

DEVELOPMENTAL RESOURCES PRESENTS A ONE-DAY PROFESSIONAL SEMINAR ON

MEAN Grades K-12 Girls

What Educators Can do to Address and Prevent Female Bullying, Cyberbullying and Relational Aggression



Learning Objectives

In this information-packed seminar, you will learn to:

- Integrate the latest research-based insights into your bullying and relational aggression prevention program
- Identify online communication and social media trends affecting today's girls
- Discover how to instill social/emotional connections among girls
- Implement individual, small group and classroom strategies and activities
- Design or revise your own action plan for addressing female relational aggression.

Bring the Mean Girls Seminar to Your School or District!

MEANGirls

The focus of this one-day seminar is to provide educators gender-specific strategies, activities and insights that can be used to confront and avoid relational aggression and bullying. These interventions can be used to revive, launch or sustain efforts to prevent emotional violence among girls. Without help, girls who are targets often suffer lasting effects – including academic withdrawal, social withdrawal, depression, substance abuse, risky sexual behavior, delinquency, crime, dysfunctional relationships, self-injury and even suicide. Unfortunately the target herself all too often becomes a bully.

Relational aggression among girls has intensified with the explosion of online communication/social media. While texting and Facebook are still widely used, Twitter, Instagram, Snapchat, Tumblr, Vine, Google+, Skype, Oovoo, Facetime, Omegle, Whisper, Yik Yak, Ask.FM, reddit, Digg, Pinterest, Polyvore, Kik and WhatsApp are growing fast, and 91% of North American teens now have access to a smart phone, according to 2015 Pew Research. Except for gaming, girls are far more likely than boys to access these online options.

This seminar will help attendees understand the latest research concerning female bullying and relational aggression – which often exhibits as exclusion, isolation, rumoring, gossiping, pitting friends against one another, revealing personal secrets and/or altering personal secrets. Attendees will be provided tools for instilling social/emotional connections among girls that reduce relational aggression and improve academic outcomes.

For more information or to schedule your training, contact us at:

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About the Presenters

Steph Jensen, MS, LPC is an award-winning author and speaker recognized for her insight into relational aggression. She combines her experience as both a classroom teacher and a professional counselor with research, practical strategies and humor to address challenging behaviors and build positive relationships with kids. She is the author of *Thrive in the Hive: Surviving the Girl's World of Good and Bad Relationship Bee-haviors*, Mom's Choice Award-winning *Princess Priscilla and the Bully-Bee Day*, *Princess Priscilla and the Mood Ring Rainbow* and *Princess Priscilla and the Great Beezilla!*



Tracie Berry-McGhee, M.Ed., NCC, LPC

Tracie founded the SistaKeeper Empowerment Center in St. Louis 12 years ago with the mission of inspiring and developing the mind, body and spirit of young women. SistaKeeper has since spread to other locations within the United States and several other countries. Tracie also continues to serve the community via her private counseling practice, which specializes in women and teen girl issues. She is often called upon to speak on topics such as conflict resolution, dealing with low self-esteem and bullying. Tracie is the author of *SistaKeeper Poetry for the Soul, I'm a Keeper* and *OWN your NOW*.

Standard Agenda

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| 8:30 - 10:00 am | How Nature and Nurture Influence Relational Aggression/Bullying <ul style="list-style-type: none">• Research Implications from Brain Research• Gender Identity, Socialization and Parenting• Current Trends & Practices to Promote Self-Awareness and Support Healthy Identity Development |
| 10:15 - 11:00 am | The Impact of Social Networking & Technology on RA <ul style="list-style-type: none">• Current Social Media Sites and Implications• Social Media Case Studies and Interventions |
| 11:00 - 12:00 pm | Prevention Strategies for Schools <ul style="list-style-type: none">• How a Trauma Informed Approach Can Prevent RA Behaviors in Schools• Trauma Informed Supports for Victims and Perpetrators of RA• Wellness Wheel: 5 Dimensions of Wellness |
| 1:00 - 2:15 pm | RA and Mental Health <ul style="list-style-type: none">• Common Mental Health Diagnoses Associated with RA<ul style="list-style-type: none">• Identify Connections and Risk Factors between RA and Girls' Mental Health• Internalizing vs. Externalizing Disorders: Depression and Anxiety• Self-Injury and Suicide Ideation |
| 2:30 - 3:30 pm | Individual & Group Strategies to Address RA <ul style="list-style-type: none">• Mindfulness and Resiliency Activities• Next Steps to Success: Initiating Your Action Plan |
| 3:30 - 4:00 pm | Networking Group Discussion (Optional Attendance) |