



# 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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