

# GirlFormation

## Friendships Written by Carrie Whitaker

This edition of GirlFormation is the second part of a two series article on relationships. The previous edition focused on the relationships between girls and their parents. In this edition, we focus on the complex and rewarding peer relationships among girls. Friendships are a critical part of girls' daily experiences as they travel the journey into adulthood. From a young age, most girls understand the benefits of having friends. It is common to hear girls as young as preschool age talking about their best friends, and all the things they have in common with each other. Many girls learn that having peer relationships is a way to define themselves. This is a social construct that many girls carry with them through adolescence and into adulthood.

Having close friendships can be wonderful for lots of reasons. Friendships that form from a common hobby help girls learn more about themselves and their interests. Friendships can help girls cope with difficulties they may be experiencing at home. Friendships can provide a safe harbor when girls are experiencing social or academic challenges at school. Simply put, friendships give girls the opportunity to connect with another person. At the same time, friendships can be a source of major

hurt and distress for girls as well. In this edition, we look at the positive aspect of making and keeping friends as well as the challenges that come along with friendship.

On pages 2-3, GirlFormation contributor, Kathleen Hastings looks at the importance of friendship, including the top ten characteristics that girls have identified as what they look for in a friend. On pages 4-5, we offer some great resources for girls on how to make friends and foster friendships. We also offer some resources on handling friendship hardships with some specific tips for parents and girls on the issue of cyberbullying. As adolescent psychologist, Dr. Nick Long said, "Learning the language of friendship is one of the most important lessons of childhood." The lessons that girls learn about friendships as adolescents are very likely going to impact the quality of relationships they go on to have as young adults and adults. We hope to provide some helpful resources to parents, educators and girls in this edition of GirlFormation to assist girls in the challenging and exhilarating process of making and maintaining friendships.

Source: "Chicken Soup for the Teenage Soul". Jack Canfield, Mark Victor Hansen and Kimberly Kirberger. Health Communications, Inc. Deerfield Beach Florida. 2002.pp. 137-138.



"Friendship is  
like a Flower"

by Jenifer Sunday

Friendship is like a flower,  
Glowing in its glory,  
Each and every seed,  
Telling its own story.

As each flower blooms,  
And then continues to grow,  
More of its strength and knowledge,  
Continues to show.

And like a garden,  
It blooms much more fair,  
When carefully tended,  
By those who care.


Once in a while,  
You come across a friend,  
Who is beautiful as a flower,  
With a good heart to lend.

So I picked this flower,  
And pulled it apart,  
And soon all its pieces,  
Grew into my heart.

But what I realized,  
Is that this flower that grew,  
Was not leaves and petals,  
But pieces of you.

Your love and kindness,  
Your strength and power,  
Have helped me grow,  
Into my own little flower.

And now with our friendship,  
I'll never let go,  
And we can help others,  
To flower and grow.



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## Mission

The goal of this publication is to effectively create a girls' network to:

- give Maine girls an opportunity to express themselves to other girls
- provide a way of promoting girls' events and opportunities
- inform educators, parents, and others about ways to support girls
- aid in the cross-fertilization of successful programs
- create a network of women working with and supporting each other's efforts.

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# The Importance of Healthy Female Friendships

Written by Kathleen Hastings

Everyone knows we need food, water and sleep to survive. However, love and friendship are what nourishes our souls, which is just as vital for survival. Friendships, both male and female, are top priorities for most of us but especially for adolescent girls. Friends are almost, or even more important, than family in many adolescent girls' lives. The lessons learned from friends are lessons that shape who we are and who we will become as adults. A true friend, defined by teenage girls, is a friend who will love you for who you are, and not for your status. Someone who is there for you when things are good, and when times are tough. These are qualities that support the foundation of any healthy relationship: trust. Humans cannot bond without trust. As we know through numerous research studies and observations, bonding is essential to development, growth and the overall health of an individual. The bottom line is that we need friends/relationships to stay alive and continue growing. Making sure we surround ourselves with healthy friendships and people can be the real challenge when it comes to maintaining balanced relationships in our lives.

*The first step to surrounding yourself with healthy friends is to remember to always be your own best friend first.*

How good your relationship is with yourself directly affects the type of relationship you will have with your friends. Treat yourself like the most precious possession in your life, and you'll find that others will treat you the same. When looking for qualities of a true friend, girls have listed the following ten characteristics:

1. Trustworthiness
2. There when you need her
3. Loyalty
4. Respect
5. Encourages you to do your best
6. Accepts you for who you are
7. Listens
8. Gives as much as she takes
9. Laughs with you
10. A true friend is safe

Even the most well intentioned friendships can develop unhealthy behaviors and habits. It is important to re-evaluate the relationships in our lives from time to time and see if they still maintain these values. There can be many challenges to teen friendships, especially female relationships. What would be some indicators that a relationship is not so healthy? We all know that girls can be competitive, manipulative and even downright mean. This unfortunately is a reality for almost all girls at some point in their adolescent experiences. But sometimes friendships can truly bring out the worst in us, and this is when we need to decide if it's really worth it. Bullying and cyberbullying are extreme, but unfortunately common examples of unhealthy behaviors/characteristics among female teen friends. Bullying, harassing, victimizing, and meanness are all forms of relational aggression (RA). RA is defined as the use of relationships to harm others. A true friendship should never hurt physically or mentally.

Like a flower, friendships need to receive care and attention to grow. Here are some excellent ways to make sure we are nurturing our friendships and thus nurturing ourselves.

- Hobbies are a great way to bond with like-minded people. This not only gives you and your friend something to talk about, but an experience to share together and build- upon.
- Have several different groups of friends. Researchers in social development note that girls often surround themselves with three or four good friends versus boys who often have three or four different groups of friends. Having more than one group of friends is vital to resiliency, as well as stimulating to your varying interests.
- Connect with girls from all over the world. This could be as simple as using the internet or writing to a penpal. However, the more adventurous adolescent girl could consider becoming an exchange student.
- Finally, and most importantly, remember to always have fun with your friends. Sometimes, a sense of humor can make the difficult times in our friendships seem just a little bit easier.

*Continued on next page*

## Cyberbullying:

Friendship can be found in the most unusual places and unexpected times in our lives. In adolescence, friendships are forming the persons that we will become as adults. Friendships are influenced by the other relationships we experience in our lives, such as with our mothers, fathers, siblings, teachers, neighbors, etc...



*"Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything."*

— Muhammad Ali.

The lessons of friendships and relationships, even though not always taught at school, are often learned as we grow and develop into adults. It cannot be stressed enough that caring adults, who provide unconditional love and support, will create caring girls who provide unconditional love and support to each other.

### Bibliography for Article

1. "Chicken Soup for the Teenage Soul". Jack Canfield, Mark Victor Hansen and Kimberly Kirberger. Published by Health Communications, Deerfield Beach, Fla. 2002.
2. "Girl Wars, twelve strategies that will end female bullying. Cheryl Dellasega and Charisse Nixon. Published by Simon and Schuster. N.Y., N.Y. 2003.
3. "GirlWise" Julia Devillers. Published by Three Rivers Press, N.Y., N.Y. 2002.



### How is Cyberbullying Different from Face-Face Bullying

1. The victim has no place to hide: the bully can target them anytime and anywhere.
2. Cyberbullying can involve a very wide audience, and the bully is often never even aware of their many reactions.
3. The bully is relatively protected by the anonymity of electronic forms of contact which can act as a safeguard against retaliation or sanctions.
4. The cyberbully does not usually see the response of the victim.

Source: Research on Cyberbullying: Key findings and practical implications, Neil Tippett, Fran Thompson and Peter K Smith.

Some experts suggest that parents sign a contract with their daughters that governs use of the computer and internet. The Girl Scouts offers a downloadable version of "My Online Safety Pledge", to print off your own pledge, go to, <http://jfg.girlscouts.org>.

Source: "Girl Wars". Cheryl Dellasega and Charisse Nixon. Simon and Schuster, N.Y., N.Y., 2002. pp. 30-32.



### Check out online resources for web safety:

[www.cyberbullying.org](http://www.cyberbullying.org)  
[www.stopcyberbullying.org](http://www.stopcyberbullying.org)  
[www.safekids.com](http://www.safekids.com)  
[www.cyberangels.org](http://www.cyberangels.org)

## Preventing Cyberbullying

### Parents

1. Learn the technology. Parents don't be so intimidated by computers that you can't protect your daughters.
2. Know where your daughter is when she is on the computer, just like you would if she were leaving the house.
3. Don't ever give a child control of master passwords.
4. Any behavior that is a crime in real life is a crime on the computer. If a girl is threatened online, definitely contact the police. , such as, [www.missingkids.com](http://www.missingkids.com), , and , which offers online and offline courses.

### Girls

1. Protect your personal information. Never give out your name address, phone number, or anything else that will reveal your identity.
2. Don't create a screen name that tells others anything personal about you, and don't assume you know anything about anyone else from his or her screen name.
3. Be aware of identity theft. Make sure you know who you're talking to and who's talking to you.
4. Be careful what you say in e-mails, chat rooms or instant messages. Remember that others won't know your intent and it is easy to misinterpret when you can't see someone's face or hear his or her voice.
5. Adopt an IRL principle: In Real Life. Meaning, your actions on the internet should be the same as in real life.

### Check out online resources for bullying prevention:

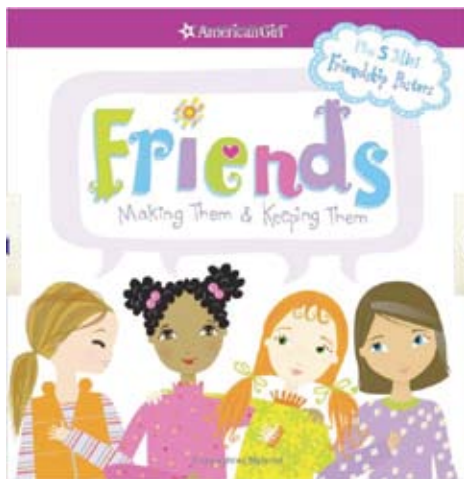
[www.bullying.org](http://www.bullying.org)  
[www.no-bully.com](http://www.no-bully.com)  
[www.stopbullyingnow.com](http://www.stopbullyingnow.com)  
[www.stopbullyingworld.com](http://www.stopbullyingworld.com)

# Books for Girls on Friendship:

Reviews written by Carrie Whitaker:

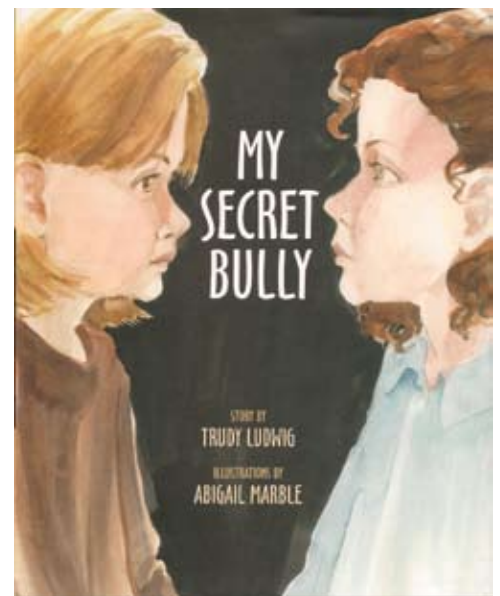
## For Middle School Girls:

There are two recommended books about friendship in the “American Girl” series that would be good reads for early middle school aged girls. Both books have bright colors, fun fonts and great illustrations to keep attract middle school girls’ interests. The material is written in developmentally appropriate language for middle school readers, and contains fun tips, quizzes, activities and crafts that will also appeal to the 9-13 age group.



The first book “Friends: Making Them & Keeping Them” offers all kinds of advice on how to meet new girls and make new friendships. The book offers suggestions for girls on ways to find new friends. It also offers strategies, tips and games for conversation starters with new friends. After making new friends, the book discusses the importance of maintaining healthy friendships. It talks about ways to be there for friends, such as sticking up for friends when they’re being bullied or being available to friends when they are experiencing difficulties at home. The book also lists “Ten Trouble Starters” which are ten behaviors that will likely bring conflict into friendships, such as telling a secret, talking about someone behind their back, or intentionally embarrassing a friend in front of others. The book highlights tips and strategies for handling conflict in a respectful manner when it does arise with friends. There are also suggestions made for numerous friendship crafts and activities to enrich the bonds of trust and fun that are so fundamental to healthy friendships.

As the title suggests, the book “A Smart Girl’s Guide to Friendship Troubles” is a great resource for middle school girls dealing with conflict in their friendships. The book is broken into chapters about friendships, hot spots in friendships, how to handle conflict, how to handle fair weather friends, how to stand up to bullies, and finally (and most importantly) how to feel good about yourself so that you can be a good friend. Most of the chapters contain quizzes for girls. Some of the quizzes titles are “True Friend Test”, “Do You Speak Up?”, “Are You in a Toxic Friendship?”, “How Much are You Being Swayed by the In-Crowd?” All of the chapters contain a “Friendship File” which is a real life example of what is being discussed in that chapter. The “Friendship File” describes a situation, tells what the girl did to address the problem, and how the situation ends up being worked out. This book is a great resource for girls to refer to when they are having difficulties with their friendships.



## For Girls ages 8-10

### **My Secret Bully** Written by Trudy Ludwig

For parents and educators, this is a great book to share with girls between the ages of 8-10. It’s a short story written about Katie and Monica who have been friends since Kindergarten, and now as the girls have grown older the friendship is changing. The friendship is changing because Monica is the target of emotional bullying from her Katie and some other girls in her grade. In the story, Monica struggles with why Katie is being mean to her all of a sudden, and how it is affecting her at physically and emotionally at school and at home. Through the course of the story, Monica finds support in her mother, and she develops some strategies to address Katie when she is bullying her. This is an insightful story to share with middle school girls, and the book also has some discussion questions and tips for parents and educators to use.

# Ask Kat: a place to get answers to your questions!



**Kathleen Hastings** is an RN and certified massage therapist who works at Penobscot Bay Medical Center. She lives with her two children, dog and cat.

**Dear Kat:** My mom is always telling me to finish my milk and eat my green leafy vegetables, to get as much calcium as possible. I guess both of my grandmothers have osteoporosis and my mom says I can get it too when I am older. Is this true? Is my mom right, does calcium stop osteoporosis? I want to do whatever I can to make sure I stay healthy and strong.

Signed, Bone Builder.

Submit confidential questions to GirlFormation and Kat will get you accurate and helpful answers and information!

Now available online at [www.GirlFormation.com!](http://www.GirlFormation.com!)

Osteoporosis is a disease caused by the thinning of bones. Bone, like all other living tissue in our bodies, is constantly replacing itself throughout life. Physical activity and eating a healthy diet, with adequate calcium and vitamin D in our youth, will encourage bone building when it matters most and create a lifelong advantage. Some bone loss is normal as we age. However, a family history of bone loss or osteoporosis, can present an even higher risk for development of the disease. Therefore, prevention of this disease is imperative and begins in our youth.



[www.girlshealth.gov/bones](http://www.girlshealth.gov/bones)

It is never too late to begin strengthening your bones. From the day you are born, your bones are built and strengthened with calcium. In fact, when a young woman is in her 20's, her bones will be their strongest ever. To make sure your bones are strong, even after you're in your 20's, 30's, 40's and 50, you need to get enough calcium in your youth and keep getting it. Calcium cannot do its job without vitamin D. This important vitamin helps your bones to use the calcium they get from the foods you eat. Vitamin D is usually added to common foods we eat, like milk, orange juice, cereals and yogurt, helping to ensure that we are meeting the recommended daily allowance of, 200 international units. Calcium is found in dairy products, such as, milk, cheese, and yogurt. It can also be found in green leafy veggies like, broccoli, kale, and

spinach. Similar to vitamin D, calcium is added to many common food products like, orange juice, waffles/cereals and bread. Girls, ages 9-18, need 1,300 milligrams of calcium per day. That is 130%, the recommended daily allowance, these recommendations are different for healthy adult women, pregnant/lactating women, the elderly and infants/toddlers. Consuming a daily multivitamin can also help to supplement our bodies calcium intake.

Another factor vital to bone building is the need for weight bearing activity. Our bones need to be challenged and exercised daily to encourage their development and strength. Bones need to work against gravity to stimulate new bone tissue to form. Bones are living tissue which are connected to muscles; therefore weight bearing activities, which pull on muscles, also pull on the bones, thus making both the muscles and the bones stronger. Some examples of bone strengthening activities include, running, playing a sport, like basketball or soccer, dance, yoga, walking, hiking, even cheerleading and gymnastics. Any exercise where your muscles and bones are working against gravity are great for prevention of bone loss. Strong bones need calcium, vitamin D and bone-strengthening activity. It is not enough to only eat right or only do lots of bone strengthening activity. It takes both to make bones strong. Be good to your body over your lifetime and the reward will support you physically, mentally, spiritually and financially.

### Reference/Resource List

1. [www.cdc.gov/powerfulbones/parents](http://www.cdc.gov/powerfulbones/parents).
2. FDA kids homepage.
3. Milk matters.
4. [www.girlshealth.gov](http://www.girlshealth.gov).
5. Food guide pyramid.

### Bibliography for Article

1. [website=www.cdc.gov/powerfulbones/parents](http://www.cdc.gov/powerfulbones/parents).
2. Our Bodies, Ourselves. The Boston Women's Health Book Collective. Touchstone, N.Y., N.Y. 2005. p. 42 and pp. 546-548.

# GirlFormation Camps

The staff at GirlFormation are pleased to present the September, 2009 to June, 2010 camp topics.

## Body Image Camp

Body Image Camp allows participants to come together and engage in specific activities that are centered on encouraging positive body image. Activities and topics include:

- Games, quizzes and peer interviews surrounding peer pressure
- Eating disorder education
- Impact of media on teenage girls
- Arts and crafts that encourages self reflection



above, a body image camp activity

## Making Cents of Money

Making Cents of Money is a new camp to our program. This camp is an introductory outline to personal finance. Activities and topics include:

- Credit card management
- Balancing check books
- Buying a car and saving for college
- Investing in your future

## Healthy Relationships

Healthy Relationships is another new camp to our program. This camp allows teenage girls to get together to discuss positive peer relationships, make new friends, learn skills related to peer counseling and educate one another about abuse within relationships and friendships. Activities and topics include:

- Healthy vs. unhealthy friendships
- Healthy vs. unhealthy relationships
- Peer Counseling and support
- Bullying & Cyberbullying
- Relationships with parents and teachers

Please e-mail Christina Francis at [cfrancis@girlformation.com](mailto:cfrancis@girlformation.com) for available dates. Check us out online at [www.girlformation.com](http://www.girlformation.com)

Participation, materials, and lunch are free. Spaces are limited.

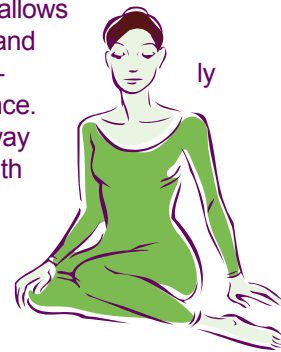
[www.GirlFormation.com](http://www.GirlFormation.com)

visit [www.girlformation.com](http://www.girlformation.com) to view newsletters, copy & paste articles, and sign up for future Camps.



## GirlFormation Collaborations: Yoga Club

Certified Yoga Instructor, Carrie Whitaker, has been offering 6 week sessions of yoga classes to girls at Wells Junior High for the last four months. Approximately twenty girls in the Wells-Ogunquit community have taken advantage of the great opportunity to practice yoga after-school at no cost to participants and transportation being provided by the Wells-Ogunquit School District. The program has expanded to include two classes a week. Each week, the instructor selects a theme, designs a series of yoga poses to compliment the theme, and gives the girls a handout to help them continue their yoga practice at home or share with their parents. Each yoga class also includes stretching at the beginning and the end of class as well as a short meditation at the end of each class. The girls have enjoyed learning a new physical exercise that connects the mind and body. This mind and body connection allows girls to better understand themselves individual-ly and gain self confidence. Yoga is also a great way for the girls to cope with the many stresses of junior high life!



## Book Club

GirlFormation is sharing books we've purchased for our book clubs at no cost to local schools. Guidance Counselor, Marianne Tozier, at Lyman Elementary School is the first educator to take advantage of this great opportunity! Ms. Tozier will be conducting a book club at the elementary school for fifth and sixth grade girls with copies of "Lake Rescue" from the Beacon Street Girls Series. If you are interested in conducting a book club for girls, please contact us to see if we have books available for you to borrow. GirlFormation will send the books to the school at no cost to the educator. The books are on loan to the school for an eight week period before being returned to GirlFormation. If you would like to be the next school to take advantage of this great opportunity, please email Carrie at [cwhitaker@girlformation.com](mailto:cwhitaker@girlformation.com)!

Every year, thousands of girls across Maine gain valuable knowledge while providing the community with a special treat – Girl Scout cookies.



Since 1917, the Girl Scout cookie activity has become a famous annual event that has helped girls develop important leadership skills they will use throughout their lives. Through the Girl Scout Cookie Program, girls set goals, take orders, manage inventory, learn money management, and develop marketing skills. Essentially, the girls run their own business! The Girl Scout Cookie Program is such a success that it has become the premier business and economic literacy program for girls in the United States.

**Cookie Description:** A rich vanilla cookie drenched in caramel, sprinkled with coconut and laced with dark cocoa stripes.

**Recipe:** Chocolate Coconut Caramel Dessert

**Ingredients:**

- 1 box Girl Scout Caramel deLites
- 3 tablespoons margarine, melted
- 1 pkg. (8 oz.) cream cheese, softened
- ¼ cup sugar
- 2 tablespoons milk
- 1½ cups non-dairy whipped topping, thawed
- 1¼ cups cold milk
- 1 pkg. (4-serving) instant coconut pudding and pie filling
- ¼ cup toasted coconut
- 3 tablespoons semi-sweet chocolate mini morsels

Non-stick cooking spray

**Instructions:** Place cookies in a food processor or blender; process until fine crumbs. Spray bottom of a 9-inch square pan with non-stick cooking spray. Combine cookie crumbs and margarine; press evenly in bottom of prepared pan. Using an electric mixer beat cream cheese with sugar and 2 tablespoons milk until smooth. Blend in ¼ cup whipped topping. Spread evenly over cookie layer. Pour 1¼ cups milk into a bowl. Add pudding mix and beat 1 to 2 minutes or until smooth. Pour over cream cheese layer. Chill several hours or overnight. Spread a thin layer of coconut on a baking sheet and bake in 325°F oven for 6 to 8 minutes, stirring frequently; cool. Just before serving, spread remaining ¼ cup whipped topping evenly over top of dessert; sprinkle toasted coconut and mini morsels on top of dessert.



**Cookie Description:** Savory shortbread slices with creamy, lemon-iced bottoms

**Recipe:** Girl Scout Lemonades Crunch Cheesecakes with Caramel Apple Topping

**Ingredients:**

- 8 Girl Scout Lemonades; 5 crushed, and 3 broken into small pieces
- 4 teaspoons melted butter
- 1 pkg. (8 oz.) cream cheese, softened
- ¼ cup sugar
- ¼ teaspoon vanilla extract
- 1 egg

Garnish:

- 1 cup finely chopped apple
- ½ cup caramel flavored topping (warmed)

**Instructions:** Preheat oven to 350°F. Place 6 foil baking cups in a muffin pan. Combine the crushed cookies and butter. Press the crumb mixture into the bottom of each foil cup. Beat cream cheese, sugar, and vanilla in large bowl with an electric mixer on medium speed until blended. Add egg; beat on low speed just until blended. Stir in cookie pieces and spoon batter evenly over lemon crunch crust. Bake 15 - 20 minutes or until centers are almost set. Cool. Refrigerate at least 2 hours or overnight. Just before serving, remove cheesecakes from the foil cups. Top each cheesecake with chopped apples and warm caramel topping.



**MARCH 14** marks the start of public cookie booth sales statewide!

If you didn't connect with a Girl Scout who ordered cookies for you, you'll be glad to know that the cookies will also be sold at public venues — these "booth sales" will take place from March 14th through April 18th.

Augusta 3/14 10:00 - 8:00  
Civic Center

Bangor 3/14 10:00 - 3:00  
Sam's Club

Newport 3/14 9:00 - 3:00  
Hannaford

South Portland 3/14 10:00 - 5:00  
Shaw's Millcreek

Farmington 3/20 10:00 - 12:00  
Walmart

Brunswick 3/21 10:00 - 6:00  
Shaw's

Machias 3/21 8:00 - 12:00  
EBS

Rockland 3/21 8:30 - 3:00  
Walmart

Biddeford 3/22 10:00 - 4:00  
Lowe's

Auburn 3/28 9:00 - 5:00  
Walmart

Caribou 3/28 1:00 - 4:00  
Sleeper's Supermarket

Orono 3/28 10:00 - 2:00  
Bell's Orono IGA

Falmouth 3/29 9:00 - 6:30  
Walmart

Portland 4/3 4:00 - 8:00  
Maine College of Art

Damariscotta 4/4 9:00 - 1:00  
Maine Coast Book Shop

All booth sale locations are also posted on the Girl Scouts of Maine Web site at: [www.girlscoutsofmaine.org](http://www.girlscoutsofmaine.org)

# GirlFormation

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PRSR STD  
US POSTAGE  
**PAID**  
HALLOWELL, ME  
PERMIT #238

Dear Readers,

This edition of GirlFormation is the second part of a two part series on relationships. In this newsletter, we examine the complexity of girls' peer relationships. We offer some great resources for girls on friendships. We also offer some great tips and websites to assist parents, educators and girls with the painful reality of bullying and cyberbullying.

In the spirit of friendship, we also highlight some collaboration opportunities in this edition of GirlFormation. Please look to page 6 to see some ways GirlFormation has been partnering with Maine communities to enrich the lives of Maine's girls. On page 7, you will find our collaboration with the Girl Scouts of Maine as we've included two delicious Girl Scout Cookie Recipes as well as Cookie Sales Booth locations across the great state of Maine. As always, we hope you enjoy this edition of GirlFormation. If you have any suggestions for future newsletter themes, please feel free to email me at [cwhitaker@girlformation.com](mailto:cwhitaker@girlformation.com).

Thanks for your continued support,  
Carrie Whitaker, Editor

*"The only way to have a friend  
is to be one."*

*— Ralph Waldo Emerson*

If you have a friend that would like to receive  
*GirlFormation*, please send the address  
to Carrie at [cwhitaker@girlformation.com](mailto:cwhitaker@girlformation.com)  
remember, there's no cost to subscribe!

*"A friend is a gift you give yourself." — Robert Louis Stevenson*