

99 Things Every Girl Should Know

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Credits

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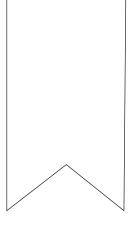
DEDICATION

This book has been put together with stories and words from incredible women who are mothers, small group leaders, friends, and mentors.

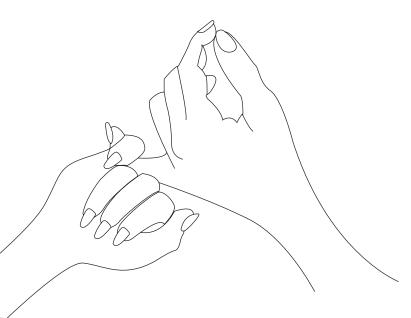
They are passionate Christ-followers that have committed their lives to pour into young women. Thank you for your faithfulness.

TABLE OF CONTENTS

Being BFF's	8
ShhIt's a Secret	14
Boys, Boys & More Boys	20
Sex, Pregnancy, and Boundaries	28
All in the Family	34
Seasons of Being a Girl	39
The Good News About School	43
Mirror, Mirror on the Wall, What's the Truth About Beauty?	48
The Clothes We Wear	56
TV, Magazines, and MoviesOh My!	60
Surviving the Digital World	65



Great Quotes From Friends	70
Hot Topics	74
The War Between Shopping and Saving	79
Just Plain Random	84
Your Relationship with Jesus	90
Biblical Women Worth Looking Up To	96
Women of the World	103
Why Being a Girl Rules	108
And Last But Not Least	113



BEING BFF%

1. THE TEST

Real friends don't let other friends walk around school, the mall, or anywhere for that matter with stuff in their teeth, stuff hanging from their noses, or their zippers down. It might be uncomfortable to point out these "issues," but your friends will thank you! And you'll pass the real-friend test with flying colors.

from a student

The greatest gift of life is that we are able to share it with others. I have been blessed beyond belief with the friendships that I have. They have been my family, my support, my laughter, and a true source of happiness. I've also learned a lot of lessons about friendships throughout the years—what to do to be a good friend (and what not to do). Also, I've been learning how to deal with the fact that friends are just people and that we all make mistakes. We are always growing, always becoming, and it is a beautiful thing to do that in the company and community of others, faults and all. As more time is invested in our friendships, we become more dependent on each other. The downside of this is that we set these expectations and standards about how and when friends should be there for us and how they should act. People disappoint us, they hurt us, and they let us down. I have chosen to look at my friends and see the expectancy of our relationship. I rely on the hope of it being something long-lasting and able to endure many things. In the end, God doesn't let us down. Ever. God is the ultimate friend. I am a good friend because God has given me good friends. Having a good friendship just comes naturally when you simply enjoy one another and love the things that make you similar and different. That's what it's all about—doing life together.

2. FRIENDS BEFORE BOYS

At this time in your life, you will often find that the friendships you invest in last WAY longer than any boyfriend you might have. The truth is, boyfriends can oftentimes keep you from having a life and enjoying it.

from a small group leader

The memories from high school that still make me smile are the adventures that my friends and I had together. On the other hand, the moments that make me blush are those that I created in order to get attention from the opposite sex. Right now, it's best to live by the "friends before boys" principle.

—An Older Sister In Christ

3. IT TAKES ONE TO KNOW ONE

Be the kind of friend you want to have. Are you struggling with friendships? Before you start pointing fingers at the girls around you, ask yourself, "What kind of friend am I?" and "What impact am I having on my relationships?" Being a good friend can be hard at times and require work, but the friendships that you are willing to work at will likely end up being the best friendships that you'll ever have.

ScripAure | Proverbs 27:6

"Wounds from a sincere friend are better than many kisses from an enemy."

4. THE DOWNSIDE OF FRIENDSHIPS

Friends can form a circle of protection from the dangers in this world.

That's a good thing. On the other hand, when your circle becomes one that excludes other girls because they don't fit in, your circle has become an unhealthy clique. That's a bad thing. Cliques are dangerous when they turn girls against other girls based on petty differences. They can rob us of meeting other potential friends, simply because they don't look or act the same as us. Has your circle of friendships turned ugly?

Find out by asking yourself: "When was the last time your friends spent time with others?" Or, would you lose all of your friends if one of the group became unhappy with you? If you have a hard time answering these questions, you might want to evaluate your circle to make sure it hasn't turned into an unhealthy clique.

5. A FRIEND OR TWO

It's impossible to be best friends with everyone. Most of us work hard to have a lot of friends because deep down, we fear being alone. A better antidote for loneliness is to simply focus on fewer friendships. Friendships that are built over time with a foundation of outrageously fun memories and truly meaningful conversations can be impossible if you spread yourself too thin. Meaningful relationships require time and devotion. Which would you rather have in the long run, a few very meaningful relationships, or many shallow ones?

CHALLENGE:

Reflect on the friendships you currently have in your life right now and the type of friend you are in those relationships. Are you fulfilled, or are your relationships lacking something?

Talk with a friend this week about your friendship. Consider taking a minute to write a thank-you note to one of your friends.

Pray for your friends. By praying for your friends, you become a better friend.

