This book has described the realities and the experiences of African American adolescent girls with an emphasis on ways in which we can support her psychological, social, and physical development. The intent was to highlight her resiliencies and her strengths. Self-attributes such as high confidence, self-complexity, high achievement orientation, and androgynous gender roles are strengths and a foundation for positive growth and development. Her family is important to her well-being and further supports her growth and development through positive parental communication and monitoring. Peers and friends provide opportunities in which her relational and intimacy needs can be met. Communities further support her positive growth and development through after-school programming and educational and recreational activities. The “Recommendation and Resource” section of each chapter provides suggestions that should be useful for almost anyone working with and/or interested in African American girls’ development.

At the same time, the intent was not to gloss over the problems and the realities of her world. At least one-third live in poverty, there remain high rates of pregnancy and sexually transmitted infections, many engage in poor health and fitness behaviors, and the neighborhood in which she lives is often underresourced. These situations have also been described in this book. My hope is that the reader has become more aware of her strengths and ways to prevent and reduce some of these problems.

In conclusion, African American girls are both unique and similar to other girls and to African American boys. Her attitudes and behaviors both converge and diverge with other groups. And just as she is affected by the context in which she lives to include friends, family, community, and school, she also exerts influence on these individuals and systems. Finally, while summary and generalized information have been presented, we must always be mindful of the heterogeneity and the individuality among African American girls.
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