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Observation guide to the film, “Mean Girls” (D: Mark Waters, 2004).

For each question below, provide clear, specific examples from the film.

1. How would you characterize the friendship of the “Plastics”? (provide at least 3-5 terms)

2. Following are characteristics of persons who demonstrate relational aggression:
 - Wants power
 - Is willing to use others to get what she wants
 - Is concerned with her own desires rather than thinking about anyone else
 - Finds it difficult to see things from someone else’s perspective
 - Has average/above average self-esteem
 - Gains satisfaction from inflicting injury and perceives ‘rewards’ (prestige, etc.) from their behavior

As you watch the film, identify several examples of ways that Regina displays this behavior:

3. What factors in Regina’s social world encourage or allow her to act this way?

4. If Regina is the ‘Queen Bee,’ what roles do Gretchen and Karen play in their clique?

5. What is at least one example from the film of the use of technology in an act of relational aggression?

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6. Relational aggression can affect academic, behavioral, emotional realms, and lead to school violence, shyness, low self-esteem, poor academic achievement, isolation, depression, threatened or attempted suicide.

How was Janis a victim of relational aggression in middle school? What are the consequences to her, either obvious, implied or spoken about by others

7. What is the value of the “burn book”? Why would Regina and the Plastics write such a book? Why does it start such a disturbance among the girls when Regina releases the pages?

8. What role do parents play in relational aggression, as seen in the film? Specifically how might Regina’s mother be an influence on her behavior?

9. Teachers are believed to have a key role in preventing or influencing relational aggression. How is Ms Norbury actively involved in combating bullying and victimization and helping the students learn better ways to resolve conflict?

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10. a. How does Cady's style of dress change from the beginning to the middle to the end of the movie?

b. What does Cady learn about valuing herself and others (as she relates at the Mathletes contest)?

11. At the larger school level, schools can promote respect for individual differences among students. What does Cady do at the Spring Fling that shows value for the uniqueness of each girl? Why might this be a particularly meaningful event to express value for all the girls?

12. Several ways that girls can be directed toward healthier self-esteem and personal relationships include:

- equipping youth with stronger connections to their schools,
- secure relationships with adults,
- internalization of values around empathy and forgiveness,
- possessing genuine self-esteem, and
- the belief that relational aggression is not OK

By the end of the film "Girl World is at peace." What do you notice about Cady, Karen, Regina and/or Janis by the end?

12. Finally – what do you think is symbolized by the rushing by of the school bus?