



Artolescence: Ten Arts Based Activities for Adolescent Girls to Overcome Relational Aggression (RA)

Cheryl Dellasega PH.D.

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Now, by popular demand, a resource about relational aggression (RA or female bullying) for younger girls is available.? This guide will help elementary and middle school girls learn positive relational skills in a fun and informative way.? With adult supervision, the activities can be done as individually, in a workshop or classroom, or through a community organization. Created by Cheryl Dellasega, Ph.D. The Girl's Friendship Journal has evolved from her years of work with girls in Club and Camp Ophelia, two programs she founded to help adolescent girls overcome RA.

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