



GIRL TOUGH

Identity

BEING A GIRL CAN BE TOUGH,
BUT SO ARE YOU

A GUIDED JOURNAL TO HELP YOU
DISCOVER WHO YOU REALLY ARE



Shaylene King
&
McKenna Stoddart

A PROJECT OF THE MEAN GIRL
EXTINCTION PROJECT





CHAPTER TWO

Friends

Let's talk about it

Did you know the friends you choose can hugely influence the person you become? They can impact your values, affect your attitudes and influence the decisions you make. So, it goes without saying... (but I'll say it anyway), it's super important to choose your friends wisely!

My cheer coach once said, "Tell me who your friends are, and I will tell you who you are." Her point was this: if you choose friends who are kind, inclusive and encouraging, you will likely also be kind, inclusive and encouraging.

But the same can also be true... if your friends are insecure, unkind and gossipers, you will probably find yourself to be insecure, unkind and a gossip. Funny how that works, huh? Unfortunately, I learned this the hard way. In middle school, I traded my two good friends to be part of the "cool" crowd. THE. WORST. YEAR. EVER! My new friends were toxic. Gossiping, backstabbing and girl drama were rampant, and I fully participated in all of it. By summer, I had developed low self-esteem, poor body image, and my insecurity was off the hook. I went from being happy and positive to negative, angry and untrusting. What changed? The answer is simple. When you spend time with your friends, their behavior, values and attitudes can rub off on you. The question is, what's actually rubbing off on you? Does it positively or negatively influence you?

The truth is, friends will influence you. The good news is - YOU get to decide who your friends are and just HOW they will influence you.

-Shaylene



GET INTO IT

Thermometer - Friendship Quiz

What is the temperature of your friendships? Are they healthy or unhealthy?

Think of your friend group, or a close friend. Go through the list of healthy/unhealthy characteristics. For each true characteristic about your friendship/(s) write the characteristic on the line next to the correct thermometer, then color in the thermometer. Which thermometer is higher? What do you think these thermometers say about the health of your friendships? Notice the characteristics you filled in for both thermometers. What needs to continue, what needs to change?

Healthy Relationship

Accepting of you
You can express yourself freely
Compliments others
Honest
Kind
Speaks up when something's wrong
Authentic
Laughs with you
Upfront
Avoids drama

Unhealthy Relationship

Criticizing/Degrading
You feel scared to express yourself
Makes fun of others
Lies
Unkind
Cares only about themselves
Fake
Laughs at you
Manipulative
Creates drama

Healthy Relationships



Unhealthy Relationships



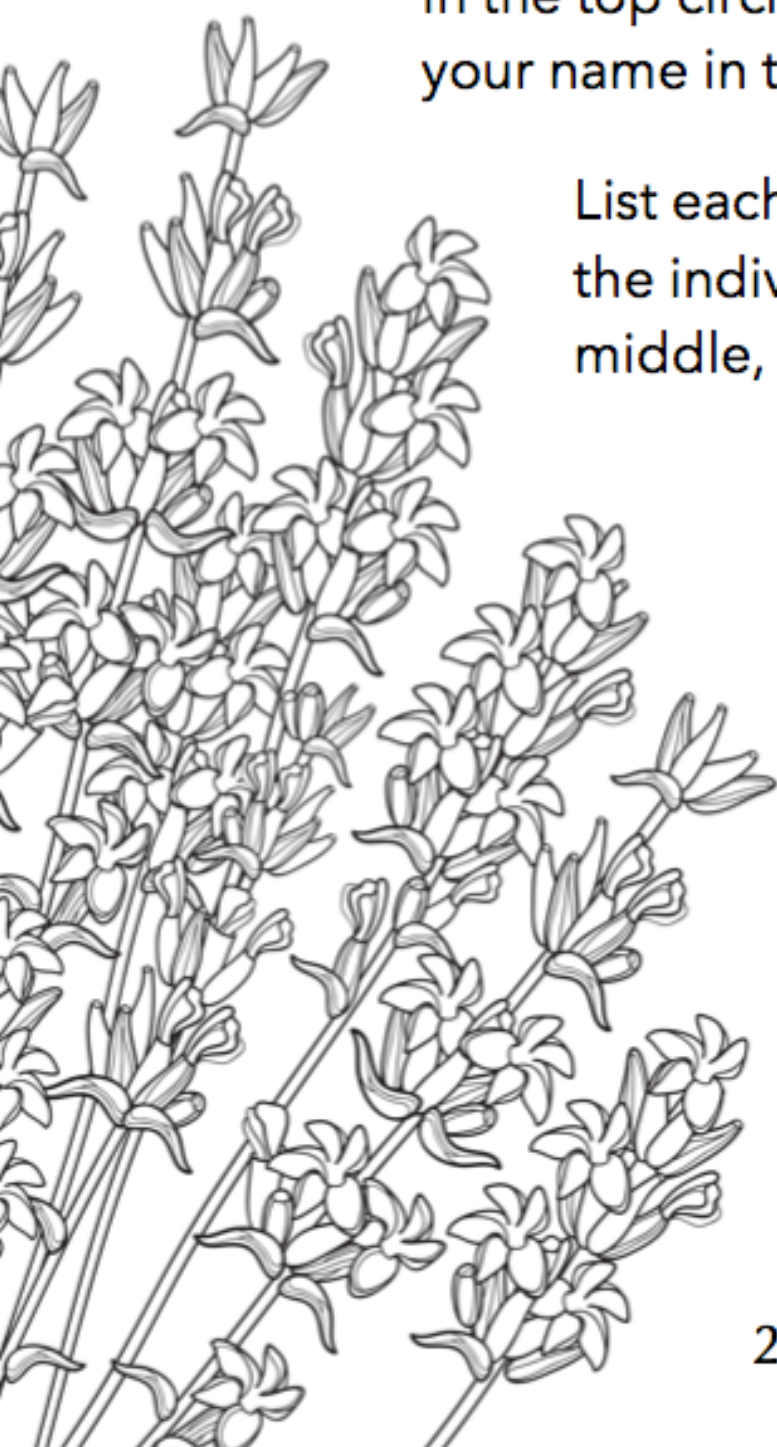
Friendship Venn Diagram

Have you ever wondered why you are friends with someone? Maybe it's because of something you have in common or perhaps it's because you're so different! Sometimes it can help to see things laid out in front of you. Compare yourself to a friend.

In the top circle put your friend's name. Put your name in the bottom circle.

List each of your unique qualities in the individual circles, then in the middle, capture your similarities.

What do you have in common? How are you different? How do your unique individual qualities affect your friendship?



FRIEND

SIMILARITIES

YOU



[illegible]

2. Write about the history of one of your friendships.
Include: How did you meet, why did you choose them as a friend, what do you do for fun, how do you resolve conflicts, and what do you wish for your friendship?

3. Refer to your Friendship Thermometer exercise - let's unpack it. Do you have any negative friendships in your life right now that you realize are not good for you? What is it that makes them unhealthy for you? Are they worth saving? Or do you need to think about letting them go?



You go girl



- ☐ July 30th is International Friendship Day! Send a card “old school” through the mail to your friends and tell them what you appreciate about them.
- ☐ Create a positive song playlist specifically for you and your friends and share it with them.
- ☐ Go out of your way this week to be a good friend. Send an encouraging text, surprise your friend with their favorite candy bar, drop a note in their locker or pick something else you know would make your friend's day!

"CHOOSE KIND
INCLUSIVE
ENCOURAGING
FRIENDS & YOU
WILL LIKELY
BECOME KIND
INCLUSIVE &
ENCOURAGING."



Thank you for downloading the **FREE** chapter of *Girl Tough, Identity!*

We know being a girl can be tough, so we created this interactive journal to help girls navigate who they really are. When a girl is confident with her identity, she is more likely to be a positive influence in girl world.

For the complete interactive journal, it will be available to pre-order on Amazon April 10th!

We can't wait to share our interactive journal ***Girl Tough, Identity*** with you.

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Shaylene, Mckenna and
The Mean Girl Extinction Project Team

PS...

Want more ways to encourage girls? Check out our programs at tmgep.com.