

Super Girls: Girls and Self Esteem

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Introduction

- Heidi Arizala Showman, LICSW
- Professional Experience
- Overview and what to expect today:
Super Girls: Girls and Self Esteem





Super Girl Phenomenon

“Girls today experience intense pressure, at ever younger ages, to be everything to everyone all of the time. While stereotypes about girls’ leadership capabilities and math and science appear to have diminished in the past six years, expectations about physical perfection – dressing “right” and being thin – seem to have increased simultaneously. Stereotypes about girls’ needing to speak softly, not brag, and to play caretaker roles seem to persist. Society seems to be making some room for girls to transcend traditional expectations about abilities and aspirations, just as long as they also conform to conventional notions of femininity.”

Girls Inc. Study: The Supergirl Dilemma 2006

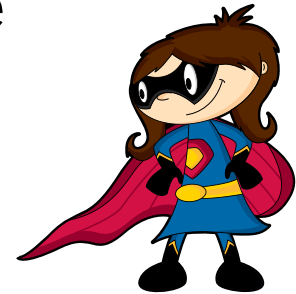


Super Girls

- **Super Girls: expectation to be good at everything, taking care of others, while at the same time being thin, pretty, and happy.**
- **Concerns and worries about themselves and the future are increasing.**
- **Relation to Super Moms / Super Families**

Super Girls: What do they look like?

- What I am seeing in my practice
- How girls cope
 - Increased stress, anxiety, depression
 - Increased drinking/drug use
 - Increased physical aggression
 - Perfectionism – trying to be in control
 - Conforming and losing themselves



How to help with Self Esteem

- **Confidence:** encourage risk taking behaviors
- **Competence:** develop skills that they are good at
- **Compassion:** helping others, the environment, teaching, giving back
- **Connectedness:** building connections, feeling like they are not alone



North Star Girls Group

- History of North Star
- North Star Curriculum: Session Topics
 - Healthy Relationships, Rumors, Teasing, Relational Aggression, Self-Esteem, Body Image, Physical Activity, Healthy Eating, Goal Setting, Social Pressures, Decision Making and more
- North Star Curriculum: Session Format
 - Introduction/Bead Necklace, Topic with Activity and Discussion, Journaling



North Star Girls Group

- “I learned that it is okay to say what is on your mind. I had a lot of fun. Thanks for helping me understand who I am.”

- Natasha, 12

- “It is nice to hear that everyone else is kind of like me. It’s nice to feel I’m not as odd as I thought. It helped me know who I am and learn about other people.”

- Jessica, 12

Other Resources

- **Creative-Crossings: Mother-Daughter event workshop (girls ages 9-12 and their moms). 5/17 1-5pm Seattle. Call Peggy at 206.463.1682**
- **Workshop: Successful SuperMom – Myth or Reality? Either Thursday 4/24 9:30-11:00am or Tuesday 5/6 7-8:30pm Redmond Call Beth to register at 425.533.4377**

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