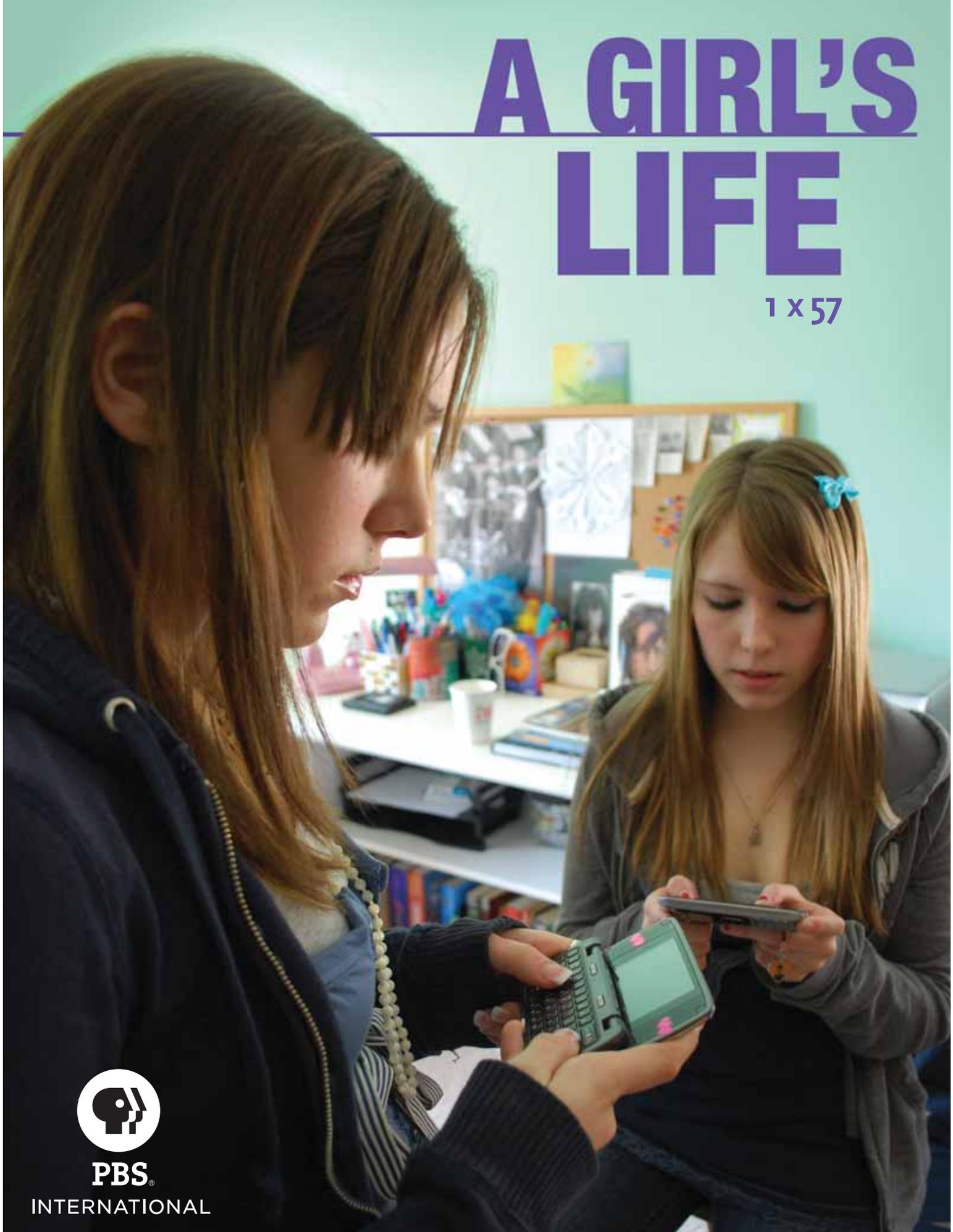


# A GIRL'S LIFE

1 x 57



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# A GIRL'S LIFE

with Rachel Simmons

1 x 57

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Girls growing up today have more opportunities than their mothers and grandmothers ever imagined. They do well in school; by fifth grade they're equal to boys in math and science, and they're significantly better at reading and writing. They have more career choices, more flexibility in family roles, and more female role models in positions of political power.

However, girls' self-esteem plunges at the ages of twelve to thirteen. Twice as many girls as boys attempt suicide. Twice as many show signs of depression. Girls have a higher risk of abusing alcohol and drugs, and violent physical assaults by girls have skyrocketed since 1990.

Bestselling author and expert on teenage girl psychology Rachel Simmons traces the impact of our internalized ideas of "girlhood" on girls' psychological development in *A Girl's Life*. While confronting the harsh reality young girls inhabit, this unrelenting documentary introduces the audience to four typical teenage girls:

- Analuz Adames, fifteen, loves to play sports and has been athletic since she was a little girl, but she still has a hard time resisting pervasive, pernicious media images of how her body should look.
- Libby Rice, fourteen, found herself in junior high hell when her best friends-turned-cyberbullies staged an assault of cruel text messages, turning the entire student body against her.
- Sixteen-year-old Carla Torres got into violent fights she was ashamed to see posted on the Internet.
- Sonia Luna, eighteen, worries that she may not get into the college of her choice or get the financial aid she needs to make it out of East Harlem.

Will these girls stride confidently through newly opened doors or are they destined to be stunted by societal messages that tell them females should be constantly agreeable, impossibly thin, and sexy above all else? Simmons interviews parents, psychologists, teachers, and social workers who share tips on how to help nurture girls into capable, resilient adults. And, as viewers trace the thorny new challenges girls face, the girls themselves reveal an inspiring supply of strength, energy, smarts, and support for each other.

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CREDITS

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