

All the RAGE
Relational Aggression:
Girls Empowered

A Parent Study Circle Discussion Guide



All the RAGE

Table of Contents

Introduction	3
Course Book Format	5
Session Outline	6
Guidelines for Weekly Leader	7
Ground Rules	8
Required Reading for the Study Circle	9
Recommended Reading	10
Study Circle Lessons	
Session One: How does It Work?.....	11
Session Two: Who’s Involved?	13
Session Three: What’s the Big Deal?.....	15
Session Four: Can We Help?	17
Session Five: What’s Our Job?	19
Appendixes	
A: Language of Peer Aggression	19
A-1: Peer Aggression – Intent to Harm	21
B: Annotated Bibliography of Research	22
C: Sample Story of Aggression.....	24
D: Vehicle of Harm.....	25
E: Definitions of Aggression	26
F: Kids in the Middle	27
G: Victims.....	28
H: Danger Signs for Parents	29
I: Changing Social Norms	30
J: Web Resources	31
K: How Parents Can Help	32
L: The Essential Seven	34
M: Five Critical Steps for Parents	35

Introduction... to All the RAGE

What started in February of 1997 as a gathering of adults concerned about their adolescent daughters quickly evolved into a widespread, multifaceted, energetic effort on behalf of all children and their families that reaches children through their schools.

What is The Ophelia Project?

The Ophelia Project is a non-profit, grassroots volunteer organization serving northwestern Pennsylvania by providing education and intervention programs that promote positive change in girls' lives. Parents, professionals, teens and college students collectively address the problems facing girls today and reconnect as a community.

Mission Statement

The Ophelia Project is dedicated to creating a culture that is emotionally, physically, and socially safe, where children are respected and nurtured. Through awareness, education and advocacy we promote positive change in families, schools, and communities. By supporting a network of friends, mentors and professionals we encourage all children to become confident and healthy.

Goals

- To create multiple levels of mentoring relationships between adults and young people.
 - To foster dialogue with young people so we can hear their voices and advocate for their needs.
 - To collaborate with schools in creating a safe social climate for all children.
-

What is Relational Aggression?

Escalating aggression among youth has become an increasing concern for all school communities. Previous studies have demonstrated, that, as a group, boys tend to be more aggressive than girls. Recently, however, research has shown that girls engage in just as much aggression as boys, but the way that aggression is expressed is different. Beginning in preschool, the majority of girls express aggression relationally – they use relationships to damage or manipulate others, whereas boys tend to use physical or verbal aggression.

How is The Ophelia Project working on RA?

Creating a Safe Social Climate[®]

Creating a Safe School (CASS) is a multifaceted training program that brings together a community of caring adults and high school students to address the specific needs of its school or school district. It targets school communities that want to address all forms of peer aggression, with a special emphasis on relational aggression. The Ophelia Project[®] facilitates a collaborative process which supports and empowers administrators, teachers, parents and high school students to work together to establish a safer social school climate for all school students.

What are the Goals of All the “Rage” Study Circles?

- To provide a forum to educate parents about relational aggression, and to expose parents to resources regarding relational aggression that will help in raising their children.
 - To create a structure for parents to connect with other parents while discussing healthy decision making relative to peer aggression.
 - To assist parents in the process of acknowledging challenges our children face today, recognizing the escalating rise in aggression and consequences compared to our own adolescent experiences.
-

Thank You

The inspiration for creating All the “Rage” Parent Study Circle was Dr Kathy Masarie, from Portland, OR. Who founded Full Esteem Ahead , a program of Children First for Oregon. Full Esteem Ahead created a parent study circle guide entitled, “Raising Our Daughters”. We wish to thank her for all her support and involvement with our organization over the years.