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NON-FICTION



## REBEL GIRLS

### Uplifting Stories About Courageous Young Women

*Edited by Sybilla Claus*

*Photographs by Iratxe Álvarez*

#### Every girl deserves the freedom to become herself.

Behind the façade of perfect selfies, the mental health of teenage girls is crumbling. They spend hours a day on social media, where rigid sex stereotypes and victimhood culture reign. Many struggle with low self-esteem, anxiety, and exposure to violent porn. Non-conforming girls – particularly lesbians – and girls with autism or ADHD are pressured to identify as boys. Girls are coerced to conform to the familial, cultural, religious and political norms and ideologies they grow up with.

But there is hope. This book tells the stories of young rebels fighting stereotypes and cultural misogyny to forge their own path. Fifty contributors from countries including The Netherlands, Spain, USA, United Kingdom, Taiwan, China, Afghanistan and Australia pose questions rarely discussed about what it means to be a girl today. Experts like psychiatrist Riittakerttu Kaltiala, whistleblower Jamie Reed and researcher Sarah Mittermaier share their concerns. Other contributors include Melinda Tankard Reist, Bev Jackson, Jennifer Bilek, and Lisa Selin Davis.

*Rebel Girls* includes stories and photographs of young women themselves who explain how they are navigating the complex challenges faced by girls in the 21st century.

The future for girls is crucial for the future of everyone. This uplifting collection demonstrates how the next generation is continuing the feminist fight to expose misogyny and find autonomy, confidence, enjoyment and independence in their lives. A must-read resource for parents of teenage daughters, educators, libraries and readers interested in feminism, youth culture and women's rights.

**Finally, a book that puts girls and young women in the spotlight ... Their testimonies and the accompanying essays will evoke emotions ranging from admiration to horror.** — Bev Jackson, co-founder LGB Alliance

**Sybilla Claus** is a Dutch journalist, anthropologist and author who worked for major Dutch daily newspapers for 30 years. As a foreign editor she reported internationally on politics, social issues and conflict zones. Her nonfiction writing explores themes of freedom, equality and women's lives. She has published five nonfiction books and, in *Rebel Girls*, brings together voices from across the world to examine the pressures facing girls and young women today.



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