



The Drama Years: Real Girls Talk About Surviving Middle School -- Bullies, Brands, Body Image, and More

Haley Kilpatrick, Whitney Joiner

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Today's middle school girls have it rough.

In a few short years, they go through an incredible number of biological and emotional changes, making this the most formative—and riskiest—time in their lives. Groups turn on each other, a trusted childhood friend can reveal secrets by sending a text message or updating a Facebook status, and deciding where to sit in the cafeteria can be a daily struggle. As any tween will tell you, life for a middle school girl can be summed up in one word: *drama*.

Haley Kilpatrick's own turbulent middle school experience inspired Girl Talk, a nonprofit organization in which high school mentors offer a "just been there" perspective to tween girls, helping them build self-esteem and develop leadership skills. Here, Haley delivers the definitive guidebook, packed with anecdotes from real girls around the country, who offer their insight into why her friends' approval is suddenly vitally important, why she feels pressured to be perfect, why she's no longer telling her parents everything, and what three vital things adults can offer to the girls in their lives to downplay the drama.

Filled with practical strategies from tweens and teen mentors to help adults understand what girls today are facing, *The Drama Years* is a must-read for anyone struggling to help girls navigate the often difficult transition into adolescence.

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