



SELF-DEVELOPMENT

Adolescence

Adolescence – Guide For Parents

Carr-Gregg AUST 2003 \$24.95
Young people now enter puberty earlier (in many cases, at 10 or 11) and leave home later. In addition, modern society expects children to grow up emotionally all too quickly. How to provide young people with an environment where they feel safe, valued and listened to.

Be My Buddy Book 1

McDonald AUST \$30.95
A program to enable children to learn social and academic skills from each other in a caring and friendly environment.

Be My Buddy Book 2

McDonald AUST \$30.95

Everygirl (4th edn)

Llewellyn-Jones AUST 2003 \$39.95
Written in an accessible, non-judgemental language, this best-selling book is essential reading for teenage women and for all those who wish to understand them better and to help them develop.

Family Relationships

Bourke AUST \$28.95
Examines family roles and also discusses sensitive issues that may arise in family situations.

Girls Talk

Pallotta-Chiarolli AUST 1998 \$29.95
In this revealing insight into the lives of young women, initially published in 1998, contributors from across Australia (aged between 12 and 20) write about their lives, hopes, happiness and pain.

Grief, Illness & Other Issues

Bourke AUST \$28.95
Deals with the sensitive issues of coping with grief and loss, serious illness, permanent injury and physical disability.

Puberty Book (4th edn)

Darvill & Powell AUST 2007 \$22.99
The puberty book is a step by step guide for children and teenagers to find how the body changes and

develops. It is a very informative and easy to understand guide for teenagers who maybe experiencing the trials and tribulations of puberty.

Puberty Boy

Price AUST 2005 \$26.95
Puberty Boy explains the transitions that boys need to go through to become healthy young men in a unique, colourful and commonsense way. In this book real men and boys share their stories about puberty. It is an essential guide for boys parents, carers and teachers.

Puberty Girl

Movsessian AUST 2004 \$26.95
Has answers to all the questions girls might want to ask – what changes will happen, why they will happen and how to deal with them. There is plenty of practical information about body parts, bras, tampons, pads and more, as well as anecdotes from girls who have been there already.

Reasons For Living – Education And Young Peoples Search For Meaning, Identity and Spirituality

Rossiter & Crawford \$62.95
This book makes a vital contribution to the philosophy of education by discussing the links between education and young people's spiritual and moral development. It also provides new insights and approaches to values education and religious education.

Relationship & Communication Activities

Toner USA 1993 \$45.95
For teaching basic health concepts and skills to students in grades 7-12. Features ready-to-use games, puzzles, worksheets, skits, and more.

Sex Education Activities

Toner AUST 1993 \$45.95

Sexual Health For Life – Drugs & Alcohol Awareness

AUST \$19.95

Student Health and Welfare Series

Morey AUST 2009 \$39.95 each
Series has been written to assist teachers to develop and present lessons in PD & Health subjects for years 7-10. Available in:
Getting to Know Me Better Building Better Relationships

Teen Talk

Witt AUST 2007 \$17.95
In this book you'll discover: Why you, and only you, are responsible for how you think and feel; How to have a positive self image; How to make positive choices; How to set and achieve goals; Why failure can be a good thing, and much more! Bite-sized chunks of information with illustrations. Ages 9+.

Also available:

Teen Talk Girl Talk

Witt AUST 2008 \$17.95

Teen Talk Guy Talk

Witt AUST 2008 \$17.95

The Pill And Other Forms Of Hormonal Contraception (6th edn)

Guillebaud UK 2005 \$42.95
The sixth edition of this popular handbook is still the only book to give comprehensive information – with no fudging on the unwanted side effects – about the Pill and related hormonal methods of contraception.

Bullying

Bully Blocking

Field AUST 2007 \$24.95
Contains many imaginative suggestions for parents and children on how to cope with the problem of being victimised by their peers at school.

Bully Busting

Field AUST 1999 \$24.95
This practical book aims to help parents and teachers help children overcome the damaging effects of teasing and bullying, and to develop understandings and skills which can be used throughout their lives.

Bullying & Conflict

Bourke AUST \$28.95
Addresses bullying tactics and identifies strategies for both the school and community.

Bullying – Lower Primary

\$37.95
This resource for classroom teachers provides reproducible, interactive worksheet pages that address these questions: What is bullying? Why do people bully? How does bullying make you feel? What can you do?

Also available:

Bullying – Middle Primary \$37.95

Bullying – Upper Primary \$37.95

Drugs/ Alcohol

Rethinking Drinking Kit (DVD version)

AUST 2004 \$110.00
Culturally inclusive, and targets a junior-middle secondary audience of students in years 8, 9 & 10. Includes a harm minimisation philosophy, with a stronger focus on resilience building.

Also available:

Rethinking Drinking Workbook \$2.95

(See adv Page 31).

Substance Abuse Prevention Activities

Toner USA 1993 \$47.95
Tool for teaching basic health concepts and skills to students in grades 7-12. Features ready-to-use games, puzzles, worksheets, skits, and more.

Teenages, Alcohol And Drugs

Dillon AUST 2009 \$29.95
It provides answers to the questions he has been asked by both young people and their parents and also includes solutions to the many scenarios he has heard about from anxious teenagers who haven't known what to do when things went bad. This book shows parents how to talk to their children in a way that is respectful and reasonable, non-threatening and non-judgmental. It will help them understand the issues their children are facing, and show them how to help their kids negotiate a minefield of misinformation and social pressure in a calm and sensible way to tell them.



Self-Esteem

Dare To Be Different

Vize AUST \$34.95

The aim of this book is to provide an introduction to some of the skills which will help make the transition from the primary school to the secondary school environment a little easier. These skills will assist in helping young people to become confident, effective, tolerant and positive members of society. Aimed at year levels 5-9.

Dirty Tricks – Teaching Social Skills

Mcgrath AUST 1997 \$50.95

A resource for primary and secondary teachers to use to incorporate a social skills policy in their classrooms. It highlights specific social skills through playing a wide variety of games.

Enhancing Self Esteem In The Adolescent Book 3

Thompson AUST \$30.95

This book provides insight into the self-esteem of adolescents by focusing on how they think and feel about themselves and how they see themselves fitting into the family and community.

Everybody's Different

O'Dea AUST \$59.95

Details how to apply a proven self esteem approach in schools, community settings and clinical situations to improve body image conceptions, prevent eating disorders and obesity, and foster health, nutrition and physical activity in young people.

Examining Self Esteem In The Young (BLM) Book 1

Thompson & Lowson AUST \$30.95

It provides clearly written background information to the area of self esteem, some teacher/parent hints for guiding children and a host of activities that can be used as springboards for establishing a healthy self esteem in children. Suitable for all primary levels.

Kids Behaving Badly

Little AUST 2003 \$49.95

Practical resource for teachers and educational psychologists. The book provides strategies for creating a positive and productive environment in the classroom.

Raising Self Esteem In The Young (BLM) Book 2

Thompson & Lowson AUST \$30.95

Educators and parents will recognise the signals of these 'at risk' children from the descriptions given in this book and will be able to use the activity pages to help children regain a healthy self esteem. Suitable for all primary levels.

Ready To Go – Self Esteem Series

Dagleish AUST 1999 \$29.95

Blackline masters designed to promote students' positive self esteem & can be used to complement any classroom work.

Available in:

Lower Primary

Middle Primary

Upper Primary

Set of 3 \$89.85

Ready-To-Use Self Esteem Activities for Young Children

Feldman USA 1997 \$44.95

This remarkable resource provides over 220 illustrated activities to help young children feel good about themselves ... develop friendships ... celebrate diversity ... and accept changes!

Respect Me – Respect You!

RIC Pub. AUST \$37.95 each

Respect me – Respect you! follows a ten-step values education program incorporating the ADKAR change-management model, Edward de Bono's six parallel hats teaching method, Eric Erikson's psycho-social stages of development, the application of Bloom's taxonomy and Kohlberg's stages of moral development.

Available in:

5-7 years

8-10 years

11+ years

Self Esteem & Values

Bourke AUST \$27.95

Focuses on student feelings, self awareness, self esteem, goal setting and enriching values both in school and in the wider community.

Self-Esteem – Skills To Build Self-Worth

RIC Pub. AUST \$42.95 each

A resource series for investigating personal and social issues faced by primary school-aged students, with a view to building self-worth and establishing resilience in challenging situations. Available in:

5-7 years

8-10 years

11+ years

Stress Management & Self Esteem Unit 5

Toner USA 1993 \$48.95

Empowers young people to take charge of their own lives and to respect themselves by accepting responsibility for their own mental and physical health.

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