

Raising Girls Event: **Odd Girl Out** book discussion
October 12, 2015

Discussion and learning points

Schools; donate barely used clothing, proceeds go to any school you chose.
Malala-movie "He named me Malala"-fill bag w/clothes, donations go to
Malala Fund (Stacy Hamilton), women's and kids clothes accepted. No shoes.

Odd Girl Out author: Rachel Simmons active w/ books, camps, schools.
Additional book: **Curse of the Good Girl**

Presenter: Carrie Kirkpatrick founder of Raising Girls has recently, along with THRIVE, merged with
GAP!

Goals: *To present why girls are mean & why we should care*

Concepts:

- Book related to girls aggression
- Ages 10-13 self identity taking place, emphasis on being nice, not aggressive, not in conflict
- Frustration has covert ways of expression
- Aggression is in opposition of motherhood

Boys see aggression as a way to control an environment

Girls see aggression as a termination of friendship and they require a group of friends to support that
(aggressive) action.

Connection and recognition is what girls are seeking at tween/teen age.

Confidence, competence and support will help them.

Problems:

- Mean girls are adept at engaging at adult world, those girls lose footing in understanding their
connection to what's real.
- If girls lack tools to deal with everyday feelings, they are getting set up for failure.

Action: PRACTICE speaking your/their voice, use ROLE PLAY in potential scenarios.
For example, have them practice saying no to alcohol, etc.

Video "Raising our daughters to speak UP" discusses how to end a friendship

- Girls need to speak UP, help them figure out what matters to them
- It feels good to have spoken up, whether or not it works out to the result you had hoped, girls
feel successful and confident when they speak up.
- Girls need to hear assertive communication! They learn to flex the muscle of
hearing others do it. Being able to say what you mean and finding the people
(or surrounding yourself w/folks) that do that is important. Girls and women need role models.

6-7th grade self esteem dwindles when they aren't able to interpret others actions.

"Social media is a bathroom wall with a JET engine."

When girls make a decision to value their emotions, they value themselves.

GIRLS LEADERSHIP Video: Advice to Parents

1. Empathy, actions are as important as words.
2. Parents have fear/emotions about what their kids are going through.
Say to your child: "What are you most afraid of?" Discuss it.
3. Rise above the 'alarm', be their ROCK.
4. Talk about covert ideas of aggression; popular group bullies, friend won't be accepted, fears
5. Talk to your daughter.
6. Don't think your daughter isn't doing it too, she could be learning this behavior.
7. Don't implicate all women/girls in this behavior.
8. Create space, talk about good friendships.
9. Ask questions; How do you feel after being w/that friend/girl?
Why do you think she's doing that? Is that how you want to be known?
10. One of your daughters biggest fears is of being alone or the odd girl out.
11. Talk to them about being a bystander. Let them know, IT'S NOT OK to stand by and say nothing while others get treated poorly. Call that person out on it.
12. The power of DADS, they might have a very straight forward way of dealing w/an issue.
13. ROLE play, how to say NO to alcohol (or whatever behavior).
14. Tell them, "CONFLICT is an opportunity to get what you want".
15. REDUCE their fear of conflict. Talk about it and how to work through it.
16. **How to handle** aggression w/siblings:
 - Stop the behavior.
 - Name the behavior. i.e, "You are yelling at your sister."
 - Foster empathy, name what it is that upset them. "I know you're upset about..."
 - Suggest alternative option. "I want you to write an essay about other ways you could deal w/this situation."
 - Create a consequence. "You'll be grounded if..."
 - Communicate a positive expectation. "I think you can learn from this and be a better person."
 - START dialog vs. yelling back.

Guidelines RE: dealing w/school

1. Do your homework.
2. Do your recon (what situations are they together, class, dance group, girl scouts). Ask girl scout leader/teacher "What is going on?"
3. Ask a lot of questions. "How are each of these girls treating others?"
4. Respect her wishes. Ask/tell daughter if you are going to her school to talk to teachers.
5. Respect school protocol.
6. Set a GOAL.
7. Be open to what others have to say.
8. DITCH incompetent adults. Find another way to solve the problem.

Audience Discussion

Question: How to communicate w/out anger.

- How do you as a parent express your anger? Is that appropriate? Explore yourself first.

- Then set a Goal. “What would you like to be different?”
- Come up w/a plan of action.
- Find a multi tiered approach. Model for them some steps to help them get to where you/they want them to be.

Think of your child and their patterns (internal /external).

Teenagers typically talk to parents w/disrespect. They often learn this behavior from parents when they are treated w/disrespect.

How does it feel internally to you, what does it look like. STOP disrespecting.

SAY, “We are going to stop this behavior. We don’t talk like this.”

Take things away (phone, whatever), BE consistent w/punishment.

What are our goals when we talk? Is that how we want to express ourselves?

Talk on a good day, when you are getting along great. “I’ve noticed that we’re talking in escalated tones when we get frustrated with each other. How do you think we can better deal w/that?”

When in a good moment say, “Isn’t this great how we’re having fun and getting along?”

Have an open discussion. When you act poorly say, “You know what, I didn’t handle that so well, I’m going to own up to that, and keep trying to do better. “

MODEL for your kid a good behavior.. i.e. “I’m going to go to the garage to take a breather for 5 minutes”, so they learn that is a reasonable way to digest information and calm down.

Another example; I’m really angry right now, I need to go to my room for a few minutes and calm down”. Otherwise how we deal w/anger is invisible to them. When you take a time out, specify how long you’ll be gone and that you’ll be back to finish the conversation.

Mean Girl Culture; back stabbing, manipulation takes place because they are not *directly* expressing their feelings. They are AFRAID to do so. They haven’t practiced this.

Kids are generally encouraged NOT to have conflict. Thus they miss opportunities too learn to work thru it. Give some supervision so it’s successful. Talk it out.

Build self- esteem. Help them unravel why they want to be part of “that” group. Ask questions...what does that group represent? Is that important? Is that good?

Ask daughter questions: What’s your life?

Learn to empathize without always providing solutions. Don’t solve and dismiss.

Provide opportunities to build self -esteem!!! The book has exercises at end to try.

We want to be liked and love for who we are. If we are not liked for who we are, then we need to discontinue the relationship. Love accepts people for who you are.

Book discusses intimate enemies.

Questions of protocol in the back of the book.

G.I.R.L.-

Gather your choices.

Choose which choice works for you.

Reasons (what are the reasons for that choice).
List possible outcomes and clarify that it might not end well.

QUOTE from book“ Our culture has girls playing perverse game of twister
players wind up in impossible positions.....they think manipulation is best direction.”