

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 Materials

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: **After Tupac and D Foster**
 Author: Jaqueline Woodson *Books* 2010 192 pages

The day D Foster enters Neeka and her best friend's lives, the world opens up for them. Suddenly they're keenly aware of things beyond their block in Queens, things that are happening in the world—like the shooting of Tupac Shakur—and in search of their Big Purpose in life. When—all too soon—D's mom swoops in to reclaim her, and Tupac dies, they are left with a sense of how quickly things can change and how even all-too-brief connections can touch deeply.

Material Title: **All Kinds of Minds: A Young Student's Book About Learning Abilities and Disorders**
 Author: Mel Levine *Children's Books* 1993 281 pages

The first chapter introduces us to five young people with different "kinds of minds" (Attention Deficit, Reading Disorder, Memory Problems, Language Disorder, Social and Motor Skills Problems). The next five chapters each highlight, anecdotally, one of those kids, showing how his or her mind works. The final chapter provides practical information and techniques for children and the adults who work with them, in each of the categories mentioned.

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: **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: **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: **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.

Teen Materials

Material Title: **Bird's Eye View Of Life with ADD and ADHD, A: Advice from Young Survivors**
Author: Chris & Alex Ziegler Dendy & Ziegler *Books* 2003 180 pages

An ADD/ADHD survival guide written expressly for children and teens with advice from 12 teens and young adults living with the condition.

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.

Material Title: **Brief Chapter in My Impossible Life, A**
Author: Dana Reinhardt *Children's Books* 2007 256

You can tell what really makes Simone different just by looking at her: she doesn't resemble anyone in her family. She's adopted. She's always known it, but she's never wanted to know anything about where she came from. She's happy with her family just as it is, thank you.

Then one day, Rivka calls, and Simone learns who her mother was—a 16-year-old, just like Simone. Who is Rivka? What does she want? Why is she calling now, after all these years? The answers lead Simone to deeper feelings of anguish and love than she has ever known and prompt her to question everything she has taken for granted about faith, the afterlife, and what it means to be a daughter.

Material Title: **Cool Salsa**
Author: Lori M. Carlson *Books* 2013 123 pages

Growing up Latino in America means speaking two languages, living two lives, learning the rules of two cultures. *Cool Salsa* celebrates the tones, rhythms, sounds, and experiences of that double life. Here are poems about families and parties, insults and sad memories, hot dogs and mangos, the sweet syllables of Spanish and the snag-toothed traps of English. Here is the glory—and pain—of being Latino American.

Latino Americans hail from Cuba and California, Mexico and Michigan, Nicaragua and New York, and editor Lori M. Carlson has made sure to capture all of those accents. With poets such as Sandra Cisneros, Martín Espada, Gary Soto, and Ed Vega, and a very personal introduction by Oscar Hijuelos, this collection encompasses the voices of Latino America. By selecting poems about the experiences of teenagers, Carlson has given a focus to that rich diversity; by presenting the poems both in their original language and in translation, she has made them available to us all.

As you move from memories of red wagons to dreams of orange trees to fights with street gangs, you feel *Cool Salsa's* musical and emotional cross rhythms. Here is a world of exciting poetry for you, y tú también.

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

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.

Teen Materials

Material Title: **Far from the Tree**
Author: Robin Benway *Children's Books* 2019 400

Being the middle child has its ups and downs.

But for Grace, an only child who was adopted at birth, discovering that she is a middle child is a different ride altogether. After putting her own baby up for adoption, she goes looking for her biological family, including—

Maya, her loudmouthed younger bio sister, who has a lot to say about their newfound family ties. Having grown up the snarky brunette in a house full of chipper redheads, she's quick to search for traces of herself among these not-quite-strangers. And when her adopted family's long-buried problems begin to explode to the surface, Maya can't help but wonder where exactly it is that she belongs.

And Joaquin, their stoic older bio brother, who has no interest in bonding over their shared biological mother. After seventeen years in the foster care system, he's learned that there are no heroes, and secrets and fears are best kept close to the vest, where they can't hurt anyone but him.

Don't miss this moving novel that addresses such important topics as adoption, teen pregnancy, and foster care.

Material Title: **Fetal Alcohol Spectrum Disorder (Understanding Mental Health)**
Author: Ellen Rodger and Rosie Gowsell *Books* 2014 48

An estimated 40,000 children are born with a Fetal Alcohol Spectrum Disorder in the United States each year. The impacts on school and family, and social life are immense. FASDs are a group of disorders and conditions that occur in people whose mothers drank alcohol during pregnancy. This useful title gives an overview of the mental, behavioral, and physical impairments of FASD, as well as new research, treatments and methods for managing behavioral issues. A chapter on caring for others addresses children dealing with parents, siblings, or foster siblings with an FASD diagnosis.

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: **Filling in the Blanks; A Guided Look at Growing Up Adopted**
Author: Susan Gabel *Children's Books* 1980 149 pages

This lifebook/workbook is a tool for older children and adolescents to help them learn about being adopted. It is divided into four sections: My Birth Family, My Adoption Process, My Adoptive Family, and Myself.

Teen Materials

Material Title: **For Black Girls Like Me**

Author: Mariama Lockington

Books

2019

336 pages

In this lyrical coming-of-age story about family, sisterhood, music, race, and identity, Mariama J. Lockington draws on some of the emotional truths from her own experiences growing up with an adoptive white family.

I am a girl but most days I feel like a question mark.

Makeda June Kirkland is eleven years old, adopted, and black. Her parents and big sister are white, and even though she loves her family very much, Makeda often feels left out. When Makeda's family moves from Maryland to New Mexico, she leaves behind her best friend, Lena— the only other adopted black girl she knows— for a new life. In New Mexico, everything is different. At home, Makeda's sister is too cool to hang out with her anymore and at school, she can't seem to find one real friend.

Through it all, Makeda can't help but wonder: What would it feel like to grow up with a family that looks like me?

Through singing, dreaming, and writing secret messages back and forth with Lena, Makeda might just carve a small place for herself in the world.

For Black Girls Like Me is for anyone who has ever asked themselves: How do you figure out where you are going if you don't know where you came from?

Material Title: **For When I'm Famous: A Teen Foster/Adopt Lifebook**

Author: Beth O'Malley

Books

2006

31 pages

For When I'm Famous begins with a letter to the teen addressing the fact that they might not understand the importance of completing a lifebook, but that it could be worth money one day! Author, Beth O'Malley, an adoptee and an adoptive parent, adds a spot at the end of the letter for the teen's autograph and then lists several famous adoptees. The lifebook may not mean much now, but in a few years it may be invaluable in helping the child have a deeper understanding of his/her life. This book offers a very easy way for a teenaged foster child to complete a first lifebook. Many times the older children in care are reluctant to create a lifebook. For When I'm Famous may help the project to become more fun and manageable for the older foster child.

Material Title: **Gender Book, The**

Author: Mel & Jay Reiff Hill & Mays

Books

2014

90

the GENDER book A gender 101 for everyone Follow the adventures of Boston's personal gender exploration in the GENDER book, a colorful, all-ages visual primer on the world of gender. You'll meet along the way new friends: drag queens and kings, intersex folks, genderqueer individuals, and others under the transgender umbrella. They'll introduce you to new and familiar topics in a way that is accessible, nonjudgmental, and fun! Enjoy the 90-page fully illustrated book in one sitting, or come back to it again and again. You'll appreciate the countless hours of research, more than 200 questionnaires, and dozens of one-on-one interviews with members of the communities depicted. The result represents an agreement of many diverse community voices and a huge step forward in the world of gender

Material Title: **Get Real**

Author: Betty Hicks

Children's Books

2006

184 pages

In this adolescent novel, 13-year-old best friends Dez and Jil are each a little envious of the other's parents – Dez's parents run a sloppy, chaotic household while the adopted Jil's keep a neat, orderly one. Jil becomes obsessed with meeting her birth mother and does so, eventually spending holidays and weekends with her new family which includes a 10-year-old half sister. Problems ensue, lessons are learned, and life is lived.

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.

Teen Materials

Material Title: **Help for the Hard Times: Getting through Loss**
Author: Earl Hipp *Children's Books* 1995 140

Earl Hipp addresses loss and discusses young people's experiences to help you provide students with tools to grieve and ways to keep their losses from becoming too overwhelming.

Earl Hipp addresses loss from the perspective of the heart. He discusses young people's experiences with loss and helps them figure out ways to continue functioning after loss.

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: **Help! I've Been Adopted**
Author: Brenda McCreight *Children's Books* 2010 83 pages

When a child or youth is placed for adoption, it is a time of joy and excitement and it presents the child with the opportunity to experience what it is like to truly belong to a loving, stable family. However, for many adoptees, the first few months in a new adoptive placement are also a time of confusion and even more change in a lifetime of loss, unpredictability, and unanswered questions. "Help - I've Been Adopted!" will answer many of the questions that new (and long time placed) adoptees have about their lives. This book presents issues such as "Why do birth parents give up or lose their children?", "What is attachment and how does it affect my life?" "How do adoptive parents get matched to a child?" "Who makes all the decisions about a child's life" and more. This book is full of helpful suggestions to promote discussion between the adoptive parents and the child, and it will help social workers and counselors gain a new perspective on how to support the early stages of an adoption placement.

Material Title: **Hey, Kiddo; How I Lost My Mother, Found My Father, and Dealt with Family Addiction**
Author: Jarrett J. Krosoczka *Children's Books* 2018 320

In kindergarten, Jarrett Krosoczka's teacher asks him to draw his family, with a mommy and a daddy. But Jarrett's family is much more complicated than that. His mom is an addict, in and out of rehab, and in and out of Jarrett's life. His father is a mystery -- Jarrett doesn't know where to find him, or even what his name is. Jarrett lives with his grandparents -- two very loud, very loving, very opinionated people who had thought they were through with raising children until Jarrett came along.

Jarrett goes through his childhood trying to make his non-normal life as normal as possible, finding a way to express himself through drawing even as so little is being said to him about what's going on. Only as a teenager can Jarrett begin to piece together the truth of his family, reckoning with his mother and tracking down his father.

Hey, Kiddo is a profoundly important memoir about growing up in a family grappling with addiction, and finding the art that helps you survive.

Material Title: **Holding Up the Earth**
Author: Dianne Gray *Children's Books* 2006 210

It has been eight years since Hope's mom died in a car accident. Eight years of shuffling from foster home to foster home. Eight years of trying to hold on to the memories that tether her to her mother. Now Sarah, Hope's newest foster mom, has taken her from Minneapolis to spend the summer on the Nebraska farm where Sarah grew up. Hope is set adrift, anchored only by her ever-present and memory-heavy backpack. Accustomed to the clamor of city life, Hope is at first unsettled by the silence that descends over the farm each night. But listening deeply, she begins to hear the quiet: the crickets' chirp, the windsong, the steady in and out of her own breath. Soon the silence is replaced by voices, like echoes sounding across time -- the voices of girls who inhabited the old farmhouse before her. Reluctantly, Hope begins to stretch down roots in the earth and accept this new family as her own.

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: **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.

Teen Materials

Material Title: **In the Footsteps of Crazy Horse**

Author: Joseph Marshall III

Children's Books

2015

176 pages

Teased for his fair coloring, eleven-year-old Jimmy McClean travels with his maternal grandfather, Nyles High Eagle, to learn about his Lakota heritage while visiting places significant in the life of Crazy Horse, the nineteenth-century Lakota leader and warrior, in a tale that weaves the past with the present. Includes historical note and glossary.

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: **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: **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: **Let's Get This Straight: The Ultimate Handbook for Youth with LGBTQ Parents**

Author: Tina Fakhrid-Deen

Children's Books

2010

176 pages

In Let's Get This Straight, Tina Fakhrid-Deen and COLAGE, a national movement of children, youth, and adults with one or more lesbian, gay, bisexual, transgender and/or queer (LGBTQ) parent/s, are on a mission to provide kids of LGBTQ parents with the tools they need to: become more self-aware and affirming; maintain healthy relationships with their parents; address discrimination and heterosexism and combat homophobia; discuss important questions about what it means to be part of an LGBTQ family; build strong self-esteem and sense of belonging; respond effectively when challenged about being in a sexual minority family; reduce the isolation, fear, shame, and confusion that can be associated with having gay parents.

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: **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.

Teen Materials

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.

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: **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: **Peace, Locomotion**

Author: Jaqueline Woodson *Books* 2009 176 pages

The stunning companion to the National Book Award finalist--from a three-time Newbery Honor winning author

Jacqueline Woodson is the 2018-2019 National Ambassador for Young People's Literature

Twelve-year-old Lonnie is finally feeling at home with his foster family. But because he's living apart from his little sister, Lili, he decides it's his job to be the "rememberer"—and write down everything that happens while they're growing up. Lonnie's musings are bittersweet; he's happy that he and Lili have new families, but though his new family brings him joy, it also brings new worries. With a foster brother in the army, concepts like Peace have new meaning for Lonnie. Told through letters from Lonnie to Lili, this thought-provoking companion to Jacqueline Woodson's National Book Award finalist Locomotion tackles important issues in captivating, lyrical language. Lonnie's reflections on family, loss, love and peace will strike a note with readers of all ages.

Material Title: **Pinballs, The**

Author: Betsy Byars *Children's Books* 2004 144 pages

You can't always decide where life will take you—especially when you're a kid.

Carlie knows she's got no say in what happens to her. Stuck in a foster home with two other kids, Harvey and Thomas J, she's just a pinball being bounced from bumper to bumper. As soon as you get settled, somebody puts another coin in the machine and off you go again.

But against her will and her better judgment, Carlie and the boys become friends. And all three of them start to see that they can take control of their own lives. Ages 10 and up.

Teen Materials

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: **Quiet You Carry, The**
Author: Nikki Barthelme *Children's Books* 2019 352

"Victoria Parker knew her dad's behavior toward her was a little unusual, but she convinced herself everything was fine—until she found herself locked out of the house at 3:00 a.m., surrounded by flashing police lights. Now, dumped into a crowded, chaotic foster home, Victoria has to tiptoe around her domineering foster mother, get through senior year at a new school, and somehow salvage her college dreams . . . all while keeping her past hidden. But some secrets won't stay buried—especially when unwanted memories make Victoria freeze up at random moments and nightmares disrupt her sleep. Even worse, she can't stop worrying about her stepsister Sarah, left behind with her father. All she wants is to move forward, but how do you focus on the future when the past won't leave you alone?"

Material Title: **Returnable Girl**
Author: Pamela Lowell *Children's Books* 2009 240

Abandoned. That's how Ronnie Hartman feels after her mother and Kenny, her mom's good-for-nothing boyfriend, move to Alaska, bringing Ronnie's two younger brothers with them and leaving her behind. Now thirteen years old, Ronnie has been "returned" from multiple foster homes because of her impulsive lying and stealing. Her latest foster mom, Alison, is Ronnie's very last chance—if she doesn't want to end up in some awful residential treatment center.

Meanwhile, Ronnie wants more than anything to fit in with the popular crowd, especially with the beautiful (but stuck-up) Paige. But when Ronnie betrays her only friend, a chubby outcast named Cat, she begins a pattern of deception that can only end in disaster. As Ronnie struggles to define herself, an important letter will present her with the most heart-wrenching decision of her life: to accept the woman who wants to adopt her, or to return to the mother who once abandoned her.

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: **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: **Shouting at the Rain**
Author: Lynda Mullaly Hunt *Children's Books* 2019 288

Delsie loves tracking the weather--lately, though, it seems the squalls are in her own life. She's always lived with her kindhearted Grammy, but now she's looking at their life with new eyes and wishing she could have a "regular family." Delsie observes other changes in the air, too--the most painful being a friend who's outgrown her. Luckily, she has neighbors with strong shoulders to support her, and Ronan, a new friend who is caring and courageous but also troubled by the losses he's endured. As Ronan and Delsie traipse around Cape Cod on their adventures, they both learn what it means to be angry versus sad, broken versus whole, and abandoned versus loved. And that, together, they can weather any storm.

Teen Materials

Material Title: **Skin I'm In, The**
Author: Sharon G. Flake *Children's Books* 2018 192

Maleeka suffers every day from the taunts of the other kids in her class. If they're not getting at her about her homemade clothes or her good grades, it's about her dark, black skin.

When a new teacher, whose face is blotched with a startling white patch, starts at their school, Maleeka can see there is bound to be trouble for her too. But the new teacher's attitude surprises Maleeka. Miss Saunders loves the skin she's in. Can Maleeka learn to do the same?

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: **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.

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: **Turtles All the Way Down**

Author: John Green *Books* 2019 320

Sixteen-year-old Aza never intended to pursue the mystery of fugitive billionaire Russell Pickett, but there's a hundred-thousand-dollar reward at stake and her Best and Most Fearless Friend, Daisy, is eager to investigate. So together, they navigate the short distance and broad divides that separate them from Russell Pickett's son, Davis.

Aza is trying. She is trying to be a good daughter, a good friend, a good student, and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts as a teen living with Obsessive Compulsive Disorder.

Material Title: **Under the Foster Freak Tree**

Author: Kelley Hicken *Children's Books* 2018 117

When fifteen-year-old Sefina Nafo is kicked out of her latest foster home, she gets separated from her little brothers. Now, she's the only brown kid in her new foster family as she navigates grief from her dad's death, her mom's addictions, and the school bully labeling her Foster Freak.

With the court date looming, Sefina comes up with a plan to reunite with her mom and brothers before it's too late. The biggest challenge is trying not to fall in love with her new foster family. As her relationship with foster mom Jen blossoms, Sefina must decide what "family" really means.

Teen Materials

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: **Waiting to Forget**

Author: Sheila Kelly Welch

Children's Books

2011

170

T.J. has always looked out for his little sister, Angela. When Momma used to go out and leave them home alone, he'd lock the door so they'd be safe, keep Angela entertained, and get out the cereal and milk for her. When Momma's boyfriend got angry at them, he'd try to protect Angela. Later, at their foster homes, T.J. was the only one who knew how to coax his little sister out of her bad moods. The only one who understood why she made origami paper cranes and threw them out the window. But now T.J. is sitting in the waiting room at the hospital, wondering if Angela, unconscious after a fall, will ever wake up. Wondering, too, if he will ever feel at home with his and Angela's new parents—Marlene, who insists on calling him Timothy, and Dan, who seems to want a different son. Going back and forth between Now and Then, weaving the uncertain present with the painful past, T.J.'s story unfolds, and with the unfolding comes a new understanding of how to move forward.

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.

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: **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: **Who am I?: And Other Questions of Adopted Kids**

Author: Charlene C. Giannetti

Children's Books

1999

95

With advice from experts and quotes from adopted teens, offers objective and reassuring responses to children seeking answers to their questions about being adopted.
