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High School Girls' Panel

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Photo Maryellen Judson

going to school, soccer, dance, and shopping. "Talking side by side is often easier than face to face over the kitchen table."

The parents were seeking opinion and advice on many issues such as cell phones, internet, smoking, alcohol, eating disorders and sex in both middle school and in high school and our experts answered them candidly. These topics and many others will be small group discussions at the 11th Sister to Sister Summit for Middle School girls held Saturday, March 20, at Bentley School, Lafayette. Registration is open to all 6-8th grade girls in Lamorinda and beyond. For more information go to <http://www.aauwoml.org/Sistertosister.html> or call Valerie Burgess 925-376-2517.

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"The Truth About Girls' Middle School Experience", an open forum sponsored by Lamorinda AAUW Sister to Sister program, stirred many questions from nearly forty parents, gathered at JM Intermediate School on February 18.

"I wish someone had told me when I was in middle school " was the lead topic, answered by eight high school girls who are also facilitators at the Sister to Sister Summit. The panel from all four Acalanes High School District schools, Campolindo, Miramonte, Acalanes, and Las Lomas quickly added friends to the equation. Friends, and especially good girl friends, are very important in middle school and beyond. While it can be difficult to see, your friends last a fleeting few days; by high school many girls report finding close friends that will hopefully last beyond the teen years. They want the younger girls to pick their friends wisely and parents to know who their girl is hanging out with.

The panel repeatedly called on parents to talk with their young girls early and openly about difficult subjects such as changing bodies, alcohol and drugs and even sexuality to encourage open communication and give clear and positive information. They suggested Moms (and Dads) take advantage of their time in the car