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ABSTRACT:

The objective of the present study was to extend the literature on the coping strategies Latina adolescents use to manage gender- and culture-based stressors. Thirteen Latina youth were interviewed on their experiences of stress, coping, and well-being. Data were analyzed using grounded theory methodology (Strauss & Corbin, 1998). The most common coping strategies involved seeking support from family and friends, getting advice from adults, using positive self-talk and self-care, letting go of stereotypes and discrimination, and humor.