



More Than a Label: Why What You Wear or Who You're with Doesn't Define Who You Are

By Aisha Muharrar

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More Than a Label: Why What You Wear or Who You're with Doesn't Define Who You Are By Aisha Muharrar

Preppie. Techie. Geek. Freak. Goth. Jock. These are just a few of the labels teens endure every day. Labels limit. They stereotype. And, often, they hurt.

In her first book, 17-year-old author Aisha Muharrar tackles a tough topic—one every teen can relate to. Drawing on her own experiences and insights, she also incorporates first-person stories from teens across America. More than 1,000 teens ages 13-17 responded to her survey about labels and labeling. They live in big cities, small towns, suburbs, and rural areas, and they have a lot to say—about how they're labeled and how it feels, whether they label their peers, where labels come from, and more.

Aisha shows that labels aren't as simple as they may seem. For example, if you play sports, get good grades, skateboard, and like to wear all black, are you a nerdy jock-skater who's into goth, or a skater goth-jock who's a bit of a nerd? Are labels always a sign of scorn or sometimes a source of pride? She goes beyond labels to consider related issues—including cliques, peer pressure, popularity, racism, sexism, and homophobia.

MORE THAN A LABEL brings the subject of labeling to a new level of awareness and understanding. It empowers students to stand up for themselves, understand others, and consider the power of words. For teachers, parents, and other caring adults, it's an enlightening journey into the world teens live in every day.

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Editorial Review

From School Library Journal

Grade 8 Up-Based on a survey that the teenaged author created and sent out across America while she was a member of Teen People's News Team, this book examines the role of labels and cliques in teen lives. Her survey is included. Muharrar defines labels in general, discusses how they develop, and talks about the most common categories into which teens lump themselves and others, e.g., geek, indie, goth, and numerous racial slurs. There are lots of good suggestions for dealing with the names one is called and how to break the habit of labeling. Well planned and well executed, the text allows readers to really "hear" other teens weigh in on the subject. Self-evaluation tools are scattered throughout. Muharrar has created a compelling book for young people searching for meaning in a label-driven society. Readers will find both acceptance and guidance in her thought-provoking offering.

Elaine Baran Black, Gwinnett County Public Library, Lawrenceville, GA

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From [Booklist](#)

Gr. 6-12. A high-school valedictorian in 2002, Muharrar surveyed teens throughout the country to compile this accessible, informative study of the destructive effects of stereotyping peers. Her introductory survey shows how easy it is to make assumptions based upon young people's looks, interests, clothing, and friends. Many quotations from teens (credited only by gender and age) show how common labeling is and how sexist it can be. Occasional thought bubbles contribute intriguing statistics, and "Try It" activities, though directed at teens, can be adapted by teachers who want to tackle this issue in group settings. A separate chapter on slurs and hate words covers racism, homophobia, and prejudice against religious groups and the disabled. The enthusiastic, conversational tone will make the compassionate message very acceptable to teen readers, who are given much to think about as well as ways on how to respond to the cliques that exist in most high schools. *Roger Leslie*

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From the Publisher

Selected by New York Public Libraries for the "Books For The Teen Age 2003 List", the best titles published for teenagers, ages 12-18.

Users Review

From reader reviews:

Elaine Bell:

What do you think about book? It is just for students since they're still students or that for all people in the world, exactly what the best subject for that? Merely you can be answered for that concern above. Every person has various personality and hobby for each and every other. Don't to be obligated someone or something that they don't want do that. You must know how great and also important the book More Than a Label: Why What You Wear or Who You're with Doesn't Define Who You Are. All type of book could you see on many resources. You can look for the internet sources or other social media.

Lillian Tobias:

Do you one among people who can't read enjoyable if the sentence chained from the straightway, hold on guys this particular aren't like that. This More Than a Label: Why What You Wear or Who You're with Doesn't Define Who You Are book is readable by means of you who hate the straight word style. You will find the data here are arrange for enjoyable studying experience without leaving possibly decrease the knowledge that want to offer to you. The writer of More Than a Label: Why What You Wear or Who You're with Doesn't Define Who You Are content conveys the idea easily to understand by a lot of people. The printed and e-book are not different in the written content but it just different in the form of it. So , do you continue to thinking More Than a Label: Why What You Wear or Who You're with Doesn't Define Who You Are is not loveable to be your top collection reading book?

Alejandro Wisdom:

Reading a reserve tends to be new life style within this era globalization. With reading you can get a lot of information that will give you benefit in your life. With book everyone in this world can easily share their idea. Books can also inspire a lot of people. Many author can inspire their reader with their story as well as their experience. Not only the storyline that share in the publications. But also they write about the ability about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors on earth always try to improve their talent in writing, they also doing some exploration before they write with their book. One of them is this More Than a Label: Why What You Wear or Who You're with Doesn't Define Who You Are.

Raymond Floyd:

People live in this new day of lifestyle always try to and must have the free time or they will get wide range of stress from both lifestyle and work. So , whenever we ask do people have extra time, we will say absolutely without a doubt. People is human not just a robot. Then we question again, what kind of activity do you have when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you try this one, reading textbooks. It can be your alternative inside spending your spare time, the book you have read is usually More Than a Label: Why What You Wear or Who You're with Doesn't Define Who You Are.

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