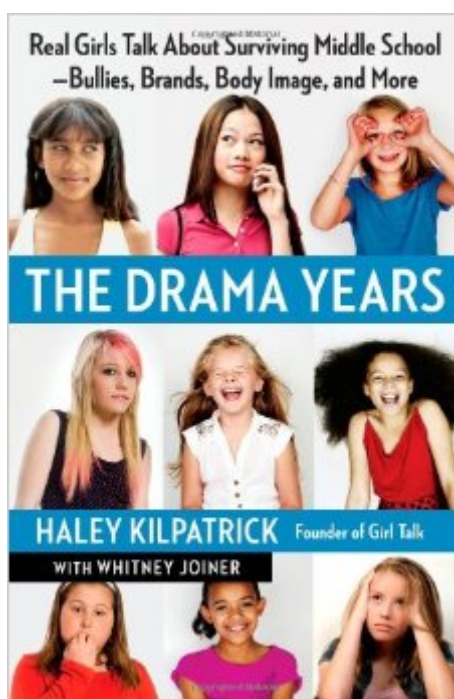


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# The Drama Years: Real Girls Talk About Surviving Middle School -- Bullies, Brands, Body Image, And More



## Synopsis

Today's middle school girls have it rough. In a few short years, they go through an incredible number of biological and emotional changes, making this the most formative and riskiest time in their lives. Groups turn on each other, a trusted childhood friend can reveal secrets by sending a text message or updating a Facebook status, and deciding where to sit in the cafeteria can be a daily struggle. As any tween will tell you, life for a middle school girl can be summed up in one word: drama. Haley Kilpatrick's own turbulent middle school experience inspired Girl Talk, a nonprofit organization in which high school mentors offer a "just been there" perspective to tween girls, helping them build self-esteem and develop leadership skills. Here, Haley delivers the definitive guidebook, packed with anecdotes from real girls around the country, who offer their insight into why her friends' approval is suddenly vitally important, why she feels pressured to be perfect, why she's no longer telling her parents everything, and what three vital things adults can offer to the girls in their lives to downplay the drama. Filled with practical strategies from tweens and teen mentors to help adults understand what girls today are facing, *The Drama Years* is a must-read for anyone struggling to help girls navigate the often difficult transition into adolescence.

## Book Information

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Age Range: 10 - 13 years

Grade Level: 5 - 8

## Customer Reviews

I just received this book today and upon first read, I'm blown away. The authors clearly have taken

the time to deeply sympathize with the young women they have spoken with, and are telling incredible stories using their voices. I myself was never a middle school girl (I'm male), but I feel like I have been given insight into that painful, awkward world not just through these wonderfully articulate authors but perhaps more importantly, the words of these young women themselves. With insightful yet heart-breaking quotes from the tweens and teens ("Every girl in this school wants to be someone else") I got a sense that middle school has become much harder than when I was a kid. I don't think the term "frenemy" even existed then and you certainly couldn't google "how to kiss"! The good news is that the girls (and the authors) give practical advice for how to help your daughter through this difficult period of her life. A great read.

I am the father of a sixth grade girl just starting into these years and needed some extra guidance on this subject. I must say that Haley provides not only the answers to the questions I had; but also covers areas that I had not thought about myself. The book is a must read for anyone who has a daughter dealing with these sometimes difficult times in her life. I thoroughly enjoyed the authors real life experiences and could not put the book down, finding it fascinating to hear "dead on" what she is currently going through in her life. Loved It!!! 5 Stars\*\*\*\*\*

I applaud the author for her work with young girls. As someone who came through the US public school system in the early 80's I know how painful it can be and I think the initiative of this foundation is excellent. Setting up meetings and big-sister type relationships amongst girls having bullying problems, is a great idea and probably works very well in the field. However the translation into this book is rather disappointing. The author spends a disproportionate amount of time discussing her own situation (she is not a mother just a young woman who came through school with the typical bullying girl meanness history many of us had). The quotes from girls in the field are somehow empty, superficial, hollow and bland... I realize this is how these girls express themselves and the quotes are sincere and unabridged but I came away with a sense of embarrassment. I wanted a book with specific tips and tricks for helping my daughter stand up for herself, when faced with a mean group of girls in her swimming team. This was not the book that provided any real answers to me, besides 1) trying to find an older "big-sister" figure she could talk to, (2) doing community service so she realizes others are less fortunate than herself ...

I am an actual middle schooler. The book gave me loads of advice! The sad thing was I read most of it in the summer. It had more detailed explanations than other books. I (and most pre-teens) could not

talk about our lives ,like the author does in Girl Talk.

The personal stories and view points of the girls are great. However, the author really does not have much advice to give. It boils down to: have an activity that you love, do volunteer work, and get an older-girl mentor. She rehashes these things so many times that it gets annoying.

I just finished *The Drama Years* and consider it to be a must read for students, parents, youth leaders and any one else who interacts with middle school girls on a regular basis. It is not only full of the real stuff that makes the middle school years "The Drama Years" but it also offers practical advice as well as actions that could be very effective in managing the storms of that short but very powerful period of a girl's life. Parents: buy for your elementary age student and read together then reread in middle school! Youth Leaders with a focus on "kindness, authenticity, and humility", *The Drama Years* would be a great study for mid-hi small groups. And I would think this book would be an excellent tool for middle school teachers. It certainly would serve as a reminder of what at least some of their student population is experiencing and perhaps what obstacles there maybe to concepts being learned. I don't know whether or not there is a comparable book for middle school boys but there should be!

Watching my own young daughter struggle with the harsh nature of tween years has been my least favorable time as a parent. I will be taking this amazing resource to camp with my daughter and friends from our church this summer to share portions of it and show them how they are NOT alone in this very difficult season of their growing up years. There isn't enough space here to adequately convey why you should read this book, but if you are the kind of parent who hurts when your children hurt, then that's all you need to know.... buy it, read it, and pay it forward! You won't regret it, and your daughter will receive blessings to help her through this time! Nancy, Jacksonville, FL

Im a seventh grader at the Fontier Middle school, and I know this book was obviously ment for parents, but it has definitely helped with my middle school years. Now I know exactly what to expect and how to deal with my problems. :)

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*The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World*  
*Middle School Makeover: Improving the Way You and Your*

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