



LIFEGUARD YOUTH DEVELOPMENT®



GUARD YOUR HEART

GUARD YOUR MIND

GUARD YOUR BODY

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In this issue...

- The New Sexual Revolution — A Success!
- Girls and Bullying

The New Sexual Revolution — A Success!

Thank you to everyone — teachers, parents and supporters — who helped to make our week with comedian Keith Deltano a success. Because of your support and participation, we had nine successful school assemblies, and one very exciting evening rally on May 9. In total, **we were able to reach over 2500 teens and 70 parents!**

Mr. Deltano spoke on such topics as avoiding drugs and alcohol, bullying and abstinence. His high-energy comedy gave the youth a positive message through a different format than they were accustomed to. Helping youth to make positive and healthy decisions requires a multidimensional approach. While we spend the majority of our time educating through classroom instruction, parent & teen workshops, and community outreach, we also believe in supplementing all of the above with fun and unique experiences. So thank you again for helping to make it all possible! Below are some snapshots of our exciting week!



Girls and Bullying

As Keith Deltano said in one of his comedy performances “*there is nothing meaner than a middle school girl.*” This comment drew laughs and a round of applause from the students Keith was talking to, but the unfortunate truth is that for some in the audience, his words rang true. Bullying among teen girls is both rampant and vicious. Surveys indicate that **11%** of teens in grades 6 through 10 have been bullied, **13%** have been a bully, and **6%** have been engaged on both sides.

Why Girls Bully

Girls who bully tend to target other girls who are disadvantaged in some way. For example, they will single out a girl who has less power than they do because of physical attributes, social status, academic skills or personality. Girl bullies often intimidate through verbal attacks and social isolation; they will rally a group of girls to single-out and target an individual victim. This bullying behavior tends to be recurrent, and it won't necessarily go away if ignored.

Recent Media Examples

Another complex component of female bullying is the fact that girls who were once bullied will turn around and target someone else in an attempt to gain social power for themselves. There was an incident of this recently on the TV show *Australia's Next Top Model*. A 16 year old girl, who had herself been bullied so maliciously that she was forced to change schools, bullied another contestant through both verbal and physical attacks to the point of hysterics and weeping. The show's producers have since been criticized for not responding to the issue more seriously. Not only does the media make light of bullying, but they also highlight it as a source of comedy. A recent teen comedy movie titled *Mean Girls* deals with girl bullies who ridicule and harass their peers as if it is humorous.

Consequences and Solutions

Bullying is a serious issue. Victims often report sleeping difficulties, stomach pains, fear, headaches, depression and low self-esteem. If you suspect that your child is bullying or being bullied, talk with them, teach and model healthy assertiveness, get a professional caregiver involved if necessary and don't underestimate or marginalize the pain felt by bullied children. You may also find it helpful to alert your child's school, as they may not even be aware of the problem. Both awareness and healthy assertiveness can go a long way in preventing and stopping bullying!

National Center for Mental Health Promotion and Youth Violence Prevention "Preventing Bullying in Schools and the Community," 2004. Deborah Prothrow-Stith, MD and Howard Spivak "A Troubling Trend: Girls and Bullying." MD Health Resources and Services Administration, www.StopBullyingNow.hrsa.gov. Retrieved on May 13, 2008.

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