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I. CONSEQUENCES OF SEXUAL ACTIVITY

A. SEXUALLY TRANSMITTED DISEASES

Centers for Disease Control and Prevention National Center for STD, HIV and TB Prevention, Division of Sexually Transmitted Diseases

Website address: www.cdc.gov/std/STDFact-STDs&Pregnancy.htm

This fact sheet regarding STDs and Pregnancy addresses the following questions:

- Can pregnant women become infected with STDs?*
- How common are STDs in pregnant women in the United States?*

- *How do STDs affect a pregnant woman and her baby?*
- *Should pregnant women be tested for STDs?*
- *Can STDs be treated during pregnancy?*
- *How can pregnant women protect themselves against infection?*
- *Where can I get more information?*

Medical Institute for Sexual Health

Website: <http://www.medinstitute.org/products/index.htm>

The Medical Institute for Sexual Health is a nonprofit and nonpartisan educational organization founded to confront the global epidemics of nonmarital pregnancy and sexually transmitted disease with incisive health care data. For over a decade, The Medical Institute's mission has been to identify, evaluate and communicate credible scientific data in practical, understandable and dynamic formats to promote healthy sexual decisions and behavior. Accurate and current statistics, slides and medical updates on teen pregnancy, STDs, contraception and condoms are available.

Human Development Resource Council, Inc.

Website: www.hdrc.org

HDRC is an international, non-profit, educational organization specializing in fetal development, sexually transmitted diseases, abortion, and pre-marital abstinence as the healthy choice. Since 1985 HDRC has created award-winning, innovative, scientifically accurate printed and audio-visual materials to educate and increase public awareness of the amazing aspects of human development and the effects of sexual promiscuity. HDRC also provides training seminars and speakers bureaus to effectively communicate medical and scientific facts to the community at large.

Teens, Sex, and Choices

Marilyn Morris, Aim for Success Inc., 2000.

This book contains information about today's leading STDs as well as amazing facts on human reproduction. The information on pregnancy, emotional scars, sexual abuse, rape and date rape will cause you to examine your present life and your future. You will also learn just how safe "safe sex" really is along with numerous ways to successfully live the abstinent lifestyle. Each chapter includes a workbook section and family discussion questions.

Epidemic: How Teen Sex is Killing Our Kids

Meg Meeker, MD. Lifeline Press, 2002.

In this groundbreaking book, Dr. Meg Meeker uncovers the story of the serious STD epidemic affecting America's youth and the pattern of political correctness and marketing hype that has caused this tidal wave of disease. "We've been so focused on birth control," says Meeker, "that we've completely forgotten about disease control. Dr. Meeker not only explains the epidemic, but traces the causes, from our overemphasis on birth control to our "false sexual world" created by

television, the movies and the media. The concept of "connectedness," she says, may be the only hope to save our kids.

B. TEEN PREGNANCY

Centers for Disease Control and Prevention National Center for STD, HIV and TB Prevention, Division of Sexually Transmitted Diseases

Refer to information listed under "Sexually Transmitted Diseases"

Medical Institute for Sexual Health

Refer to information listed under "Sexually Transmitted Diseases"

Human Development Resource Council, Inc.

Refer to information listed under "Sexually Transmitted Diseases"

Emerging Answers: Research Findings on Programs to Reduce Teen Pregnancy

The National Campaign to Prevent Teen Pregnancy, Washington, DC, 2001.

Statistical information on the prevalence of teen pregnancy and effective prevention programs.

Everything You Need to Know about Teen Motherhood

Jane Hammerslough, Rosen Publishing Group, Incorporated, revised 2001.

This book discusses practical aspects of becoming a teenage mother, including what to do, how to do it, and where to go for help. Topics include information on budgeting and baby care.

Listen up! Teenage Mothers Speak Out

Margi Tripani, Rosen Publishing Group, revised 2001.

Seven young women tell their stories: the reality of child care, the loss of adolescence, the lack of time for themselves, and regret over becoming pregnant. They had a fantasy of what motherhood would be like and say that reality is a far cry from that dream. The girls are from a variety of backgrounds, and all are involved with a program designed to help teen parents. Unfortunately, the fathers are no longer involved in neither these mothers' nor their children's lives.

Teen Pregnancy and Parenting

Helen Cothran, Gale Group, 2001.

This anthology of current opinion probes this complex problem of teen pregnancy and parenting in the United States, which leads all industrialized nations in the teen birth rate. Divided into three sections, the text addresses the extent and severity of the problem, contributing factors, and prevention. Selections embody educational, social, and punitive approaches. Discussions include the effects on society of long-term welfare dependency, links between early childbearing and poverty, widespread acceptance of premarital sex, cohabitation, single motherhood, and the efficacy of sex-education programs. Selections that offer

positive assessments of single motherhood and those that call for measures against exploitation of female teens by older men are also included. Views of advocacy and support organizations are represented.

Teen Pregnancy

Jennifer Hurley, Gale Group, 2000.

This title examines the problem of teen pregnancy, the factors that contribute to it, and suggestions for prevention. A range of viewpoints including "Teen Pregnancy Causes Serious Harm to Society", "The Problem of Teen Pregnancy Is Exaggerated", and "Adult Men Are Largely to Blame for Teen Pregnancy" are discussed. Study questions are appended, along with facts about teen pregnancy, related documents, and an annotated list of organizations. A useful introduction for school and public libraries, as well as social studies and health classes.

Daycare and Diplomas: Teen Mothers Who Stayed in School

South Vista Education Center, Fairview Press, 2001.

Daycare & Diplomas features brief essays by teen mothers who remained in school to pursue their education and obtain a high school diploma. Each contributor speaks with candor on issues pertaining to being pregnant and in school, providing invaluable insight and authority to their explanations and commentaries. Recommended reading for adolescent girls (and boys), Daycare & Diplomas is a highly recommended addition to high school library and counseling center collections, and is also informative reading for parents and friends of girls facing the challenges of child-bearing, school attendance, and educational achievement.

Fathering Right from the Start: Straight Talk About Pregnancy, Birth and Beyond (Pregnant Fathers)

Jack, Ph.D. Heinowitz and Wade F. Horn, New World Library, 2001.

Fathering Right from the Start guides men through this life passage, helping them navigate difficult times and participate meaningfully in parenting. Complete with exercises, checklists, and firsthand accounts by fathers from all walks of life, this indispensable book carries the seeds for a new tradition of men's involvement in the emotional, cultural, and physical structure of the family.

The New Father Book: What Every Man Needs to Know to Be a Good Dad

Wade F. Horn, Alice Feinstein (Editor) and Jeffrey Rosenberg, Meredith Books, Better Homes and Gardens Books; 1st edition 1998.

This book offers practical tips for new fathers on how to be a positive influence in their child's life. Guiding men through pregnancy and childbirth, fathers will learn what it takes to be a dad, how to make time for your children, stages of child development, and more. There is also advice on adoption, divorce, unwed fathers, stepfathers and widowed fathers.

Teen Fathers: Getting Involved

Julie K. Endersbe, National Fatherhood Initiative – National Clearinghouse and Resource Center

This book is written in a high interest/low readability level and is geared toward challenged readers, addressing important topics such as a father's rights and responsibilities, training for fatherhood, the birth, the costs of raising a baby, and preparing for your future. It contains a list of resources to encourage further exploration by the reader, and is an appropriate resource to be incorporated into a program targeting teen dads.

Second Choices* (fiction)

Shirley Brinkerhoff, Focus on the Family, 2000.

Nikki Sheridan's life has been turned upside down. She is an unwed mother who has moved in with her grandparent. Her father and mother have separated and she has given her baby up for adoption. In the midst of all this trouble, Nikki has made a commitment of faith and is learning to see all of the problems in a different light. Just when Nikki seems to be getting her life back on track, she comes face to face with her baby's father. Nikki has tried to forget T. J. and all the grief that he has caused her. But the anger she feels toward him is blocking her ability to find any true happiness. This is a delightful romance for young teens. Church libraries and after-school programs will want to include this series in their collections.

Don't Think Twice (fiction)

Ruth Pennebaker, Henry Holt & Company, Incorporated, 2001.

Set in 1967, before the legalization of abortion, this insightful story presents an engrossing, grimly realistic depiction of pregnant teens that have been ostracized by their families and rejected by their lovers. Upon her arrival at a Texas home for unwed mothers, 17-year-old Anne is sure that the next few months will be as dismal as the shabby interior of her new living quarters. Among strangers with backgrounds vastly different from her own middle-class experiences, however, Anne gradually begins to feel more accepted and acceptable than at home with her judgmental parents. She finds the freedom to analyze her mistakes as she plans for the future. Without moralizing, Pennebaker conveys a pointed message about social hypocrisies, family relationships and desperate attempts to find love. Ages 13-18.

Long-Awaited Child* (fiction)

Tracie Peterson, Bethany House Publishers, 2001.

Best-selling author Tracie Peterson's compelling story of a hurting woman who longs to be a mother and a scared pregnant teen who wants to be anything but, providing insights into the heart-rending decisions facing a model couple. Can they overcome past heartaches to give the other what each wants most?

Everything You Need to Know about Placing Your Baby for Adoption

Aliza Pilar Sherman, Rosen Publishing Group, Incorporated, revised 2001.

Provides teenage expectant parents the information needed to make an informed decision regarding placing their baby for adoption.

C. EMOTIONAL IMPACT

The Truth about Sex by High School Senior Girls

Kirsten Andersen, Self Published, 2001.

This book was compiled using quotes, insights, and statistics from senior girls regarding sexual experiences. It is written for 14- or 15- year old girls to share wisdom gained by these older girls. The book is pro-abstinence, based on the statistic that 74% of the seniors regret past sexual experiences, and that sex is a beautiful and sacred rite to be shared in a fully committed relationship. The book includes sections on older guys, the first time, oral sex, STDs, pregnancy, sexual abuse and rape.

D. CONTRACEPTION AND CONDOMS

Medical Institute for Sexual Health

Refer to information listed under "Sexually Transmitted Diseases"

Dangers of the Pill and the IUD

Dr. Niklaus Waldis, MD, Quentin Publications.

A book that describes in clear, easy to understand language the harmful effects of the pill and the IUD. The book's objective is to provide information about these effects and suggest effective alternatives to the pill and the IUD.

II. LIFE SKILLS

A. COMMUNICATION

Crucial Conversations: Tools for Talking When Stakes are High

Kerry Patterson, Joseph Grenny, Ron McMillan, Al Switzler, and Stephen R. Covey, McGraw-Hill/Contemporary Books, 2002.

How do you discuss your child's future with a teacher who appears to have treated your child unfairly? This volume provides an approach to those difficult and necessary conversations. By outlining specific strategies that can create mutual respect, mutual understanding, and increase emotional safety, rather than focusing on ways to "get the upper hand", the manual seeks to open channels of communication which would otherwise remain barred. The authors offer defense-lowering techniques that encourage freedom of expression and enable effective understanding.

The Five Love Languages of Teenagers

Gary Chapman, Moody Publishers, 2001.

Studies show that parents--not peers--exert the most significant influence in their teen's life. Just like adults, teenagers desperately need to feel that they are loved.

Discover powerful ways to communicate with your teen and learn how you can fill his or her love tank to overflowing.

B. GOAL SETTING/DECISION MAKING

Make the Right Call (Positively for Kids)

Drew Bledsoe, Taylor Publishing Company, 1998.

New England Patriot quarterback Drew Bledsoe talks to kids, one-on-one, focusing on the message that we are all responsible for the decisions we make.

What Do You Really Want? How To Set A Goal and Go For It!

Beverly K. Bachel, A.D.D. Warehouse, 2001.

A step-by-step guide to goal setting written especially for teens, each chapter of this book includes creative exercises, practical tips, words of wisdom from famous "goal-getters," real-life examples from teens, and success stories. Readers learn how to articulate their goals and put them in writing (a key to success), set priorities and deadlines, overcome obstacles, cope with roadblocks, build a support system, use positive self-talk, celebrate their successes, and more.

Goal Setting 101: How to Set and Achieve a Goal!

Gary Ryan Blair, Goalsguy Learning Systems Inc., 2000.

This book offers solid advice on setting and achieving your goals. Goal Setting 101 helps you to master the basics by explaining the who, what, when, where, why and how of goal setting. You will learn what to do before, during, and after as you pursue any goal. This is a great tool for beginners, students and a valuable reference for seasoned goal setters and teachers!

A Taste-Berry Teen's Guide to Setting & Achieving Goals

Betty B. Youngs and Jennifer Leigh Youngs, Health Communications Inc., 2002.

This book is filled with stories, commentary and advice by teens (from twelve to twenty) who share their ideas and relate their experiences about the importance of setting and achieving goals. This latest addition to the "Taste-Berry" series suggests that it is our right and responsibility to be "all that we can be." The authors contend that setting goals is the key to a life that is purposeful, worthwhile and filled with happiness-- one that is shared with people who love and support us.

C. PEER PRESSURE/REFUSAL SKILLS

Teenagers: Everyone is Not Doing It *

Mike Long, Ottawa, IL, Jameston Books, 2000

This book is a great parenting tool as well as a guide for teens on coping with peer pressure related to a variety of issues and waiting until adulthood to have sex.

**Sweetie Here's the Best Reason on the Planet to Say No to Your Boyfriend :
Even If You've Already Said Yes**

Debra J. Palardy, Dorrance Publishing Co., 2000.

In this book, Palardy presents a collection of lines used by teenage boys to coerce their girlfriends to engage in sex and provides useful comebacks and advice for girls considering their boyfriends' pleas. The author provides objective wisdom sought by teenagers too embarrassed, timid, or afraid to consult those closest to them. Her guide points out the pitfalls of becoming sexually active, including pregnancy, sexually transmitted disease, and loss of self-esteem. She urges teens to seek guidance from women who have developed an adult perspective and have reflected on their own experiences.

D. FINANCIAL RESPONSIBILITY

Money Still Doesn't Grow on Trees: A Parent's Guide to Raising Financially Responsible Teenagers and Young Adults

Neale Godfrey and Tad Richards, Rodale Press, 2004.

*Godfrey's **Money Still Doesn't Grow on Trees** is a highly accessible guide that helps parents deal with teens' and young adults' attitudes and expectations about money and offers practical steps for curbing their excesses while providing them with the knowledge they'll need to become financially responsible adults.*

III. PARENTAL INVOLVEMENT

A. PARENT EDUCATION

Parents, Teens and Sex: The Big Talk Book (10 Steps to Empower Your Teen to Choose the Best –Abstinence Until Marriage)

Bruce Cook, Choosing the Best LLC, 2003.

Parents, Teens and Sex shares ten specific steps for protecting your teen's health and future by empowering them to choose abstinence until marriage. Ten Let's Talk About It interactive discussions are designed for parents and teens to encourage open communication and relationship building, and includes interviews with one-hundred teens who share how their parents made a difference.

Understanding Today's Youth Culture*

Walt Mueller, Tyndale House Publisher's, Inc., 1999.

Revised and expanded, this is the definitive tool for understanding and influencing today's youth. It will help you to address the complex interplay between the cultural forces that are molding and shaping the values, attitudes and behaviors of the kids under your care. This is a book for parents, youth workers, teachers and anyone else who works with kids.

Adventures in Parenting: How Responding, Preventing, Monitoring, Mentoring and Modeling Can Help You Be a Successful Parent

National Institute of Child Health and Human Development, National Institutes of Health Pub. No. 00-4842, October 2001.

Advice on parenting skills based on decades of research on parenting.

Bringing Up Boys: Encouragement for Those Shaping the Next Generation of Men*

Dr. James Dobson, Zondervan Publishing, 2001.

With so much confusion about the role of men in our society, many are at a loss about how to bring up boys. Our culture has vilified masculinity and, as a result, boys are suffering. Parents, teachers, and others involved in shaping the character of boys have many questions. Dr. James Dobson, America's most trusted authority on family issues, tackles these questions and offers advice and encouragement based on a firm foundation of biblical principles. Bringing Up Boy is a must-read book for parents, teachers, social workers, youth leaders, and counselors--anyone involved in the challenge of turning boys into good men.

It Takes a Parent to Raise a Child: 9 Principles for Families to Love and Live By

Glen C. Griffin, M.D., New York, Golden Books Publishing, 1999.

Griffin reminds parents that families serve as the best foundation for raising children. Emphasizing common sense and gentle solution, this book teaches parents how to balance control and authority with respect and responsibility when training children to make good decisions.

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive

Daniel J. Siegel, M.D., & Mary Hartzell, M.Ed., New York, Jeremy P. Tarcher/Putnam, 2003.

The authors address parenting from a psychological and emotional standpoint, exploring how our childhood experiences shape the way we parent. These experts explain how interpersonal relationships directly impact brain development, and offer practical steps for building nurturing relationships and raising compassionate and resilient children.

Ten Talks Parents Must Have With Their Children About Drugs & Choices

Dominic Cappello & Xenia Becher, New York, Hyperion, 2001.

This book contains practical advice on how to begin talking about drugs, peer pressure, stress, health, the law and media influence, as well as illustrated activities to do with your child.

Sex: Kids' Questions – Parents' Answers

National Physicians Center for Family Resources, Birmingham, AL, 2000.

This resource offers ten pointers for parents who want to discuss sex with their children. Newly designed and revised for the year 2000, this popular guide provides parents and health educators with the facts they need to discuss sexual issues with adolescents. Written with the expertise of physicians nationwide, the

new "Q&A" booklet is easy to read, medically-accurate and covers the following topics:

- *Pointers for Parents*
- *Puberty*
- *Reproduction*
- *Sexuality*
- *Sexually Transmitted Diseases*
- *Emotional/Social Issues of Adolescence*

How to Keep Your Teenager Out of Trouble and What to Do If You Can't

Neil I. Bernstein, Workman Publishing Company, 2001.

A clinical psychologist who's spent more than two decades bringing families back from the brink, Dr. Neil I. Bernstein knows how to help parents and teens successfully navigate these difficult and trying years. Bernstein uses examples from his practice to tell specifically what to do and say. There is sample dialogue to keep discussions from becoming arguments, signals that parental efforts are actually working, and "Skill Builders" that give parents the tools they need to ensure their teenagers leave home as responsible, moral adults.

Raising Great Kids (and Workbook for Parents of Teenagers)*

Dr. Henry Cloud and Dr. John Townsend, Zondervan, 2000.

Joining their expertise, Drs. Henry Cloud and John Townsend help provide both the care and acceptance that make grace real to your child, and the firmness and discipline that give direction. Avoiding the twin extremes of permissiveness and over-control, the authors explain how to help your child cultivate six necessary character traits: attachment, responsibility, reality, competence, morality, and worship/spiritual life. Raising Great Kids will help parents equip their son or daughter to accept life's responsibilities, grow from its challenges, and freely and fully explore all that it has to offer. The Raising Great Kids Workbook for Parents of Teenagers contains self-tests, discussion material, exercises, and practical applications that can help turn key concepts into a natural way of parenting.

Parenting with Dignity

Mac Bledsoe, Alpha Books, 2002.

Today's youth are growing up in an increasingly violent world. Kids bring guns to school, listen to questionable music, and engage in sexual activities that could have fatal consequences. This trend of extreme rebellion has rendered many traditional forms of discipline obsolete and parents are at a loss when nothing improves their rebellious child or teen's behavior. Author Mac Bledsoe, who is also the dad of Buffalo Bill, quarterback Drew Bledsoe, offers options for parenting with dignity.

Parenting Your Out-Of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love

Scott P. Sells, Ph.D., St. Martin's Press; 1st edition 2001.

At some time or another, many teens rebel against authority--talk back, break curfew, or disobey. Unfortunately, many rebellious teens reach a point when their behavior disrupts their families and endangers their own futures or even their lives. If one of these teens is yours, you've probably lived through years of conflicting advice and pat solutions that don't last. Finally, this breakthrough guide from a master therapist illustrates seven steps to positive, permanent change for you and your teenager. Clear, compassionate, and packed with real-life solutions to real-life problems, this book gives parents the tools they need to turn their families' lives around for good.

The Wonder of Girls: Understanding the Hidden Nature of Our Daughters

Michael Gurian, Pocket Books, Atria, 2002.

In The Wonder of Girls, Gurian himself the father of two girls, provides crucial information for understanding the basic nature of girls: up-to-date scientific research on female biology, hormones, and brain development and how they shape girls' interests, behavior and relationships. He also offers insight into a culture mired in competition between traditionalism and feminism and a new vision that provides for the equal status of girls and women while acknowledging their nature as complex and distinct from men. He explains what is "normal" for girls from birth to age 20; what developmental needs girls face; how to communicate effectively; and how to cope with developmental crises such as early sexuality, eating disorders, parental divorce, and more.

When We're in Public, Pretend You Don't Know Me: Surviving Your Daughter's Adolescence so You Don't Look like an Idiot and She Still Talks to You

Susan Borowitz, Warner Books Inc., 2003.

In this sanity-saving book for mothers of adolescent daughters, a humor writer and mother of a teen provides practical wisdom and battle-tested advice from women who've been there. Complete with tips and strategies from a noted child psychologist, Borowitz provides the lowdown on shopping mall battles, hissy fits, power struggles, guilt trips, teen culture (music, icky friends, sex, and drugs) and more. This book will help you keep communication going so your daughter makes a safe and healthy transition from adolescence to adulthood.

Before It's Too Late: Why Some Kids Get Into Trouble and What Parents Can Do About It

Stanton E. Samenow, PH.D., Random House, 1999

In this newly revised and expanded edition of the classic guide, clinical psychologist Stanton Samenow draws from his experience as an expert in evaluating and counseling juvenile and adult offenders. He discusses the difficult subject of "problem children" with compassion, reassurance, and welcome clarity, and offers concerned parents and professionals instructive insight into the personality of such children. The guide includes practical suggestions for corrective remedial steps---now, before antisocial patterns become entrenched. He also offers advice to help parents of older children cope effectively.

B. PARENTAL CONNECTEDNESS

Bound by Honor: Fostering a Great Relationship With Your Teen*

Gary and Greg Smalley, Illinois, Tyndale House, 1998.

A personal account of the experiences of a father and son. Also includes a survey of 5,000 teens. Addresses topics such as anger management, two-way communication between parents and teens, and instilling value and virtues in youth.

Closing the Gap: A Strategy for Bringing Teens and Parents Together

Jay McGraw, Simon & Schuster Adult Publishing Co., 2001.

McGraw attempts to bridge the gap between adults and teens by offering steps for positive communication and advice for parents and kids on rediscovering their lost bond. In this groundbreaking work, he introduces a new plan for both teens and their parents to work through issues that divide them and rediscover the love that initially defined their relationship.

Connecting With Our Children: Guiding Principles for Parents in a Troubled World*

Roberta M. Gilbert, M.D., New York, J. Wiley & Sons, 2000.

Helps parents connect with children to safeguard them against substance abuse, sexual promiscuity, violence and suicide. Also addresses the value of faith and humor and the challenges of a blended family.

Father Facts

Wade F. Horn, PhD. and Tom Schneider, The National Fatherhood Initiative, 4th Edition, 2002.

Packed with up-to-date research on fatherhood and family trends, Father Facts, 4th Edition is a comprehensive collection of statistics, charts, and research summaries on the extent and effects of father absence. Father Facts also includes a large section on the benefits of father involvement and other information to help fathers connect more effectively with their children. Father Facts is a must-have quick reference manual for fatherhood programs, family practitioners, social service agencies, researchers, and anyone concerned about the well-being of America's children.

IV. ADOLESCENT DEVELOPMENT

A. POSITIVE DEVELOPMENT/SELF-ESTEEM

101 Ways to Help Your Daughter Love Her Body

Brenda Lane Richardson and Elane Rehr, Amazon, 2001

Written by two mothers, one a journalist and the other a clinical psychologist, this definitive book about body esteem for girls offers practical strategies for parents to teach their daughters how to love and respect their bodies. Targeting girls from

birth through the teen years, this book encourages parents to take proactive roles in developing their daughter's confidence by viewing their internal strengths rather than their appearance.

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

Will Glennon, Conari Press; Reprint edition 1999.

Studies show that young girls often develop faster than their male counterparts, grasping concepts such as math and sports just as easily -- until they reach early adolescence. Then, girls quickly fall behind boys, victims to society's confusing dictates of what it means to be female. According to parenting expert Will Glennon, reinforcing a young girl's self-esteem through carefully considered "boosters" is the key to helping girls hold their own in the world. In this book, readers will find ways to impart a strong sense of self-worth to girls in everyday situations.

Sex, Boys & You: Be Your Own Best Girlfriend

Joni Arredia, Perc Publishing, 1998.

This is a book for women-children: girls age 11 to 19 on their way to being strong, kind, giving, and powerful grownups. The author acts as a sympathetic mentor to younger teens in this empowering book, describing her own experiences as a sexually abused child and how she overcame feelings of shame, stigma, and self-hatred to become a happy and fulfilled woman. The tone is casual, caring, and, above all, extremely positive and practical. Topics include refusal skills, goal setting, healthy relationships, finding your strengths, and positive body image. The sections dealing with sexuality are not explicit.

What Every Woman & Girl Should Know About Men

Rod Quentin, Quentin Publications Ltd., 2002.

This book was written to provide females of all ages basic facts of life and discusses how this information can impact their future. Having a proper perspective of her own body and understanding how this perspective impacts relationships with the opposite sex, females can avoid mistakes and errors in judgment that can occur as a result of ignorance and avoid the misery of drifting into unhealthy unsatisfactory relationships, etc.

Blue Jean: What Young Women Are Thinking, Saying, and Doing

Sherry S. Handel, Blue Jean Press; Revised edition 2001.

A movement is under way among young women, and it's not about hair, make-up, or staying thin. It is about girls and young women writing and producing their own media, in their own voices, on topics that are important to them. This book contains stories, articles, and uplifting insights on topics from body image and confidence, ethnicity and racism, to the pitfalls and triumphs of everyday living.

200 Ways to Raise a Boy's Emotional Intelligence: An Indispensable Guide for Parents, Teachers & Other Concerned Caregivers

Will Glennon, Jeanne Elium and Don Elium, Conari Press, 2000.

This practical, down-to-earth guide provides tools for raising emotionally healthy boys in a culture that preaches stoicism for men. The guide offers suggestions for cultivating adult attitudes to deal with boys, as well as practical strategies to enhance boys' mental and emotional health. Each chapter includes an activity for home as well as school.

Restoring the Teenage Soul: Nurturing Sound Hearts and Minds in a Confused Culture *

Margaret J. Meeker, M.D., McKinley & Mann, 1999.

The book is encouraging, conversational and cites the latest in medical research. Dr. Meeker addresses what teens need from parents to be physically, emotionally and spiritually healthy. "...I recommend Restoring the Teenage Soul for all parents," writes Mrs. William J. Bennett in her foreword to the book. "Reading Meg's book will help you gain a better understanding of your teens and the world in which they live. Arming yourself with this knowledge will certainly help you in guiding and protecting the children you love so much."

B. ABUSIVE RELATIONSHIPS

Dangerous Dating: Helping Young Women Say No to Abusive Relationships

Patricia Riddle Gaddis, Shaw Books, 2000.

Domestic violence is the second leading killer of women fifteen to forty-four in the U.S. Gaddis alerts readers to the prevalence of violence and describes the danger signs in dating relationships. She explains how parents can best respond to threats or violence against a daughter.

In Love and in Danger: A Teen's Guide to Breaking Free to Abusive Relationships

Seal Press (WA); 2nd edition 1998.

According to author Barrie Levy, one in three high school and college-age youth experiences violence in his or her intimate or dating relationships. This book is a guide designed to help teens identify dating abusers, to determine if their own relationships are abusive, and to offer suggestions for helping teens help themselves. The book opens with the personal narratives of three young women who describe with devastating accuracy how unhealthy, addictive love differs from nurturing, positive relationships. The quasi workbook format is helpful for young people embroiled in abusive relationships--whether they are abused and looking for escape or abusers looking for a means to change.

But I Love Him: Protecting Your Teen Daughter from Controlling, Abusive Dating Relationships

Jill Murray, Regan Books, Little Brown and Company; 1st edition 2000.

Dr. Murray identifies controlling, abusive patterns of behavior, ranging from verbal or emotional abuse to sexual abuse or physical battering and helps parents get their daughters out of the relationship without alienating them. Parents learn what draws girls to this type of relationship, why their daughter has a hard time talking to them about it, the special barriers teens face when breaking off a relationship, and what's going on in the mind of a teen abuser. Dr. Murray will help parents show their teen what a respectful relationship looks like--and teach the importance of respecting herself.