



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

Haley Kilpatrick, Whitney Joiner

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Today's middle school girls have it rough. In those few short years, girls go through an incredible number of biological and emotional changes, making it the most formative - and risky - time in their lives. Groups form and turn on each other, childhood friends can reveal trusted secrets just 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 for parents, teachers and anyone who works with middle school girls. Written from the trenches, *The Drama Years* is packed with anecdotes from real girls around the country, who offer their insight into:

- Why her friends' approval is suddenly vitally important
- What drives her obsession with name brands
- Why she feels pressured to be perfect
- Why she's no longer telling you 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.

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