

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

Material Title: **200 Ways to Raise a Girl's Self-Esteem: Indispensable Guide for Parents, Teachers & Other Concerned Caregivers**

Author: Will Glennon *Books* 1999 255 pages

"200 Ways to Raise a Girl's Self-Esteem" provides straightforward advice and helpful guidelines for parents and teachers who want to help girls build positive self-images and develop full, exuberant lives.

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.

Material Title: **ADHD in Children, Adolescents and Adults: Diagnosis, Assessment and Treatment (Audiotape)**

Author: Russell Barkley *Audiotapes* 2000 10 hours 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.

Material Title: **ADHD in Children, Adolescents and Adults: Diagnosis, Assessment and Treatment (CD)**

Author: Russell Barkley *CDs* 2000 10 hours/ 20 CDs

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.

Material Title: **ADHD: A Teenager's Guide (Audiotape)**

Author: James J. Crist *Audiotapes* 1996 1 hour 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!

Material Title: **ADHD: A Teenager's Guide (CD)**

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Material Title: **Adolescence and Other Temporary Mental Disorders (DVD)**

Author: DVD *DVDs* 2010 1 hour 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 teens 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."

Teen Issues

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* 2001 180 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: **Adolescents with Attachment Difficulties (1999 Audiotape)**
Author: Gregory Keck *Audiotapes* 1999 90 minutes

Gregory Keck from a conference in Pasadena, California. In this workshop, Keck examines attachment problems and adolescence from a 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.

Material Title: **Adopted Adolescent, The (CD)**
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Material Title: **Adopted Teens Only: A Survival Guide to Adolescence* (Children's Materials)**
Author: Danea 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: **Adopting the Older Child**
Author: Claudia Jewett *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.

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* (Children's Materials)**
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, and helpful hints. In addition, the book is packed with current facts on alcohol and drugs, eating disorders, sex and relationships, after school jobs, college, and much more.

Teen Issues

Material Title: **Angry Adolescents and Troubled Teens: A New Approach To Discovering Strengths and Developing Solutions (Audiotape)**

Author: David Wexler, PhD *Audiotapes* 2000 10 hours 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 15 hours/ 16 CDs

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: **Anorexia Nervosa: When Food Is the Enemy* (Children's Materials)**

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: **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* 1982 to 1994

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 Consequences, Logic, and Control: Tweens (2 CDs)**

Author: Heather T., LCSW and B. Bryan Post Forbes *CDs* 2007 1 hour 45 minutes

This 2-part audio CD set will bring you solutions and a deeper understanding of the book "Beyond Consequences, Logic, and Control" and how it relates to your tween's behaviors, ages 10-12. This discussion hits the mark for all children and puts the concepts of this book into real life application. The authors answer questions submitted from parents around the world in an engaging and empowering discussion to help you bring peace into your family.

Material Title: **Beyond Magenta: Transgender Teens Speak Out *(Children's Materials)**

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 Issues

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: **Brainstorm: The Power and Purpose of the Teenage Brain**

Author: Daniel J. Siegel, M.D. Books 2013 307 pages

Between the ages of twelve and twelfth-four, the brain changes in important and, at times, challenging ways. In this book, author Daniel J. Siegel, M.D., busts a number of commonly held myths about adolescence to reveal how it is in fact a vital time in our lives in terms of charting the course for the adults we ultimately become. According to Siegel, during adolescence we learn important skills, such as how to leave home and enter the larger world, how to connect deeply with others, and how to safely experiment and take risks, thereby creating strategies for dealing with the worlds' increasingly complex problems.

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: **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.

Material Title: **Family Therapy Magazine: May/June 2004**

Author: Periodical Periodicals May/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: **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: **How it Feels to be Adopted* (Children's Materials)**

Author: Jill Krentz 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: **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.

Teen Issues

Material Title: **My Body, My Self for Boys* (Children's Materials)**
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* (Children's Materials)**
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: **Ocean Within, The* (Children's Materials)**
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: **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 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 Difficult Tweens & Teens (2 CDs)**
Author: Bryan and Helene Timpone, CSW Post *CDs* 2010 1 hour 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.

Teen Issues

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.

Material Title: **Parents Wanted* (Children's Materials)**
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: **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: **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.

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.

Teen Issues

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: **TBRI for Teens (DVD)**

Author: TCU Institute of Child Development

DVDs

2015

hours 14 minutes

Developing a trusting relationship with any teenager can be a challenge. For teenagers with traumatic backgrounds of abuse, neglect or broken homes, it's especially challenging for both the teens and the adults who care for them. TBRI for teens follows a dozen youth, ages 11-18, and a dozen staffers from the Methodist Children's Home in Wasco, Texas as they try a new approach called Trust-Based Relational Intervention (TBRI). Watch as the team reveals the remarkable changes that result from the TBRI approach.

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: **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* (Children's Materials)**

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: **Teenagers: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW

DVDs

2012

Trauma does not just "go away" and when many children reach their teenage years, a resurgence of their early traumatic experiences unfolds. Dr. Federici gives insight in this DVD discussion of how many teenagers reprocess the anger and aggression that was left dormant, resulting in an intensity of acting out behaviors (drug use, defiance, dramatic reactivity and sexual promiscuity). This DVD will give you a deeper understanding of how to help teens during these difficult years.

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.

Teen Issues

Material Title: **Travels in Circles: Fetal Alcohol Syndrome* (Children's Materials)**
Author: Washington State Division of Social and Health Servi *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: **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* (Children's Materials)**
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: **What if Someone I Know Is Gay? Answers to Questions About Gay and Lesbian People* (Children's Materials)**
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 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* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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.

Teen Issues

Material Title: **Youth Depression and Suicide Prevention**

Author: ORPARC Staff

Information Packets

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.