

Hot Topics

Mean Girls

Leader Guide

Theme: Whether something mean is done to you or you do something mean to someone else, you can know exactly how to handle the situation. It may take time to heal from someone's unkind actions or courage to apologize if you hurt someone, but dealing with mean situations is necessary. You can be mature and full of love as you deal with others.

Note to Leaders: As girls open up about this topic, it can be very tempting to start placing blame on the "mean girls" themselves. Try to keep the discussion focused on how girls can avoid becoming "mean girls" and what they can do to deal with "mean girls" in a godly way.

As girls, it's nearly impossible to make it through adolescence without experiencing a mean girl in some way. You might find yourself on the receiving end, you might be watching one of your friends be on the receiving end, or you might possibly be a mean girl at one time or another. Use the following definition and Scripture verses to establish a plan to face the mean girls in your world.

This definition is from the book *Odd Girl Out* by Rachel Simmons:

"Unlike boys, who tend to bully acquaintances or strangers, girls frequently attack within tightly knit friendship networks, making aggression harder to identify and intensifying the damage to the victims. Within the hidden culture of aggression, girls fight with body language and relationships instead of fists and knives. In this world, friendship is a weapon, and the sting of a shout pales in comparison to a day of someone's silence. There is no gesture more devastating than the back turning away."

- Do you think this is an accurate definition of a "mean girl"?
- Have you ever experienced or observed what Rachel describes as "relational aggression"? How did it feel?

Read 1 Peter 4:8–10.

- What does it look like to "love each other deeply"?
- How can using your gifts to serve others prevent you from becoming a "mean girl"?

Read 1 John 4:7–21.

- According to this passage, what is love? Why do we love?
- As Christians, why is it important for us to show love to others?
- What should our reaction be to the "mean girls" in our lives?



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Read Ephesians 4:1–6.

- Why is it important to keep unity with other Christians?
- What can you do to keep unity?

Prayer: God, fill me with a love for those who have hurt me and a love for others so that I don't hurt them. Please forgive me when I was unkind to siblings, parents, teachers, and friends. Give me the strength to forgive those who were also mean to me. I pray that mean girls would give their heart completely to You so that they would turn from their ways and love others.

For more information, see:

Odd Girl Out by Rachel Simmons

Queen Bees and Wannabes by Rosalind Wiseman

Mean Girls and Mean Girl Gone by Hayley DiMarco

For more topical Bible studies for teen girls, visit www.myhealthychurch.com/teengirls

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For Student

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