

# Sugar & Spice

Empowering your daughter to cope with friendships and cliques  
for girls 9-11 years old – Part 1

Lakeside Rooms  
Groups Programs  
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## A Quick Overview

**Weekly 3.45 – 4.45pm over 5 weeks • Cost: \$40/wk**

**Commencing: Friday 24 February 2016**

(subject to numbers, rebates may be available)

Sugar and spice and all things nice, that's what little girls are made of. Without warning though, your little girl is confronted with whispers, rumours, gossip and nasty behaviours. From the beginning of Grade 3, girls start using exclusionary tactics and other covert ways of bullying with the intent to isolate and hurt their friends.

Most girls at times are the target of this type of bullying. They are, at other times, bystanders. Sometimes they are even the aggressor, often as a way to establish and maintain social positions. Girls may be best friends one day and cruel the next. These behaviours are not okay and need to be challenged. Considering identity formation in girls is crucial in their primary school years, the impact of early friendships and coping with social struggles can be long-lasting and may significantly impact on future relationships.

Many bullying programs do not address the complicated issues around girl friendships and cliques. Additionally, many parents feel overwhelmed and ill-equipped to handle these issues with their daughter, particularly when they are unable to influence another child's behaviour.



## Program Details

The Sugar & Spice program will begin to expose these girl bullying behaviours, assist your daughter to make healthy relationships, empower your daughter to deal with this behavior and provide her with strategies to manage friendships and effectively resolve conflict.

Part 1 of the program is offered in five 1 hour sessions over 5 weeks.

## Program Practitioners

### Leanne Jones

*Psychologist*

Leanne Jones is a psychologist skilled in the assessment of children and adolescents. Leanne specializes in educational psychology, including learning, emotional and behavioural difficulties in children. She provides learning assessments and facilitates group programs.

## To Make a Booking

To book for this particular group program, find out more information or to enquire about other group sessions, please feel free to contact Andrea Armstrong at [groups@lakesiderooms.com.au](mailto:groups@lakesiderooms.com.au) or phone 5562 0466 or 0430 433 071.