

A Girl's Life: Conversation Starters for Parents

The discussion questions below ask girls to think about the stories explored in the PBS documentary, "A Girl's Life." For more information on the show and raising girls, please visit rachelsimmons.com.

Annaluz

- Do you think the way Annaluz feels about her body is typical of most girls?
- Do you agree that music videos and other media like magazines lead girls to think negatively about their bodies? Can you give some examples? How does this affect the way girls treat each other?
- Do only overweight girls feel upset about media messages? If a girl is of "normal" weight, do these messages matter less?
- What did you think of Annaluz's plan to be a plastic surgeon?

Libby

- Do you agree with Libby that being popular isn't all it's cracked up to be? Why might that be true?
- What are some ways you've seen girls use technology to hurt each other?
- Do you think technology is healthy or harmful for girls' friendships?
- Is telling a friend how you really feel easier online or in person?

Carla

- Do you agree with the film that it's not a big deal for girls to fight physically anymore? What do you think about that?
- Carla says that at some point she forgot why she was even angry at the other girls. Have you ever had an experience like that?
- One of the experts says that when boys fight, there are rules (For example, you don't talk about someone's mother, and when an adult steps in to separate them, the fight is over). Not so for girls, she says; there are no rules. Do you think this applies to how girls fight psychologically, too?

Sonia

- Do girls act differently when guys are around?
- Do you agree that girls do better in school when guys are not present?
- Why might an all-girls school be good for girls? Do you think there are any disadvantages to going to an all-girls school?