

1. Record Nr.	UNINA9910461585003321
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Titolo	Swimming upstream : parenting girls for resilience in a toxic culture // Laura H. Choate
Pubbl/distr/stampa	Oxford, [England] : , : Oxford University Press, , 2016 ©2016
ISBN	0-19-939115-7 0-19-939114-9
Descrizione fisica	1 online resource (305 p.)
Disciplina	649/.133
Soggetti	Girls Daughters Parenting Resilience (Personality trait) Girls - Conduct of life Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Swimming Upstream; Copyright; Dedication; Contents; Acknowledgments; Introduction; Part One: Taking a Tour of Girl World; 1 Appearance, Attention, Accomplishments: Toxic Cultural Expectations for Today's Girls; 2 Girls in Transition: Who Am I?; 3 Vulnerable Girls: Common Mental Health Problems; Part Two: Parenting for Resilience; 4 Resilience Dimension One: Parenting from Your Inner Core; 5 Resilience Dimension Two: Developing a Positive Body Image; 6 Resilience Dimension Three: Cultivating Healthy Relationships; 7 Resilience Dimension Four: Keeping Success in Perspective 8 Resilience Dimension Five: Charting My Life Course Conclusions; Recommended Resources; Indexing for SUS
Sommario/riassunto	A guide to help parents teach their daughters to resist negative cultural messages. Never before have adolescent girls faced so many confusing and contradictory expectations. From a young age, popular culture teaches girls that their worth is based on their appearance, their ability to gain attention, and an ever-increasing accrual of accomplishments.

With such unattainable standards, it is no wonder that many girls experience stress, self-doubt, and even mental health problems. Girls struggle to develop an authentic sense of self, even as they attempt to meet a set of impossible cultural
