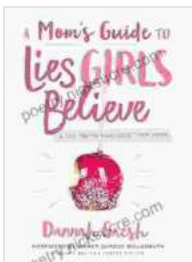


Mom Guide To Lies Girls Believe and How To Counter Them

As a mom, it's natural to want to protect your daughter from the harsh realities of the world. But one of the most important things you can do is to help her develop the skills she needs to navigate the challenges she'll face, including the lies that girls are told about themselves and the world around them.



A Mom's Guide to Lies Girls Believe: And the Truth that Sets Them Free (Lies We Believe) by Dannah Gresh

★★★★☆ 4.8 out of 5

Language	: English
File size	: 26272 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 226 pages
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Screen Reader	: Supported



These lies can come from anywhere—the media, peers, even family and friends. And they can have a devastating impact on girls' self-esteem, body image, and relationships.

That's why it's so important for moms to be aware of the lies that girls believe and to know how to counter them. Here are a few of the most common lies and some tips on how to talk to your daughter about them:

Lie: Girls should be thin and beautiful.

This is one of the most pervasive lies that girls are told, and it can lead to a lifetime of dieting, body image issues, and eating disorders.

****How to counter it:**** Help your daughter to understand that there is no one "right" way to look. Talk to her about the importance of health and well-being, and encourage her to focus on developing a healthy lifestyle rather than trying to achieve an unrealistic ideal.

Lie: Girls are not as good as boys at math and science.

This lie is often used to discourage girls from pursuing careers in STEM fields. But there is no evidence to support it. In fact, studies have shown that girls are just as capable as boys in math and science.

****How to counter it:**** Encourage your daughter to take math and science classes, and don't let her believe that she can't succeed in these subjects. Show her examples of successful women in STEM fields, and let her know that she can be one of them.

Lie: Girls should be submissive and passive.

This lie is often used to control girls and women. It teaches them that they should not speak their minds or stand up for themselves.

****How to counter it:**** Teach your daughter the importance of speaking up for herself and setting boundaries. Encourage her to be assertive and to stand up for what she believes in.

Lie: Girls are only valuable if they are in a relationship.

This lie is often used to pressure girls into dating or having sex. It teaches them that their worth is tied to their relationship status.

****How to counter it:**** Teach your daughter that her worth is not dependent on her relationship status. Encourage her to focus on developing her own interests and goals, and to value herself for who she is.

Lie: Girls should be ashamed of their bodies.

This lie is often used to shame girls into covering up or changing their bodies. It teaches them that their bodies are something to be ashamed of.

****How to counter it:**** Teach your daughter to love and accept her body. Encourage her to wear clothes that make her feel comfortable and confident, and to avoid comparing herself to others.

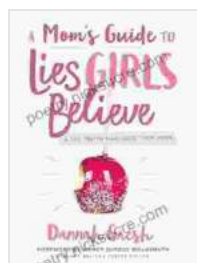
These are just a few of the many lies that girls are told. It's important for moms to be aware of these lies and to know how to counter them. By doing so, you can help your daughter to develop a healthy body image, strong self-esteem, and positive relationships with others.

Here are some additional tips for talking to your daughter about these lies:

- **Be open and honest.** Don't shy away from talking to your daughter about these issues. Let her know that you're there for her and that you want to help her navigate the challenges she'll face.
- **Listen to your daughter.** Really listen to what she has to say, and try to understand her perspective. Don't dismiss her feelings or try to tell her how she should feel.

- **Be supportive.** Let your daughter know that you believe in her and that you're there for her no matter what. Encourage her to be herself and to make her own choices.
- **Be a role model.** One of the best ways to teach your daughter about these issues is to be a good role model yourself. Show her that you're comfortable in your own skin and that you're not afraid to stand up for what you believe in.

Talking to your daughter about these lies can be difficult, but it's important to have these conversations. By ng so, you can help your daughter to develop a healthy body image, strong self-esteem, and positive relationships with others.



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