



Valid Until Revoked



# TIP SLIPS

## REFERENCE BOOKS FOR PARENTING TEENS

Ayers, Lauren K. **TEENAGE GIRLS: A PARENT'S SURVIVAL MANUAL.** New York: Crossroad.  
"You're probably doing a better job with your daughter than you think, but if this is a bad day it won't seem so."

Booher, Dianna Daniels. **MAKING FRIENDS WITH YOURSELF AND OTHER STRANGERS.** New York: Julian Messner. "Explains how to make new friends, how to get along in social, group, and dating situations, how to like and improve oneself, and how to cope with depression and rejection."

Carter, Sharon. **COPING THROUGH FRIENDSHIP.** New York: Rosen. "Discusses the importance and different types of friendship and how having friends can help you cope with the problems of life."

Elkind, David. **ALL GROWN UP & NO PLACE TO GO: TEENAGERS IN CRISIS.** New York: Addison-Wesley Publishing Company. This book gives parents the tools to cope with the problems of teenagers today. Because they are expected to confront adult challenges at an early age, teens' emotional needs are often ignored by parents and the school system. They are exploited by the media. Elkind uses case studies, research and examples from his own practice to highlight these problems and to offer insightful advice.

Elkind, David. **THE HURRIED CHILD: GROWING UP TOO FAST TOO SOON.** Revised edition. Toronto: Addison-Wesley Publishing Company, Inc. Insight and advice to parents and professionals for "encouraging healthy development while protecting the joy and freedom of childhood."

Gelinas, Paul J. **COPING WITH SHYNESS.** New York: Rosen. A five-step program to overcoming shyness.

Glenn, H. Stephen and Jane Nelson. **RAISING SELF-RELIANT CHILDREN IN A SELF-INDULGENT WORLD: SEVEN BUILDING BLOCKS FOR DEVELOPING CAPABLE YOUNG PEOPLE.** Rocklin, CA: Prima. The seven blocks are perceptions of personal capabilities, personal significance, and personal control and intrapersonal, interpersonal, system and judgmental skills.

Kostash, Myrna. **NO KIDDING: INSIDE THE WORLD OF TEENAGE GIRLS.** Toronto: McClelland and Stewart. Portraits of individual girls intermixed with chapters on relevant "adolescent issues" provide a must-read for parents and professionals who deal with teenagers.



GUIDANCE PROGRAM  
& SERVICES DEPARTMENT  
*Success for all Learners*

- Larkin, June. **SEXUAL HARASSMENT: HIGH SCHOOL GIRLS SPEAK OUT.** New York: Anchor Press. A firsthand report on "how sexual harassment is part of daily high school life."
- Leahy, Michael. **HARD LESSONS: SENIOR YEAR AT BEVERLY HILLS HIGH SCHOOL.** Toronto: Little, Brown and Company. Although this book is based on the lives of 6 American seniors graduating in Beverly Hills in 1986, it provides useful information for parents. The author captures "the voices and nuances of a subculture, illuminating a startling landscape of enormous privilege, casual sex, abundant drug use—a Golden Land gone wrong, where teenagers compete for grades, admission to prestigious colleges, and social status, while dealing with adult pressures, parental neglect and their own anomie (alienation)."
- McFarland, Rhoda. **COPING THROUGH ASSERTIVENESS.** New York: Rosen. "Assertiveness is a means of taking control of yourself and expressing your feelings in appropriate ways."
- McFarland, Rhoda. **COPING THROUGH SELF-ESTEEM.** New York: Rosen. "Offers advice on how to build self-esteem in order to deal with everyday problems and relationships in a positive and healthy manner."
- Mitchell, John J. **THE NATURE OF ADOLESCENCE.** Calgary: Detselig Enterprises. "This book... analyzes the turbulence of adolescence...and the different ways adolescents defend themselves from the pressures of day-to-day living."
- Newman, Fran. **CHILDREN IN CRISIS.** Toronto: Scholastic Canada. The author deals with a variety of controversial topics that our children face including anger, listening, abuse, sudden illness and death, suicide, drug abuse, racism, sexism and sexuality. Teachers and parents will find this a useful guide in helping to develop survival skills in our youth today.
- Richards, Arlene Kramer and Willis, Irene. **BOY FRIENDS, GIRL FRIENDS, JUST FRIENDS.** New York: Atheneum. This exploration into friendships presents an insightful look at developing and maintaining relationships with the same and the opposite sex, or people of different ages, races, and social classes. Aimed at adolescent readers but helpful for parents to read.
- Schowalter, John E. and Anyan, Walter R. **THE FAMILY HANDBOOK OF ADOLESCENCE.** New York: Alfred A. Knopf. The medical perspective helps explain some of the problems associated with adolescence. This handbook also includes helpful insights on friendships.
- Scott, Sharon. **POSITIVE PEER GROUPS.** Amherst: Human Resources Press, Inc. Through this book, adults learn to create the conditions and guide the development of youth groups to act on youth problems including alcohol and other drugs, truancy, gossip and cliques, tobacco, sexuality, and loneliness.
- Shaw, Diana and Berry, Caroline Franklin. **OPTIONS: THE FEMALE TEEN'S GUIDE TO COPING WITH THE PROBLEMS OF TODAY'S WORLD.** Toronto: Second Story Press. Health, Clothes, Education, Money, Family, Friends, Sex and Lasting Relationships.



GUIDANCE PROGRAM  
& SERVICES DEPARTMENT  
*Success for all Learners*