

FAMILY RESOURCE INFORMATION

ADULT LEARNERS

- Best Practices in Head Start
- InService Training --- Getting to Yes
- Getting to YES

ALCOHOL (SPANISH)

- Parents & Drinking
- Fetal Alcohol Effects
- Children of Alcoholics
- Someone Close Drinks Too Much
- Alcohol Problem in the Family
- Keeping Kids Drug Free
- Alcoholism
- Alcohol Abuse and Women
- El Alcoholism
- About Alcohol on Campus
- Binge Drinking Can Be Deadly
- About Sex and Alcohol
- *You're Not Alone (kids' book on alcoholism and child abuse)*

ANGER

- About Anger
- Plain Talk about Dealing with the Angry Child
- When I Get Angry (A Child's Story)
- *The Angry Child (fact sheet)*

ASSERTIVENESS

- About Assertiveness

BIRTH CONTROL (Spanish)

- Making Choices about Contraception
- About Sex & Alcohol
- What Everyone Should Know About Contraception
- *Family Planning Services in Utah*
- *Servicios de Planificacion Familiar de Utah*

CANCER

- The Needs of Children with Cancer
- Cancer Prevention
- Medicine for the Layman
- Advanced Cancer
- Taking Time
- Diet, Nutrition and Cancer Prevention
- Control of Cancer Pain
- Cancer Chemotherapy

CHILD ABUSE/NEGLECT (SPANISH)

- Washington County Child Abuse Prevention Team
- Touch and Sexual Abuse
- Child Sexual Abuse
- Help Break the Cycle of Child Abuse
- Childhelp HOTLINE
- About Child Abuse
- About Child Neglect
- About Incest
- About Family Abuse
- About Emotional Abuse and Neglect of Children
- About Alcohol, Child Abuse and Child Neglect
- About Rape
- He Told Me Not to Tell
- About Preventing Child Abuse
- About the Sexual Abuse of Children
- *Sobre La Violencia En El Hogar*
- Ten Ways to Prevent Child Abuse
- About Family Violence
- About Adolescent Sex Offenders
- When A Child Needs Help
- Physical Abuse (Information Sheet)

- Let's Stop Child Abuse
- Splash Water on Your Face
- Reporting Child Abuse
- Child Sexual Abuse and Its Prevention
- Family Violence
- Help Prevent Child Neglect
- *Parents' Checklist for the Prevention of Child Abuse*

CHILD DEVELOPMENT (SPANISH)

- Your Child's Milestones of Communication Development
- Child Development
- Caring About Kids
- What's in the Toy Box?
- Helping Your Child Grow Emotionally & Socially (SP)
- Desarrollos Infantil Birth - 3; 3 - 6 ; 6 - 9; 9 - 12
- 1. Child Development, Birth - 3 . . . What You Can Expect
- Child Development 3 - 6, . . . What You Can Expect
- Physical Development, Birth - 3
- Emotional and Social Development, Birth - 3

- Thinking and Language Skills, Birth - 3
- Learning Begins at Home
- How They Grow. A child-development checklist for parents.
- *Smart Beginnings for Infants, 0 - 8 Months*
- *Inicios Inteligentes para Recien Nacidos, 0 - 8 Meses*
- *Smart Beginnings for Toddlers, 8 - 18 Months*
- *Inicios Inteligentes para los Ninos, 8 a 18 Meses de Edad*
- *Smart Beginnings for Children, 18 Months to 3 Years*
- *Inicios Inteligentes para los Ninos, 18 Meses a 3 Anos de Edad*
- *Your Baby's First Year; The ABC's of Infant Care*
- *The Period of PURPLE Crying*
- *Ages & Stages; Infants, Newborn - 4 wks*
- *Ages & Stages; Infants, 1 - 4 months*
- *Ages & Stages; Infants, 5 - 8 months*
- *Ages & Stages; Infants, 9 - 12 months*
- *Ages & Stages; Infants, 12 - 18 months*
- *Ages & Stages; Toddlers & 2 year olds*
- *Ages & Stages; 4 year olds*
- *Ages & Stages; 5 year olds*

CHILDREN WITH DISABILITIES

- Educating Children with Handicaps
- Helping the Hyperactive Child
- About Children with Special Needs
- About Reading Disorders
- About Attention Deficit Disorder
- About Learning Disabilities
- About Speech & Hearing

- Problems
- The Needs of Children with Disabilities
- The Needs of Children with Spina Bifida
- Dyslexia
- Stimulating Baby Senses
- The Needs of Children with Cleft Lip and Palate
- Detection and Prevention of Learning Disorders
- Plain Talk about Children with Learning Disabilities
- About Speech and Language Disorders
- Maltreatment of Children with Disabilities (information sheet)
- About Raising a Child with a Disability
- Title I - What Parents Should Know
- *Does Your Child Have Dyslexia?*

CHILDREN/DISEASES

- Be Aware of Signs of Childhood Illnesses
- Your Child's Eyesight
- When Your Child is Ill
- About Keeping Your Child Healthy
- About Asthma in Children
- About Childhood Communicable Diseases
- About Good Health (A Coloring and Activities book)

CHILDREN/EDUCATION (SPANISH)

- You, Your Child and Homework
- The Busy Parent's Guide to Involvement in Education
- How To Help Your Child Succeed in School
- Ready or Not . . . What parents should know about school

- readiness
- About Speech and Language Disorders
- Why Get Involved in Your Child's Education
- You, Your Child and Reading
- Your Child Entering School
- Plain Talk about When Your Child Starts School
- Su Nino Entrando a la Escuela
- Por Que Tomar Parte en la Educacion de Su Hijo(a)?
- Title I - What Parents Should Know
- About Your Title I Program
- Off to School
- Starting School (Coloring Book)
- Get Set for School (3 month coloring/activities calendar)
- Making the Move to Kindergarten
- Helping Your Child with Homework
- Your Child's Education --- Get Involved
- 10 Steps in Helping your Child Succeed in School
- How to Help Your Child Succeed in School
- Kindergarten --- Helping Your Child Make the Move
- Starting Your Child in Preschool
- My Book about Preschool
- When Your Child Starts School
- You, Your Child, and School Readiness
- School Readiness --- Preparing Your Child
- *A Parent's Guide to Early Childhood Education*
- *Guia para los padres sobre educacion preescolar*

CHILDREN/HEALTH (SPANISH)

- Back to Sleep (SIDS)
- Del Síndrome de Muerte (SIDS)
- Kids and Air Bags
- A Healthy Start - Your Child's Early Years
- Bedwetters
- *Healthy Student Checklist*

CHILDREN/LEARNING (SPANISH)

- The Homework Challenge
- How to Help Your Child Learn
- Ready to Learn
- About Your Child's Learning Style
- Potential to Learn
- Kids & TV
- Your Child's Attitude Toward Learning
- Your Child & Math
- Your Child and Science
- Your Child & Learning
- Your Child & TV
- Your Child and Problem Solving
- Your Child and Writing
- Your Child and Language
- Your Child and Reading
- How to Raise a Successful Student
- Los Niños y la Televisión
- Usted, Su Hijo(a) y la Tarea en el Hogar
- Ayudando a Su Niño a Aprender
- At-Home Activities to Help Your Child Learn --- A Guide for Parents
- Volume I, Volume II
- Helping Your Child Learn
- Helping Your Child Learn through Play . . . A Guide for Parents of Preschoolers
- Teaching Your Child - You Play a Key Role
- You, Your Child, and Computers
- *A Checklist for Helping Your Child with Homework*

CHILDREN & PLAY (SPANISH)

- Play Contributes to a Child's Development
- Your Child's Summer Vacation
- Why Play is So Very Important
- Getting Involved: Your Child and Play
- The Importance of Play
- Para Los Padres "Vamos, Salgamos Afuera!"

CHILDREN AND READING

- Barbara Bush's Family Reading Tips
- 10 Reasons to Read to Your Child
- Growing Good Readers
- Reading --- A key to your child's future
- The Family Facts Book
- Choosing Good Books for Your Children --- Infancy to Age 12
- Magazines and Family Reading
- Upbeat & Offbeat Activities to Encourage Reading
- Children Who Can Read, But Don't ... How to Lead Reluctant Readers Aged 9 - 13 Back to Books
- Encouraging Soon-To-Be Readers; How to Excite Preschoolers about Books
- Building A Family Library
- Summertime Reading
- Encouraging Young Writers
- Family Storytelling
- Reading Aloud to Your Children
- Your Child and the Library Corner
- Reading; Key to a Positive Future
- Tips for Busy Parents
- Growing Up Reading

CO-DEPENDENCY

- About Co-Dependency
- *Enabling; When Helping is Hurting*

COLLEGE SKILLS

- About Academic Survival Skills
- About Surviving Your Freshman Year
- Battling the “Bug”
- About College and Stress
- About Time Management
- Put Time on Your Side
- Manage Stress for College Success

COMMUNICATION (SPANISH)

- Interpersonal Skills
- Conflict Resolution
- How to Understand Yourself and Others
- Usted, Su Hijo(a) y la Lectura
- *Talking Smart. Common-sense ways for you and your child to get along.*

CONSERVATION

- Wise Water Use Outdoors
- About Groundwater Protection

DAY CARE

- Choosing Child Care
- Finding the best care for your infant or toddler
- Babysitter’s Guide
- Tips on Selecting the “Right” Day Care Facility
- The Super Sitter
- Quality Child Care
- School-Age Child Care: Concerns and Challenges
- Child Care Choices
- Tutor’s Guide
- Providing Care for Your Children
- Employer Child Care Resources

DENTAL

- You and Your Teeth
- Tooth Decay
- Rx for Sound Teeth

DEPRESSION

- Overcoming Depression

- Got the Blues?
- Tips for Parents
- Helping Depressed Adults
- What everyone should know About Depression
- Turning Lonely into Alone
- About Suicide Among Young People
- Mental Illness
- Depressive Disorders
- The 14 Worst Myths About Recovered Mental Patients
- You Are Not Alone
- About Depression

DISCIPLINE (SPANISH)

- If You Need Some Discipline Ideas
- Alternatives to Spanking
- Discipline Works-Punishment Hurts
- Notes for Parents
- Disciplining Your Child
- Discipline
- When Your Child Misbehaves
- Kids, You Can’t Beat ‘Em
- Como Disciplinar A Sus Hijos
- When Our Child Acts Up
- Teaching Your Child Self-Control
- Handling Misbehavior
- About Disciplining Your Child
- Would You Like to Wear the Red or Blue Socks?
- *Guiding Your Child's Behavior*
- *Helping Children Learn Self-Control*
- *Setting Limits; The Foundation of Discipline*
- *Love & Learn; Discipline for Young Children*
- *Raising a Strong-Willed Child*
- *Best Tips for Teaching Patience and Self-Discipline*

DISCRIMINATION

- Pregnancy Discrimination
- Wage Discrimination
- Disability Discrimination
- Age Discrimination
- *Getting Uncle Sam to enforce Your Civil Rights*

DIVORCE

- Divorce in the Family
- About Divorce
- Bill of Rights for Children of Divorce
- How Divorce Affects Kids
- Tips for Parents
- Helping Children Adjust When Parents Divorce
- About Divorce
- About Divorce (A Coloring Book)
- Divorce Packet
- Challenges and Choices --- A Guide for Parents
- Cooperative Co-Parenting --- Making the Most of Custody Arrangements
- *Separated Siblings* **DOMESTIC VIOLENCE (See SPOUSE ABUSE)**

DRUGS(SPANISH)

- Grow Up Drug-Free
- About Drugs
- Parents Guide to Keeping Kids Drug-Free
- Drugs and You
- About Cocaine
- Growing Up Drug Free: Parent's Guide
- Las Drogas y Usted
- Crecer Sin Drogas
- *Parents & Drinking*

EXERCISE

- Walking for Fun and Fitness
- The Joy of Fitness
- Physical Fitness and Your Heart
- Physical Fitness & Mental Health
- Facts About Exercise

- How to Get Started
- Sample Exercise Programs
- Pep Up Your Life; A Fitness Book for Mid-Life and Older Persons
- *About Your Heart and Exercise*

FATHERS

- Fathers Care
- About Being a Father
- The Best Dad I Can Be
- Fatherhood --- Your Most Important Job
- What It Means to be a Father
- For Men Only: The First Look at Fatherhood
- Colorado Fathers' Resource Guide
- Involving Men in the Lives of Children

FAMILY FACTS/ACTIVITIES

- What's a Family?
- Building Family Relationships
- Fifty Ways to Keep Children Busy and Amused
- Family Facts
- Family Profile
- Birth Order
- Traits for a Healthy Family
- Happy Families Work Together (1999 Calendar)
- *Family Matters; Making Time for Family*
- *Parental Tips*
- *Family Matters 2000*
- *Family Friendly Activities*
- *Ideas for Fun Garden Projects with Kids*

FOSTER PARENTING

- About Foster Parenting
- Even Superman Needed Foster Parents

GAMBLING

- *Is It a Problem?*
- *Are You Living with a Compulsive Gambler?*
- *Are You a Compulsive Gambler?*

GRANDPARENTING

- Tips for Grandparents
- Parenting Grandchildren
- Grandparents Raising Their Grandchildren
- Raising Healthy Grandchildren
- The AARP Grandparent Information Center
- About Grandparents Raising Grandchildren
- Living with your Grandparents
- *Tips for those paying a call on nursing-home patients*

GRIEF

- What Will I Tell the Children

- Growth Through Grieving
- About Grief
- Talking Children About Death
- About Dying
- A Guide Through Grief
- Death and Dying: Selected References
- Helping children Cope with Death and Sadness
- *Como Mantener Sano A Su Nino Sobre La Salubridad*
- *Children Grieve, Too*
- *Grief; Helping Yourself, Helping Others. Unhealthy Signs of Grieving.*

HEALTH/DIET(SPANISH)

- Your Diet and Your Heart
- Living With Diabetes
- About Diabetes
- About Osteoporosis
- Health Risk
- About Good Health for Women
- You and your Weight
- High Blood Pressure
- About Headaches
- About Cholesterol
- About Tuberculosis
- Child Health Evaluation & Care Program
- Living with High Blood Pressure
- *Sobre La Higiene Personal*
- Good Nutrition

HEALTH/WOMEN

- Breast Biopsy
- Breast Cancer
- Mastectomy
- After Breast Cancer
- Cesarean Childbirth
- About Wellness
- About Good Health For Women
- The Women's Good Health Journal
- Menopause
- Health Style, a self test

- Your Baby's First Weeks
- Healthy Pregnancy (magazine)
- Managing Menopause (magazine)
- *The First Six Weeks; Guide to Breastfeeding*

JOB SKILLS

- Your Job, How to Lose it!
- Preparing a Resume
- Placement Exchange
- Finding the Job You Want
- Merchandizing Your Job Talents
- Helpful Hints for Job Seekers
- Why Beginners Fail to Get Jobs
- Landing A Job . . . Tips for a Job Search
- Getting Along . . . 12 Human Relation Problems
- Making the Most of Your Job Interview

LATCHKEY KIDS (SPANISH)

- About Latchkey Children
- Kids Alone, Safe At Home
- The Women's Series Tutor's Guide
- What If I'm Home Alone
- Sobre Los Ninos Que Llevan la Llave de las Casa
- *Home Alone: What Are the Dangers?*

LEADERSHIP

- How to Develop Your Leadership Skills

LITERACY (Also see CHILDREN/READING)

- Books for Reading Aloud as a Family
- PTA Bookmarks
- Best Beginnings ... Begin with Books
- Reading to Your Child

- When Reading to Your Child
- *Rearing to Read*

MARRIAGE

- 5 Essentials to Keep a Marriage Together
- Marriage Tune-up Kit
- 8 Secrets for a Lasting Marriage
- What Really Makes a Marriage Work
- Enriching Marriage Packet
- *The Good Marriage*

MEALS/BUDGET

- Balanced Diet on a Balanced Budget
- Food Shoppers Guide
- Main Dishes in Minutes
- Hurry, Let's Eat

MENTAL HEALTH

- *Anxiety Disorder*
- *What Are Panic Attacks?*

MONEY MANAGEMENT

- Getting and Using Credit
- Planning Your Retirement
- Caregiving; A Money Management Workbook
- The Back-to-School Money Book
- Be In Control of Your Finances
- *66 Ways to Save Money*

NUTRITION (SPANISH)

- Nutrition Update
- Why Children Don't Eat and What to Do About it
- What is Good Nutrition?
- What is Cholesterol?
- Let's Explore Nutrition
- About Good Nutrition
- Balanced Diet on a Balanced Budget
- Infant Nutrition
- What Every Teenager needs to Know about Good Nutrition
- Sobre La Buena Nutricion
- Facts on Fast Foods
- *Easy Food Tips for Heart-Healthy Eating*
- *Tips for Healthy Cooking*
- *Live a Healthy Life*
- *Tips for Mealtime*
- *Guide to Good Eating*
- *Coma menos grasa*
- *Food safety: How Long Can I Keep This?*
- *Snack Bites (snack recipes)*

PARENTING SKILLS (SPANISH)

- Parental Tips
- The Busy Parent's Guide to Involvement in Education
- Good Ways To Raise Good Kids
- It Is Not Easy to be a Good Parent
- Raising Children
- About Parenting
- 98 Ways for a Parent to Say 'Very Good'
- What Matters Most When You Are Young?
- The Signals Children Send Us
- Four Steps to Responsibility
- Tips for Parents
- Raising Kids Today
- Parents and Stress
- About Getting Along At Home
- How To Improve Family Relationships
- 10 Things Parents Can Give to Their Children
- The Ability to Get Along With Others
- How to Raise a High Achiever
- Welcome to Parenthood
- Increasing Your Child's Self-Esteem
- Sobre Las Habilidades De Ser Madre o Padre
- Buenas Formas de Criar Ninos Buenas
- About Temper Tantrums
- When Your Child Misbehaves
- Being a Parent Can Be Stressful
- Raising Your Children Well
- Disciplining Your Child
- Parenting . . . It Takes Love
- Teaching Your Child Kindness
- Setting Limits; The Foundation of Discipline
- Kids; You Can't Beat'Em
- 100 Ways to Love Your Child
- Tips for Bedtime

- Tips for Parents
- Minimizing Children's Constant Fighting
- Prevent Childhood Lying, Cheating, and Stealing
- Specific Solutions to Childhood Daydreaming and Dawdling
- Tips on Selfishness and Jealousy
- Best Tips for Teaching Patience and Self-Discipline
- Conquering Childhood Shyness
- Raising a Strong-Willed Child
- Increase Your Child's Self-Confidence
- How to Stop Sibling Rivalry
- Sibling Rivalry
- Motivate Your Child to be More Self-Reliant
- *Hug Your Child with words as Well as Your Arms*
- *Busy Child — Busy Mind; At-Home Learning Environments*
- *Happy Kid - Healthy Kid; A Guide for Happy Parenting*

PREEMIES

- Pre-term Babies
- Little Babies; Born too soon, Born too small

RAISING RESPONSIBLE CHILDREN

- About Getting Along At Home
- Give Your Child Responsibilities
- Motivate Your Child To Be More Self-Reliant
- Parents Can Build Responsibility in Children
- Defuse Back Talk and Teach Respect
- You, Your Child, and Values
- About Teaching Your Child Responsibility
- About Parenting
- Family Matter: Practical Tips on Parenting
- When Your Child Misbehaves

- About Teaching Your Child Kindness
- Cool Down Before Things Heat Up: Dealing with Behavior (Screaming, feeding, biting, toilet training, lying, disobedience, tantrums, whining)
- Handling Misbehavior . . . Tips for Parents (Tantrums, aggressiveness, bad language, stealing, lying)
- *Raising a Strong-Willed Child*
- *Best Tips for Teaching Patience and Self-Discipline*

STDs (Spanish)

- What Do You Know About HIV?
- About AIDS
- About STDs
- Sex and STDs
- Find Out About STDs
- About Protecting Yourself from HIV
- HIV on Campus
- *You, Your Baby, and HIV*
- *Usted, Su Bebe, y el Sida*
- *How You Won't Get AIDS*
- *HIV and AIDS*
- *Children, Parents, and HIV*
- *Women, Sex, and AIDS*
- *Teenagers and HIV*

SAFETY (SPANISH)

- About Child Safety
- Poisoning; How to Protect Your Kids
- About Family Safety
- About Personal Safety
- Sobre La Seguridad Infantil
- 911 Emergency Training Guide
- 911 Guia de Entrenamiento Para Emergencia
- A Guide to Helping Young Children Cope with Violence
- *Safety Tips for Parents*
- *Safety Tips for Teens*

- *An Abducted Child Tells How He Could Have Been Found*

SELF-ESTEEM /ADULTS (SPANISH)

- What is Mental Health?
- About Self-Esteem
- Feeling Good About Yourself
- How's Your Self-Esteem?
- Your Attitude and You
- 10 Rules for Being Human
- Necesitas Un Impulso
- *Who Stole Mrs. Wick's Self-Esteem?*

SELF-ESTEEM /CHILDREN (SPANISH)

- You, Your Child and self-Esteem
- About Your Child's Emotional Health
- Let's Learn About Self-Esteem
- What Every Child Needs
- Mind Games: Words Can Hurt
- Stress and Your Child
- Good Mental Health
- About Self-Esteem
- You, Your Child and Tolerance
- About Stress
- Increase Your Child's Self-Confidence
- Leading Children to Self-Esteem
- Usted, Su Hijo(a) y la Autoestima
- Team Sports; Building Self-Esteem in Your Child
- The Asset Approach
- Building a Positive Self-Image in Your Child
- Parent's Checklist: My Child's Self-Esteem
- Your Child's Self-Esteem
- What Kids Need to Succeed
- *Parents & Children Working Together on Self-Esteem . . . to Help Them do Better in School*
- *Hug Your Child with Words as*

- *Well as Your Arms*
- *Emotional Abuse: Words Can Hurt*

SINGLE PARENTING

- The Single Parent Household
- About Single Parenting
- Sharing Parenting Responsibilities
- Special Parent, Special Child
- Are You a Single Parent?
- Becoming a Single-Parent Family
- Single Mothers Entering the Work Force
- Succeeding as a Single Parent
- Being a Single Parent
- *Single Parenting and Discipline*
- *Stress and the Single Parent*

SMOKING (SPANISH)

- How To Stop Smoking
- The Dangers of Smoking
- Los Peligros de Fumar

SPOUSE ABUSE

- About Family Violence
- Working Together to End Domestic Violence
- Wife Abuse
- Diagnostic and Treatment Guidelines on Domestic Violence
- Cycle of Violence
- What are You Willing to Give Up?
- Domestic Violence (Child Care Conference)
- The Cycle of Abuse
- Stalking
- Domestic Violence: What Some Women Live With Is a Crime
- How to Get a Protection Order
- Break the Cycle of Domestic Violence
- Stop the Cycle of Violence
- A Community Checklist: End Violence Against Women
- *Sexual Violence*

- *Rape and Sexual Assault*
- *How Family Violence Affects Children*

STEPFAMILIES

- What is a Stepfamily?
- Guidelines for Stepfamilies
- About Stepfamilies
- When Your Man Has Children Your Age (10 steps for Steps)
- Yours, Mine & Ours
- *Stages of Step-Parent Authority*

STRESS (SPANISH)

- Manage Stress for College Success
- Stress Management
- About Stress Management
- Plain Talk about Handling Stress
- Getting A Handle on Stress and Distress
- You Can Handle Your Own Stress
- Helping Yourself
- What Everyone Should Know About Stress
- Good Mental Health
- Managing Stress
- Friendship and Support
- Coping With Change
- A Guide to Managing Stress
- STRESS Good, Bad, or Indifferent?
- Los Padres de Familia el Estres
- Parents and Stress
- Coping with the Stress of Parenting
- How to Help Your Child Handle Stress
- *Stress and Parenting*
- *Unwind Before You're Tied in Knots*

STUDYING

- About Academic Survival Skills

- How to Study

TEENAGERS

- **Alcohol/Drugs**
 - What Every Teenager Should Know About Alcohol
 - Why Should I Get Help?
 - Keeping Kids Drug Free: A Parent's Guide
 - For Parents Only: What You Need to Know About Marijuana
- **Communication**
 - Plain Talk About Adolescence
 - Is There a Teenager in the House?
 - Communicating with Your Teenager
 - How to Talk to Your Teen
- **Coping**
 - A Parent's Guide
 - Understanding Adolescence
 - Coping Skills
 - About Becoming an Adult
- **Decisions/Goals**
 - About Setting Goals to Reach Your Potential
 - What Young People Should Know About Values
 - About Making Decisions - A Guide for Young People

Depression/Stress (SPANISH)

- Anger: What Young People Should Know
- Stress: What Young People Should Know
- About Suicide Among Young People
- Depression: Help for Young People
- About Girls and Self-Esteem
- Need a Lift? - Boost Your Self-Esteem
- El Estres

• **Friends**

- Smart Parents Guide to Children's Peer Pressure
- What Every Teenager Should Know About Peer Pressure
- What Young People Should Know About Building Relationships
- About Friendship
- Let's Learn About Peer Pressure

• **Health and Nutrition**

- What Everyone Should Know About Personal Hygiene
- What Every Teenager Need to Know About Good Nutrition
- Teen Voices (magazine)

• **Maturation**

- As You Grow Up
- As Girls Grow Up
- As Boys Grow Up

• **School**

- About Helping Your Teen Finish School
- Why Stay in School?

• **Sex**

- What Women and Men Should Know About Date Rape
- Talking to Adolescents About Sex
- What You Should Know About Teen Parenthood
- Making Responsible Choices About Sex
- Let's Say "Not Yet" to Sex
- *The Neglected Heart; Emotional Dangers of Premature Sexual Involvement*

TIME MANAGEMENT

- About Time Management
- Your 7 Steps to Success
- When There's Not Enough Time
- Take Charge of Your Time
- Guidelines for Home Storage
- Managing Your Time
- Decluttering (Home Management)

TOLERANCE/DIVERSITY(SPANISH)

- You, Your Child and Tolerance
- Learn About Diversity
- About Understanding Diversity
- Teach Your Child About Diversity

WEATHERIZATION

- Your Energy Budget Guide
- Home Weatherization Self-Help Guidelines
- Want to Save More of Your Money?
- Energy Saver's Guide