

Four Important Questions on Pre-Teen Girls' Minds

Physical

Is my body growing and working the way it is supposed to?

- How do I *know* if my body is working ok?
- Is *this* normal?
- Am I the *right* shape and size?

Social

How do I fit in?

- Will others think I am important and include me?
- What do I do when someone teases?
- I am different.

Emotional

What am I feeling?

- Why do I feel a zillion things at once?
- You don't understand me.
- How can I be safe? I am afraid.

Cognitive

Am I ready?

- What and who are my resources?
- How will I talk to my parents about this?
- Have we talked about everything I need to know?

Ideas for Parents

- Have 200 one-minute conversations together
- Listen with empathy
- Be available and consistent
- Combine high expectations with high regard
- Balance boundaries and structure with space and time to play together