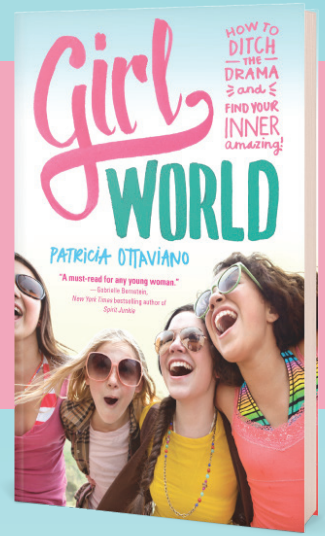


Girl WORLD

PATRICIA
OTTAVIANO

DISCUSSION GUIDE



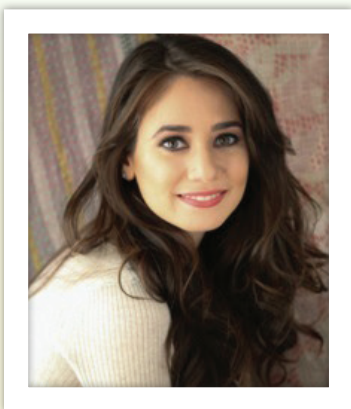
How to Ditch the Drama and Find Your Inner Amazing

Mean stares. Hurtful whispers. The cold shoulder. Being a girl is harder than it looks. In a world where gossip, drama, and rumors seem to be never ending, it's not easy to navigate the halls of middle school or high school without earning a few battle scars.

But what if you could change all that? With practical advice for how to fearlessly stand your ground, hold your own, and dictate your own happiness, *Girl World* will help you move beyond the bad attitudes and transform your insecurities into strengths. From friendship conflicts to the ugly side of social media, learn how to ditch the drama and kick your inner critic to the curb so you can truly start appreciating yourself.

“A must-read for any young woman.”

—Gabrielle Bernstein, *New York Times* bestselling author of *Spirit Junkie*



About the Author

Patricia is the founder of Sister Soldier—Stand Up For Each Other, a nonprofit empowerment program dedicated to stopping girl-against-girl bullying through school assemblies and outreach. Learn more at sistersoldier.org.

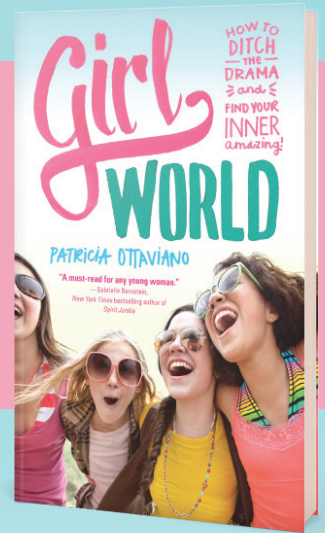


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1. In the beginning of *Girl World*, Trish talks about how problematic and widespread conformity is in schools. What is it about the desire to fit in that causes girls to gravitate toward a certain way of acting, dressing, and speaking? Discuss the pressure to fit in and how that hinders girls from being authentic and unique.
2. What does it feel like to be the “odd girl out”? Reflect on your own experience or imagine how it must feel like to be in that position. In what ways do girls exclude each other?
3. Chapter three discusses stereotypes, labels, and the power of our words. Consider the question posed, “Why do we throw around labels left and right like they don’t mean anything?” What has your experience been like with this? Why are girls so quick to judge and label others? What long-lasting impact does this have?
4. Consider the difference between overt bullying and covert bullying as described in chapter four. Do you agree that girls bully each other more often in subtle ways? Before reading *Girl World*, did you think of those behaviors as bullying?
5. How has social media changed the way girls interact and engage with one another? Do you think your friendships would be better or worse without social media?
6. What steps can girls take to combat online drama and cyberbullying?
7. In chapter six, Trish discusses the benefits of letting go of past resentments and moving forward. What prevents girls from being able to do that? How can forgiveness set you free?
8. Discuss the statement Trish makes in the beginning of chapter seven, “To be honest, I don’t think the majority of us know how to handle controversy in a way that keeps the situation contained and mellow.” Why do you think that small disagreements are so often blown out of proportion? Do you think girls avoid solving conflict directly and head-on? Why?
9. Do you feel teenage girls are more critical or more loving of themselves? What is stopping girls from becoming their very own best friend? Why is it so important to be real and to love who we are?
10. *Girl World* teaches readers how to ditch the drama and find their inner amazing. Which piece of advice stuck with you the most? What lesson, if any, did you have a strong response to?

