

SELF-ESTEEM AND MIDDLE SCHOOL GIRLS: RAISING HEALTHY AND CONFIDENT DAUGHTERS

Heidi Arizala Showman, MSW, LICSW 2007

Outline for Today March 24, 2007

“Everything is a big deal – this is our life, we are growing up, and making our future. This is real.”

- Jerri, 14

- Introduction
 - Goals for Presentation
 - What is going on with Teen Girls Today
 - What I hear from Girls
 - What can we do
-
- Quotes on sidebars are from girls that I work with – what they wanted parents to know and understand.

Introduction: a little more about me

“I want my
parents to be
proud of me.”

- Sierra, 16

- History and Background Information:
Heidi Arizala Showman, MSW, LICSW
 - School and Professional Background
 - North Star Girls Group Curriculum
 - www.northstargirls.org
 - www.heidisprivatepractice.com
 - www.northstaroffices.com

Girls Groups: a good thing

“I learned I’m my own person, and I don’t have to do things I don’t like in order to make someone else happy. I don’t have to change me to be liked.”

- Whitney, 13

□ North Star Girls Group

- Girls connecting with other girls to feel less isolated and more confident about themselves as they enter and move through adolescence
- The North Star Metaphor is the idea that everyone has their own North Star. Their belief and concept of who they really are – their thoughts, feelings, values, and culture. Find your star, hold on to it, and follow it. Your North Star is a guiding light that can help you navigate through difficult times.
- www.northstargirls.org

Goals for Presentation

“Show them
[your
daughter] you
love them,
even if they
know that you
love them.”

- Lisa, 14

- It is interesting
- Greater understanding of the environment that your daughter lives in every day
- Come away with ideas for things to do to strengthen your relationship with your daughter

Teen Girls Today

“Be supportive
and focus on
the positive
things we do.”

- Angel, 15

- What the experts are writing about
 - ▣ Early 1990’s: Reviving Ophelia, School Girls, Meeting at the Crossroads, Failing at Fairness
 - ▣ Lots of books on the emotional life of boys
 - ▣ Early to mid 2000’s: Queen Bees and Wannabees, Odd Girls Out, The Disappearing Girls, “Mean Girls” movie

Teen Girls Today

“Don’t be too overprotective - you need to let them do things on their own.”

- Lila, 17

- World Events in the last 10 years
 - Columbine 1999
 - 9/11/2001
 - Tsunami 2004
 - Hurricane Katrina 2005
 - Iraq War
 - Global Warming

Teen Girls Today: Media



Self-Esteem & Middle School Girls
2007 by Heidi Arizala Showman, MSW, LICSW

Teen Girls Today: Teen Celebrities

“We are trying to figure out who we are.”

- Katie, 14



Self-Esteem & Middle School Girls
2007 by Heidi Arizala Showman, MSW, LICSW

Teen Girls Today: Fashion



Self-Esteem & Middle School Girls
2007 by Heidi Arizala Showman, MSW, LICSW

Teen Girls Today: Fashion



Self-Esteem & Middle School Girls
2007 by Heidi Arizala Showman, MSW, LICSW

And Teen Boys Fashion?



Self-Esteem & Middle School Girls
2007 by Heidi Arizala Showman, MSW, LICSW

Teen Girls Today

“Ask
Questions.”

- Hailey, 15

- When are girls most at risk?
 - Change in schools – most often from elementary school to middle school
 - Change in peer groups & feeling left out
 - Watch for “I don’t care”, “I don’t know”, and “Whatever”

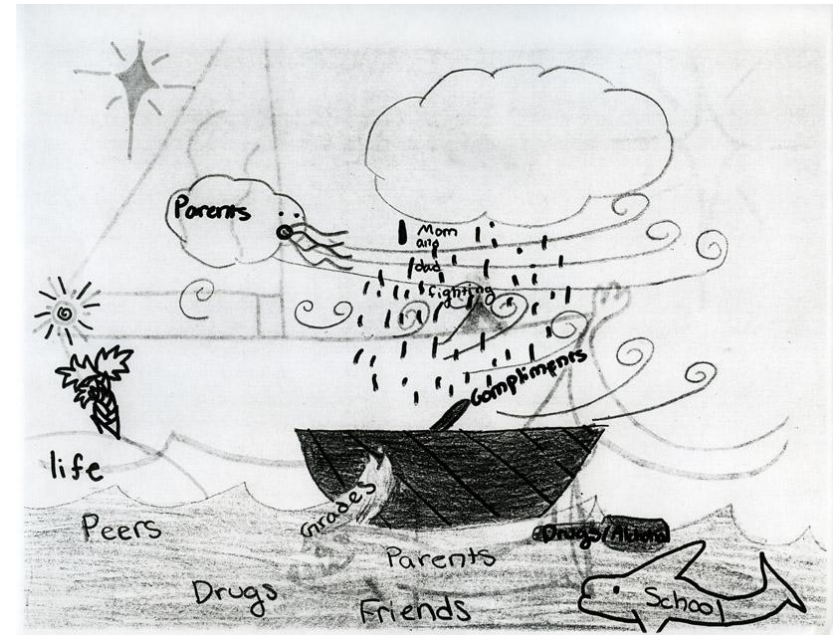
What Girls are Talking About

“We are often concerned about pleasing others.”

- Lindy, 16

- ❑ Anxiety and Worry
- ❑ Wanting to fit in
- ❑ Technology – to connect? to hurt?
- ❑ Body Image
- ❑ Sex and Drugs
- ❑ Feeling Lost and Depressed

What Girls are Talking About



North Star Group: Girls using art to describe their experiences in Middle School

What can we do?

“Space is important, but make sure you are there for them.”

- Natalie, 17

- **Self-Esteem for Teen Girls: implies confidence and satisfaction in oneself**
 - ▣ Competence
 - ▣ Confidence
 - ▣ Connectedness

What can we do?

“School stresses me out – there is a lot to do.”

- Mari, 15

- ❑ Give positive feedback
- ❑ Give her your time
- ❑ Listen
- ❑ Enroll her in some kind of regular, consistent, physical activity
- ❑ Extra-curricular activities
- ❑ Do something that helps others

What can we do?

“Don’t ever
give up on
me.”

- Samantha,
13

- Give her an allowance or find a way for her to make money and help her manage her money
- Show her that you love her, even though she knows it
- Talk about gender stereotypes, advertising and the media
- Keep Talking

What can we do?

“Help us talk through our mistakes.”

- Suzie, 14

- Help her be involved in something that makes her feel like she belongs
- Role-Model Healthy Behavior
- Convey to your daughter that you will be open-minded and non-judgmental
- Laugh and cry together

In closing . . .

“I love my parents, but why can’t they just leave me alone? And why can’t they spend more time with me ?!”

- Lisa, age 14



Contact Information

Heidi Arizala Showman, MSW, LICSW

heidi@northstaroffices.com

425.296.2806 ext.102

www.northstargirls.org

www.heidisprivatepractice.com