

queen bees and wannabes by rosalind wiseman

****Understanding "Queen Bees and Wannabes" by Rosalind Wiseman: Empowering Young Girls in the Social Jungle****

queen bees and wannabes by rosalind wiseman has become a pivotal work in understanding the complex social dynamics of adolescent girls. This insightful book delves deep into the world of teenage cliques, bullying, and the often misunderstood power struggles that play out in middle schools and high schools. By shedding light on these behaviors, Rosalind Wiseman provides parents, educators, and teens themselves with practical advice to navigate the sometimes turbulent waters of girlhood.

What Is "Queen Bees and Wannabes" About?

At its core, "Queen Bees and Wannabes" explores the social hierarchies among adolescent girls. Wiseman draws on years of research and interviews with young girls to paint a vivid picture of how social power is wielded, often quietly but no less effectively. The book's title itself refers to two common roles within these social circles: the "queen bees," who are the dominant girls in a group, and the "wannabes," those who aspire to be part of the popular crowd.

The author aims to demystify the cliques and the bullying behaviors that often accompany them. By understanding the motivations and insecurities behind these actions, readers can better support young girls in developing healthy self-esteem and positive relationships.

The Social Dynamics Explored in the Book

Queen Bees: The Leaders of the Pack

Queen bees are typically the girls who hold the most social influence. They often set the tone for what is acceptable within their peer group and can make or break reputations with a word or gesture. Wiseman explains that these girls are not simply "mean" but often feel pressure to maintain their status, which can lead to manipulative or exclusionary behaviors.

Understanding the queen bee archetype helps parents and teachers see beyond the surface. These girls might be struggling with their own insecurities or dealing with social pressures that compel them to act in ways that are

hurtful to others.

Wannabes: The Pursuit of Popularity

Wannabes are the girls who seek acceptance from the queen bees and the popular crowd. Their desire to fit in can sometimes lead them to compromise their values or mistreat others. Wiseman highlights how this need for validation can escalate conflicts and perpetuate bullying.

Recognizing the role of wannabes is crucial because it shows that bullying is not just about the bullies themselves but also about the social environment that encourages such behavior.

Why "Queen Bees and Wannabes" Resonates with Parents and Educators

One of the reasons this book has gained widespread acclaim is its practical approach. Wiseman doesn't just describe the problem; she offers actionable strategies for adults to help girls navigate these social challenges.

Empathy and Communication Are Key

A recurring theme in "queen bees and wannabes by rosalind wiseman" is the importance of fostering open communication between adults and young girls. By creating a safe space for girls to express their feelings and experiences, parents and teachers can intervene before conflicts escalate.

Teaching Girls to Build Healthy Friendships

The book encourages adults to guide girls in developing friendships based on respect and empathy rather than popularity or power. Wiseman provides tips for helping girls recognize toxic relationships and empowering them to stand up for themselves and others.

Impact on Popular Culture and Education

Since its publication, "queen bees and wannabes" has influenced not only parenting and educational approaches but also pop culture. The book inspired the hit movie *Mean Girls*, which brought the topic of teenage social dynamics to an even wider audience.

Incorporating Wiseman's Insights in Schools

Many schools have adopted programs and workshops based on Wiseman's research to address bullying and promote social-emotional learning. These initiatives focus on teaching empathy, conflict resolution, and leadership skills to help girls create more inclusive environments.

Helping Parents Understand the Social Landscape

For parents, the book serves as a vital resource to decode the often confusing and emotional world of their daughters' friendships. Wiseman's straightforward explanations and real-life examples help parents recognize when their child might be struggling socially and how best to support them.

Practical Tips from "Queen Bees and Wannabes" for Navigating Girlhood

Wiseman's book is packed with advice that can be applied immediately, whether you're a parent, educator, or a young girl herself. Here are some key takeaways:

- **Encourage Open Dialogue:** Make conversations about feelings and friendships a regular part of your interactions with girls.
- **Identify Social Roles:** Help girls understand the different roles in their social groups so they can navigate them more effectively.
- **Promote Empathy:** Teach girls to see things from others' perspectives to reduce conflicts and bullying.
- **Empower Assertiveness:** Guide girls in standing up for themselves and others in respectful ways.
- **Model Healthy Relationships:** Adults should demonstrate positive social interactions to set examples for young girls.

Why This Book Still Matters Today

Even years after its release, "queen bees and wannabes by rosalind wiseman" remains relevant because the challenges it addresses are timeless. Social media, for example, has added a new layer of complexity to how girls interact

and experience peer pressure. Wiseman's insights help decode not only face-to-face interactions but also online behaviors like cyberbullying and exclusion.

By understanding the enduring nature of these social dynamics, parents and educators can better equip girls to thrive in both digital and real-world settings.

Rosalind Wiseman's "queen bees and wannabes" offers a rare blend of empathy, research, and practical advice that has transformed the way we approach the social lives of adolescent girls. It invites us to look deeper, beyond labels of "mean" or "popular," to the emotional needs driving behavior. For anyone invested in the well-being of young girls, this book is an essential guide to fostering kindness, confidence, and resilience.

Frequently Asked Questions

What is the main theme of 'Queen Bees and Wannabes' by Rosalind Wiseman?

The main theme of 'Queen Bees and Wannabes' is the exploration of adolescent female social dynamics, focusing on the challenges girls face with peer pressure, bullying, and friendship in middle and high school.

How does Rosalind Wiseman define a 'queen bee' in her book?

Rosalind Wiseman defines a 'queen bee' as a dominant girl who controls her social group through manipulation, intimidation, and social power, often influencing the behavior and self-esteem of other girls.

What strategies does 'Queen Bees and Wannabes' suggest for parents to help their daughters navigate social challenges?

The book suggests that parents should maintain open communication, teach their daughters about healthy relationships, encourage self-confidence, and help them develop empathy and conflict resolution skills to handle social challenges effectively.

Why is 'Queen Bees and Wannabes' considered an

important resource for educators and parents?

It is considered important because it provides insights into the complex social hierarchies among adolescent girls, offers practical advice for addressing bullying and social cruelty, and promotes understanding to foster safer and more supportive school environments.

Has 'Queen Bees and Wannabes' influenced popular culture or media?

Yes, 'Queen Bees and Wannabes' inspired the 2004 film 'Mean Girls,' which brought widespread attention to the social issues discussed in the book and helped raise awareness about the impact of female bullying and social cliques.

Additional Resources

Queen Bees and Wannabes by Rosalind Wiseman: An In-Depth Review and Analysis

queen bees and wannabes by rosalind wiseman stands as a pivotal work in understanding the complex social dynamics among adolescent girls. This book, rooted in extensive research and real-life observations, delves into the often turbulent world of female teenage relationships, offering a nuanced exploration of power, popularity, and peer pressure. Rosalind Wiseman, through her insightful narrative, sheds light on the behaviors of so-called "queen bees" and their "wannabes," unraveling the social hierarchies that govern many schoolyards and social groups.

As a professional review, this article seeks to analyze the core themes, methodologies, and practical applications of Wiseman's work. It will examine how the book addresses issues such as bullying, social aggression, and the emotional challenges faced by young girls navigating social status. Additionally, this analysis will consider the relevance of queen bees and wannabes by rosalind wiseman in contemporary discussions about adolescent psychology and education.

Understanding the Core Premise of Queen Bees and Wannabes

At its heart, queen bees and wannabes by rosalind wiseman investigates the social structures that emerge among teenage girls during formative years. The title itself highlights two significant archetypes: the "queen bees," dominant girls who wield social power often through manipulation and exclusion, and the "wannabes," those who seek acceptance and status by aligning themselves with these influential figures.

Wiseman's approach is both investigative and compassionate, avoiding simplistic villainization of "queen bees," instead offering a textured understanding of why such behaviors manifest. The book draws on interviews with students, educators, and parents, providing a 360-degree view of the social environment that fosters these dynamics.

Social Hierarchies and Adolescent Development

One of the book's strengths lies in its detailed portrayal of how adolescent girls develop social hierarchies. Wiseman explains that the need for belonging and acceptance drives many behaviors that adults might label as "mean" or "bullying," but which often stem from deeper insecurities and survival strategies within peer groups. The queen bee's role is to maintain her status by controlling information, friendships, and social narratives, while wannabes mirror these tactics in hopes of climbing the social ladder.

This framework provides educators and parents with insights into the motivations behind social aggression, moving beyond punishment towards understanding and intervention. The book emphasizes that these patterns are not fixed but can be redirected through conscious effort and guidance.

Bullying and Social Aggression: A Closer Look

Queen bees and wannabes by Rosalind Wiseman also serves as a critical resource in the discourse on bullying, particularly the subtle, relational aggression that is often overlooked by traditional anti-bullying policies. Wiseman highlights that unlike physical bullying, social aggression can be pervasive and damaging, characterized by exclusion, rumor-spreading, and manipulation.

The book underscores the importance of recognizing these behaviors early, providing practical advice for adults to identify and address them effectively. By focusing on social aggression, Wiseman expands the conversation around bullying to include the emotional and psychological impacts often invisible in school settings.

Practical Applications and Educational Impact

Beyond its theoretical contributions, Queen Bees and Wannabes by Rosalind Wiseman offers actionable strategies for parents, teachers, and counselors. The book advocates for open communication, empathy-building, and the establishment of clear social norms that discourage manipulative behaviors.

Strategies for Parents and Educators

Wiseman outlines several key strategies that can be used to foster healthier social environments among adolescent girls:

- **Encouraging Open Dialogue:** Creating safe spaces where girls can express their feelings and experiences without judgment.
- **Modeling Respectful Behavior:** Adults demonstrating positive conflict resolution and empathy.
- **Teaching Social-Emotional Skills:** Integrating lessons on empathy, assertiveness, and cooperation into school curricula.
- **Intervening Early:** Recognizing signs of social aggression and addressing them before they escalate.

These approaches are grounded in research and have been praised for their practical adaptability in various educational settings.

Comparisons with Other Works on Adolescent Behavior

When juxtaposed with other literature on adolescent social dynamics, *Queen Bees and Wannabes* by Rosalind Wiseman distinguishes itself through its focused lens on female social power structures. While books like *Odd Girl Out* by Rachel Simmons explore similar themes of exclusion and relational bullying, Wiseman's work is noted for its actionable guidance and the clarity with which it defines the queen bee phenomenon.

Moreover, the book's influence extends into popular culture, inspiring the 2004 film *Mean Girls*, which brought wider attention to the challenges Wiseman addresses. This cultural relevance enhances the book's standing as both an academic resource and a tool for public understanding.

Critiques and Limitations

Despite its many strengths, *Queen Bees and Wannabes* by Rosalind Wiseman is not without critique. Some readers have noted that the book's focus on female adolescent dynamics may inadvertently reinforce gender stereotypes by emphasizing competition and cruelty among girls. Additionally, the case studies primarily draw from Western, middle-class contexts, which may limit the applicability of its insights across diverse cultural settings.

Furthermore, while Wiseman offers practical strategies, some educators argue that systemic issues within schools—such as lack of resources or entrenched social norms—can hinder the effective implementation of her recommendations.

Balancing Awareness with Stereotype Avoidance

Addressing these critiques requires a balanced reading of *Queen Bees and Wannabes* by Rosalind Wiseman. The book's intent is not to stereotype girls as inherently malicious but to illuminate patterns that can be changed through awareness and intervention. Its success lies in fostering understanding rather than condemnation, a nuance that is essential for readers seeking to apply its lessons constructively.

Legacy and Continuing Relevance

As schools and families increasingly prioritize mental health and social-emotional learning, *Queen Bees and Wannabes* by Rosalind Wiseman remains a cornerstone text. Its insights into the social lives of adolescent girls continue to inform policies, counseling approaches, and parenting strategies.

The book's enduring popularity is a testament to its thorough research and empathetic tone. It invites ongoing discussions about power, identity, and belonging, themes that resonate far beyond the school hallways.

In the ever-evolving landscape of adolescent psychology, *Queen Bees and Wannabes* by Rosalind Wiseman stands out as a foundational guide—one that encourages adults to look beyond surface behaviors and engage with the complex emotional worlds of young girls.

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of this technology, including the spread and intensity of gossip, humiliation, and drama. #2 The effects of technology on our society are widespread and far-reaching. It allows people to be mean and vicious without ever having to face the consequences. #3 You should know your child's password, and make sure they don't share it with anyone. You can check to see if your child is texting at 2 A. M. by looking at your phone or cable bill. #4 The rules of engagement are the same for technology and for your children. You must not use it to humiliate, embarrass, send personal information, misrepresent yourself or someone else, or use passwords without their permission.

queen bees and wannabes by rosalind wiseman: *Queen Bees and Wannabes, 3rd Edition* Rosalind Wiseman, 2016-07-26 "My daughter used to be so wonderful. Now I can barely stand her and she won't tell me anything. How can I find out what's going on?" "There's a clique in my daughter's grade that's making her life miserable. She doesn't want to go to school anymore. Her own supposed friends are turning on her, and she's too afraid to do anything. What can I do?" Welcome to the wonderful world of your daughter's adolescence. A world in which she comes to school one day to find that her friends have suddenly decided that she no longer belongs. Or she's teased mercilessly for wearing the wrong outfit or having the wrong friend. Or branded with a reputation she can't shake. Or pressured into conforming so she won't be kicked out of the group. For better or worse, your daughter's friendships are the key to enduring adolescence—as well as the biggest threat to her well-being. In her groundbreaking book, *Queen Bees and Wannabes*, Empower cofounder Rosalind Wiseman takes you inside the secret world of girls' friendships. Wiseman has spent more than a decade listening to thousands of girls talk about the powerful role cliques play in shaping what they wear and say, how they respond to boys, and how they feel about themselves. In this candid, insightful book, she dissects each role in the clique: Queen Bees, Wannabes, Messengers, Bankers, Targets, Torn Bystanders, and more. She discusses girls' power plays, from birthday invitations to cafeteria seating arrangements and illicit parties. She takes readers into "Girl World" to analyze teasing, gossip, and reputations; beauty and fashion; alcohol and drugs; boys and sex; and more, and how cliques play a role in every situation. Each chapter includes "Check Your Baggage" sections to help you identify how your own background and biases affect how you see your daughter. "What You Can Do to Help" sections offer extensive sample scripts, bulleted lists, and other easy-to-use advice to get you inside your daughter's world and help you help her. It's not just about helping your daughter make it alive out of junior high. This book will help you understand how your daughter's relationship with friends and cliques sets the stage for other intimate relationships as she grows and guides her when she has tougher choices to make about intimacy, drinking and drugs, and other hazards. With its revealing look into the secret world of teenage girls and cliques, enlivened with the voices of dozens of girls and a much-needed sense of humor, *Queen Bees and Wannabes* will equip you with all the tools you need to build the right foundation to help your daughter make smarter choices and empower her during this baffling, tumultuous time of life.

queen bees and wannabes by rosalind wiseman: *Maiden USA* Kathleen Sweeney, 2008 *Maiden USA: Girl Icons Come of Age* explores images of powerful, contradictory pop culture icons of the past decade, which run the gamut from Mean Girls and their Endangered Victims to Superheroines and Ingenue Goddesses. Are girls of the Title IX generation in need of Internet protection, or are they Supergirls evolving beyond gender stereotypes to rescue us all? *Maiden USA* provides an overview of girl trends since the '90s including the emergence of girls' digital media-making and self-representation venues on MySpace, Facebook and YouTube as the newest wave of Girl Power.

queen bees and wannabes by rosalind wiseman: *Encyclopedia of Educational Psychology* Neil J. Salkind, Kristin Rasmussen, 2008-01-17 The field of educational psychology draws from a variety of diverse disciplines including human development across the life span, measurement and statistics, learning and motivation, and teaching. And within these different disciplines, many other fields are featured including psychology, anthropology, education, sociology, public health, school psychology, counseling, history, and philosophy. In fact, when taught at the college or university level, educational psychology is an ambitious course that undertakes the presentation of many

different topics all tied together by the theme of how the individual can best function in an educational setting, loosely defined as anything from pre-school through adult education. Educational psychology can be defined as the application of what we know about learning and motivation, development, and measurement and statistics to educational settings (both school- and community-based).

queen bees and wannabes by rosalind wiseman: *Cliques* Jen Jones, 2008 Explains what cliques are and discusses the advantages and disadvantages of them.

queen bees and wannabes by rosalind wiseman: Summary of Rosalind Wiseman's Masterminds and Wingmen Everest Media,, 2022-05-21T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 I had wanted to write a book for boys that would be a complement to one I'd written for girls, *Queen Bees and Wannabes*. I wasn't sure if I could deliver the level of insight that boys and parents needed and deserved. #2 I have a reputation for working with girls. I have taught in schools for almost twenty years, and I started by founding a nonprofit organization that taught kids from fifth to twelfth grade a social justice and ethical leadership course called *Owning Up*. #3 With the popularity of *Queen Bees and Mean Girls*, I began to be called upon to speak on girls' issues. While the attention on girls was needed, the message was sometimes watered down or used as a way to demonize girls. #4 I was surprised at how many boys volunteered to help me write a book for boys. They told me why they did it, and many shared their deepest feelings and thoughts.

queen bees and wannabes by rosalind wiseman: *Queen Bees And Wannabes for the Facebook Generation* Rosalind Wiseman, 2011-01-20 The parenting classic that inspired *Mean Girls* More than twenty years ago, *Queen Bees and Wannabes* let parents inside the secret world of their adolescent daughters' female relationships, giving us a new vocabulary for these fickle social dynamics as well as invaluable strategies for helping our daughters navigate them. Since then, nationally recognised thought leader and speaker Rosalind Wiseman has interviewed and listened to thousands of girls talk about the powerful role cliques play in shaping what they wear and say, how they respond to boys, and how they feel about themselves. This updated parenting classic now reflects the pressures unique to today's girls-including the role that social media and gender as a spectrum play in adolescent life. With input and stories from dozens of girls experiencing these dynamics today, Wiseman takes readers into *Girl World* to analyse teasing, gossip, and reputations; beauty and fashion; alcohol and drugs; boys and sex; and more, plus how cliques play a role in every situation. Full of sample scripts, strategies, and pointed advice, this book will equip adults with all the tools needed to build the right foundation to help a young woman make smarter choices and empower her during this baffling, tumultuous time of life.

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queen bees and wannabes by rosalind wiseman: *Mother Daughter Wisdom* Christiane Northrup, M.D., 2006-03-28 From the best-selling author of *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause* With such groundbreaking bestsellers as *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*, Dr. Christiane Northrup is one of today's most trusted and visionary medical experts. Now she presents her most profound and revolutionary approach to women's health. . . . The mother-daughter relationship sets the stage for our state of health and well-being for our entire lives. Because our mothers are our first and most powerful female role models, our most deeply ingrained beliefs about ourselves as women come from them. And our behavior in relationships—with food, with our children, with our mates, and with ourselves—is a reflection of those beliefs. Once we understand our mother-daughter bonds, we can rebuild our own

health, whatever our age, and create a lasting positive legacy for the next generation. Mother-Daughter Wisdom introduces an entirely new map of female development, exploring the five facets of feminine power, which range from the basics of physical self-care to the discovery of passion and purpose in life. This blueprint allows any woman—whether or not she has children—to repair the gaps in her own upbringing and create a better adult relationship with her mother. If she has her own daughter, it will help her be the mother she has always wanted to be. Written with warmth, enthusiasm, and rare intelligence, Mother-Daughter Wisdom is an indispensable book destined to change lives and become essential reading for all women.

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research. The book provides a range of perspectives on the social and pedagogical relevance of memory studies to the educational arena in relation to the themes of memory and method, revisiting childhood, memory and place, addressing political conflict, sexuality and embodiment, and inter-generational studies.

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queen bees and wannabes by rosalind wiseman: The Bully Society Jessie Klein, 2013-08 Choice's Outstanding Academic Title list for 2013 Through interviews and case studies, Klein develops an explanation for bully behavior in America's schools In today's schools, kids bullying kids is not an occasional occurrence but rather an everyday reality where children learn early that being sensitive, respectful, and kind earns them no respect. Jessie Klein makes the provocative argument that the rise of school shootings across America, and childhood aggression more broadly, are the consequences of a society that actually promotes aggressive and competitive behavior. The Bully Society is a call to reclaim America's schools from the vicious cycle of aggression that threatens our children and our society at large. Heartbreaking interviews illuminate how both boys and girls obtain status by acting "masculine"—displaying aggression at one another's expense as both students and adults police one another to uphold gender stereotypes. Klein shows that the aggressive ritual of gender policing in American culture creates emotional damage that perpetuates violence through revenge, and that this cycle is the main cause of not only the many school shootings that have shocked America, but also related problems in schools, manifesting in high rates of suicide, depression, anxiety, eating disorders, self-cutting, truancy, and substance abuse. After two decades working in schools as a school social worker and professor, Klein proposes ways to transcend these destructive trends—transforming school bully societies into compassionate communities.

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on cutting edge research, psychologist David Yeager explains how to stop fearing young people's brains and hormones and start harnessing them. Neuroscientists have discovered that around age ten, puberty spurs the brain to crave socially rewarding experiences, such as pride, admiration, and respect, and to become highly averse to social pain, such as humiliation or shame. As a result, young people are subtly reading between the lines of everything we say, trying to interpret the hidden implications of our words to find out if we are disrespecting or honoring them. Surprisingly, this sensitivity to status and respect continues into the mid-twenties. 10 to 25 helps adults develop an ear for the difference between the right and wrong way to respect young people and avoid frustrating patterns of miscommunication and conflict. Yeager explains how to adopt what he terms the mentor mindset, which is a leadership style that's attuned to young people's need for status and respect. Anyone can adopt the mentor mindset by following a few highly effective and easy-to-learn practices such as validating young people's perspectives (rather than dismissing them), asking them questions (rather than telling them what to do), being transparent about your beliefs and goals (rather than assuming that they will accurately guess your thoughts), and holding them to high standards (rather than coddling them). Yeager's scientific experiments have shown these practices reduce a wide variety of behavior problems, including school dropout, unhealthy eating, stress, purposelessness, mental health problems, and more. One of the biggest misconceptions about mentoring is that it takes up too much time. On the contrary, those who use the mentor mindset end up with more time. Through back-and-forth conversations, young people feel empowered, and managers can transfer responsibility to them. Young people in this age group are poised to learn, grow, and accomplish incredible things—if only we can tap into the basic neurobiological systems that drive their motivation and behavior. An essential read for anyone who interacts with young people, 10 to 25 is a groundbreaking book that offers long-term strategies to help nurture well-adjusted, independent, accomplished young people who contribute to society in positive ways—all while making our own lives easier.

queen bees and wannabes by rosalind wiseman: Autism and Girls Tony Attwood, Temple Grandin, 2019-08-02 Winner of the Gold Award in the 2006 ForeWord Book of the Year competition, this groundbreaking revised and updated book describes the unique challenges of women and girls with Autism Syndrome Disorder. In it, you'll read candid stories written by the indomitable women who have lived them. You'll also hear from experts who discuss whether "ASD girls" are slipping under the radar, undiagnosed; practical solutions school systems can implement for girls; social tips for teenage girls, navigating puberty, the transition to work or university, and the importance of careers.

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we will rock you - We Will Rock You Queen Buddy,

you're a boy make a big noise Playing in the streets gonna be a big man someday You got

kingqueen - kingqueenKingQueen2022KingQueen
Queen 2021KingQueen

Queen - Queen1971194695-19911124
Queen1997

queen? - queen?

- 1. Queen's Road

Queen size - Queen size KING
SIZE:80X76 ()=203X193 () QUEEN SIZE:80X60 ()

queenthe beatles - Queen
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let it go Let it go The snow glows white on the mountain tonight;
 Not a footprint to be seen A kingdom of isolation And

“King size”“Queen size” King sizeQueen size
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[let it go] 雪が山に白く輝いてる今夜
Not a footprint to be seen
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You got kingqueen - kingqueen
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KingQueen2022King
Queen2021KingQueen

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