

polar parents guide

polar parents guide is an essential resource for families seeking to understand the content, themes, and age-appropriateness of the film "Polar." Whether you are a parent concerned about what your child watches or a guardian exploring new entertainment options, this guide offers comprehensive insights. In this article, we will break down the movie's plot, highlight potential concerns, discuss its rating, and provide practical advice for parents. We will cover violence, language, mature themes, and other relevant factors to help you make an informed decision. Furthermore, you'll find tips on how to talk to your children about the film's content. If you want to ensure a safe and enjoyable viewing experience for your family, read on to discover everything you need to know in this polar parents guide.

- Overview of "Polar" and Its Popularity
- Movie Rating and Age Recommendations
- Violence and Action Content Analysis
- Language and Dialogue Considerations
- Mature Themes and Sensitive Material
- Visual Style and Cinematic Effects
- Parental Guidance Tips and Discussion Points
- Summary and Final Thoughts

Overview of "Polar" and Its Popularity

"Polar" is a visually striking action thriller based on a graphic novel, which has garnered attention for its unique storytelling and stylized presentation. The movie follows Duncan Vizla, a retired assassin who is drawn back into a dangerous world of violence and intrigue. Its popularity stems from intense action sequences, charismatic performances, and a distinct noir aesthetic. As part of the polar parents guide, understanding its appeal among teens and adults is crucial for making informed viewing choices. The film's blend of suspense, drama, and graphic content has sparked conversations about its suitability for younger audiences.

Movie Rating and Age Recommendations

One of the first steps in the polar parents guide is to examine the movie's official rating. "Polar" is rated TV-MA, which stands for "Mature Audience." This rating indicates that the film is intended for

adults and may not be suitable for children under 17. The classification is based on the presence of strong violence, explicit language, and mature themes. Parents are advised to review these factors before allowing younger viewers to watch. Age recommendations generally suggest that "Polar" is appropriate only for mature teenagers and adults capable of processing intense content.

- Rated TV-MA for mature audiences
- Not recommended for viewers under 17
- Contains graphic violence and adult themes
- Parents should preview the film before family viewing

Violence and Action Content Analysis

Intensity of Action Scenes

The action sequences in "Polar" are a defining feature of the film. The polar parents guide notes that the movie contains frequent scenes of gunplay, hand-to-hand combat, and graphic violence. These moments are visually intense and can be disturbing for sensitive viewers. The choreography is realistic and often brutal, contributing to the film's dark tone.

Impact on Young Audiences

Exposure to excessive violence can affect children and adolescents differently. Parents should consider whether their child can handle depictions of pain, death, and aggression. Younger viewers may find certain scenes frightening or emotionally unsettling, so parental discretion is advised.

- Frequent use of firearms and weapons
- Scenes of torture and physical harm
- Potential for emotional distress

Language and Dialogue Considerations

Explicit Language

"Polar" features strong and explicit language throughout the film. The dialogue includes frequent use

of profanity and derogatory terms, which may not be suitable for children or teens. This element is a significant reason for the film's mature rating.

Influence on Viewers

Parents concerned about language exposure should be aware that the film's dialogue can influence young viewers' vocabulary and behavior. The polar parents guide suggests discussing language use and its impact, especially if children are exposed to mature speech patterns.

- Profanity and harsh language are prevalent
- Character interactions may include insults and threats
- Discuss the importance of respectful language with children

Mature Themes and Sensitive Material

Sexual Content

Besides violence and language, "Polar" contains scenes of sexual content and nudity. These moments are explicit and central to the storyline, further reinforcing the film's mature audience rating. Such content can be confusing or inappropriate for younger viewers.

Drug and Alcohol Use

The movie portrays characters consuming alcohol and engaging in drug use. These behaviors are depicted in a realistic and sometimes glamorized manner, which may prompt discussion about substance abuse and decision-making.

Morality and Ethics

"Polar" explores complex themes of morality, revenge, and betrayal. The protagonist's choices often blur the lines between right and wrong. The polar parents guide recommends addressing these themes with children to help them understand the difference between entertainment and real-life ethics.

- Explicit scenes of sexuality and nudity
- Alcohol and drug consumption depicted

- Complex moral dilemmas presented
- Important to discuss real-world consequences

Visual Style and Cinematic Effects

Graphic Novel Influence

The film's visual style is heavily influenced by its graphic novel origins. Vibrant colors, sharp contrasts, and dramatic framing contribute to an immersive atmosphere. These effects enhance the storytelling but may also intensify violent and mature scenes.

Emotional Tone

Dark, moody visuals create a sense of tension and suspense throughout "Polar." The polar parents guide advises parents to consider how atmospheric elements can heighten emotional responses in younger viewers. The film's cinematography is designed to evoke strong reactions, both positive and negative.

Parental Guidance Tips and Discussion Points

Preview Before Viewing

Parents are strongly encouraged to preview "Polar" before allowing children or teens to watch. This helps assess whether the film aligns with your family values and comfort levels regarding mature content.

Open Communication

After viewing, engage in open conversations with your children about the film's content. Address any questions or concerns they may have, and provide context for violent or mature themes. Use the polar parents guide as a reference for discussing sensitive topics.

Alternative Entertainment Options

If "Polar" is not suitable for your family, consider exploring alternative movies or shows with less mature content. There are many action thrillers available that maintain excitement without graphic

violence, language, or sexual material.

1. Preview the film before sharing with children
2. Discuss mature themes openly and honestly
3. Set viewing boundaries based on age and maturity
4. Explore alternative entertainment if needed

Summary and Final Thoughts

The polar parents guide provides families with the tools to make informed decisions about watching "Polar." By understanding the film's rating, content, and themes, parents can better protect their children from exposure to inappropriate material. This guide emphasizes the importance of parental discretion, open communication, and exploring alternative entertainment options when necessary. With these insights, families can navigate the world of mature films and create safe viewing experiences for everyone.

Q: What is the main purpose of the polar parents guide?

A: The primary purpose of the polar parents guide is to inform families about the mature content in the movie "Polar," helping parents and guardians determine whether the film is appropriate for their children.

Q: What age group is "Polar" suitable for?

A: "Polar" is rated TV-MA and is generally suitable only for mature teenagers and adults, not recommended for viewers under 17 years old.

Q: Does the movie "Polar" contain graphic violence?

A: Yes, "Polar" features frequent and intense scenes of graphic violence including gunplay, physical combat, and torture.

Q: Are there explicit language and sexual content in "Polar"?

A: The movie contains strong profanity, explicit language, and sexual content, making it unsuitable for younger audiences.

Q: How can parents use the polar parents guide effectively?

A: Parents can use the polar parents guide to preview the film, discuss mature themes with their children, and set appropriate viewing boundaries.

Q: What themes are explored in "Polar"?

A: "Polar" explores themes such as revenge, betrayal, morality, violence, and the consequences of choices.

Q: Is drug and alcohol use depicted in the film?

A: Yes, characters in "Polar" are shown consuming alcohol and using drugs, which may require parental discussion.

Q: What visual style does "Polar" use?

A: The film employs a graphic novel-inspired visual style with vibrant colors and dramatic cinematography.

Q: Are there alternative movies to "Polar" for families?

A: Families seeking action thrillers without mature content can explore alternative films that are less graphic and more suitable for a wider age range.

Q: Why is parental guidance important for watching "Polar"?

A: Parental guidance is crucial to ensure children are not exposed to inappropriate material and to foster understanding of complex themes presented in "Polar."

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Polar Parents Guide: Navigating the Unique Challenges

of Polar Parenting

Embarking on the journey of parenthood is a transformative experience, filled with joy, challenges, and countless learning opportunities. But what if your journey takes you to the extreme? This Polar Parents Guide dives deep into the unique considerations and practical advice for parents raising children in polar regions, focusing on the physical, emotional, and logistical hurdles, and offering solutions to help you thrive in this extraordinary environment. Whether you're a seasoned polar resident or just considering a move, this comprehensive guide will equip you with the knowledge and strategies necessary for successful polar parenting.

H2: Understanding the Unique Challenges of Polar Life

Living in polar regions presents challenges unlike anywhere else on Earth. The long, dark winters, extreme temperatures, and remote locations demand a unique parenting approach. Let's explore some key aspects:

H3: The Impact of Darkness and Isolation

The long polar nights can significantly impact both parents and children. Seasonal Affective Disorder (SAD) is a real concern, leading to low mood, fatigue, and difficulty concentrating. Parents need to be proactive in mitigating these effects by:

Maximizing daylight exposure: Utilize bright light therapy lamps and spend time outdoors during daylight hours, even if it's brief.

Creating a stimulating indoor environment: Engage in indoor activities that promote physical activity, creativity, and social interaction.

Seeking professional support: Don't hesitate to seek help from a therapist or counselor specializing in SAD and the unique challenges of polar living.

H3: Safety and Preparedness in Extreme Conditions

Safety is paramount in polar regions. Preparing for emergencies, understanding local weather patterns, and practicing survival skills are crucial. This includes:

Comprehensive first-aid training: Parents should be proficient in providing immediate medical care in remote locations.

Emergency preparedness kits: Maintaining well-stocked kits for various scenarios, including blizzards and power outages.

Teaching children safety protocols: Educating children about potential dangers, such as wildlife encounters and hypothermia.

H3: Access to Healthcare and Education

Access to healthcare and education in polar communities can be limited. This necessitates:

Proactive healthcare: Regular check-ups and preventative care are crucial to minimize health issues.

Remote learning resources: Familiarizing yourself with online learning platforms and alternative education options.

Building a strong support network: Connecting with other parents and healthcare providers within the community.

H2: Building a Thriving Family Life in the Polar Regions

Despite the challenges, raising a family in the polar regions can offer unique rewards, fostering resilience, adaptability, and a deep connection with nature. Here's how to nurture a strong family environment:

H3: Fostering a Sense of Community

Polar communities often have a strong sense of community. Leverage this by:

Engaging in community activities: Participating in local events and initiatives helps children feel connected and build friendships.

Building strong social networks: Connect with other families and support groups to share experiences and offer mutual support.

Utilizing community resources: Take advantage of local services and programs designed to support families.

H3: Maintaining a Healthy Lifestyle

Maintaining a healthy lifestyle is crucial in polar environments. Focus on:

Nutrition: Ensuring access to nutritious food, even during periods of limited availability.

Physical activity: Finding ways to remain active, considering the limited outdoor options during winter.

Mental well-being: Prioritizing activities that promote relaxation and stress reduction.

H3: Celebrating the Uniqueness of Polar Life

Embrace the unique aspects of polar living. Encourage children to:

Appreciate the natural beauty: Engage in outdoor activities like snowshoeing, skiing, or simply observing the aurora borealis.

Develop resilience and adaptability: Teach them problem-solving skills and the importance of resourcefulness.

Understand the importance of environmental stewardship: Instill a love and respect for the delicate polar ecosystem.

H2: Practical Resources and Support Networks

Finding reliable information and support is vital. Research local community resources and connect with organizations that offer guidance for polar families. Many polar research stations and government agencies offer support services specifically designed for families living in these unique environments.

Conclusion

Raising a family in the polar regions is a unique and demanding but ultimately rewarding experience. By understanding the challenges, preparing effectively, and building a strong support network, parents can thrive in this extraordinary environment and instill in their children a profound appreciation for the beauty and resilience of polar life. Remember, seeking help and connecting with others facing similar challenges is crucial for navigating the complexities of polar parenting.

FAQs

1. What are the specific health concerns for children raised in polar regions? Children are susceptible to issues like Vitamin D deficiency due to limited sunlight, increased risk of respiratory infections, and the potential for frostbite. Regular check-ups and preventative measures are essential.
2. How can I manage homeschooling in a remote polar community? Many online resources and homeschooling programs cater to remote learning. Connect with other homeschooling families in your community for support and resource sharing.
3. What are the best strategies for coping with long polar nights? Utilizing bright light therapy, engaging in indoor activities, maintaining a regular sleep schedule, and seeking professional support are vital coping mechanisms.
4. How can I ensure my child's mental health during prolonged isolation? Prioritizing social interaction (even virtual), maintaining regular routines, promoting creative expression, and engaging in mindfulness practices can positively impact mental health.
5. Where can I find resources and support specifically for polar families? Contact your local government agencies, community centers, and research stations. Many offer programs and support groups specifically designed for families living in polar regions.

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eight and sixteen. This guide is published in E-Book format only and is intended to reside in your e-book reader so the information is easily accessed whether at home or on the road.

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polar parents guide: *The Parents' Guide to Specific Learning Difficulties* Veronica Bidwell, 2016-05-19 Packed full of advice and practical strategies for parents and educators, this book is a one-stop-shop for supporting children with Specific Learning Difficulties (SpLDs). Part one introduces a spectrum of SpLDs, ranging from poor working memory, dyslexia, dyspraxia, dyscalculia, through to ADHD, Autism Spectrum Disorder (ASD), Auditory Processing Disorder (APD), Specific Language Impairment and Visual Processing Difficulty. It explains clearly what each difficulty is, how it can affect a child's learning and how to help a child to succeed despite their difficulties. Part two includes a host of tips, tools and strategies to support your child's efforts in areas such as reading, writing, spelling and handwriting, as well as advice on motivation, confidence and managing life's setbacks. Written by an experienced Educational Psychologist, this is the perfect guide for parents and carers who are looking for ways to support their child's learning, as well as for educators and teachers looking for advice on how to differentiate lessons and motivate pupils with SpLDs.

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reference that parents will find themselves returning to again and again as their children grow. Chapters cover topics like healthy eating, sibling relationships, separation and divorce, social media and screen time, hate crimes and violence, learning differences, alcohol and drug use, sadness and depression, and much more. With practical tips, nonjudgmental advice, and suggestions for additional resources at the end of each chapter, this useful and thought-provoking book will be of immense value to new and seasoned parents alike.

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polar parents guide: Start Here Pier Bryden, M.D., Peter Szatmari, M.D., 2020-01-28 From two of the top child and adolescent psychiatrists at The Hospital for Sick Children comes an accessible guide to common mental health struggles, such as anxiety and depression, for any parent wondering how to help their child. Is my child okay? Is she eating and sleeping enough? Is he hanging out with the right people? Should I be worried that she spends all her time in her room? Is this just a phase? Or a sign of something serious? As parents, we worry about our children—about their physical health, performance at school, the types of friends they have, and, of course, their mental health. Every day seems to bring new and expanding issues and disorders and troubling statistics about the rise of mental illness in children and teens. It's usually obvious what to do for physical injuries like broken bones, but when it comes to our children's mental health, the answers are much less clear, and sometimes even contradictory. Pier Bryden and Peter Szatmari, top child and adolescent psychiatrists, are here to help. Using their combined six decades working with families and kids—and their own experiences as parents—they break down the stigma of mental health illness and walk parents through the warning signs, risk factors, prevention strategies, and the process of diagnosis and treatment for mental health challenges arising from: -Eating disorders -Anxiety -Psychosis -Sleep Disorders -Substance Use Disorders -ADHD -Autism -Depression -Trauma -Suicidal thoughts and behaviors The most important thing to remember as a parent is that you and your child are not alone. Wellness is a continuum, and there is a lot parents can do to bring their child back to a place of safety. The road ahead isn't always easy or straightforward, but this guidebook offers essential advice that every parent needs to advocate for their child.

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a blizzard foils their plans. The only way out of the house is up the chimney. Up goes Santa, to look for help, and along the way, he meets a reindeer and a large group of elves, who are more than eager to join in the rescue! With the sly humor of Jon Klassen and the read-aloud pleasure of *How the Grinch Stole Christmas*, this tale of Santa's beginnings is perfect for every kid's holiday library.

polar parents guide: *The Go-To Mom's Parents' Guide to Emotion Coaching Young Children* Kimberley Blaine, 2010-07-15 From the producer of the popular on line The Go-To Mom.TV, comes a handy guide filled with practical tips that reject old-fashioned discipline and instead use empathy and emotion coaching, a more effective, open-hearted method of support and positive change. Blaine shows how to put in place life-changing solutions and access previously untapped resources. This book is written for parents who struggle to solve the day-to-day problems of raising kids. She offers emotion coaching solutions for dealing with tantrums, nightmares, hitting, bedtime, whining, bedwetting potty training, shyness, and anger.

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polar parents guide: *The Polar Express* Chris Van Allsburg, 2014-10-02 Late on Christmas Eve, after the town has gone to sleep, a boy boards a mysterious train that waits for him: the Polar Express bound for the North Pole. When he arrives there, Santa offers him any gift he desires. The boy modestly asks for one bell from the reindeer's harness. It turns out to be a very special gift, for only believers in Santa can hear it ring. Magical glowing double spread pictures . . . an original and memorable book. - Guardian Evocative, realist pastels and atmospheric text. - Sunday Times A thrilling tale. - Independent

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sample essays or practice sets: Just the facts, presented with lots of helpful visuals. Inside ASAP Chemistry, you'll find:

- Essential concepts, terms, and functions for AP Chem—all explained clearly & concisely
- Diagrams, charts, and graphs for quick visual reference
- A three-pass icon system designed to help you prioritize learning what you MUST, SHOULD, and COULD know in the time you have available
- Ask Yourself questions to help identify areas where you might need extra attention
- A resource that's perfect for last-minute exam prep and for daily class work

Topics covered in ASAP Chemistry include:

- Atomic structure
- Covalent bonding & intermolecular forces
- Thermochemistry
- Acids & bases ... and more!

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polar parents guide: *Maggie & Abby's Neverending Pillow Fort* Will Taylor, 2018-04-03 A sparkling new series about two best friends on the adventure of a lifetime! Maggie's been waiting for her best friend Abby to get home from Camp Cantaloupe for SIX. WHOLE. WEEKS. But now that Abby's finally home, she's...different. All New Abby wants to do is talk about camp things and plan campy activities—she even has the nerve to call Maggie's massive, award-worthy pillow fort a "cabin." But hey, at least she's willing to build a "cabin" of her own. And when Maggie discovers that a pillow in the back of her fort mysteriously leads right into Abby's new one, the two friends are suddenly just an arm's length away. Soon they're adding links and building more forts, until Maggie looks behind one pillow too many and finds herself face-to-face with...the authorities. Turns out their little pillow fort network isn't the first to exist. A massive network of linked-up pillow and sofa forts already spans the globe, and the kids who run it are not happy with Maggie and Abby. With just three days to pass their outrageous entrance requirements or lose the links forever, Maggie and Abby pull out all the stops to try to save their network. There's only a little bit of summer left to burn, and Maggie and Abby are both determined to win back their pillow fort freedom. But can their friendship—and their scrappy homemade network—survive the mission?

polar parents guide: *We Should Do This More Often* Lorilee Craker, 2010-06-23 Because 18 Years Is a Long Time to Wait In a recent poll taken by Parents magazine, 87 percent of moms admitted they don't make love as often as they did before having kids, while one-third confessed their love life has taken a "major nosedive." Experts say a whopping majority of moms suffer from low libido, and many of the reasons aren't biological. So how can you get your mojo back and start to love making love again? Get the scoop on these and other extremely hot-and often hilarious-topics, including:

- Timing that works for everyone (we're not talking the next decade)
- Keeping the ankle biters in their beds when you desperately need them out of yours
- Why you need to make the effort (if not for your marriage, at least for your sanity)
- Reclaiming your sexual self (she's not gone forever, but is probably sleeping every chance she gets)

Lorilee Craker explores the factors that put a dent in your "lust life" and offers plenty of fun ideas for stoking the home fires again. Don't miss Lorilee's own "Tales from the Love Shack," dish from other real-life moms, and insights from professionals to help you get in touch with your inner "Red Hot Mama." Who knew that rediscovering romance, passion, and closeness with your husband was possible—or could be so much fun?

polar parents guide: *After You Drop Them Off* Jeramy Clark, Jerusha Clark, 2012-06-20

Maximize Your Student's Church Experience More and more children and teenagers are becoming involved in church. They find that youth ministries are a safe place to make friends and have fun—and a wonderful way to find spiritual support and insight in a confusing world. But if you're a parent of a student in a youth ministry, you may have some questions:

- What actually goes on in group meetings?
- How trustworthy are the leaders?
- How can I be more informed, or more involved?
- What if I disagree with a leader?
- How can I support the leaders more effectively?
- How can I help make my student's experience with church as powerful and positive as possible?

In *After You Drop Them Off*, youth leader and author Jeramy Clark provides trustworthy answers to your questions, along with practical suggestions, biblical support, and "real-life" parents' comments and stories.

polar parents guide: *Involving Parents Through Children's Literature* Anthony D.

Fredericks, 1992-09-15 You'll appreciate these tools for parent participation in the learning process. Reproducible activity sheets based on quality children's books are designed as take-home assignments for children. Each sheet includes a book summary, discussion questions, and a list of engaging learning activities for adults and children that increase discussion, reading skills, and comprehension.

polar parents guide: *In The Black* Fran Harris, 2019-09-03 If you want your kids to grow up financially fit, here's the book for you! Fran Harris, an entrepreneur since age nine, shows you how to help your children become better savers, smarter spenders, and more informed consumers. Packed with exercises teaching fundamental financial skills, *In the Black* covers all the basics of money management, including: -Credit and debt -The banking system -Saving for college -And much more! *In the Black* is a road map full of ideas and tools that enable you to learn with your children. Harris's tips, anecdotes, and time-honed financial know-how guarantee a learning process filled with hours well spent and money well saved!

polar parents guide: *Resources in Education* , 2001

polar parents guide: **Success and Sanity on the College Campus** Diana Trevouledes, Ingrid Grieger, 2012 Written by two experienced college mental health professionals, this practical nuts-and-bolts guide for parents of prospective and current college students offers an insider's view of the realities and complexities of today's campus life. Recognizing that college students rank their parents as their primary source of support and advice, the authors provide parents with the specific information and recommendations they need to offer the best assistance possible. In this book, parents will learn about the most significant factors to be considered in making a wise decision about college selection, about the process of making a successful transition to college, about the potential pitfalls inherent in college life, and the warning signs and risk factors for psychological distress. In addition, parents will become acquainted with the protective factors and the resources available on the campus that enhance academic success and persistence to graduation, as well as emotional health and well-being. Throughout, parents will learn to distinguish between those situations in which they should intervene directly and those in which they should offer support from the sidelines. Parents will be able to help their student make their time in college a joyful, productive, and ultimately successful experience.

polar parents guide: **The Bonus Family Handbook** Jann Blackstone, 2024-10-15 This diplomatic guide offers advice on how parents can navigate caring for a blended family.... Blackstone packs this encyclopedic manual full of insight." -Publishers Weekly This definitive practical guide addresses nearly every situation that bonus families might experience." - Library Journal An essential resource for today's integrated families Imagine you're in a heated argument. Your kids have decided that they don't want to go back to your ex's home, and your ex isn't having it. Meanwhile, your new partner is squirming uncomfortably in the other room. What do you do? How do you stop the madness and come together to find the best solution for everyone? The Bonus Family Handbook introduces readers to a completely new approach to co-parenting and blending families. Until now, parents have been told that once there's been a break-up, they become autonomous, single parents, and can make decisions for their children on their own. But that's not true. That's not real life. That "old school" break-up attitude offers no direction for co-parenting. The Bonus Family Handbook changes all that. It helps even the most contentious parents learn how to work together in the name of their children, teaching them how to apply practical co-parenting techniques so that they will be able to form a supportive, loving family. The Bonus Family Handbook also recognizes the importance of incorporating new partners into the mix—of bringing in Bonus Moms and Bonus Dads—and empowering them to make decisions for the safety and well-being of the children. With its emphasis on positive, collaborative co-parenting, this book is an essential resource for today's integrated families.

polar parents guide: Theology, Creation, and Environmental Ethics Whitney Bauman, 2009-04-30 Winner of the John Templeton Award for Theological Promise, 2009 This book argues that the Christian doctrine of creatio ex nihilo sets up a support system for a logic of domination

over others. It follows a genealogical method in examining how the concept of creation out of nothing materializes in the world throughout different periods in the history of the Christian West.

polar parents guide: *You Go First* Erin Entrada Kelly, 2018-04-10 Funny and poignant, Newbery Medalist and New York Times bestseller Erin Entrada Kelly's national bestseller *You Go First* is an exploration of family, bullying, word games, art, and the ever-complicated world of middle school friendships. In a starred review, School Library Journal wrote that Erin Entrada Kelly can "capture moments of tween anguish with searing honesty." Twelve-year-old Charlotte Lockard and eleven-year-old Ben Boxer are separated by more than a thousand miles. On the surface, their lives seem vastly different—Charlotte lives near Philadelphia, Pennsylvania, while Ben is in the small town of Lanester, Louisiana. Charlotte wants to be a geologist and keeps a rock collection in her room. Ben is obsessed with Harry Potter, presidential history, and recycling. But the two have more in common than they think. They're both highly gifted. They're both experiencing family turmoil. And they both sit alone at lunch. During the course of one week, Charlotte and Ben—friends connected only by an online Scrabble game—will intersect in unexpected ways as they struggle to navigate the turmoil of middle school. The New York Times-bestselling novel *You Go First* reminds us that no matter how hard it is to keep our heads above troubled water, we never struggle alone. Newbery Medalist Erin Entrada Kelly writes with an authentic, humorous, and irresistible voice. This engaging and character-driven story about growing up and finding your place in the world is for fans of Rebecca Stead and Rita Williams-Garcia.

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