

July 14, 2009  
*For immediate release*

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## RELEASE

### **Joe Bruzzese of UC Santa Barbara's Gevirtz School publishes the book *A Parents' Guide to the Middle School Years***

Joe Bruzzese of UC Santa Barbara's Gevirtz School has published the book *A Parents' Guide to the Middle School Years* (Celestial Arts, 2009). This comprehensive handbook for parents navigating the challenges and opportunities that arise when children attend middle school discusses timely topics such as drug and alcohol abuse, social networking, and sexuality. Over 40 million children, according to the U.S. Census, will enter middle school in the next decade, and with children growing up so fast, middle school seems to be the new high school. Educator and parent Joe Bruzzese offers practical, empowering help for parents along with guidelines for their children, such as rules for using cell phones and tips for productive parent-teacher relationships. This streamlined guide helps parents and their families move toward the goal of not just surviving, but thriving in the middle school years.

On his website ([www.ThinkingForwardTV.com](http://www.ThinkingForwardTV.com)) Bruzzese explains, "Taken at its roots, this book is a conversation about three ideas: confidence, connection, and challenge. Parents looking for a book filled with Band-aids and the quick fixes will be disappointed. However, reading from beginning to end will reward the parent who is committed to taking action not just today, but everyday as their child tackles middle school and the teen years to come."

Joe Bruzzese is a graduate of UC Santa Barbara and the Teacher Education Program and currently works for the Teacher Education Program as both a site supervisor and course instructor in the Multiple Subject Credential Track. Bruzzese has focused his work on building connections between children, families, and communities in the Goleta area. Prior to returning to UCSB, he worked as an upper elementary school teacher in Ojai Unified, Ventura Unified, and the Goleta Union School District.

**[Joe Bruzzese is available for interviews; contact George Yatchisin at 805 893 5789]**

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