

Girls Aggression

Goal:

Students will be able to describe relational Aggression (R A).

Objective:

To make the students aware of R.A., and how to stop this type of behavior.

Materials:

- 1) Card with the type of people involved in Relational Aggression, and the description of their role.
- 2) Pass out a list of the types of Relational Aggression.
- 3) Rating cards for each student.

Definition Of Relational Aggression-Any behavior that is intended to harm someone by damaging or manipulating relationships with others (Crick & Grotpeter, 1995), Behavior that harms others by damaging, threatening to damage or manipulating one's relationship with his/her peers, or by injuring one's feelings of social acceptance (The Ophelia Project).

Type of R A.

- 1) Proactive-Behaviors that are a means for achieving a goal
- 2) Reactive- A defensive response to provocation with intent to retaliate

Motives for R.A.

- 1) The need to belong
- 2) Out of fear
- 3) Need for drama-resulting from boredom

Lesson:

- 1) Discuss Relational Aggression with the students.
- 2) Put the students in groups of 7
- 3) Pass out role playing cards
- 4) Have groups chose one form of R.A. to role play
- 5) Give students time to come up with a situation and a skit showing the form of R.A. they chose, and let them know that they will have to explain afterwards what would be a better way for someone to deal with this situation
- 6) Have students perform skits in front of the class
- 7) Have students rate how each groups did

Closer:

After each group has preformed, bring the groups back together and discuss how the role-playing went, and ways to stop those types of behavior, and how hurtful this R.A. can be to the victims. Go over how R.A. behavior leads to low self-esteem for the victims. Have students write a reflection on what they learned.

Rate each group on their performance with 1 being the lowest and 5 being the highest

Did the group clearly show the type of R.A. they chose 1 2 3 4 5

Was every one in the group involved 1 2 3 4 5

Did they explain a better why to deal with this situation 1 2 3 4 5

How did the group do overall 1 2 3 4 5

Suggestion or comments for the group _____

Relational Aggression is:

- Any behavior that is intended to harm someone by damaging or manipulating relationships with others (Crick & Grotpeter, 1995)
- Behaviors that harm others by damaging, threatening to damage or manipulating one's relationships with his/her peers, or by injuring one's feelings of social acceptance (The Ophelia Project)

Proactive RA - behaviors that are a means for achieving a goal.

Reactive RA - a defensive response to provocation with intent to retaliate.

RA can be motivated by:

- * The need to belong
- * Out of fear
- * Need for drama - bored

Forms of RA:

- **Exclusion**
- **Ignoring**
- **Malicious gossip**
- **Rumor Spreading**
- **Taunts**
- **Insults**
- **Teasing**
- **Lies**
- **Humiliation**
- **Intimidation**
- **Manipulative affection**
- **Alliance building**
- **Cyberbullying**

THE PLAYERS IN RELATIONAL AGGRESSION:

The Queen:

- Not intimidated by other girls
- Manipulates affection
- Friends do what she wants
- Charming to adults
- Doesn't take responsibility for hurting others
- Right and wrong are defined by the loyalty around her
- **IMAGE IS EVERYTHING** - works hard to maintain it

The Sidekick:

- Allows queen to tell her how to dress, think, feel,
- Allows herself to be pushed around by queen
- Lies to protect the queen
- **POWER DEPENDS ON THE CONFIDENCE SHE GAINS
FROM THE QUEEN**
- She can change behavior - BUT the queen would most likely find new sidekicks

The Gossip:

- **Secretive**
- **Appears to be friends with everyone**
- **Good communicator**
- **Seems nice, trustworthy, BUT uses confidential information to improve her position within the group**
- **Not trusted by the girls when they figure her out**

The Floater:

- **Moves from group to group**
- **Doesn't exclude people**
- **Not competitive**
- **Self-esteem is not based on one group**
- **Not "too" of anything (pretty but not "too" pretty)**
- **Like the queen, but she does not gain anything from conflict**

Torn Bystander:

- **Usually will have to choose between friends**
- **Very accommodating**
- **Peacemaker**

- **"Goes along to get along"**
- **Apologizes for the queen**
- **Will miss out of an activity so she will not be teased**
- **Hides accomplishments to fit in group (mostly academics)**

The Wannabe:

- **Others' opinions and wants are important to her**
- **Can tell the difference between her wants and what the group wants**
- **Desperate to have the "right" look**
- **Loves to Gossip**
- **Feels good when others come to her for help**

The Target:

- **Helpless to stop other girls' behavior**
- **Feels excluded and isolated**
- **Rejects people at first to hide feelings of hurt**
- **Vulnerable, humiliated and may change to fit in**
- **May see the costs of "fitting" in and stay outside of group**