

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Teen Issues

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- Material Title: **A Fine Young Man: What Parents, Mentors, and Educators can do to Shape Adolescent Boys into Exceptional Men**
- Author: Michael Gurian *Books* 1999 320
- From depression to dropping grades, from incidents of violence to teen suicide, today's adolescent boys are one of the largest at-risk groups in America today. In this bracing and insightful book, the bestselling author of *The Wonder of Boys* directs our attention to the unknown problems and marvels of this age group, helping parents and mentors shepherd boys through the challenging ages of ten to twenty.
- Puberty encourages guilty alienation and fear. The result is that other boys often have a good deal of influence in the lives of younger adolescent friends, for better or for worse. A number of medical conditions have become almost common among adolescent boys, at least in part because of a lack of support. These range from simple depression, to trauma, to the elaborately named attention deficit hyperactive disorder (ADHD). Experimentation with drugs and alcohol has become almost common, and these contribute to delinquency and sometimes even to suicide.
- In *A FINE YOUNG MAN* Gurian establishes three major stages in a boy's progress to manhood: transformation (the metabolic changes from ages nine to thirteen), determination (characterized by alternate aggression and withdrawal), and consolidation (indicated by determining and testing definitions of adult male behavior). He concludes by offering what he considers indications that the process of individuation has begun. He returns often to the worthwhile observation that what boys need at every stage of the process of maturing is consistent support from a variety of sources both within and outside of the family. It is this support that is too often lacking.
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- Material Title: **Active Communication: How to Strengthen Your Relationship with your Teen**
- Author: Michael H. Popkin, PhD *DVDs*
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- Material Title: **ADHD and Teens**
- Author: Colleen Alexander-Roberts *Books* 1995 177 pages
- This book is a complete parenting guide with the information you need to survive these trying years; a solid, useful and detailed insight into the real world of ADHD.
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- Material Title: **ADHD in Children, Adolescents and Adults: Diagnosis, Assessment and Treatment (Audiotape)**
- Author: Russell Barkley *Audiotapes* 2000 *irs 10 tapes*
- This taping of a presentation at the 2000 New England Educational Institute's annual symposium features Russell Barkley with an intensive course on the nature and treatment of children, adolescents and adults with ADHD and oppositional or defiant behavior. Participants will learn how to utilize advances in theoretical conceptualizations, differential diagnosis, and treatment approaches to ADHD.
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- Material Title: **ADHD in Children, Adolescents and Adults: Diagnosis, Assessment and Treatment (CD)**
- Author: Russell Barkley *CDs* 2000 *irs/ 20 CDs*
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- Material Title: **ADHD: A Teenager's Guide (Audiotape)**
- Author: James J. Crist *Audiotapes* 1996 28 minutes
- For the teenager who is tired of hearing, "You're just lazy!" or "You can do better," this comprehensive guide to ADHD, narrated smartly by teens, features nearly everything teens might want to know about ADHD. Chapters address what ADHD is, teenagers with ADHD, treatments, getting through school and college, learning disabilities and ADHD, coping with depression, and life after school. Excellent!
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Teen Issues

Material Title: **Adolescence and Other Temporary Mental Disorders (DVD)**
Author: DVD *DVDs* 2010 *our 15 min.*

On this DVD, Dr. Pat Friman shows his audience and viewers how the teenage brain affects teen behavior. With plenty of thought-provoking as well as laugh-out-loud examples, he explains how "insane" behavior on the part of tens is actually normal considering the different rates of development of parts of the brain. Dr. Friman tells viewers which behaviors to address and how, and which behaviors should simply be ignored as teen "insanity" that will be outgrown as youth mature. His presentation, full of witty examples and wise advice, speaks directly to parents, caregivers, and educators who are looking to better understand and deal with the craziness of adolescence.

Material Title: **Adolescent Self, The**
Author: David B. Wexler *Books* 1991 *183 pages*

Dr Wexler helps the reader understand the adaptive functions served by adolescent behaviors that are often viewed by others as simply pathological. The PRISM program teaches new coping skills through creative, often humorous activities, encouraging adolescents to be physically and mentally active throughout the treatment process. There is a workbook which accompanies this book. "The Prism Workbook."

Material Title: **Adolescent Suicide: A School-Based Approach to Assessment and Intervention**
Author: William Kirk and George M. Batsche *Books* 1997 *175 pages*

This book provides the information required to accurately identify potentially suicidal adolescents and provides the skills necessary for appropriate and effective intervention.

Material Title: **Adolescents and Attachment Difficulties (2 Audiotapes)**
Author: Gregory Keck Audiotape *Audiotapes* 2001 *80 minutes*

Interruptions that occur early in childhood cause specific difficulties in adolescence. In this approximately 3 hour recording of a 2001 presentation, Keck examines attachment problems and adolescence from developmental perspective and discusses strategies for parenting and treating the adolescent who has experienced such interruptions.

Material Title: **Adopted Adolescent, The (Audiotape)**
Author: Lois Melina *Audiotapes* 1993 *60 minutes*

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption," which covers pre-school, the middle years, and adolescence, this tape deals with the adolescent years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Child in Middle Childhood", offer more details on discussing adoption with children pre-school and ages 7-11 respectively.

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Material Title: **Adopted Teens Only: A Survival Guide to Adolescence**
Author: Danae Gorbett *Children's Books* 2007 *78 pages*

This guide for adopted teens addresses issues that parents are often reluctant or unable to discuss with their teenagers: what feelings and thoughts are common to the adoptive experience; what adoptive parents feel; what birth parents feel; what emotional issues are connected with search and reunion; and how to talk to parents about adoption questions.

Material Title: **Adopted: The Ultimate Teen Guide (It Happened to Me)**
Author: Suzanne Buckingham Slade *Children's Books* 2013 *232 pages*

Adopted: The Ultimate Teen Guide enables young adults to explore their feelings as they read the personal experiences of other adopted teens. Through these stories, adopted teens can learn how others have resolved some of their adoption issues, and gain powerful insights from those who have experienced some of their same frustrations, struggles and concerns.

Material Title: **Adoptee Survival Guide: Adoptees Share Their Wisdom and Tools, The**
Author: Lynn Grubb *Books* 2015 *220 pages*

30 adoptee authors provide support, encouragement and understanding to other adoptees in facing the complexities of being adopted, embarking on search and reunion, fighting for equal access to identifying information, navigating complex family relationships with the latest technology, and surviving it all with a sense of humor.

Teen Issues

Material Title: **Adopting the Older Child**
Author: Claudia *Books* 1978 289 pages

This book describes a child's transition from the honeymoon period through the testing phase and on to the full integration into a family, giving practical, caring advice on how to handle each situation. Hundreds of thousands of children in this country are without permanent homes right now, waiting in foster homes and institutions for families who could adopt them. Here, in "a book that workers and parents have been waiting for" nationally known family counselor and adoptive parent Claudia Jewett explains just what is in store for those who decide to open their hearts to a waiting child.

Material Title: **All About Adoption: How to deal with questions of your past* (Children's Materials)**
Author: Anne Lanchon *Children's Books* 2006 89 pages

Adopted teens may be in a unique situation, but Lanchon, without trivializing it, assures them, "When all is said and done, you're no weirder than anyone else. You're adopted, your friends aren't, so what?" Written in an informal, conversational style, this illustrated guide covers an adopted child's traditional worries and concerns, such as establishing identity and living with overprotective parents.

Material Title: **Am I Weird or Is This Normal? Advice and Info to Get Teens in the Know**
Author: Marlin S. Potash, Ed.D. *Children's Books* 2001 261 pages

Written by a mother-daughter team, this book offers practical, down-to-earth advice on issues teenage girls are dealing with today. It is written in question-and-answer form, and includes many quizzes, games, & helpful hints. In addition, the book is packed with current facts on alcohol and drugs, eating disorders, sex and relationships, after school jobs, college, & more.

Material Title: **Angry Adolescents and Troubled Teens: A New Approach To Discovering Strengths and Developing Solutions (Audiotape)**
Author: David Wexler, PhD *Audiotapes* 2000 *irs 10 tapes*

By recognizing the fundamental deficits in teenagers' sense of self-cohesion, participants will learn how to apply innovative interventions for aggression, anxiety, self-destructive behavior, identity problems, substance abuse, self-esteem issues, and abusive behavior. This symposium will also help participants develop creative ways of fostering self-control, self-esteem, self-regulation, self-efficacy, and self-soothing in teens.

Material Title: **Angry Adolescents and Troubled Teens: A New Approach to Discovering Strengths and Developing Solutions (CD)**
Author: David Wexler, Ph.D. *CDs* 2000 *irs/ 16 CDs*

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Material Title: **Anorexia Nervosa: When Food Is the Enemy**
Author: Erica Smith *Children's Books* 1999 57 pages

This book is intended to help adolescents understand the causes of anorexia and its signs and symptoms, providing them with resources that can help change anorexia's destructive course. Poignant, revealing case histories and vignettes combined with a frank, down-to-earth writing style make this book particularly appealing and relevant to young readers.

Material Title: **Back on Track: Information for Youth in Care (DVD)**
Author: DVD *DVDs* 2006 30 minutes

This DVD is a film for and about youth in care of the state child welfare system. It is mainly geared towards middle school and high school age youth. This was produced by Washington State Department of Social & Health Services.

Material Title: **Beating the Odds: Crime, Poverty, and Life in the Inner City**
Author: Robert P. McNamara *Books* 1999 191

This inspiring book shares the story of a young boy who overcame the obstacles of a neglectful home life, juvenile crime, and abusive foster parents to become a successful professional. The author offers insights gained from his sociology training to explain the complexities of juvenile gangs and deviant behavior.

Material Title: **Becoming Naomi Leon**
Author: Pam Munoz Ryan *Children's Books* 2005 272 pages

Naomi Soledad Leon Outlaw has had a lot to contend with in her young life, her name for one. Then there are her clothes (sewn in polyester by Gram), her difficulty speaking up, and her status at school as "nobody special." But according to Gram, most problems can be overcome with positive thinking. And with Gram and her little brother, Owen, Naomi's life at Avocado Acres Trailer Rancho in California is happy and peaceful...until their mother reappears after seven years of being gone, stirring up all sorts of questions and challenging Naomi to discover and proclaim who she really is.

Teen Issues

Material Title: **Beneath the Mask: For Teen Adoptees: Teen and Young Adults Share Their Stories**
Author: C.A.S.E. *Children's Books* 2018 95 pages

As a follow up to C.A.S.E. CEO and co-author Debbie Riley's signature book *Beneath the Mask: Understanding Adopted Teens*, written for clinicians and parents of teens, the C.A.S.E. Team has created this new companion workbook specifically for the teens themselves, featuring personal, heartfelt stories written by teen and young adult adoptees who graciously shared their feelings about their own adoption journeys. Filled with engaging exercises, journaling pages and thought-provoking activities, this workbook offers teen adoptees, their parents and the clinicians who support them a valuable resource.

Material Title: **Beneath the Mask: Understanding Adopted Teens**
Author: Debbie Riley and John Meeks *Books* 2005 207 pages

This book offers parents and professionals a wealth of case histories; and treatment resources and therapy tools. Parents will discover the 6 most common adoption "stuck-spots;" a deeper understanding of identity, abandonment, grief and loss, and relinquishment issues - and how they affect personal and family development; and how therapy may help the adoptive family learn and grow together.

Material Title: **Beneath the Mask: Understanding Adopted Teens (CD)**
Author: Debbie Riley *CDs* 2007 90 minutes

NACAC Conference presenter Debbie Riley addresses complexities of adolescence for the adopted teen - identity, abandonment, grief and loss, relinquishment - and how adolescence affects personal and family development. Discover six common adoption "stuck-spots," a step-by-step assessment on adoption, clinical intervention strategies, and therapy tools.

Material Title: **Best of Adopted Child: For Parents of Teenagers**
Author: Lois Melina *Journals/Newsletters* 982 to 199.

This collection of articles from 1982 to 1994 includes pieces on a wide range of issues specific to raising adopted children in the teen years.

Material Title: **Beyond Magenta: Transgender Teens Speak Out**
Author: Susan Kuklin *Children's Books* 2014 176 pages

Author and photographer Susan Kuklin met and interviewed six transgender or gender-neutral young adults and used her considerable skills to represent them thoughtfully and respectfully before, during, and after their personal acknowledgment of gender preference. Portraits, family photographs, and candid images grace the pages, augmenting the emotional and physical journey each youth has taken. Each honest discussion and disclosure, whether joyful or heartbreaking, is completely different from the other because of family dynamics, living situations, gender, and the transition these teens make in recognition of their true selves.

Material Title: **Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens from Middle School to High School and Beyond**
Author: Debra W. Haffner, MPH *Books* 2001 222 pages

In this book, the author confronts issues such as peer pressure, dating and parties, alcohol and drugs, sexual harassment, abstinence, and much more. The book is broken down to provide specific information particular to each age group from middle school to high school and beyond. It is packed with helpful exercises and an extensive appendix of additional resources. In addition, a supportive foreword is written by the author's own teenage daughter.

Material Title: **Blended Perspectives Meeting Training Video (DVD)**
Author: Seneca Family of Agencies *DVDs* 25 minutes

This video provides an example of the Blended Perspectives Meeting tool for the purpose of expanding permanency options for youth. At the center of this DVD is foster teen, Christina. Surrounding her are members of her foster and birth families, and her case worker, as they come together for a blended perspectives meeting in support of her future. They are able to identify an extended support system and address common goals and concerns as Christina approaches adulthood.

Material Title: **Boundaries, A Guide for Teens; How to build relationships that protect your personal space and respect your feelings - Spiritual Version**
Author: Val J. Peter & Tom David *Children's Books* 2000 100

This book invites teens to examine their lives and relationships within a religious context. It begins by helping you define what physical, emotional, spiritual, and sexual boundaries are. Stories of other teens illustrate how personal space and feelings can be either respected or violated in relationships with others.

The book's journal format encourages you to reflect on and record feelings about your own relationships. Do people respect your boundaries? Has anyone ever made you feel uncomfortable in some way? Have you ever felt manipulated, intimidated, or mistreated by someone you regarded as a friend? How can you get a friendship that has gone wrong back on track?

Use *Boundaries: A Guide for Teens* to help assess your relationships with family, friends, classmates, and God. Learn how to build close and satisfying friendships while guarding against being used or abused by others. Learn what it takes for you to be a good friend in return.

Teen Issues

Material Title: **Brainstorm: The Power and Purpose of the Teenage Brain**
Author: Daniel J. Siegel *Books* 2015 352 pages

Between the ages of twelve and twenty-four, the brain changes in important and, at times, challenging ways. In *Brainstorm*, Dr. Daniel Siegel busts a number of commonly held myths about adolescence—for example, that it is merely a stage of “immaturity” filled with often “crazy” behavior. According to Siegel, during adolescence we learn vital skills, such as how to leave home and enter the larger world, connect deeply with others, and safely experiment and take risks

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Material Title: **Bringing Out the Best in Children and Adolescents Acting at Their Worst (Audiotape)**
Author: Thomas Lund *Audiotapes* 1999 10 tapes

This taping of a presentation at the 1999 New England Educational Institute’s annual symposium features Thomas Lund with an intensive course on the gaps between the way troubled children and adolescents behave and how they prefer to view themselves and be viewed by others. Participants will learn to pinpoint these gaps and to use this information to mobilize creative solutions. They will also learn how to motivate rapid change through a simple, powerful concept called “preferred view,” the centerpiece of Lund’s and Dr. Joseph Eron’s Narrative Solutions Approach.

Material Title: **Building Self-Esteem in Children and Teens Who Are Adopted or Fostered**
Author: Sue Cornbluth *Books* 7/21/2014 160

How do you give your adopted or fostered child the best opportunities to grow up to be happy, healthy and successful?

In this accessible book, psychologist and trauma expert Dr. Sue offers simple advice to those supporting children aged 7+. She explains why adopted or fostered children can often experience self-esteem issues, the impact it can have on their lives, and offers everyday strategies to help the child to move beyond their trauma and develop healthy self-esteem.

Ideal for foster and adoptive parents as well as professionals supporting children and families, this book reveals the powerful role you can play in your child’s well-being.

Material Title: **Cómo hablar para que los adolescentes escuchen y cómo escuchar para que los adolescentes hablen [How to Talk So Teens Will Listen and Listen so Teens Will Talk]**
Author: Adele Faber *Libros en español* 2006 203

Adele Faber y Elaine Mazlish han ayudado a millones de familias con sus bestsellers. Ahora, y por primera vez en español, estas aclamadas expertas a nivel internacional nos ofrecen una guía que le dará las herramientas necesarias para ayudarles a sus adolescentes -- ¡y a usted mismo! -- a sobrevivir la etapa difícil de la adolescencia.

Filled with straightforward advice and written in their trademark, down-to-earth style sure to appeal to both parents and teens, this all-new volume offers both innovative, easy-to-implement suggestions and proven techniques to build the foundation for lasting relationships. From curfews and cliques to sex and drugs, it gives parents the tools to help their children safely navigate the often stormy years of adolescence.

Material Title: **Dear Wonderful You, Letters to Adopted & Fostered Youth**
Author: Diane René Christian *Books* 2014 176 pages

"Dear Wonderful You, Letters to Adopted & Fostered Youth" is a powerful book filled with thoughtful and inspiring letters. This anthology was written by a global community of adult adoptees and adults who were fostered. Each letter was penned to the upcoming generation of adopted and fostered youth. The mission of "Dear Wonderful You" is for all adopted or fostered youth to feel embraced and guided by the incredible letters contained inside. The writers’ want every young reader to know they have a network of support who “get it,” “get them,” and have been in their shoes

Teen Issues

Material Title: **Depression; A Teen's Guide to Survive and Thrive**
Author: Jacqueline Toner *Children's Books* 2016 208

Teens get a great deal of information and guidance on many things from study skills to college admissions to test taking...and the list goes on. But many teens get no direct instruction about how to manage difficult emotions. This lack of direction can be hard because teens are at an age vulnerable to depression. While people often use the word "depression" to describe a momentary mood, the same term is also used to label a more serious and long-lasting problem that can interfere with many aspects of a person's life. It's that second definition that is the focus of this book.

Depression: A Teen's Guide to Survive and Thrive is a guidebook for teenagers who are depressed or at risk for depression. This guide discusses depression and provides guidance on cognitive—behavioral therapy principles to help teens take a problem-solving, strategy-based approach to deal with depressed moods, thoughts, and behavior. Intended to serve as an adjunct to therapy, this is a very practical and easy-to-read book that is not overwhelming for teens.

Material Title: **Devised!: Balancing Life and Technology in a Digital World**
Author: Doreen Dodgen-Magee *Books* 2018 272

With current statistics suggesting that the average American over the age of 14 engages with screens upwards of 10 hours a day, the topic of our growing dependence upon technology applies to nearly everyone. While the effects differ at each point of development, real changes to the brain, relationships, and personal lives are well documented. Devised! explores these alterations and offers a realistic look at how we can better use technology and break away from the bad habits we've formed. Using personal stories, cutting edge research, and anecdotes from youth, parents, and professionals, Dodgen-Magee highlights the brain changes that result from excessive technology use and offers an approach to the digital world that enables more informed and lasting change and a healthier long-term perspective. Given that the reader is living within a culture of ever-changing and advancing technologies, Devised! is written in such a way that its contents can weather the constantly changing digital landscape by focusing on the concepts of honest assessment and healthy boundary setting rather than on specific technologies or platforms.

Devised! offers a mindful approach to assessing current technology use, breaking bad habits, setting new norms, and re-engaging with life with renewed richness and awareness.

Material Title: **Disciplina Con Amor Para Adolescentes: Guía para llevarte bien con tu adolescente**
Author: Rosa Barocio *Libros en español* 2014 211 pages

With a great sense of humor, this parenting guide explains why treating teenagers like children only causes anger and rebellion. Instead, advice is given on becoming close to teenagers in a new way—by being open but without prejudices, interested but respectful, and present but not controlling. With these helpful suggestions, parents are on their way to acquiring new abilities that will convert them into reliable guides for their teenagers.

Con un gran sentido del humor, esta guía para padres explica por qué tratar a los adolescentes como a niños solo causa enojo y rebelión. En cambio, se aconseja acercarse a los adolescentes de una manera nueva: siendo abiertos pero sin prejuicios, interesados pero respetuosos, y presentes pero no controlados. Con estas sugerencias útiles, los padres están en camino de adquirir nuevas habilidades que los convertirán en guías confiables para sus adolescentes.

Material Title: **Effective Discipline: How to Raise a Responsible Teen**
Author: Michael H. Popkin, PhD *DVDs*

Material Title: **El ciclo del éxito de su adolescente: Cómo estimular la autoestima, la fuerza del carácter y el comportamiento positivo**
Author: Michael, Ph.D. Popkin *DVDs* 23 Minutes

El ciclo del éxito de su adolescente: Cómo estimular la autoestima, la fuerza del carácter y el comportamiento positivo [Your Teen's Success Cycle: How to build self-esteem, courage and positive behavior]
Aprenda sobre la importancia de la fuerza de carácter y la autoestima como pilares de la conducta positiva y del éxito. Observe cómo el ciclo "Pensar-Sentir-Hacer" afecta las decisiones de los adolescentes y cómo puede usar el poder de la motivación para fomentar en su adolescente la fuerza de carácter y la autoestima. Descubra cuáles son las cuatro influencias que desalientan la autoestima de los adolescentes y aprenda las estrategias adecuadas para prevenir esas influencias que debilitan el carácter de su adolescente.

Material Title: **Emancipated Youth Connections Project: Permanency Stories (DVD)**
Author: Seneca Family of Agencies *DVDs* 10 minutes

This video shares participants' experiences through the 2008 project, "Emancipated Youth Connections Projects." The purpose of the project was to develop a model of service to find permanency for 20 young adults (ranging in age from 17-39 years) who had left the foster care system without having permanent and unconditional lifelong connections to at least one adult. Many participants lost contact with siblings. Each participant was supported to make connections and reach out to birth family or other who are important to them. Each one had a unique experience with the process. A toolkit was developed as a result for this project and is available through the SENECA website.

Teen Issues

Material Title: **Evitando las luchas de poder: Cómo reencauzar la conducta negativa de su hijo [Sidestepping the Power Struggle: How to redirect your teen's misbehavior]**
Author: Michael, Ph.D. Popkin *DVDs* *28 Minutes*

Evitando las luchas de poder: Cómo reencauzar la conducta negativa de su hijo [Sidestepping the Power Struggle: How to redirect your teen's misbehavior]
Aprenda a identificare cuál de las cinco metas básicas de conducta-efecto está intentando alcanzar su adolescente cuando él o ella se comporta mal y cómo reaccionar de manera que lo dirija hacia un comportamiento positivo. Descubra cómo evitar las luchas de poder y aprenda formas para resolver los problemas junto con su adolescente en lugar de resolvérselos sin que él participe. Observe cómo unos padres y su hija establecen normas para cuando va a fiestas o sale a algún lado.

Material Title: **Family Therapy Magazine: May/June 2004**
Author: Periodical *Periodicals* *ay/June 2004* *8 articles*

This issue of Family Therapy Magazine, a journal of the American Association for Marriage and Family Therapy, is dedicated to "Adoption Trends and the Role of Family Therapy." It contains eight articles on adoption. The magazine can be checked out of the ORPARC library just as books or tapes can. Contact us by phone or email if you would like to borrow a copy of this unique issue.

Material Title: **Feelings Book: The Care & Keeping of your Emotions, The**
Author: Lynda Madison *Children's Books* *2013* *104 pages*

This invaluable companion to The Care & Keeping of You received its own fresh update! The Feelings Book will help you understand your emotions, and deal with them in positive ways. You'll get tips on how to express your feelings and stay in control, plus get sensitive advice on handling fear, anxiety, jealousy, and grief. Learn how to stay in the driver's seat of your own emotions!

Material Title: **Fighting Invisible Tigers: A Stress Management Guide for Teens**
Author: Earl Hipp *Books* *2019* *136 pages*

Untempered stress among teens is approaching epidemic status. Prolonged and intense anxiety can feel like being stalked by a tiger, never knowing when it will strike. Helping adolescents cope with day-to-day stressors—like school, friendships, family, and social media—can help curb impulsivity and other risky behaviors.

Now in its fourth edition, the revised and updated Fighting Invisible Tigers teaches teens proven techniques and stress management skills to face the rigors of growing up. Packed with useful information on how stress affects physical and emotional health, readers will learn:

- smart approaches to handle decision-making
- easy steps toward greater assertiveness
- relaxation and mindfulness exercises to focus their minds
- time management skills to avoid feeling pressured
- how to avoid online drama
- positive self-talk techniques
- and more!

Getting rid of stress is impossible, but learning how to control the response to it can help teens develop healthier relationships, make better decisions, and outsmart those tigers.

Material Title: **Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens**
Author: Laura S. Kastner & Jennifer Wyatt *Books* *2018* *304*

Getting to Calm is a practical, realistic and ultimately reassuring guide to navigating one of the most challenging aspects of parenting today—staying calm and clearheaded during 14 of the most common hot-button situations that arise during the teen years, including:

- When your teen is rude and sarcastic
- When your smart teen gets into trouble with social media
- When teen problems drive a wedge between you and your spouse
- When your teen is acting like a spoiled brat
- When you're worried you're losing your teen
- When teens are mean

With humor, wisdom and a deep understanding of the teenage brain, Drs. Laura S. Kastner and Jennifer Wyatt provide clear and useful tools for parents, giving them effective new ways to manage their own emotions in the heat of the moment with their teen while maintaining—and even gaining—closeness.

Teen Issues

Material Title: **Grieving Teen, The**

Author: Helen Fitzgerald

Children's Books 2000 224 pages

In this unique and compassionate guide, renowned grief counselor Helen Fitzgerald turns her attention to the special needs of adolescents struggling with loss and gives teens the tools they need to work through their pain and grief.

Although the circumstances surrounding a death are difficult to handle at any age, adolescence brings with it challenges and struggles that until now have been largely overlooked.

Writing not only about but also for teenagers, Fitzgerald adeptly covers the entire range of situations in which teens may find themselves grieving a death, whether the cause was old age, terminal illness, school violence, or suicide. She helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life.

Using the clear and accessible format that has made *The Mourning Handbook* and *The Grieving Child* enduring and helpful classics, Fitzgerald guides teens through everything from the sickbed to the funeral, from the first day back at school to the first anniversary of the death. Above all, she lets teens know that even in their darkest hour, they are not alone.

Material Title: **Help Yourself for Teens: Real-Life Advice for Real Life Challenges**

Author: Dave Pelzer

Books 2005 164 pages

The author offers his home spun philosophy and aphoristic advice on how to approach some of the difficult challenges life tends to throw out. This book is intended for teenaged readers.

Material Title: **Helping Your Transgender Teen; A Guide for Parents (Second Edition)**

Author: Irwin Krieger

Books

Going through puberty and adolescence presents unwelcome changes for many transgender youth, and this book provides advice to parents of transgender teens to help them understand what their child is experiencing and feeling during this challenging time.

Addressing common fears and concerns that parents of transgender teens share, the book guides them through steps they can take with their child, including advice on hormones and surgery and how to transition socially. It addresses the recent increase in teens presenting with non-binary identities, and reflects major legal, social and medical developments regarding transgender issues. The author's insights are gained from his professional experience of providing psychotherapy regarding gender identity. He provides resources and further reading to help parents expand their knowledge.

Although aimed predominantly at parents, this book is useful for anyone working with teenagers and young adults as it provides many answers to common questions about adolescent gender identity.

Material Title: **How it Feels to be Adopted**

Author: Jill Krementz

Children's Books 1982 105 pages

Nineteen young people present both the good and the bad sides of being adopted from an adolescent point of view--a personal and moving book to be read by children and parents.

Material Title: **How to Talk So Teens Will Listen & Listen So Teens Will Talk**

Author: Adele Faber

Books 2006 203 pages

Filled with straightforward advice and written in their trademark, down-to-earth style sure to appeal to both parents and teens, this all-new volume offers both innovative, easy-to-implement suggestions and proven techniques to build the foundation for lasting relationships. From curfews and cliques to sex and drugs, it gives parents the tools to help their children safely navigate the often stormy years of adolescence.

Material Title: **I Wonder...Teenagers Talk About Being Adopted (VHS)**

Author: Families Adopting in Response

Videotapes 1996 45 minutes

Fourteen adopted teenagers respond to such topics as "difficult times," "special memories," "birth families," "transracial/transcultural issues," "how much they think about adoption," and others. The range of answers is certain to provide insight and compassion to anyone who interacts with adopted people.

Material Title: **I Wonder...Teenagers Talk About Being Adopted (DVD)**

Author: Families Adopting In Response F.A.I.R.

DVDs 1996 45 Minutes

Fourteen adopted teenagers respond to such topics as "difficult times," "special memories," "birth families," "transracial/transcultural issues," "how much they think about adoption," and others. The range of answers is certain to provide insight and compassion to anyone who interacts with adopted people.

Teen Issues

Material Title: **In Love and In Danger: A Teen's Guide to Breaking Free of Abusive Relationships**
Author: Barrie Levy *Children's Books* 1993 106 pages

This book is for teenagers who have questions about abusive dating relationships and what to do about them. Some of the information you'll find in this book includes: facts about dating violence; how you can tell if your relationship is abusive; and how to have a healthy relationship.

Material Title: **In the System and In the Life: A Guide for Teens and Staff to the Gay Experience in Foster Care**
Author: Youth Communication *Children's Books* 2003

The special challenges of coming out while in care are explored through stories by gay and straight teens and staff. Activities for every story make this book ideal for staff training or classes.

Material Title: **Interpersonal Psychotherapy for Depressed Adolescents**
Author: Laura Mufson *Books* 218 pages

Fully revised and expanded, the second edition of this popular treatment manual incorporates a decade's worth of scientific and practical advances. Provided are step-by-step guidelines for conducting the authors' evidence-based brief intervention, together with up-to-date information on conceptual and empirical underpinnings. Readers learn how to educate adolescents and their families about depression, work with associated relationship difficulties, and help clients manage their symptoms while developing more effective communication and interpersonal problem-solving skills. Invaluable advice is also given on handling the many challenges and crises that may arise in work with teens. Including many additional clinical vignettes and more detailed instructions throughout, the second edition features two new chapters elucidating specific therapeutic techniques and presenting an extended case example. Helpful session checklists and sample assessment tools are provided in the appendices.

Material Title: **It Happened to Me: A Teen's Guide to Overcoming Sexual Abuse**
Author: William Lee Carter *Children's Books* 2002 182

Whether sexual abuse happens in early childhood or just before leaving home, most trauma survivors find that the teenage and early adult years are crucial for their recovery. With the right kind of support, it's then that they have the motivation and capacity for insight that will let them begin the process of healing.

This workbook is written for teen girls and those who treat them. Simple, effective exercises help girls learn about the different aspects of trauma, share the thoughts and emotions of other survivors, clarify their own ideas and beliefs, and explore new ways of feeling and relating. Author William Lee Carter is a psychologist who works with sexually abused teens on a daily basis, and his approach is positive and sensitive to the needs and feelings of this age group. The exercises he provides focus on giving girls the strength and confidence they need to reshape their self-image, connect with others in healthy ways, and develop the skills they need to realize their full potential.

Material Title: **Kalani's Story (DVD)**
Author: Epic Ohana, Inc. *DVDs* 18 minutes

This DVD follows former foster youth Kalani as he gives a first-hand story of how he was affected by his time in foster care, and as he reconnects with members of his family. Separated from his brother and parents at a young age, Kalani lived in ten different foster homes. He struggles to form an identity until he reunites with members of his birth family and other important people.

Material Title: **Kid Confidence: Help Your Child Make Friends, Build Resilience, and Develop Real Self-Esteem**
Author: Eileen Kennedy-Moore, PhD *Books* 2019 240

As parents, it's heartbreaking to hear children say negative things about themselves. But as children grow older and begin thinking about the world in more complex ways, they also become more self-critical. Alarming, studies show that self-esteem, for many children, takes a sharp drop starting around age eight, and this decline continues into the early teen years. So, how can you turn the tide on this upsetting trend and help your child build genuine self-esteem?

With this guide, you'll learn that self-esteem isn't about telling kids they're "special." It's about helping them embrace the freedom that comes with a quiet ego—a way of being in the world that isn't preoccupied with self-judgment, and instead embraces a compassionate view of oneself and others that allows for both present awareness and personal growth. When kids are less focused on evaluating and comparing themselves with others, they are freer to empathize with others, embrace learning, and connect with the values that are bigger than themselves.

Material Title: **Kinship Care: Teens and Young Adults Speak Out (DVD)**
Author: Dr. Joseph Crumbley *DVDs* 2004 24 minutes

A panel of young people discuss how they felt about living with relatives, and not with their parents; the challenges of accepting their relatives in a parental role; how their parents' incarceration, substance abuse and absence affected them; what explanations were given to them, and how they reacted; what interactions and supports from their birth parents and relatives helped them to adjust; and the challenges to re-uniting with their birth parents and separating from their relatives. Discussion topics and questions will also accompany DVD.

Teen Issues

Material Title: **Kinship Care: Teens and Young Adults Speak Out (VHS)**
Author: Dr. Joseph Crumbley *Videotapes* 2004 24 minutes

A panel of young people discuss how they felt about living with relatives, and not with their parents; the challenges of accepting their relatives in a parental role; how their parents' incarceration, substance abuse and absence effected them; what explanations were given to them, and how they reacted; what interactions and supports from their birth parents and relatives helped them to adjust; and the challenges to re-uniting with their birth parents and separating from their relatives. Discussion topics and questions will also accompany VHS tape.

Material Title: **Learning How to Learn: Getting into and Surviving College when you have a Learning Disability**
Author: Joyanne Cobb *Books* 2003 138

Written for high school and college students with learning disabilities, this thorough practical manual steers students through the process of preparing for college, choosing the right school, and succeeding academically.

Material Title: **Lesbian and Gay Youth Issues: A Practical Guide for Youth Workers**
Author: Gerald P. Mallon *Books* 2001 121

This book is designed to help youth care providers increase their knowledge and skills in working with gay, lesbian, bisexual, transgendered, and questioning (GLBTQ) youth and their families in a variety of settings. It provides basic information about working with this often invisible population and focuses on important issues surrounding the "coming out" process; family relations; discrimination and antigay violence; creating healthy social environments for GLBTQ youth; relationships and dating; and an array of specific, unique issues.

Material Title: **Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time, The (The Instant Help Solutions Series)**
Author: Dzung X. Vo MD FAAP *Books* 2015 248 pages

The Mindful Teen offers a unique program based in mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT) to help you deal with stress. The simple, practical, and easy-to-remember tips in this book can be used every day to help you handle any difficult situation more effectively—whether it's taking a test at school, having a disagreement with your parents, or a problem you are having with friends.

Material Title: **Mobility Mapping Training Video (DVD)**
Author: Seneca Family of Agencies *DVDs* 15 minutes

In this DVD Kevin Campbell demonstrates using Mobility Mapping with a youth in foster care. A foster teen shares his memories of childhood and kinship care as he is lead through the development of a map of important connections with the purpose of finding significant people from his past.

Material Title: **Moving Forward: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012

When children reach the later teenage years, many times they are not emotionally or developmentally ready for the challenges of independence. In this DVD, Dr. Federici discusses legal and financial options families have in order to stage their children through a slower and more gradual approach into adulthood. This volume sheds light on how to create the balance children with trauma histories need, without overwhelming them, to move them forward successfully.

Material Title: **My Anxiety Handbook; Getting Back on Track**
Author: Sue Knowles *Children's Books* 2018 192

Helping young people with anxiety learn to recognise and manage their symptoms, this anxiety survival guide teaches 12 to 18 year olds how they can overcome their biggest worries.

Showing that anxiety is a normal human emotion that many people face, this book helps young people understand the ins and outs of their own anxiety and helps them to challenge the difficult patterns they may get into. Co-written with a college student who has experienced anxiety herself, it is a relatable and straightforward guide. As well as providing tried-and-tested advice and exercises that are proven to reduce feelings of anxiety, it includes recovery stories from young people who have managed their symptoms successfully.

With practical chapters on sleep, exam stress, transitions, and seeking extra help, this is a go-to guide for any tween, teen or young person living with anxiety.

Material Title: **My Body, My Self for Boys**
Author: Lynda Madaras *Children's Books* 2007 92 pages

Aimed at 8 to 15 year old boys, this fact-filled journal and activity book makes it fun for boys to find answers to their many questions about the physical and emotional changes that accompany puberty. With quizzes, checklists, games, and illustrations throughout, there are also journal pages and lots of personal stories addressing boys' concerns, experiences, and feelings during this new stage of their lives.

Teen Issues

Material Title: **My Body, My Self for Girls**

Author: Lynda Madaras *Children's Books* 2000 117 pages

This book is designed to help 8 to 15 year old girls learn more about the changes that take place in their bodies during puberty. It's packed with quizzes, exercises, checklists, suggestions for diary-keeping, illustrations, and personal stories from girls (and their mothers) about their growing-up concerns, experiences, and feelings. It covers everything affected by the onset of puberty, from body image, height, weight, pimples, and cramps to first periods, first bras, and first impressions.

Material Title: **No Weigh! A Teen's Guide to Positive Body Image, Food, and Emotional Wisdom**

Author: Signe Darpinian *Children's Books* 2018 192

This workbook has everything you need to achieve connected eating, body positivity and balanced exercise. It will help you stay well informed about how bodies change emotionally and physically in the teen years, and why good nutrition is critical for growth and development. It debunks any myths about diets and 'forbidden' foods and also gives you the tools and strategies to avoid potential triggers of disordered eating.

No Weigh! A Teen's Guide to Positive Body Image, Food, and Emotional Wisdom will help you develop a lifelong healthy relationship with your food! We eat every day, so why not eat with pleasure, joy and happiness?

Material Title: **Ocean Within, The**

Author: V.M. Caldwell *Children's Books* 1999 275 pages

In this novel for adolescents, 11-year-old Elizabeth is the newest member of the big and boisterous Sheridan family. They try to make her feel at home, but Elizabeth stays apart. She knows from experience in foster homes that one day she'll be sent away. It's only a matter of time before a showdown between Elizabeth and the grandma she calls "Iron Woman" ensues.

Material Title: **Odd Girl Out: The Hidden Culture of Aggression in Girls**

Author: Rachel Simmons *Books* 2002 270 pages

Simmons catalogues a hidden culture of girls' aggression in schools that is widespread and chilling, including the silent treatment, note-passing, glaring, gossiping, ganging up, and more. She offers explanations for this behavior and suggestions, for students, parents, teachers and others, of ways to cope.

Material Title: **Our Own: Adopting and Parenting the Older Child**

Author: Trish Maskew *Books* 1999 252 pages

An Adoptive Mother draws on her own experiences, extensive research, and interviews with adoptive families, adult adoptees, and professionals to create a memorable collection of practical tips, advice and real-life stories on older child adoption.

Material Title: **Out-of-Sync Child Grows Up, The; Coping with Sensory Processing Disorder in the Adolescent and Young Adult Years**

Author: Carol Stock Kranowitz *Books* 5/24/2016 320

The Out-of-Sync Child Grows Up will be the new bible for the vast audience of parents whose children, already diagnosed with Sensory Processing Disorder, are entering the adolescent, tween, and teen years, as well as those who do not yet have a diagnosis and are struggling to meet the challenges of daily life. This book picks up where The Out-of-Sync Child left off, offering practical advice on living with SPD, covering everyday challenges as well as the social and emotional issues that many young people with SPD face.

Topics include strategies for coping with the sensory aspects of grooming, social lives and dating, playing sports and music, and other issues, as well as how to find support and help from loved ones, occupational therapy, and other resources. Carol Kranowitz's insights are supplemented by first-person accounts of adolescents and teens with SPD, sharing their experiences and hard-won lessons with readers and adding a powerful personal dimension to the book.

Material Title: **Parent as Coach: Helping your teen build a life of confidence, courage and compassion**

Author: Diana Haskins *Books* 2001 106 pages

An indispensable guide for parents, teenagers, and adults who care, Diana Haskins brings her coaching and parenting together in a thought-provoking yet practical handbook that points the way toward more harmonious parent-teen relationships. Haskins' insights as a parent and personal coach reveal what young people want from adults and how adults can mentor the next generation. Her "Seven Ways to Coach Your Teen" speak directly to teens' most pressing needs - and parents' greatest challenges.

Material Title: **Parenting a Teen Who Has Intense Emotions; DBT Skills to Help Your Teen Navigate Emotional & Behavioral Challenges**

Author: Pat Harvey *Books* 2015 224

Parenting a teen with intense emotions can be extremely difficult. This much-needed book will give you the tools needed to help your teen regulate his or her emotions. In addition, you'll learn the skills for managing your own reactions so you can survive these difficult years and help your teen thrive.

Teen Issues

Material Title: **Parenting Adolescents with Attachment Difficulties (CD)**
Author: Gregory Keck *CDs* 2007 90 minutes

Interruptions that occur early in childhood cause specific difficulties in adolescence. This presentation, by Gregory Keck at the 2007 NACAC Conference, examines attachment problems and adolescence from a developmental perspective and presents strategies for parenting and treating adolescents who have experienced such interruptions.

Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys**
Author: Gregory C Keck *Books* 2009 240 pages

In his newest release, Dr. Gregory C. Keck offers new insights and parenting strategies relative to adolescents, especially adopted adolescents. Parents will find humor and relief as they realize their role in their child's journey in the adoption process.

Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys**
Author: Gregory Keck, PhD *Books* 2009 220 pages

Your adopted adolescent proclaims, "I can't wait until I turn eighteen so I can leave!" And you celebrate your future liberation. If this scenario is too familiar, you're not alone. And you've chose the right resource for parenting strategies, tips, new suggestions, and insights to manage tough situations in your family. Dr. Gregory Keck - adoptive parent, psychologist, and adoption expert - helps you understand and appreciate the complicated journey that adopted adolescents face. And once you understand your role in their journey, you will be more effective in your role as a parent.

Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys (2 CDs)**
Author: Gregory Keck *CDs* 8/5/2011 25 minutes

Presented by Gregory Keck of the Attachment and Bonding Center of Ohio at the 37th NACAC Conference 2011 in Denver, Colorado. Filled with information about typical adolescent development, this session explores how adopted adolescents may deal with developmental issues such as separation and individuation, identity formation, and sexuality. Parents will gain insight into how to help an adolescent make transitions, and professionals will get information they need to work with adopted adolescents and their families.

Material Title: **Parenting Adopted Teenagers: Advice for the Adolescent Years**
Author: Rachel Staff *Books* 2015 256 pages

Full of valuable, grounded advice, this guide will help parents to understand the impact of early trauma on a child's development and the specific nature of the changes that occur during adolescence. With tips for coping with common problems, it combines first-hand accounts from professionals, parents and teenagers themselves. It also covers essential topics such as: family and peer relationships, developing healthy intimate relationships, emerging identity issues, and contacting birth family.

Material Title: **Parenting Difficult Tweens & Teens (2 CDs)**
Author: Bryan and Helene Timpone, CSW Post *CDs* 2010 20 minutes

What every parent or professional needs to know about raising and working with preteen and teen children. Develop insights on how the teen brain process information; Learn about a chemical in the brain that will change how you see your Adolescent; Overcome the pressures imposed by their peers; End the power struggles while knowing you're teaching them everything they need to live healthy, productive lives.

Material Title: **Parenting in the Eye of the Storm: The Adoptive Parent's Guide to Navigating the Teen Years**
Author: Katie Naftzger and Adam Pertman *Books* 2017 151 pages

This guide describes the essential skills you need to help your adopted teen confidently face the challenges of growing up and outlines four key goals for adoptive parents: To move from rescuing to responding; To set adoption-sensitive limits and ground rules; To have connecting conversations; and To help your teen envision their future. Parenting in the Eye of the Storm contains invaluable insights for adoptive parents and simple strategies you can use to prepare your adopted teen for the journey ahead and strengthen the family bond in the process.

Material Title: **Parenting Teens with Love and Logic: Preparing Adolescents for Responsible Adulthood**
Author: Foster Cline and Jim Fay *Books* 2006 303 pages

When kids hit their teen years, parenting takes on a whole new dimension. As they struggle toward independence and autonomy, some dicey decisions emerge. And the real world you want them to be ready for can make you shudder - kids today face life-and-death decisions long before they're on their own. As a parent you face no greater challenge - and no greater opportunity - than to guide your children through their teen years toward productive, happy, and responsible adulthood. This book will help you meet that challenge and rejoice in that opportunity.

Teen Issues

Material Title: **Parents Wanted**
Author: George Harrar *Children's Books* 2001 239 pages

Narrator, Andy Fleck, a 12-year-old with Attention Deficit Disorder has learned one set of rules from his birth dad (how not to get caught) and another from the kids at the state-run home (how to manipulate adults). Placed with foster parents who are looking to adopt, he has a chance to escape his past, but he can't keep himself from challenging every limit. He plays "mailbox baseball" with his dad's bat, gets in trouble at school, and, when his birth dad shows up looking for money, steals from his foster dad's wallet. So far his foster parents have refused to give up on him. But will he go too far? Humorous and touching, this is "a killer read" for kids 10 and up.

Material Title: **Positive Discipline for Teenagers: Empowering Your Teen and Yourself Through Kind and Firm Parenting**
Author: Jane Nelsen *Books* 2012 338 pages

This handbook offers practical ways of seeing and reacting to the situation of being the parent of a teenager. If you're willing to grow and change along with the adolescent you're raising, this book may offer the tools and insight that will make your journey smoother and more productive.

Material Title: **Power of the Adolescent Brain, The; Strategies for Teaching Middle and High School Students**
Author: Thomas Armstrong *Books* 2016 176

Thoroughly grounded in current neuroscience research, the book explains what we know about how the adolescent brain works and proposes eight essential instructional elements that will help students develop the ability to think, make healthy choices, regulate their emotions, handle social conflict, consolidate their identities, and learn enough about the world to move into adulthood with dignity and grace.

Material Title: **Privilege of Youth, The: A Teenager's Story**
Author: Dave Pelzer *Books* 2004 209 pages

This book covers the adolescent period in Pelzer's life that is not addressed in his other biographical accounts. The ups, the downs, the growth in that period of a ragged life.

Material Title: **PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma, The**
Author: Libbi Palmer *Books* 2012 160 pages

If you have traumatic memories from an extremely upsetting, stressful, or painful experience in your life, you are not alone. In fact, many young people have been exposed to traumatic events. As a result, you might have lingering flashbacks, trouble sleeping, or a constant feeling that you are in danger. These are common symptoms of post-traumatic stress disorder (PTSD).

Material Title: **Putting on the Brakes Activity Book for Kids with ADD or ADHD* (Children's Materials)**
Author: Patricia O. Quinn, MD and Judith M. Stern, MA *Children's Books* 2009 90 pages

This workbook features activities that are comprehensive and cover practically every area in a kids' life that ADHD can affect: school (homework, test-taking, planning for projects, time management, making friends, proofreading, etc.); home (organization, taking medication, doing things step-by-step); behavior and emotional regulation (anger management, conflict resolution, learning from mistakes, relaxation techniques, etc.); health and nutrition (healthy foods, exercise, getting outside/green space, etc.); and self awareness/self-esteem (strengths and weaknesses, making friends, etc.). All of the information is presented to kids in fun, engaging activities that challenge their skills and empower them to strive to be their best. **Parents are encouraged to make copies of activities in order to preserve longevity of book**

Material Title: **Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder* (Children's Materials)**
Author: Patricia Quinn *Children's Books* 2001 67 pp

A guide for children and their parents, teachers and counselors to understanding and gaining control over attention deficit hyperactivity disorder.

Material Title: **Queen Bees and Wannabees: Helping Your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescence**
Author: Rosalind Wiseman *Books* 2002 315

Do you feel as though your adolescent daughter exists in a different world, speaking a different language and living by different laws? She does. This groundbreaking book takes you inside the secret world of girls' friendships, translating and decoding them, so parents can better understand and help their daughters navigate through these crucial years. The author has spent more than a decade listening to thousands of girls talk about the powerful role cliques play in shaping what they wear and say, how they feel about school, how they respond to boys, and how they feel about themselves.

In this book Wiseman discusses the role your daughter might play and how to help her be herself, girls' power plays and how to handle them, good and bad popularity, parenting styles and how to identify how your own background and biases affect how you relate to your daughter, and offers resources with opportunities to follow-up on your own and with your daughter.

Teen Issues

Material Title: **Queer: The Ultimate LGBTQ Guide for Teens**
Author: Kathy Belge *Children's Books* 2019 208

Teen life is hard enough, but for teens who are LGBTQ, it can be even harder. When do you decide to come out? Will your friends accept you? And how do you meet people to date? *Queer* is a humorous, engaging, and honest guide that helps LGBTQ teens come out to friends and family, navigate their social life, figure out if a crush is also queer, and challenge bigotry and homophobia. Personal stories from the authors and sidebars on queer history provide relatable context. This completely revised and updated edition is a must-read for any teen who thinks they might be queer or knows someone who is.

Material Title: **Raising a Child Responsibly in a Sexually Permissive World**
Author: Sol Gordon, Ph.D., and Judith Gordon, MSW *Books* 2000 233 pages

This book teaches parents how to give their children the guidance they need to develop healthy, positive attitudes about sex, and to counter media and peer pressures. It will help you to discuss this sensitive topic in an open, informed way and to take responsibility for being your child's primary sex educator.

Material Title: **Raising a Daughter: Parents and the Awakening of a Healthy Woman (First Edition)**
Author: Jeanne Elium and Don Elium *Books* 1994 364 pages

The often conflicting messages to women about women make the raising of girls a sometimes daunting responsibility. The continuing struggle for equality between the sexes may appear to be at odds with the obvious and the not-so-obvious differences between males and females. The Eliums help parents unravel and make sense of all this conflicting information. They address the unique challenge of the mother/daughter relationship, the confusion experienced by fathers, and the special needs of single parents. Going step-by-step through each stage of development, from infancy through the teen years and into early adulthood, this book is indispensable reading for new and experienced parents alike.

Teen Issues

Material Title: **Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology**
Author: Diana Graber *Books* 2019 222 pages

Sexting, cyberbullying, revenge porn, online predators... all of these potential threats can tempt parents to snatch the smartphone or tablet right out of their children's hands. While avoidance might eliminate the dangers, that approach also means your child misses out on technology's many benefits and opportunities.

Raising Humans in a Digital World shows how digital kids must learn to navigate this environment, through

developing social-emotional skills
balancing virtual and real life
building safe and healthy relationships
avoiding cyberbullies and online predators
protecting personal information
identifying and avoiding fake news and questionable content
becoming positive role models and leaders.

This book is packed with at-home discussion topics and enjoyable activities that any busy family can slip into their daily routine. Full of practical tips grounded in academic research and hands-on experience, today's parents finally have what they've been waiting for—a guide to raising digital kids who will become the positive and successful leaders our world desperately needs.

Praise for Raising Humans in a Digital World

"If you need practical, positive advice on how to handle your and your kids' digital lives, look no further. This book tackles the risks and addresses the potential harms, while keeping our eyes on the prize of the remarkable rewards that the online world brings."

--Stephen Balkam, founder & CEO, Family Online Safety Institute

"Raising Humans in a Digital World is not only a timely book, it's essential reading for every parent, grandparent, and teacher. Diana Graber empowers you through her educational (proven and practical) curriculum and engages you through anecdotal stories."

--Sue Scheff, founder of Parents' Universal Resource Experts and author of Shame Nation, Google Bomb, and Wit's End

"Brilliant, compelling, and essential are the first words that came to my mind when reading Diana Graber's Raising Humans in a Digital World. Diana not only taps her own exemplary expertise but also assembles a "who's who" of digital thought leaders to deliver a treasure trove of pragmatic advice via an engaging storytelling style."

--Alan Katzman, founder and CEO, Social Assurity LLC

"Diana Graber not only shows parents how to create safe and responsible relationships in this ever-changing digital world, but she gives them the powerful tools to navigate through the many aspects of what is required to keep kids safe online. The misuse of technology and the cruel behaviors that take place daily by kids and teens can be changed, and Graber shows this in her informative and educational book Raising Humans in a Digital World. The book should be every parent's bible as a resource to ensure that their children are responsible and safe."

--Ross Ellis, founder and CEO, STOMP Out Bullying

"This beautifully written book gives you the tools to raise healthy kids in a digital world. The anecdotes underscore the thoughtfulness of today's youth and their hunger for learning how to navigate their world well, instead of just being warned off by fearful adults. It is thoughtfully organized and theoretically sound, and will empower parents to have some of those much-needed conversations with their kids."

--Dr. Pamela Rutledge, director, Media Psychology Research Center and faculty member, Fielding Graduate University

Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 3 (DVD)**
Author: DVD *DVDs* 2010 3 hours

Disk 3 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "The Importance of Self-Care for Parents," presented by Deborah D. Gray, MSW, MPA; "Emerging Pathogens," presented by Cynthia Kertesz, M.D.; "Raising the Rascally Teenager," presented by Paulette Caswell, MSW.

Material Title: **Reviving Ophelia: Saving the Selves of Adolescent Girls**
Author: Mary Pipher *Books* 1994 293 pages

Through case studies in which adolescent girls are involved with family divorce, eating disorder, self-mutilation, and sexual pressure, Pipher exposes the part that parents and culture play in turning fearless, outgoing little girls into depressed, angry, and insecure adolescents. She offers common sense, non-threatening solutions that require parents to become more involved in their daughters' lives. She encourages parents to promote their daughters' strengths and talents so that they gain a broader sense of their ability to contribute to society beyond beauty and sexual stereotypes.

Teen Issues

Material Title: **Running Away (DVD)**
Author: Foster Parent College *DVDs* 2005 2 Hrs

This DVD course explores five types of running away behavior with children: searching for roots, running from rules, running from love and intimacy, wanting to be wanted, and running to street crime. Rick Delaney discusses what foster and adoptive families can do to prevent it and how they can promote more positive behavior.

Material Title: **Safe Place for Caleb, A: An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma**
Author: Kathleen & Paul Chara *Books* Jan 1970 128 pages

A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults.

The first half of the book is an interactive story that follows the experiences of Caleb, a young boy who relates his difficulties and frustrations in forming and sustaining healthy relationships. He learns strategies for coping with attachment issues during his journey to the Safe Tree House, where he is introduced to the four "attachment healing keys". These act as therapeutic tools to unlock difficulties with attachment, and are presented using text and illustrations that are easily accessible for readers of all ages, even for young children.

The second half of the book presents a summary of current scientific thought on attachment styles and disorders, and provides a wide array of assessment tools, photocopiable material and healing techniques to address attachment difficulties. Lists of helpful organizations and relevant reading materials are also presented.

Based on established psychological principles, the book is a unique and imaginative guide for professionals, parents, caregivers, and people of all ages who are dealing with attachment issues.

Material Title: **Saving F.A.C.E. Approach, The (2 CDs)**
Author: CD *CDs* 2008 90 minutes

This workshop will discuss how to find unconditionally committed permanent parents for teens using this three-pronged approach: friends, acquaintances, and community education.

Material Title: **Sees No Danger & Wanders Afar: Fetal Alcohol Syndrome* (Children's Materials)**
Author: Washington State Division of Social and Health Services *Children's Books* 2000 112 pages

For young people ages 12-17: Please see series description, "Journey Through the Healing Circle." This illustrated book for young people ages 12-17, tells the story - in the style of Native American folklore - of Sees No Danger and Wanders Afar, two young bears with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to young people who have questions or concerns.

Material Title: **Self-Destructive Behaviors**
Author: ORPARC Staff *Information Packet* 16 pages

This packet contains sections on where self-destructive behaviors come from, high risk and self harming behaviors, and working with children with suicidal behaviors.

Material Title: **Seven-Year Stretch, The: How Families Work Together to Grow Through Adolescence**
Author: Wyatt & Kastner Jennifer & Laura *Books* 1997 307 pages

In this book, Laura Kastner, Ph.D., and Jennifer Wyatt, Ph.D., introduce us to a range of families---from thriving to struggling---and explain how their behavior patterns, past and present, affect the teenager's development. Garnered from Dr. Kastner's clinical and teaching experience, these true-to-life stories and dialogues illustrate the impact of such factors as clashing parenting styles, the temperaments of parents and children, parents' own unresolved issues, marital dynamics, and circumstances such as divorce, financial stress, and cultural differences. With optimism and creativity, the authors explain how parents can harness their family strengths to face today's challenges for adolescents. They look beyond the "shoulds," describing what different parenting approaches look like and sound like in action. Readers of the best early child-rearing texts of the times, from T. Berry Brazelton to Selma Fraiberg, will find The Seven-Year Stretch an essential guide to the passage through the next stage---adolescence.

Material Title: **Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex**
Author: Deborah M. Roffman *Books* 2001 325 pages

This is a practical guide for parents and teachers of adolescents. A wide range of topics are covered including age appropriateness, what sex really is, values, sexual health, partnerships, gender, and sexual orientation. This book helps parents learn how to educate and empower their teenage children.

Teen Issues

Material Title: **Sex Book, The: An alphabet of smarter love**
Author: Jane Pavanel *Children's Books* 2001 196 pages

This cartoon-illustrated book is a glossary/encyclopedia of terms and slang, realities and myths exposed, and questions and answers related to the sexes. It covers such topics as venereal diseases, pregnancy, arousal, birth control, body parts -- external and internal, puberty, sexual preferences, drugs, menstruation, abuse, masturbation, etc. etc. It is very thorough and up to date. It could be helpful for adolescents and parents in the fast changing world of slang, cyber sex, ecstasy type drugs and even diseases.

Material Title: **Sex, Teens, and Everything in Between: The New and Necessary Conversations Today's Teenagers Need to Have about Consent, Sexual Harassment, Healthy Relationships, Love, and More**
Author: Shafia Zaloom *Books* 2019 352

Many American teens are steeped in a culture that sends unsettling messages about sex, through everything from politics to music to the normalization of porn. In today's environment, it's crucial that teens be able to ask hard questions about how to take care of themselves, make decisions that reflect their values, and stay safe. In *Sex, Teens, and Everything in Between*, veteran teen sex educator and mother of three Shafia Zaloom helps you discuss a wide variety of sex-related topics with your teens, including:

- How to get and give consent
- What it means to have "good" sex
- How to help prevent sexual harassment and assault
- How to stay safe in difficult situations
- The legal consequences of sexual harassment and assault, and what to do if a teen experiences assault or is accused of it
- Stories from survivors of sexual assault

Approachable, engaging, and with real-life scenarios and discussion questions in every chapter, *Sex, Teens, and Everything in Between* is a must-have resource that gives parents and educators the tools they need to have meaningful conversations with teens about what sex can and should be.

Material Title: **Sexual Trauma Workbook for Teen Girls, The: A Guide to Recovery from Sexual Assault and Abuse**
Author: Raychelle Cassada Lohman, PhD LPC *Children's Books* 2016 200

If you've been sexually abused or experienced sexual trauma, you may feel confused, angry, ashamed, and unable to move forward emotionally. You're not alone. Like many teens who've been abused, you may be tempted to keep the secret locked deep inside and feel uncomfortable discussing your struggles with others. If so, this book can help you find your voice.

This empowering workbook will help you move past your trauma and serve as a comforting reminder that you are strong and resilient. Healing is possible—and with healing, comes victory. In this book, you'll find true stories from other teen survivors, and in reading the stories you'll find reassurance in knowing you aren't alone in your experiences. You'll also find practical and proven-effective strategies and exercises to help promote emotional healing and reclaim your sense of self.

Sexual abuse or trauma may be a part of your past, but it doesn't need to define who you are now. This book will help you as you start on the path toward healing so you can move forward with confidence.

Material Title: **Sidestepping the Power Struggle**
Author: Michael H. Popkin, PhD *DVDs*

Identify what a child really wants when he misbehaves, and discover how to redirect his approach to 4 goals of behavior; learn how to diffuse a power struggle using the "FLAC" method. Comes with discussion guidelines and a reproducible Parent's Tips Sheet. (25 min.)

Material Title: **Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential**
Author: Peg & Richard Dawson & Guare *Books* 2009 314 pages

The latest research in child development shows that many kids who have the brain and heart to succeed lack or lag behind in crucial "executive skills"--the fundamental habits of mind required for getting organized, staying focused and controlling impulses and emotions. Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills and problem-solve daily routines. Small changes can add up to big improvements--this empowering book shows how.

Teen Issues

Material Title: **SOS! The Technology Guidebook for Parents of Tweens and Teens: Get The Answers You Need, Keep Them Safe and Enjoy Your Kids Again**
Author: Sheryl Gould *Books* 2019 105

Has Screen Time Become Scream Time At Your House? you exhausted from arguing, yelling, and nagging when it comes to your tween and teen's technology? Are you overwhelmed and stressed about keeping your kids safe from inappropriate content, strangers, cyber-bullying or sexting? Do you long to restore sanity and face to face time in your home? Here's the SOS Guidebook that you've been waiting for! You will find...Answers to your common questions, challenges, and frustrations. Steps to take together to decide limits and rules that align with your values. Practical strategies and tools to navigate the tough conversations. The best programs to manage your kids' time on devices and the content they're exposed to (including apps, YouTube channels, inappropriate sites and more). Discover simple ideas to create balance as a family and have more fun. Restore sanity, get on the same page and improve your relationship with your tween or teen! Become their trusted guide who they will go to when they have an issue, question or problem!

Material Title: **Stuff That Sucks; A Teen's Guide to Accepting What You Can't Change and Committing to What You Can**
Author: Ben Sedley *Children's Books* 2017 96

If you struggle with negative thoughts and emotions, you should know that your pain is real. No one should try to diminish it. Sometimes stuff really does suck and we have to acknowledge it. Worry, sadness, loneliness, anger, and shame are big and important, but they can also get in the way of what really matters. What if, instead of fighting your pain, you realized what really matters to you—and put those things first in life? If you did that, maybe your pain wouldn't feel so big anymore. Isn't it worth a try?

Stuff That Sucks offers a compassionate and validating guide to accepting emotions, rather than struggling against them. With this book as your guide, you'll learn to prioritize your thoughts, feelings, and values. You'll figure out what you care about the most, and then start caring some more! The skills you'll learn are based on acceptance and commitment therapy (ACT). Yes, there are a few written exercises, but this isn't a workbook. It's a journey into the stuff that sucks, what makes that sucky stuff suck even more, and how just a few moments each day with the stuff that matters will ultimately transform the stuff that sucks into stuff that is just stuff. Make sense?

Maybe you want to be more creative? Or maybe you simply want to do better in school or be a better friend? This book will show you how to focus on what you really care about, so that all that other sucky stuff doesn't seem so, well, sucky anymore.

Material Title: **Substance Abuse**
Author: ORPARC Staff *Non-Return Items*

This packet contains sections on understanding drug and alcohol use in teens; descriptions, common names and common effects and symptoms of a long list of drugs; and treatment options and the parent's role. This information packet was based on a self-study course, which was developed by Aileen M. McInnis for the Alaska Foster Parent Training Center.

Material Title: **Teaching Social Skills to Youth (Second Edition)**
Author: Tom Dowd *Books* 2005 257 pages

This book features step-by-step component behaviors to 182 skills, from the basic (following instructions and introducing yourself) to the complex (managing stress and resolving conflict), and helps youth to recognize when, where, or with whom to use a particular skill. It also shows how to plan skill-based treatment interventions for youth with difficult problems such as substance abuse, aggression, depression, or attention deficits. Includes a CD-ROM that helps readers search for social skills by title, category, or problem behavior and allows printed copies of social skill steps for display.

Material Title: **Teen Mental Health in an Online World: Supporting Young People Around Their Use of Social Media, Apps, Gaming, Texting, and the Rest**
Author: Victoria Betton *Books* 10/18/2018 296

This essential book shows practitioners how they can engage with teens' online lives to support their mental health. Drawing on interviews with young people it discusses how adults can have open and inquiring conversations with teens about both the positive and negative aspects of their use of online spaces.

Material Title: **Teenage Brain, The: A Neuroscientist's Survival Gide to Raising Adolescents and Young Adults**
Author: Frances E. Jensen, MD and Amy Ellis Nutt *Books* 2015 293 pages

Drawing on her research, knowledge, and clinical experience, internationally respected neurologist – and mother of two boys – Frances E. Jensen, MD, offers a revolutionary look at the adolescent brain, providing remarkable insights that translate into practical advice both for parents and teenagers.

Material Title: **Teenage Human Body Operator's Manual, The**
Author: Lee White *Children's Books* 1998 167 pages

This book attacks the difficult topics of puberty, sex, health, and safety through games, quizzes, and many humorous illustrations. It covers a wide range of topics that are of concern to teens and preteens such as pregnancy, STD's, personal hygiene, eating disorders, and drug and alcohol abuse.

Teen Issues

Material Title: **Teenagers and Attachment: Helping Adolescents Engage with Life and Learning**
Author: Andrea Perry *Books* 2009 224 pages

When children from insecure backgrounds become adolescents, the challenges they experience themselves and present for those around them can get a lot harder to sort out, before the teenager can fully integrate into society. These adolescents can quickly acquire 'bad kid' or 'anti-social' labels. They may form attachments by joining gangs, but in doing so, further alienate themselves from other more constructive options on offer. The contributors to this much needed book have all worked successfully on the front line with teenagers whose ability to make healthy relationships, or to find learning exciting or even possible, has been severely compromised by their past experiences of trauma, neglect and abuse. Each expert practitioner offers practical strategies, underpinned by attachment theory and their own extensive experience, to enable teachers, psychologists, therapists and social workers to reach out to young people in new ways, establishing genuine connection and real possibilities for learning and hope. Contents include: Attachment and adolescence-the key issues-Karl Heinz Brisch. Helping adolescents navigate transitions-Louise Bomber. Using an attachment approach in the classroom-Marie Delaney. Building authentic attachment relationships- Barbara Earl. Principles of attachment and intersubjectivity-Daniel A. Hughes. Supporting adolescent refugees-Sue Amey. Reaching teenage gang members-Camila Batmanghelidjh. Helping adolescents make the transition to university-Ann Heyno.

Material Title: **Teens and Adoption**
Author: Produced by ORPARC *Information Packet* 2016 71 pages

The Teens and Adoption packet addresses common issues in parenting during the teen years, with a special emphasis on the impact of foster care and adoption on adolescence. The packet includes sections on adolescent development, communicating with your teen about adoption, strengthening your relationship with your teen, mental health during the teen years, and much more.

Material Title: **Teens and Gangs: Real Life Teens (DVD)**
Author: DVD *DVDs* 2007 17 min

In this DVD, Teens discuss violence, why teens join gangs, racism and gangs, why gang involvement can lead to personal risk or imprisonment. On the flip side, teens also discuss positive groups that can provide support, and positive role modeling. Hear from real teens as they tell us how they perceive gangs.

Material Title: **Telling It Like It Is: Foster Youth and Their Struggle for Permanency (DVD)**
Author: Seneca Family of Agencies *DVDs* 41 minutes

This video includes 10 different digital stories of former foster youth as they search to find a permanent connection.

Material Title: **Ten Talks Parents Must Have With Their Children About Sex and Character**
Author: Pepper Schwartz, Ph.D. *Books* 2000 379 pages

Based on proven approaches the authors are using in workshops across the country, this book offers advice on exactly how to begin and what to say about ten important issues. Providing information from sex, to peer pressure, to Internet use, this illustrated book helps prepare kids for the complex world of relationships, sex, and growing up.

Material Title: **The Ultimate Teen Guide: Teens, Loss, and Grief**
Author: Edward Myers *Children's Books* 2006 176 pages

Teens, Loss, and Grief is a self-help guide for teenagers who are struggling with bereavement and the emotional difficulties it presents. This book provides an overview of grief as a painful but normal process, offering insights from bereavement experts as well as practical suggestions for coping with loss, including accounts from teens. This book closes a gap in the available literature on grief and bereavement that has tended to focus on adults and younger children. It provides a warm, accessible resource that will reassure teen readers about the normality of grief, encourages their understanding of what happens during the grief process, and provides an indispensable resource guide.

Material Title: **Transgender Child: A Handbook for Families and Professionals, The**
Author: Stephanie A. Brill *Books* 2008 252 pages

This comprehensive first of its kind guidebook explores the unique challenges that thousands of families face every day raising their children in every city and state. Through extensive research and interviews, as well as years of experience working in the field, the authors cover gender variance from birth through college. How can I best raise my gender variant or transgender child with love and compassion, even when I barely understand the issues ahead of us? And what is gender, anyway? These questions and more are answered in this book offering a deeper understanding of gender variant and transgender children and teens.

Teen Issues

Material Title: **Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary, The**

Author: Stephanie A. Brill *Books* 2016 338 pages

There is a generational divide in our understandings of gender. This comprehensive guidebook helps to bridge that divide by exploring the unique challenges that thousands of families face every day raising a teenager who may be transgender, non-binary, gender-fluid or otherwise gender-expansive. Combining years of experience working in the field with extensive research and personal interviews, the authors cover pressing concerns relating to physical and emotional development, social and school pressures, medical considerations, and family communications. Learn how parents can more deeply understand their children, and raise their non-binary or transgender adolescent with love and compassion.

Material Title: **Travels in Circles: Fetal Alcohol Syndrome* (Children's Materials)**

Author: Washington State Division of Social and Health Services *Children's Books* 2000 69 pp

For young people ages 18-22: Please see series description, "Journey Through the Healing Circle." This illustrated book for young people ages 18-22, tells the story - in the style of Native American folklore - of Travels in Circles, a young adult puffin with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to young people who have questions or concerns.

Material Title: **Treating Abused Adolescents**

Author: Eliana Gil *Books* 1996 206 pages

This book offers practical, step-by-step guidance for mental health professionals, demonstrating how they can communicate and work more effectively with adolescents who have suffered from abuse.

Material Title: **Unconditional Commitment: The Only Love That Matters to Teens (DVD)**

Author: Pat and You Gotta Believe, Inc. O'Brien *DVDs* 2007 52 minutes

There is a great need for prospective and current parents to become unconditionally committed to the children that they care for, particularly teenagers, in order to prevent disruptions in permanent family homes. The emphasis here is that every child in foster care needs one placement and one placement only, and the challenges to unconditional commitment are explored and addressed. This is the story behind the enormously successful older teen adoption agency, and includes many of the staff, foster and adoptive parents, along with the children they have taken into their hearts and lives.

Material Title: **Understanding Bulimia Nervosa**

Author: Debbie Stanley *Children's Books* 1999 115 pages

This book for adolescents, explains what bulimia is, how to recognize its symptoms, and why this serious problem is easily overlooked. Using the voices of young people who have struggled with bulimia, Stanley explores the roles pressure from peers, parents, and society -- as well as bottled up emotions and low self-esteem -- can play in developing bulimia. Practical suggestions help young readers learn to recognize and resist society's unrealistic expectations, develop a positive self-image, and evaluate their nutritional habits and fitness level accurately and honestly.

Material Title: **Unofficial Guide to Therapeutic Parenting, The: The Teen Years**

Author: Sally Donovan *Books* 2019 283 pages

An honest insight into the rollercoaster reality of therapeutically parenting teenagers.

Raising any teenager is tough, but raising teens who have experienced trauma in their early years is a whole different - and more difficult - ball game. Adoptive parent Sally Donovan is here to answer every question you've ever wanted to ask about therapeutically parenting teenagers, and a whole lot more besides.

Therapeutic parenting is equal parts love, commitment, determination, and realism, and Sally writes about it all with equal parts blazing wit, tear-jerking honesty, and wisdom. Read this book to hear a voice speaking from experience - and above all, the heart - about everything to expect from therapeutically parenting your teens.

Material Title: **Untangled; Guiding Teenage Girls Through the Seven Transitions into Adulthood**

Author: Lisa Damour *Books* 4/04/2017 368

In this sane, highly engaging, and informed guide for parents of daughters, Dr. Damour draws on decades of experience and the latest research to reveal the seven distinct—and absolutely normal—developmental transitions that turn girls into grown-ups, including Parting with Childhood, Contending with Adult Authority, Entering the Romantic World, and Caring for Herself. Providing realistic scenarios and welcome advice on how to engage daughters in smart, constructive ways, Untangled gives parents a broad framework for understanding their daughters while addressing their most common questions

Material Title: **What if Someone I Know Is Gay? Answers to Questions About Gay and Lesbian People**

Author: Eric Marcus *Children's Books* 2007 138 pages

Aimed at teenagers, this book breaks down the stereotypes surrounding homosexuality. Written in question-and-answer form, the author answers real questions from real teenagers about everything from sex to religion. He pushes aside all of the myths and misinformation to help kids understand what being gay is really all about.

Teen Issues

Material Title: **What's Happening to Me? An Illustrated Guide to Puberty* (Children's Materials)**
Author: Peter Mayle and Arthur Robins *Children's Books* 1975 50 pages

This anatomically explicit illustrated guide to puberty contains the answers to "some of the world's most embarrassing questions." Aimed at preteen boys and girls, it explores such topics as sex, masturbation, growth, and body image.

Material Title: **What's Happening to My Body? Book for Boys, The**
Author: Lynda Madaras *Children's Books* 2007 231 pages

This book gives sensitive straight talk on: the body's changing size and shape; diet and exercise; the growth spurt; the reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on steroid abuse, acne treatment, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all boys ages 10 and up.

Material Title: **What's Happening to My Body? Book for Girls, The**
Author: Lynda Madaras *Children's Books* 2007 255 pages

Written by an experienced educator and her daughter in a reassuring and down-to-earth style, this book gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control. Featuring illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all girls ages 10 and up.

Material Title: **What's Your Parenting Style?**
Author: Michael H. Popkin, PhD *DVDs*

Material Title: **When Nothing Matters Anymore: A Survival Guide for Depressed Teens**
Author: Bev Cobain *Children's Books* 1998 149 pages

This book, by a cousin of rock star Curt Cobain, is her way of making sense of his suicide and reaching out to teens who are sad, discouraged, or depressed. Part 1 describes the causes and types of depression and the connection between depression, suicide, and drug and alcohol abuse. Part 2 discusses different kinds of professional treatment and how to stay healthy. Throughout the book are personal stories from teens who have dealt with depression, survival tips that can help you now and for the rest of your life, and resources for more information, advice, and support.

Material Title: **Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents**
Author: Violet Oaklander, Ph.D. *Professional Materials* 1979 324 pages

With over 300 pages of methods, materials, techniques for working with children and adolescents, transcripts, case examples and discussion, this book more than fills a void in the child therapy literature. Counselors and therapists, in schools, mental health centers and private practice embrace this book.

Material Title: **Wise Minded Parenting: 7 Essentials for Raising Successful Tweens + Teens**
Author: Laura S Kastner & Kristen A Russell *Books* 2013 272

Raising a happy and successful teenager is a challenge for any parent, even the most patient and wisest among us. Parenting adolescents requires all sorts of skills that most of us don't naturally possess. In this down-to-earth, practical guide, you'll learn how to tap your "wise mind" to calmly navigate even the stormiest of parenting moments. You'll learn how to preserve your loving relationship while encouraging progress towards the 7 essentials of happy, healthy teens:

- Secure attachment to parents
- Self-control
- Academic success
- Social thriving
- Emotional flourishing
- Strong character
- Physical health

With humor, wisdom and a deep understanding of the teenaged brain, Dr. Kastner, author of *Getting to Calm: Cool-Headed Strategies for Parenting Tweens and Teens*, and Russell provide clear and useful tools for parents, giving them effective new ways to manage their own emotions in the heat of the moment with their teen while maintaining — and even gaining — closeness.

Material Title: **Yes, Your Teen is Crazy!: Loving your kid without losing your mind**
Author: Michael Bradley *CDs* 2006 7.5 hours

An indispensable how-to manual for parents raising teenagers in today's crazy world. The fear-based techniques of the past no longer work, says the author, who advocates an entirely new approach for parenting the echo boomer generation.

Teen Issues

Material Title: **Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship**
Author: Russell A. Barkley *Books* 2008 325 pages

If life with your teen has become a battleground, it's time to take action. This empathic book shows how. Trusted psychologists who have worked with thousands of families give you the tools you need to overcome defiance and get teen behavior back on track. By following the authors' clinically proven 10-step program, learn how you can:

- *Reestablish your authority while building trust.
 - *Identify and enforce nonnegotiable rules.
 - *Use rewards and incentives that work.
 - *Communicate and problem-solve effectively--even in the heat of the moment.
 - *Restore positive feelings in your relationship.
 - *Develop your teen's skills for becoming a successful adult.
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Material Title: **Your Teen's Success Cycle**
Author: Michael H. Michael H. Popkin, PhD *DVDs*

Material Title: **Youth Depression and Suicide Prevention**
Author: ORPARC Staff *Information Packet* 2003

Section One provides facts about prevalence, risks, and treatment options for youth suffering from depression. Section Two offers statistics, facts, warning signs, and prevention and intervention strategies for youth who may be at risk for suicide attempts. The scope is limited to basic information. The "For More Information" section at the end provides further resources. This packet is not a substitute for appropriate mental health interventions. If you suspect your child suffers from depression or is at risk for suicidal thoughts or behaviors, seek professional help immediately.