

## Recommended Resources & Books for Parents / Carers of Teen Girls

September 2020

Dear Parent or Carer,

Thank you for seeking support for your daughter (or teen girl in your life, whether she's a stepdaughter, niece, goddaughter, or another valued connection).

Teen girls are under tremendous pressure during this Coronavirus situation. They continue to experience all the complexities of teen years. Plus they are dealing with the anxiety of living through a pandemic, as well as adjusting to new routines and ways of operating at school.

At Confident Teens we recognize how challenging it is for teen girls, and those who care for them. We are working out the best way to support teen girls in a sustainable way, in the current reality.

For the time being, we are not offering in-school confidence workshops.

If you are a parent, we normally work in schools and we do not offer one-to-one support for teen girls, nor online workshops. Please see below for resources for support.

As a way of helping you and your teen girl, I have summarised below ideas, resources and books that I hope you and your teen girl will find helpful to build her self-awareness and confidence, and resources to support you as well as the parent or carer of a teen girl. I've included a book for parents of pre-teen girls at the end of this document.

These books and ideas are intended as a guide, to be used with your discretion as a parent / carer.

Whilst some of these organisations normally offer workshops, please check their websites for latest updates of what's available during Coronavirus.

I wish you and your daughter all the best in navigating this situation and her teen years. I'm thankful that she has you by her side seeking support for her.

With my warm wishes to you both,

Caroline Walker  
Founder & Director, Confident Teens Ltd

## Resources from other organisations

Many girls experience significant anxiety and mental health issues during adolescence. I have provided the contact details for a helpline from Young Minds below. Your GP is also available to discuss any matters of concern.

### Mental health

If you are concerned about your daughter's mental health and feel that she is vulnerable, please contact the Parents Helpline at Young Minds, <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

There are many resources on the Young Minds website including supporting young people if they are self-harming, suffering from depression, anxiety, or anorexia. The mission of Young Minds is to offer young people the best possible mental health support and the resilience to overcome life's challenges.

Another charity offering support is Stem 4, which promotes positive mental health in teenagers and those who support them. They have useful apps for teenagers to use. Their website is <https://stem4.org.uk/>

### If your teen girl is experiencing bullying

This organisation runs workshops nationwide to support young people who are experiencing bullying. A mother fed back to me that her daughter benefitted from this. <https://www.kidscape.org.uk>

### Mighty Girls - Empowering concepts and reference materials

This organisation <http://www.amightygirl.com> highlights many books, games and resources to help girls 'be mighty'. If you are a Facebook user you could follow them on Facebook and receive daily inspiration on female role models, inspiring books etc.

## Recommended Books

### Steve Biddulph

At Confident Teens, we are big fans of the Australian psychologist, Steve Biddulph. He has a grounded and insightful approach for supporting and empowering teen girls to handle the multitude of pressures they face, and shares these insights with parents.

We value these two books;

1. Raising Girls in the 21<sup>st</sup> Century by Steve Biddulph

You can purchase the book from the link to Amazon below.

[https://www.amazon.co.uk/gp/product/0008339783/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o00\\_s00?ie=UTF8&psc=1](https://www.amazon.co.uk/gp/product/0008339783/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1)

2. Ten Things Girls Need Most: To grow up strong and free by Steve Biddulph

You can purchase the book from the link to Amazon below.

[https://www.amazon.co.uk/10-Things-Girls-Need-Most/dp/0008146799/ref=sr\\_1\\_4?qid=1560937867&refinements=p\\_27%3ASteve+Biddulph&s=books&sr=1-%204&text=Steve+Biddulph](https://www.amazon.co.uk/10-Things-Girls-Need-Most/dp/0008146799/ref=sr_1_4?qid=1560937867&refinements=p_27%3ASteve+Biddulph&s=books&sr=1-%204&text=Steve+Biddulph)

### **For building self-esteem**

An approach that I expect you do already is to help her to see that your daughter is valued and important as the person she is. Praise her for the effort she makes in tasks, and how well she's doing, to help her build her self-esteem. I recommend this book, which is a workbook for self-esteem exercises that you could help her with. There are lots of different exercises and activities in the book. By building a sense of who she is as a person could help her deal with the pressures of the teen years.

Self-Esteem Workbook for Teens: Activities to help you build confidence and achieve your goals by Lisa. M. Schab

You can purchase the book from the link to Amazon below.

[https://www.amazon.co.uk/Self-Esteem-Workbook-Teens-Activities-Confidence/dp/1608825825/ref=sr\\_1\\_1?ie=UTF8&qid=1503647063&sr=8-1&keywords=self-%20esteem+workbook+for+teenagers](https://www.amazon.co.uk/Self-Esteem-Workbook-Teens-Activities-Confidence/dp/1608825825/ref=sr_1_1?ie=UTF8&qid=1503647063&sr=8-1&keywords=self-%20esteem+workbook+for+teenagers)

### **For anxiety**

This is a useful guide with a range of ideas for handling anxiety.

My Anxiety Handbook: Getting back on track by Bridie Gallagher and Phoebe McEwen

You can purchase the book from the link to Amazon below.

[https://www.amazon.co.uk/My-Anxiety-Handbook-Getting-Track/dp/1785924400/ref=sr\\_1\\_1?keywords=anxiety+handbook&qid=1560938706&s=books&sr=1-1](https://www.amazon.co.uk/My-Anxiety-Handbook-Getting-Track/dp/1785924400/ref=sr_1_1?keywords=anxiety+handbook&qid=1560938706&s=books&sr=1-1)

## For growth mindset

I recommend Mindset by Carol Dweck (a US psychologist) – she has developed this approach to compare growth mindset (how we approach everything as a learning experience, focusing on our progress and development) contrasted to fixed mindset (where we think we are either good or bad at different things). This is a useful approach to empower teens and adults so they enjoy their development, and are better equipped to handle academic pressures. It is full of examples from sport, business and education. If you feel your daughter worries about being perfect all the time and finds 'failure' difficult this is a useful book. You may also find it useful, as the language we use to each other enables us to all have a growth mindset.

Mindset – Changing the way you think to fulfil your potential by Dr Carol Dweck

You can purchase the book from the link to Amazon below.

[https://www.amazon.co.uk/Mindset-Updated-Changing-Fulfil-Potential/dp/147213995X/ref=sr\\_1\\_1?crid=2K94YMA0EHDW0&dchild=1&keywords=carole+dweck+mindset&qid=1598787631&srefix=mindset+carole+%2Caps%2C197&sr=8-1](https://www.amazon.co.uk/Mindset-Updated-Changing-Fulfil-Potential/dp/147213995X/ref=sr_1_1?crid=2K94YMA0EHDW0&dchild=1&keywords=carole+dweck+mindset&qid=1598787631&srefix=mindset+carole+%2Caps%2C197&sr=8-1)

Also, here is a link to a TED Talk from Carol Dweck.

[https://www.ted.com/talks/carol\\_dweck\\_the\\_power\\_of\\_believing\\_that\\_you\\_can\\_improve?referrer%20=playlist-practice\\_makes\\_perfect](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?referrer%20=playlist-practice_makes_perfect)

## Understanding being introverted

It's so important to realise that every young person has their own individual personality and approach, and to avoid comparing one young person with another. As someone who is naturally extroverted, I found Susan's work so insightful, and I changed the way I run workshops in schools to ensure both introverted and extroverted girls benefit.

Susan Cain's book Quiet: The Power of Introverts is excellent. It is very detailed; the central ideas are captured in this Ted talk.

[https://www.ted.com/talks/susan\\_cain\\_the\\_power\\_of\\_introverts?language=en](https://www.ted.com/talks/susan_cain_the_power_of_introverts?language=en)

## Guide for teen years for Girls

For girls themselves a book I highly recommend is "Girls Stuff" by Kaz Cooke. It offers lots of insights and advice for being a teen girl and is informed by research with hundreds of girls. It could help your daughter understand herself more, often a key aspect of building confidence.

The link for Amazon is below but please note that this book is currently not in print in the UK, but second-hand copies can be sourced.

You can purchase the book from the link to Amazon below.

[https://www.amazon.co.uk/Rough-Guide-Girl-%20Stuff/dp/1848360185/ref=sr\\_1\\_2?ie=UTF8&qid=1498656684&sr=8-2&keywords=girls+stuff](https://www.amazon.co.uk/Rough-Guide-Girl-%20Stuff/dp/1848360185/ref=sr_1_2?ie=UTF8&qid=1498656684&sr=8-2&keywords=girls+stuff)

If you happen to have a contact in Australia, a newer version published by Penguin Viking is available there.

### **For Parents of Pre-Teen Girls**

Girls Uninterrupted by Tanith Carey is an excellent book for parents of younger daughters (e.g. age 9-12). It is a sometime stark overview of realities of pressures they face, this includes prevalence of online pornography and its impact on girls and boys. The book's central premise is guidance and tips to enable parents to help "inoculate" girls with self-worth before adolescence.

You can purchase the book from the link to Amazon below. <https://www.amazon.co.uk/Girls-Uninterrupted-Building-Stronger-Challenging/dp/1848318200/ref=sr>