



Mean Girls

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Mean Girls “In the Box”

Identify Problem: Adolescent girls have their own special brand of bullying. They are silent aggressors who bully “under the radar”. Many girls believe that they have to adhere to the standards set by these bullies, and if they do, they will be accepted by them.

Exercise: This activity works well with small groups and needs to involve students of the same gender.

Have the students list items in the box that girls need to be cool

Example:

Pretty
Popular
Cute clothes
Have money
Have boyfriends

Evaluate each item and see how easy it is to get out of the box.

Who is making you adhere to the box?

There is power in redefining the box.

Have students redefine the box.

Example:

Honesty	
Fun	
Smart	
Sense of Humor	Loyal
Kind	Confident



Identify Skills: Students will learn that people get respect for their character and will begin to identify positive traits in themselves that will help them gain greater respect for themselves and others.

Additional Activity: Have students think of someone in their life who they admire. Ask them not to name that person, but think about them for a minute. Then ask them to name out loud the things that they admire about that person. You can either repeat these things or write them on the board. Reinforce the fact that the things that earn admiration and respect in others have more to do with character than with appearance, material possessions, brand names, etc.

Source: Teresa Willie

Encourage students to work on positive character traits and not place so much focus on superficial things.