

"If you read any book about girls in the next decade, make it *The Triple Bind*. Stephen Hinshaw masterfully articulates the intense and hidden pressures that every one of our daughters endures. Most important, he offers us solutions."
— MEG MEERK, M.D., author of *Strong Fathers, Strong Daughters*

The Triple Bind

**Saving Our Teenage
Girls from Today's
Pressures and
Conflicting Expectations**

Stephen Hinshaw, Ph.D., with Rachel Kranz

The Triple Bind Saving Our Teenage Girls From Today's Pressures

Elline Lipkin



The Triple Bind Saving Our Teenage Girls From Today's Pressures:

The Triple Bind Stephen Hinshaw, Ph.D., Rachel Kranz, 2009-02-10 The Triple Bind that girls face today Act sweet and nice Be a star athlete and get straight A's Seem sexy and hot even if you're not In many ways today is the best time in history to be a girl Opportunities for a girl's success are as unlimited as her dreams Yet societal expectations cultural trends and conflicting messages are creating what psychologist and researcher Stephen Hinshaw calls the Triple Bind Girls are now expected to excel at girl skills achieve boy goals and be models of female perfection 100 percent of the time Here Dr Hinshaw reveals key aspects of the Triple Bind including genes hormones and the role of biology in confronting the Triple Bind overscheduled lives and how the high pressure to excel at everything sets girls up for crisis how traditionally feminine qualities such as empathy and self awareness can put girls at risk for anxiety depression and other disorders the oversexualization of little girls preteens and teenagers the reasons girls are channeling pressure into violence Combining moving personal stories with extensive research Dr Hinshaw provides tools for parents who want to empower their daughters to deal in healthy ways with today's pressures *Swimming Upstream* Laura Hensley Choate, 2016 This book empowers parents by providing needed information and strategies they can use with their daughters to build a strong foundation of resilience which in turn gives girls the tools necessary to navigate our toxic landscape **Spectacular Girls** Sarah Projansky, 2014-02-07 Winner of the 2015 Bonnie Ritter Book Award from the National Communication Association As an omnipresent figure of the media landscape girls are spectacles They are ubiquitous visual objects on display at which we are incessantly invited to look Investigating our cultural obsession with both everyday and high profile celebrity girls Sarah Projansky uses a queer anti racist feminist approach to explore the diversity of girlhoods in contemporary popular culture The book addresses two key themes simultaneous adoration and disdain for girls and the pervasiveness of whiteness and heteronormativity While acknowledging this context Projansky pushes past the dichotomy of the can do girl who has the world at her feet and the troubled girl who needs protection and regulation to focus on the variety of alternative figures who appear in media culture including queer girls girls of color feminist girls active girls and sexual girls all of whom are present if we choose to look for them Drawing on examples across film television mass market magazines and newspapers live sports TV and the Internet Projansky combines empirical analysis with careful creative feminist analysis intent on centering alternative girls She undermines the pervasive moral panic argument that blames media itself for putting girls at risk by engaging multiple methodologies including for example an ethnographic study of young girls who themselves critique media Arguing that feminist media studies needs to understand the spectacularization of girlhood more fully she places active alternative girlhoods right in the heart of popular media culture *Girls on the Edge* Leonard Sax, 2011-07-12 A parenting expert reveals the four biggest threats to girls psychological growth and explains how parents can help their daughters develop a healthy sense of self In *Girls on the Edge* psychologist and physician Leonard Sax argues that many girls today

have a brittle sense of self they may look confident and strong on the outside but they're fragile within Sax offers the tools we need to help them become independent and confident women and provides parents with practical tips on everything from helping their daughter limit her time on social media to choosing a sport to nurturing her spirit through female-centered activities Compelling and inspiring *Girls on the Edge* points the way to a new future for today's girls and young women

Beyond Measure Vicki Abeles, Grace Rubenstein, 2015-10-06 From the director of *Race to Nowhere* comes a book for parents, students, and educators on how to revolutionize learning, prioritize children's health, and re-envision success for a lifetime

Girls' Identities and Experiences of Oppression in Schools Britney G. Brinkman, Kandie Brinkman, Deanna Hamilton, 2022-05-24 This book uses an intersectional approach to explore the ways in which girls and adults in school systems hold multiple realities, negotiate tensions, cultivate hope and resilience, resist oppression, and envision transformation Rooted in the voices and lived experiences of girls and educators, Brinkman, Brinkman, and Hamilton document girl-led activism within and outside schools and explore how adults working with girls can help contribute toward them thriving Girls' narratives are considered through an intersectionality framework in which gender, identity, race, ethnicity, social class, sexual orientation, and other aspects of social identity intersect to inform girls' lived experiences Exploring data and interviews collected over a 15-year period, the authors set out a three-part structure to outline how girls engage in strategies to enact resilience, resistance, and transformation Part one reconceptualizes traditional definitions of resilience and documents girls' experiences of oppression within schools, identifying common stereotypes about girls and examining the complexity of girls' choices within systems that they do not feel they can change Part two highlights girls' active resistance to stereotypes, pressures to conform, and interpersonal and systemic discrimination from entitlement of their boy peers to experiences of sexualization in school Part three illuminates pathways for educational transformation, creating new possibilities for educational practices Offering a range of pedagogies, policies, and practices educators can adopt to engage in systemic change, this is fascinating reading for professionals such as educators, counsellors, social workers, and policy makers, as well as academics and students in social, developmental, and educational psychology

The ADHD Explosion and Today's Push for Performance Stephen P. Hinshaw, Richard M. Scheffler, 2014-04 Attention deficit hyperactivity disorder (ADHD) is one of the most controversial and misunderstood medical conditions today With skyrocketing rates of diagnosis and medication treatment, it has generated a firestorm of controversy Alarming questions have been raised about ADHD in recent years, including: Why are one in nine children and adolescents in the U.S. now diagnosed with ADHD, with projected rates still rising? Why are nearly 70% of those diagnosed with ADHD prescribed medication? What is causing the fast-rising diagnosis and medication of adults? And why are over a quarter of all college students using stimulants for academic performance? In some southern states, why are boys over 9 years old diagnosed at rates of almost one in three? Can we trust the stories we read and hear about ADHD, even in major media outlets? What is driving the current ADHD explosion? Is it parents, doctors, schools?

culture the healthcare system or Big Pharma And will it end Stephen Hinshaw a distinguished psychologist and Richard Scheffler an eminent health economist uniquely blend clinical wisdom current science medical and school policy and global trends to debunk myths and set the record straight in *The ADHD Explosion* They describe the origins of ADHD and its huge costs to society the science behind its causes as well as medication and behavioral treatment and the variation in diagnosis and treatment across the U S Dealing directly with stimulants as smart pills they describe the epidemic of medicalization arguing that accurate diagnosis and well monitored care could ease the staggering economic burden linked to ADHD In innovative ways they unravel the many poignant issues facing children teachers clinicians and family members who contend with ADHD each day The recommendations they make can improve the quality of life for those touched by ADHD and potentially improve the productivity and safety of all society

Torn Between Two Masters Kimberly Davidson,2011-06 In this innovative book *Torn between two masters* Kimberly Davidson explores the captivating and serious implications of this culture s obsession with celebrities and the effect it has on adolescents Drawing on the Word of God the latest research ministerial experience and interviews with teenagers parents and leaders Kimberly provides an eye opening study She raises important questions about the religion of celebrity and its effect on adolescents today Provided by publisher

Nobody's Perfect Cynthia L Cameron,Lakisha R Lockhart-Rusch,Emily A Peck,2025 Cynthia L Cameron Lakisha R Lockhart Rusch and Emily A Peck argue that some adolescents have the privilege to make mistakes in ways that others often do not In *Nobody's Perfect* the editors offer a curated volume that affirms adolescents as fundamentally good and presents pathways that help youth distinguish mistakes from sin

Raising Girls Steve Biddulph,2014-03-04 A practical guidebook and passionate call to arms for parents of girls that empowers them to raise confident well rounded daughters in an exploitative world from the author of the international bestseller *Raising Boys* In today s world it s especially critical for girls to grow up strong and capable In this impassioned follow up to his bestselling *Raising Boys* author Steve Biddulph brings together the best thinking from around the world on how to raise daughters of sound character who know that they are loved and can stand up for themselves and others Biddulph teaches parents how to build their daughters self assuredness encourage friendships and equip them to learn and believe in themselves This detailed guidebook teaches parents grandparents and caretakers exactly what matters for and to girls at which age and how to build confidence and connectedness from infancy to young womanhood

The Drama Years Haley Kilpatrick,Whitney Joiner,2012-04-03 It has never been easy to be a middle school girl Between the ages of 11 and 14 girls go through an incredible number of physical and mental changes making this the most formative and precarious time in their lives *The Drama Years* is packed with the voices of tweens who share their experiences anecdotes and advice on everything from stress to body image to getting along with parents This is a survival guide written from the trenches packed with real life examples and practical strategies to help parents and daughters survive *The Drama Years*

Gender, Sexuality, and Intimacy: A Contexts Reader Jodi O'Brien,Arlene Stein,SAGE Publications, Inc.,2017-01-13

This new anthology from SAGE brings together over 90 recent readings on gender sexuality and intimate relationships from Contexts the award winning magazine published by the American Sociological Association Each contributor is a contemporary sociologist writing in the clear concise and jargon free style that has made Contexts the public face of sociology Jodi O'Brien and Arlene Stein former Contexts Editors have chosen pieces that are timely thought provoking and especially suitable for classroom use written introductions that frame each of the books three main sections and provided questions for discussion

Handbook of Research on Gender and Leadership Susan R. Madsen, 2024-01-18 Although some progress has been made in recent decades in getting women into top positions in government business and education there are persisting challenges with efforts to improve opportunities for women in leadership This essential second edition of the Handbook of Research on Gender and Leadership comprises the latest research from the world's foremost scholars on women and leadership exposing problems and offering both theoretical and practical solutions on strengthening the impact of women worldwide

Wrestling with Rest Nathan T. Stucky, 2019-04-23 Busyness is a sickness of the soul that affects many today and it is especially detrimental to young people who are finding their identity shaped by ongoing resume building constant digital communication and unceasing activity The last thing they have time for is rest But rest Sabbath is necessary for youth not just because of who they are socially emotionally and physiologically but because of who God has made them to be and wants them to be Nathan Stucky shows that rest challenges youth whose identities are rooted in productivity efficiency achievement and accomplishment For them the notion of Sabbath grace both appeals and disorients Yet through the Sabbath God invites young people into an identity rooted and grounded in the grace life and provision of God Wrestling with Rest offers biblical and practical advice for helping youth to discover their God-given identity in which they can truly find rest

The Magic of Viral Energy Penelope Jean Hayes, 2019-11-05 Want to find your person improve your wellbeing and be successful at your passions The Magic of Viral Energy MOVE offers a fun and compelling narrative told through true short stories Its message is for seekers those intrepids who want to squeeze the lemons of life and discover their full potential While meditating in 2007 Penelope Jean Hayes experienced the contagious nature of energy and a phenomenon she calls osmotic energy balancing Over the next decade she intuited a system of creation involving seven levels of energy ascending from dense and heavy upward to enlightenment She shares that each of us has an energetic presence that flows within one of these levels and that we only have access to the energies that reside there Except that we have the ability to move to higher strata accessing the light energies that create more of what we truly want MOVE reveals provocative insights into the universe our relationships the energetic antidote to unhappiness and the common cold and our need to move from power through force to empowerment through creation The Magic of Viral Energy is eye opening and exciting and it makes day to day life easier and our big dreams possible The Magic of Viral Energy could not be timelier in my opinion MOVE helps us recognize and understand ourselves Viral energy is food for our soul that's why it's magical Peter Egan actor Downton

Abbey Unforgotten and Ever Decreasing Circles School Violence Laura L. Finley, 2014-09-26 A timely investigation of the history legislation and perpetrators of school violence this guide debunks the myths and misconceptions about this terrible problem of national concern With school violence on the rise schools have implemented security safeguards like never before in the form of metal detectors video cameras and armed guards School communities have mixed opinions regarding these drastic prevention measures many welcome the protection while some condemn the reminders of violence these tactics evoke This comprehensive text introduces the history of school violence in the United States providing an overview of proposed causes from violent video games to inadequate parental involvement to bullying by classmates and detailing the pros and cons of various deterrents Experienced criminologist Laura Finley incorporates personal reflections primary source data and profiles of key figures to address the painful reality of school shootings and other violent acts The text expounds upon the characteristics of victims individuals who are most likely to carry out violence and common types of assaults Chapters include a discussion on current legislation stories of infamous perpetrators activists who are working to make schools safer and school community and societal risk factors *Adolescent Girls in Distress* Laura Choate, 2013-07-28 Laura Choate has created an important resource for mental health professionals who work with adolescent girls This nuanced text analyzes the cultural pressures that affect girls by presenting the most current research in the field Both prevention and evidence based treatment interventions are offered A must have for the bookshelf of both the new and seasoned practitioner Heather Trepal PhD Department of Counseling University of Texas at San Antonio Contemporary culture promotes a hot and sexy diva image to girls encouraging inner emptiness depression and even risk for self injury but *Adolescent Girls in Distress* is exactly what the doctor ordered a well researched thoughtful and systematic antidote empowering professionals to create the resilience resourcefulness and resistance needed to navigate and thrive in this girl toxic culture A must read for anyone concerned about today s girls Margo Maine PhD FAED CEDS Eating Disorder Specialist and Author Cultural stressors are affecting girls at increasingly younger ages resulting in mental health issues such as depression eating disorders substance abuse self injury and even suicide This guide offers mental health professionals evidence based treatment approaches and strengths based prevention strategies that promote successful navigation of childhood and adolescence Grounded in ecological systems theory the book focuses on the socialization processes that begin in early childhood and contribute to the development of problems that are increasing in today s adolescent girls The book describes how the confluence of societal family peer school and individual developmental influences can negatively affect adolescents It considers the pressure on young girls to be sexualized and to look and act older than they are the effects of consumerism and materialism the pervasive use of social media and the pressure to excel in all areas stressors that can impede the development of an authentic self during this critical period of physical and emotional growth Practical and detailed treatment interventions are provided for issues such as depression eating disorders substance abuse self injury relationship violence and sexual victimization In addition the book

emphasizes the importance of early intervention to prevent problems and the promotion of girls resilience to cultural pressures so they can successfully cope with complex life demands Case studies discussion questions skill development activities recommended readings and online resources reinforce content Key Features Includes detailed treatment interventions including strengths based approaches and best practice guidelines Focuses on socialization processes that begin in early childhood and contribute to the development of mental health problems Contains case studies discussion questions skill development activities recommended readings and online resources Encyclopedia of School Crime and Violence Laura L. Finley, 2011-09-13 This book provides a thorough compilation of the types specific incidents relevant agencies theories responses and prevention programs relevant to crime and violence in schools and on campuses Encyclopedia of School Crime and Violence is the most comprehensive reference on this deeply unsettling topic ever undertaken No other volume integrates as much information about the many types of crime and violence occurring in schools as well as the variety of responses and prevention efforts aimed at curbing it In a series of alphabetically organized entries Encyclopedia of School Crime and Violence looks at significant cases both at high schools and on college campuses with coverage that includes professional and community responses and theories as to why these events happened Unlike other volumes that focus only on the most sensational events the encyclopedia spans the full spectrum of school crime not just the high profile cases like Columbine and Virginia Tech but the insidious problems of theft bullying cybercrime violence sexual assault and more Coverage includes information on some cases outside the United States as well as entries on the government agencies and other organizations dedicated to analyzing and eradicating school crime and violence

Educational Binds of Poverty Ceri Brown, 2014-12-17 Shortlisted for BBC Radio 4 s Thinking Allowed s second Ethnography Awards in partnership with the British Sociological Association Educational Binds of Poverty tackles the assumptions made by many recent social and educational policy initiatives suggesting that the best way to improve educational prospects of children in poverty is through an increased emphasis upon a culture of control discipline regulation and accountability In this book Ceri Brown presents these assumptions against a review of the research literature and an original ethnographic longitudinal study into the lives of children in poverty in order to highlight the gap between policy discourses and the lived experiences of children themselves Through the theoretical concept of a set of binds against educational success the book explores four key areas that children in poverty have to navigate if they are to be successful in school These are material deprivation the cultural contexts of school home and the community friendship and social capital the effects of student mobility through atypical school changes In seeking to characterise and explain what life is like for young school children this book questions why policy makers have a radically different frame of reference in purporting to understand how their policies will change the behaviour of those living in poverty This leads onto a consideration of what lessons may be learned in order to contribute towards a more appropriate policy agenda that attends to the multiple binds

that children in poverty have to negotiate **The Approximate Parent** Michael Y. Simon, 2012-08-15 Written in a smart funny and friendly tone *The Approximate Parent: Discovering the Strategies That Work with Your Teenager* helps you translate what your teen thinks feels and does to give you practical ways of supporting your teen from adolescence into adulthood Learn to strategize wisely taking into account both the current American culture of adolescents and your particular teen's biology temperament and developmental challenges This highly accessible book is informed by the latest research on adolescent development effects of digital media on youth and identity formation relationships sexuality and trends in drug and alcohol use drawing on work in such diverse fields as clinical psychology cognitive neuroscience epigenetics sociology anthropology philosophy and religious studies Michael Simon uses his 25 years of work with teens as a psychotherapist school counselor and parent to help make your job easier as a parent educator or health professional

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