



Ambivalence

You might feel as if you're more mature and responsible now that you're in high school, but adults might not yet view you that way. In particular, your parents might not recognize your newfound desire for more independence.

At the same time, the idea of being a "grown up" can feel a little bit overwhelming. It's normal to look back and think life was a lot simpler when you were a little girl—most often, it was!

Creative activity

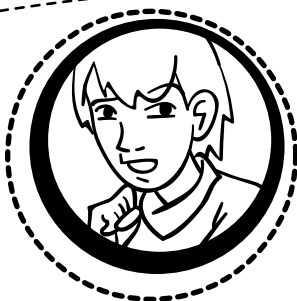
Want to show others just how far you've come? Create your own timeline as a reminder of what you have achieved in the last year, or over a lifetime.

Sketch out the "journey" of your life in any way you choose. You can think of just your high school years or begin all the way back at your birth.

For example, Kendra is an accomplished swimmer. She might create a timeline that begins with the time when she learned to swim, and then mark off certain milestones such as significant swim meets or new coaches that she encountered along the way.

Once your timeline is complete, embellish it with images that represent each stage along the way.

Once you've finished, you can share it with others, or keep it to yourself as a reminder of how much you have already accomplished in your life. You may want to display it in your bedroom, or keep it somewhere accessible so you can get to it easily when/if you need a quick reminder of your successes.



Maria says:

"Girls grow up too fast nowadays. When I was in sixth grade my friends and I really believed we had to find a boyfriend so we could be popular. It also made my parents think I was 'boy crazy' so they watched me even closer. Now that I'm in high school, I'm not sure if I do or don't want a boyfriend."

Okay, Now You Say:

What are the advantages of having a boyfriend? How about the disadvantages?

Do you agree with Maria that girls are pressured to grow up too quickly?

What evidence do you have that this is or isn't true?



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