

# GirlDRAMA

How Educators & Parents Can Use Brain Research & Current Best Practices to Promote Positive Relationships & Prevent Bullying, Cyberbullying & Relational Aggression

Earn  
6 Contact  
Hours!



## Learning Objectives

- Integrate the latest research-based insights into your bullying and relational aggression prevention program
- Identify online communication and social media trends affecting today's girls
- Discover how to instill social/emotional connections among girls
- Implement individual, small group and classroom strategies and activities
- Design or revise your own action plan for addressing female relational aggression

# Bring the Girl**DRAMA** Workshop to Your School or District!

The focus of this one-day training session is to provide educators specific strategies, activities and insights that can be used to confront and avoid girl drama and relational aggression.

Based upon the latest brain research, as well as current best practices, these interventions can be used to revive, launch or sustain efforts to prevent drama and emotional violence among girls. Without help, girls who are targets often suffer lasting effects – including academic withdrawal, social withdrawal, depression, substance abuse, risky sexual behavior, delinquency, crime, dysfunctional relationships, self-injury and even suicide.

Relational aggression among girls has intensified with the explosion of online communication/social media. While texting and Facebook are still widely used, Twitter, Instagram, Snapchat, Tumblr, Vine, Google+, Skype, Oovoo, Facetime, Omegle, Whisper, Yik Yak, Ask.FM, reddit, Digg, Pinterest, Polyvore, Kik and WhatsApp are growing fast, and 92% of North American teens now own a smart phone, according to the latest Pew Research. With the exception of gaming, girls are far more likely than boys to access these online options.

This on-site training will help attendees understand the underlying neuroscience, as well as the latest research concerning drama and relational aggression among girls. Attendees will be provided tools for instilling social/emotional connections among girls that reduce relational aggression and improve academic outcomes.

**For more information or to schedule your training, contact us at:**  
**800-775-9674**  
**AccuTrain.com**

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## About the Presenters



**Steph Jensen, MS, LPC** is an award-winning author and speaker recognized for her insight into relational aggression. She combines her experience as both a classroom teacher and a professional counselor with research, practical strategies and humor to address challenging behaviors and build positive relationships with kids. She is the author of *Thrive in the Hive: Surviving the Girl's World of Good and Bad Relationship Bee-haviors*, Mom's Choice Award-winning *Princess Priscilla and the Bully-Bee Day*, *Princess Priscilla and the Mood Ring Rainbow* and *Princess Priscilla and the Great Beezilla!*



**Tracie Berry-McGhee, M.Ed., NCC, LPC** founded the SistaKeeper Empowerment Center in St. Louis 12 years ago with the mission of inspiring and developing the mind, body and spirit of young women. SistaKeeper has since spread to other locations within the United States and several other countries. Tracie also continues to serve the community via her private counseling practice, which specializes in women and teen girl issues. She is often called upon to speak on topics such as conflict resolution, dealing with low self-esteem and bullying. Tracie is the author of *SistaKeeper Poetry for the Soul*, *I'm a Keeper* and *OWN your NOW*.

## Agenda

- 8:30 am - 10:00 am** **How Nature and Nurture Influence Relational Aggression/Bullying**
- Research Implications from Brain Research
  - Gender Identity, Socialization and Parenting
  - Current Trends & Practices to Promote Self-Awareness and Support Healthy Identity Development
- 11:00 am - 12:00 pm** **Prevention Strategies for Schools**
- How a Trauma Informed Approach Can Prevent RA Behaviors in Schools
  - Trauma Informed Supports for Victims and Perpetrators of RA
  - Wellness Wheel: 5 Dimensions of Wellness
- 1:00 pm - 2:15 pm** **RA and Mental Health**
- Common Mental Health Diagnoses Associated with RA
    - Identify Connections and Risk Factors between RA and Girls' Mental Health
    - Internalizing vs. Externalizing Disorders: Depression and Anxiety
    - Self-Injury and Suicide Ideation
- 2:30 pm - 3:30 pm** **Individual & Group Strategies to Address RA**
- Mindfulness and Resiliency Activities
  - Next Steps to Success: Initiating Your Action Plan