

## TODAY'S GIRLS FACING THE PRESSURES OF GUYS, SCHOOL, FASHION & GIRL-POLITICS

(Los Angeles, Calif) Today's teen girls are under pressure as they are facing issues and temptations that earlier generations didn't have to deal with- the pressure to look perfect, to dress trendy and provocatively, and to find a cute guy, and they are finding their own way to face them. Their feelings of inadequacy cause them to spiral out of control into a world of eating disorders, sexual experimentation and substance abuse.

**Vicki Courtney** is the mother of three teens and knows first-hand girls are being deceived and need guidance about moral truth through authentic love, faith and concern. Courtney is passionate about the church's need to become pro-active in the fight against the cultural brain-washing of young girls. She has created an eight-week study called *His Girl*, and sounds off on the many issues including:



**Guys:** "Dating is out, 'hooking up' is in – Girls need to learn to respect themselves *first*. When they do, they will not accept anything less from the guys. They are set-apart for something better than a one-night stand that will never fill a void in their heart."

**Purity:** "Purity is more than refraining from sex. It is an attitude of the heart and way of life... when girls are engaging in sexual activity outside of marriage, they are creating emotional and spiritual baggage that will have to be dealt with on down the road."

**Girl Politics:** "Includes cliques, jealousy, gossip, bad attitudes and wild behavior from girls. Every girl has a potential 'mean girl' inside and they need to keep their mean girl in check."

**Fashion:** "Girls don't realize that their clothing can send a message and often, that message is not an accurate representation of who they really are. Girls can stand out if they are modest in attitude, accomplishments and fashion."

The *His Girl* study includes a student book/magazine containing over 300 photographs and illustrations. It also contains quizzes, group activities, devotional material, an Ask Vicki column, and tons of other "magazine-like" features.

**Vicki Courtney** is the founder of Virtuous Reality Ministries® which reaches over 150,000 girls and mothers a year. She has done hundreds of radio and newspaper interviews and appeared on CNN, Fox News, and CNN Headline News to discuss issues impacting teens. She is the best-selling author of numerous books including, "TeenVirtue: Real Issues, Real Life...A Teen Girl's Survival Guide." Her latest release is "TeenVirtue 2: A Teen Girl's Guide to Relationships." Vicki resides in Austin, Texas, with her husband and three children. To learn more about Vicki Courtney, visit [www.vickicourtney.com](http://www.vickicourtney.com)

## **Interview topics:**

- Addressing tough girl issues including girl politics, sexual experimentation, strained parental relations, and feeling popular with your peers.
- Style: The benefits of modest clothing and trendy fashion suggestions.
- Identifying and counteracting negative celebrity behavior on teen girls.
- Parental advice for teen girls on the internet/MySpace dangers, mean-girl behavior including cyber-bullying, abstinence and teen violence/abductions.
- How girls can make sure they are not sending the wrong message with the pictures they upload on their MySpace/Facebook pages.
- How girls can stand firm in their beliefs and deal with struggles with identity, self-image and find their true self-worth

## **Sample questions:**

- What do you say to critics who believe your standards are too old fashioned?
- What are the six major struggles/battles for teen girls?
- How can teen girls fight the mixed messages of our culture and avoid conforming to the in-crowd?
- What does purity really mean?
- How can a girl clothe herself in strength, dignity and confidence?
- What are girl politics?

## **Statistics:**

- In 2003, 83% of the episodes of the top 20 shows among teen viewers contained some sexual content, including 20% with sexual intercourse (Focus Adolescent Services).
- 42% of the songs on the top CDs in 1999 contained sexual content -- 19% included direct descriptions of sexual intercourse (Focus Adolescent Services).
- On average, music videos contain 93 sexual situations per hour, including eleven "hard core" scenes depicting behaviors such as intercourse and oral sex (FAS).
- 58% of rape victims report being raped between the ages of 12-24. (U.S. Dept. of Health and Human Services.) Half of the reported date rapes occurred among teenagers (CALCASA 2002).
- 77% of female and 67% of male high school students endorse some form of sexual coercion, including unwanted kissing, hugging, genital contact and sexual intercourse (Journal of Family Violence 2000).
- Online teens frequently communicate virtually with someone they've never met: 54% have done so using IM; 50% via email; and 45% in a chat room. (Polly Klaas Foundation).
- Significantly more online teen girls than guys said they've posted a profile (56% vs. 37%), shared personal information (37% vs. 26%), and been asked about sexual topics (33% vs. 18%) (Polly Klaas Foundation).
- 70% of girls ages 15 to 17 have created online profiles on social networking sites. (Pew Internet)
- 40% of teen girls admit they have agreed to sex even though they really didn't want to
- 8 of 10 teens say they feel pressure to have sex. (Natl. Campaign to Prevent Teen Pregnancy)