

# Girls on Board

An approach to help schools help girls (aged 7 to 18) navigate the choppy waters of friendship problems.



Girls are no  
problem, no  
problem at  
all...

- On the whole, girls want to get on with everyone and be happy. However, they sometimes find that the search for trusting and reliable friendships is hard and that without such friendships they feel very unhappy. Their unhappiness is often displayed through tearfulness and even depression. Adults can help in only very limited ways because the problems within friendship groups are very fluid and difficult to express precisely.



ntnumbered

The Girl's Day Out\*



22:3

THE most  
important  
thing is:

EVERY GIRL  
NEEDS A  
FRIEND

Is it not true to say that every girl,  
between the age of 8 and 18, needs  
another girl, in their school, in their year  
group, to call a 'friend'?



What are the advantages and disadvantages?

Group  
sizes:

Pairs  
Threes  
Fours  
Fives?



# Types of Girl Behaviour

- Queen Bees
- Messengers
- Lonely Girl
- Would be Leaders
- Peacemaker
- Hopper
- Girl-in-the-water
- (Use this information wisely – it describes behaviour not girls.)



## Corridor Test

- Where would you put yourself? Front, middle or back?



# Role Play

Three friends:  
Audrey, Ethel and Doris



# Managing parents

- We KNOW why girls lie to their parents; they don't want to get told off. But there are consequences
- No one likes the sympathetic listener to offer solutions, so parents should listen and be nice.
- Who talks to the pet, instead?



# Role Play

Four friends:  
Audrey, Ethel, Doris and  
Clementine



## Summary

- Most girls reckon it gets worse, not better, when grown ups try to get involved in friendship issues. The Girls on Board approach helps you – the girls – to sort the problems for yourselves.
- When friendships get a bit turbulent, the school will call and session, like this one, to reflect back to you all the stuff we have talked about today.

