

Delve Deeper into Resources for Girls, Teens, and Parents

These books, videos, and web sites provide a range of perspectives on issues raised by upcoming P.O.V./PBS broadcasts of "My American Girls," "True-Hearted Vixens," and "5 Girls."

YOUNG ADULT AND ADULT FICTION ON TEEN ISSUES

Just about any subject that troubles a teen has been the subject of quality Young Adult and adult fiction. Here's a sampling:

Alvarez, Julia. *How the Garcia Girls Lost Their Accents*. Chapel Hill: Algonquin Books, 1991.

Brown, Wesley, ed. *Imagining America: Stories from the Promised Land*. New York: Persea Books, 1991.

Cisneros, Sandra. *The House on Mango Street*. New York: Knopf, 1994.

Fox, Paula. *The Moonlight Man*. New York: Bradbury, 1986.

Frank, Lucy K. *I Am an Artichoke*. New York: Holiday House, 1995.

Garland, Sherry. *Shadow of the Dragon*. San Diego: Harcourt, 1993.

Hamilton, Virginia. *A Little Love*. New York: Putnam, 1984.

Jen, Gish. *Mona in the Promised Land*. New York: Random House, 1996.

Johnson, Angela. *Heaven*. New York: Simon & Schuster, 1998.

Kincaid, Jamaica. *Annie John*. New York: Farrar, Straus, Giroux, 1985.

Mukherjee, Bharati. *Jasmine*. New York: Grove Weidenfeld, 1989.

Singer, Marilyn, ed. *Stay True: Short Stories for Strong Girls*. New York: Scholastic, 1998.

Wolff, Virginia Euwer. *Make Lemonade*. New York: Holt, 1993.

YOUNG ADULT NONFICTION

Dozens of books help girls navigate the sometimes treacherous waters of adolescence. Valuable books on puberty's physical changes and sexuality include:

Madaras, Lynda and Area Madaras. *The What's Happening to My Body? Book for Girls: A Growing Up Guide for Parents and Daughters*. New York: Newmarket, 1988 (rev. ed.). (Madaras has authored a parallel book for boys.)

McCoy, Kathy and Charles Wibbelsman. *The New Teenage Body Book*. New York: Putnam/Perigee, 1992.

Rench, Janice E. *Understanding Sexual Identity: A Book for Gay Teens and Their Friends*. Minneapolis: Lerner, 1990.

Some of the special psychological challenges of adolescence are the subject of the following books:

Fischkin, Barbara. *The Muddy Cup*. New York: Scribner, 1997.

Folkers, Gladys and Jeanne Engelmann. *Taking Charge of My Mind and Body: A Girl's Guide to Outsmarting Alcohol, Drugs, Smoking, and Eating Problems*. Minneapolis: Free Spirit Publications, 1997.

Gaskins, Pearl Fuyo, ed. *What Are You? Voices of Mixed-Race Young People*. New York: Holt, 1999.

Kalergis, Mary Motley. *Seen and Heard: Teenagers Talk about Their Lives*. New York: Stewart, Tabori & Chang, 2000.

Jill Krementz. *How It Feels When Parents Divorce*. New York: Knopf, 1984.

Kuklin, Susan. *Speaking Out: Teenagers Talk on Sex, Race and Identity*. New York: Putnam, 1993.

LeShan, Eda. *What Makes You So Special?* New York: Dial, 1992.

Rosenberg, Maxine. *Living with a Single Parent*. New York: Bradbury, 1992.

Biographies can be a great way for teen girls to explore their own experiences and alternative futures. Notable recent biographies of women include:

Beals, Melba Pattillo. *Warriors Don't Cry*. New York: Pocket Books, 1995 (abridged).

Colman, Penny. *Rosie the Riveter: Women Working on the Home Front in World War II*. New York: Crown, 1995.

Freedman, Russell. *Babe Didrikson Zaharias: The Making of a Champion*. New York: Clarion, 1999.

Malone, Mary. *Maya Lin: Architect and Artist*. Berkeley Heights, NJ: Enslow, 1995.

Stillo, Darlene R. *Extraordinary Women Scientists*. New York: Children's Press, 1995.

WEB SITES FOR TEENS

The American Library Association hosts a clearinghouse for teens, accepting and reviewing users' suggestions of websites and chat rooms that help with homework, personal issues and chat. *Girl Zone* is a wide-ranging "teen zine." Although mainstream sports media (CNN/SI, ESPN, etc.) sites provide some coverage of women's sports, the content of *Sports for Women* is completely devoted to the subject.

www.ala.org/teenhoopla/
www.girlzone.com
www.sportsforwomen.com

ADULT NONFICTION FOR TEENS AND PARENTS

These books discuss girls (or women) and sports:

Blais, Madeleine. *In These Girls, Hope Is a Muscle*. New York: Atlantic Monthly Press, 1995.

Colton, Larry. *Counting Coup: A True Story of Basketball and Honor on the Little Big Horn*. New York: Warner, 2000.

Douglas, Susan. *Where the Girls Are: Growing Up Female with the Mass Media*. New York: Times Books, 1994 (reprint).

McPhee, Jenny et al. *Girls: Ordinary Girls and Their Extraordinary Pursuits*. New York: Random House, 2000.

Smith, Lissa, ed. *Nike Is a Goddess: The History of Women in Sports*. New York: Atlantic Monthly Press, 1998.

VIDEOS FOR PARENTS AND YOUNG ADULTS

Libraries with active kidvid collections will have videos on most of the teen issues discussed in the nonfiction books listed above. Here is a sampling of contemporary commercial and documentary films addressing similar subjects:

"Ever After." A Mireille Soria production, directed by Andy Tennant. Beverly Hills, CA: 20th Century Fox Home Entertainment, c. 1996. 100 min.

"Girlfight." A film by Karyn Kusama. Screengems, Inc., 2000. 110 min.

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ALA American Library Association

"Delve Deeper" is compiled by *Booklist*, the review journal of the ALA

POV

Public television's acclaimed independent nonfiction film series.



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"The Joy Luck Club." Burbank, CA: Hollywood Pictures Home Video; dist. By Buena Vista Home Video, 1994, c. 1993. 139 min.

"Love and Basketball." New York: New Line Home Video, 2000. 124 min.

"Maya Lin: A Strong Clear Vision." A Film by Frieda Lee Mock. Santa Monica, CA: Sanders & Mock Productions/Ocean Releasing, 1995, c. 1994. 105 min.

"Mi Familia." Directed by Gregory Nava. New Line Home Video. Atlanta, GA: Turner Home Entertainment, 1995. 121 min.

"My So Called Life." Produced by Edward Zwick and Marshall Herskovitz. New York: BMG Video, c. 1999. (Episodes from the 1994 TV series.) 60 min.

ADULT NONFICTION FOR PARENTS

Instructive resources for parents include:

Always Accept Me for Who I Am: Instructions from Teens on Raising the Perfect Parent, by 147 Who Know. Compiled by J. S. Salt. New York: Three Rivers Press, c. 1999.

Bingham, Mindy and Sandy Stryker with Susan Allstetter Neufeldt. *Things Will be Different for My Daughter: A Practical Guide to Building Her Self-Esteem and Self-Reliance from Infancy through the Teen Years.* New York: Penguin, 1995.

Eagle, Carol J. and Carol Colman. *All That She Can Be: Helping Your Daughter Achieve Her Full Potential and Maintain Her Self-Esteem During the Critical Years of Adolescence.* New York: Simon & Schuster, 1993.

Elium, Jean and Don Elium. *Raising a Daughter: Parents and the Awakening of a Healthy Woman.* New York: Celestial Arts, 1994. (The Eliums wrote a parallel book on sons.)

Odean, Kathleen. *Great Books for Girls: More Than 600 Books to Inspire Today's Girls and Tomorrow's Women.* New York: Ballantine Books, c. 1997.

The ongoing academic and popular debate about "difference" feminism is inevitably touched upon in discussions of raising daughters. Key documents in that debate include:

Gilligan, Carol. *In a Different Voice: Psychological Theory and Women's Development.* Cambridge, MA: Harvard University Press, 1982.

Pipher, Mary. *Reviving Ophelia: Saving the Selves of Adolescent Girls.* New York: Putnam, 1994.

Sommers, Christina Hoff. *The War Against Boys: How Misguided Feminism Is Harming Our Young Men.* New York: Simon & Schuster, 2000.

WEB SITES

The sites listed below are designed to help parents cope with the often challenging demands of parenting. All include information on issues like self-esteem, eating disorders, and drug use, chat rooms, advice from experts, and suggestions on other resources. Parents seeking help and support may want to explore several sites to identify the one or two that best fit their needs:

www.geoparent.com
(a site operated by Myria Media, Inc., founded by two Ohio moms)

www.learningnetwork.com
or **www.familyeducation.com**
(a merger of several independent sites)

www.parentingresources.ncjrs.org
(a federally sponsored site through the Coordinating Council on Juvenile Justice and Delinquency Prevention)

www.parentsoup.com
(part of the ivillage.com portal, billed as "The Women's Network")

www.parentingteens.about.com
(a parenting site that's part of the about.com portal)

SEE IT ON PBS

"My American Girls: A Dominican Story"
by Aaron Mathews
In vivid verité detail, *My American Girls: A Dominican Story* captures the joys and struggles over a year in the lives of the Ortiz family, first generation immigrants from the Dominican Republic. From hard-working parents who imagine retiring to their rural homeland to fast-tracking American-born daughters caught between their parent's values and their own, the film encompasses the contradictions of contemporary immigrant life. (*A Latino Public Broadcasting Co-presentation.*)
Premieres on PBS Tuesday, July 3, 2001 at 10pm ET (check local television listings) on P.O.V.

"True-Hearted Vixens"
by Mylène Moreno
These women want to play professional football. Make that full contact, NFL-style, smash-mouth football. *True-Hearted Vixens* follows the fortunes of two women and the teams they play for during a six-game exhibition tour of a start-up Women's Professional Football League. With their dreams

tied to the league's success, the women grapple with powerful social stereotypes, the league's business practices and their own changing expectations of success. *An Independent Television Service (ITVS) Co-presentation.*
Premieres on PBS Tuesday, July 17, 2001 at 10pm ET (check local television listings) on P.O.V.

"5 Girls" by Maria Finitzo/Kartemquin Films
The world is full of smart, resilient girls, but we don't often hear about them. From the production company that made *Hoop Dreams*, *5 Girls* shows girls as the heroes of their own lives. Shot over three years, the documentary tracks the lives of Corrie, Toby, Amber, Aisha and Haibinh as they move through their tumultuous teenage years.
Premieres on PBS Fall 2001 on P.O.V.

To order additional copies of "Delve Deeper into Resources for Girls, Teens, and Parents" contact:

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American Documentary, Inc.
32 Broadway, 14th Floor,
New York, NY 10004
Telephone: 212.989.8121 x320
E-mail: library@pov.org**

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