Discussion Guide



Girls on the Brink
Donna Jackson Nakazawa

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Mental Health and Social Media

Summary

Drawing on insights from both the latest science and interviews with girls about their adolescent experiences, the author carefully guides adults through fifteen “antidote” strategies to help any teenage girl thrive in the face of stress, including how to nurture the parent-child connection through the rollercoaster of adolescence, core ingredients to building a sense of safety and security for your teenage girl at home, and how to foster the foundations of long-term resilience in our girls so they’re ready to face the world.

Questions

1. Did the stories of Anna, Julia, and Deleicea resonate for you? If so, why?
2. Were you aware that a growing number of girls are facing mental health issues? Were any of the statistics that the author shared surprising? For a review of these statistics, see the end of this Book Club Kit.
3. After reading the book, are you more concerned about today’s girls, or more hopeful?
4. Perhaps both? Why?
5. After learning about the science behind the struggles of modern girls, what stood out to you the most, and why? Did you find yourself revisiting any passages?
6. Do you feel that the issues you faced when you were growing up were different from those that girls face today? How does your coming-of-age compare to the current era?

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