

Resources for *Strong, Smart and Bold*SM Girls (12 and up)

Abner, A. & Villarosa, L. (1995). *Finding our way: The teen girls' survival guide*. New York, NY: HarperPerennial. \$13.00 ISBN 0-06-095114-1 319 p.

This book is a great resource for any teen or pre-teen girl. It is filled with clear advice and information on everything from nutrition to sex to confronting racism and sexism. In addition to well-documented factual information, *Finding our way* includes diagrams, questions and answers from real girls, and other suggested resources on these and other important topics.

Bauermeister, E. & Smith, H. (1997). *Let's hear it for the girls: 375 great books for readers 2-14*. New York, NY: Penguin Books USA. \$10.95 ISBN 0-14-025732-2 224 p.

Let's hear it for the girls suggests hundreds of books with strong female characters. Readers can search for book titles by author, age range, genre, subject or setting.

Dee, C. (1997). *The girls' guide to life*. Toronto, Canada: Little, Brown and Company. \$14.95 ISBN 0-316-17952-3 147 p.

"This book is intended to celebrate the progress made by women and girls up to this point." A comprehensive guide for girls that addresses issues from gender bias in the classroom to economic literacy. This book also includes real life stories from girls, hands on activities, and introduces girls to a plethora of prominent female role models.

Gadeberg, J. (1997). *Brave new girls*. Minneapolis, MN: Fairview Press. \$12.95 ISBN 1-57749-049-5 180 p.

A hands-on, straight-talking guide to help girls deal with the problems of growing up. Gadeberg discusses what's on girls' minds—family relationships, body image, money management, sexual harassment—and empowers them to take the initiative and stand up for themselves.

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 x33)

This kit contains six cards with individual, interactive and group activities to help girls 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.

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Resources For *Strong, Smart and Bold*SM Girls 2

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.

Gray, H.M. & Phillips, S. (1998). *Real girl/real world: Tools for finding your true self*. Seattle, WA: Seal Press. \$14.95 ISBN 1-58005-005-0 221 p.

Written by two women in their twenties, this book pulls together an impressive collection of resources for girls to explore the issues that affect them. Billed as a toolkit for building “a positive sense of self,” this book is extremely readable with illustrations by a Seattle-area cartoonist that reflect girls from all walks of life.

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.

Kriegsman, K.H., et al. (1992). *Taking charge: Teenagers talk about life & physical disabilities*. Rockville, MD: Woodbine House. \$14.95 ISBN 0-933149-46-8 164 p.

Written primarily for teenagers with disabilities, this book is an excellent read for girls of ALL physical ability levels. The advice offered on communication, independence, relationships, dating, sexuality, and family life are relevant for everyone. Teenage girls with disabilities will appreciate the advice and stories of other teens who have faced similar challenges in their transition to adulthood. Girls without disabilities are given the opportunity to view the transition to adulthood from a different perspective.

Mastoon, A. (1997). *The shared heart: Portraits and stories celebrating lesbian, gay, and bisexual young people*. New York, NY: William Morrow. \$25.00 ISBN 0-688-14931-6 88 p.

“*The Shared Heart* brings a human face and dignified voice to the experiences of lesbian, gay, and bisexual young people.” This book works to break down stereotypes and introduces people of all sexual orientations to forty brave, honest people who have faced adolescence as a lesbian, gay or bisexual teenager.

Nelson, P. (1998). *Cool women*. Chicago, IL: Girl Press. \$19.95 ISBN 0-9659754-0-1 104 p.

Introducing girls to fifty extraordinary women, *Cool Women* seeks to inspire girls to embark on their own story of adventure, courage and greatness. The information included on organizations, web sites, etc. makes it easier for girls to do so!

Resources For *Strong, Smart and Bold*SM Girls 3

Odean, K. (1997). *Great books for girls: More than 600 books to inspire today's girls and tomorrow's women*. New York, NY: Ballantine Books. \$12.95 ISBN 0-345-40484-X 421 p.

This book caters to young readers of all ages and levels. Categories (fiction, biography, etc.) within each reading level (beginning, middle and older readers) are then further broken down into subcategories (historical fiction, science fiction, sports, etc.). Sections on picture books and resources for parents may mean girls will have to share this book with family members!

Pogany, S.B. (1998). *Sex smart: 501 reasons to hold off on sex*. Minneapolis, MN: Fairview Press. \$14.94 ISBN 1-57749-043-6 213 p.

The title of this book says it all. In addition to a ton of information on sex (STDs, pregnancy, etc.), this book includes hundreds of reasons and ways to say no and make it clear to your partner. Be warned that there is no information on contraception, this book is focused entirely on all the great things about NOT being sexually active.

Roehm, M. (1997). *Girls know best: Advice for girls from girls on just about everything*. Hillsboro, OR: Beyond Words Publishing, Inc. \$8.95 ISBN 1-885223-63-3 160 p.

"Thirty-eight girls from all over the country, ages 7-15, were picked from a Girls Writer Contest for their great ideas. These amazing girls have written chapters giving advice on things like parents, schools, boys and life's most embarrassing moments." This book also focuses on substance use, eating disorders and body image and girls' participation in sports.

Schwager, T. & Schuerger, M. (1998). *The right moves: A girl's guide to getting fit and feeling good*. Minneapolis, MN: Free Spirit Publishing. \$14.95 ISBN 1-57542-035-X 272 p.

The focus of this book is health – both mental and physical. The three sections of the book offer girls advice and resources on self-esteem, nutrition/healthy eating and exercise. It can be read as a guidebook or used as a reference book.

Walker, C. (1994). *Becoming myself: True stories about learning from life*. Minneapolis, MN: Free Spirit Publishing Inc. \$4.95 ISBN 0-915793-69-5 152 p.

In this book, Cassandra Walker shares her life. Her true stories are fun to read and full of down-to-earth advice on liking and respecting yourself and growing up without going crazy. Topics addressed include puberty, peer pressure, drug use, and the importance of role models.

Walker, C. (1997). *Stories from my life*. Minneapolis, MN: Free Spirit. \$6.95 ISBN 1-57542-016-3 152 p.

In *Stories from My Life*, Cassandra Walker shares more of her personal experiences and insights, reaching into her past for true stories about growing up, learning to like and respect herself, and becoming a confident, successful young woman.

Resources For *Strong, Smart and Bold*SM Girls 4

Wilber, J. (1996). *Totally private and personal: Journaling ideas for girls and young women*. Minneapolis, MN: Free Spirit Publishing Inc. \$8.95 ISBN 1-57542-005-8 157 p.

Written by 14 year old Jessica Wilber, this book provides ideas, advice, suggestions, and tips to help girls create a fun and self-exploratory journal. Included in this book are special sections for girls about growing up and feeling great about being a girl. There are also a host of resources (books, magazines, and web sites) that girls will find useful and informative.