

Resources For Adults To Help Girls Become *Strong, Smart and Bold* SM

Bartle, N. & Lieberman, S. (1998). *Venus in blue jeans: Why mothers and daughters need to talk about sex*. Boston, MA: Houghton Mifflin Company. \$24.00 ISBN 0-395-84172-0 252 p.

Based on in-depth interviews with two dozen mother daughter pairs on the subjects of sex and communication, *Venus in blue jeans* attempts to demystify the process of discussing sex with teen daughters. Using examples from their case studies, the authors seek to identify some of the common barriers to communication and to suggest ways to overcome them.

Bingham, M., Stryker, S. & Neufeldt, S.A. (1995). *Things will be different for my daughter: A practical guide to building her self-esteem and self-reliance*. New York, NY: Penguin Books. \$14.95. ISBN 0-14 -02-41256 494 p.

From nursery rhymes and prime time television to computers and sports to sexuality and careers, this guide examines many components of our culture that may influence girls and their attitudes toward themselves and their future. Contains exercises and strategies to help parents raise confident and capable daughters.

Blake, B.E. (1997). *She say, he say*. Albany, NY: State University of New York Press. \$14.95 ISBN 0-7914-3480-X 176 p.

Through the study of writings (private and public) of low-income, urban, preteen girls, this book tries to identify the ways in which girls' voices are often silenced in schools and offers curricular a approach to helping girls develop their voices.

Brown, L.M. & Gilligan, C. (1992). *Meeting at the crossroads*. New York, NY: Ballantine Books. \$12.50 ISBN 0-345-38295-1 258 p.

Written by two of the foremost experts on the status and stages of growth of American girls, *Meeting at the crossroads* seeks to identify "what, on the way to womanhood, does a girl give up?" Through in-depth interviews of one hundred girls, Brown and Gilligan give voice to some of the casualties of a "typical" American girlhood, such as loss of self-esteem and confidence. In doing so, the authors seek to determine ways of helping girls maintain their identities at the critical crossroads of adolescence.

Brumberg, J.J. (1997). *The body project: An intimate history of American girls*. New York, NY: Random House, Inc. \$25.00 ISBN 0-679-40297-7 304 p.

A very readable history of the different pressures placed on American girls over the last century to have "the perfect body." This book describes how these ideals have changed and notes the advertising industry's role in creating these ideals. It also documents the changes in the ACTUAL rate of physical maturation in American girls over the last century..

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Resources For Adults To Help Girls Become *Strong, Smart and Bold*SM 2

Crawford, S.H. (1996). *Beyond dolls & guns: 101 ways to help children avoid gender bias*.
Portsmouth, NH: Heinemann. \$10.95 ISBN 0-435-08129-2 212 p.

This fun, easy-to-read guide gives anyone concerned about children practical and simple suggestions to challenge the gender bias pervasive in most communities. Includes a section on current research on girls and boys and a bibliography of nonsexist children's and adult reference books.

Debold, E., Wilson, M. & Malave, I. (1993). *Mother daughter revolution: From betrayal to power*.
Reading, MA: Addison-Wesley. \$12.95 ISBN 0-201-63277-2 299 p.

Building on Carol Gilligan's work on girls' basic development, this book explores the relationship between mothers and daughters as a political tool to encourage a girl to find her own voice, to be confident in her choices and to become interdependent, rather than dependent, on others.

Girls Incorporated. (1995). *Girls re-cast TV action kit*. New York: Author. \$2.00 (Available from Girls Incorporated National Resource Center, 441 W. Michigan Street, Indianapolis, IN 46202 317/634-7546)

This kit contains six cards with individual, interactive and group activities to teach girls to watch TV actively and critically. Through these activities, girls can begin to analyze what they see and hear on television and throughout the media, and to express their opinions to the people who make TV.

Girls Incorporated. (1992). *Girls' bill of rights*. New York: Author. No charge for single copies.
(Available from Girls Incorporated National Resource Center, 441 W. Michigan Street, Indianapolis, IN 46202 317/634-7546)

This list of 10 principles of girls' rights was developed by Girls Incorporated to reinforce our mission and commitment to building girls' skills.

Girls Incorporated. (1992). *Past the pink and blue predicament: Freeing the next generation from sex stereotypes*. New York: Author. \$2.00 25 p. (Available from Girls Incorporated National Resource Center, 441 W. Michigan Street, Indianapolis, IN 46202 317/634-7546)

This booklet reviews and summarizes research about gender and discusses ways that girls and boys differ and ways they do not. Includes recommendations on how to get past the pink and blue predicament.

Harris, R.H. (1996). *It's perfectly normal: Changing bodies, growing up, sex & sexual health*.
Cambridge, MA: Candlewick Press. \$9.99 ISBN 1-56402-159-9 89 p.

This cleverly illustrated book presents comprehensive, accurate and unbiased information about puberty, conception and sexual health in language that adolescents can understand. An enjoyable, easy to read resource for opening a discussion with a girl about sexuality.

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Katz, M. (1996). *The gender bias prevention book: Helping girls and women to have satisfying lives and careers*. Northvale, NJ: Jason Aronson, Inc. ISBN 1-56821-843-5 350 p.

Through the life of "Emily," a composite of many girls and young women, the author takes us on a journey from a girl's childhood to adulthood. Along the way, the author points out the subtle and not-so-subtle messages that may limit the choices Emily makes in her life. Offers suggestions on how to compensate for those messages and how to help girls make the most of their options.

Levy, B. & Giggans, P.O. (1995). *What parents need to know about dating violence*. Seattle, WA: Seal Press. \$12.95 ISBN 1-878067-47-8 170 p.

Guides parents who are struggling with a teen daughter in an abusive romantic relationship. Offers parents suggestions on how to identify problems, on what to do and how to strengthen their relationship with their daughter. Includes bibliography of resources.

Mackoff, B. (1996). *Growing a girl: Seven strategies for raising a strong, spirited daughter*. New York, NY: Dell Publishing. \$12.95 ISBN 0-440-50661-1 278 p.

Dr. Mackoff identifies seven specific strategies designed to help parents strengthen their daughter's individuality, self-esteem and independence. Strong examples and suggested approaches within these seven strategies give readers the opportunity to employ Dr. Mackoff's strategies immediately.

Mann, J. (1994). *The difference: Growing up female in America*. New York, NY: Warner Books. \$22.95 ISBN 0-446-51707-0 317 p.

Mann takes a look at the ways in which girls and boys are socialized by their parents, schools, peers, churches, the media and society in general to adhere to stereotypical gender roles. Brief reviews of medical, psychological and sociological studies focusing on behavioral differences between girls and boys are included. Conversations between the author, her daughter and her daughter's friends add a personal dimension to the text. Mann offers strategies and examples of empowering a daughter while fitting these examples into the broader world in which today's American girls live.

Marone, N. (1989). *How to father a successful daughter*. New York: Fawcett Crest. \$5.99 ISBN 0-449-21687-X 317 p.

The author asks fathers to examine their ideas of fatherhood, to challenge traditional perceptions of femininity in girls and to encourage risk-taking behavior in their daughters. Includes tips and strategies on how to avoid inadvertent programming that may circumvent future options for girls, how to work with the mother of their daughter for the best overall parenting and how to serve as an advocate for their daughter.

Resources For Adults To Help Girls Become *Strong, Smart and Bold*SM 4

Ms. Foundation for Women & Forsythe, S. (1998). *Girls seen and heard: 52 life lessons for our daughters*. New York, NY: Jeremy P. Tarcher/Putnam. \$11.95 ISBN 0-87477-926-X 239 p.

This book offers 52 specific activities to help bring out a girl's voice. Designed to involve parents in this process, *Girls seen and heard* focuses on ways that parents can "help girls feel valued for their talents, personalities, and abilities, so they will heighten their aspirations and keep the confidence they need to reach their full potential.

National Coalition of Girls' Schools. (1996). *Dads and their daughters: Father-to-father strategies*. (Available from author, 228 Main Street, Concord MA 01742 508/287-4485) \$5.00 16 p.

A handy, easy to read booklet shares father-to-father advice on how to enrich relationships with daughters while encouraging girls to be confident and capable.

Orenstein, P. (1994). *School girls: Young women, self esteem and the confidence gap*. New York: Doubleday. \$23.50 ISBN 0-385-42575-9 335 p.

Looking into the lives of eighth graders at two California schools, the author shares engaging anecdotes about and from girls on issues like race, socioeconomic status, sexual harassment and sexual pressure. *School Girls* addresses a hidden curriculum in the schools that may be silencing girls and undermining their confidence.

Pipher, M. (1994). *Reviving Ophelia: Saving the selves of adolescent girls*. New York: G.P.Putnam's Sons. \$24.95 ISBN 0-399-13944-3 304 p.

Blending anecdotes with research that addresses the issues girls face while preparing for the future, the author offers suggestions to help adults bolster girls' confidence and achievement. Sample topics include the pursuit of thinness by many girls, divorce, substance use, sex, violence and depression.

Sanders, J. (1994). *Lifting the barriers: 600 strategies that really work to increase girls' participation in science, mathematics and computers*. Port Washington, NY: Jo Sanders Publications.

Written by the director of the Gender Equity Program at the City University of New York, this book offers hundreds of suggestions on how to bolster increase interest and enrollment in science, math and computer courses.

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Web Pages

<http://www.girlsinc.org/>

Home page of Girls Incorporated!

<http://www.anincomeofherown.com/>

Independent Means, the leading provider of (educational) financial products and services for girls, offers girls information on money management and networking with mentors on their web site.

<http://daughtersnewsletter.com/>

Web site of *Daughters* Newsletter.

<http://www.ms.foundation.org/>

Web site for **Take Our Daughters To Work® Day**. Includes information for parents, schools, employers and girls on how to organize an event, as well as facts on girls, school, health and women in the work world.

<http://www.ncrw.org/>

Web site of the National Council for Research on Women (NCRW). NCRW connects organizations focused on “research, policy analysis, advocacy, and innovative programming on behalf of women and girls.”