

ABOUT ERIKA SHEARIN KARRES

Dr. Erika



Dr. Erika Shearin Karres is an award-winning educator, speaker, and author. She has won numerous “Teacher of Excellence” awards and was honored by the Governors of North Carolina and Kentucky.

“Dr. Erika” is the author of the bestselling book *Mean Chicks, Cliques & Dirty Tricks: A Real Girl's Guide to Getting Through it All*, now in an expanded edition, which includes new chapters on cyber bullying and texting behavior. Dr. Erika’s other books on bullying include: *121 Strategies for Bully Proofing Your School*, *Violence-Proof Your Kids Now*, and a children’s book, *Kicky the Mean Chick*. She’s written two young adult books, *Crushes, Flirts & Friends: A Real Girl's Guide to*

Boy Smarts and *Fab Friends and Best Buds: Real Girls on Making Forever Friends*, and several parenting books, including *The Everything Parents Guide to Raising Girls* and *Make Your Kids Smarter: 50 Top Teacher Tips*. She has also written a memoir *A German Tale: A Girl Surviving Hitler's Legacy*, and is the co-author of a book on memoir writing called *Memoir Star*. Her books are translated into Spanish, Russian, Japanese, and Chinese and distributed globally. She has also written popular advice columns, workbooks and educational manuals, and currently hosts informative Webinars.

As an expert on teen aggression, Dr. Erika is an active participant in Annual National Conference on Girl Bullying and Other Forms of Relational Aggression, serving as both a keynote speaker and workshop leader. She also speaks at national and state conventions and conferences, including the North Carolina School Counselors Conference. She is frequently quoted in parenting and teen magazines and on TV.

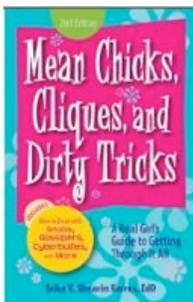
Dr. Erika received a BA, M.Ed., and Ed.D. from the University of North Carolina at Chapel Hill. She taught both in the public schools and on the college level as an assistant professor for 35 years.

As a young child, Erika survived the "Scorched Earth" era of WWII and the after-effects of the Holocaust. Her heart-wrenching experiences inspired her activism against violence and prejudice. Throughout her life, she has been a passionate advocate for education, civil rights, and women's empowerment. Her warmth and optimism make Dr. Erika a popular speaker and an inspiration to everyone.

Contact Dr. Erika at drerika@mindspring.com.

BOOKS BY "DR. ERIKA" SHEARIN KARRES

Books on Bullying & Teen Aggression

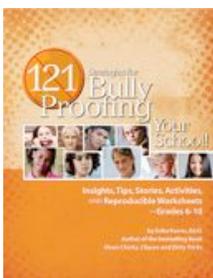


Mean Chick, Cliques, and Dirty Tricks

2nd Edition: Updated & Revised

Adams Media, 2010

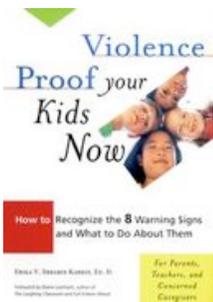
Cliques. Snobs. Teasing. Backstabbing. "In" crowds and "outsiders." Let's face it—the girl world is tough! *Mean Chicks, Cliques, and Dirty Tricks* is your ultimate survival guide to getting through your school day. Girl guru Dr. Erika talked to more than 1,000 teen girls to discover what makes mean chicks tick. New edition tackles cyber-bullying, gossiping, and more!



121 Strategies for Bully Proofing Your School

Youthlight, 2009

Based on the best practices of top principals, teachers, guidance counselors, and resource officers, this offers a complete array of quick and practical solutions to what many experts call our nation's worst school problem today—bullying. Using the suggestions, hints, and advice in this book will immediately create a No-More-Bullying climate in your classroom, cafeteria, school, and community.

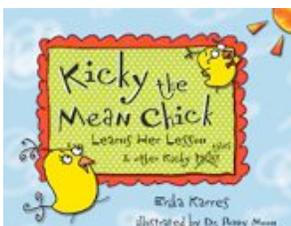


Violence Proof Your Kids Now

Conari Press, 2000

Dr. Erika Shearin Karres, an award-winning educator and nationally recognized school violence expert, presents the eight telltale signs of a potentially violent child, along with 77 successful strategies for keeping our kids safe.

FOR KIDS!



Kicky the Mean Chick Learns Her Lesson

Youthlight, 2010

Kicky the Mean Chick is a bully to all the other chicks on the farm. Because she is bigger, Kicky picks on the other chicks. But she soon learns that being a bully is not so much fun!