



# Jenny

## WeBlog: Relationship Matrix

### WeBlog Guide Activity One: I Can't Stand My Looks!

Jenny wishes she looked like all her friends instead of like a \*little girl\*. Have you ever wondered if you're normal? Girls in early high school can be in the middle of or just beginning puberty, which makes a huge difference in your appearance. Consider these girls, who are all between the ages of 14 & 15:

Carly: "My body is so gross. I've had to wear a bra since fourth grade, and even though guys always like me, I think it's only because they think they can have sex with me."

Louisa: "I hate the way I look. My mom won't let me completely dye my hair until I'm fifteen, and I also want to get a nose job. Both of my older sisters are beautiful—by my age, they both had steady boyfriends! Compared to them, I can barely look in the mirror."

Jen: "You already know how I feel about myself. What do you think? Are any of us normal?"

Teresa: "There are things I like about myself. I'm really good at math, which is fun because the guys think that's totally their territory. I'm also really good in track and cross country, although the competition is stiffer in high school. I have a huge crush on this guy on my team, but I think he would never like me if he knew because everyone calls me a 'jockette' or a 'tomboy.'"

### WeBlog Guide Activity Two: Friendship Transitions

Jenny's friends have been together since elementary school, but she has seen changes in them and herself over the years, especially during middle school. One of the girls who has changed the most is her VBF (very best friend), Louisa. Jenny isn't sure their friendship will last.

"She's still nice to me, I guess, but I don't really want to hang out with her all the time any more. Part of it is I don't completely trust her, and the other part is we don't have much in common. I don't want our friendship to end badly, but I have no idea what I should do now."

It's normal for friendships to change throughout the high school years—in fact, it's more likely than not that you won't have the same friends by graduation that you did when you started high school.

But how do you move on gracefully when friendships change?





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## WeBlog Guide Activity Two: Friendship Transitions

What should you do when friendships don't work out?

Make a list of your thoughts on how girls can change friendships without hurting everyone's feelings.

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DON'T

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Here are some thoughts of other girls on how they handled similar situations—in good and bad ways.

Trudy, age 16

"Don't say or write anything that you might regret later. It's a good idea to not text, IM, or argue when you're angry or hurt, like I was when my former VBF didn't list my name under "best friends" on her blog.

Nessa, age 15

I'd been getting the impression she was trying to ditch me for awhile, anyway, but when I saw that, I posted something really mean on her site, which of course is there to this day. She'll never forgive me, and although I no longer want her as my VBF, that post makes me look really bad."



Girl Scouts.



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Casee, age 15

"In ninth grade, I joined the basketball team, and my life changed. It turns out I had a real talent for rebounding, so I became one of the starters, but that meant a lot of time spent practicing. All my friends to that point were into girly things, like shopping every weekend and sleepovers so someone could get a "makeover" by everyone else.

It actually was kind of easy to explain to them that I wasn't rejecting them, but I just discovered I loved basketball. I promised them once the season was over I'd be back at the sleepovers, but you know what? They sort of moved on, and so did I.

Now we're friendly, but not friends, so to speak. They cheer for me at games, and I compliment them on their clothes. I'm glad we parted without hard feelings."



Janice, age 14

"This year has been a miserable one for me. I feel like a total outcast because my parents got divorced and suddenly my mom is really broke. I have to bring my lunch to school, and my wardrobe has been completely downscaled. My former "friends" couldn't be less understanding. One of them actually asked if I got a new credit card to Goodwill!

My older sister told me to try and ignore them, because you will be more likely to say something you don't mean if you respond out of emotion. She said screaming at them or crying in front of them will just make things worse and create a grudge. So, I took her advice and considered the alternatives. I gradually made some new friends, and when one of my old friends asked why I never hung out with them, I was honest.

I told her my life was a lot different than theirs now, and I felt I couldn't afford to do a lot of the things I did before. To her credit, she looked embarrassed."

How have your friendships changed over the last two years?  
What strategies have you used to "transition" between friendships?



Girl Scouts.