

Name:

Day One

Strong Girls

Part 1: Silent read

→ Can your friends act unfriendly? Read silently.

It may have been easy to make friends when you were younger. As you grew up, you realized that a friend is more than someone to hang around with. A friend is someone you can count on and feel safe around. You may not always get along with a friend. That is understandable. You just have to be smart enough to know when the problem is a serious one. Maybe your friend has met new people and is not spending as much time with you. Maybe your friend is changing and now has different interests.

The young teen years can be challenging. Some girls can be catty or bossy with their friends. Old friends can turn into “frenemies.”

Jada remembers starting middle school. “My old friends started spreading rumors about me. I hadn’t done anything to them. It was really hurtful.”

Sara says, “My best friend wanted to control me: what I did, how I dressed, who else I was friendly with. I thought that was childish.”

If your friends are acting unfriendly, you have a choice. No one is in charge of you except you—and your family, of course! As you get older, you have to make decisions about the kind of person you want to be. If you have friend troubles, talk to an adult! For girls, there is a group called Strong Women, Strong Girls. You can find them online.



Day One Strong Girls

// one minute

Part 2: First timed read

WPM _____

It may have been easy to make friends when you were younger. As you grew up, you realized that a friend is more than someone to hang around with. A friend is someone you can count on and feel safe around. You may not always get along with a friend. That is understandable. You just have to be smart enough to know when the problem is a serious one. Maybe your friend has met new people and is not spending as much time with you. Maybe your friend is changing and now has different interests.

The young teen years can be challenging. Some girls can be catty or bossy with their friends. Old friends can turn into “frenemies.”

Jada remembers starting middle school. “My old friends started spreading rumors about me. I hadn’t done anything to them. It was really hurtful.”

Sara says, “My best friend wanted to control me: what I did, how I dressed, who else I was friendly with. I thought that was childish.”

If your friends are acting unfriendly, you have a choice. No one is in charge of you except you—and your family, of course! As you get older, you have to make decisions about the kind of person you want to be. If you have friend troubles, talk to an adult!

For girls, there is a group called Strong Women, Strong Girls. You can find them online.

Part 3: Comprehension and discussion

What are some friendship problems for girls?

What’s a “frenemy”?

Day One

Strong Girls

Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

It may have been easy to make friends / when you were younger. // As you grew up, / you realized that a friend is more than someone to hang around with. // A friend is someone you can count on / and feel safe around. // You may not always get along with a friend. // That is understandable. // You just have to be smart enough to know when the problem is a serious one. // Maybe your friend has met new people / and is not spending as much time with you. // Maybe your friend is changing / and now has different interests. //

The young teen years can be challenging. // Some girls can be catty or bossy with their friends. // Old friends can turn into “frenemies.” //

Jada remembers starting middle school. // “My old friends started spreading rumors about me. // I hadn’t done anything to them. // It was really hurtful.” //

Sara says, / “My best friend wanted to control me: / what I did, / how I dressed, / who else I was friendly with. // I thought that was childish.” //

If your friends are acting unfriendly, / you have a choice. // No one is in charge of you, / except you— / and your family, / of course! // As you get older, / you have to make decisions about the kind of person you want to be. // If you have friendship troubles, / talk to an adult! // For girls, / there is a group called Strong Women, / Strong Girls. // You can find them online. //

I read the passage in phrases out loud to my partner.