

Little Girls Can Be Mean: Four Steps to Bully-Proof Girls in the Early Grades

M. Anthony and R. Lindert, 2010

Project Prevent and Address Bullying (PPAB)

for students with disabilities

BOOK
REVIEW

Northern Illinois University | School Psychology Program

COST: Approx. \$10 to \$12 on Amazon.com

PUBLISHER: St. Martin's Griffen, New York, 2010

Description of content:

The power dynamics of grade school girls' friendships are illustrated through relatable stories in this book. The authors' four steps: Observe, Connect, Guide and Support to Act provide explicit direction for how adults can help their daughters or students. There are special boxes placed throughout the book labeled, "Tips for Girls," "Tips for Teachers," and "Think, Share, Do," with conversations, strategies and activities that build competency in the four steps. An appendix catalogues these boxes as a resource bank.

"Yo-yo" friends, best friend splits, the emergence of friend hierarchies and social exclusion are just a few of the noteworthy topics covered. The authors, uniquely, do not contend that all social cruelty can be avoided, but they provide opportunities for girls — while supported by a caring adult — to practice problem-solving with kindness and their own self-esteem in mind.

Strengths:

- Easy-to-read format and engaging; a parent could read this book with their child.
- Many resources are provided, including scenarios for adults to discuss and problem-solve with kids.
- Realistic portrayal of grade school social dynamics and relational aggression.
- Supports children's understanding of social situations and ways they can respond.
- Emphasis on building personal values and self-esteem.

Limitations:

The focus on female friendships precludes discussion of the social dynamics that apply to boys' friendships as well.

Audience:

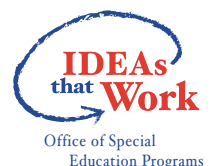
- Parents and Teachers



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