



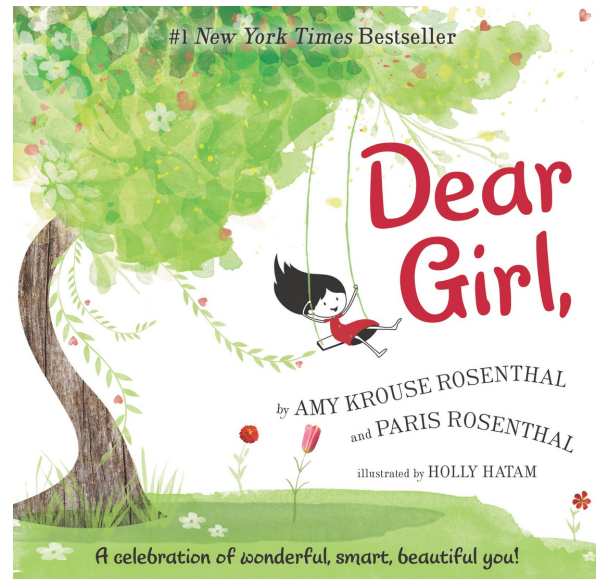
DEAR GIRL

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SUMMARY

Sometimes we say certain things to girls that teach them that there is a specific way for girls to be. This book teaches girls that there are so many different ways that they can be, so many things they can do, and so many ways to be confident and true to themselves as they navigate life.

There's a companion book, Dear Boy, that goes together with Dear Girl very well.



Questions:

1. Have you ever heard anyone tell a girl they talk too much? How would it feel if you had something to say and someone told you to be quiet?
2. Does every girl like sparkly things? Does every girl like mud? Is there anything that's true about all girls, or are all girls different and special in their own way?
3. How would you feel if you focused on the things you don't like when you look in the mirror? How would it feel if you did your best to focus on the things you do like? What are your favorite things about you?
4. Is it okay to feel bad? Is it okay to cry and to want to be alone? Does everyone feel that way sometimes? If someone wants to be alone, what should you do?
5. If you could make your bedroom look however you want, what would it look like? Would everyone's be the same? Would everyone's be something you like? Does you not liking it make it ugly?
6. Are all your friends just like you? Is it possible to be friends with people who don't have very much in common with you? Is it possible to be friends with someone who looks different from you?
7. Sometimes we get taught that the most important thing is to be nice, even when others aren't being nice to you. While it's not good to be mean to people, is telling them "no" when something makes you uncomfortable mean? Is it a bad thing to say "no" when it means standing up for yourself? Is it okay to say "no" anytime you feel uncomfortable?
8. Should you have to do everything exactly the same as everyone else? Is it okay to be different? When you meet someone different from you, how should you treat them?
9. Do you ever hear a voice in your head telling you mean things about yourself? Should you listen to that voice or listen to the kind voice in your head?
10. Do you have someone you can always turn to? Are you that person for anyone?