

How Communities Can Help:

- Create community strategies to promote cooperation and to confront bullying among girls.
- Educate parents.
- Provide comprehensive training for school caregivers in dealing with girls relational aggression, starting in preschool.
- Increase academic support for struggling students and parents.
- Encourage and model emotional maturity.
- Advocate for clear expectations and consequences for aggression among girls.
- Encourage older girls to mentor younger girls who fall into these self destructive behaviors.

How to Fund Programs to Prevent, Educate and Solve Girl to Girl Violence?

Tax entertainment industries that make money off violence in music, films and on television.



For Further Help and Information

Call HopeWorks at (860) 561-1175, ext. 0
or email us at hopeworks@snet.net.
or
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### Contributions to HopeWorks

HopeWorks is a 501(c)(3) organization. All contributions are very gratefully accepted.

## **Harm2Harmony:** Intervening in High School Girls' Relational Aggression

*"Creating opportunities for girls to move from harmful to harmonious relationships"*

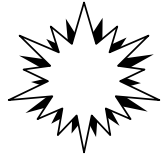


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*Providing hope and help to young people and their families through counseling, education and community outreach*

## Relational Violence Defined

1. Spreading rumors about each other
2. Verbal aggression and threats
3. Shaming messages posted on the Internet
4. Creating intentional problems in close relationships
5. Isolating certain girls
6. Enjoying other people's misery
7. Encouraging girls to fight against each other
7. Physical assault



## Resulting Damage

1. Decline in school focus
2. Lost trust in friendship and family which leads to isolation and depression
3. Violence can cause:
  - a. Expulsion from school
  - b. Lost jobs
  - c. Broken relationships
  - d. Loss of parental rights.
4. Aggressive responses can become habits that are hard to break.

## Why Does This Happen?

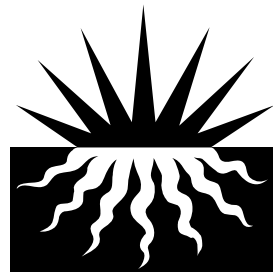
Teen girls feel excluded or taken for granted at home, in school, and/or in the community.

Marginalized girls may have no trusted adults or peers to talk with.

Punitive parenting teaches girls how to use coercive control over others instead of using words to solve problems.

Violent girls may have suffered abuse at home or in romantic relationships.

Family members may teach girls to use physical fighting to preserve family honor and avoid becoming "punks" or "losers".



## Proven Research Methods for Intervening with High School Girls

Provide safe, girls only spaces and times for girls to exchange ideas, form trusting relationships with each other and at least one adult.

Empower girls to make decisions and take action on their own behalf.

Give girls an active role in developing their own programs with supportive adults.

Provide access to job opportunities, support future goals and mentor girls who want to learn life skills.

Directly teach teen girls about the dangers and negative outcomes associated with domestic violence for them and their future children.

Help girls learn negotiation and de-escalation strategies in conflict situations with other girls.