for a wide array of careers, many of which will enable a seamless transition to civilian life. Each volume profiles six specific jobs in various career fields, including medicine, skilled trades, and intelligence and cybersecurity.

eBooks available see p. 2

			(eBook)
Intelligence and Cybersecurity Careers in the Military	*2023*	978-1-6782-0292-7	*(0293-4)*
Medical Careers in the Military	*2023*	978-1-6782-0294-1	*(0295-8)*
Service Careers in the Military	*2023*	978-1-6782-0296-5	*(0297-2)*
Skilled Trades in the Military	*2023*	978-1-6782-0298-9	*(0299-6)*
STEM Careers in the Military	*2023*	978-1-6782-0300-9	*(0301-6)*

Job Discovery



Exploring Careers in the Military

2024

(eBook)
978-1-6782-0570-6 *(0571-3)*

Hardcover: List $45.26
School & Library ~~$33.95~~
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, fast facts, source notes, Q&A interview, find out more section, pay chart, other jobs list, index

All of the branches of the military offer a wide range of career opportunities in fields including medical, service, STEM, skilled trade, cybersecurity, and mission focused. *Exploring Careers in the Military* provides information on daily life, training, requirements, and the unique military aspects of the careers available.

eBooks available see p. 2



HI-LO NONFICTION FOR TEENS

Hardcover: List ~~$45.26~~
School & Library $33.95
5-Book Set: List ~~$226.30~~
School & Library $169.75
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Lexile range: 770L–800L

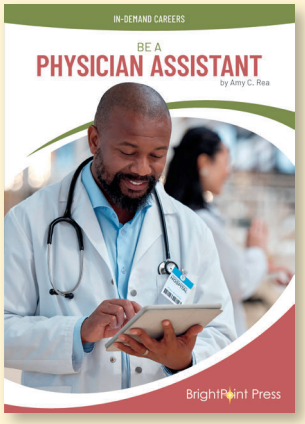
Hi-Lo YA nonfiction. *Job Discovery* provides readers with career ideas based on their hobbies and interests. This series explores jobs for those who like gaming, social media, sports, the creative arts, and the culinary arts. Each book provides information on four careers, examining how to get into these careers, what skills and training are needed, and what life is like for people in these fields.

			(eBook)
Jobs If You Like Gaming	*2025*	978-1-6782-0916-2	*(0917-9)*
Jobs If You Like Social Media	*2025*	978-1-6782-0918-6	*(0919-3)*
Jobs If You Like Sports	*2025*	978-1-6782-0920-9	*(0921-6)*
Jobs If You Like the Creative Arts	*2025*	978-1-6782-0922-3	*(0923-0)*
Jobs If You Like the Culinary Arts	*2025*	978-1-6782-0924-7	*(0925-4)*

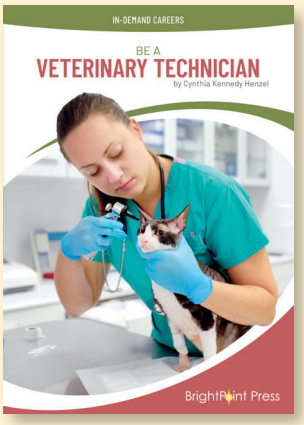
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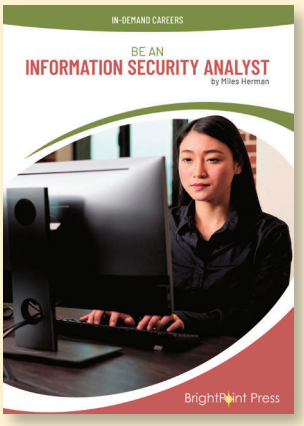
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Hi-Lo YA nonfiction. *In-Demand Careers* looks at rising STEM-based careers in today's economy. The series explores each job's responsibilities, education and training, and future outlook. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

NEW AUGUST 2025

In-Demand Careers

Hardcover: List ~~$45.26~~ **School & Library $33.95**
5-Book Set: List ~~$226.30~~ **School & Library $169.75**
eBook: Single User $33.95/Multiuser $47.25

HI-LO NONFICTION FOR TEENS

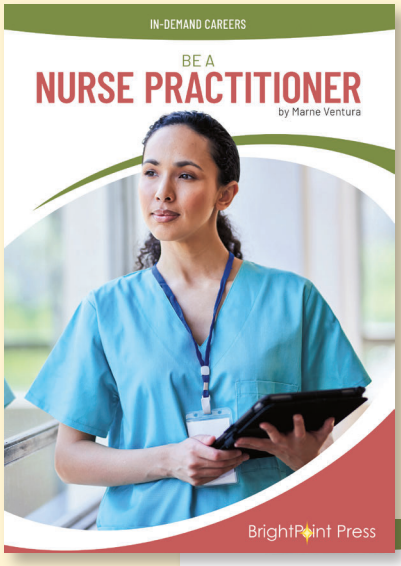
eBooks available

see p. 2

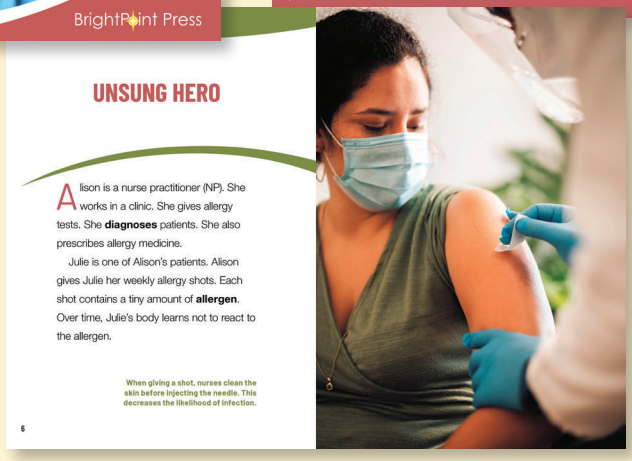
		(eBook)	Lexile Scale
Be a Nurse Practitioner	978-1-6782-1120-2	*(1121-9)*	780L
Be a Physician Assistant	978-1-6782-1122-6	*(1123-3)*	760L
Be a Solar Photovoltaic Installer	978-1-6782-1124-0	*(1125-7)*	750L
Be a Veterinary Technician	978-1-6782-1126-4	*(1127-1)*	820L
Be an Information Security Analyst	978-1-6782-1118-9	*(1119-6)*	740L

For more title information visit www.referencepointpress.com

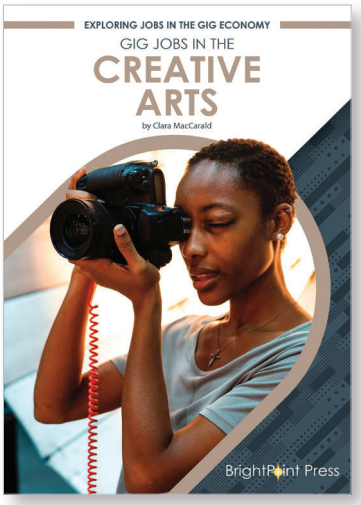
series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index







Exploring Jobs in the Gig Economy



HI-LO NONFICTION FOR TEENS

Hardcover: List ~~$45.26~~
School & Library $33.95
4-Book Set: List ~~$181.04~~
School & Library $135.80
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, reading level 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Lexile range: 770L–830L

Hi-Lo YA nonfiction. *Exploring Jobs in the Gig Economy* introduces readers to different careers in the gig economy. The books examine gig work in different industries, the rise of gig work, pros and cons of gig work compared to traditional careers, and the future of this new style of work. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

			(eBook)
Gig Jobs in Gaming	*2023*	*eBook only* 978-1-6782	*(0387-0)*
Gig Jobs in High-Tech	*2023*	978-1-6782-0388-7	*(0389-4)*
Gig Jobs in Social Media	*2023*	978-1-6782-0390-0	*(0391-7)*
Gig Jobs in the Creative Arts	*2023*	978-1-6782-0384-9	*(0385-6)*
Gig Jobs in Transportation and Delivery	*2023*	978-1-6782-0392-4	*(0393-1)*

Careers in the Gig Economy

Grades 6–12 • Careers



Hardcover: List ~~$45.26~~
School & Library $33.95
5-Book Set: List ~~$226.30~~
School & Library $169.75
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, infographic, sidebars, source notes, Q&A interview, find out more section, index

eBooks available see p. 2

Careers in the Gig Economy offers practical guidance on these and other related topics. Books in the series focus on specific career fields, such as social media and marketing and the creative arts.

			(eBook)
Creative Arts Careers in the Gig Economy	*2024*	978-1-6782-0524-9	*(0525-6)*
High-Tech and Programming Careers in the Gig Economy	*2024*	978-1-6782-0526-3	*(0527-0)*
Social Media Marketing Careers in the Gig Economy	*2024*	978-1-6782-0528-7	*(0529-4)*
Transportation and Delivery Careers in the Gig Economy	*2024*	978-1-6782-0530-0	*(0531-7)*
Writing and Editing Careers in the Gig Economy	*2024*	978-1-6782-0532-4	*(0533-1)*

Career Single Titles



Career Planning in the Gig Economy

2023

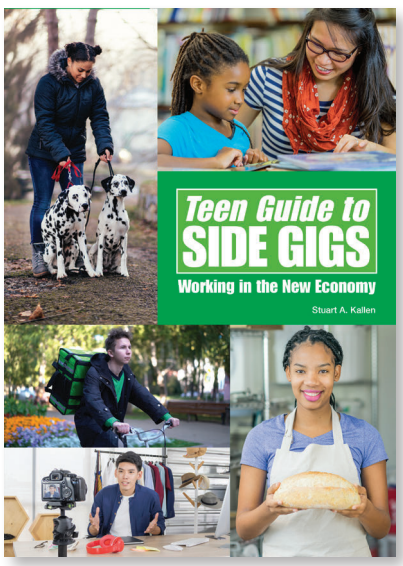
(eBook)
978-1-6782-0476-1 *(0477-8)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, index

eBooks available see p. 2

An estimated one-third of workers today are employed in the gig economy—and some labor experts believe this number will grow. *Career Planning in the Gig Economy* examines what these jobs entail, whether they are right for everyone, what people need to know if they plan to go this route, and how individuals are making the gig economy work for them.



Teen Guide to Side Gigs: Working in the New Economy

2022

(eBook)
978-1-6782-0242-2 *(0243-9)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, Q&A interviews, side gig statistics, source notes, other side gigs worth exploring feature, find out more list, index

Generation Z is sometimes referred to as Generation Side Hustle because so many are using their skills and creativity to launch side gigs. *Teen Guide to Side Gigs: Working in the New Economy* provides a road map to the best opportunities and provides examples of ways to use social media and other tools to earn money on the side.

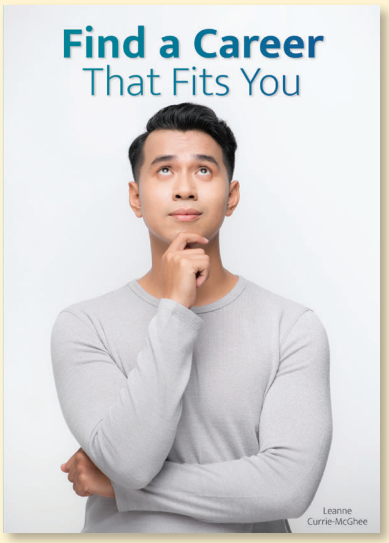
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Find a Career That Fits You

Grades 6–12 • Careers



Find a Career That Fits You

(eBook)

978-1-6782-1080-9 *(1081-6)*

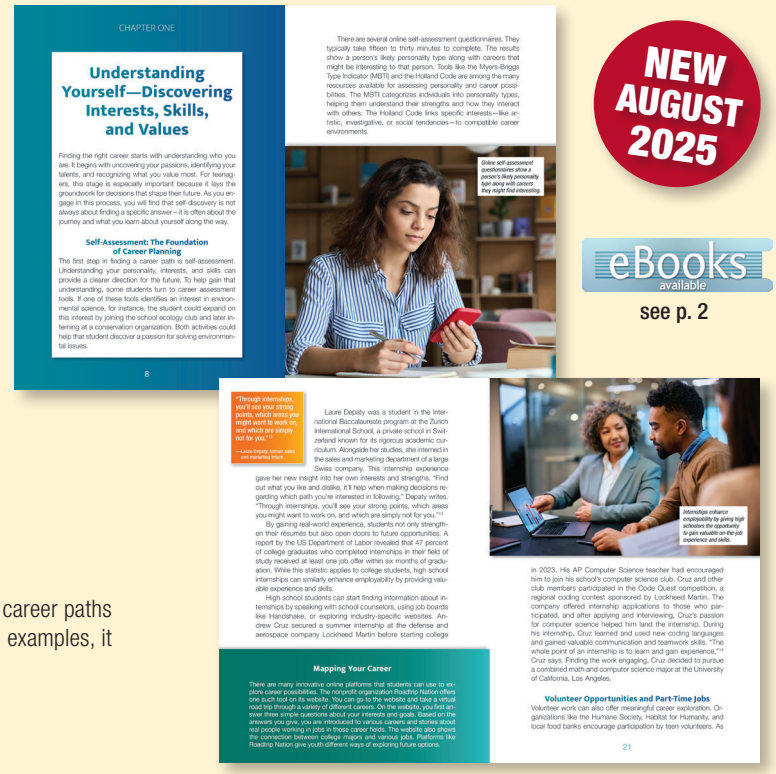
Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index



NEW AUGUST 2025

eBooks available

see p. 2

This book helps teens explore their passions, skills, and values to discover fulfilling career paths that align with who they are. Through career and education insights and real-world examples, it equips young readers with the tools to make confident decisions about their future.

Making It in the Music Industry



Making It in the Music Industry

(eBook)

978-1-6782-1090-8 *(1091-5)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index



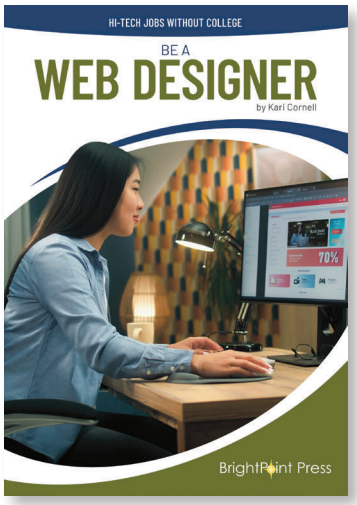
NEW AUGUST 2025

eBooks available

see p. 2

Every day countless singers, songwriters, and musicians dream of stardom. *Making It in the Music Industry* is a guide than can help them attain those dreams. Rich with real-life examples and anecdotes, chapters cover music industry players, how to get gigs and monetize music, and the negative aspects of the industry every musician should understand.

Hi-Tech Jobs Without College



HI-LO NONFICTION FOR TEENS

Hardcover: List ~~$45.26~~
School & Library $33.95
5-Book Set: List ~~$226.30~~
School & Library $169.75
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, reading level 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

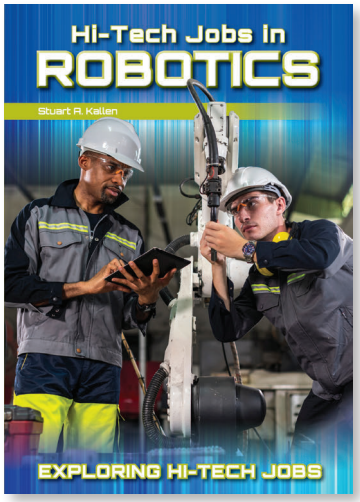
Lexile range: 730L–800L

Hi-Lo YA nonfiction. *Hi-Tech Jobs Without College* introduces readers to technology-based careers that don't necessarily require a college degree. This series explores jobs in computer support, cybersecurity, social media, telecommunications, and web design. The books provide information on the job, the training involved, life on the job, and the career outlook. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

		(eBook)
Be a Computer Support Specialist *2025*	978-1-6782-0936-0	*(0937-7)*
Be a Cybersecurity Specialist *2025*	978-1-6782-0938-4	*(0939-1)*
Be a Social Media Coordinator *2025*	978-1-6782-0940-7	*(0941-4)*
Be a Telecommunications Technician *2025*	978-1-6782-0942-1	*(0943-8)*
Be a Web Designer *2025*	978-1-6782-0944-5	*(0945-2)*

Exploring Hi-Tech Jobs

Grades 6–12 • Careers



Hardcover: List ~~$45.26~~
School & Library $33.95
5-Book Set: List ~~$226.30~~
School & Library $169.75
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, source notes, facts sections, Q&A interview, find out more section, index

eBooks available see p. 2

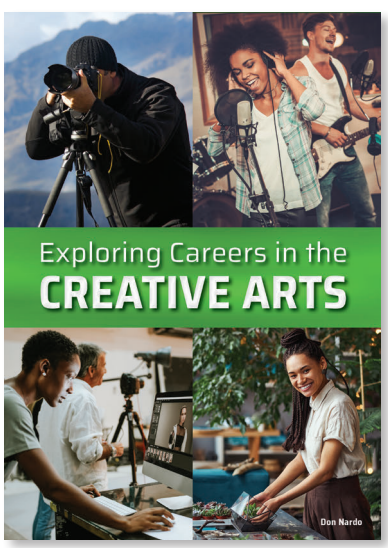
Jobs in the hi-tech fields have wide appeal to today's teens. Every book in *Exploring Hi-Tech Jobs* profiles six jobs in a specific hi-tech field. The books explore what it's like to do these jobs, needed education and training, typical pay, and future prospects. All books feature a Q&A interview with someone who works in the field as well as comments from other industry insiders.

		(eBook)
Hi-Tech Jobs in Medical Technology *2024*	978-1-6782-0704-5	*(0705-2)*
Hi-Tech Jobs in Robotics *2024*	978-1-6782-0706-9	*(0707-6)*
Hi-Tech Jobs in Science *2024*	978-1-6782-0708-3	*(0709-0)*
Hi-Tech Jobs in Social Media *2024*	978-1-6782-0710-6	*(0711-3)*
Hi-Tech Jobs in Video Gaming *2024*	978-1-6782-0702-1	*(0703-8)*

Career Single Titles

"Introduces essential information for anyone considering a future in the arts"

— Kirkus Reviews, June 15, 2023



Exploring Careers in the Creative Arts

2023

	(eBook)
978-1-6782-0568-3	*(0569-0)*

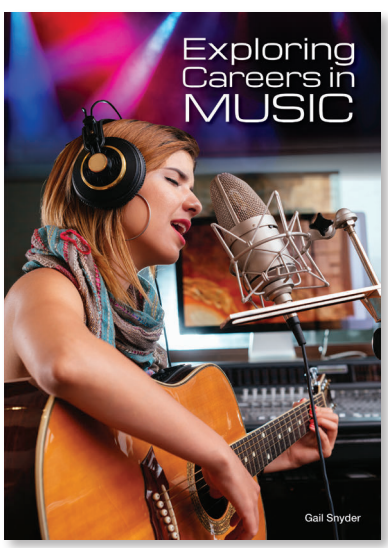
Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, fast facts, source notes, Q&A interview, find out more sections, other jobs list, index

In each new generation, painters, sculptors, actors, art directors, graphic artists, fashion designers, and other creative artists set their sights on building successful careers. The variety of jobs in the creative arts, what they entail, what they pay, and working conditions are among topics discussed, along with insights from industry insiders.

"An enlightening resource that offers valuable information for aspiring music professionals"

— Kirkus Reviews, September 15, 2024



Exploring Careers in Music

2025

	(eBook)
978-1-6782-0794-6	*(0795-3)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, fast facts, sidebars, margin quotes, source notes, find out more sections, other jobs list, Q&A interview, index

Exploring Careers in Music profiles six careers: background singer, booking agent, DJ, music teacher, music therapist, and session musician, delving into what each job entails, how to prepare for it, and what its future prospects are. Readers will discover some satisfying ways to make money while being creative and making other people's lives better.

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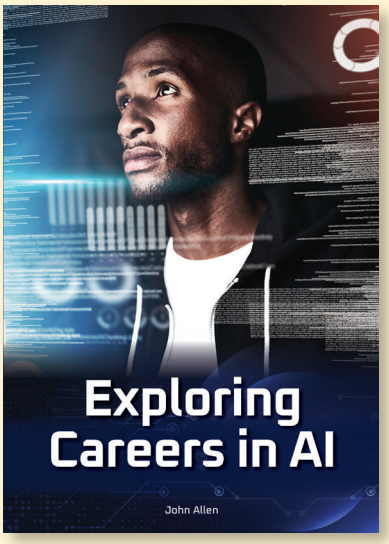
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Exploring Careers in AI

Grades 6–12 • Careers

"A thought-provoking and useful look at AI jobs and their future"

—Kirkus Reviews, July 1, 2025



Exploring Careers in AI

(eBook)

978-1-6782-1008-3 *(1009-0)*

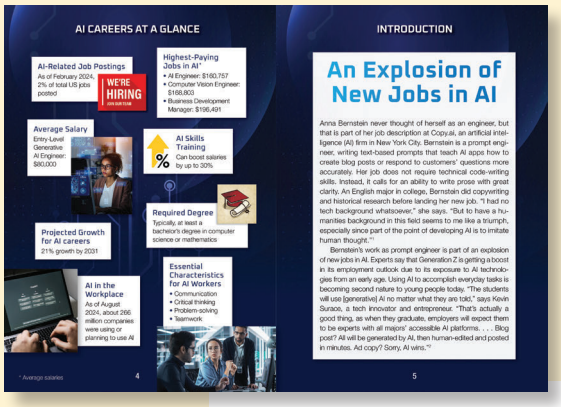
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Multiuser $47.25

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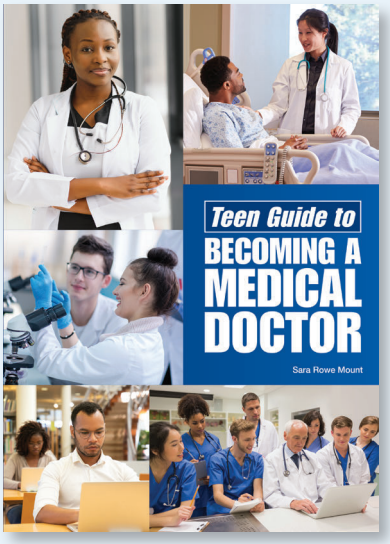
NEW JANUARY 2025

eBooks available

see p. 2

As artificial intelligence, or AI, transforms today's workplace, the technology promises to provide lots of career opportunities. Teens should begin learning the basics of AI in high school and by taking online courses. Exploring Careers in AI explains how expertise in generative AI and large language models can lead to success in the employment marketplace.

Teen Guide to Becoming a Medical Doctor



Teen Guide to Becoming a Medical Doctor

(eBook)

978-1-6782-1012-0 *(1013-7)*

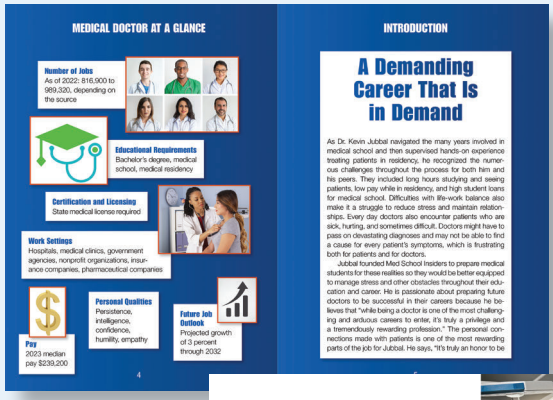
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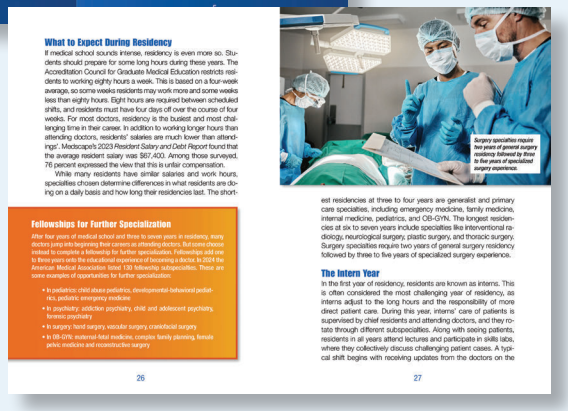
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eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, infographic, margin quotes, source notes, Q&A interview, find out more section, index



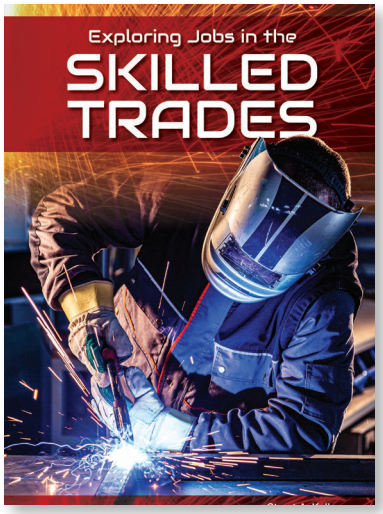


NEW JANUARY 2025

eBooks available

see p. 2

This title is a comprehensive guide to the process of training to become a medical doctor—from applying to medical school to each stage of medical school and residency. Teens will also learn more about the medical field: the differences between popular specialties, what a day in the life looks like for four different medical specialties, and what the future holds for medical doctors. Throughout, teens will hear from doctors and medical students about navigating the challenging, but rewarding, career field is actually like.



Exploring Jobs in the Skilled Trades

2023

(eBook)

978-1-6782-0336-8 *(0337-5)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

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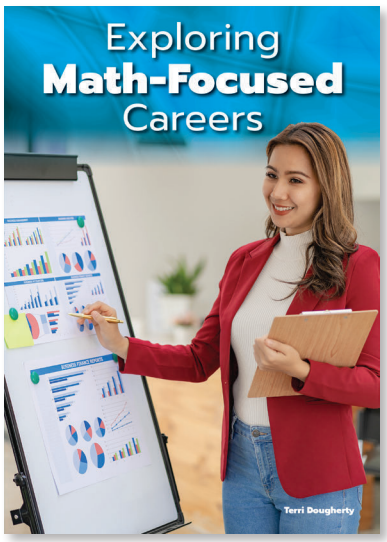
specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebar quotes, at a glance facts, Q&A interview, other jobs list, find out more sections, index

There has never been a greater demand for workers in the skilled trades. These jobs provide a quick ticket to middle-class wages without incurring college debt. This book explores six jobs in skilled trades. What the jobs entail, what they pay, and future prospects are discussed, along with insights from industry insiders.

eBooks available see p. 2

"Clear, concise information that readers considering math-related careers will find useful for decision-making"

— Kirkus Reviews, September 1, 2024



Exploring Math-Focused Careers

2025

(eBook)

978-1-6782-0796-0 *(0797-7)*

Hardcover: List ~~$45.26~~

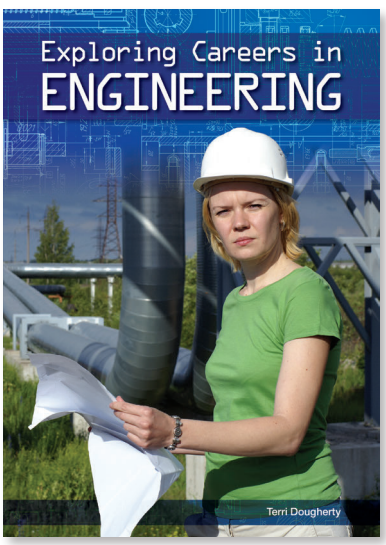
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eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, fast facts, sidebars, margin quotes, source notes, find out more sections, other jobs list, Q&A interview, index

Quotes and examples from individuals working in math-related fields show students what a typical workday is like for an actuary, physicist, economist, and others. Educational requirements, skills, and working conditions are presented. Includes an interview with a financial analyst and a list of dozens of additional math-focused career options.



Exploring Careers in Engineering

2023

(eBook)

978-1-6782-0332-0 *(0333-7)*

Hardcover: List ~~$45.26~~

School & Library $33.95

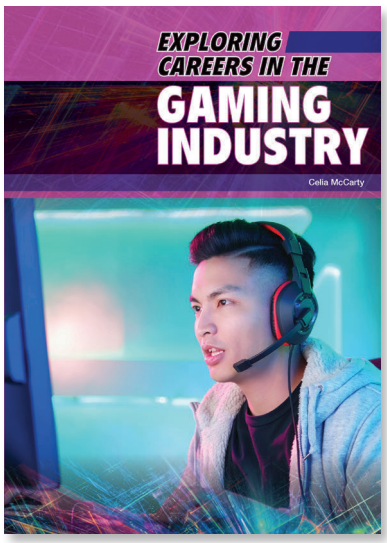
eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebar quotes, at a glance facts, Q&A interview, other jobs list, find out more sections, index

Engineering is a high-demand career field that offers many job opportunities. This book explores six jobs in this field. What the jobs entail, what they pay, and future prospects are discussed, along with insights from industry insiders.

eBooks available see p. 2



Exploring Careers in the Gaming Industry

2023

(eBook)

978-1-6782-0334-4 *(0335-1)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

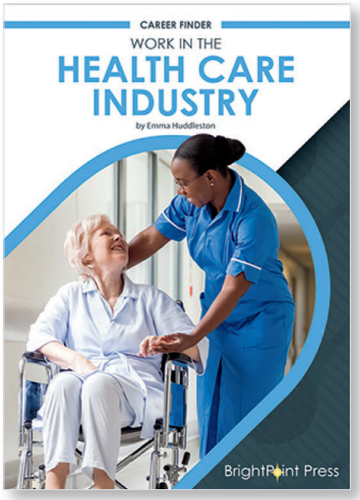
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebar quotes, at a glance facts, Q&A interview, other jobs list, find out more sections, index

The gaming industry is growing fast and offers many creative and technical job opportunities. This book explores six jobs in this field. What the jobs entail, what they pay, and future prospects are discussed, along with insights from industry insiders.

eBooks available see p. 2

Career Finder



HI-LO NONFICTION FOR TEENS

Hardcover: List ~~$45.26~~
School & Library $33.95
5-Book Set: List ~~$226.30~~
School & Library $169.75
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, reading level 3–4, 80 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

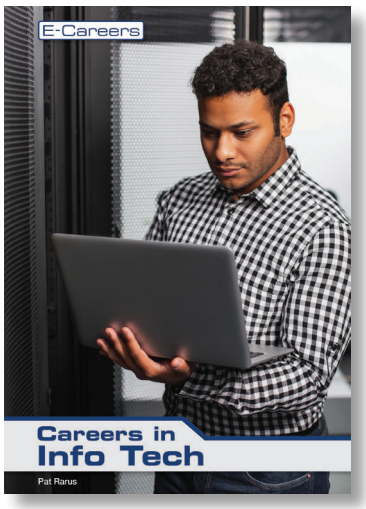
Lexile range: 630L–670L

Hi-Lo YA nonfiction. *Career Finder* explores different career options for students after high school. Readers will learn useful and practical information about each career path, including the skills and training needed to succeed in the field.

			(eBook)
Work in the Fashion Industry	2020	978-1-68282-725-3	(726-0)
Work in the Health Care Industry	2020	978-1-68282-727-7	(728-4)
Work in the Military	2020	978-1-68282-729-1	(730-7)
Work in the Music Industry	2020	978-1-68282-731-4	(732-1)
Work in the Professional Sports Industry	2020	978-1-68282-733-8	(734-5)

E-Careers

Grades 6–12 • Careers



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4-Book Set: List ~~$181.04~~
School & Library $135.80
eBook: Single User $33.95
Multiuser $47.25

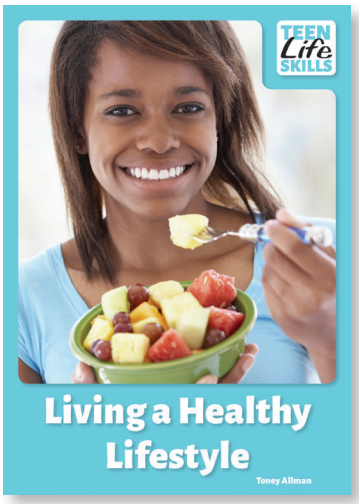
series specifications: interest level grades 6–12, 80 pages, 6.5 x 9.25, reinforced library binding, photos and charts, at a glance facts, 8 jobs profiled in every book, Q&A interview, list of other jobs, websites to find out more, index

eBooks available see p. 2

The *E-Careers* series introduces readers to various career options within a given field and explores what the jobs entail, educational requirements, employment prospects, and more. All books in the series feature a Q&A interview with someone who works in the field. Lists suggesting sources for more information are also included in every book.

			(eBook)
Careers in E-Commerce	2020	978-1-68282-611-9	(612-6)
Careers in Info Tech	2020	978-1-68282-613-3	(614-0)
Careers in Online Gaming	2020	978-1-68282-615-7	(616-4)
Careers in Social Media	2020	978-1-68282-617-1	(618-8)

Teen Life Skills



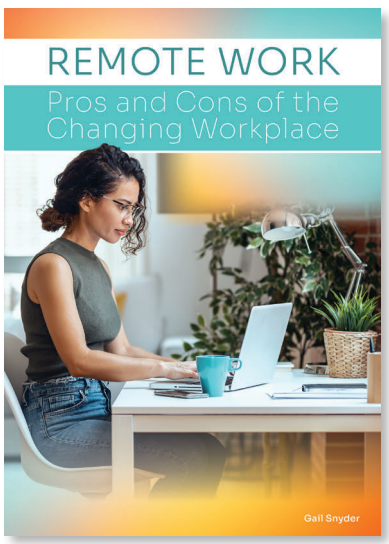
Hardcover: List ~~$45.26~~
School & Library $33.95
5-Book Set: List ~~$226.30~~
School & Library $169.75
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, index

eBooks available see p. 2

A lot of teens have no idea how to dress for a job interview or how to arrange for utilities in a newly rented apartment or how to avoid running up a huge credit card bill. The *Teen Life Skills* series provides teens with a solid and practical introduction to, well, real life.

			(eBook)
Getting a Job	2020	978-1-68282-743-7	(744-4)
Living a Healthy Lifestyle	2020	978-1-68282-745-1	(746-8)
Living on Your Own	2020	978-1-68282-747-5	(748-2)
Managing Money	2020	978-1-68282-749-9	(750-5)
Planning for College	2020	978-1-68282-751-2	(752-9)



Remote Work: Pros and Cons of the Changing Workplace

2024

	(eBook)
978-1-6782-0606-2	(0607-9)

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index

During the pandemic remote work soared, forcing companies and employees to rethink the entire concept of work: where it can be done, how it can be done, when it can be done, and by whom it can be done. Remote work has proved to be popular and productive, but it can also be lonely and harmful to mental health. Yet dramatic changes brought about by remote work are expected to continue, profoundly impacting careers, families, and communities for decades to come.

Guide to Financial Responsibility



Hardcover: List ~~$45.26~~
School & Library $33.95
3-Book Set: List ~~$135.78~~
School & Library $101.85
eBook: Single User $33.95
Multiuser $47.25

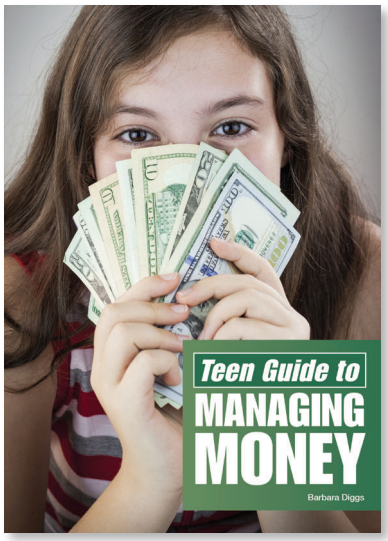
series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, glossary, source notes, for more information section, websites, index

eBooks available see p. 2

The *Guide to Financial Responsibility* series provides essential knowledge in all of these areas, along with how to apply this knowledge toward building good, lifelong habits. All books in the series include firsthand accounts, glossaries of key terms, and useful resources for more information.

		(eBook)
How Do Credit Cards and Loans Work? *2024*	***eBook only*** 978-1-6782	*(0553-9)*
How Do I Get a Job? *2024*	978-1-6782-0554-6	*(0555-3)*
How Do I Start a Business? *2024*	***eBook only*** 978-1-6782	*(0557-7)*
How Does Investing Work? *2024*	978-1-6782-0558-4	*(0559-1)*
Should I Go to College? *2024*	978-1-6782-0560-7	*(0561-4)*

Grades 6–12 • Life Skills



Teen Guide to Managing Money

2025

(eBook)
978-1-6782-0822-6 *(0823-3)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index

eBooks available see p. 2

For most teens, numerous financial responsibilities are on the horizon. This can include college expenses, renting an apartment, buying a car, paying taxes, and even saving for retirement. How teens navigate these financial matters can profoundly shape their lives, which is why it is essential that they master personal finance basics early. This book takes a very practical look at the ins and outs of budgeting, saving, investing, credit, and debt.

Money Basics



HI-LO NONFICTION FOR TEENS

Hardcover: List ~~$45.26~~
School & Library $33.95
5-Book Set: List ~~$226.30~~
School & Library $169.75
eBook: Single User $33.95
Multiuser $47.25

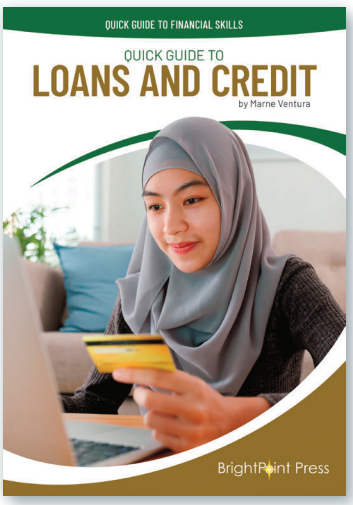
series specifications: interest level grades 6–12, 80 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Lexile range: 620L–690L

Hi-Lo YA nonfiction. *Money Basics* provides useful and practical information about key financial literacy topics. Readers will learn about budgeting, credit, savings, and more. Each book includes an infographic, a worksheet to help readers apply what they have learned, resources to aid in further research, and source notes.

		(eBook)
Credit Cards and Loans *2020*	978-1-68282-803-8	*(804-5)*
Finding a Job *2020*	978-1-68282-799-4	*(800-7)*
Living on a Budget *2020*	978-1-68282-797-0	*(798-7)*
Paying for College *2020*	978-1-68282-805-2	*(806-9)*
Saving and Investing *2020*	978-1-68282-801-4	*(802-1)*

Quick Guide to Financial Skills



HI-LO NONFICTION FOR TEENS

Hardcover: List ~~$45.26~~
School & Library $33.95
6-Book Set: List ~~$271.56~~
School & Library $203.70
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Lexile range: 710L–770L

Hi-Lo YA nonfiction. *Quick Guide to Financial Skills* grounds readers in the basics of finance. This series introduces readers to topics such as insurance, jobs and taxes, loans, and renting.

		(eBook)
Quick Guide to Insurance *2025*	978-1-6782-0904-9	*(0905-6)*
Quick Guide to Jobs and Taxes *2025*	978-1-6782-0906-3	*(0907-0)*
Quick Guide to Living on a Budget *2025*	978-1-6782-0908-7	*(0909-4)*
Quick Guide to Loans and Credit *2025*	978-1-6782-0910-0	*(0911-7)*
Quick Guide to Renting *2025*	978-1-6782-0912-4	*(0913-1)*
Quick Guide to Saving and Investing *2025*	978-1-6782-0914-8	*(0915-5)*

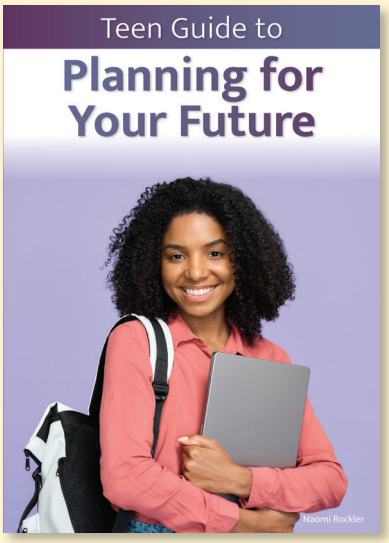
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Teen Guide to Planning for Your Future

Grades 6–12 • Life Skills



Teen Guide to Planning for Your Future

(eBook)

978-1-6782-1202-5 *(1203-2)*

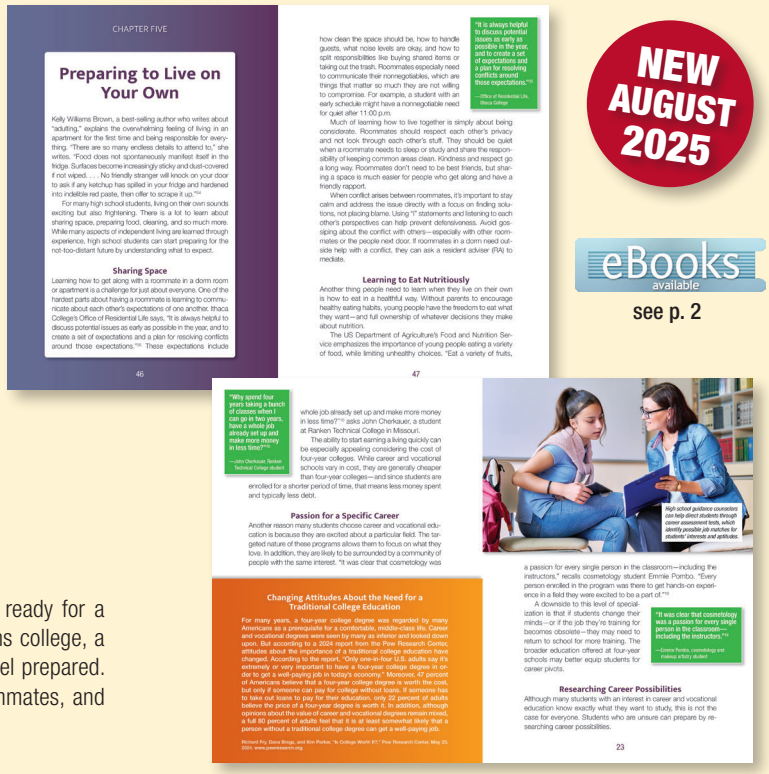
Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index



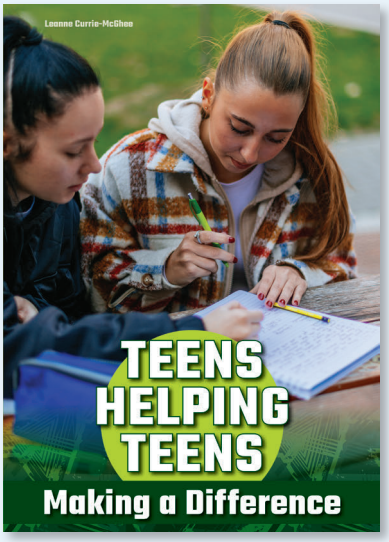
NEW AUGUST 2025

eBooks available

see p. 2

Preparing for adult life can feel overwhelming, but it can also be exciting to get ready for a future full of possibilities. Learning about life after graduation—whether that means college, a vocational or technical school, work, or something else—can help young people feel prepared. So can learning about adult responsibilities like managing money, living with roommates, and maintaining a living space.

Teens Helping Teens: Making a Difference



Teens Helping Teens: Making a Difference

(eBook)

978-1-6782-1206-3 *(1207-0)*

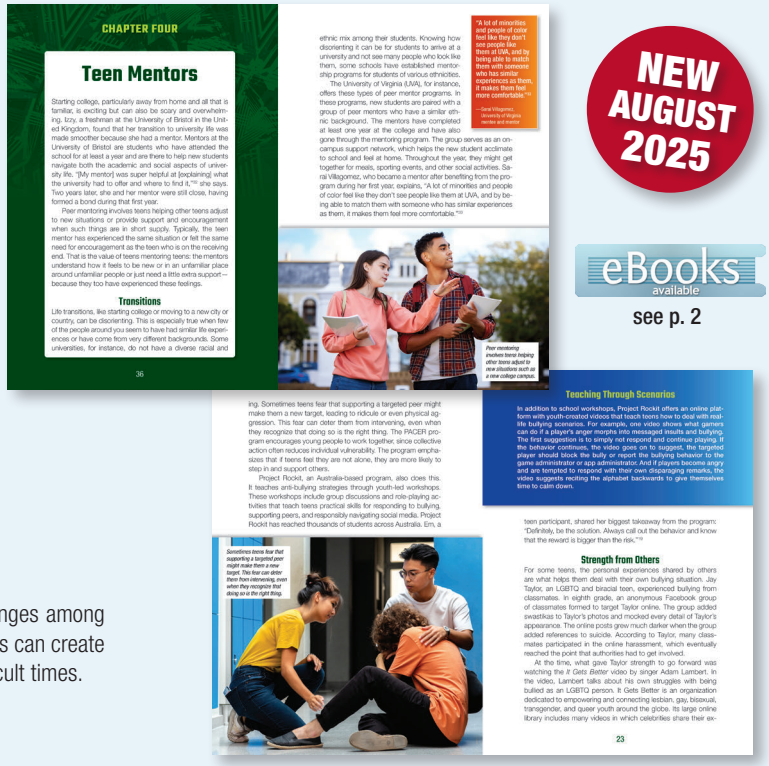
Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index



NEW AUGUST 2025

eBooks available

see p. 2

This book focuses on the power of peer support in addressing mental health challenges among teenagers. By sharing real-life stories and professional insights, it provides ways teens can create safe spaces for one another, reduce stigma, and provide meaningful help during difficult times.

Grades 6–12 • Life Skills



Get Stuff Done: A Guide to Managing Your Time and Being Productive

2024

(eBook)
978-1-6782-0604-8 *(0605-5)*

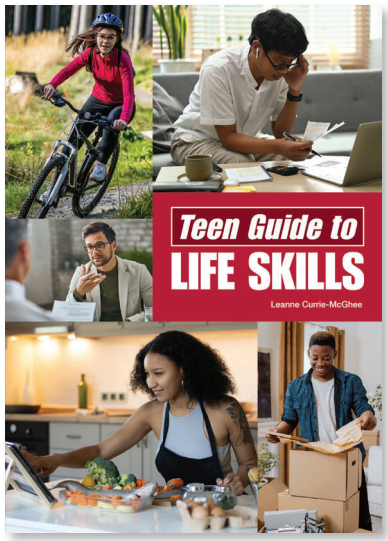
Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, apps, websites, index

There is no shortage of obligations, pressures, and chaos coming at teens. How do you take control of it all and do what needs to be done? *Get Stuff Done* features keys to prioritizing, meeting deadlines, dealing with distractions, managing stress, and balancing work and fun.

eBooks available see p. 2

"A basic, readable, and useful introduction to 'adulting'"
— Kirkus Reviews, September 15, 2024



Teen Guide to Life Skills

2025

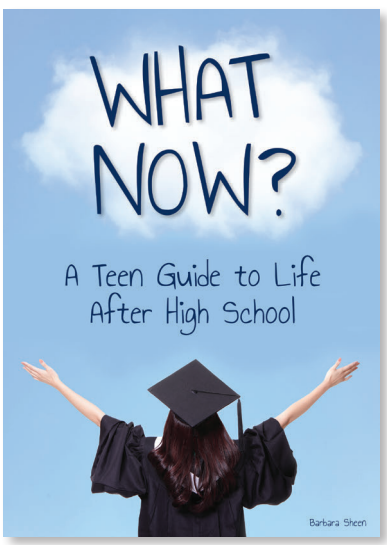
(eBook)
978-1-6782-0774-8 *(0775-5)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index

Teen Guide to Life Skills equips young adults with essential knowledge on budgeting, transportation, renting accommodations, securing employment, and more. These skills empower teens to thrive independently in life.

"Recommended for all high school collections"
— School Library Journal, February 1, 2024



What Now? A Teen Guide to Life After High School

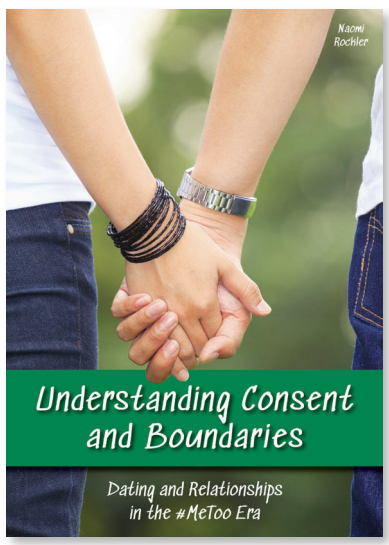
2024

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Life after high school is a time for decision-making. The biggest—and often the scariest—decision high school graduates must make is what to do next. This book helps raise teens' awareness of the different options that are available to them. The benefits and drawbacks of each option, educational and training requirements for various careers, and financial information are included, as are first-person accounts and anecdotes.



Understanding Consent and Boundaries: Dating and Relationships in the #MeToo Era

2024

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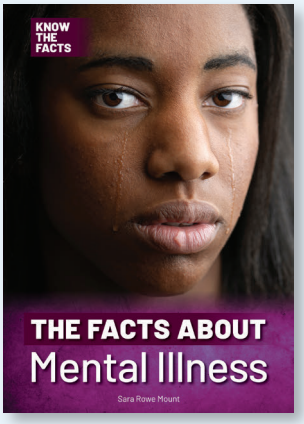
Attitudes about the importance of boundaries and consent are changing, largely because of the #MeToo movement, where women wrote about their experiences with sexual assault and harassment on social media. As teenagers start dating and having relationships, it is important to understand what it means to maintain healthy boundaries—both physical and emotional ones. In physical relationships, it is also important to understand consent, which should be fully informed, free of coercion, specific, reversible, and enthusiastic.

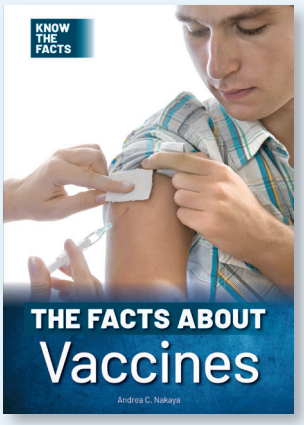
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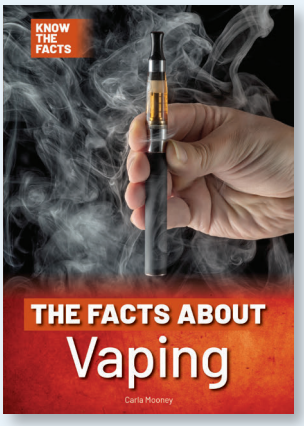
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When it comes to social issues, almost everyone has an opinion. The problem is a lot of those opinions are not informed by facts. This series presents a factual context for understanding hot-button issues such as gun violence and vaccines. Through clear, accessible writing and fully documented sources, the books enhance critical thinking and thoughtful discussion of important social issues.

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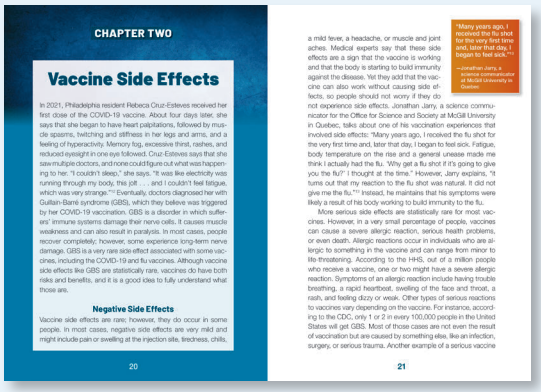
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CHAPTER TWO

Vaccine Side Effects

In 2021, Philadelphia resident Rebeca Cruz-Esteves received her first dose of the COVID-19 vaccine. About four days later, she says that she began to have heart palpitations, followed by muscle spasms, twitching and stiffness in her legs and arms, and a feeling of hyperactivity. Memory fog, excessive thirst, rashes, and reduced eyesight in one eye followed. Cruz-Esteves says that she saw multiple doctors, and none could figure out what was happening to her. "I couldn't sleep," she says. "It was like electricity was running through my body, this jolt . . . and I couldn't feel fatigue, which was very strange."[12] Eventually, doctors diagnosed her with Guillain-Barré syndrome (GBS), which they believe was triggered by her COVID-19 vaccination. GBS is a disorder in which sufferers' immune systems damage their nerve cells. It causes muscle weakness and can also result in paralysis. In most cases, people recover completely; however, some experience long-term nerve damage. GBS is a very rare side effect associated with some vaccines, including the COVID-19 and flu vaccines. Although vaccine side effects like GBS are statistically rare, vaccines do have both risks and benefits, and it is a good idea to fully understand what those are.

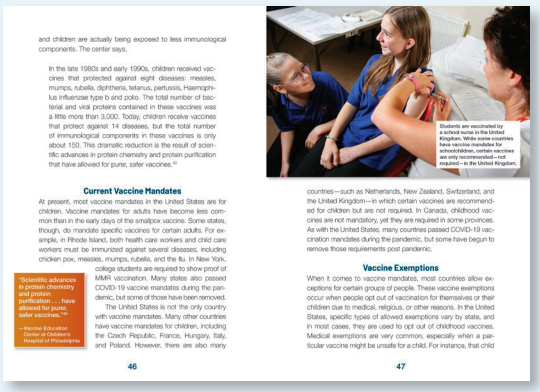
Negative Side Effects

Vaccine side effects are rare; however, they do occur in some people. In most cases, negative side effects are very mild and might include pain or swelling at the injection site, tiredness, chills, a mild fever, a headache, or muscle and joint aches. Medical experts say that these side effects are a sign that the vaccine is working and that the body is starting to build immunity against the disease. Yet they add that the vaccine can also work without causing side effects, so people should not worry if they do not experience side effects. Jonathan Jarry, a science communicator for the Office for Science and Society at McGill University in Quebec, talks about one of his vaccination experiences that involved side effects: "Many years ago, I received the flu shot for the very first time and, later that day, I began to feel sick. Fatigue, body temperature on the rise and a general unease made me think I actually had the flu. Why get a flu shot if it's going to give you the flu?! I thought at the time."[13] However, Jarry explains, "It turns out that my reaction to the flu shot was natural. It did not give me the flu."[14] Instead, he maintains that his symptoms were likely a result of his body working to build immunity to the flu.

"Many years ago, I received the flu shot for the very first time and, later that day, I began to feel sick."[13]
—Jonathan Jarry, a science communicator at McGill University in Quebec

More serious side effects are statistically rare for most vaccines. However, in a very small percentage of people, vaccines can cause a severe allergic reaction, serious health problems, or even death. Allergic reactions occur in individuals who are allergic to something in the vaccine and can range from minor to life-threatening. According to the HHS, out of a million people who receive a vaccine, one or two might have a severe allergic reaction. Symptoms of an allergic reaction include having trouble breathing, a rapid heartbeat, swelling of the face and throat, a rash, and feeling dizzy or weak. Other types of serious reactions to vaccines vary depending on the vaccine. For instance, according to the CDC, only 1 or 2 in every 100,000 people in the United States will get GBS. Most of those cases are not even the result of vaccination but are caused by something else, like an infection, surgery, or serious trauma. Another example of a serious vaccine

20 21


and children are actually being exposed to less immunological components. The center says,

In the late 1980s and early 1990s, children received vaccines that protected against eight diseases: measles, mumps, rubella, diphtheria, tetanus, pertussis, Haemophilus influenzae type b and polio. The total number of bacterial and viral proteins contained in these vaccines was a little more than 3,000. Today, children receive vaccines that protect against 14 diseases, but the total number of immunological components in these vaccines is only about 150. This dramatic reduction is the result of scientific advances in protein chemistry and protein purification that have allowed for purer, safer vaccines.[42]

"Scientific advances in protein chemistry and protein purification . . . have allowed for purer, safer vaccines."[42]
—Vaccine Education Center at Children's Hospital of Philadelphia

Current Vaccine Mandates

At present, most vaccine mandates in the United States are for children. Vaccine mandates for adults have become less common than in the early days of the smallpox vaccine. Some states, though, do mandate specific vaccines for certain adults. For example, in Rhode Island, both health care workers and child care workers must be immunized against several diseases, including chicken pox, measles, mumps, rubella, and the flu. In New York, college students are required to show proof of MMR vaccination. Many states also passed COVID-19 vaccine mandates during the pandemic, but some of those have been removed.

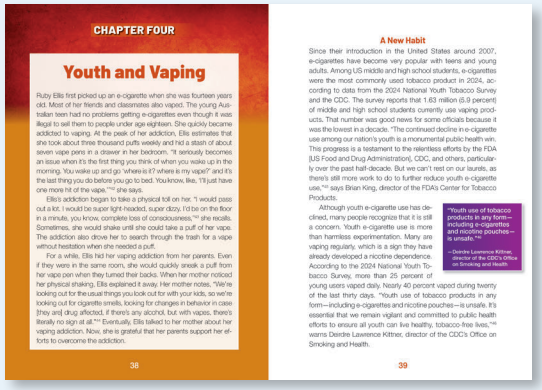
The United States is not the only country with vaccine mandates. Many other countries have vaccine mandates for children, including the Czech Republic, France, Hungary, Italy, and Poland. However, there are also many countries—such as Netherlands, New Zealand, Switzerland, and the United Kingdom—in which certain vaccines are recommended for children but are not required. In Canada, childhood vaccines are not mandatory, yet they are required in some provinces. As with the United States, many countries passed COVID-19 vaccination mandates during the pandemic, but some have begun to remove those requirements post pandemic.

Students are vaccinated by a school nurse in the United Kingdom. While some countries have vaccine mandates for schoolchildren, certain vaccines are only recommended—not required—in the United Kingdom.

Vaccine Exemptions

When it comes to vaccine mandates, most countries allow exceptions for certain groups of people. These vaccine exemptions occur when people opt out of vaccination for themselves or their children due to medical, religious, or other reasons. In the United States, specific types of allowed exemptions vary by state, and in most cases, they are used to opt out of childhood vaccines. Medical exemptions are very common, especially when a particular vaccine might be unsafe for a child. For instance, that child

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CHAPTER FOUR

Youth and Vaping

Ruby Ellis first picked up an e-cigarette when she was fourteen years old. Most of her friends and classmates also vaped. The young Australian teen had no problems getting e-cigarettes even though it was illegal to sell them to people under age eighteen. She quickly became addicted to vaping. At the peak of her addiction, Ellis estimates that she took about three thousand puffs weekly and hid a stash of about seven vape pens in a drawer in her bedroom. "It seriously becomes an issue when it's the first thing you think of when you wake up in the morning. You wake up and go 'where is it? where is my vape?' and it's the last thing you do before you go to bed. You know, like, I'll just have one more hit of the vape,"[36] she says.

Ellis's addiction began to take a physical toll on her. "I would pass out a lot. I would be super light-headed, super dizzy, I'd be on the floor in a minute, you know, complete loss of consciousness,"[37] she recalls. Sometimes, she would shake until she could take a puff of her vape. The addiction also drove her to search through the trash for a vape without hesitation when she needed a puff.

For a while, Ellis hid her vaping addiction from her parents. Even if they were in the same room, she would quickly sneak a puff from her vape pen when they turned their backs. When her mother noticed her physical shaking, Ellis explained it away. Her mother notes, "We're looking out for the usual things you look out for with your kids, so we're looking out for cigarette smells, looking for changes in behavior in case [they are] drug affected, if there's any alcohol, but with vapes, there's literally no sign at all."[38] Eventually, Ellis talked to her mother about her vaping addiction. Now, she is grateful that her parents support her efforts to overcome the addiction.

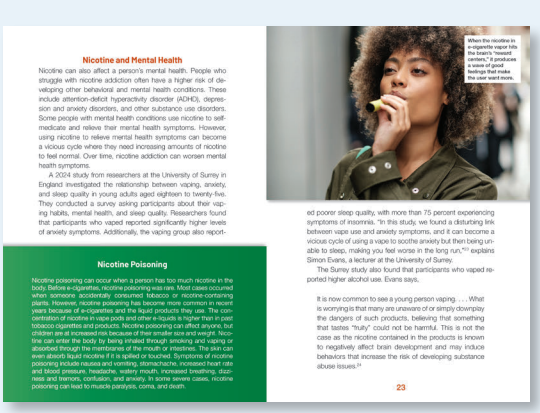
A New Habit

Since their introduction in the United States around 2007, e-cigarettes have become very popular with teens and young adults. Among US middle and high school students, e-cigarettes were the most commonly used tobacco product in 2024, according to data from the 2024 National Youth Tobacco Survey and the CDC. The survey reports that 1.63 million (6.9 percent) of middle and high school students currently use vaping products. That number was good news for some officials because it was the lowest in a decade. "The continued decline in e-cigarette use among our nation's youth is a monumental public health win. This progress is a testament to the relentless efforts by the FDA [US Food and Drug Administration], CDC, and others, particularly over the past half-decade. But we can't rest on our laurels, as there's still more work to do to further reduce youth e-cigarette use,"[39] says Brian King, director of the FDA's Center for Tobacco Products.

Although youth e-cigarette use has declined, many people recognize that it is still a concern. Youth e-cigarette use is more than harmless experimentation. Many are vaping regularly, which is a sign they have already developed a nicotine dependence. According to the 2024 National Youth Tobacco Survey, more than 25 percent of young users vaped daily. Nearly 40 percent vaped during twenty of the last thirty days. "Youth use of tobacco products in any form—including e-cigarettes and nicotine pouches—is unsafe. It's essential that we remain vigilant and committed to public health efforts to ensure all youth can live healthy, tobacco-free lives,"[40] warns Deirdre Lawrence Kittner, director of the CDC's Office on Smoking and Health.

"Youth use of tobacco products in any form—including e-cigarettes and nicotine pouches—is unsafe."[40]
—Deirdre Lawrence Kittner, director of the CDC's Office on Smoking and Health

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Nicotine and Mental Health

Nicotine can also affect a person's mental health. People who struggle with nicotine addiction often have a higher risk of developing other behavioral and mental health conditions. These include attention-deficit hyperactivity disorder (ADHD), depression and anxiety disorders, and other substance use disorders. Some people with mental health conditions use nicotine to self-medicate and relieve their mental health symptoms. However, using nicotine to relieve mental health symptoms can become a vicious cycle where they need increasing amounts of nicotine to feel normal. Over time, nicotine addiction can worsen mental health symptoms.

A 2024 study from researchers at the University of Surrey in England investigated the relationship between vaping, anxiety, and sleep quality in young adults aged eighteen to twenty-five. They conducted a survey asking participants about their vaping habits, mental health, and sleep quality. Researchers found that participants who vaped reported significantly higher levels of anxiety symptoms. Additionally, the vaping group also reported poorer sleep quality, with more than 75 percent experiencing symptoms of insomnia. "In this study, we found a disturbing link between vape use and anxiety symptoms, and it can become a vicious cycle of using a vape to soothe anxiety but then being unable to sleep, making you feel worse in the long run,"[41] explains Simon Evans, a lecturer at the University of Surrey.

The Surrey study also found that participants who vaped reported higher alcohol use. Evans says,

It is now common to see a young person vaping. . . . What is worrying is that many are unaware of or simply downplay the dangers of such products, believing that something that tastes "fruity" could not be harmful. This is not the case as the nicotine contained in the products is known to negatively affect brain development and may induce behaviors that increase the risk of developing substance abuse issues.[41]

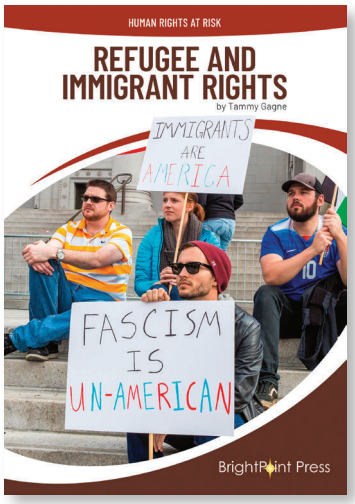
When the nicotine in e-cigarette vapor hits the brain's "reward centers," it produces a wave of good feelings that make the user want more.

Nicotine Poisoning

Nicotine poisoning can occur when a person has too much nicotine in the body. Before e-cigarettes, nicotine poisoning was rare. Most cases occurred when someone accidentally consumed tobacco or nicotine-containing plants. However, nicotine poisoning has become more common in recent years because of e-cigarettes and the liquid products they use. The concentration of nicotine in vape pods and other e-liquids is higher than in past tobacco cigarettes and products. Nicotine poisoning can affect anyone, but children are at increased risk because of their smaller size and weight. Nicotine can enter the body by being inhaled through smoking and vaping or absorbed through the membranes of the mouth or intestines. The skin can even absorb liquid nicotine if it is spilled or touched. Symptoms of nicotine poisoning include nausea and vomiting, stomachache, increased heart rate and blood pressure, headache, watery mouth, increased breathing, dizziness and tremors, confusion, and anxiety. In some severe cases, nicotine poisoning can lead to muscle paralysis, coma, and death.

23

Human Rights at Risk



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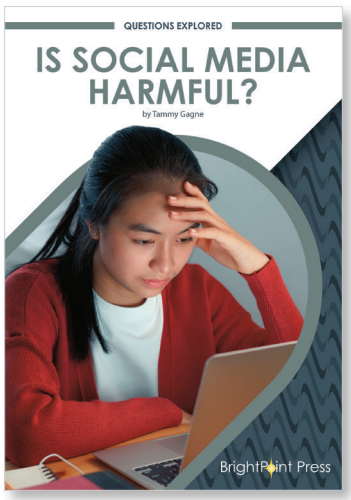
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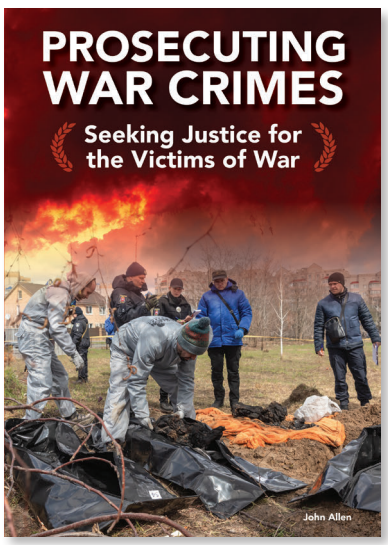
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"Current, cogent, and as hopeful as it is horrifying"

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Prosecuting War Crimes: Seeking Justice for the Victims of War explores how treaties such as the Geneva Conventions have set guidelines to protect noncombatants and govern the treatment of military prisoners. The book also looks at how war criminals can be brought to justice, from the Nuremberg Trials to the Balkans tribunals to evidence of war crimes in Russia's invasion of Ukraine.

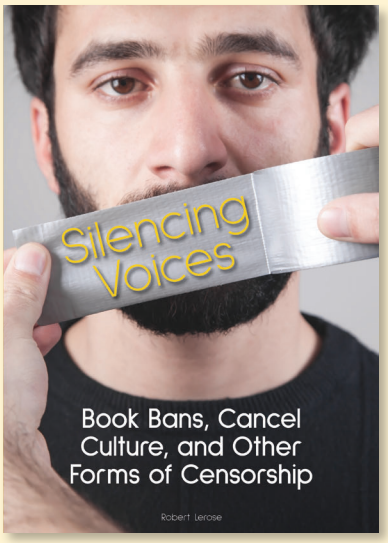
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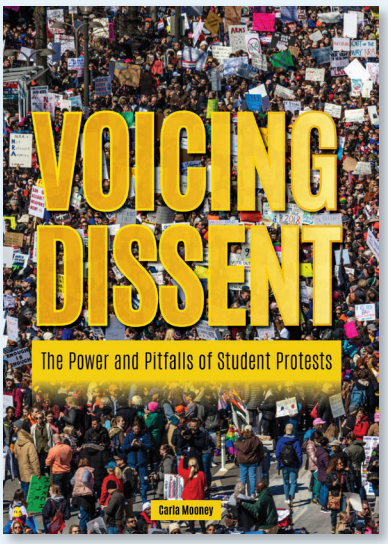
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Free speech has been a bedrock principle of American life since the founding of the country. But in recent years, a surge in different forms of censorship has led to heated debates about the meaning and limits of this fundamental right. This book examines these trends in a clear, thoughtful way to help readers gain a deep understanding of the issues at stake.

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NEW JANUARY 2025

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Student protests have a long history in the United States. For decades, students have used protest as a powerful tool to voice dissent, spotlight issues, and bring about meaningful change. Yet, protest activity can sometimes infringe on the rights of others, escalate into violence, and bring negative attention to the issues students want to highlight.



Asylum Seekers: Hope and Disappointment on the Border

2023

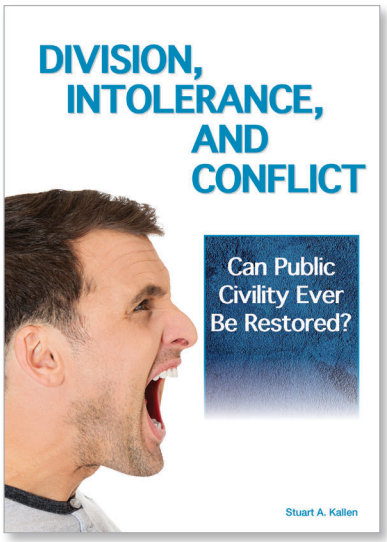
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Individuals who are persecuted or endure gang- and gender-based violence in their home countries face a difficult decision—stay or leave. Asylum seekers travel through dangerous conditions to the US-Mexico border in hopes of finding safety and refuge. This title examines how current events, political policies, and a global pandemic have made the asylum process more difficult. Personal stories of those on the journey help readers understand the people who seek asylum at the southern border.

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Recent opinion polls show Americans do not just disagree with one another over political and social issues, they distrust, dislike, and wish harm on those who oppose them. Using academic research, anecdotes, and current events, this book examines today's lack of public civility while providing positive information to reduce division and intolerance.

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Teen Activists: Youth Changing the World

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Teens throughout the world are taking a stand on a variety of societal issues that matter to them. *Teen Activists: Youth Changing the World* introduces readers to some of these young people, the issues that motivate them, the challenges they face, their activities and achievements, and their hopes for the future.

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Domestic Extremism: How Big Is the Threat?

2022

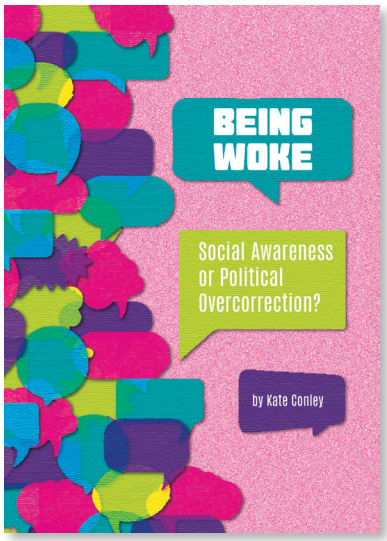
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Violent incidents that can be directly attributed to domestic extremism are increasing. In recent years, experts note, most of those incidents were perpetrated by right-wing extremists. These extremists follow a mix of ideologies. What they have in common—the driving force behind their actions—is the belief in violence, intimidation, and mass destruction to advance their social and political views.

eBooks available see p. 2



Being Woke: Social Awareness or Political Overcorrection?

2024

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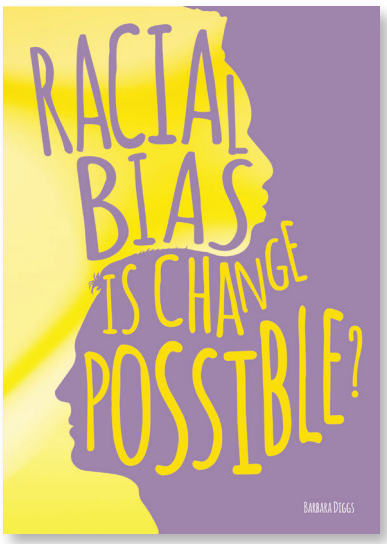
specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

The term *woke* is used either positively or negatively, depending on a person's political views. But what does "being woke" really mean? This book explores the origins of the term *woke*, discusses what the word means to both liberals and conservatives, and how the concept of wokeness affects US society today.

eBooks available see p. 2

"A timely and useful survey of a topic that deserves discussion"

—Kirkus Reviews, July 1, 2022



Racial Bias: Is Change Possible?

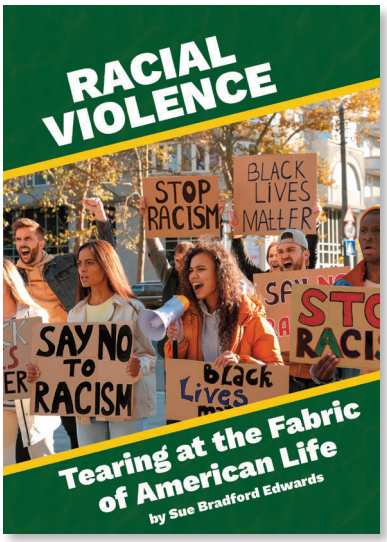
2023

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Racial bias, particularly implicit racial bias, is an insidious harm affecting people of color in virtually every area of life. This book examines the factors that give rise to implicit racial bias, the damage it causes, whether we can change, and what we can do.



Racial Violence: Tearing at the Fabric of American Life

2024

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978-1-6782-0582-9 *(0583-6)*

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The United States has a long history of racial violence, and many minority groups have been impacted. This book discusses the racial violence inflicted upon Black people, Native women, and Asians in the United States, and how these groups are fighting back against racism.

eBooks available see p. 2



Anti-Semitism: Hatred on the Rise

2025

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specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, infographic, visual chronology, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

Anti-Semitism has been called the "oldest hatred," as it has endured from ancient times to the present day. The resurgence of White supremacy and neo-Nazism, as well as the conflict between Israel and Hamas, have brought an increase in harassment and discrimination of Jews. Against this background, there are many courageous groups dedicated to ending anti-Semitism.

eBooks available see p. 2

Get Involved



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Lexile range: 740L–790L

Hi-Lo YA nonfiction. *Get Involved* explores the many ways people can volunteer in their communities. Readers will learn about a variety of opportunities, the skills required, and how to get started. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

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Teen Activism Library

Grades 6–12 • Issues and Activism



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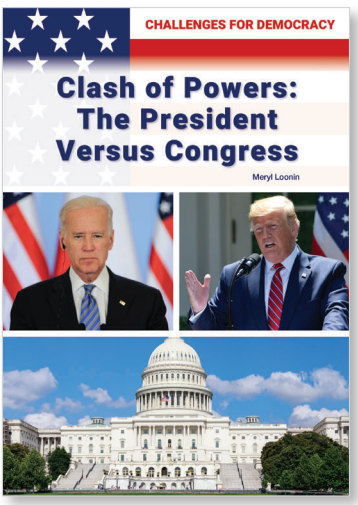
series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, where to go for ideas and inspiration section, index

eBooks available see p. 2

This series explores what teens are doing and why, how they are going about it, and what they hope to achieve. It also offers guidance on some of the tools and knowledge that young people will need if they want to take stands on issues that matter to them.

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Stand Up for LGBTQ Rights	2022	978-1-6782-0152-4	(0153-1)
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Challenges for Democracy



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series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, infographic, sidebars, margin quotes, source notes, for further research section, index

eBooks available see p. 2

American democracy is experiencing unprecedented challenges. This series examines function and dysfunction in the pillars of that democracy. Topics include the political party system, voting, the Supreme Court, media literacy, and the relationship between the president and Congress. Fully documented quotes, relevant facts, and historical context add depth and perspective to this series.

			(eBook)
Clash of Powers: The President Versus Congress	2023	978-1-6782-0302-3	(0303-0)
Media Literacy: Information and Disinformation	2023	978-1-6782-0304-7	(0305-4)
Political Parties: Division and Distrust	2023	978-1-6782-0306-1	(0307-8)
The Supreme Court: Activism Versus Restraint	2023	978-1-6782-0308-5	(0309-2)
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Exploring Social Injustice



HI-LO NONFICTION FOR TEENS

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Lexile range: 710L–750L

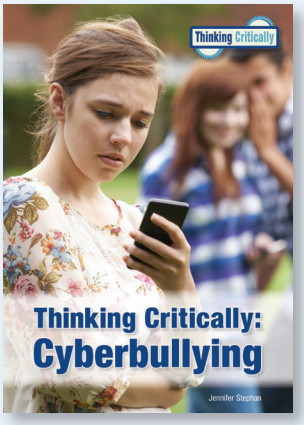
Hi-Lo YA nonfiction. *Exploring Social Injustice* introduces readers to different types of injustice present in today's society. The series examines the history of each kind of injustice, examples of the injustice today, key moments in fighting the injustice, and what can be done to end it in the future. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

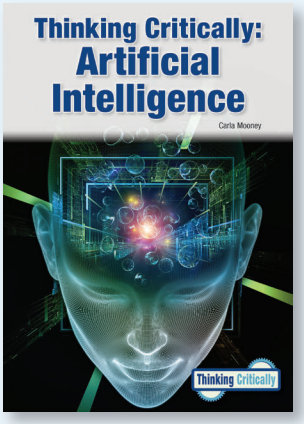
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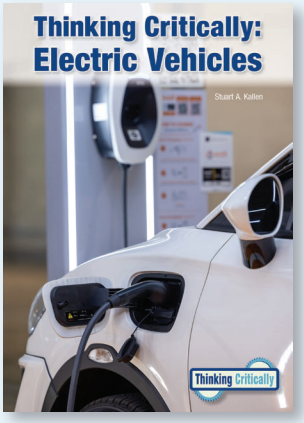
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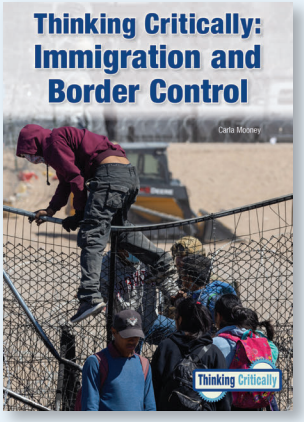
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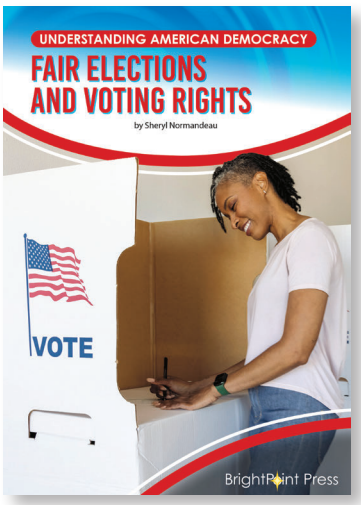
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series specifications: interest level grades 6–12, 64–80 pages, 6.5 x 9.25, reinforced library binding, statistical illustrations and graphs, critical thinking questions, margin quotes, source notes, fact section, organizations and websites, for further research section, index

Understanding American Democracy

Grades 6–12 • Issues and Activism



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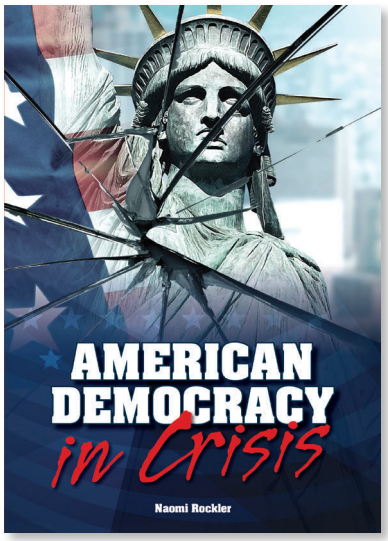
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Lexile range: 650L–700L

Hi-Lo YA nonfiction. *Understanding American Democracy* introduces readers to the American democratic system of government, exploring its structures, functions, and history. Readers will learn about freedom of speech, fair elections, the separation of government powers, and more. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

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American Democracy in Crisis

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The January 6, 2021, insurrection at the US Capitol was a crisis point for American democracy, but the crisis is not over. American democracy is threatened by deep political polarization, the spread of misinformation, voter suppression, and extremist violence. As young Americans inherit this country, they may be in a position to help repair democracy.

eBooks available see p. 2

Issues and Activism Single Titles



The Facts About Election and Voter Fraud

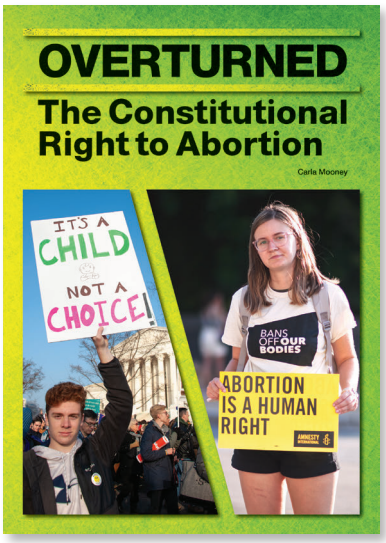
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In recent years, many states have passed laws to prevent election and voter fraud. Critics argue that these laws make it harder for some people to vote—and that they are unnecessary because this kind of fraud is very rare. To understand this controversy, it is important to understand the facts about election and voter fraud.



Overturned: The Constitutional Right to Abortion

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On June 24, 2022, the US Supreme Court shook the nation when it issued a monumental decision to overturn *Roe v. Wade*, the 1973 landmark ruling that established a constitutional right to abortion. This book examines the history of abortion rights, the rationale behind the new ruling, how individuals and states have reacted to the ruling, and how women have been affected by it.

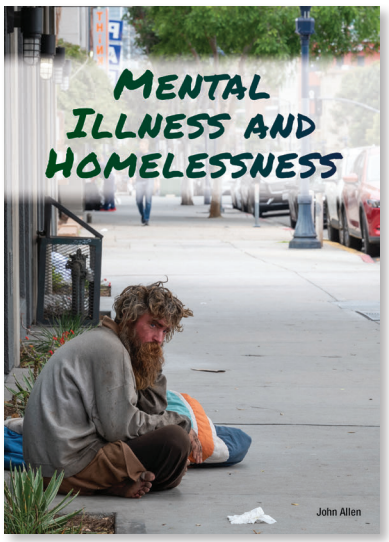
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— Kirkus Reviews, October 1, 2024



Mental Illness and Homelessness

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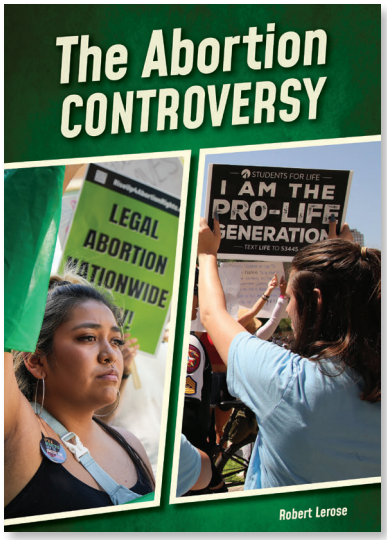
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The rising number of mentally ill homeless people in America has left governments at all levels searching for answers. The movement to release those with severe mental illness from outdated institutions has left too many patients living on the street with no access to treatment. However, new approaches to low-cost housing and urban treatment centers are showing promise for the future.

"A brief, balanced overview of a fraught and complex issue"

— Kirkus Reviews, September 1, 2024



The Abortion Controversy

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(eBook)

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This book explores the consequences of the 2022 Supreme Court decision overturning the constitutional right to abortion. Whether pro-life, pro-choice, or undecided, every reader will gain a deeper understanding of the opposing views on this emotional issue—and a preview of what comes next.



The Israel-Hamas War

2025

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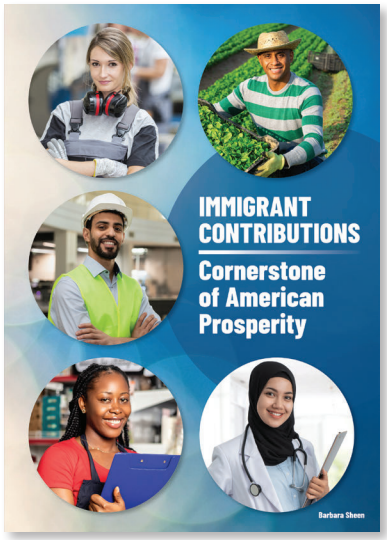
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In October 2023, fighters from the militant group Hamas stormed communities in southern Israel, killing more than twelve hundred people and taking more than two hundred hostages back to Gaza. The attack touched off the Israel-Hamas War, in which Israeli leaders have vowed to eliminate Hamas and the threat it poses to their people. In its effort to achieve that goal, Israel has killed more than thirty thousand Palestinians living in Gaza. The Israel-Hamas War is the latest conflict in the long history of hostility between Israelis and Palestinians. The war has sparked intense criticism and divisions worldwide.

"A well-written, thoroughly supported, and accessible presentation of immigrants' essential economic role"

— Kirkus Reviews, July 15, 2024



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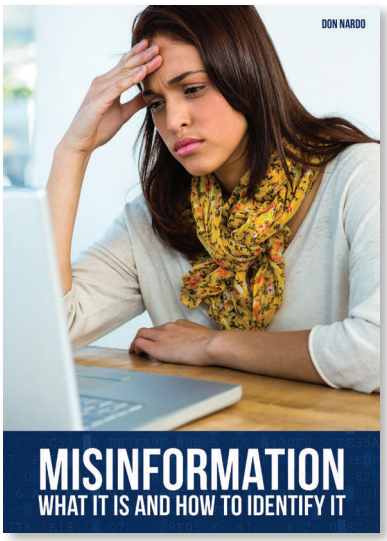
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Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, infographics, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

For more than two hundred years, immigrants have flocked to the United States in pursuit of freedom, opportunity, and equality. Although they have often been met with hostility, they have always played a vital part in contributing to the nation's economic and social prosperity.



Misinformation: What It Is and How to Identify It

2024

(eBook)

978-1-6782-0578-2 *(0579-9)*

Hardcover: List ~~$45.26~~

School & Library $33.95

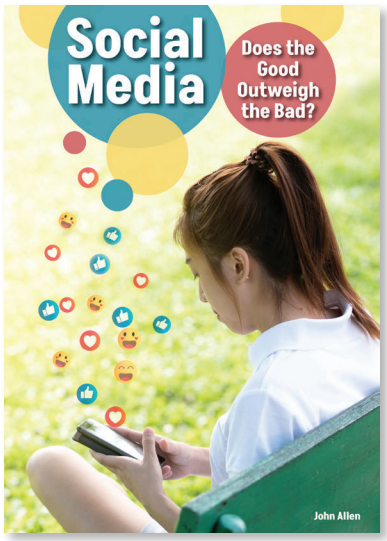
eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

Whether through social media or news reported via newspapers, television, radio, or online sources, misinformation—consisting of false facts and conspiracy theories—has become rampant in modern society. Some false information spreads accidentally; but much of it derives from purposeful lies. This book discusses how false information damages society as well as ways to recognize and counteract it.

eBooks available see p. 2



Social Media: Does the Good Outweigh the Bad?

2024

(eBook)

978-1-6782-0590-4 *(0591-1)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

Social media offers the promise of bringing people together and enabling them to share ideas and information. However, social media also has a dark side, with malicious users peddling misinformation, harassing others, and running scams to defraud unwary victims. This book examines both good aspects and bad, and explores how social media platforms could be made safer and more reliable as sources of information.

eBooks available see p. 2



Media Bias: What Is It and Why Does It Matter?

2023

(eBook)

978-1-6782-0362-7 *(0363-4)*

Hardcover: List ~~$45.26~~

School & Library $33.95

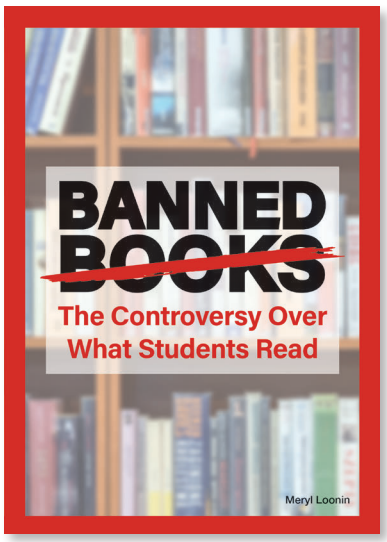
eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, recognizing bias feature, index

Media bias can take many different forms. It can be seen in stories that favor one side over another. It can be seen in story placement. It can even be seen in whether a story gets covered at all. This book examines what media bias looks like, the damage it can do, and the efforts of news organizations to both ensure fairness and counter sometimes-exaggerated claims of bias by politicians.

eBooks available see p. 2



Banned Books: The Controversy Over What Students Read

2023

(eBook)

978-1-6782-0474-7 *(0475-4)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, organizations and websites, for further research section, index

Public and school libraries around the nation are experiencing a rash of efforts to ban books. Behind these efforts are parents and politicians who believe that hundreds of books and topics are not fit for young readers. Though this group is vocal, recent polls show that a majority of Americans oppose book bans. This book examines the types of books that are being challenged or banned—and why.

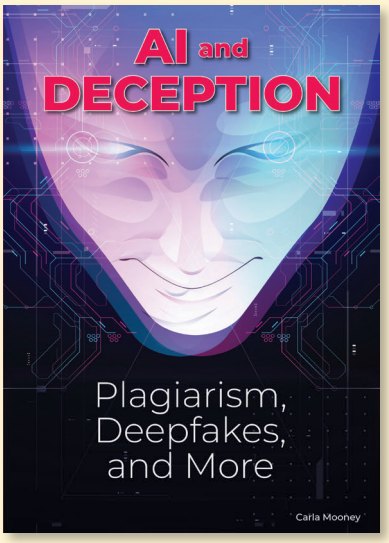
eBooks available see p. 2

AI and Deception: Plagiarism, Deepfakes, and More

Grades 6–12 • Digital and Media Literacy

"An alarming overview of the uses—and misuses—to which artificial intelligence is already being put"

—Kirkus Reviews, July 1, 2025



AI and Deception: Plagiarism, Deepfakes, and More

(eBook)

978-1-6782-1066-3 *(1067-0)*

Hardcover: List ~~$45.26~~

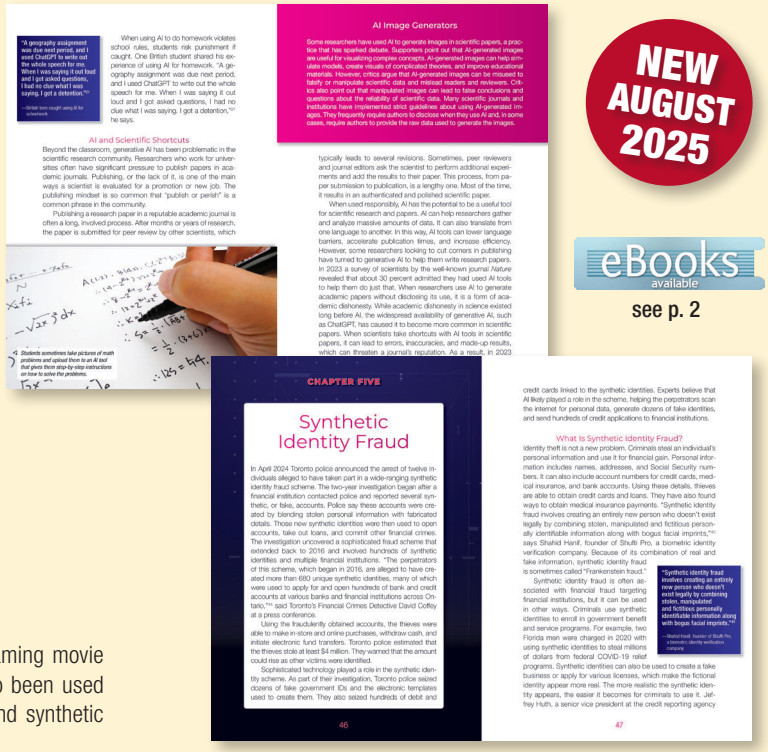
School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index

Artificial intelligence (AI) has increasingly become part of everyday life, from streaming movie recommendations to virtual assistants. However, this powerful technology has also been used by unscrupulous individuals for deception. Plagiarism, voice scams, deepfakes, and synthetic identity theft are some of the ways AI can deceive unsuspecting individuals.



NEW AUGUST 2025

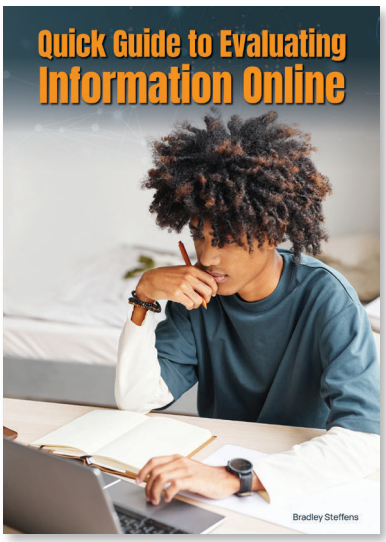
eBooks available

see p. 2

Digital and Media Literacy Single Titles

"Specific advice and meaningful context make this a strong introduction to online safety"

—Kirkus Reviews, August 1, 2024



Quick Guide to Evaluating Information Online

2025

(eBook)

978-1-6782-0814-1 *(0815-8)*

Hardcover: List ~~$45.26~~

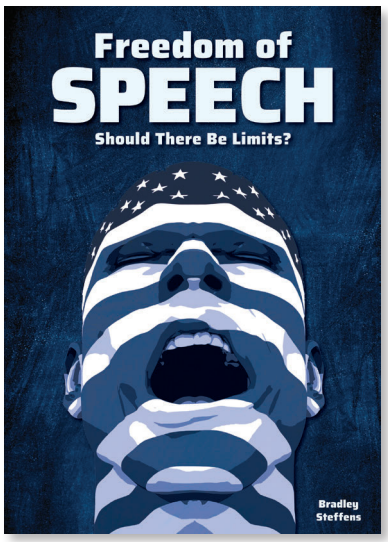
School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index

Online media is rife with deepfake videos, doctored photographs, and false claims. This book discusses some of the subject areas where disinformation is most common. It provides guidelines for analyzing online information to avoid being duped by scams, hoaxes, and propaganda.



Freedom of Speech: Should There Be Limits?

2024

(eBook)

978-1-6782-0576-8 *(0577-5)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

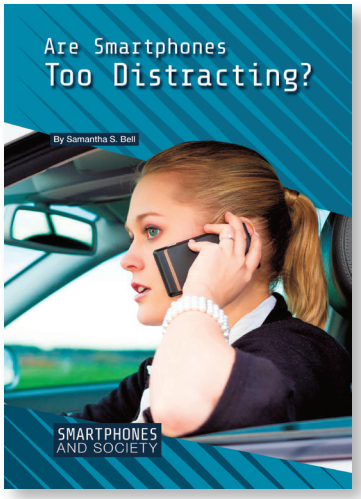
specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

Free speech doctrine holds that the best way to deal with harmful speech is not to suppress it but to engage with it. However, new technologies are raising doubts about the effectiveness of this approach. Some experts are calling for tougher measures to counter hate speech and misinformation. Are more restrictions needed? If so, what possible harms might result from them?

eBooks available

see p. 2

Smartphones and Society



Hardcover: List ~~$45.26~~
School & Library $33.95
4-Book Set: List ~~$181.04~~
School & Library $135.80
eBook: Single User $33.95
Multiuser $47.25

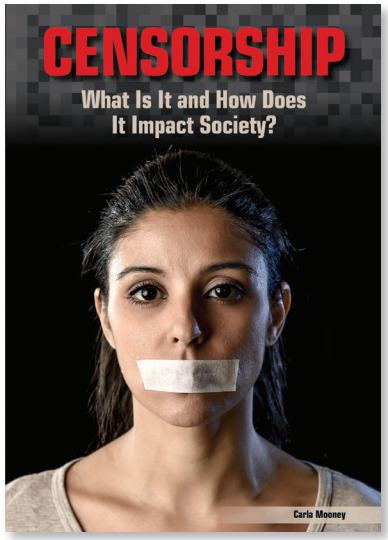
series specifications: interest level grades 6–12, 80 pages, 6.5 x 9.25, reinforced library binding, photos, infographics, sidebars, source notes, for further research section, websites, index

eBooks available see p. 2

Smartphones and Society examines how smartphones have changed different aspects of daily life. Readers will learn how these devices have shaped society in both positive and negative ways. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

		(eBook)
Are Smartphones a Threat to Privacy? *2021*	978-1-68282-939-4	*(940-0)*
Are Smartphones Too Distracting? *2021*	978-1-68282-941-7	*(942-4)*
How Do Smartphones Affect Health? *2021*	978-1-68282-943-1	*(944-8)*
How Do Smartphones Affect Social Interaction? *2021*	978-1-68282-945-5	*(946-2)*

Grades 6–12 • Digital and Media Literacy



Censorship: What Is It and How Does It Impact Society?

2024

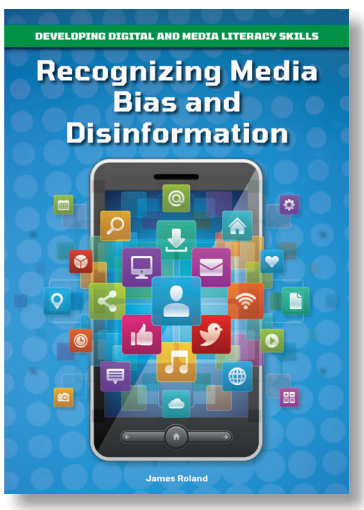
(eBook)
978-1-6782-0726-7 *(0727-4)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

In recent years, free speech advocates have warned that censorship is rising at a concerning rate. Yet not everyone agrees that restricting certain types of speech is censorship. As a result, there is a growing debate over what should be allowed or censored, sparking confusion among the public and those responsible for enforcing these policies.

Developing Digital and Media Literacy Skills



Hardcover: List ~~$45.26~~
School & Library $33.95
4-Book Set: List ~~$181.04~~
School & Library $135.80
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index

eBooks available see p. 2

Developing Digital and Media Literacy Skills provides a down-to-earth look at the digital and media landscape and what teens can do to enhance their ability to thoughtfully negotiate this ever-changing world.

		(eBook)
Digital Literacy: What Is It and Why Does It Matter? *2024*	978-1-6782-0534-8	*(0535-5)*
Recognizing Media Bias and Disinformation *2024*	978-1-6782-0536-2	*(0537-9)*
Social Media and the News *2024*	978-1-6782-0538-6	*(0539-3)*
Spotting Online Scams and Fraud *2024*	978-1-6782-0540-9	*(0541-6)*

Protect Yourself Online

HI-LO NONFICTION FOR TEENS



Hardcover: List ~~$45.26~~
School & Library $33.95
5-Book Set: List ~~$226.30~~
School & Library $169.75
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, reading level grades 3–4, 80 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Lexile range: 720L–800L

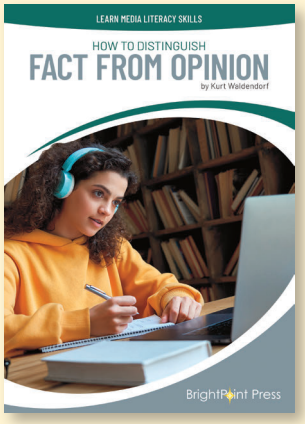
Hi-Lo YA nonfiction. *Protect Yourself Online* informs readers about the benefits, risks, and dangers of being online. The series examines social media, the protection of personal data, and ways to avoid online predators, online addiction, and online scams. It also provides information on how to be a smart, safe internet user.

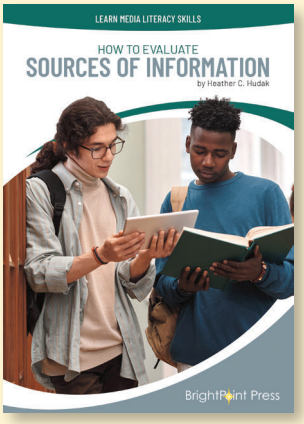
		(eBook)
Online Addiction *2022*	978-1-6782-0244-6	*(0245-3)*
Online Predators *2022*	978-1-6782-0246-0	*(0247-7)*
Online Scams *2022*	978-1-6782-0248-4	*(0249-1)*
Protect Your Data and Identity Online *2022*	978-1-6782-0250-7	*(0251-4)*
The Risks of Social Media *2022*	978-1-6782-0252-1	*(0253-8)*

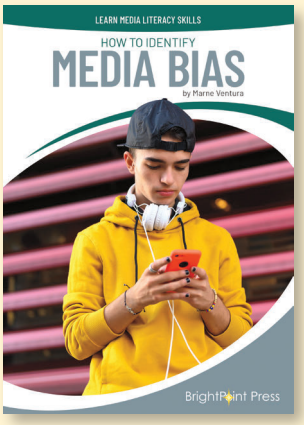
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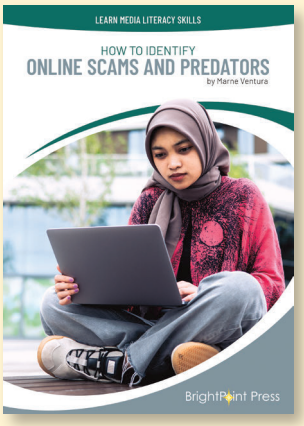
Web: www.referencepointpress.com
Email: orders@referencepointpress.com

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Hi-Lo YA nonfiction. *Learn Media Literacy Skills* provides readers with the tools they need to navigate today's media platforms. Readers will learn to tell fact from opinion, identify bias, evaluate sources, spot false information, and detect online scams and predators. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

NEW JANUARY 2025

Learn Media Literacy Skills

Hardcover: List ~~$45.26~~ **School & Library $33.95**
5-Book Set: List ~~$226.30~~ **School & Library $169.75**
eBook: Single User $33.95/Multiuser $47.25

HI-LO NONFICTION FOR TEENS

eBooks available

see p. 2

		(eBook)	Lexile Scale
How to Distinguish Fact from Opinion	978-1-6782-0978-0	(0979-7)	700L
How to Evaluate Sources of Information	978-1-6782-0974-2	(0975-9)	740L
How to Identify False Information	978-1-6782-0972-8	(0973-5)	700L
How to Identify Media Bias	978-1-6782-0970-4	(0971-1)	760L
How to Identify Online Scams and Predators	978-1-6782-0976-6	(0977-3)	740L

For more title information visit www.referencepointpress.com

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index


CHAPTER ONE

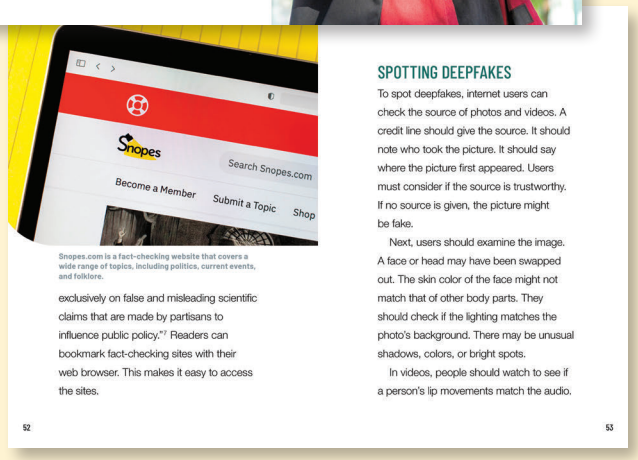
FAKE NEWS AND CONSPIRACY THEORIES

Disinformation and misinformation are types of fake news. These types of false information can have many purposes. They can be used to sell products. They may be used to support political campaigns.

Other times, false information is shared for fun. *The Onion* is a website that publishes outrageous stories. The stories are satire. This content makes

People may encounter misinformation and disinformation while browsing the internet or scrolling through social media platforms.

12



Snopes.com is a fact-checking website that covers a wide range of topics, including politics, current events, and folklore.

exclusively on false and misleading scientific claims that are made by partisans to influence public policy."[7] Readers can bookmark fact-checking sites with their web browser. This makes it easy to access the sites.

52

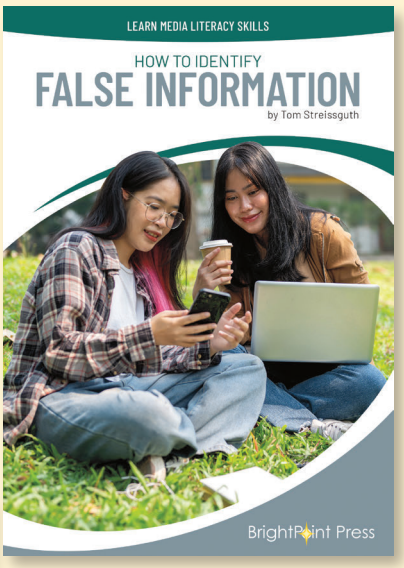
SPOTTING DEEPFAKES

To spot deepfakes, internet users can check the source of photos and videos. A credit line should give the source. It should note who took the picture. It should say where the picture first appeared. Users must consider if the source is trustworthy. If no source is given, the picture might be fake.

Next, users should examine the image. A face or head may have been swapped out. The skin color of the face might not match that of other body parts. They should check if the lighting matches the photo's background. There may be unusual shadows, colors, or bright spots.

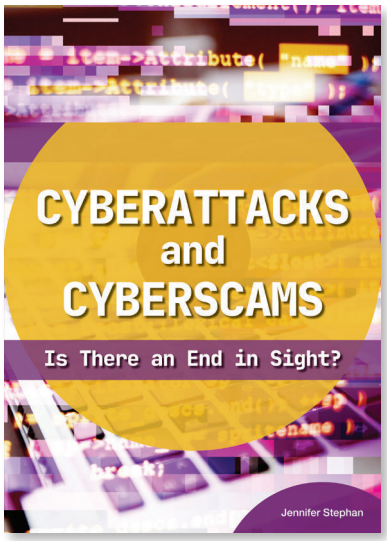
In videos, people should watch to see if a person's lip movements match the audio.

53



"Important skills for the digital age are simply explained in this series which covers a variety of media literacy skills, for a teen audience"

—School Library Journal, April 1, 2025



Cyberattacks and Cyberscams: Is There an End in Sight?

2023

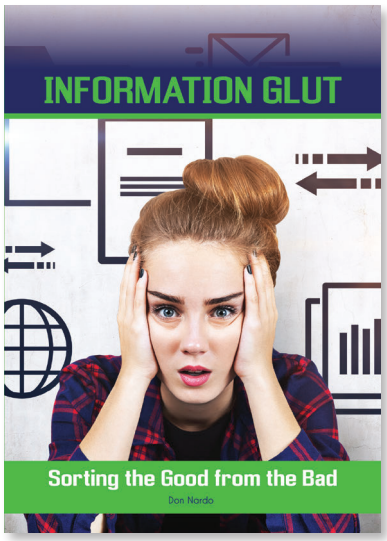
(eBook)
978-1-6782-0328-3 *(0329-0)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, pro/con sidebars, margin quotes, source notes, for further research section, organizations and websites, index

Cybertechnology has supercharged traditional crimes and aggressions. It has also enabled new kinds of scams, extortion, and nation-state attacks. Using current events, this book explores crime, espionage, and warfare in cyberspace and how to defend against it.

eBooks available see p. 2



Information Glut: Sorting the Good from the Bad

2023

(eBook)
978-1-6782-0342-9 *(0343-6)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, index

Day and night we are bombarded by information. Information overload can cloud the brain and complicate decision-making. But information is an essential commodity. It must be protected but also processed through the filters of critical thinking. Learning to sift through the noise—sorting good and useful information from bogus or harmful information—is an essential skill for teenagers and adults alike.

eBooks available see p. 2



The Fake News Crisis: How Misinformation Harms Society

2022

(eBook)
978-1-6782-0240-8 *(0241-5)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, how to spot fake news feature, for further research section, organizations and websites, index

Fake news is a dangerous problem that affects everyone. It can undermine democracies, negatively impact public health, and destroy reputations. How fake news spreads, the problems fake news causes, and how to recognize and keep from spreading it are discussed.

eBooks available see p. 2

"A timely reminder for teens" — *Kirkus Reviews, July 15, 2022*



The Power of Social Media

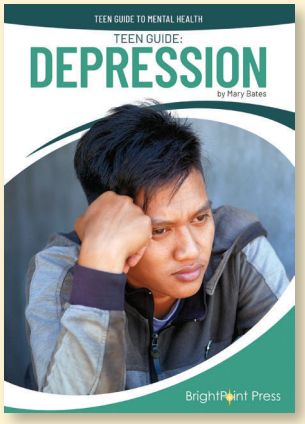
2023

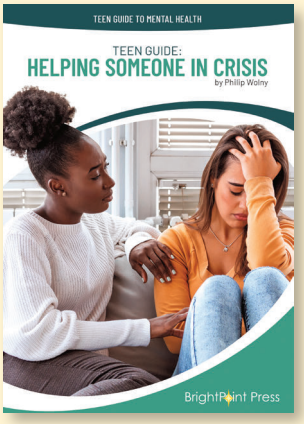
(eBook)
978-1-6782-0348-1 *(0349-8)*

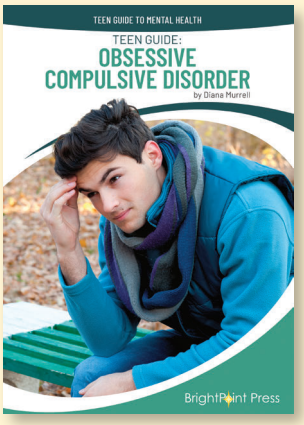
Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

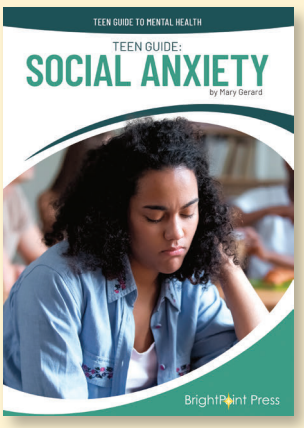
specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, full-color photos, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

Social media has been used to turn average teens into celebrities, shake financial markets, and drive the masses into the streets in protest. It has also been blamed for increasing addictive behavior, spreading lies, and lowering the self-esteem of users. This book brings together academic research, personal stories, and current events to explore the power of social media in today's world.









Hi-Lo YA nonfiction. *Teen Guide to Mental Health* discusses ADHD, social anxiety, depression, obsessive compulsive disorder, and helping someone in crisis. The books in this series define the mental health issue, explain how it affects teens' daily lives, and provide ways teens can find support. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

NEW AUGUST 2025

Teen Guide to Mental Health

Hardcover: List ~~$45.26~~ **School & Library $33.95**
5-Book Set: List ~~$226.30~~ **School & Library $169.75**
eBook: Single User $33.95/Multiuser $47.25

HI-LO NONFICTION FOR TEENS

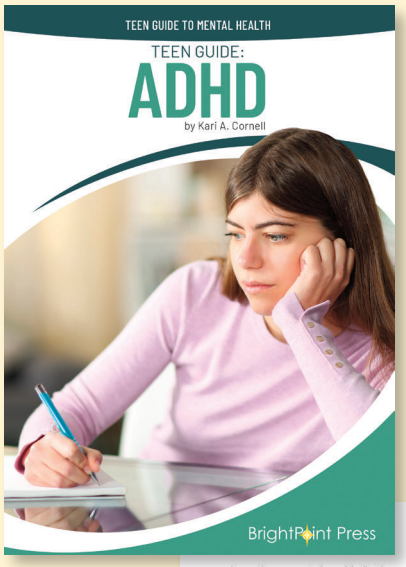
eBooks available

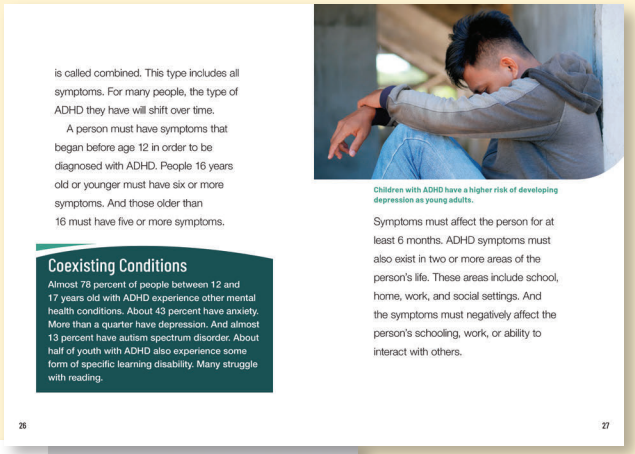
see p. 2

		(eBook)	Lexile Scale
Teen Guide: ADHD	978-1-6782-1140-0	(1141-7)	750L
Teen Guide: Depression	978-1-6782-1142-4	(1143-1)	740L
Teen Guide: Helping Someone in Crisis	978-1-6782-1144-8	(1145-5)	790L
Teen Guide: Obsessive Compulsive Disorder	978-1-6782-1146-2	(1147-9)	780L
Teen Guide: Social Anxiety	978-1-6782-1148-6	(1149-3)	770L

For more title information visit www.referencepointpress.com

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index




is called combined. This type includes all symptoms. For many people, the type of ADHD they have will shift over time.

A person must have symptoms that began before age 12 in order to be diagnosed with ADHD. People 16 years old or younger must have six or more symptoms. And those older than 16 must have five or more symptoms.

Coexisting Conditions

Almost 78 percent of people between 12 and 17 years old with ADHD experience other mental health conditions. About 43 percent have anxiety. More than a quarter have depression. And almost 13 percent have autism spectrum disorder. About half of youth with ADHD also experience some form of specific learning disability. Many struggle with reading.

26

Children with ADHD have a higher risk of developing depression as young adults.

Symptoms must affect the person for at least 6 months. ADHD symptoms must also exist in two or more areas of the person's life. These areas include school, home, work, and social settings. And the symptoms must negatively affect the person's schooling, work, or ability to interact with others.

27


know they are not alone. Medication can also help improve focus.

THERAPY

Therapy can be an effective way to treat ADHD. Therapists usually meet with patients once per week for at least a few months. They listen as patients talk about how they feel. For therapy to be effective, teens must go to all appointments. They also need to participate in the sessions. Parents or guardians sometimes play a key role. They can help their teen by providing a supportive, structured, and accepting environment at home.

René was 7 years old in 1991 when one professional diagnosed her with ADHD. Doctors did not always support kids with

44

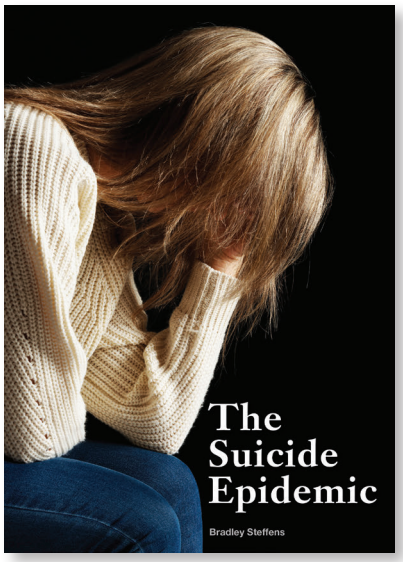
WAYS TO NAVIGATE ADHD

- Try new strategies to get organized and see what works for you.
- Make progress on tasks by breaking them into smaller tasks.
- Eat well and get enough sleep and exercise.
- Ask for help when it is needed.
- Stick to an ADHD treatment plan. Take prescribed medication and go to therapy appointments.
- Find solutions to symptoms that work for you.

Many teens with ADHD find success by following some of the strategies above. But each strategy may not work for every teen. Teens with ADHD should follow the guidance of their health care providers.

ADHD at that time. Black children like René faced additional challenges. René's main doctor ignored her diagnosis. He did not believe in ADHD. René struggled throughout school. She went to college. But she eventually dropped out. She got

45



The Suicide Epidemic

2020

(eBook)

978-1-68282-741-3 *(742-0)*

Hardcover: List ~~$45.26~~

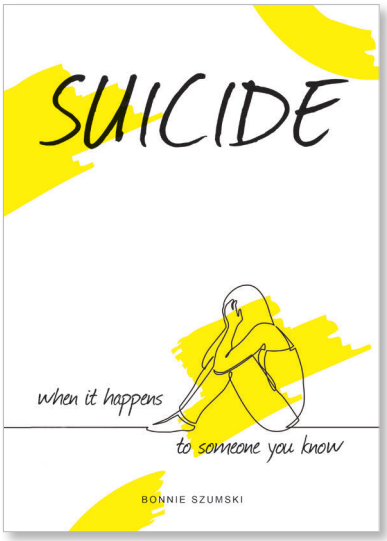
School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 80 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, warning signs, for further research section, index

In the first two decades of the 21st century, the US suicide rate increased 33 percent. What's more, suicide is now the second-leading cause of death among Americans between the ages of ten and thirty-four. Public health officials warn that suicide has reached epidemic proportions. *The Suicide Epidemic* explores this disturbing trend and its likely causes. The book also examines the phenomenon of teen suicide, the effects of suicide on friends and loved ones, and efforts to reduce suicide.



Suicide: When It Happens to Someone You Know

2023

(eBook)

978-1-6782-0354-2 *(0355-9)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

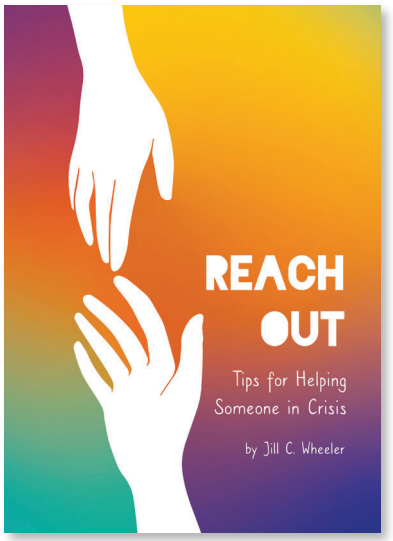
specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, infographic, getting help section, source notes, for further research section, index

When someone you know—when someone you love—dies from suicide, the sense of loss and guilt can be overwhelming, and it is natural to wonder how you can ever come back from that pain. *Suicide: When It Happens to Someone You Know* offers a deeply personal look at the thoughts, feelings, and grieving process in the aftermath of suicide.

eBooks available see p. 2

"A considered and compassionate mental health support guide for adolescents"

— Kirkus Reviews, July 1, 2023



Reach Out: Tips for Helping Someone in Crisis

2024

(eBook)

978-1-6782-0584-3 *(0585-0)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

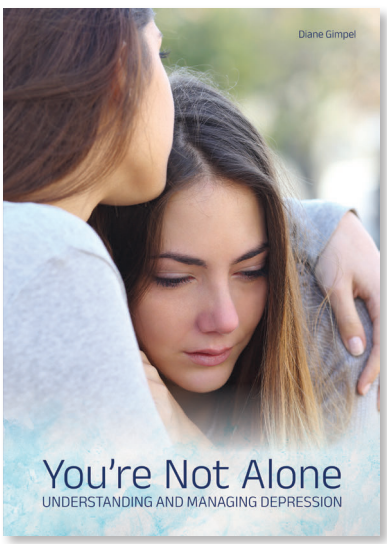
specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, getting help and information section, websites, index

People experience mental health crises for a multitude of reasons. This book explores what people can do to help others get through such a crisis—including coming up with a crisis plan, offering resources to get professional help, and simply reaching out to those in need.

eBooks available see p. 2

"A thoughtful read that offers a solid base upon which teens can build their understanding of depressive mood disorders"

— Kirkus Reviews, September 15, 2024



You're Not Alone: Understanding and Managing Depression

2025

(eBook)

978-1-6782-0776-2 *(0777-9)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, getting help and information, organizations and websites, index

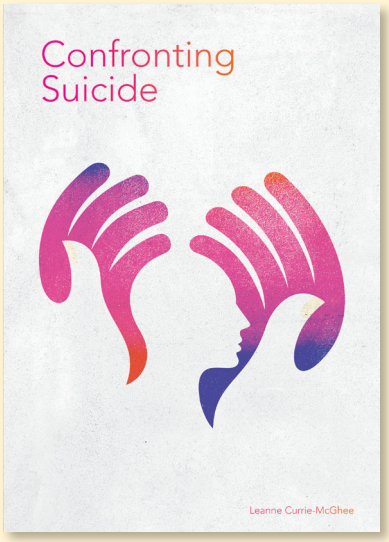
Depression is a mood disorder that causes long-term feelings of sadness and worthlessness that interfere with daily functioning. More than 20 percent of adolescents have experienced depression. With the help of facts and quotations as well as anecdotes about teens who have experienced depression, this book aims to explain what depression is, how it affects teens, how it is diagnosed, and how it is treated.

Confronting Suicide

Grades 6–12 • Health and Well-Being

"A brief, somber, and potentially life-saving resource"

—Kirkus Reviews, July 1, 2025



Confronting Suicide

(eBook)

978-1-6782-1214-8 *(1215-5)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, margin quotes, source notes, getting help and information section, websites, index





NEW AUGUST 2025

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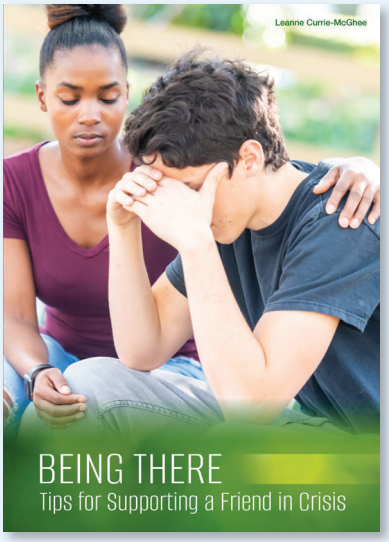
see p. 2

According to the Centers for Disease Control and Prevention, over forty-nine thousand people in the United States died by suicide in 2022. This book details potential causes and warning signs of suicide and provides expert advice to help readers navigate mental health challenges and support those in crisis.

Being There: Tips for Supporting a Friend in Crisis

"An accessible, practical guide to a critical subject"

— Kirkus Reviews, November 2024



Being There: Tips for Supporting a Friend in Crisis

(eBook)

978-1-6782-1002-1 *(1003-8)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, getting help and information section, organizations and websites, index





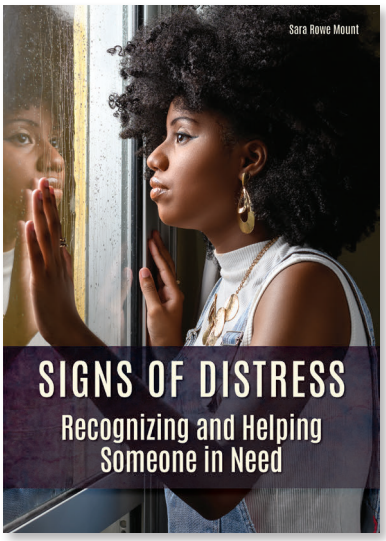
NEW JANUARY 2025

eBooks available

see p. 2

This book provides practical advice for teens on how to support a friend who is experiencing mental health difficulties. It provides young people information on how to be there for someone in need, emphasizing the importance of empathy, listening, and offering the right kind of support during challenging moments.

Health and Well-Being Single Titles



Signs of Distress: Recognizing and Helping Someone in Need

2025

(eBook)

978-1-6782-0818-9 *(0819-6)*

Hardcover: List ~~$45.26~~

School & Library $33.95

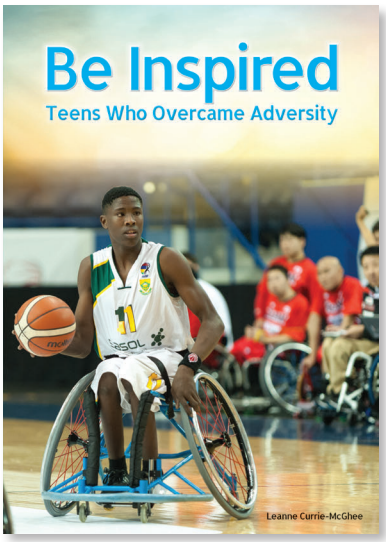
eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, getting help and information, index

With the rise in mental illness among young people, teens are likely to encounter a friend who is struggling. This book helps teens recognize risk factors for mental illness and signs of distress in their peers. It also explores how to have conversations about mental health with a friend, when and how to seek the support of a trusted adult or crisis services, and how to advocate for mental health in their communities.

Grades 6–12 • Health and Well-Being



Be Inspired: Teens Who Overcame Adversity

2025

(eBook)

978-1-6782-0786-1 *(0787-8)*

Hardcover: List ~~$45.26~~

School & Library $33.95

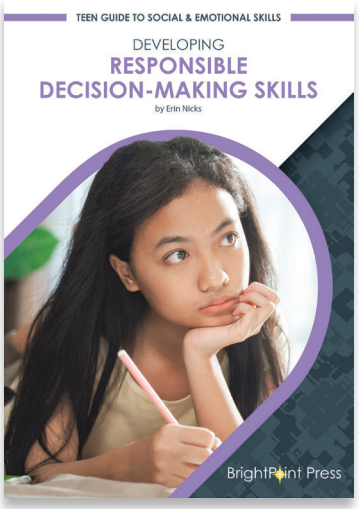
eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

Be Inspired: Teens Who Overcame Adversity showcases young individuals triumphing over extreme challenges, including physical disabilities, learning disabilities, homelessness, mental illness, and living as an immigrant. These teens will inspire others with their resilience and courage.

Teen Guide to Social & Emotional Skills



HI-LO NONFICTION FOR TEENS

Hardcover: List ~~$45.26~~

School & Library $33.95

5-Book Set: List ~~$226.30~~

School & Library $169.75

eBook: Single User $33.95

Multiuser $47.25

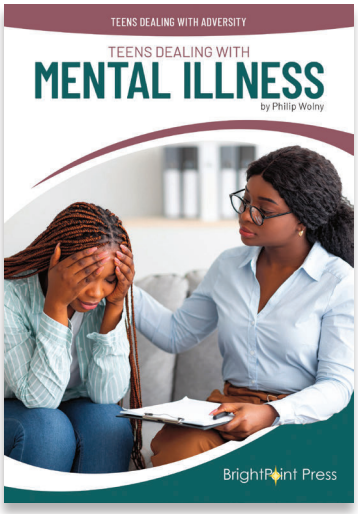
series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Lexile range: 670L–810L

Hi-Lo YA nonfiction. *Teen Guide to Social & Emotional Skills* informs teen readers about the benefits of using social and emotional skills at school, at home, with friends, and in the community. The books explore several of these skills, using engaging narratives and vivid examples to show how practicing them can help teens lead healthy and happy lives.

		(eBook)
Developing Relationship Skills *2023*	978-1-6782-0434-1	*(0435-8)*
Developing Responsible Decision-Making Skills *2023*	978-1-6782-0436-5	*(0437-2)*
Developing Self-Awareness *2023*	978-1-6782-0438-9	*(0439-6)*
Developing Self-Management *2023*	978-1-6782-0440-2	*(0441-9)*
Developing Social Awareness *2023*	978-1-6782-0442-6	*(0443-3)*

Teens Dealing with Adversity



HI-LO NONFICTION FOR TEENS

Hardcover: List ~~$45.26~~

School & Library $33.95

5-Book Set: List ~~$226.30~~

School & Library $169.75

eBook: Single User $33.95

Multiuser $47.25

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Lexile range: 740L–790L

Hi-Lo YA nonfiction. *Teens Dealing with Adversity* grapples with some of the common challenges that teenagers face in today's world. Topics include addiction, learning disorders, mental illness, online bullying, and sexual violence. The series both familiarizes teens with these serious issues and offers ideas for where to find help and support.

		(eBook)
Teens Dealing with Addiction *2025*	978-1-6782-0886-8	*(0887-5)*
Teens Dealing with Learning Disorders *2025*	978-1-6782-0888-2	*(0889-9)*
Teens Dealing with Mental Illness *2025*	978-1-6782-0890-5	*(0891-2)*
Teens Dealing with Online Bullying *2025*	978-1-6782-0892-9	*(0893-6)*
Teens Dealing with Sexual Violence *2025*	978-1-6782-0894-3	*(0895-0)*

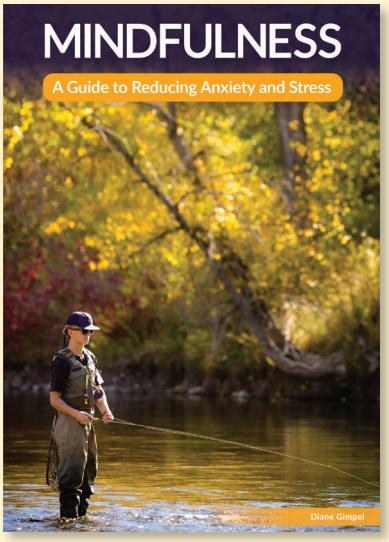
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Mindfulness: A Guide to Reducing Anxiety and Stress

Grades 6–12 • Health and Well-Being



Mindfulness: A Guide to Reducing Anxiety and Stress

(eBook)

978-1-6782-1092-2 *(1093-9)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index





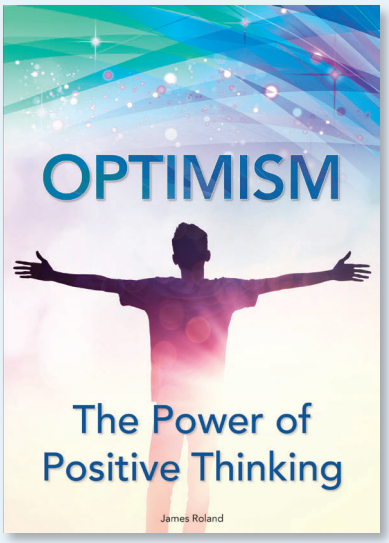
NEW AUGUST 2025

eBooks available

see p. 2

Since the 1990s, mindfulness has become popular for helping people cope with stress and anxiety. Although recently concerns have been raised about potential side effects, scientists say mindfulness practices can provide a tool to support mental and emotional health.

Optimism: The Power of Positive Thinking



Optimism: The Power of Positive Thinking

(eBook)

978-1-6782-1192-9 *(1193-6)*

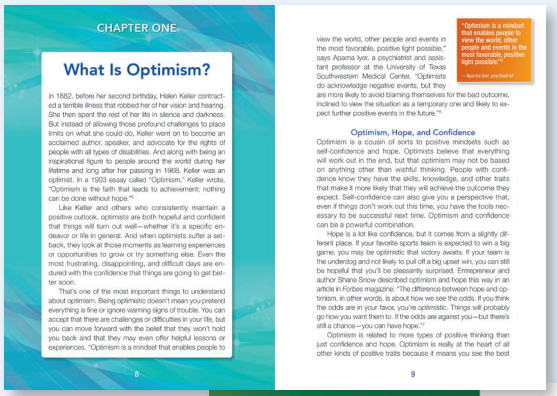
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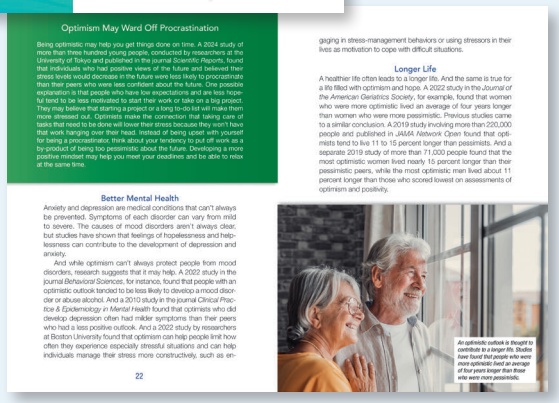
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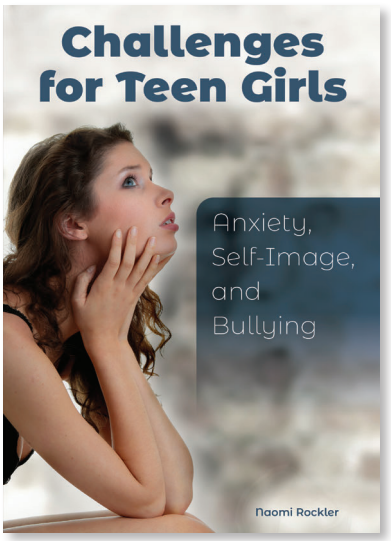


NEW AUGUST 2025

eBooks available

see p. 2

Having a positive outlook means you expect good things to happen and are willing to put in the effort to make them happen. Optimists see the best in other people and view challenges as opportunities. This book looks at how positive thinking can help improve your physical health and school success while also enhancing your relationships with friends and family members.



Challenges for Teen Girls: Anxiety, Self-Image, and Bullying

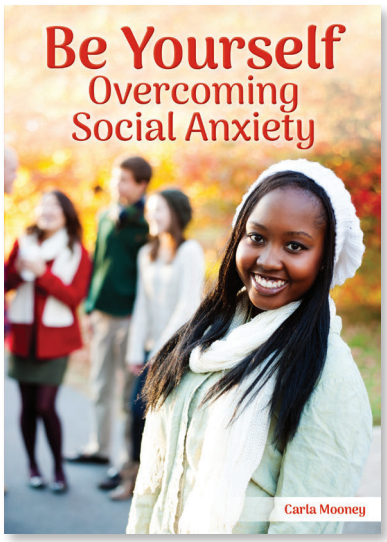
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School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index

In a post-pandemic world dominated by social media, many issues that have always impacted teenage girls feel more overwhelming than ever. Girls are struggling with anxiety related to self-image issues, body image issues, and cyberbullying. Understanding these issues will help girls learn how to navigate a world full of harmful messages and to understand that no matter what anyone says, they are enough.



Be Yourself: Overcoming Social Anxiety

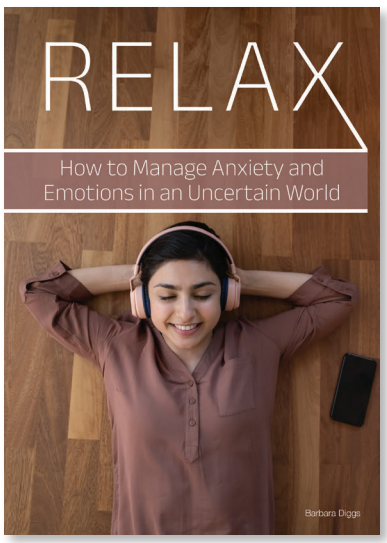
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specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, getting help and information, index

For people with social anxiety, everyday social interactions can cause significant anxiety. Over time, social anxiety can disrupt a person's life and negatively impact work, school, and relationships with family and friends. However, social anxiety is treatable, and many people have been able to overcome social anxiety and go on to live full lives.



Relax: How to Manage Anxiety and Emotions in an Uncertain World

2023

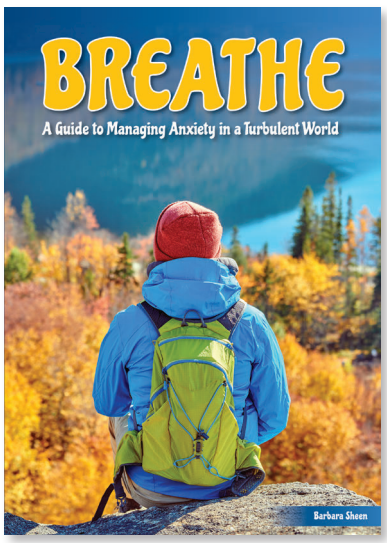
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eBook: Single User $33.95
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specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, organizations and websites, for further research section, index

Teens have been experiencing anxiety and depression at surging rates. The situation is so dire that in December 2021 the US surgeon general sounded the alarm about teens' deteriorating mental health. Through personal accounts and comments from experts, this book explores how to recognize anxiety and how to stay grounded, maintain a healthy lifestyle, and heal anxiety.

eBooks available see p. 2



Breathe: A Guide to Managing Anxiety in a Turbulent World

(eBook)
978-1-6782-1006-9 *(1007-6)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

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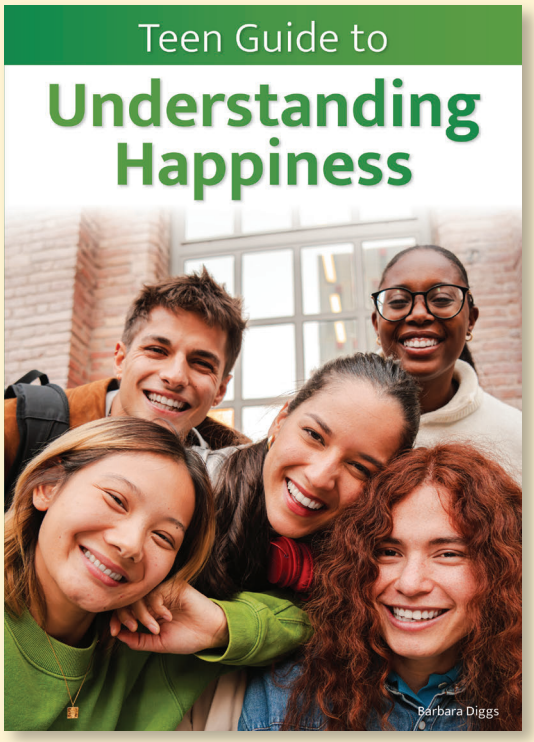
Twenty-first-century life is stressful, and anxiety is a problem for many people. This book provides teens with a variety of easy, practical, and fun steps to help manage anxiety right now and in the future.

eBooks available see p. 2

NEW JANUARY 2025

Teen Guide to Understanding Happiness

Grades 6–12 • Health and Well-Being



Everyone wants to be happy, but what does it really mean to be happy? And what must we do to achieve it? This book introduces teens to modern philosophies and scientific research on happiness and helps them consider how to find happiness in their own lives.

NEW AUGUST 2025

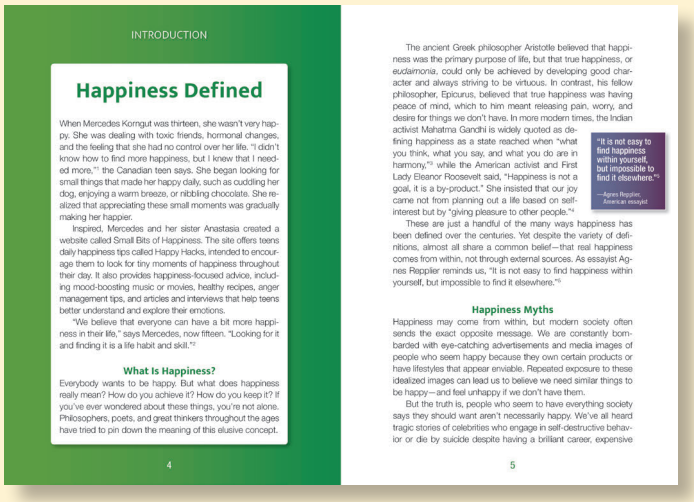
Teen Guide to Understanding Happiness ..... 978-1-6782-1204-9 *(eBook)* *(1205-6)*

Hardcover: List ~~$45.26~~ **School & Library $33.95**
eBook: Single User $33.95/Multiuser $47.25

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specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index



INTRODUCTION

Happiness Defined

When Mercedes Korngut was thirteen, she wasn't very happy. She was dealing with toxic friends, hormonal changes, and the feeling that she had no control over her life. "I didn't know how to find more happiness, but I knew that I needed more,"[1] the Canadian teen says. She began looking for small things that made her happy daily, such as cuddling her dog, enjoying a warm breeze, or nibbling chocolate. She realized that appreciating these small moments was gradually making her happier.

Inspired, Mercedes and her sister Anastasia created a website called Small Bits of Happiness. The site offers teens daily happiness tips called Happy Hacks, intended to encourage them to look for tiny moments of happiness throughout their day. It also provides happiness-focused advice, including mood-boosting music or movies, healthy recipes, anger management tips, and articles and interviews that help teens better understand and explore their emotions.

"We believe that everyone can have a bit more happiness in their life," says Mercedes, now fifteen. "Looking for it and finding it is a life habit and skill."[2]

What Is Happiness?

Everybody wants to be happy. But what does happiness really mean? How do you achieve it? How do you keep it? If you've ever wondered about these things, you're not alone. Philosophers, poets, and great thinkers throughout the ages have tried to pin down the meaning of this elusive concept.

4

The ancient Greek philosopher Aristotle believed that happiness was the primary purpose of life, but that true happiness, or *eudaimonia*, could only be achieved by developing good character and always striving to be virtuous. In contrast, his fellow philosopher, Epicurus, believed that true happiness was having peace of mind, which to him meant releasing pain, worry, and desire for things we don't have. In more modern times, the Indian activist Mahatma Gandhi is widely quoted as defining happiness as a state reached when "what you think, what you say, and what you do are in harmony,"[3] while the American activist and First Lady Eleanor Roosevelt said, "Happiness is not a goal, it is a by-product." She insisted that our joy came not from planning out a life based on self-interest but by "giving pleasure to other people."[4]

> "It is not easy to find happiness within yourself, but impossible to find it elsewhere."[5]
> —Agnes Repplier, American essayist

These are just a handful of the many ways happiness has been defined over the centuries. Yet despite the variety of definitions, almost all share a common belief—that real happiness comes from within, not through external sources. As essayist Agnes Repplier reminds us, "It is not easy to find happiness within yourself, but impossible to find it elsewhere."[5]

Happiness Myths

Happiness may come from within, but modern society often sends the exact opposite message. We are constantly bombarded with eye-catching advertisements and media images of people who seem happy because they own certain products or have lifestyles that appear enviable. Repeated exposure to these idealized images can lead us to believe we need similar things to be happy—and feel unhappy if we don't have them.

But the truth is, people who seem to have everything society says they should want aren't necessarily happy. We've all heard tragic stories of celebrities who engage in self-destructive behavior or die by suicide despite having a brilliant career, expensive

5



leader of the Amsterdam study. Even this may provide calming or mood-boosting benefits.

Finding Happiness Around You

Green environments aside, your daily surroundings significantly influence how you feel every day. For instance, a bright, organized room can make you feel calm and happy, while a dark, messy space might leave you stressed. Scientists have even discovered that living in cluttered environments can raise your cortisol levels, a hormone linked to stress. You may not want to hear it, but cleaning up your room really can make you feel better.

You like your cluttered room the way it is, you say? It still might be affecting your happiness. The longer you stay in a space, the more you stop noticing things like a messy desk or piles of laundry. This is because your brain gets used to it—a process called habituation. But even though you're not paying attention to the details, the smell of forgotten dirty socks or dishes under your bed or piles of old schoolwork scattered everywhere all send stress signals to your brain and act as a drag on your emotions, whether you realize it or not.

Studies show that people feel happier and more relaxed when they spend time in nature. Some doctors prescribe green therapy, or ecotherapy, for their patients to encourage them to spend time outdoors.

Planting Happiness

Gardening is booming among young people. A UK survey found that 70 percent of eighteen- to thirty-five-year-olds are interested in it, a rising trend since the COVID-19 lockdown. "Once I'd started gardening, I felt my anxiety easing off for the first time ever really," says Amy Chapman, age twenty-seven. "There's something about being outside, getting my hands in the soil, nurturing something (and not being on my phone) that just makes all my problems fade away a little bit."

There's also surprising hard science behind this feel-good effect. *Mycobacterium vaccae*, a common soil microbe, works like an antidepressant. When it enters the body, it boosts cytokines, which help the brain produce serotonin, one of the so-called happy neurotransmitters. The microbe may also decrease stress and inflammation, boosting health.

"In 2007, I said in an interview that the [study] results make us wonder if we should all spend more time playing in the dirt," says Christopher Lowry, lead author of a study of the microbe's effects. "I am still wondering today, but I think I might modify that statement now to say, 'The evidence is accumulating that we should all spend more time playing in the dirt.'"

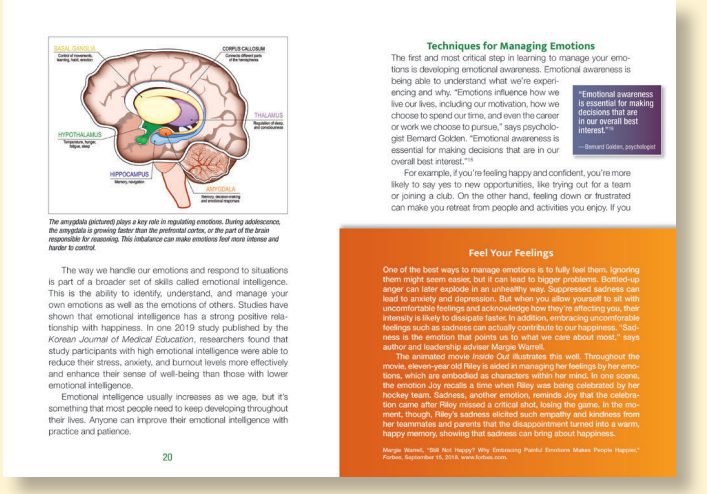
Quoted in Evie Delaney, "Meet the Young Generation of Gardeners Making Gardening Cool," *House & Garden*, August 30, 2024. www.housesandgardens.co.uk.

Quoted in Jeanette Marantos, "How Gardening May Extend Your Life and Make It Better," *Los Angeles Times*, September 7, 2022. www.latimes.com.

Lee has spent years studying happiness and joy, and she's on a mission to help people make their living spaces joyful. She defines joyfulness as a high-energy form of happiness. Joy might be that thrill you feel whenever you see that silly photo of you and your best friends, the trophy you won for tennis, or even a soft blanket that always makes you feel cozy.

One way of putting more joy into your environment is by paying attention to what makes you smile or feel good. Lee suggests keeping a joy journal to track these moments. Start writing down places, shapes, sounds, scents, colors, moments, and objects that bring you joy. Then find ways to bring these elements into your living space. It might be a poster of a place you dream of visiting or a mug from your favorite café. This habit can help you create a warm, joyful space that can increase your general sense of well-being.

17



The amygdala (pictured) plays a key role in regulating emotions. During adolescence, the amygdala is growing faster than the prefrontal cortex, or the part of the brain responsible for reasoning. This imbalance can make emotions feel more intense and harder to control.

The way we handle our emotions and respond to situations is part of a broader set of skills called emotional intelligence. This is the ability to identify, understand, and manage your own emotions as well as the emotions of others. Studies have shown that emotional intelligence has a strong positive relationship with happiness. In one 2019 study published by the *Korean Journal of Medical Education*, researchers found that study participants with high emotional intelligence were able to reduce their stress, anxiety, and burnout levels more effectively and enhance their sense of well-being than those with lower emotional intelligence.

Emotional intelligence usually increases as we age, but it's something that most people need to keep developing throughout their lives. Anyone can improve their emotional intelligence with practice and patience.

20

Techniques for Managing Emotions

The first and most critical step in learning to manage your emotions is developing emotional awareness. Emotional awareness is being able to understand what we're experiencing and why. "Emotions influence how we live our lives, including our motivation, how we choose to spend our time, and even the career or work we choose to pursue," says psychologist Bernard Golden. "Emotional awareness is essential for making decisions that are in our overall best interest."[19]

> "Emotional awareness is essential for making decisions that are in our overall best interest."[19]
> —Bernard Golden, psychologist

For example, if you're feeling happy and confident, you're more likely to say yes to new opportunities, like trying out for a team or joining a club. On the other hand, feeling down or frustrated can make you retreat from people and activities you enjoy. If you

Feel Your Feelings

One of the best ways to manage emotions is to fully feel them. Ignoring them might seem easier, but it can lead to bigger problems. Bottled-up anger can later explode in an unhealthy way. Suppressed sadness can lead to anxiety and depression. But when you allow yourself to sit with uncomfortable feelings and acknowledge how they're affecting you, their intensity is likely to dissipate faster. In addition, embracing uncomfortable feelings such as sadness can actually contribute to our happiness. "Sadness is the emotion that points us to what we care about most," says author and leadership advisor Margie Warrell.

The animated movie *Inside Out* illustrates this well. Throughout the movie, eleven-year old Riley is aided in managing her feelings by her emotions, which are embodied as characters within her mind. In one scene, the emotion Joy recalls a time when Riley was being celebrated by her hockey team. Sadness, another emotion, reminds Joy that the celebration came after Riley missed a critical shot, losing the game. In the moment, though, Riley's sadness elicited such empathy and kindness from her teammates and parents that the disappointment turned into a warm, happy memory, showing that sadness can bring about happiness.

Margie Warrell, "Still Not Happy? Why Embracing Painful Emotions Makes People Happier," *Forbes*, September 18, 2018. www.forbes.com.



> "By giving a name to a thought or emotion, you can separate yourself from it and view it more objectively."[17]
> —Vanessa Hegarbaumer, executive coach and life coach

identify the emotion—anxiety—and acknowledge it by saying aloud, "I am anxious."

Experts say that repeatedly acknowledging the emotion, calmly and without judgment, will make you relax and feel less emotional. "By giving a name to a thought or emotion, you can separate yourself from it and view it more objectively,"[17] says Vanessa Hagerbaumer, an executive coach and life coach. The emotion might not go away entirely, but it may feel less threatening and more manageable.

The tricky part of affect labeling is that for it to be effective, you must accurately name the emotion. To get to the right emotion, you may have to do some digging. Psychologist Jeremy Sutton recommends using an emotional awareness checklist when feeling a powerful emotion. Consider asking yourself questions such as the following:

- What words best describe what I'm feeling?
- What happened to make me feel this emotion?
- Might there be a different explanation that would not trigger this emotion?
- How do I want to handle this feeling?
- Is there a healthier or more constructive way to handle this emotion?

Sutton says that the more you practice asking and answering these questions, the better you'll become at noticing and understanding your emotions.

Take a Deep Breath

Once you've identified the emotion you're feeling, you need to manage it wisely. The goal of self-regulation is to ensure that you react to the emotion in a thoughtful, purposeful manner and avoid impulsive actions that are not in your best interest.

24

A woman practices deep breathing to relieve stress. When we are stressed or anxious, our body goes into fight-or-flight mode—our heart races, our breathing gets fast, and our muscles tighten. Deep breathing slows your heart rate and helps your mind feel calmer.

One tried and true technique for regulating your emotions is deep breathing. When we're tense or anxious about something, our body goes into fight-or-flight mode. As we prepare to react to the perceived threat, our heart rate increases, our muscles tighten, and less oxygen goes to our prefrontal cortex. Taking deep, slow breaths helps calm this stress response. It will immediately lower your heart rate, relax your muscles, and deliver oxygen to the thinking part of brain, making you feel calmer.

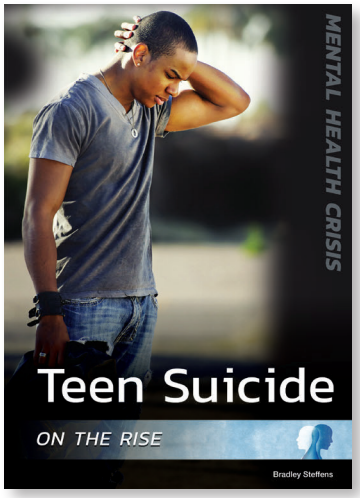
The next time you're feeling overwhelmed emotionally, try breathing in slowly through your nose for four seconds and then exhale slowly through your mouth for six seconds, blowing the air through your lips as if blowing a large bubble. Repeat this exercise a few times until you start to relax.

Reframe Negative Thoughts

Another technique for emotional self-regulation is reframing negative thoughts more positively. Your thoughts have an immense impact on how you feel. If you often think negatively about yourself or

25

Mental Health Crisis



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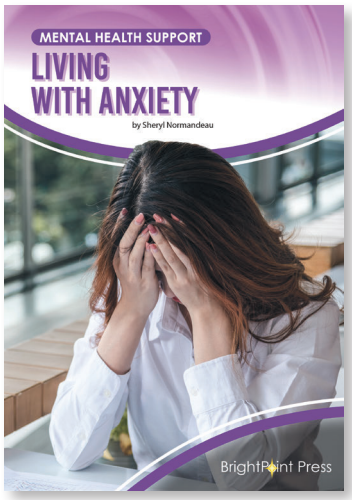
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Health and medical experts have sounded the alarm about a troubling rise in anxiety and depression, eating disorders, drug overdoses, and teen suicide. This series examines what has been happening and why, how teens in particular have been affected, and ways to get help. In addition to real-world accounts, facts and commentary from knowledgeable sources add depth to every volume in this series.

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Mental Health Support

Grades 6–12 • Health and Well-Being



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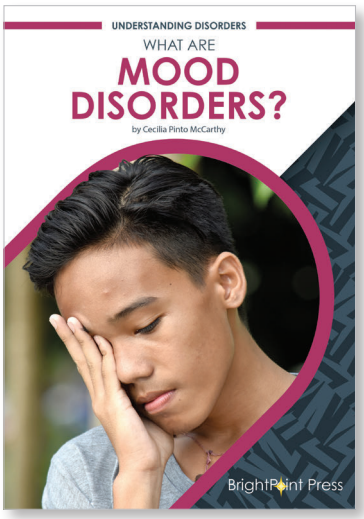
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Hi-Lo YA nonfiction. *Mental Health Support* informs readers about the medications, therapies, and other treatments that are used to help people recover from mental health disorders. Books in this series provide a foundation for understanding these disorders by describing their symptoms and causes. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

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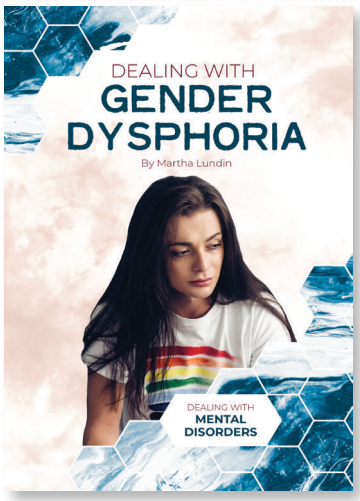
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Lexile range: 660L–730L

Hi-Lo YA nonfiction. *Understanding Disorders* teaches readers about mental health disorders and their symptoms. Books in this series examine the history of these disorders and how they affect everyday life. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

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Dealing with Mental Disorders examines several mental disorders, discusses how they are diagnosed, and looks at what scientists know about their causes. The books also show how the disorders affect people's everyday lives and present information about the latest and most effective treatment options.

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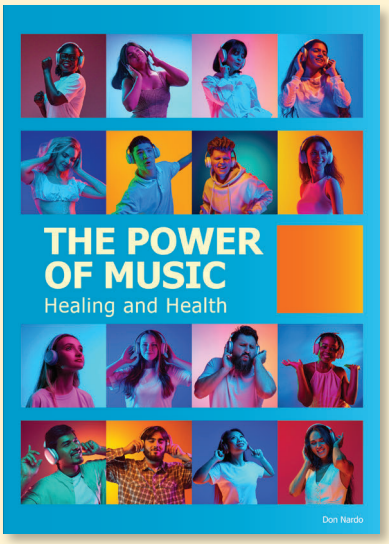
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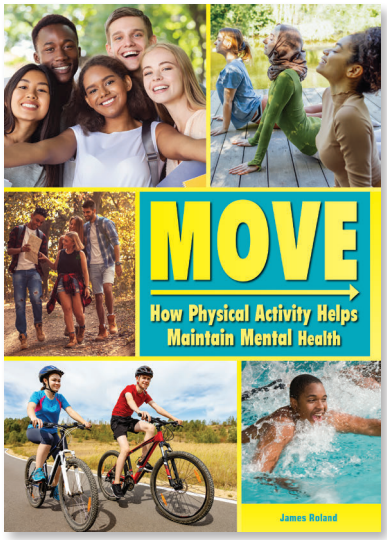
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Numerous experiments and studies in recent years have shown conclusively that music, especially playing an instrument and/or singing on a regular basis, has many concrete health benefits. This volume first explains music's varied effects on the human brain, then looks at how music helps people with movement disorders such as Tourette's syndrome and Parkinson's disease. Research also has demonstrated that anxiety, depression, and other mental health issues can be partially alleviated by music therapy.

Health and Drugs Single Titles



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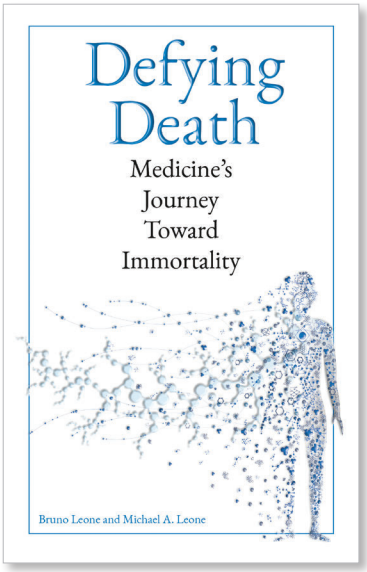
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Millions of young people face mental health challenges such as depression, anxiety, and even everyday stress. Regular physical activity can promote the release of natural "feel good" chemicals in the brain, boost energy levels, improve self-esteem, increase a feeling of connection to others, and help ease the stress almost everyone experiences from time to time. This book shows how physical activity helps reduce mental health risks and maintain overall well-being.



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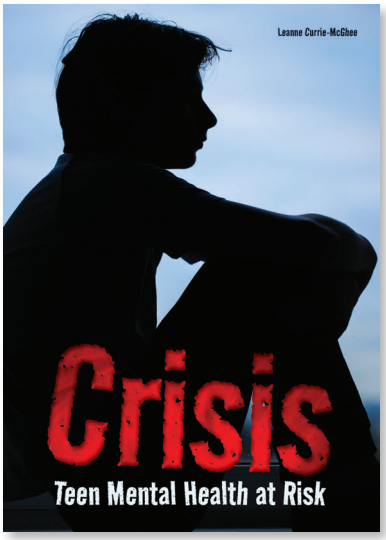
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For more information:
www.defyingdeathbook.com

"Inherently fascinating, thoughtful and thought-provoking, Defying Death: Medicine's Journey Toward Immortality *is an exceptionally informative study"*

—Midwest Book Review, September 2023

This title traces how the advances of medicine and medical technology from the past through today have increased human life expectancy. It also looks at what the future may hold for human longevity.



Crisis: Teen Mental Health at Risk

2024

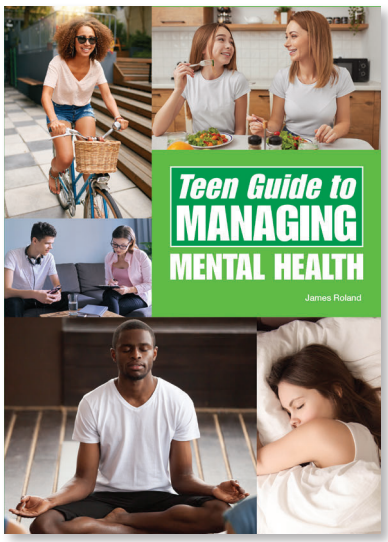
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In 2021 the American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry, and the Children's Hospital Association declared that there was a national emergency in child and adolescent health. This title explores teen mental health problems, reasons for the crisis, what is being done to help teens, and what more can be done to help.

eBooks available see p. 2



Teen Guide to Managing Mental Health

2024

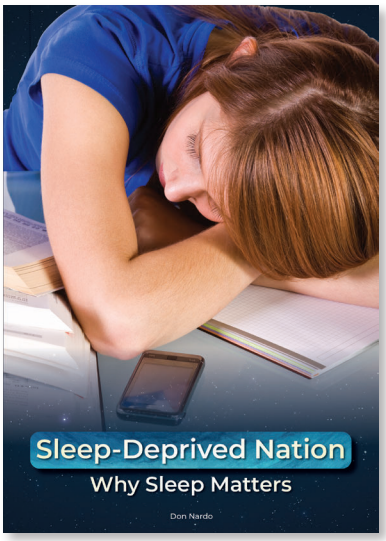
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The percentage of American teens struggling with mental health concerns is rising every year. Learning to recognize the signs of both everyday stress and serious mood disorders, such as anxiety and depression, can help teens respond in healthy and constructive ways. This book examines some of the most studied and successful ways to maintain positive mental health.

eBooks available see p. 2



Sleep-Deprived Nation: Why Sleep Matters

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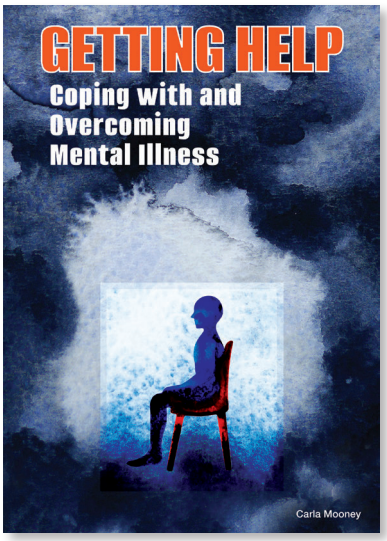
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Today, large numbers of people of all ages and walks of life get too little sleep on a regular basis. This unfortunate situation has far-reaching negative effects on society, from increased highway accidents and fatalities to lost productivity at work. Teens are particularly vulnerable to losing sleep, in part because of the blue light from their phones and computers. This volume explores possible ways to combat the widespread problem of too little sleep.

eBooks available see p. 2



Getting Help: Coping with and Overcoming Mental Illness

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In any given year, an estimated 44 million Americans suffer from some form of mental illness. Mental health impacts every part of life and is essential to overall health. While mental illness is a serious problem, there is hope as most people diagnosed with a mental health condition can get better with treatment and support.

eBooks available see p. 2



Attention Deficit: How Technology Has Hijacked Our Ability to Concentrate

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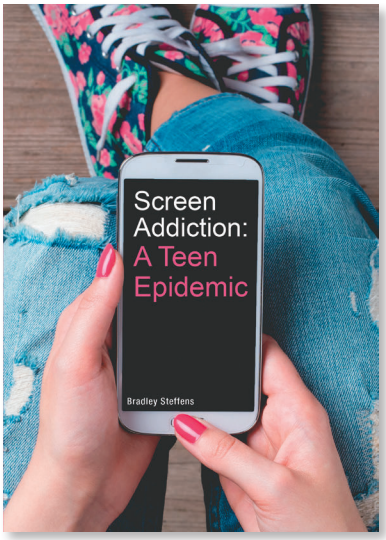
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Smartphones, social media, and the internet are creating a distraction pandemic. Digital devices steal attention, lower productivity, and increase stress in users. This book focuses on personal stories, academic studies, and current events to illustrate society's attention deficit while providing advice for those who wish to go on a digital diet.

eBooks available see p. 2



Screen Addiction: A Teen Epidemic

2023

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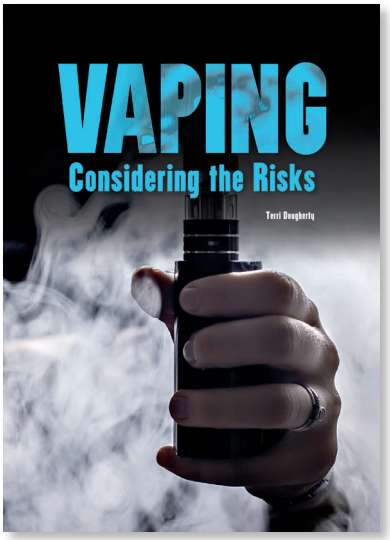
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During the pandemic, the amount of time teenagers spent in front of screens for purposes other than school more than doubled. For teens, increased time in front of a screen can morph into an addiction to electronic devices and the activities they make possible. This book examines the hallmarks of behavioral addictions, the damage screen addiction can wreak on teens, and what kinds of help are available to address the problem.



Vaping: Considering the Risks

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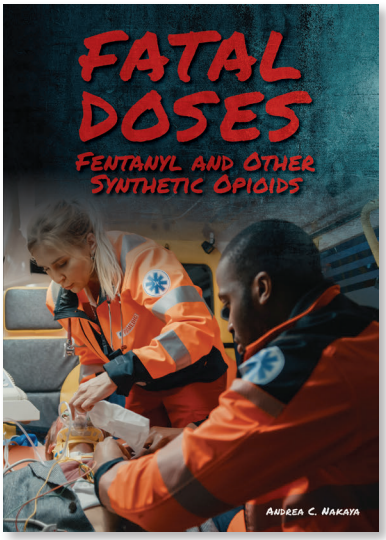
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Vaping has been promoted as a safe alternative to traditional cigarettes, yet e-cigarettes are far from safe. This book explores the addictive nature of vaping and the health dangers e-cigarettes pose to teens. It examines the evolution of vaping and the tactics used to circumvent regulations and keep vapes on the market. It provides information for teens who need to think critically about these products and how they impact their health.

eBooks available see p. 2



Fatal Doses: Fentanyl and Other Synthetic Opioids

2024

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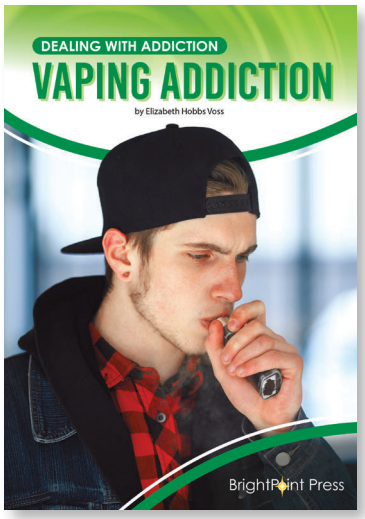
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Fentanyl and other synthetic opioids kill tens of thousands of people every year and cause addiction in many more. Data shows that the opioid crisis is only getting worse in the United States and other countries around the world.

eBooks available see p. 2

Dealing with Addiction



HI-LO NONFICTION FOR TEENS

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School & Library $169.75
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

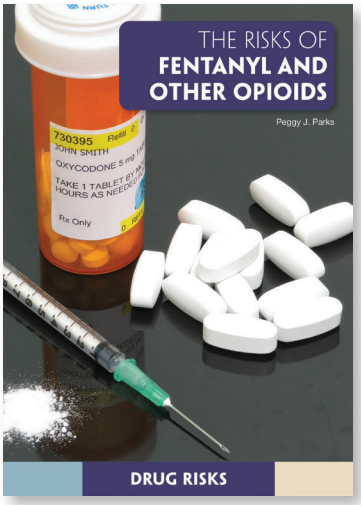
Lexile range: HL650L–HL840L

Hi-Lo YA nonfiction. *Dealing with Addiction* discusses several forms of addiction, from dependency on drugs and alcohol to the overuse of things such as social media and smartphones. The series explores the science behind addiction, how it affects people's lives, and how treatment can help. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

			(eBook)
Drug and Alcohol Addiction	*2023*	978-1-6782-0374-0	(0375-7)
Gaming Addiction	*2023*	978-1-6782-0376-4	(0377-1)
Smartphone Addiction	*2023*	978-1-6782-0380-1	(0381-8)
Social Media Addiction	*2023*	978-1-6782-0378-8	(0379-5)
Vaping Addiction	*2023*	978-1-6782-0382-5	(0383-2)

Drug Risks

Grades 6–12 • Health and Well-Being



Hardcover: List ~~$45.26~~
School & Library $33.95
4-Book Set: List ~~$181.04~~
School & Library $135.80
eBook: Single User $33.95
Multiuser $47.25

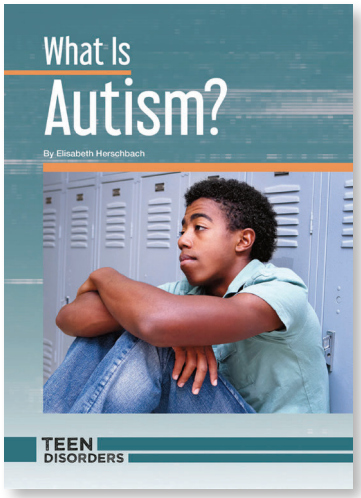
series specifications: interest level grades 6–12, 80 pages, 6.5 x 9.25, reinforced library binding, photos, graphs, sidebars, quotes, source notes, for further research section, organizations and websites, index

eBooks available see p. 2

This series gives readers a full understanding of the use of specific, commonly abused substances. The books discuss the scope of the problem, addiction, other consequences of drug use, prevention strategies, and the challenges of treatment and recovery. Personal accounts, expert comments, and relevant facts add insight.

			(eBook)
Heroin Risks	*2021*	978-1-68282-905-9	(906-6)
Marijuana Risks	*2021*	978-1-68282-907-3	(908-0)
Methamphetamine Risks	*2021*	978-1-68282-909-7	(910-3)
The Risks of Fentanyl and Other Opioids	*2021*	978-1-68282-911-0	(912-7)

Teen Disorders



Hardcover: List ~~$45.26~~
School & Library $33.95
5-Book Set: List ~~$226.30~~
School & Library $169.75
eBook: Single User $33.95
Multiuser $47.25

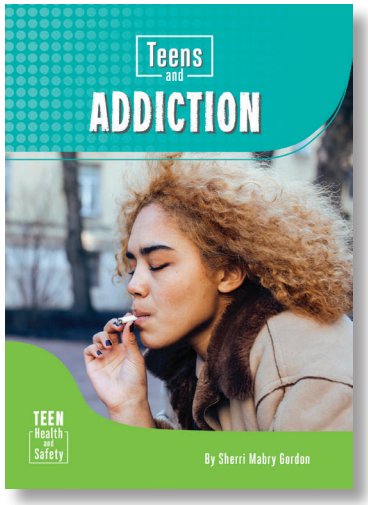
series specifications: interest level grades 6–12, 80 pages, 6.5 x 9.25, reinforced library binding, photos, infographics, sidebars, quotes, source notes, for further research section, organizations and websites, index

eBooks available see p. 2

Teen Disorders explores several mental disorders and how they affect teens, discussing their causes, how they are diagnosed, and how they affect teens' everyday lives. The books also present the latest research on these disorders, along with the most effective and promising treatments. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

			(eBook)
What Is ADHD?	*2021*	978-1-68282-947-9	(948-6)
What Is Autism?	*2021*	978-1-68282-949-3	(950-9)
What Is Borderline Personality Disorder?	*2021*	978-1-68282-951-6	(952-3)
What Is Gaming Disorder?	*2021*	978-1-68282-953-0	(954-7)
What Is Substance Use Disorder?	*2021*	978-1-68282-955-4	(956-1)

Teen Health and Safety



Hardcover: List ~~$45.26~~
School & Library $33.95
6-Book Set: List ~~$271.56~~
School & Library $203.70
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, 80 pages, 6.5 x 9.25, reinforced library binding, photos and statistical illustrations, sidebars, margin quotes, source notes, organizations and websites, for further research section, index

eBooks available see p. 2

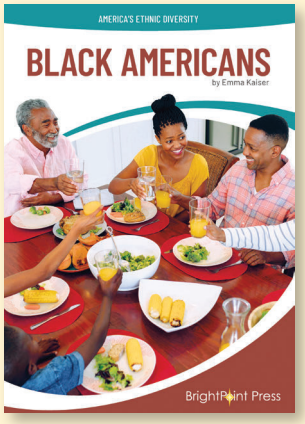
This series explores important health and safety issues that teens face today. Books discuss underlying causes of these issues, how the issues affect teens, and strategies teens can use to protect themselves or get help.

			(eBook)
Teens and Addiction	*2019*	978-1-68282-503-7	(504-4)
Teens and Dieting	*2019*	978-1-68282-505-1	(506-8)
Teens and Distracted Driving	*2019*	978-1-68282-507-5	(508-2)
Teens and Mental Health	*2019*	978-1-68282-509-9	(510-5)
Teens and Social Media	*2019*	978-1-68282-511-2	(512-9)
Teens and STDs	*2019*	978-1-68282-513-6	(514-3)

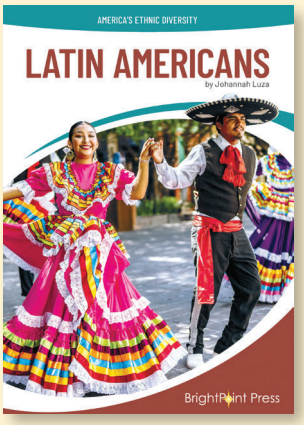
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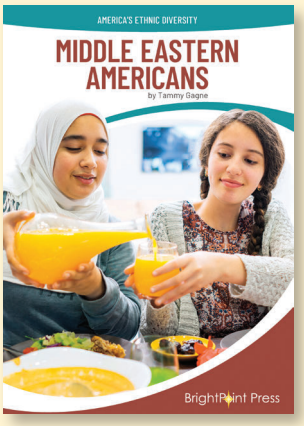
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Hi-Lo YA nonfiction. *America's Ethnic Diversity* explores six of the major ethnic groups that have made the United States their home. The series provides background about each group's history, culture, religions, achievements, and challenges. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

NEW AUGUST 2025

America's Ethnic Diversity

Hardcover: List ~~$45.26~~ **School & Library $33.95**
6-Book Set: List ~~$271.56~~ **School & Library $203.70**
eBook: Single User $33.95/Multiuser $47.25

HI-LO NONFICTION FOR TEENS

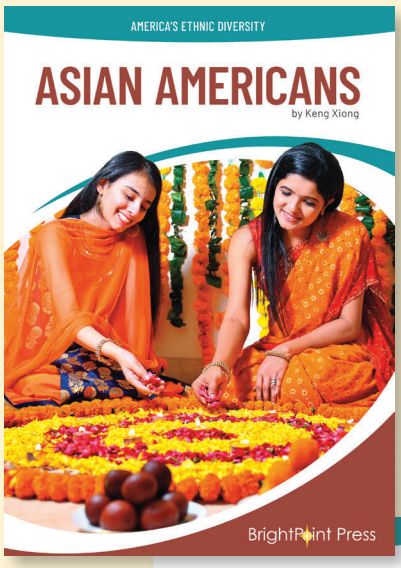
eBooks available

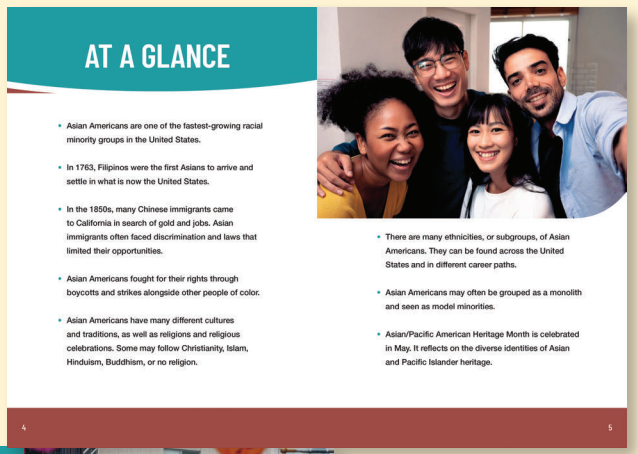
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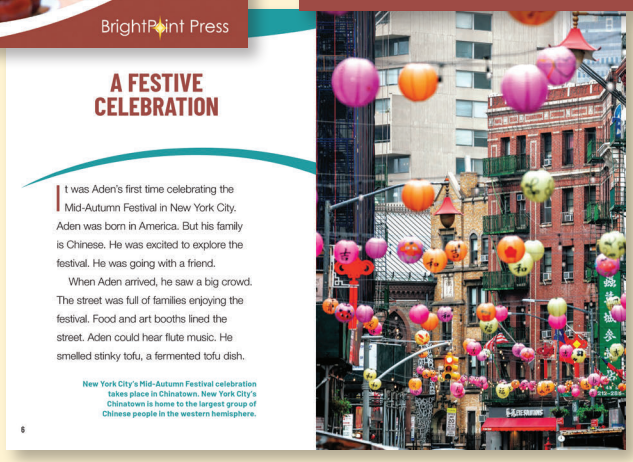
		(eBook)	Lexile Scale
Asian Americans	978-1-6782-1096-0	(1097-7)	710L
Black Americans	978-1-6782-1098-4	(1099-1)	780L
European Americans	978-1-6782-1100-4	(1101-1)	660L
Jewish Americans	978-1-6782-1102-8	(1103-5)	690L
Latin Americans	978-1-6782-1104-2	(1105-9)	690L
Middle Eastern Americans	978-1-6782-1106-6	(1107-3)	760L

For more title information visit www.referencepointpress.com

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

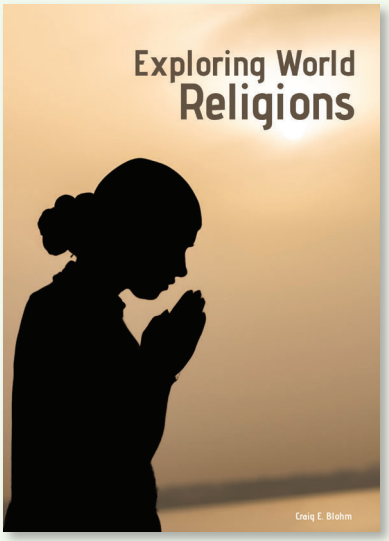






Exploring World Religions

Grades 6–12 • History and Culture



Exploring World Religions

(eBook)
978-1-6782-1076-2 *(1077-9)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, chart, source notes, for further research section, organizations and websites, index



NEW AUGUST 2025

eBooks available

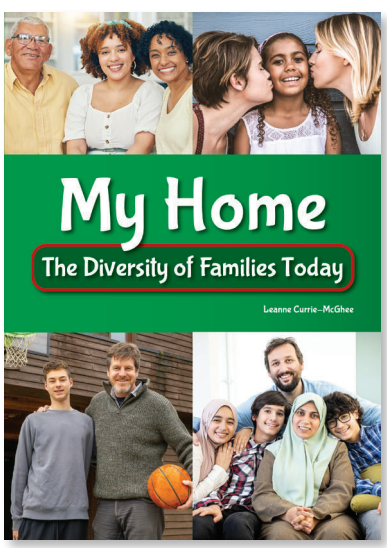
see p. 2

Religion has played an important part in the development of human civilization. Studies show that today about 85 percent of the global population embraces a religious belief. *Exploring World Religions* examines the world's major faiths, their history, doctrines, and how they provide hope, comfort, and fellowship to people who believe.

My Home: The Diversity of Families Today

"Presents and validates a rich tapestry of diverse family patterns"

— Kirkus Reviews, September 1, 2024



My Home: The Diversity of Families Today

2025

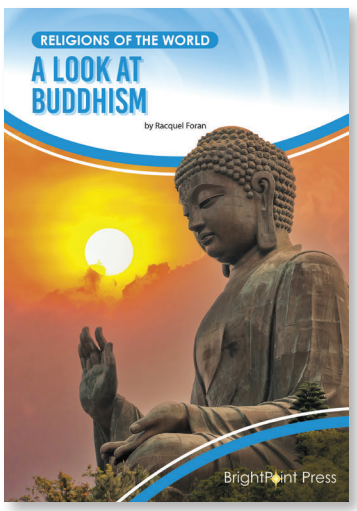
(eBook)
978-1-6782-0810-3 *(0811-0)*

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, websites, index

My Home: The Diversity of Families Today delves into the lives of teens raised in diverse families, ranging from immigrants to LGBTQ households. Through their narratives, discover the challenges, daily experiences, and triumphs of belonging to these unique family structures.

Religions of the World



HI-LO NONFICTION FOR TEENS

Hardcover: List ~~$45.26~~
School & Library $33.95
3-Book Set: List ~~$135.78~~
School & Library $101.85
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Lexile range: 680L–730L

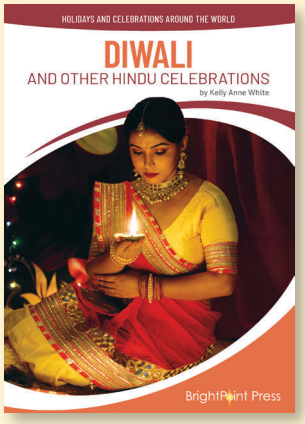
Hi-Lo YA nonfiction. *Religions of the World* introduces readers to some of the most-followed religions around the world. Each book in this series focuses on a specific religion and describes the religion's history, the belief system, and how followers today celebrate their faith.

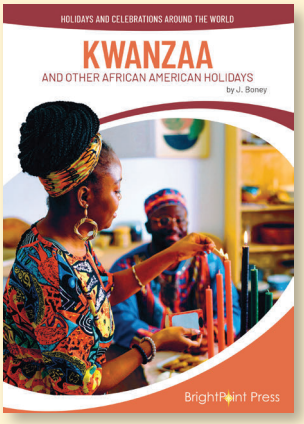
		(eBook)
A Look at Buddhism *2024*	978-1-6782-0672-7	*(0673-4)*
A Look at Christianity *2024*	*eBook only* 978-1-6782	*(0675-8)*
A Look at Hinduism *2024*	978-1-6782-0676-5	*(0677-2)*
A Look at Islam *2024*	*eBook only* 978-1-6782	*(0679-6)*
A Look at Judaism *2024*	978-1-6782-0680-2	*(0681-9)*

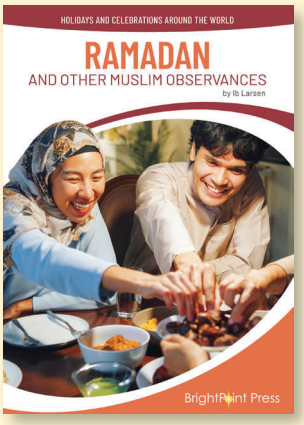
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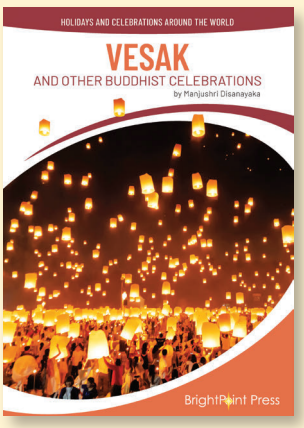
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Hi-Lo YA nonfiction. *Holidays and Celebrations Around the World* provides a glimpse into five cultures and the holidays and events they honor. These celebrations may be tied to religious observances or linked to other important dates that have helped shape the culture. This series examines the history, traditions, and significance of these special days. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

NEW AUGUST 2025

Holidays and Celebrations Around the World

Hardcover: List ~~$45.26~~ School & Library $33.95
5-Book Set: List ~~$226.30~~ School & Library $169.75
eBook: Single User $33.95/Multiuser $47.25

HI-LO NONFICTION FOR TEENS

eBooks available

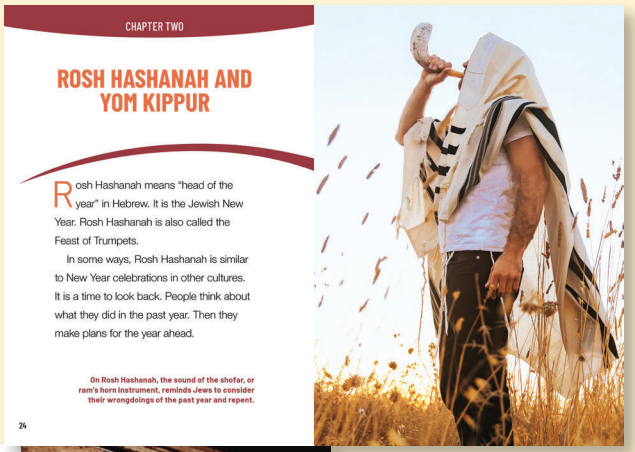
see p. 2

		(eBook)	Lexile Scale
Diwali and Other Hindu Celebrations	978-1-6782-1108-0	(1109-7)	740L
Kwanzaa and Other African American Holidays	978-1-6782-1110-3	(1111-0)	810L
Ramadan and Other Muslim Observances	978-1-6782-1112-7	(1113-4)	770L
Rosh Hashanah and Other Jewish Holidays	978-1-6782-1114-1	(1115-8)	690L
Vesak and Other Buddhist Celebrations	978-1-6782-1116-5	(1117-2)	740L

For more title information visit www.referencepointpress.com

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index




CHAPTER TWO

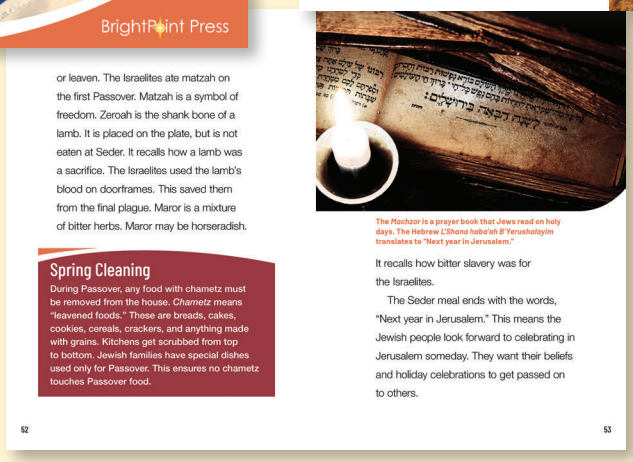
ROSH HASHANAH AND YOM KIPPUR

Rosh Hashanah means "head of the year" in Hebrew. It is the Jewish New Year. Rosh Hashanah is also called the Feast of Trumpets.

In some ways, Rosh Hashanah is similar to New Year celebrations in other cultures. It is a time to look back. People think about what they did in the past year. Then they make plans for the year ahead.

On Rosh Hashanah, the sound of the shofar, or ram's horn instrument, reminds Jews to consider their wrongdoings of the past year and repent.

24


or leaven. The Israelites ate matzah on the first Passover. Matzah is a symbol of freedom. Zeroah is the shank bone of a lamb. It is placed on the plate, but is not eaten at Seder. It recalls how a lamb was a sacrifice. The Israelites used the lamb's blood on doorframes. This saved them from the final plague. Maror is a mixture of bitter herbs. Maror may be horseradish.

Spring Cleaning

During Passover, any food with chametz must be removed from the house. *Chametz* means "leavened foods." These are breads, cakes, cookies, cereals, crackers, and anything made with grains. Kitchens get scrubbed from top to bottom. Jewish families have special dishes used only for Passover. This ensures no chametz touches Passover food.

52

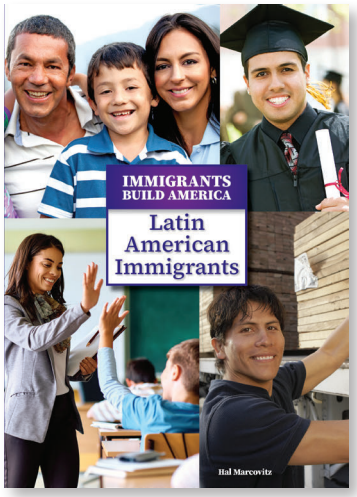
The *Machzor* is a prayer book that Jews read on holy days. The Hebrew *L'Shana haba'ah B'Yerushalayim* translates to "Next year in Jerusalem."

It recalls how bitter slavery was for the Israelites.

The Seder meal ends with the words, "Next year in Jerusalem." This means the Jewish people look forward to celebrating in Jerusalem someday. They want their beliefs and holiday celebrations to get passed on to others.

53

Immigrants Build America



Hardcover: List ~~$45.26~~
School & Library $33.95
6-Book Set: List ~~$271.56~~
School & Library $203.70
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, 80 pages, 6.5 x 9.25, reinforced library binding, photos, infographic, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

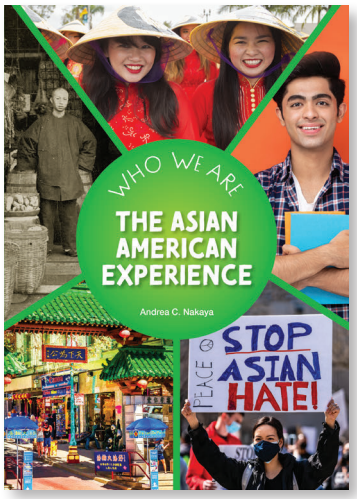
eBooks available see p. 2

In this series, authors show the many and varied contributions of immigrants who have built—and continue to build—America. The books show immigrant contributions—past and present—to the fabric of American life. Through the work they do, the businesses they create, the communities they enrich, and their achievements in areas ranging from science and technology to arts and culture, immigrants have helped create and sustain all aspects of American life.

			(eBook)
Asian Immigrants	2025	978-1-6782-0832-5	(0833-2)
Black Immigrants	2025	978-1-6782-0834-9	(0835-6)
European Immigrants	2025	978-1-6782-0836-3	(0837-0)
Jewish Immigrants	2025	978-1-6782-0838-7	(0839-4)
Latin American Immigrants	2025	978-1-6782-0840-0	(0841-7)
Middle Eastern Immigrants	2025	978-1-6782-0842-4	(0843-1)

Who We Are

Grades 6–12 • History and Culture



Hardcover: List ~~$45.26~~
School & Library $33.95
4-Book Set: List ~~$181.04~~
School & Library $135.80
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, infographic, sidebars, margin quotes, source notes, for further research section, websites, index

eBooks available see p. 2

No matter who we are or where we have come from, we are—all of us—the sum total of our experiences. History informs who we are but does not define us. Through our values, ideas, and actions, we shape contemporary life and culture as it shapes us. Through stories from history and contemporary life, the *Who We Are* series explores the many and varied experiences of Asian Americans, Black Americans, Hispanic Americans, and Native Americans.

			(eBook)
The Asian American Experience	2023	978-1-6782-0466-2	(0467-9)
The Black American Experience	2023	978-1-6782-0468-6	(0469-3)
The Hispanic American Experience	2023	978-1-6782-0470-9	(0471-6)
The Native American Experience	2023	978-1-6782-0472-3	(0473-0)

History and Culture Single Titles



Protest: A History of Social Movements in America

2022

	(eBook)
978-1-6782-0090-9	(0091-6)

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, organizations and websites, for further research section, index

The First Amendment guarantees the right to peacefully protest, and Americans have embraced this right for more than two centuries. *Protest: A History of Social Movements in America* focuses on the people who faced adversity while speaking out for women's suffrage, Black civil rights, the environment, LGBTQ rights, and more.



NEW JANUARY 2025

Teen Culture Across the Generations

	(eBook)
978-1-6782-1010-6	(1011-3)

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

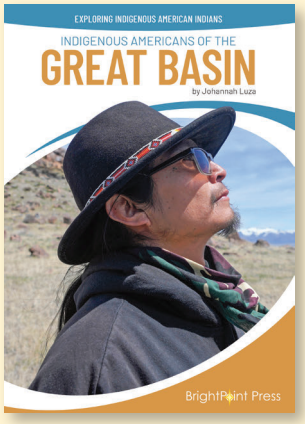
specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos sidebars, source notes, for further research section, organizations and websites, index

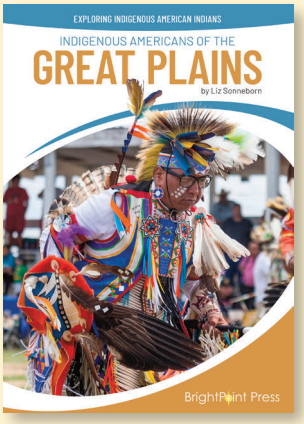
Teen culture refers to the way that teens express themselves, make sense of the world, have fun, and form connections with peers. Although today's teens may see their lives as very different from those of their parents and grandparents when they were teens, some aspects of teen culture stay the same. Since the 1950s, teen culture has been an important way for teens to develop identities separate from their parents and explore who they want to be.

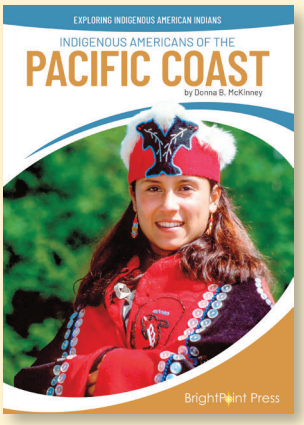
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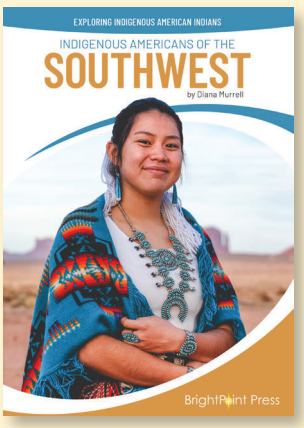
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Hi-Lo YA nonfiction. *Exploring Indigenous American Indians* teaches readers about North America's Indigenous Nations. The books in this series explore dozens of Indigenous Nations from across the country and delve into the Nations' diverse history, beliefs, culture, and present-day lives. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

NEW AUGUST 2025

Exploring Indigenous American Indians

Hardcover: List ~~$45.26~~ **School & Library $33.95**
6-Book Set: List ~~$271.56~~ **School & Library $203.70**
eBook: Single User $33.95/Multiuser $47.25

HI-LO NONFICTION FOR TEENS

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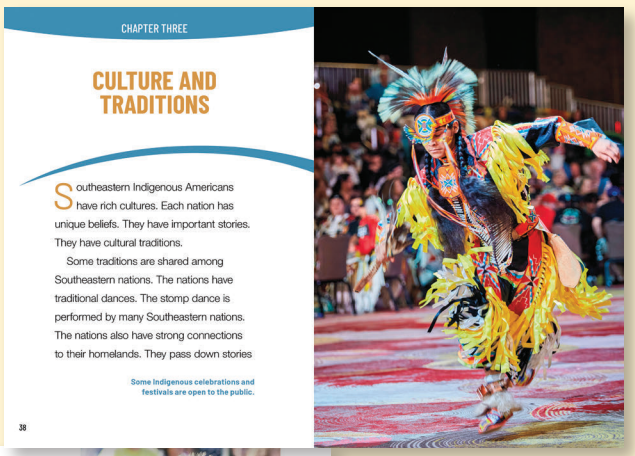
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CHAPTER THREE

CULTURE AND TRADITIONS

Southeastern Indigenous Americans have rich cultures. Each nation has unique beliefs. They have important stories. They have cultural traditions.

Some traditions are shared among Southeastern nations. The nations have traditional dances. The stomp dance is performed by many Southeastern nations. The nations also have strong connections to their homelands. They pass down stories

Some Indigenous celebrations and festivals are open to the public.

38


The second are social dances. These dances honor friendship and marriage. The third are animal dances. These celebrate important animals. The dances imitate special animals. Dancers in the snake dance move in lines. The lines coil and uncoil like a snake.

Stickball

Indigenous people have played stickball for centuries. The game was used to settle fights between nations. In Choctaw stickball, players are separated into two teams. They carry sticks. The sticks are called *kabotcha*. A referee starts the game by throwing a ball. Each team tries to catch the ball using their sticks. They must move the ball to the other team's side of the field. They then try to hit the goalpost with the ball.

44

Many Creek people call themselves Muscogee.

CREEK CULTURE

Religion is very important to Creek culture. Alex Alvarez is a member of the Poarch Band of Creek Indians. He teaches people about the nation's traditions. He says, "We do not have a word for religion because it was such an [important] part of our

45

Israelis and Palestinians: A Troubled History

Grades 6–12 • History and Culture



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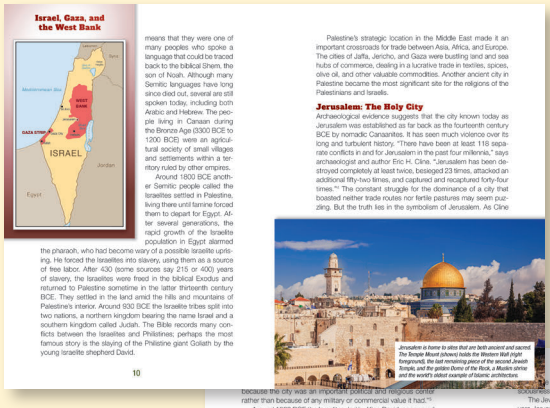
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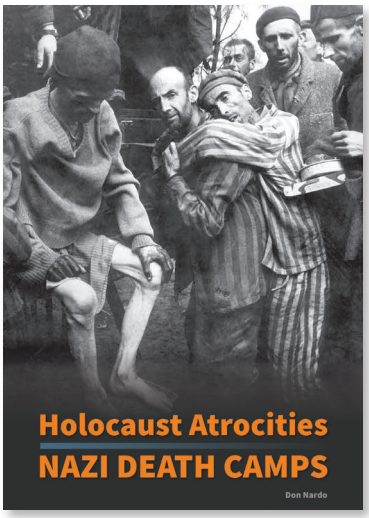
see p. 2

The historic Middle East region of Palestine is a troubled land. Two peoples—Israelis and Palestinians—both claim ownership of this land of their ancestors. The result is a long history of violence, oppression, and prejudice that has eluded all efforts to find a peaceful solution. In October 2023, the region exploded in a vicious conflict over territory and the right to live in freedom.

History and Culture Single Titles

"A powerful source for beginning to learn about the Holocaust"

— Kirkus Reviews, October 1, 2024



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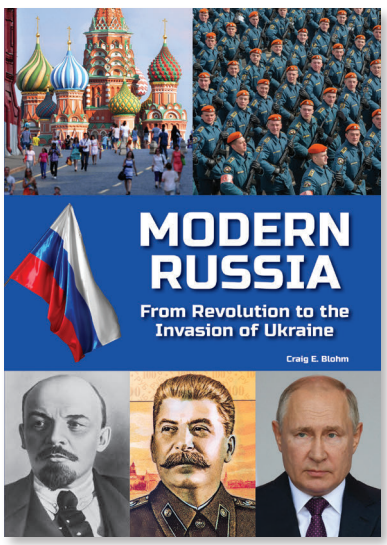
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The Nazi regime, led by Adolf Hitler, devised a plan to exterminate Europe's Jews. Toward this end, the Nazis rounded up and starved, shot, and gassed millions of Jews as well as other people the regime deemed inferior. These acts took place in a vast network of concentration camps. Most lethal of all were six death camps built in Poland, the largest being the infamous Auschwitz. Filled with eyewitness testimony, this volume tells the shocking story of the atrocities committed in those camps. It also describes the eventual liberation of the camps.



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There have been many Russias throughout history: the opulent era of the czars, the Communist nation ruled by terror, and the Cold War superpower. After its Communist ideology failed in 1991, Russia struggled to find a place in the modern world. With the invasion of Ukraine in 2022, Russia has become a key factor in shaping a future of world peace or escalating conflict.

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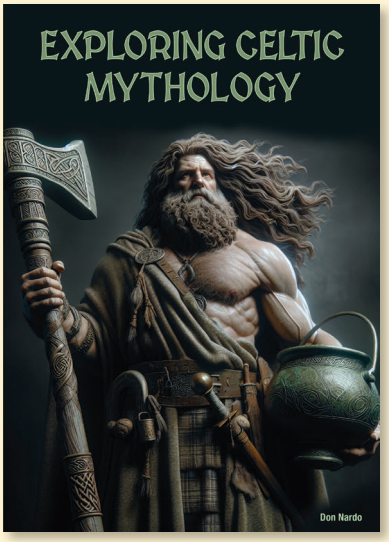
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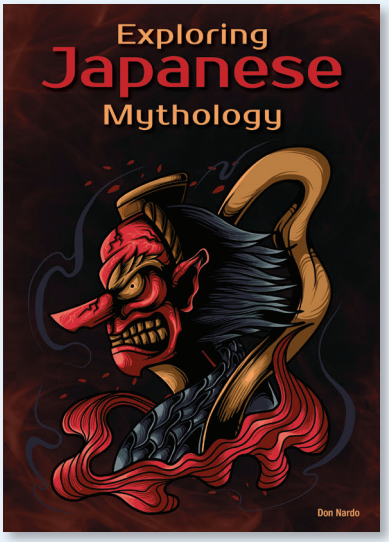
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see p. 2

The Celts, who inhabited parts of northern Europe, Britain, and Ireland in ancient and medieval times, had a large canon of myths that featured a mix of good and bad characters. There were brave warrior-heroes, like Cuchulain, who fought with blinding speed, and the wise and just King Arthur, creator of the renowned Round Table of valiant knights. In contrast, scary, dangerous beings roamed the Celtic lands, among them goblins, marauding zombies, and undead vampires.

Exploring Japanese Mythology



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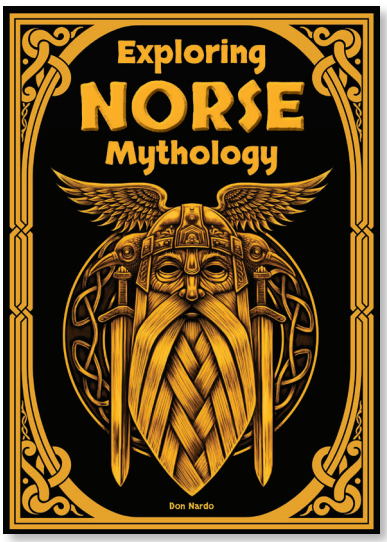
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Japan has one of the world's biggest and most fascinating collections of myths. This volume introduces the various deities, including Amaterasu, the sun goddess from whom the long line of Japanese emperors were said to be descended. Some of the more famous mythical heroes, among them the popular Golden Boy, are also explored, as are a bevy of scary creatures, including ogres, witches, and the towering Godzilla and other giant city-crushing monsters.

"A concise, engaging read" — *Booklist, October 1, 2023*



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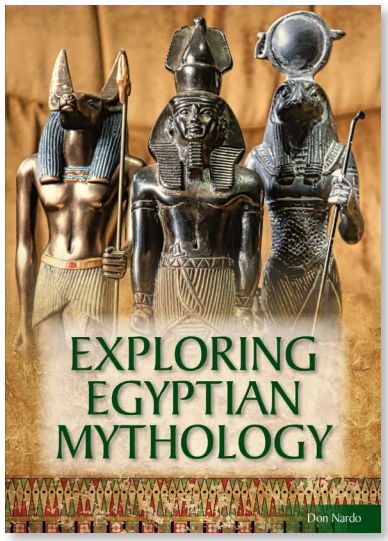
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The Norse, also called the Vikings, who inhabited northern Europe in the mid- to late medieval era, were a devout people. Many of their distinctive beliefs have survived the ages in the form of colorful stories about their gods and national heroes. These entertaining tales continue to capture the public's imagination, spawning a steady stream of novels, movies, and TV series.



Exploring Egyptian Mythology

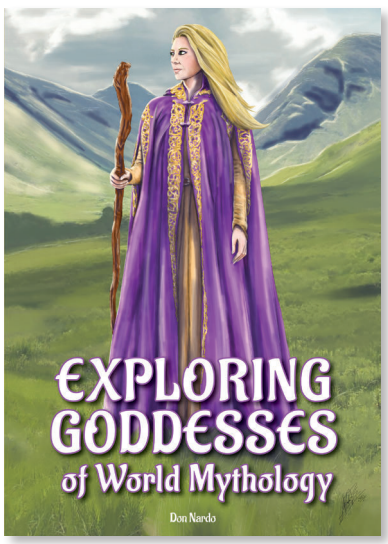
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The ancient Egyptians had a large, rich collection of myths that developed over the course of more than four thousand years. This book examines the colorful gods and goddesses, the primary creation myths, and several mythical monsters and the human heroes who slew them. Also included is the mystical tale the Egyptians saw as their most important: the Myth of Kingship, which established that all people, regardless of wealth and status, could find salvation in the afterlife.



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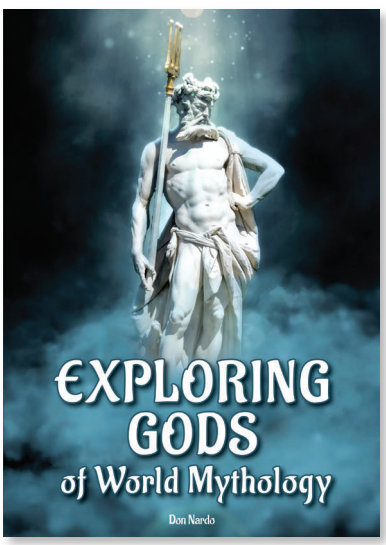
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Since the beginnings of human civilization, peoples around the globe have believed in, worshipped, and sought guidance from female deities. Most ancient of all were mother goddesses, like Egypt's Isis and Greece's Gaia, but no less respected were goddesses who oversaw various aspects of nature, as well as love, marriage, and even the underworld. This volume explores more than two dozen such goddesses from past societies worldwide.

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"A wide-ranging starting point that could inspire further acquaintance with these cultural treasures"

— Kirkus Reviews, February 1, 2024



Exploring Gods of World Mythology

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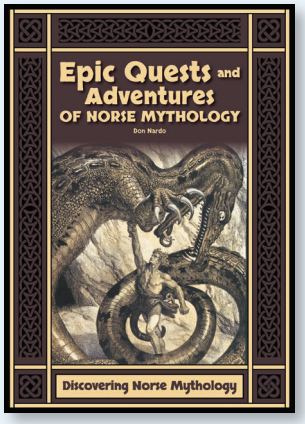
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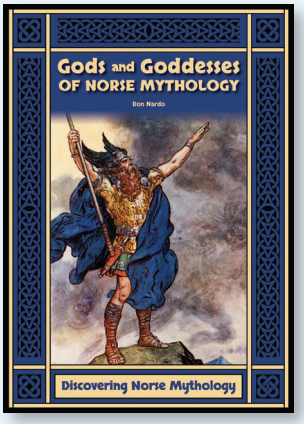
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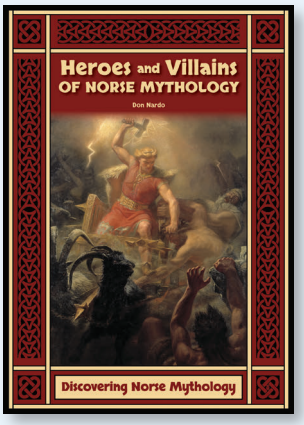
Over the centuries, certain aspects of life have proved to be universal to peoples around the world, including their local collections of myths. This book explains how various gods in those mythologies were thought to control those universal facets of life, including the creation of the world and humanity, nature's numerous wonders, the ravages of war, death and the afterlife, and the quest for ultimate knowledge and wisdom.

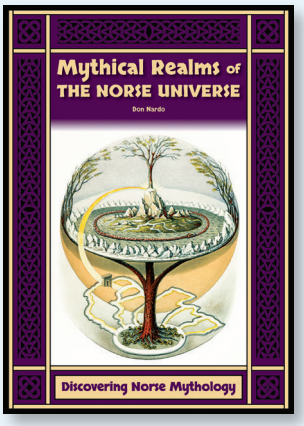
Discovering Norse Mythology

Grades 6–12 • Mythology









The world of the ancient Norse peoples was populated by a strange, wondrous, and sometimes frightening array of creatures and beings. The books that make up the *Discovering Norse Mythology* series take readers on a journey through this ancient world. Stories of heroes and villains, epic quests, mythical realms, deities, and creatures will appeal to mythology enthusiasts and newcomers alike.

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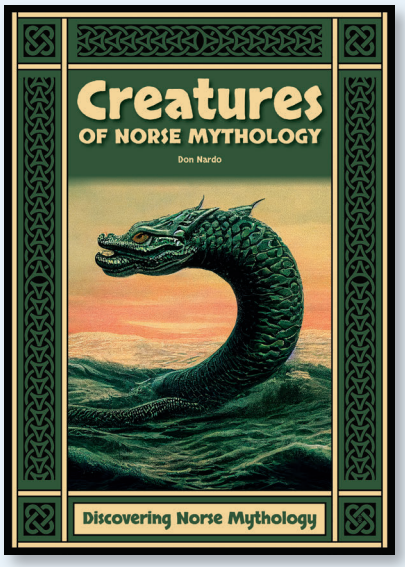
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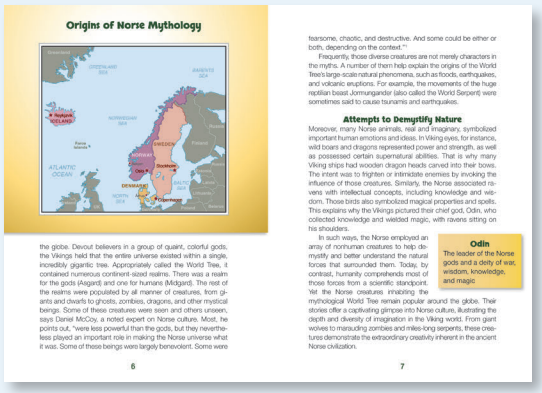
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Origins of Norse Mythology

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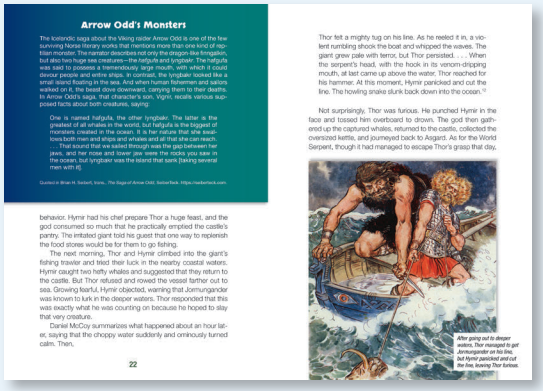
Odin
The leader of the Norse gods and a deity of war, wisdom, knowledge, and magic


CHAPTER THREE

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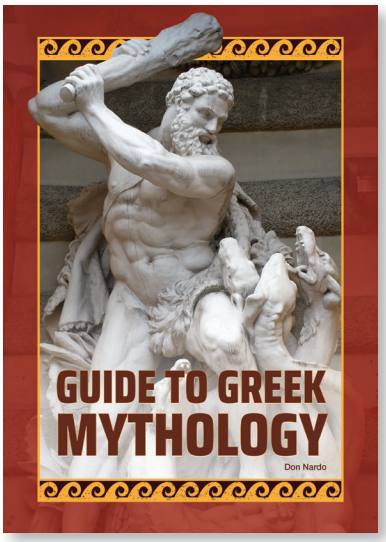
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Societies around the globe have produced an astounding array of captivating myths that continue to fascinate and entertain members of each new generation. Among the best-known of these stories are those that tell how Earth and humans came to be; how the gods fought destructive wars in the heavens; and how stalwart human heroes fought dragons, one-eyed giants, demons, and other monstrous creatures. Classic tales from Greece, Rome, Scandinavia, Egypt, China, India, Central America, and elsewhere are colorfully retold in this volume.



Guide to Greek Mythology

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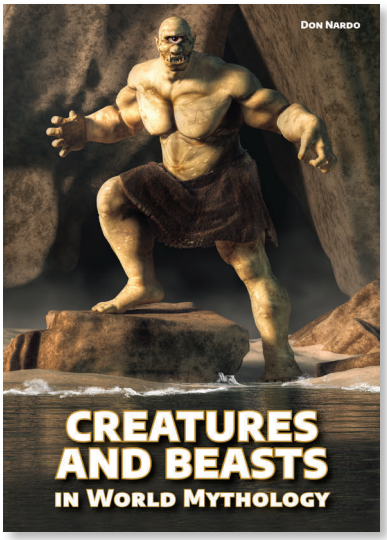
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The myths of the ancient Greeks remain potent and popular aspects of modern culture. Novels, comic books, movies, television shows, and video games perpetuate the colorful exploits of gods such as Zeus and Athena, heroes like Hercules and Perseus, and monsters like Medusa and the one-eyed Cyclopes. This easy-to-read guide identifies all the major characters in those timeless, endlessly entertaining tales.

Mythology of the World



Creatures and Beasts in World Mythology

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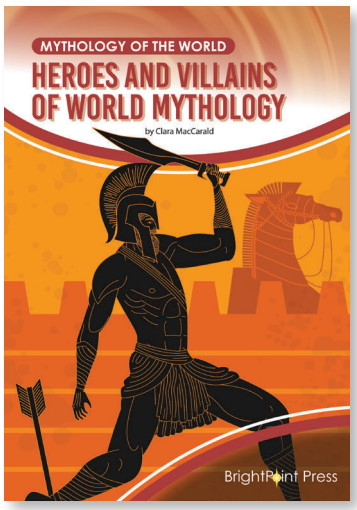
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All of the mythologies of peoples around the globe contain fascinating, and at times frightening, tales of animals and monsters. Stories about dragons, for instance, are especially numerous, not only in China, but also in Greece, Scandinavia, England, and other parts of the world. Also common are tales about giants, shape-shifters, and flying menaces. This book contains tales about such creatures from the lore of Egypt, China, Greece, northern Europe, Japan, Korea, the United States, and elsewhere.

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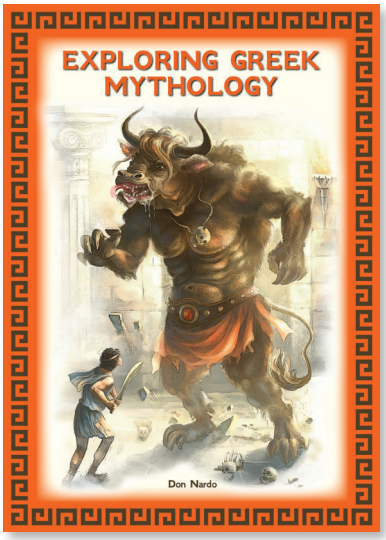
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Exploring Greek Mythology

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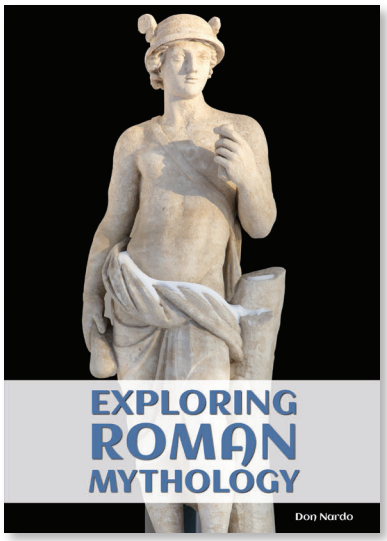
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The myths of ancient Greece are the most famous and universally depicted in art, literature, and films. From Zeus and his Olympians battling the earlier race of gods, the Titans, for control of the universe; to the hero Perseus slaying the monstrous Medusa, whose gaze turns onlookers to stone; to the crafty wanderer Odysseus outwitting the giant Cyclops in the cave, the classic Greek myths continue to intrigue and entertain members of each new generation.

eBooks available see p. 2



Exploring Roman Mythology

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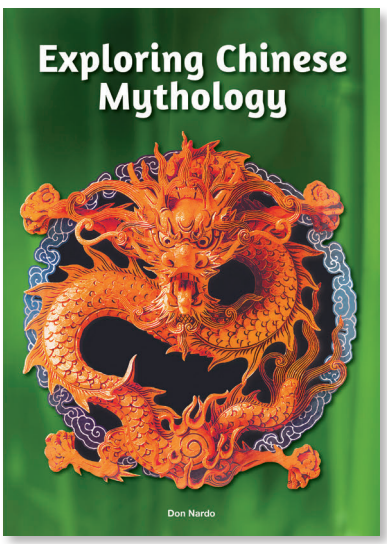
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The myths of the ancient Romans are unique in that they focus mostly on the legendary human heroes who, against powerful military and other odds, prevailed and made Rome great. From Aeneas, who established the Roman race, to Romulus, who founded the city of Rome, to other brave figures, female and male alike, their moving stories are recounted in this volume.

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2023

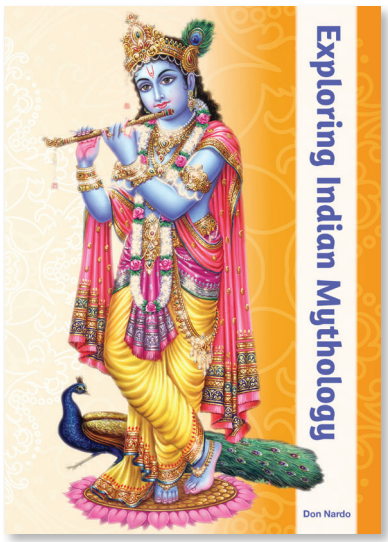
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Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, infographics, source notes, for further research section, index

Chinese mythology represents much more than imaginary tales of triumphant heroes and vengeful gods. The stories that make up China's mythology in many ways reflect the history of this ancient civilization and the moral code that upholds ideals both ancient and modern. *Exploring Chinese Mythology* tells many beloved and engaging stories of creation, love, war, heroism, and monsters.

eBooks available see p. 2



Exploring Indian Mythology

2023

(eBook)
978-1-6782-0480-8 *(0481-5)*

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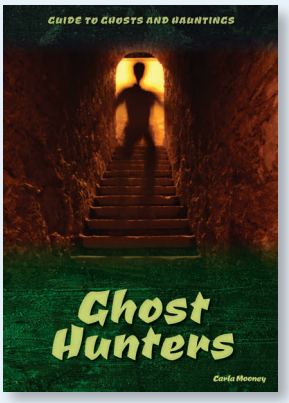
specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, infographics, source notes, for further research section, index

Picturesque landscapes, magnificent palaces, bloody battles, divine interventions, and magical powers abound in the fantastical tales that make up the mythology of India. Though the stories originated in ancient times, they still play a central role in modern Indian life and culture. *Exploring Indian Mythology* tells many beloved and engaging stories of creation, good and evil, war, destiny, and fabled animals.

eBooks available see p. 2

Guide to Ghosts and Hauntings

Grades 6–12 • Paranormal





Teens are fascinated by the possibility that something interesting—something unprovable and mysterious—might lie beyond the world we know. This series explores all aspects of the spirit world. All books include personal accounts (both historic and contemporary) of those who have encountered ghosts as well as those who seek them out for study or for personal connection. The views of both believers and skeptics are discussed.

NEW JANUARY 2025

Guide to Ghosts and Hauntings

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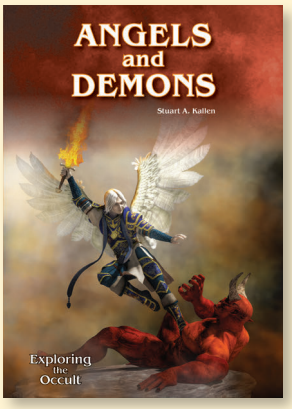
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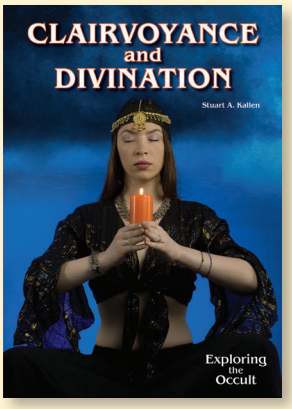
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Ghosts	978-1-6782-0992-6	(0993-3)
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series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, infographic, margin quotes, source notes, for further research section, index

Exploring the Occult





Even in an age when science holds sway, fascination with the occult has not diminished. Social media, books, and news stories are filled with tales of ghost and angel encounters, monster hunters, clairvoyants, and witchcraft practitioners. The *Exploring the Occult* series explores both historical and present-day experiences with the occult—building on the sense of wonder that keeps these topics fresh and alive.

Exploring the Occult

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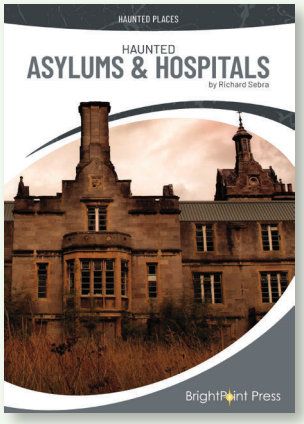
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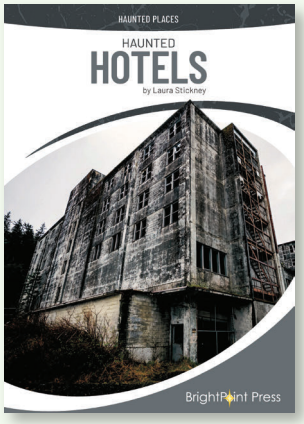
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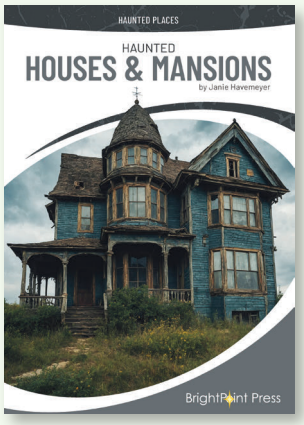
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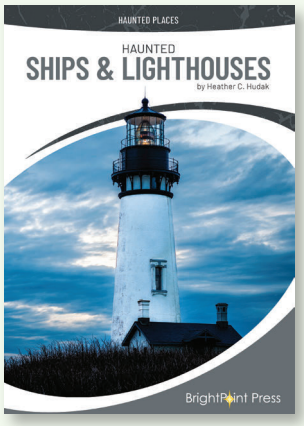
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Hi-Lo YA nonfiction. *Haunted Places* explores different locations that are believed to be haunted, including asylums and hospitals, graveyards, hotels, houses and mansions, and ships and lighthouses. This series examines what makes these places appear to be haunted and highlights the experiences that everyday people and ghost hunters have had there. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

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Haunted Places

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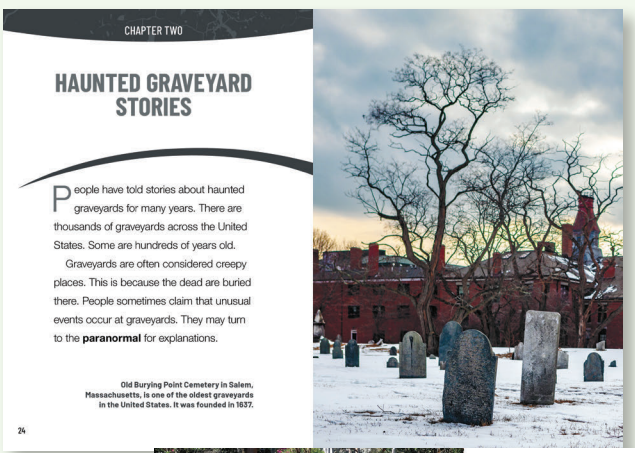
eBooks available

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		(eBook)	Lexile Scale
Haunted Asylums & Hospitals	978-1-6782-1178-3	(1179-0)	690L
Haunted Graveyards	978-1-6782-1180-6	(1181-3)	760L
Haunted Hotels	978-1-6782-1182-0	(1183-7)	710L
Haunted Houses & Mansions	978-1-6782-1184-4	(1185-1)	700L
Haunted Ships & Lighthouses	978-1-6782-1186-8	(1187-5)	740L

For more title information visit www.referencepointpress.com

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index


CHAPTER TWO

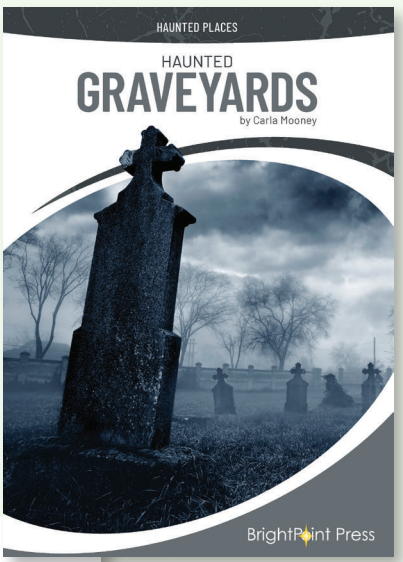
HAUNTED GRAVEYARD STORIES

People have told stories about haunted graveyards for many years. There are thousands of graveyards across the United States. Some are hundreds of years old.

Graveyards are often considered creepy places. This is because the dead are buried there. People sometimes claim that unusual events occur at graveyards. They may turn to the **paranormal** for explanations.

Old Burying Point Cemetery in Salem, Massachusetts, is one of the oldest graveyards in the United States. It was founded in 1637.

24




Unitarian Church Cemetery is known for having overgrown plants around the graves.

claimed to see several ghostly figures at the cemetery.

Stephanie Edwards and her husband decided to take the Ghosts of Charleston Tour. At the graveyard, the guide shared the story of the Woman in White. The Woman in White was believed to be the spirit of Anna Ravenel. She was buried at the cemetery. Some people think Ravenel inspired the poem "Annabel Lee" by Edgar Allan Poe. He and Ravenel were said to have fallen in love while Poe was stationed nearby as a soldier.

Visitors to Unitarian Church Graveyard have reported seeing a woman wearing white. They claim to see her moving through the graves. "While no one encountered a ghost during our tour, the opportunity to learn more about Charleston's rich history was well worth our time. . . . And there's always next time," said Edwards.[5]

Gettysburg Ghost Tours

Gettysburg National Cemetery is not the only place in Gettysburg believed to be haunted. There are several areas there where people have claimed to see ghosts. Ghost tours are popular in Gettysburg. However, these tours are not allowed onto the battlefield. This is because the battlefield is part of the US National Park Service.

52

53



Ghost Tales and Hauntings

2025

(eBook)

978-1-6782-0798-4 *(0799-1)*

Hardcover: List ~~$45.26~~
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eBook: Single User $33.95
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specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

Stories of ghosts and spirits have been around in history and legend for millennia. These apparitions take many forms, from glowing lights and shadowy specters to phantom ships that ply the world's oceans. For believers and skeptics alike, ghosts can inspire curiosity about the possibilities of what may lie beyond this earthly life.



UFOs and Alien Encounters: Are They Real?

2020

(eBook)

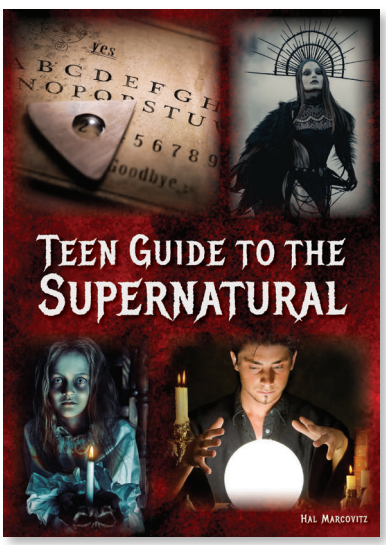
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For centuries, people have looked into the sky and observed objects they just couldn't explain. These unidentified flying objects, or UFOs, have sparked many investigations, some by scientists but many by amateur UFO hunters. After numerous probes into the possibility that UFOs regularly visit Earth, experts remain divided on whether alien encounters have truly occurred.

Are They Real?



Teen Guide to the Supernatural

2024

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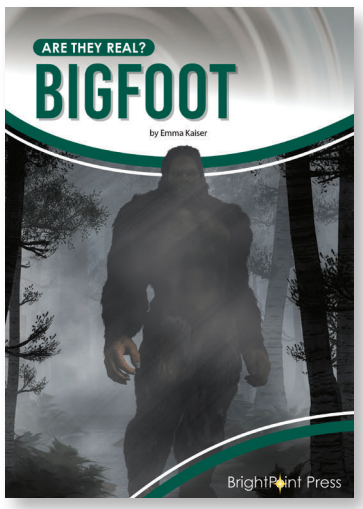
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A lot of people believe in ghosts; many of them believe they can also communicate with the spirits of the dead. Others believe fortune tellers can predict the future, witches cast magical spells, and Bigfoot, the Loch Ness Monster, vampires, and other eerie creatures are real. People's fascination with the strange and spooky shows how a belief in the supernatural has become part of the culture of the modern world.

eBooks available see p. 2



HI-LO NONFICTION FOR TEENS

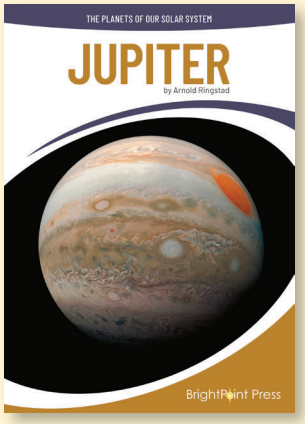
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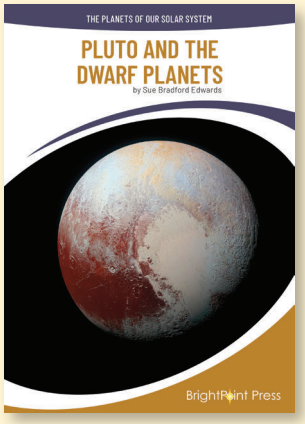
series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

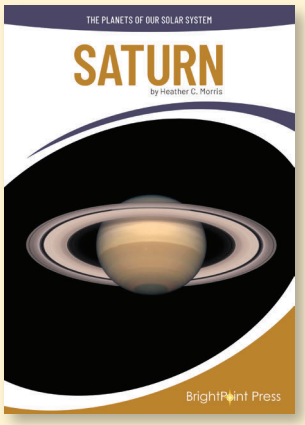
Lexile range: 700L–840L

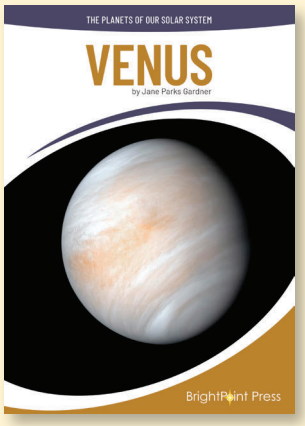
Hi-Lo YA nonfiction. *Are They Real?* explores modern-day myths, legends, and paranormal phenomena. The series examines each phenomenon's history, evidence of its potential existence, and its cultural impact.

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Hi-Lo YA nonfiction. *The Planets of Our Solar System* explores the eight planets of the solar system as well as the major dwarf planets. The books in this series provide information about the main physical characteristics of each planet, discuss the discovery and study of the planet before the space age, and detail what people have learned by exploring the planet using spacecraft. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

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The Planets of Our Solar System

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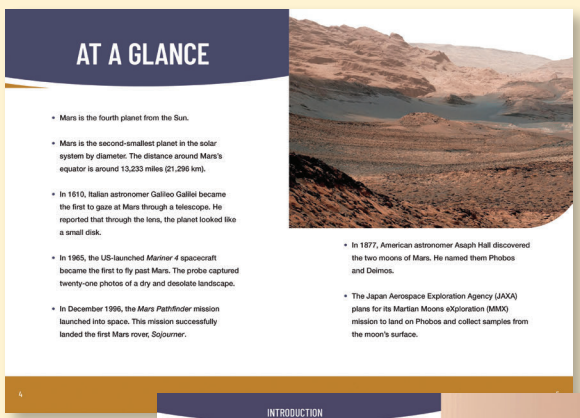
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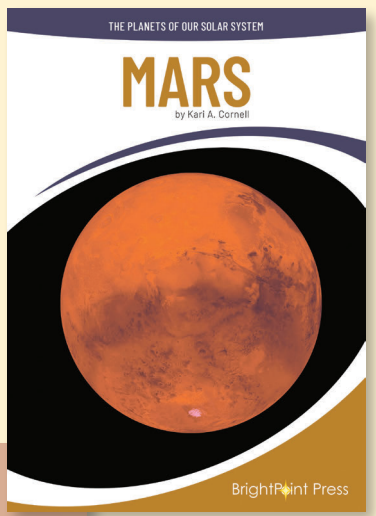
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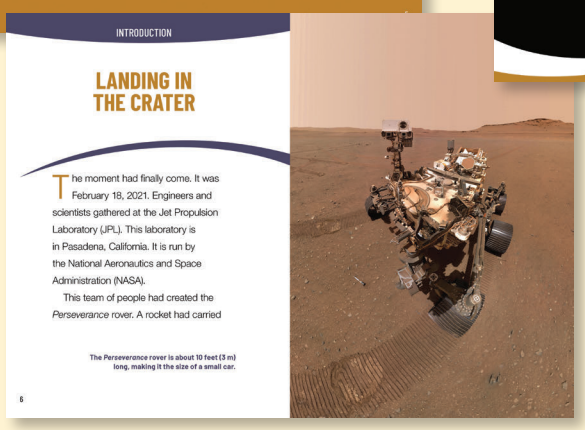
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The classic sci-fi novels of H.G. Wells, Robert Heinlein, and Arthur C. Clarke, along with hundreds of sci-fi movies and TV shows, have explored an array of exotic, at times mind-bending themes, among them the existence of intelligent aliens, time travel, and parallel universes. One often-asked question is whether such things are scientifically plausible. In this volume, modern physicists and other scientists weigh in and try to answer that question.



Tech Innovations Inspired by Nature

2024

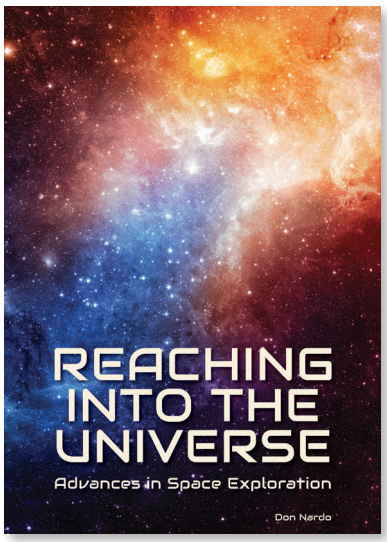
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The relatively new science of biomimicry—human industry copying various aspects of nature—has already given humanity many practical applications. Among them are improved blades for fans and turbines based on whales' fins and tiny advanced energy-producing solar cells inspired by the shape of insects' eyes. Increasingly, scientists are coming to realize that they can rarely outdo what nature has developed through millions of years of trial and error.

Space Exploration



Reaching into the Universe: Advances in Space Exploration

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In 2022 the newly launched James Webb Space Telescope revealed stunning images of galaxies forming not long after the universe formed. That fabulous instrument is only the latest in a long list of manned and unmanned spacecraft that have unveiled knowledge of our solar system, planets orbiting other stars, giant black holes devouring all in their path, and other celestial wonders.

eBooks available see p. 2



HI-LO NONFICTION FOR TEENS

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Lexile range: 690L–740L

Hi-Lo YA nonfiction. *Space Exploration* informs readers about cutting-edge developments in space travel. The series looks ahead to the future of life in space, covering the rockets, robots, and technology needed to explore the solar system and beyond. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

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Robotics in Space	*2023*	978-1-6782-0430-3	*(0431-0)*
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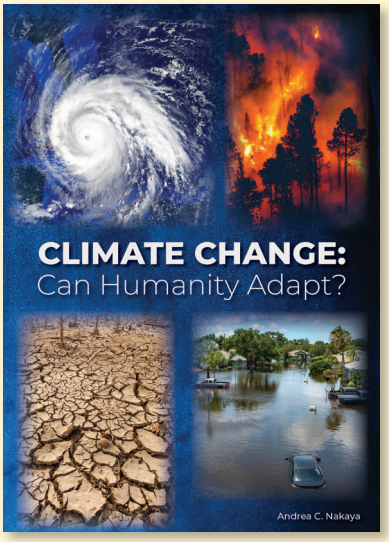
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Climate Change: Can Humanity Adapt?

Grades 6–12 • Science and Technology



Climate Change: Can Humanity Adapt?

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NEW AUGUST 2025

eBooks available

see p. 2

The climate is changing and adaptation will be essential to humanity's survival. This book examines why adaptation is necessary, what actions can be taken, and why it will be challenging. It also discusses recent successful efforts and what needs to be done in the future.

Too Much Plastic: How Did This Happen and What Can Be Done?



Too Much Plastic: How Did This Happen and What Can Be Done?

(eBook)

978-1-6782-1208-7 *(1209-4)*

Hardcover: List ~~$45.26~~

School & Library $33.95

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eBooks available

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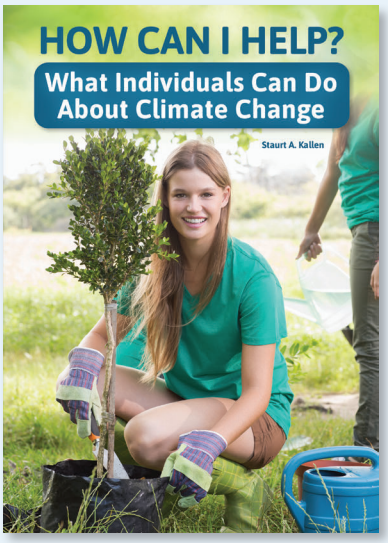
Modern life runs on plastic. Plastic is used in food wrappers, shampoo bottles, electronics, and lifesaving devices like IV tubes. Though it is cheap and easy to produce, lightweight, and sturdy, it comes with serious costs for human health and the planet. This book explores the fast-growing problem and proposed solutions.

How Can I Help? What Individuals Can Do About Climate Change

Grades 6–12 • Science and Technology

"This smoothly written, thoughtfully focused presentation should be welcomed by teens who might feel overwhelmed by bad news about climate change and unable to imagine that their own individual choices could make a difference"

— Kirkus Reviews, September 15, 2024



How Can I Help? What Individuals Can Do About Climate Change

2025

(eBook)

978-1-6782-0802-8 *(0803-5)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, fact boxes, source notes, for further research section, organizations and websites, index

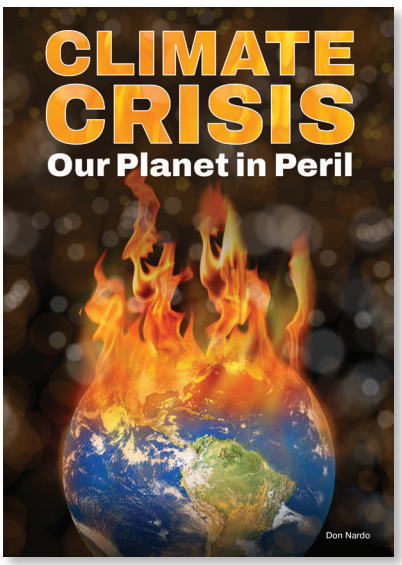


eBooks available

see p. 2

The climate is changing and the causes are well understood. *How Can I Help? What Individuals Can Do About Climate Change* provides commonsense, eco-friendly solutions for readers who wish to take positive actions to lower their carbon footprints.

Science and Technology Single Titles



Climate Crisis: Our Planet in Peril

2023

(eBook)

978-1-6782-0456-3 *(0457-0)*

Hardcover: List ~~$45.26~~

School & Library $33.95

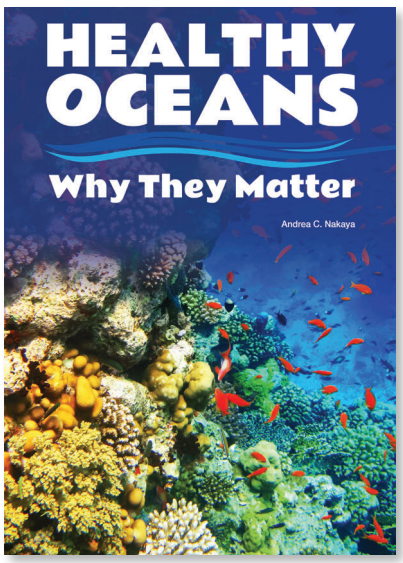
eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, vocabulary, source notes, for further research section, organizations and websites, index

As a result of human activities, including the large-scale burning of oil and other fossil fuels, the planet's atmosphere and oceans are steadily growing warmer. This is causing, and will continue to cause in the future, serious consequences for human civilization. These threats from climate change include larger and more powerful hurricanes and other extreme weather events, famine, and loss of biodiversity.

eBooks available see p. 2



Healthy Oceans: Why They Matter

2023

(eBook)

978-1-6782-0340-5 *(0341-2)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

Healthy oceans are critical to life on Earth. This book discusses why the oceans are so important and how their health is threatened by climate change, pollution, and overuse. It also explores some of the things that can be done to improve ocean health.

eBooks available see p. 2

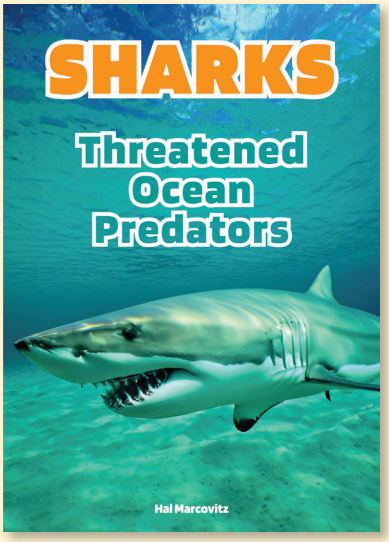
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Sharks: Threatened Ocean Predators

Grades 6–12 • Science and Technology



Sharks: Threatened Ocean Predators

(eBook)

978-1-6782-1196-7 *(1197-4)*

Hardcover: List ~~$45.26~~
School & Library $33.95

eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, organizations, websites, index



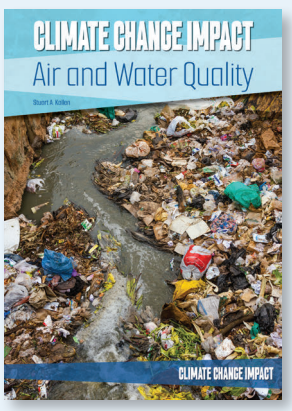
NEW AUGUST 2025

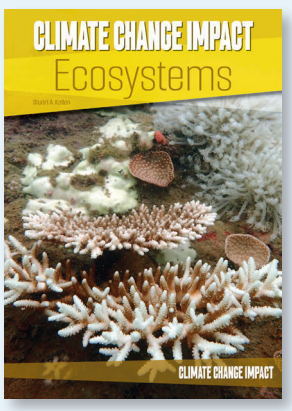
eBooks available

see p. 2

Sharks have lived in the world's oceans since the era of the dinosaurs, but in modern times they have been regarded as fierce undersea predators that often attack swimmers, surfers, and fishers. But while attacks on humans do occur, those incidents are extremely rare. Instead, it is the sharks that find themselves victims of sport and commercial fishers, to the extent that now many species of sharks are threatened with extinction.

Climate Change Impact





Using concrete examples, relevant facts, and expert commentary, books in this series explore the consequences of climate change. The series examines what changes are taking place (along with where, how, and why); what these changes mean for people, wildlife, and the planet overall; and efforts to address these issues.

Climate Change Impact

Hardcover: List ~~$45.26~~ **School & Library $33.95**
5-Book Set: List ~~$226.30~~ **School & Library $169.75**
eBook: Single User $33.95/Multiuser $47.25

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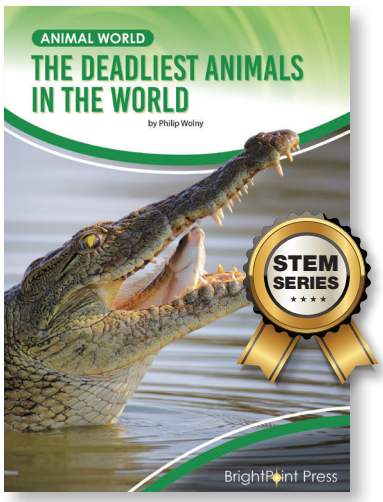
eBooks available see p. 2

		(eBook)
Climate Change Impact: Air and Water Quality *2025*	978-1-6782-0778-6	*(0779-3)*
Climate Change Impact: Communities at Risk *2025*	978-1-6782-0824-0	*(0825-7)*
Climate Change Impact: Ecosystems *2025*	978-1-6782-0826-4	*(0827-1)*
Climate Change Impact: Human Health *2025*	978-1-6782-0828-8	*(0829-5)*
Climate Change Impact: Wildfires *2025*	978-1-6782-0830-1	*(0831-8)*

For more title information visit www.referencepointpress.com

series specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, fact boxes, source notes, for further research section, organizations and websites, index

Animal World



HI-LO NONFICTION FOR TEENS

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5-Book Set: List ~~$226.30~~
School & Library $169.75
eBook: Single User $33.95
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series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

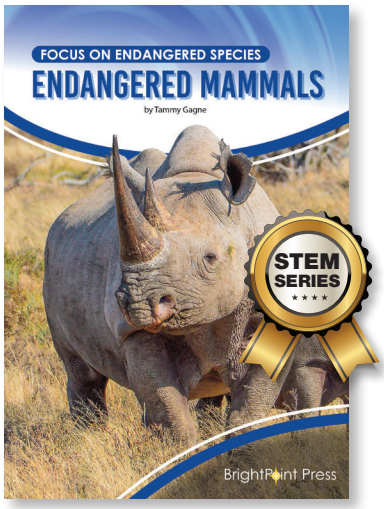
Lexile range: 740L–770L

Hi-Lo YA nonfiction. *Animal World* introduces readers to the extremes of the animal kingdom. Readers will learn about the biggest, deadliest, fastest, smartest, and weirdest animals in the world. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

		(eBook)
The Biggest Animals in the World *2024*	978-1-6782-0612-3	(0613-0)
The Deadliest Animals in the World *2024*	978-1-6782-0614-7	(0615-4)
The Fastest Animals in the World *2024*	978-1-6782-0616-1	(0617-8)
The Smartest Animals in the World *2024*	978-1-6782-0618-5	(0619-2)
The Weirdest Animals in the World *2024*	978-1-6782-0620-8	(0621-5)

Focus on Endangered Species

Grades 6–12 • Science and Technology



HI-LO NONFICTION FOR TEENS

Hardcover: List ~~$45.26~~
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5-Book Set: List ~~$226.30~~
School & Library $169.75
eBook: Single User $33.95
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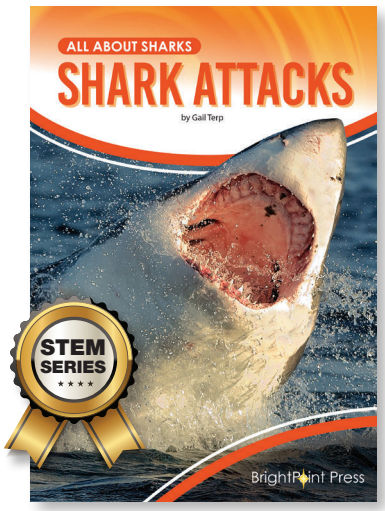
series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Lexile range: 750L–820L

Hi-Lo YA nonfiction. *Focus on Endangered Species* explores the threats facing endangered animals today and the conservation efforts that are underway. The series introduces readers to endangered birds, insects, mammals, sharks, and whales.

		(eBook)
Endangered Birds *2024*	978-1-6782-0642-0	(0643-7)
Endangered Insects *2024*	978-1-6782-0644-4	(0645-1)
Endangered Mammals *2024*	978-1-6782-0646-8	(0647-5)
Endangered Sharks *2024*	978-1-6782-0648-2	(0649-9)
Endangered Whales *2024*	978-1-6782-0650-5	(0651-2)

All About Sharks



HI-LO NONFICTION FOR TEENS

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School & Library $33.95
5-Book Set: List ~~$226.30~~
School & Library $169.75
eBook: Single User $33.95
Multiuser $47.25

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

Lexile range: 700L–830L

Hi-Lo YA nonfiction. This series introduces readers to the fascinating world of sharks. The books examine the biology of sharks, weird and prehistoric sharks, endangered shark species, and shark attacks. Each book includes an infographic, source notes, and resources to aid in further research.

		(eBook)
Endangered Sharks *2023*	978-1-6782-0364-1	(0365-8)
Prehistoric Sharks *2023*	978-1-6782-0366-5	(0367-2)
Shark Attacks *2023*	978-1-6782-0368-9	(0369-6)
Shark Biology *2023*	978-1-6782-0370-2	(0371-9)
Weird Sharks *2023*	978-1-6782-0372-6	(0373-3)



Animals with Jobs: Putting Instinct and Training to Work

2023

	(eBook)
978-1-6782-0322-1	(0323-8)

Hardcover: List ~~$45.26~~
School & Library $33.95
eBook: Single User $33.95
Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, organizations and websites, for further research section, index

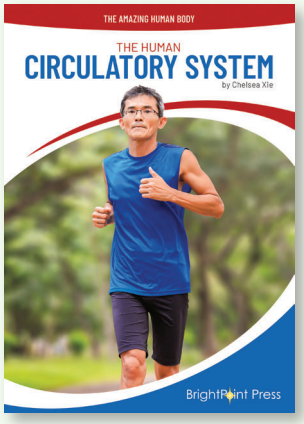
For centuries, animals have worked alongside their human partners. Using their sharp senses, instincts, and training, animals provide transportation, guidance and assistance, safety and rescue, therapy, entertainment, and more. In these jobs, animals have proved to be invaluable partners to people worldwide.

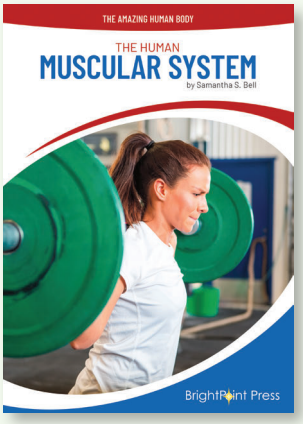
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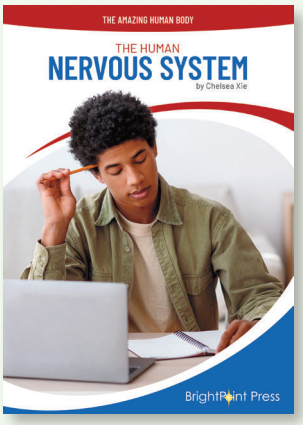
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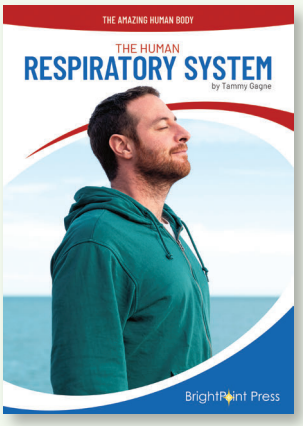
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Hi-Lo YA nonfiction. *The Amazing Human Body* introduces readers to six different systems that work together to support a living, breathing, thinking human being. Readers will learn about the circulatory, digestive, muscular, nervous, respiratory, and skeletal systems. The series identifies each system's parts, explains how they work together, discusses relevant diseases and injuries, and explores how people can keep the system healthy. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

NEW JANUARY 2025

The Amazing Human Body

Hardcover: List ~~$45.26~~ School & Library $33.95
6-Book Set: List ~~$271.56~~ School & Library $203.70
eBook: Single User $33.95/Multiuser $47.25

HI-LO NONFICTION FOR TEENS

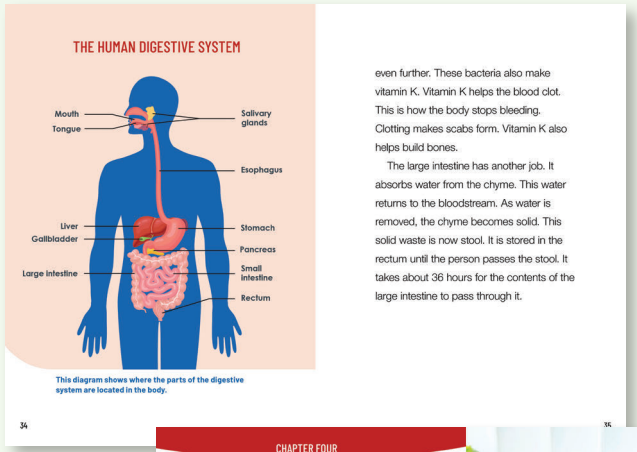
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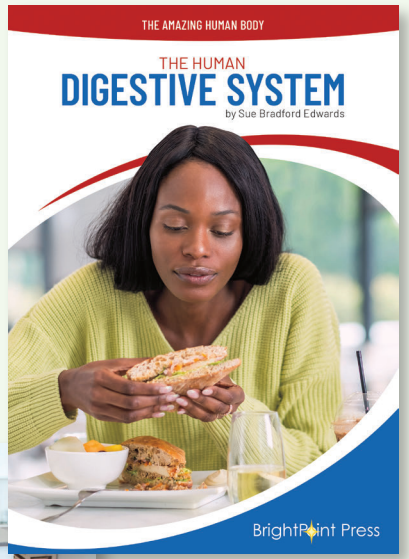
see p. 2

		(eBook)	Lexile Scale
The Human Circulatory System	978-1-6782-0968-1	(0969-8)	700L
The Human Digestive System	978-1-6782-0958-2	(0959-9)	690L
The Human Muscular System	978-1-6782-0960-5	(0961-2)	690L
The Human Nervous System	978-1-6782-0966-7	(0967-4)	690L
The Human Respiratory System	978-1-6782-0964-3	(0965-0)	730L
The Human Skeletal System	978-1-6782-0962-9	(0963-6)	740L

For more title information visit www.referencepointpress.com

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index







STEM SERIES

"A must purchase for high schools"
—*School Library Journal, April 1, 2025*



Artificial Intelligence: Promise and Peril

2024

(eBook)

978-1-6782-0724-3 *(0725-0)*

Hardcover: List ~~$45.26~~

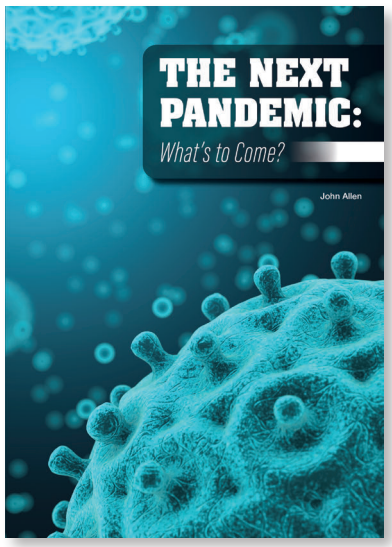
School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, infographic, visual chronology, source notes, for further research section, organizations and websites, index

Rapid advances in artificial intelligence, or AI, are changing everyday life in the United States and around the world. *Artificial Intelligence: Promise and Peril* examines how the technology began and how it is affecting home life, medical care, business activity, and military strategies. It also includes experts' assessment of AI's future, including its possible benefits and dangers.



The Next Pandemic: What's to Come?

2022

(eBook)

978-1-6782-0172-2 *(0173-9)*

Hardcover: List ~~$45.26~~

School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

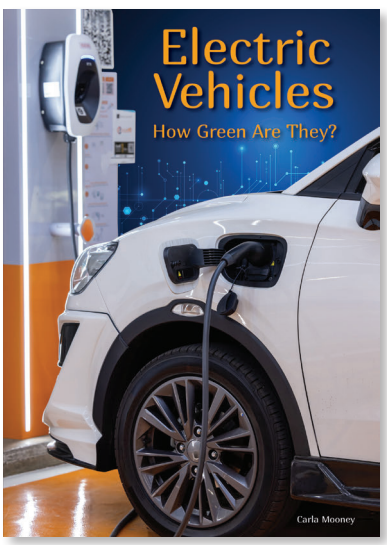
specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, index

The COVID-19 pandemic revealed how unprepared governments were for a major outbreak of infectious disease. As a result, scientists and health experts are already making plans for how to improve nations' ability to respond and protect their populations. *The Next Pandemic: What's to Come?* examines cutting-edge technologies for detecting outbreaks, tracing cases, sharing medical information, and creating lifesaving vaccines.

The Science and Technology of Sports

"A thought-provoking comparison of the costs and benefits of electric vehicles"

— Kirkus Reviews, September 15, 2024



Electric Vehicles: How Green Are They?

2025

(eBook)

978-1-6782-0792-2 *(0793-9)*

Hardcover: List ~~$45.26~~

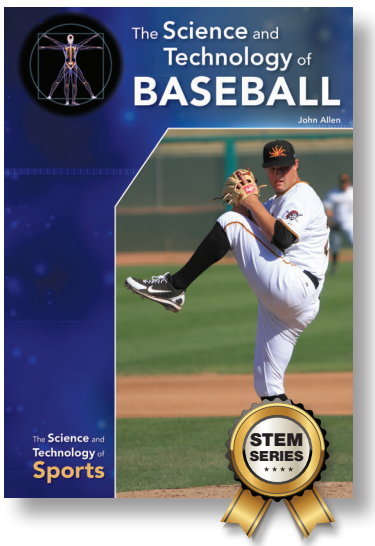
School & Library $33.95

eBook: Single User $33.95

Multiuser $47.25

specifications: interest level grades 6–12, 64 pages, 6.5 x 9.25, reinforced library binding, photos, sidebars, margin quotes, source notes, for further research section, organizations and websites, index

Electric vehicles are being promoted worldwide as an environmentally friendly way to reduce fossil fuel use and fight climate change. However, electric vehicles are not a perfect solution. They can release pollution and emissions into the environment, depending on how they are manufactured and charged.



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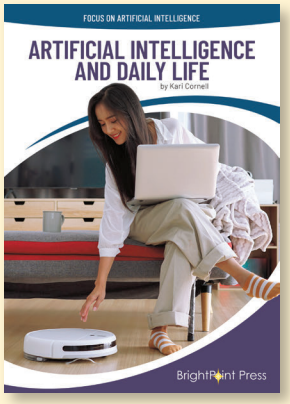
Multiuser $47.25

series specifications: interest level grades 6–12, 80 pages, 6.5 x 9.25, reinforced library binding, index

This series examines the biomechanics, physics, and mathematical principles that shape athletic performance and competition, including how these factors influence training and common injuries.

			(eBook)
The Science and Technology of Baseball	*2020*	978-1-68282-647-8	*(648-5)*
The Science and Technology of Basketball	*2020*	978-1-68282-649-2	*(650-8)*
The Science and Technology of Football	*2020*	978-1-68282-651-5	*(652-2)*
The Science and Technology of Hockey	*2020*	978-1-68282-653-9	*(654-6)*
The Science and Technology of Soccer	*2020*	978-1-68282-655-3	*(656-0)*
The Science and Technology of Track & Field	*2020*	978-1-68282-657-7	*(658-4)*

Focus on Artificial Intelligence





Hi-Lo YA nonfiction. *Focus on Artificial Intelligence* examines how artificial intelligence (AI) technology has captured news headlines in the 2020s. This series provides readers with a realistic look at what AI is like today, how it is likely to develop in the future, and the impact AI will have on society. Topics include AI and daily life, AI and the changing job market, the dangers of AI, and the potential of AI. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

Focus on Artificial Intelligence

Hardcover: List ~~$45.26~~ **School & Library $33.95**
4-Book Set: List ~~$181.04~~ **School & Library $135.80**
eBook: Single User $33.95/Multiuser $47.25

HI-LO NONFICTION FOR TEENS

eBooks available

see p. 2

		(eBook)	Lexile Scale
Artificial Intelligence and Daily Life *2025*	978-1-6782-0946-9	*(0947-6)*	810L
Artificial Intelligence and the Changing Job Market *2025*	978-1-6782-0948-3	*(0949-0)*	770L
The Dangers of Artificial Intelligence *2025*	978-1-6782-0950-6	*(0951-3)*	800L
The Potential of Artificial Intelligence *2025*	978-1-6782-0952-0	*(0953-7)*	770L

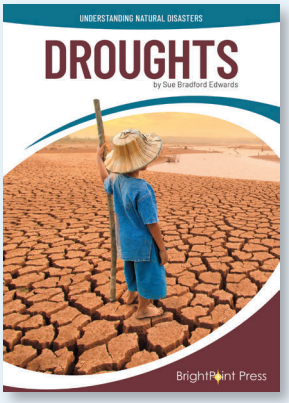
For more title information visit www.referencepointpress.com

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

STEM SERIES

Understanding Natural Disasters





Hi-Lo YA nonfiction. *Understanding Natural Disasters* teaches readers about nature's most destructive phenomena. The books in this series explain what causes natural disasters, how they affect communities, and how people can defend against them. Each book includes a graphic that presents key information visually, source notes, and resources to aid in further research.

Understanding Natural Disasters

Hardcover: List ~~$45.26~~ **School & Library $33.95**
5-Book Set: List ~~$226.30~~ **School & Library $169.75**
eBook: Single User $33.95/Multiuser $47.25

HI-LO NONFICTION FOR TEENS

eBooks available

see p. 2

		(eBook)	Lexile Scale
Blizzards *2025*	978-1-6782-0866-0	*(0867-7)*	820L
Droughts *2025*	978-1-6782-0868-4	*(0869-1)*	730L
Hurricanes *2025*	978-1-6782-0870-7	*(0871-4)*	800L
Tornadoes *2025*	978-1-6782-0872-1	*(0873-8)*	670L
Wildfires *2025*	978-1-6782-0874-5	*(0875-2)*	790L

For more title information visit www.referencepointpress.com

series specifications: interest level grades 6–12, reading level grades 3–4, 64 pages, 6.5 x 9.25, reinforced library binding, photos, diagrams, sidebars, glossary, source notes, for further research section, websites, index

STEM SERIES

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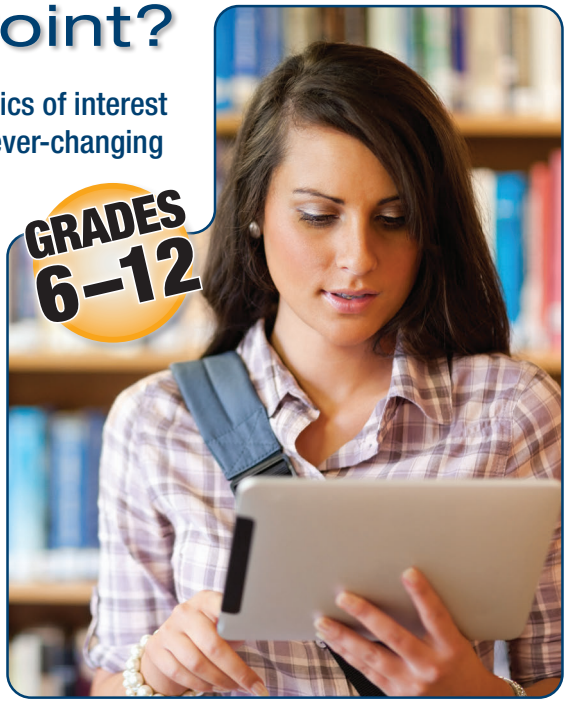
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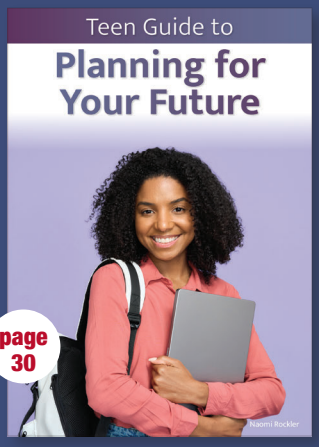
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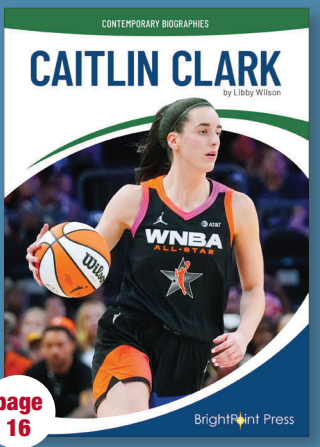




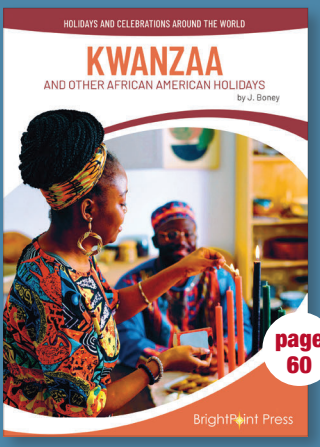
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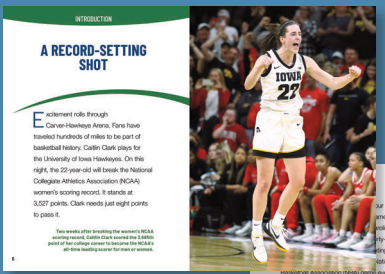
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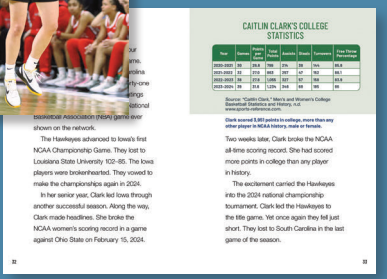


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