

## BOOKS AND WEB SITES

- **Adolescence**
  - Clavier, R. (2005). *Teen Brain, Teen Mind: What Parents Need to Know to Survive the Adolescent Years*
  - *Mental Health and High School*. See [www.cmha.ca/highschool/english.htm](http://www.cmha.ca/highschool/english.htm)
  
- **Bullying**
  - Slavens, E. (2003). *Bullying: Deal with it Before Push Comes to Shove*
  - Alexander, J. (1998). *Bullying: Practical and Easy-to-Follow Advice*
  - Coloroso, B. (2004). *The Bully, the Bullied, and the Bystander: From Pre-school to High School – How Parents and Teachers can Help Break the Cycle of Violence*
  - *Bully Free Alberta*. See [www.bullyfreealberta.ca](http://www.bullyfreealberta.ca)
  - *Let's Talk about Bullying*. See [www.talk-helps.com](http://www.talk-helps.com)
  
- **Challenging Behaviour**
  - McIntyre, T. (2003). *The Behaviour Survival Guide for Kids: How to Make Good Choices and Stay Out of trouble*
  - Borba, M. (2004). *Don't Give Me that Attitude: 24 Rude, Selfish, Insensitive Things Kids Do and How to Stop Them*
  - Borba, M. (2003). *No More Misbehavin': 38 Difficult Behaviours and How to Stop Them*
  - Severe, S. (2000). *How to Behave So Your Children Will Too*
  - Solin Weill, S. (2002). *We're Not Monsters: Teens Speak Out About Teens in Trouble*
  - Navarra, T. (2005). *Young People/Tough Problems*
  
- **Depression**
  - Kaufman, M. (2000). *Helping Your Teen Overcome Depression: A Guide for Parents*
  - Manassis, K. & Levac, A. (2004). *Helping Your Teenager Beat Depression: A Problem-solving Approach*
  - Mondimore, M. (2000). *Adolescent Depression: A Guide for Parents*

- **Life Skills**

- Dee, C. (1997). *The Girls' Guide to Live: How to Take Charge of the Issues That Affect You*
- Desetta, A. & Wolin, S. (ed.). (2000). *The Struggle to be Strong: True Stories by Teens About Overcoming Tough Times*
- Gray, H. (2005). *Real Girl/Real World: Tools for Finding Your True Self*
- Gurian, M. (1999). *From Boys to Men: All About Adolescence and You*
- Johnston, A. (1999). *Girls Speak Out: Finding Your True Self*
- Kaufman, G., Raphael, L. & Espeland, P. (1999). *Stick Up For Yourself! Every Kid's Guide to Personal Power and Positive Self-Esteem*
- McGraw, J. (2004). *Life Strategies for Teens*
- Lewis, B. (2005) *What Do You Stand For: A Kid's Guide to Building Character*

- **Substance Abuse**

- Ketchum, K. & Pace, N. (2003). *Teens Under the Influence*
- Youngs, B., Youngs, J. & Moreno, T. (2003). *A Teen's Guide to Living Drug Free*
- *Not My Kid*. See [www.notmykid.org](http://www.notmykid.org)
- *Be Drug Wise*. See [www.drugwise-droguesoisfute.hc-sc.gc.ca](http://www.drugwise-droguesoisfute.hc-sc.gc.ca)
- *How Do I Know If My Teen is Using Drugs?* See [www.aadac.com](http://www.aadac.com)