



# Friendship and Other Weapons: Group Activities to Help Young Girls Aged 5-11 to Cope with Bullying

*Signe Whitson*

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Long before most school programs begin anti-bullying campaigns, young girls are getting a full education in social aggression. Girls as young as age five are experiencing acts of bullying, disguised as friendship, that shake the carefully laid foundations of their self-image, personal values, and beliefs about peer relationships.

Based on thought-provoking discussions, engaging games, strength-discovering exercises, and confidence-boosting fun, the hands-on activities in Friendship and Other Weapons build critical knowledge and friendship survival skills such as:

- Recognizing the Red Flags of Girl Bullying
- Responding Assertively to Bullying Behavior
- Realizing Personal Strengths
- Becoming an Ally to Others Facing Bullying
- Resolving Conflicts Directly
- Using Technology and Social Media Ethically

This photocopiable resource book provides educators, social workers and counsellors with a complete, ready-to-use group curriculum to help young girls aged 5–11 build constructive and fulfilling friendships.



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