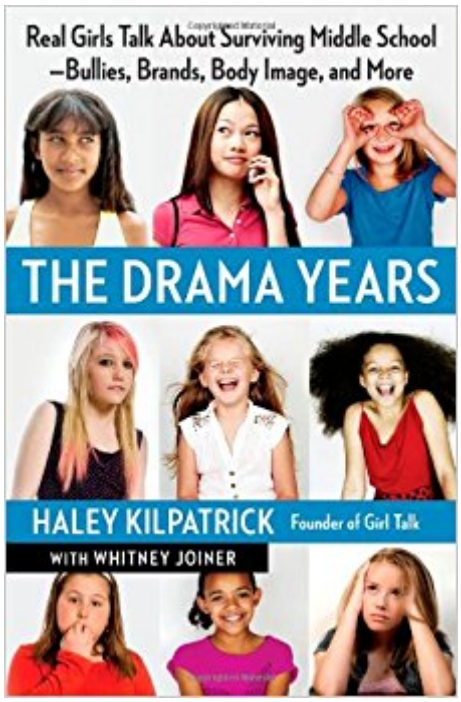
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The Drama Years: Real Girls Talk About Surviving Middle School -- Bullies, Brands, Body Image, And More



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Synopsis

Todayâ ™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 formativeâ ”and riskiestâ ”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 Kilpatrickâ ™s own turbulent middle school experience inspired Girl Talk, a nonprofit organization in which high school mentors offer a â œjust been thereâ • 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 friendsâ ™ approval is suddenly vitally important, why she feels pressured to be perfect, why sheâ ™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

Paperback: 288 pages

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Age Range: 10 - 13 years

Grade Level: 5 - 8

Customer Reviews

â œThe Drama Years is a great overall primer for anyone with a young teen girl in her life. And the

girls will love reading it too! I will highly recommend it to the parents, teachers, and girls I work with.â • â ”Rosalind Wiseman, author of Queen Bees and Wannabesâ œThe Drama Years is a wonderful, compassionate, and extremely helpful book. It is a must for any parent with a middle-school-age daughter. Haley Kilpatrick tells it exactly â “ word for word â “ as it is. She understands what they are going through, and she gives truly helpful and specific advice. The book is upbeat while at the same time it deals with all of the toughest issues that young teenage girls must face. All parents of young teen girls will love it.â • â ”Anthony E. Wolf, Ph.D., author of Get Out of My Life, But First Could You Drive Me & Cheryl to the Mall?â œEven the closest of parent-child relationships can benefit from this book. The more we listen, the more we help to raise a generation of self-empowered, confident women.â • â ”Lucy Danziger, SELF Magazine editor-in-chief and author of The Drop 10 Diet and The Nine Rooms of Happinessâ œThe Drama Years is filled with heart-stirring stories, just-been-there advice from recent teens, and practical, actionable tips for parents. It’s full of real girls talking about everything from stress and body image to love and materialism. Reading this book, I cringed in recognition of my own drama years, just wishing this book had been around back then and so grateful I’ll have it as a guide for my own daughter.â • â ”Melissa Walker, cofounder of I Heart Daily and author of Small Town Sinnersâ œA must-read for any parent struggling to understand her tween daughter and all the â ˆdramaâ ™ in her life. Haley Kilpatrick tells it from a girl’s perspective with real solutions for grownups.â • â ”Chandra Turner, executive editor, Parents magazineÂ "Pre-teen years are so tough for girls, and adults often aren’t sure how best to help. Thankfully, we haveÂ the middle school and high school girls who share their hearts and minds in these pages to guide us, telling parents exactly what will help them survive The Drama Years." â ”Julie Foudy, former captain US Women’s Soccer Team and Founder of Julie Foudy Sports Leadership Academy

Haley Kilpatrick started Girl Talk, a program to help middle school girls deal with the pressures and anxieties of being a young teen. Haley graduated from Kennesaw State University with her BS in communication. She travels the country speaking and motivating youth, teachers, and administrators on the importance of mentoring.Whitney Joiner is a former features editor at Seventeen and has contributed to a number of newspapers and magazines, including Teen Vogue, Glamour, Redbook, The New York Times, Time, and more.

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.

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.

Excellent information for tweens. I bought this for one of my granddaughters. I have read thru this prior to giving it to her. Highly recommend this book.

My daughter is on the cusp of the "Drama Years" and I am not looking forward to it! I bought this book (kindle version) after reading reviews on a lot of similar titles mostly because of the anecdotes from girls in the middle school grades and just girls just through them. These were good, and real, sometimes painful to read but I wished that the author, who reminds the reader often she is NOT a trained psychologist, had been able to go a little more deeply into the issues raised. I I find myself mentioning the book to friends in a positive way but not necessarily recommending they run out and buy it. I do think I will refer back to different chapters from time to time and the takeaway of an older girl mentor, an anchor activity and helping hand are things I will help my daughter find.

A great read and very informative! A must have for anyone who has a teen daughter or works with teen girls in today’s culture

Great book to read for all parents of teenagers and pre-teens. Good reminder of what the sees years entail.

Great updated information for us grandparents that are really removed from social tech world!!

Purchased for class but found it to be extremely repetitive in subject matter. Theory of author good but found myself browsing last half of book as it felt like pretty simple in nature.

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