REAL TALK MEETS REAL STRATEGIES!

FRENEMIES, QUEEN BEES, AND GIRLS WARS:
- WHAT EVERY ADULT NEEDS TO KNOW ABOUT THE HIDDEN CULTURE OF RELATIONAL AGGRESSION IN TODAY’S GIRLS!

"One part disturbing, and one part enlightening, but two parts helpful! Thanks for such an insightful training that made me better understand not only HOW our girls are treating one another, but also WHY and what we can do about it. I plan to use a lot of your techniques and suggestions with our programs that we are planning to conduct this year! Thanks for keeping this so real and focused not on blame, but on practical ideas!"

- School Counselor/Parent of 3 (Atlanta, GA)

Looking for an innovative, music-filled, and fast-paced workshop presentation? This could be your answer! Now taking training dates for the next six months – but please contact us soon as our calendar is filling fast with few, sporadic dates still remaining!

9815 Sam Furr Road, Suite 103
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FRENEMIES, QUEEN BEES, & GIRLS WARS:
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This fast-paced and thought-provoking training presentation can be custom-tailored to the conference audience. With over 15 years of training to over 150,000 adults and youth, Leading To Change speakers are well-versed to bring a high-energy, comedic, motivational, thought-provoking, and most importantly, catalytic (i.e. now let’s go DO SOMETHING with this information) presentation for your conference.

"Girl Wars" presentation includes:
- Relational Aggression Manifestations (Table/group observations)
- Why Do They Do That? (Behind the actions - trends and messages)
- You Call The Play! (Strategies to use in real time settings)
- Over 30 different media and social science references & real-life examples

For more information on the "Girl Wars" training presentation or any of Leading To Change training services, please visit www.LeadingToChange.com or contact us at the e-mail or phone number listed below:

LEADING TO CHANGE
CUSTOMIZED TRAINING, CONSULTING & FACILITATION SERVICES

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HOLD ON!
We’ll get ready to run in just a couple of minutes!

Presenter Backgrounds
• 40+ years in Staff Development, Non-Profit Management, Strategic Planning/Inclusion
• Roots in Juvenile Justice, OST, Education,
• Developed/trained programs in 30+ states to over 150,000 adults & youth participants (600 presentations in 2018)
• Partners with NC CAP/Public Forum and Synergy Conference for 10+ years!
FRENEMIES & QUEEN BEES
Relational Aggression & Today's Girls

Overview
- Welcome and Intro
- Playing The Numbers
- Bullying Looks Like...?
- Roots & Branches
- You Make The Call!
- No Magic Answer, Many Strategies

Background & Reference
- Living, breathing presentation
- Insight, expertise, & real life
- Additional content from Girl Wars, Mean Girls, Weakfish, Odd Girl Out, Reviving Ophelia, and Journal of Adolescent Health.
- Most critical content directly from front line staff and young women they work with.
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Playing The Numbers...

✓ 7 Minutes
A girl is bullied every 7 minutes in US schools
✓ 1/3
1/3 of girls involved in bullying in some way
✓ 85 – 11 – 4
85% of the time no intervention is made
11% of the time intervention by peer
4% of the time intervention by adult

Source: Helping Means Girls Make Nice (Foreman)

A Different Kind Of Abuse

“A student is being bullied or victimized when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other students. Some of the negative actions can include: physical violence, name calling, teasing, spreading of rumors, ignoring or leaving someone out, threats and intimidation, and stealing of money or other property.

An imbalance of power relates to a victim who cannot properly defend him or herself because of size or strength, or because the victim is outnumbered or less psychological resilient. It is important to note that a onetime negative act between two people of approximate strength (physical and psychological) is not bullying”.

- Dan Olweus, Clemson University
FRENEMIES & QUEEN BEES

Relational Aggression & Today’s Girls

A Different Kind Of Abuse

• Gossiping
  • Teasing/Public Humiliation
  • Relational Blackmail
  • Ostracism/Exclusion

• Creating Paranoia
• Pranks and Technology
  - Dan Olweus, Clemson University

Girls are raised to channel their emotions in certain ways, particularly to hide aggressive emotions such as anger. Instead, girls are lead to surface in other ways. Lamb elaborates, “Because girls in our culture are not permitted to be angry, they go to great pains to deny, suppress, mask or hide it... girls are masters of indirection when it comes to anger...” The most popular ways for girls to deal with this include gossiping and exclusion.

- Sharon Lamb, Packaging Girlhood
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ROOTS
Boredom
Jealousy/Insecurities
Competition
Revenge
Boost Confidence
Gain Power
Social Approval

But Why?

BRANCHES
Anxiety
Depression
Rejection/Loneliness
Low Self Esteem
Suicide
Eating Disorders
Substance Abuse
Relationship Problems
Personality Disorders
Resentment
Dropout

Knowledge & Power

1. Troll
2. Sock Puppet
3. Flame
4. Pwnd
5. Banker
6. Happy Slapping
7. Leet Speak

A. Sharp message
B. Online defeat
C. Online provoker
D. Viral fight
E. Fake online identity
F. Collector of gossip
G. Encrypted language

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Complex Strategies

✅ Olweus Intervention Method
School wide awareness
Classroom policy
Individual intervention

✅ ART Model
Act as a role model – skill building
Reach out to others – get to know parents
Talk and listen – forums

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Complex Strategies

✔️ Allies In Action:
Building Healthy Relationships Amongst Girls

✔️ Ophelia Project
Mentor structure
Ophelia Institute
Social Climate Safety

✔️ Power UP
Incremental role plays
Built in partnerships
Troop process
FRENEMIES & QUEEN BEES
Relational Aggression & Today’s Girls

Complex Strategies
✓ Pacer Teens
✓ Narratives X2
✓ School Petition
✓ Video Examples
13 Reasons
✓ First person narrative
✓ Unfiltered
✓ Discussion Guide

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