

NEWS FROM THE JCC

FOR IMMEDIATE RELEASE
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Renowned Author to Share Skills for Coping with "Mean Girls"

VIRGINIA BEACH, VA - Why do nice girls turn into "mean girls"? Why do girls use their relationships with other girls as weapons? This hidden aggression in young women is the topic to be addressed by Women's Studies expert Rachel Simmons author of *The New York Times* bestseller *Odd Girl Out: The Hidden Culture of Aggression in Girls*. On Sunday December 5 at 2 pm, The Marilyn and Marvin Simon Family Jewish Community Center features "Girl Talk" with Rachel Simmons (\$10 fee, reservations required).

Ms. Simmons, who worked for Mayor Rudolph W. Giuliani as an Urban Fellow, will disclose findings from her new book *Odd Girl Speaks Out: Girls Write About Bullies, Cliques, Popularity and Jealousy*. Letting the girls speak for themselves, Simmons has used girls' personal writings, along with their advice on how to handle tough situations with other girls. Simmons interviews 300 girls ranging in age from nine to fifteen leading her to conclude: "girls feel pressure to please everyone, to always appear carefree and to look perfect. The result is competition and aggression waged beneath the radar through darting glances, note-passing, ignoring of friends and innumerable other covert forms of bullying." The author's message to parents: "conflict-free relationships don't exist. To avoid incidents of bullying, teach your daughters to acknowledge their aggression... and define relationships in new and healthier ways."

Simmons work with girls has been featured on "Oprah," "Today," "Dateline" and "NPR" and has been published in the *Los Angeles Times*, *Chicago Tribune* and *Washington Post*.

Rachel Simmons appears as part of the 2nd Annual Festival of Jewish Books and Authors to be held November 29 through December 6. All events will take place at the Simon Family Jewish Community Center, 5000 Corporate Woods Drive Virginia Beach. For more information, contact the Simon Family Jewish Community Center at 321-2338.

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On the Reba and Sam Sandler Family Campus of the Tidewater Jewish Community