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# American Girls: Social Media And The Secret Lives Of Teenagers



## Synopsis

A New York Times Bestseller Instagram. Whisper. Yik Yak. Vine. YouTube. Kik. Ask.fm. Tinder. The dominant force in the lives of girls coming of age in America today is social media. What it is doing to an entire generation of young women is the subject of award-winning Vanity Fair writer Nancy Jo Sales's riveting and explosive *American Girls*. With extraordinary intimacy and precision, Sales captures what it feels like to be a girl in America today. From Montclair to Manhattan and Los Angeles, from Florida and Arizona to Texas and Kentucky, Sales crisscrossed the country, speaking to more than two hundred girls, ages thirteen to nineteen, and documenting a massive change in the way girls are growing up, a phenomenon that transcends race, geography, and household income. *American Girls* provides a disturbing portrait of the end of childhood as we know it and of the inexorable and ubiquitous experience of a new kind of adolescence—one dominated by new social and sexual norms, where a girl's first crushes and experiences of longing and romance occur in an accelerated electronic environment; where issues of identity and self-esteem are magnified and transformed by social platforms that provide instantaneous judgment. What does it mean to be a girl in America in 2016? It means coming of age online in a hypersexualized culture that has normalized extreme behavior, from pornography to the casual exchange of nude photographs; a culture rife with a virulent new strain of sexism and a sometimes self-undermining notion of feminist empowerment; a culture in which teenagers are spending so much time on technology and social media that they are not developing basic communication skills. From beauty gurus to slut-shaming to a disconcerting trend of exhibitionism, Nancy Jo Sales provides a shocking window into the troubling world of today's teenage girls. Provocative and urgent, *American Girls* is destined to ignite a much-needed conversation about how we can help our daughters and sons negotiate unprecedented new challenges.

## Book Information

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## Customer Reviews

Everything in this book is dead-on accurate and sad as hell, except that the author does not hold parents accountable for the mess we have put our girls in. So parents, if you don't want to be an absolute idiot like most of the parents out there who bizarrely and witlessly enable pornography and sexting and a lifetime of ADD and sexual self-esteem issues for their daughters, do the following ASAP:

1. Don't give your kids iPhones or iPads. If you already did, take those devices away and sell them. Suck up the loss. The parental controls on Apple's mobile devices are pathetically weak and easily gotten around. Apple keeps it that way, apparently on purpose. Instead, get your kid an old school flip phone so as to avoid the problem altogether, or, if you must give them something fancy, give them an Android smartphone, but not before downloading and figuring out some really serious, world class parental control apps like Screentime or MmGuardian (neither of which work well in IOS, but which give parents control far better than in the Apple ecosystem). There are other parental control apps, but those two I've tried and they work well for me. Amazingly well. Kids hate them. Need I say more? None of them work with IOS, only android.
2. With those apps you can then give your kids an hour a day (or whatever amount of time you deem correct) of social networking time, and use things like Screentime to enforce that amount of time instead of wrestling with your kid or squabbling with them to get physical control of the device.
3. Subscribe to a web control service like Webcurfew.com which is the only thing that works seriously to block the web at home on schedules of your choosing, by device. you can block your kids devices during bedtime, the school day, and homework time.

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