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SECTION THREE: ACTIVITIES TO INTEGRATE

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Understanding Grudges

Activity #3: The Grudge That Wouldn't End

Objectives:

Upon completion of this activity, girls will:

- Learn about different types of grudges
- Compare and contrast different types of grudges
- Discuss motivation for grudges

Procedure:

Read each of the following stories about girl grudges, stopping to answer the questions after each one. End with the list of final discussion questions:

Chandra and Mai are best friends throughout elementary school. In sixth grade, Chandra “steals” Frankie, Mai’s boyfriend of two months, at a party Mai isn’t allowed to attend. (Mai had specifically asked Chandra to look out for Frankie, but things ended up growing intimate when Frankie misunderstood Chandra’s behavior.) Mai was furious as soon as she found out what happened and immediately began to IM all her friends, saying Chandra was a “slut” who was boy crazy. Although Chandra apologized and tried to be friends again, Mai refused to forgive her and to this day the girls do not speak.

- Who held the grudge, and why?
- What did the grudge “cost” the girls involved?
- Why do you think the grudge occurred?

Understanding Grudges

Activity #3: *(continued)*

The Grudge That Wouldn't End

Olivia and Terese have never met, but their older sisters have been arch enemies since freshman year of high school, when they got into a physical fight and Olivia's sister, Brianna, broke Terese's sister Isabelle's nose. Although Olivia and Terese are in the same classes, they both "talk trash" about the other and don't speak face-to-face. Every night, Isabelle tells Terese that she must get "revenge" by fighting Olivia, but Terese is afraid because Olivia is much bigger and stronger than her.

- Who held the grudge, and why?
- What did the grudge "cost" the girls involved?
- Why do you think the grudge occurred?

Andrea comes from a single parent family where money is tight. Most of her clothes are hand-me-downs, and she is part of the free school lunch program. She lives in "The Heights," a part of town known for crime and rundown housing, while her classmate Tiffany lives in a development called nicknamed "Pill Hill" because it is full of doctors. Tiffany's parents have told her since childhood that she must be very careful of her friends, and one time would not allow her to invite Andrea to her birthday party. Now Tiffany and Andrea are in tenth grade, and Tiffany has decided to turn everyone in the school against Andrea. She makes fun of Andrea's clothes and encourages her friends to do the same. At lunch she laughs and tells everyone Andrea can only get certain food because she's on the "free food ticket."

- Who held the grudge, and why?
- What did the grudge "cost" the girls involved?
- Why do you think the grudge occurred?



Understanding Grudges

Activity #3: *(continued)*

The Grudge That Wouldn't End

Felice is Black, Ann is White, and Carmen is Hispanic. The girls have attended the same school since first grade and all play basketball on the same team, but each of them believes they can never be friends. Felice's mother has told her she can't trust White or Hispanic people, and to stick with her own color. Ann's parents have no friends of color, and frequently comment on how the world has become a worse place since Black and Hispanic people "took over." Carmen's family is new to the country; both of her parents stress that her primary loyalty is to her large extended family. "Black girls are always in trouble and no White girl will be a true friend to you," they tell her. Consequently, Felice, Ann, and Carmen each mistrust each other and rarely speak unless they have to. At times, there has been obvious tension between them in basketball games when each believes the others are "hogging" the ball or playing only for themselves.

- Who held the grudge, and why?
- What did the grudge "cost" the girls involved?
- Why do you think the grudge occurred?

Final Discussion Questions:

- What do these grudges have in common?
- What behaviors kept the grudges going?
- Who was hurt by the grudges?
- What could have been done to overcome each grudge?

Understanding Grudges

Activity #4: The Care and Keeping of a Grudge

Objectives:

Upon completion of this activity, girls will:

- Recognize behaviors associated with perpetuating a grudge
- Discuss the energy it takes to keep a grudge going
- Describe the negative consequences of maintaining a grudge

Procedure:

Think about a grudge, such as the one described below, or one of your own. Let's go through a typical day in the life of both the begrudger (initiator of the grudge) and the begrudged (target of the grudge). Then complete the worksheet on the following page.

TIME OF DAY	BEGRUDGER (SHARON)	BEGRUDGED (JULIA)
6 A.M.-7 A.M.	Sharon wakes up, instantly angered and upset at the thought of something Julia posted online the night before.	Julia wakes up, instantly upset and feels intimidated by the thought of seeing Sharon at school.
8 A.M.-9 A.M.	Sharon goes to school, looking for someone who will listen to her rant about Julia, and watching for some behavior Julia displays that will reinforce the grudge, which began two years ago when Julia made the cheer-leading squad and she didn't.	Julia thinks about going to the school nurse because she feels sick with dread over seeing Sharon. She knows something is wrong in her relationship with Sharon but isn't sure what she did to prompt it.
10 A.M.-12 P.M.	Sharon can't concentrate in class because she is busy anticipating what will come next with the grudge. In the cafeteria, she points at Julia and attempts to get other girls to join her in laughing and making rude comments.	Julia is preoccupied in class, trying to figure out how she will avoid Sharon. She sets herself up for further resentment by asking another friend why Sharon is upset with her. That "friend" runs to Sharon with this news.
2 P.M.-3 P.M.	Sharon leaves school, already contemplating how she will further her grudge against Julia during the evening hours.	Julia goes home, where she is afraid to turn computer on and see if Sharon has posted anything about her.
4 P.M.-10 P.M.	Sharon calls and IMs any one she might consider a friend, trying to get them involved in her grudge against Julia by telling them negative things Julia has supposedly said or done in the past.	Julia begins to receive hostile phone calls and emails, accusing her of being disloyal or hostile to other girls at her school she doesn't even know very well. Some of the messages are threatening, while others just suggest she should never come back to school.
11 P.M.	Sharon goes to bed but can't sleep because she is still upset about Julia and her inability to get revenge on her. She lies awake, plotting new ways to attack Julia the next day.	Julia goes to bed and cries herself to sleep because she can't understand why all the girls at her school hate her so much.