# WHY ARE THESE GIRLS SO MUCH DRAMA?!

Gossip, rumors, name calling and nasty looks in the hallway – this is what drama looks like. But what really *is* drama? Simply put, **drama is conflict in relationships.** The best way adults can help girls deal with drama is to **role model and teach the skills** they need to directly and respectfully address conflict.

**76%**
OF GIRLS SAY THAT MOST GIRLS ARE IN COMPETITION WITH ONE ANOTHER

**41%**
OF GIRLS SAY THEY DO NOT TRUST OTHER GIRLS

**1 IN 2**
GIRLS WILL NOT SPEAK THEIR MIND FOR FEAR OF NOT BEING LIKED

## BE A ROLE MODEL

How do you manage conflict? What behaviors do girls see when they watch you handle a tough situation? The way girls see you manage conflict influences how they will manage similar situations. What do you do when:

★ Someone cuts in front of you in line at the grocery store?
★ Someone forwards you a nasty email that a coworker wrote about you?
★ You hear gossip about another person in your friend group?
★ A coworker makes fun of someone's appearance?
★ Your friends plan a get-together but don't want to invite one person?
★ Your daughter tells you that her best friend's mom thinks you are fake?

## TEACH "I" STATEMENTS

We can teach girls to address conflict by teaching "I" statements. We can't expect others to read our minds, so we have to be able to tell people what we want, what we need and how we want things to happen. Here is what that looks like:

**When you _____,**
**I feel _____.**
**I need you to _____.**

**LEARN MORE TIPS IN THE 3-MINUTE VIDEO FROM THE SUPPORTIVE ADULTS = SUCCESSFUL STUDENTS SERIES HERE**

## NO MORE DRAMA

When we say things like, **"these girls are so dramatic"** or **"she's so much drama"** we overlook an opportunity to teach girls the skills they need to effectively manage conflict. Once we **stop labeling girls as dramatic** and **start teaching skills,** we can save our girls and ourselves from a whole lotta drama!

Check-out our **"ROXshort" Video: Why Are These Girls So Much Drama?!** to learn more.

**WATCH HERE:**
Why Are These Girls So Much Drama?!