



Girlfighting and Bully-Prevention Resources

Books

*Brown, L.M. 2004. *Girlfighting: Betrayal and Rejection Among Girls*. New York: New York University Press.

Interviews with 421 girls, diverse with respect to race and class. Examines girlfighting and bullying behavior among girls and scrutinizes the way our culture reinforces meanness in girls through media and the perpetuation of gendered stereotypes in school and society.

Dellasega, C. & Nixon, C. 2003. *Girl Wars: Twelve Strategies That will End Female Bullying*. Simon & Schuster.

Parenting book. Addresses relational aggression. Offers tips for helping those involved.

Garbarino, J. 2006. *See Jane Hit: Why Girls Are Growing More Violent and What We Can Do About It*. Penguin.

An expert on juvenile violence examines girls' physical aggression.

*Lamb, S. 2002. *The Secret Lives of Girls: What Girls Really Do--Sex Aggression, and Their Guilt*. New York: The Free Press.

Interviews with adult women and girls about sex and aggression. Takes a broader cultural look at the way these issues are connected for girls. Deals with both the costs and the power girls seek when they are aggressive.

*Protherow-Stith, D. & H. Spivak. 2005. *Sugar and Spice and No Longer Nice: How We Can Stop Girls Violence*. Jossey-Bass

Deals with the relationship between relational and physical aggression and addresses what parents, schools and communities can do.

*Simmons, R. 2002. *Odd Girl Out: The Hidden Culture of Aggression in Girls*. Harcourt.

Defines and addresses relational aggression among girls. The best of the popular books.

Simmons, R. 2004. *Odd Girl Speaks Out*. Harcourt

Girls write about bullies, cliques, popularity and jealousy. Collection of poems, songs, confessions and essays.

*Wiseman, R. 2002. *Queen Bees and Wannabes: Helping Your Daughter to Survive Cliques, Gossip, Boyfriends and Other Realities of Adolescence*. New York: Crown Publishers.

Discusses primarily relational aggression among girls.

Curricular materials

*Brown, L.M. & Madden, M. 2005. *From Adversaries to Allies: A Curriculum for Change*

A middle school level curriculum that takes a positive youth development approach to girlfighting-prevention by helping girls unpack and respond constructively to cultural messages and stereotypes that divide them. Distributed by Hardy Girls Healthy Women 207-861-8131 or www.hardygirlshealthywomen.org

*Klinefelter, A. 2005. *Allies in Action: Building Healthy Relationships Between Girls*

An evidence-based relational aggression prevention program that engages girls as change agents, providing them with a vocabulary to describe their relationships, a critical lens to analyze cultural forces shaping their relationships, and skills to effectively navigate conflict and articulate boundaries. Distributed by Girls' Initiative Network, Portland Oregon.

*Stein, N. 1996. *Bullyproof: A Teacher's Guide on Teasing and Bullying for Use with Fourth and Fifth Grade Students*.

Evaluated in a three-year project funded by the Centers for Disease Control and Prevention (CDC).

*Stein, N. & Sjoström, L. 1994. *Flirting or Hurting? A Teacher's Guide on Student-to-Student Sexual Harassment in Schools for Grades 6 Through 12*.

*Stein, N. 1999. *Gender Violence/Gender Justice: an Interdisciplinary Teaching Guide for Teachers of English, Literature, Social Studies, Psychology, Health, Peer Counseling, and Family and Consumer Sciences (grades 7-12) (1999)*.

All Stein materials distributed by Wellesley Centers for Women Publications Office, Wellesley College.

Websites and Online Resources

Hardy Girls Healthy Women, Inc.: www.hardygirlshealthywomen.org. The Hardy Girls website offers a lot of great information for teens, parents, counselors, teachers and anyone else who cares about girls and their health. Specifically addresses girls' aggression and girlfighting.

Daughters.com: www.daughters.com Daughters is a newsletter published for parents of daughters. Daughters' newsletter is published by the national education and advocacy nonprofit, Dads and Daughters. Since 1999, DADs has provided tools to strengthen parent-daughter relationships and to transform the pervasive messages that value daughters more for how they look than who they are.

4Girls.gov: www.4girls.gov The mission of the www.4girls.gov web site, developed by the Office on Women's Health in the Department of Health and Human Services, is to promote healthy, positive behaviors in girls between the ages of 10 and 16. The site gives girls reliable, useful information on the health issues they will face as they become young women, and tips on handling relationships with family and friends, at school and at home.

The Gender Project: www.umaine.edu/umext/genderproject. The Gender Project through the University of Maine Cooperative Extension Office is Turning Beauty Inside Out. Check out their website for great resources and ideas on how we can change the culture for girls' and boys' healthy development.

Wellesley Centers for Research on Women, Project on Teasing and Bullying:
<http://www.wcwoonline.org/bullying/index.html>

Stop Hazing: <http://www.stophazing.org/index.html> A site designed to educate about and eliminate hazing.

The Empower Program: <http://www.empowered.org> A national, nonprofit educational organization designed to empower young people and adults to create safe schools and communities by providing effective prevention strategies to address bullying and other forms of peer aggression.

The Ophelia Project: <http://www.opheliaproject.org> Focuses primarily on girls and relational aggression.

Helping Kids Thrive: www.helpingkidsthive.org Offers trainings, talks, and curricula on a host of topics, including bullying prevention, aimed at bringing out the best in kids of all ages.