

**DRAMA QUEENS  
AND TOUGH GUYS:**  
Helping Teens Handle Emotions

# DRAMA QUEENS AND TOUGH GUYS: HELPING TEENS HANDLE EMOTIONS

## CREDITS

### EXECUTIVE PRODUCER

Anson W. Schloat

### PRODUCERS

John G. Young

Heather Tenzer

### CONSULTANTS

Gary D. Schwartz, MSE  
Richland Middle School Guidance Counselor  
Richland Center, WI

Michele T. Belisle, MSE  
K-12 Crisis Counselor/Homeless Liaison  
Richland School District, Richland Center, WI

### TEACHER'S RESOURCE BOOK

Elisabeth Kwak Hefferan

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# DRAMA QUEENS AND TOUGH GUYS: HELPING TEENS HANDLE EMOTIONS

## TABLE OF CONTENTS

Introduction	1
Learning Objectives	2
Program Summary	3

### STUDENT ACTIVITIES

1. Pre/Post Test	7
2. Rewind, Rewrite	9
3. Learning from Mistakes	11
4. Dear Lizzie	14
5. Express Yourself	15
6. Keep Your Cool	17
7. Solution Finder	18
8. Emotional Triggers	20
9. The Rumor Mill	21
10. Depression in Others	23
11. Stressbusters	24
12. Get a Grip	26
13. Drama Overload	27

### FACT SHEETS

1. Drama Queen and Tough Guy Tips	28
2. Communication Basics	29
3. Getting Along with Family and Friends	31
4. Cool Down Tips	33
5. Conflict Communication	34
6. Reducing Stress	37
7. Relaxation Methods	38
8. Finding Help for Depression	41
9. Resources	42
10. Bibliography	43
Other Programs from Human Relations Media	44

Middle school years are rarely easy. Most people remember suffering through a number of difficult situations in junior high school—whether it was being excluded from a clique, fighting with a best friend or enduring an awkward first date. Such scenarios may not seem so dramatic in later years, but at the time they occur these episodes can provoke very strong emotions that teens may not know how to handle.

Why is middle school such an emotionally turbulent phase? There are many reasons. For one, students must cope with a transition into a new school, complete with new atmosphere, classmates, rules and expectations. New athletic or extracurricular activities can also add pressure to growing academic responsibilities. In addition, the teen years are a time when students begin developing independence and a stronger sense of self-identity—a tumultuous process in itself. Finally, hormones surge as puberty begins, adding fuel to already smoldering teenage emotions.

It’s no wonder that some young people deal with the ups and downs of adolescent life by acting like “drama queens,” overreacting to simple problems because they don’t yet know how to handle their feelings. Others act like “tough guys,” letting anger override their common sense so that they pick random fights instead of finding reasonable solutions to their dilemmas.

Some young people, faced with difficult situations at home such as divorce or parental disinterest, may also act out at school in inappropriate ways. Other overwhelmed teens may choose the “nuclear option” and lose their tempers in response to any setback, no matter how minor. Whatever the reason, these emotional overloaded meltdowns can cause trouble for students with their families, friends and teachers, leading to hurt feelings and misunderstandings.

By mastering self-control techniques, most teens can smooth over their emotional challenges. One important skill is “cooling down,” or avoiding an overly-emotional reaction to conflicts. Learning to communicate clearly is another key method of preventing fights or misunderstandings. Further, young people should remember to find out the truth behind rumors before they jump to conclusions. Even teens with good emotional self-control can also benefit from learning how to steer clear of their friends’ emotional crises. Finally, relaxation techniques are sure to help all teens in times of stress.

The video *Drama Queens and Tough Guys: Helping Teens Handle Emotions* and this Teacher’s Resource Book will help students explore their emotions, express themselves, and learn to control anger, jealousy and other potentially troublesome feelings. Though the middle school years can be challenging, students who can cope with strong emotions will be able to successfully navigate the challenges of adolescence and beyond.

LEARNING OBJECTIVES

After watching the video *Drama Queens and Tough Guys: Helping Teens Handle Emotions* and participating in the class activities included in this Teacher's Resource Book, your students will be able to:

- realize that they have the choice to resolve a conflict, rather than merely react to it
- express their feelings calmly, politely and appropriately
- avoid being dragged into their friends' emotional conflicts
- learn methods to cool down and walk away when their emotions overwhelm them
- understand the importance of finding out the truth behind rumors before responding
- discover their personal emotional triggers and how to control them
- identify those friends and trusted adults who can help them when confronted with emotional issues
- relieve their stress with deep breathing and relaxation techniques
- recognize signs of depression in themselves or in others
- brainstorm solutions to tough emotional situations that they may confront in the future

The program *Drama Queens and Tough Guys: Helping Teens Handle Emotions* opens with a montage of young teens text messaging, instant messaging, and calling each other on their cell phones about a juicy new piece of gossip: Jenna just broke up with Kyle over instant message. “Jenna is all upset. She’s such a drama queen. Wait until tomorrow in school—she’ll act like it’s the end of the world,” comments one friend, Sara.

After the opening titles, the program moves to “The Drama Queen” in the school hallway, where Amy, Luca, and Sara are chatting near a locker. Jenna joins them and the girls begin discussing her breakup with Kyle. “You dumped him, so why are you so upset?” Luca asks. Jenna answers angrily, “I just am, okay?” The conversation quickly turns into an argument between Luca and Jenna.

Next, the program’s hosts pose the question, “Why do some teens act like the world is coming to an end whenever something bad happens?” They point out that some teens may not know how to handle intense feelings constructively. The hosts remind viewers that drama can often overshadow the real issues of a conflict, and can ultimately cause hurt feelings, angry friends and trouble at school.

In the next scene, viewers see Luca and Kyle laughing in the cafeteria. Watching their laughter, Jenna becomes angry because she thinks her friends are talking about her. Sara invites Jenna to leave with her, but instead Jenna has decided that she must confront Luca. Jenna convinces Sara and Amy to join her. She yells at Luca, “You call yourself a friend! Look at you, trying to get my boyfriend. You just couldn’t wait, could you?” Luca tries to tell Jenna that she and Kyle were just talking, but Jenna stalks off anyway, dragging Sara and Amy along with her.

The program returns to the hosts. “Sometimes girls think they have to all feel the same way about something, or they have to back up a friend. But when that means getting into a fight that you don’t belong in, you can step back and stay out of it,” one host says. “You always have the right to your personal opinion,” the other host adds. They tell viewers that the fight between Jenna and Luca could have been avoided if Jenna had stopped to think before reacting so dramatically.

The program then returns to the scene of the fight, this time providing an alternate ending. Instead of reacting angrily when Luca asked why she was upset, now Jenna stops to explore her feelings. “I really liked him at first and now I don’t,” she admits. “I’m not sure why. It’s so confusing,” she says.

The hosts return to review the scene: in the second version, Jenna thought about her feelings and calmly expressed them, which helped Luca to realize that she had been insensitive. “Remember that if you act in a dramatic, emotional way like Jenna did the first time, it will probably get a strong emotional response,” one host tells viewers.

The hosts offer viewers tips on how to avoid a drama: Explore your feelings; express your feelings appropriately in words; don't get dragged into a drama you don't belong in; don't let the group "own" you and remember you have a right to your own personal opinion.

Next, viewers see that guys are just as vulnerable as girls when it comes to handling their feelings. As "The Tough Guy" scenario begins, viewers see Aaron laughing at Chris, who is wearing a school football jersey. Aaron calls Chris "a wannabe." Angry, Chris yells at him. At lunch, Chris warns his girlfriend Jackie not to talk to Aaron. But after he leaves, Jackie goes over and flirts with Aaron. Later, in the hallway, Santiago and Steve drop a bombshell on Chris: they claim that they've heard rumors that Aaron has asked Jackie out on a date. Chris storms off, finds Aaron outside, and immediately starts a fight. They are both sent to the office, where Aaron asks why Chris attacked him. When Chris answers, Aaron tells him the rumor isn't even true.

The hosts return to remind viewers that when emotions run high, it's hard to think straight. One host suggests that teens should talk to someone they trust before acting. The program then rewinds to show what would have happened if Chris hadn't reacted impulsively. Instead of fighting, in this version Chris stops and tells his friend Sara how he feels. Sara assures him that the rumor isn't true. Chris tells her how Aaron teased him, and she supports him, saying that Jackie thinks he's great. She also encourages Chris to try out for the upcoming play.

The hosts come back to urge viewers to talk things over with a friend when they're upset. "It helps you manage intense feelings like anger and jealousy. It helps you stay out of trouble and become more mature," one host says. Again, they review the lessons from the scenario: when emotions run high, it helps to talk to someone you trust; express your feelings; calm down before you act; check out rumors and don't assume a rumor is true.

One host introduces the third segment, "Torn Apart," by telling viewers that serious problems at home can often cause a person to vent emotional reactions at school and with friends. The program cuts to Jeff and Santiago outside school. Santiago tells Jeff that their group meeting is starting soon. He urges Jeff to attend the meeting, but Jeff demurs. He hands Santiago his part of the project and begins to walk away. When Santiago gets mad and calls him a loser for skipping the meeting, Jeff reacts with anger too. They start fighting. In retaliation, Jeff rips up his part of the project and then storms off.

Later, at the park, Aaron sits down with Jeff and asks why he didn't show up at chess club. Jeff confides that he is upset about his parents getting divorced. The hosts appear on-screen to tell viewers that Jeff's outburst and his lack of interest in activities are signs of depression. "Jeff needs to talk to an adult about the deep pain his parents' divorce is causing him," one host tells viewers.

Aaron suggests that Jeff talk to their guidance counselor, Mr. Ruben. Again the hosts appear on-screen to say that although Mr. Ruben won't make decisions for Jeff, he will surely be able to help him learn techniques for handling the situation with less stress. Jeff goes to Mr. Ruben's office, and the two discuss Jeff's feelings. Later, at chess club, Jeff tells Aaron that talking to the guidance counselor really helped.

The hosts then review useful ways to deal with painful feelings: talk to a friend; talk to an adult you trust and stay with your normal activities.

The program moves on to the fourth segment, "The Nuclear Option." Viewers watch Cindy saying hello to Amy and Jenna in the hallway. When the two girls don't respond, Cindy becomes very upset. She bangs her hand on her locker, and then snaps at some nearby classmates. The hosts remind viewers, "Just because two girls didn't say hi, Cindy thinks that no one likes her. That's a little extreme." They explain that Cindy tends to overreact to many things and often assumes the worst.

Later that day in math class, Mrs. Walker asks Cindy not to talk in class. Cindy responds angrily, saying, "I'm not the only person who talks in this class!" Mrs. Walker holds her after class and asks if something is bothering her. Cindy answers, "Everyone in this school hates me. The teachers all pick on me." Mrs. Walker reassures Cindy that the fact that she asked her to stop talking in class doesn't mean she doesn't like her, and shows her how to use deep breathing to calm down. Mrs. Walker advises Cindy not to jump to conclusions and suggests that she meet with her guidance counselor.

The hosts return to wrap things up as the video comes to an end. They go over the main points from Cindy's story: don't jump to conclusions; check out what's really happening; choose to keep a positive outlook and calm yourself with deep breathing when necessary.

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# STUDENT ACTIVITIES

Name: \_\_\_\_\_

## Pre/Post Test

Decide whether the following statements are true or false.

1. TRUE or FALSE: It's always wise to stop and think about how you feel rather than saying the first thing that comes to your mind. \_\_\_\_\_
2. TRUE or FALSE: Good friends always back each other up, even if it means getting involved in a fight. \_\_\_\_\_
3. TRUE or FALSE: If you act in a dramatic, emotional way, you will probably get a strong emotional response from others. \_\_\_\_\_
4. TRUE or FALSE: When you feel mad, a good way to avoid a fight is to talk to a trusted friend about your feelings. \_\_\_\_\_
5. TRUE or FALSE: Guys don't have problems dealing with their feelings. \_\_\_\_\_
6. TRUE or FALSE: If a good friend tells you a rumor, you can assume that it's true. \_\_\_\_\_
7. TRUE or FALSE: Sometimes problems at home can make someone act emotionally at school or with friends. \_\_\_\_\_
8. TRUE or FALSE: Losing interest in things that used to be fun can be a sign of depression. \_\_\_\_\_
9. TRUE or FALSE: A guidance counselor at school can't help you with problems at home or with friends. \_\_\_\_\_
10. TRUE or FALSE: Deep breathing is a good technique for calming down when you're angry. \_\_\_\_\_

*Answers to this test appear on the next page.*

Name: \_\_\_\_\_

## Answer Key

- |     |  |       |
|-----|--|-------|
| 1.  | TRUE or FALSE: It's always wise to stop and think about how you feel rather than saying the first thing that comes to your mind. | TRUE  |
| 2.  | TRUE or FALSE: Good friends always back each other up, even if it means getting involved in a fight.                             | FALSE |
| 3.  | TRUE or FALSE: If you act in a dramatic, emotional way, you will probably get a strong emotional response from others.           | TRUE  |
| 4.  | TRUE or FALSE: When you feel mad, a good way to avoid a fight is to talk to a trusted friend about your feelings.                | TRUE  |
| 5.  | TRUE or FALSE: Guys don't have problems dealing with their feelings.   | FALSE |
| 6.  | TRUE or FALSE: If a good friend tells you a rumor, you can assume that it's true.  | FALSE |
| 7.  | TRUE or FALSE: Sometimes problems at home can make someone act emotionally at school or with friends.                            | TRUE  |
| 8.  | TRUE or FALSE: Losing interest in things that used to be fun can be a sign of depression.  | TRUE  |
| 9.  | TRUE or FALSE: A guidance counselor at school can't help you with problems at home or with friends.                              | FALSE |
| 10. | TRUE or FALSE: Deep breathing is a good technique for calming down when you're angry.  | TRUE  |

Name: \_\_\_\_\_

Strong emotional reactions often cause more harm than good. In the video, you saw the problems that were created when people let their feelings run away with them. What do you think would have happened if Jenna, Chris, Jeff and Cindy hadn't let their feelings get the best of them? What would have happened if their friends hadn't let themselves be pulled into others' fights? Read the video quotes below, then rewind and rewrite them so each person expresses his or her feelings calmly without getting too emotional.

Sample:

**Luca:** "Why are you so upset? You dumped him!"

**Jenna:** "I just am, okay? Why don't you mind your own business?"

**Luca:** "What? You always make such a big deal."

Now rewind and rewrite:

**Luca:** "Why are you so upset? You dumped him!"

**Jenna:** "I'm not really sure. But you sound like I don't have a right to feel bad."

**Luca:** "I guess I didn't mean it that way. I'm sorry."

1.

**Jenna:** "I'm going to tell Luca off. You guys have to come with me."

**Sara:** "But we're all friends, Jenna."

**Jenna:** "You have to back me up! Look at her!"

Now rewind and rewrite:

**Jenna:** "I'm going to tell Luca off. You guys have to come with me."

**Sara:** \_\_\_\_\_

**Jenna:** \_\_\_\_\_

2.

**Santiago:** "Hey man, I just heard Aaron asked out Jackie. It's all over school."

**Chris:** "What! Where is he?"

**Santiago:** "I saw him outside a few minutes ago."

**Steve:** "Want us to back you up?"

Now rewind and rewrite:

**Santiago:** "Hey man, I just heard Aaron asked out Jackie. It's all over school."

**Chris:** \_\_\_\_\_

**Santiago:** \_\_\_\_\_

**Steve:** \_\_\_\_\_

*This activity is continued on the next page.*

Name: \_\_\_\_\_

3.

Santiago: "We're starting the meeting. The project is due tomorrow."

Jeff: "I can't make it. Here's my contribution."

Santiago: "I don't understand this stuff. You have to come explain it."

Jeff: "You're not my boss."

Santiago: "You loser! Some friend you are."

Jeff: "You better get lost, man."

Now rewind and rewrite:

Santiago: "We're starting the meeting. The project is due tomorrow."

Jeff: "I can't make it. Here's my contribution."

Santiago: \_\_\_\_\_

Jeff: \_\_\_\_\_

Santiago: \_\_\_\_\_

Jeff: \_\_\_\_\_

4.

Teacher: "Cindy, no talking now, okay? You need to pay attention to this."

Cindy: "No kidding! Besides, I'm not the only person who talks in this class."

Now rewind and rewrite:

Teacher: "Cindy, no talking now, okay? You need to pay attention to this."

Cindy: \_\_\_\_\_

(Later, after class)

Cindy: \_\_\_\_\_

Teacher: \_\_\_\_\_

Name: \_\_\_\_\_

It takes practice to learn how to control your feelings. Everybody slips up sometimes, but mistakes are okay as long as you learn from them. In this activity, you'll have a chance to track your progress learning from past emotional mistakes.

**PART ONE**

Think back to a time when your emotions got you into trouble with a friend or a family member. It might have been a time that:

- you acted like a drama queen
- you let your anger get the best of you
- you took your personal problems out on somebody else
- you overreacted to something
- you believed a rumor or jumped to a wrong conclusion

When you've thought of an example, answer the questions below.

What happened? Describe the fight:

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What could you have done differently?

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What lessons did you learn for next time?

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**PART TWO**

Now it's time to put the lessons you learned from that past conflict into practice. Carry your *Emotion Log* (template on the next page) with you everywhere for a full school week—Monday through Friday. Anytime something upsetting or troubling happens, jot it down in your log.

*This activity is continued on the next page.*

Name: \_\_\_\_\_

## EMOTION LOG

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

*This activity is continued on the next page.*

Name: \_\_\_\_\_

### PART THREE

After the week is up, look over your emotion log and pick out three upsetting encounters or events. On a separate sheet of paper, answer these questions for all three events.

- What happened? Describe the situation.
- How did you react?
- What was good about the way you handled the situation?
- Could you have done anything differently? If you could do it over, what would you change?
- What did you learn?
- How have you gotten better at dealing with upsetting situations? Give examples.

Name: \_\_\_\_\_

Your friend Lizzie writes an advice column for teenagers in your school newspaper. She is really busy this week and needs your help getting the column ready. Read the following letters to Lizzie. On a separate sheet of paper, answer each letter with your best advice.

Dear Lizzie,

I'm having a lot of trouble controlling my temper lately. It all started when my family moved and I had to start at a new school in the middle of the year. The kids here aren't very friendly and I feel left out. People are always making fun of me—I see them laughing or whispering, and I just know they're talking about me. The last couple of times this happened I actually yelled at them, but they just deny it or say I'm a freak. What can I do?

signed, New Kid

Dear Lizzie,

My parents are total jerks. My friend Jack's older brother was going to take us all camping, but my parents said I couldn't do stuff like that until I'm older. I told them they were treating me like a baby and it wasn't fair—I'm really responsible and they should trust me not to do anything wrong on the trip. I lost my temper, and now I'm grounded! How can I get them to let me go camping?

signed, Doin' Time

Dear Lizzie,

This guy in my class told me he heard that my girlfriend Ashley was flirting with another guy, Toby, in gym yesterday. He said they're always hanging out together and that Toby is going to try to get her to go out with him instead of me. I'm so mad I can't decide which of them to yell at first.

signed, Cheated

Dear Lizzie,

My friend Melanie is really different lately. She used to be outgoing and bubbly, but now she's quiet. We used to hang out together all the time, but she never wants to do anything anymore. Her grades are even dropping from straight A's to C's. I know her older sister ran away from home recently, but she says everything is okay and that she doesn't want to talk about it. How can I cheer her up?

signed, Old Friend

Name: \_\_\_\_\_

Many fights and misunderstandings can be avoided if one person tries to solve the problem by expressing himself clearly instead of reacting emotionally. Read the following exchanges, and then rewrite the second person's response so that he is expressing himself calmly and avoiding a conflict. Read the *Communication Basics* fact sheet and the *Conflict Communication* fact sheet before you begin.

1.

Pablo: "The answer to number seven is definitely 65, so don't even bother checking my work."

Jon: "You think you're so smart? Think again. Everyone else got 47 for the answer, stupid."

Jon: \_\_\_\_\_  
\_\_\_\_\_

2.

Gina: "Look, I'm sorry I told Andie about your math grade. It just sort of slipped out."

Tia: "Whatever! Can't you keep a secret? You're such a moron sometimes."

Tia: \_\_\_\_\_  
\_\_\_\_\_

3.

Chris: "I'm definitely making the basketball team. Did you see how awesome I did today at tryouts? You better get used to the bench, dude."

Pat: "Yeah, right! Stop being so cocky. There are lots of guys who'll start over you, including me. Coach doesn't want a ball hog like you out there."

Pat: \_\_\_\_\_  
\_\_\_\_\_

4.

Lisa: "So what if I didn't invite you to the movies last weekend? Darcy and I wanted to hang out, just the two of us. It's not a big deal."

Julie: "Some friend you are. You're so mean I wouldn't have wanted to go anyway."

Julie: \_\_\_\_\_  
\_\_\_\_\_

*This activity is continued on the next page.*

Name: \_\_\_\_\_

5.

Lupe: "I'm on the phone! Stop bugging me!"

Pilar: "No fair! Nobody made you the queen of the phone. I'm telling Mom!"

Pilar: \_\_\_\_\_  
\_\_\_\_\_

6.

Jack: "Dude, that is the lamest shirt you're wearing. What a loser."

David: "Shut up. You're the one with the stupid haircut. Who do you think you are with that hair, the next Michael Jackson?"

David: \_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_

Letting your emotions run away with you can lead to mean comments and fights like the ones you saw in the video. Although expressing frustration can be healthy, remember that when you blow up at your friends, you risk saying things you don't mean, hurting people you care about, and sometimes doing irreparable damage to important relationships.

Practice dealing with tough situations without losing your cool. In groups of two or three, choose one of the scenarios below. Prepare a five-minute role play to act out for the class. When you're done, ask your classmates for comments. What did they think about your role play? Are there other ways to handle the situation? Take a look at the *Cool Down Tips* fact sheet for ideas before you create your role-play.

1.

Carmen and Anthony have been dating all semester, and now they're studying together for a huge science test. Carmen has an A in the class, but she needs a good grade on the test to keep her average up. Anthony, though, is not doing so well—he spent more time rehearsing for the school play than doing homework. Now, he's totally confused and keeps asking Carmen to explain everything. At first, she likes helping him, but after an hour without much progress, she's getting stressed out and worried that she won't get to the material she really needs to review.

2.

Ellen really likes Keith, but she's so shy that she swore her two best friends, Carrie and Ann, to secrecy about her crush. But as they're all getting ready for a school dance, Ann asks if she can borrow Ellen's favorite necklace. Ellen says no, she doesn't want it to get lost, and Ann gets offended. Later, at the dance, Ann is so mad she tells Keith about Ellen's crush. Ellen is furious and embarrassed. At school on Monday, neither Ellen nor Ann will speak to each other, and they both want Carrie to back them up.

3.

Nick, Tyler and Drew are playing hockey after school. Nick and Tyler just want some friendly competition, but Drew is getting really into the game. He's playing with a lot of force and shoving the other two around. He even starts taunting them and bragging about his goals. Nick starts to lose his temper and shoves Drew really hard back. Things are reaching a boiling point.

4.

Haley, a sixth-grader, is excited to be old enough to join the school newspaper. Her brother Tim, an eighth-grader, is on the paper too. Haley thinks it will be fun to share the experience with her brother, but Tim is always teasing her at the meetings and telling his friends embarrassing stories about her. One day, after Tim tells a particularly embarrassing story about their last family vacation and everyone starts laughing, Haley feels like she's going to lose it.

Name: \_\_\_\_\_

ACTIVITY 7A  
**SOLUTION FINDER**

Even the biggest problems have solutions—you just need to think things through carefully to find them. This activity will help you practice by guiding you to the best solution to a problem you're facing now. You might want to read the *Getting Along with Family and Friends* fact sheet for tips on how to solve your problem.

1. Choose one problem that is stressing you out or causing trouble with friends, family, teachers, or your boyfriend or girlfriend. Describe the problem below: who is involved? What happened?

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2. How does this problem make you feel? What emotions are you experiencing?

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3. Why do you think you have these feelings?

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4. Have you done anything about this problem yet? What did you do? Did it help? Why or why not?

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*This activity is continued on the page.*



Name: \_\_\_\_\_

**ACTIVITY 8**  
**EMOTIONAL TRIGGERS**

An emotional trigger is something that gets you upset very quickly. It can be a rude name, a look on someone’s face, a sarcastic remark, or anything else that makes you react emotionally. It’s important to identify what your emotional triggers are—and even more important to learn to deal with them successfully. Read the following list of common emotional triggers and give yourself a score of 1-5 depending on how you usually react. Give yourself a:

- |  |  |  |  |   |
|--|--|--|--|---|
| 1  | 2                                      | 3  | 4  | 5   |
| If the situation doesn’t upset you at all. | If the situation bothers you a little. | If you get mad when the situation happens. | If you get furious when the situation happens. | If you lose control when the situation happens. |

**Behavior**

**Score**

Someone yells at me.	
I can’t find something that I need to have this minute.	
I realize I made a mistake on a test after I’ve handed it in.	
Someone blames me for something.	
I can’t do a fun activity with a friend because I didn’t do my chores.	
It feels like no one is listening to what I’m saying.	
My brother/sister/friend keeps doing something that annoys me.	
I didn’t win the contest that I thought I should have won.	
I lose some money or some possession that I really liked.	
I can’t figure out the math problem the teacher said was a “simple” one.	
I get punished for my behavior.	
I lend something to a friend and they return it broken.	
I don’t have enough money to buy something that I really wanted.	
Someone pushes me and then laughs when I bump into something.	
Your total points:	

**ANALYSIS:** A high total score (above 50) should make you think about a plan for how to deal with your emotions during these times. If your score was low (14-30), you probably react well to many situations, but it’s also likely that some of your emotional triggers may not have been listed above. Try to think of some other things that may get you upset. Knowing your triggers allows you to work on defusing them *before* a situation arises. If you can’t think of anything that bothers you, maybe you have mastered the ability to deal with your emotions in a constructive way—congratulations!

Name: \_\_\_\_\_

Imagine you've just heard some juicy gossip about a classmate. Are you tempted to tell someone else? It can be hard to resist the urge to spread rumors, but rumors can cause someone else a lot of pain. Most of the time the rumors you hear aren't even true—and even if they are, the person the rumor is about might want to keep it private. It's always best to think hard before you repeat a rumor.

PART ONE

Has anyone ever spread a rumor about you? Think back to a time when you were the subject of a rumor and reflect using the questions below. If you've never been the subject of a rumor, choose one that was spread about a friend.

1. What was the rumor? When did it happen?

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2. Was the rumor totally true, partly true, or totally false?

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3. How did you feel when you found out about the rumor?

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4. Did people treat you differently because of the rumor? How?

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5. What did you do to react to the rumor? Did it help?

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6. What would you say to the person who started the rumor if you had the chance?

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*This activity is continued on the next page.*

Name: \_\_\_\_\_

PART TWO

Imagine a friend just told you one of the rumors below. Pick one from the list, then figure out the best way to deal with the situation by answering the questions.

*“Did you hear? Sandie has a huge crush on our math teacher!”*

*“Did you hear? Mike and Sarah were kissing under the bleachers in gym!”*

*“Did you hear? Jake’s dad just got arrested for drunk driving!”*

*“Did you hear? Su Hyun is failing geometry!”*

*“Did you hear? Rick is a total druggie!”*

1. What can you do to figure out if the rumor is true?

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2. How would this person feel if everyone at school heard the rumor? Why?

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3. How might other people treat this person if they heard the rumor?

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4. Would it be okay to repeat this rumor? Why or why not?

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Name: \_\_\_\_\_

How can you tell when someone you know is depressed? You can usually see when a friend is upset or sad, but serious depression can be harder to recognize. Many people don't know the signs of clinical depression—and that can make it harder for people to get the help they need. These questions can help you decide if someone you know might be depressed and need help.

	Yes or No?
Is the person in a depressed mood most of the time? For example, does the person often look as if he or she is about to cry?	
Has the person lost interest in many activities? For example, has the person recently given up a hobby he or she used to enjoy?	
Has the person gained a lot of weight in a short amount of time? Or has the person lost a lot of weight without going on a diet?	
Does the person frequently wake up too early and have trouble falling back asleep? Or does the person sleep more than normal?	
Is the person always pacing and fidgeting? Or does the person seem as if he or she is moving and talking in slow motion?	
Does the person often complain of being tired? Does the person take longer than usual to do simple tasks, such as dressing?	
Does the person blame him- or herself for everything that goes wrong? Does the person say things such as, "I'm no good"?	
Is the person unable to concentrate on reading a book or watching TV? Does the person have trouble remembering things?	
Does the person frequently talk about death and suicide? Does the person make statements such as, "I'd be better off dead"?	
Has the person been having trouble getting along at home, work, or school? Has the person's job or school performance dropped?	

If you answered "yes" to one of the first two questions and "yes" to several of the other questions, the person you know may be clinically depressed. Encourage the person to seek professional help. This is important both to rule out other causes for the symptoms and to get treatment if the source is indeed depression. For more information, check out the *Finding Help for Depression* fact sheet.

Name: \_\_\_\_\_

When you're stressed out, it's a lot easier to lose control of your emotions. It's normal to feel stress and pressure sometimes, but there are lots of things you can do to relieve that stress. Read the *Reducing Stress* fact sheet, and then use this page to come up with your own personal stressbusters.

PART ONE: Answer the questions about stress remedies below.

1. When I'm upset, the best person to talk to is:

\_\_\_\_\_

2. When I need to unwind, I like to read this book or magazine:

\_\_\_\_\_

3. When I need to laugh, I watch this movie or TV show:

\_\_\_\_\_

4. When I need to calm down, I close my eyes and imagine this:

\_\_\_\_\_

5. When I need to feel happy, I remember the time when I:

\_\_\_\_\_

6. Check the activities you like to do:

- \_\_\_ writing poetry or stories
- \_\_\_ reading
- \_\_\_ jogging or running
- \_\_\_ taking a walk
- \_\_\_ spending time with friends
- \_\_\_ yoga or meditation
- \_\_\_ dancing
- \_\_\_ sports or martial arts
- \_\_\_ drawing, painting, sculpture, or other arts
- \_\_\_ playing an instrument or singing
- \_\_\_ listening to music
- \_\_\_ playing games
- \_\_\_ cooking

*This activity is continued on the next page.*

Name: \_\_\_\_\_

7. Write down three more activities that make you feel better when you're stressed.

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**PART TWO**

Pick your five favorite stressbusters from this sheet and design a wallet-sized card listing all five methods. Use the template below for your card. Decorate it with markers, crayons, stickers, or glitter—be creative! Keep your stressbuster card in your wallet or backpack and look at it whenever you need a reminder of how to relieve your stress.

**MY BEST STRESSBUSTERS**

- 1.** \_\_\_\_\_
- 2.** \_\_\_\_\_
- 3.** \_\_\_\_\_
- 4.** \_\_\_\_\_
- 5.** \_\_\_\_\_

Name: \_\_\_\_\_

Have you ever been in a situation where you got so angry that you completely lost control of yourself? Blowing your top never makes a tough situation easier, and it usually makes things worse. The good news is that there are simple techniques you can use to help you control your feelings. For this activity, you and your classmates will design a poster or display with tips on emotional self-control. Get into groups of three to four students. As a group, devise at least ten things you can do to “get a grip” when you feel like you might explode. You may want to review the *Drama Queen and Tough Guy Tips* fact sheet.

Here are some suggestions:

- Count to ten before saying anything
- Walk away from the situation until you feel calmer
- Pretend someone you admire is watching you
- Think about a funny scene from your favorite movie
- Breathe deeply and force yourself to talk slowly

Use the space below to brainstorm your ideas:

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When your group has agreed upon at least ten good tips, design a poster or folding display to put in the hall, cafeteria, library, or anywhere else other students can see it. Make sure your tips are big enough for others to read them easily. Use markers, crayons, or pictures cut from magazines to illustrate your display. Include a creative title.

Name: \_\_\_\_\_

TV and movie situations are supposed to be dramatic—but sometimes the characters create way too much drama for themselves! Watching characters make mistakes in emotional scenes can help you learn how *not* to act.

For this activity, work in groups of two to three students. Together, find a scene from a movie or TV show where one character loses control of his or her emotions. For example, maybe you've selected an episode of your favorite reality show where one character starts a fight, overreacts to a rumor, or argues with friends needlessly. Rent or record the movie/TV show and watch your scene several times. In the space below, write a brief summary of the scene to read in front of the class.

Summary:

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Next, pick out some of the best quotes from the scene. Make sure to choose quotes that show your characters acting emotionally.

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Finally, present your scene to the class by reading your summary and writing your quotes on the board. Lead a discussion with your classmates about the scene. Some questions to ask include:

- What mistakes did the characters make?
- How could they have handled things differently?
- How would you rewrite these quotes so that the drama is avoided?

# FACT SHEETS

Name: \_\_\_\_\_

## TO AVOID A DRAMA

- Explore your feelings.
- Express your feelings appropriately in words.
- Don't get dragged into a drama you don't belong in.
- Don't let the group "own" you.
- You have a right to your personal opinion.

## TO AVOID A FIGHT

- Remember that when emotions run high, you're probably not thinking clearly.
- Talk to someone you trust.
- Express your feelings.
- Calm down before you act.
- Check out rumors.
- Don't assume a rumor is true.

## TO DEAL WITH PAINFUL FEELINGS

- Talk to a friend.
- Talk to an adult you trust.
- Stay with your normal activities.

## TO AVOID THE NUCLEAR OPTION

- Don't jump to conclusions.
- Check out what's really happening.
- Keep an open mind.
- Choose to keep a positive outlook.
- Calm yourself with deep breathing when necessary.

Many problems come from people misunderstanding each other. If they could step back and communicate, many fights would be avoided. The most important thing you can learn is how to be a good listener. It's also helpful to know how to express yourself clearly and calmly.

## HOW TO BE A GREAT LISTENER

- Use your body to show that you're interested. Turn towards the speaker and keep eye contact.
- Don't interrupt the other person, even if you disagree with what he's saying. His opinion deserves to be heard as much as yours.
- Focus on what the person is saying, not what you'll say in reply.
- Show you're paying attention by responding with "Okay," "Mmm-hmm," or "Go on."
- If you don't understand something, ask the speaker to explain politely. Instead of, "That doesn't make sense," say, "Can you run that by me again?"
- Once in a while, comment on what the speaker must have felt. Saying something like "That must have been really scary," or "I bet you were mad" lets the speaker know you understand.
- Reflect back on what the speaker tells you by repeating it to her in your own words. This lets her know you're listening and gives her a chance to correct you if you've misunderstood. If your friend tells you about her parents getting divorced, reflecting might sound something like this:

*"It's just so hard. My mom and my dad both want me to live with them, and I just can't choose between them."*

*"It sounds like you're feeling torn between your parents."*

*"Yes, exactly."*

*This fact sheet is continued on the next page.*

## HOW TO BE A GREAT SPEAKER

- Stop and think before you speak.
- Be direct and honest, and polite.
- Speak clearly, and not too fast. Make sure you use a neutral tone—keep anger and sarcasm out of your voice.
- Don't swear.
- Use "I messages" whenever possible. This means starting your sentences with "I" instead of "you." "You messages" blame others, often making problems worse, but "I messages" let you express your feelings without attacking. See the difference?

You message:

*"You're always taking my stuff without asking! You're such a jerk!"*

I message:

*"I don't like it when you use my stuff without asking. It makes me upset when I can't find things when I need them."*

Name: \_\_\_\_\_

**GETTING ALONG WITH  
FAMILY AND FRIENDS**

It's usually the people who are closest to us that make us the most emotional—and that's when our Drama Queen or the Tough Guy problems begin. Try these tips for getting along with your parents, siblings and friends. The more peaceful your relationships are, the happier you'll be!

## PEACE WITH PARENTS

- When you disagree with your parents about something, stay calm. When you control your emotions, it proves that you're responsible and mature.
- Spend time with your parents doing activities you all like. It will help strengthen your bond and build trust.
- If something is upsetting you and you'd like to talk to your parents about it, choose a time when your parents are in a good mood and not too busy. It will be easier for all of you to discuss the problem calmly when your parents are not stressed out, tired or in the middle of something.
- Think up some possible solutions to a problem before you talk to your parents about it. When they see you are willing to work through the problem, they will be more open to your views.
- Talk about the rules your parents set for you, like your curfew or rules about dating. Ask your parents to explain why they chose the rules, and then calmly tell them how you feel about them. Try to see things from their point of view.
- Follow the rules your parents set! You'll earn their trust, and they will be more likely to listen to your ideas about changing the rules if they know you'll respect them.

## STAY COOL WITH SIBLINGS

- Set aside your own space, even if you share a room with a brother or sister. This space—even if it's just a corner of a room—is just for you. Make sure you respect your sibling's space too.
- Agree to take turns with things you have to share, like the TV or the bathroom. Don't take more than your fair share.

*This fact sheet is continued on the next page.*

Name: \_\_\_\_\_

**GETTING ALONG WITH  
FAMILY AND FRIENDS**

- In an argument, go into a separate room or take a walk before you discuss it with your brother or sister. This gives you both a chance to calm down and prevents you from saying things you don't mean in the heat of the moment.
- Ask your parents for advice about any recurring arguments or issues. They want you all to be happy.

## FANTASTIC FRIENDSHIPS

- Respect each other's opinions. Remember, just because a friend has a different opinion about something doesn't mean he or she disrespects what you think. Sometimes you have to agree to disagree.
- Remember, in good friendships, you can always say "no." A real friend won't care if you don't want to go along with everything she's doing.
- In an argument, put yourself in your friend's shoes. How does he feel about it?
- Be honest about your feelings. If something is bothering you, say so clearly and calmly.
- Try to work together to find a solution to any arguments. Remember, you're friends, and you care about each other.

Name: \_\_\_\_\_

Try these tips when you're angry or upset—they can help you keep your cool in a tough situation.

1. Count to ten in your head before saying anything.
2. Leave the room to give yourself some space.
3. Walk away completely. Come back later, or even another day.
4. Ask for time to think about what you've heard so you don't have to respond immediately.
5. Tell yourself that you must stay calm. ("I can do this. I will not react.")
6. Trust your body. When you get "that feeling" tell yourself to slow down and consider what you are saying and doing.
7. If you admire someone who handles things well, stop and think about how he or she would handle what is happening to you in that moment.
8. Keep things in perspective. Is it worth it for you to lose control? What is really at stake in this situation?
9. Pretend someone you admire is watching you. What would you like them to observe about your reaction?
10. Remind yourself that this situation is temporary. Whatever is happening to you right now will be over soon and you can return to a safe place.
11. Remember that everyone makes mistakes. Don't make things worse by becoming emotionally out of control.
12. Remember a scene from a favorite movie that makes you laugh.
13. If you must, clench your fists with your hands out of sight to discharge some energy.
14. Force yourself to talk slowly and calmly.
15. Try to imagine how the other person feels. Why is he or she acting this way?
16. Breathe deeply.

You're bound to run into disagreements. Everybody feels sad, upset, or angry sometimes, and that's okay. What's not okay is letting a conflict turn into a full-blown fight—you have the power to solve problems without lots of drama and hurt feelings. When you use good conflict communication, you can defuse fights before they become blowouts, deal with disagreements maturely, and help everyone walk away happy. Follow these guidelines when you run into tough situations:

### When a disagreement gets emotional...

- Choose to resolve the problem instead of fighting. Always remember that you have the choice to refuse to fight. Believe you can be strong, even if the other person seems to want to fight with you—you don't have to stoop to his level.
- Take some time so both of you can cool down before you talk things through. Just walk away from each other until you're no longer angry or upset.
- ALWAYS talk about the problem. Ignoring it may seem to solve things at first, but you and the other person will probably stew over the argument for a long time. Your unresolved feelings can build up until you just explode again, causing an even bigger problem.
- NEVER be violent. It's not okay to hit, push, or kick somebody else, ever. If you think the other person might hurt you, get an adult involved immediately.
- Keep an open mind and admit your mistakes. Most likely, you both deserve some of the blame, and admitting your faults helps keep the other person from getting defensive.
- Remember to use "I messages."
- Once you are both calm, take turns describing what happened and why. Agree not to interrupt each other, and listen to the other person's side of the story. Describe how the argument made you both feel.
- Brainstorm some solutions to the argument together. Listen to each other's ideas and choose a solution that is good for both of you. Be willing to compromise!

*This fact sheet is continued on the next page.*

## When you're stuck in the middle of two fighting friends...

- Don't take sides. Tell them that you are friends with both of them and you don't want to choose one over the other.
- Don't gossip about the fight to other people, and don't act as a go-between for your friends. Encourage them to talk to each other instead of passing messages through you.
- You can try to help your friends resolve their problem—this is called mediation. Before you try mediation, make sure both of your friends would like your help. Follow these tips for mediating a conflict:

*Go to a quiet area, where you won't be distracted*

*Set up rules for the discussion beforehand, like no insults or interrupting*

*Ask each of your friends to describe the fight and how they feel about it*

*Ask each what they could have done differently*

*Ask each what they can do to solve the problem*

*Together, decide on the best solution and do it*

- If your mediation didn't work, or if your friends didn't want you to help, suggest that they talk to your school counselor. The counselor is there to be a fair listener and can help them work things out.

## When someone insults you or gossips about you...

- Take a deep breath and try to relax. Remind yourself that you don't have to get upset.
- Don't show the person any reaction. If someone sees she's not getting to you, she'll usually leave you alone.
- Try making a joke about it. Humor shows the person that you're in control and you won't let the insult bother you.

*This fact sheet is continued on the next page.*

Name: \_\_\_\_\_

- Calmly ask the person to stop insulting you or spreading rumors. If he won't, just walk away. You don't have to listen, and you don't have to get involved in a big fight.
- Don't shout, even if the other person is shouting.
- If someone is teasing you every day, talk to a trusted friend about it. A friend can listen to how you feel and help you think of ways to deal with it. If the teasing continues, tell an adult. Talking to an adult is NOT tattling—it's standing up for your right to be treated with respect.

### When communication doesn't work...

- Don't give up. If you and a friend decided on a solution to your argument together, but it doesn't resolve everything, talk again. Come up with a new solution that is good for you both and try that one.
- Ask an adult for help. A trusted teacher or guidance counselor can help you talk about your feelings and work out solutions together. If the person you're fighting with doesn't agree to go with you, go alone.
- **ALWAYS** tell an adult if somebody threatens you with physical violence. Nobody has the right to hurt you.

An important part of mental health is paying attention to your stress level—how do you feel inside? What causes you to feel stressed? What can you do when your stress level is high? Here are ten simple suggestions that can help you ease the stress in your life.

1. You'll feel less stressed naturally if you get enough rest, eat balanced meals, and exercise. Keeping your body healthy and fit does a great deal to keep your mind from stress.
2. Balance the stressful parts of your life with hobbies and interests that are less stressful. If you're a serious student, take a break and do something that isn't mentally taxing. If you're a competitive athlete, include another activity in your life that doesn't require you to compete.
3. Work off your stress by doing something physical. Run, mow the lawn, dance, lift weights, or take a brisk walk.
4. Talk out your stress. Find someone you trust and feel comfortable confiding in.
5. Do something for others. Tutor school children, volunteer at a hospital, make regular visits to a person who lives in a nursing home, tell your parents you'll cook dinner, offer to drive your little sister to soccer practice.
6. Give yourself permission to make mistakes. Remember, also, that it's okay to admit them. You don't always have to be perfect.
7. Remind yourself that you don't have to solve the world's problems today. You don't have to decide your whole future this minute. One bad day doesn't mean that only bad days will follow.
8. Set aside time to dream. To jump-start your imagination, try drawing or writing in a journal.
9. Keep life interesting. Try something new now and then. Make new friends, eat new foods, try a different hairstyle or find a new hobby.
10. Identify the sources of your stress. Ask yourself, "Is there anything I can do to reduce the stress in my life? Can I cut out or change any of the sources of my stress?"

Name: \_\_\_\_\_

Emotions are hard to control when you're feeling a lot of pressure and stress. But when you're relaxed, you'll be better able to stay on top of difficult feelings. Try each of these four relaxation methods to see which ones you like best, and then make a habit of practicing your favorites. You may be surprised at how much better you feel.

## Relaxation Method 1:

### Imagery

Imagery involves using your imagination to recreate a place or scene that is very relaxing. Follow the steps below to practice imagery:

1. Sit comfortably or lie down in a cool, quiet place. If you find that lying down makes you sleepy, try sitting against a wall with cushions beneath and behind you.
2. Close your eyes and imagine a scene, place or event that you think of as peaceful, beautiful and happy. Popular choices include a quiet beach, a shady garden filled with flowers, or a tropical waterfall.
3. As you imagine the scene, involve all of your senses. For instance, if you imagine a beach scene, you may "see" the ocean around you, "feel" warm sand between your toes, "hear" the crash of waves on the beach, and "smell" the salt in the air.
4. Breathe deeply as you continue to add sensations to your image. If your mind wanders, let a central thought pull you back into the image. For instance, at the beach you might focus on the endless sound of waves, one after the other.
5. Continue the imagery for at least fifteen minutes. Try not to use a timer, as it can be distracting.
6. Stand up and stretch for a few seconds, focusing on how relaxed you feel.

## Relaxation Method 2:

### Meditation

The goal of meditation is to quiet your thoughts and focus completely on one thing, giving your mind and body a rest from stressful thoughts or situations. Meditation has been shown to have numerous benefits, including lowered blood pressure, better sleep patterns, and increased creativity. Follow the tips on the next page to practice meditation.

*This fact sheet is continued on the next page.*

Name: \_\_\_\_\_

1. Sit in a comfortable position that is relaxing and easy to maintain for 20 to 30 minutes. Sitting in a lotus position or sitting cross-legged is not required. You may sit in a comfortable chair or against a wall, with cushions behind and below you.
2. Choose a focus method. You may want to look at an object, such as a candle flame or a flower. You may also choose a sound, such as the ticking of a clock. Lastly, you may choose to focus on your breathing. Picture your breath as it slowly goes in and out of your body.
3. It is normal to find your attention wandering from time to time. That is what the mind does. Use your focus method to bring your attention back to a single place. Accept other thoughts as they come in, but do not focus on them.
4. Try to meditate for at least 20 minutes. It will be easier as you practice.
5. When you are done, spend a few minutes writing down your thoughts. The mind is often clearest just after meditation.

## Relaxation Method 3: Progressive Muscular Relaxation

Progressive Muscular Relaxation (PMR) is a physical technique that involves tensing and relaxing muscle groups. By learning to feel different levels of tension in muscles, you will learn to pick up on your body's stress clues more quickly. PMR also has an overall relaxing effect, and can be very useful for getting to sleep.

1. If possible, lie down in a comfortable position. Although lying down is preferred, you may also sit comfortably. Close your eyes and begin to breathe slowly and deeply.
2. Practice by tightening all the muscles in your right arm. Flex your arm muscles and make a tight fist with your hand. Hold for a count of five to ten seconds. Then release your arm completely. Imagine it is made out of lead. (It helps if a friend or partner checks by lifting your arm and dropping it. The arm should fall freely, with no hesitation.)
3. After practicing, begin with the top of your head and progress downward to all areas of the body. Be sure to include the forehead, ears, mouth, neck, shoulders, arms and hands, chest, belly, thighs, calves and feet.

*This fact sheet is continued on the next page.*

Name: \_\_\_\_\_

4. Rest for a few minutes afterward, feeling the warm glow of relaxation throughout your body.

## Relaxation Method 4: Breathing Techniques

Breathing is one of the easiest and most powerful relaxation methods. Best of all, it can be done anywhere. Studies show that just a few seconds of deep breathing can lower adrenaline levels and heart rate. This can help during times of great stress or for maintaining a relaxed state throughout the day.

1. Inhale through the nose slowly as you count to ten (or whatever you find is a comfortable count during a calm inhalation).
2. Make sure the stomach and abdomen expand but the chest does not rise up.
3. Try to hold the breath for the same count as the inhalation.
4. Exhale through the nose slowly and completely, also to the same count.
5. At the end of your exhalation, hold for the same count before inhaling again.
6. Repeat this cycle ten times.
7. To relax the mind, concentrate fully on your breathing. Accept other thoughts as they come in, but do not focus on them.
8. As you begin, you may need to readjust your count so that it is comfortable for each of the four stages of breathing: inhalation, hold, exhalation, hold.



Name: \_\_\_\_\_

## Books

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How to Take the Grrrr Out of Anger, by Elizabeth Verdick and Marjorie Lisovskis (Minneapolis: Free Spirit Publishing, 2003).

The Kids' Guide to Working Out Conflicts, by Naomi Drew, MA (Minneapolis: Free Spirit Publishing, 2004.)

Life Lists for Teens, by Pamela Espeland (Minneapolis: Free Spirit Publishing, 2003).

The Middle School Survival Guide, by Arlene Erlbach (New York: Walker and Company, 2003).

The Relaxation and Stress Reduction Workbook, by Martha Davis, PhD, Elizabeth Robbins Eshelman and Matthew McKay, PhD (Oakland, CA: New Harbinger Publications, Inc, 2000).

Teenage Stress: A Guide for Teenagers: A Guide for Parents, by Charmaine Saunders (Bowral, New South Wales, Australia: Sally Milner Publishing, 1992).

## Websites

*GirlsHealth.gov*; [www.4girls.gov](http://www.4girls.gov)

Sponsored by the National Women's Health Information Center, this fun site covers lots of topics, like health, relationships, and your future.

*It's My Life*; <http://pbskids.org/itsmylife>

Lots of information about friends, family, school, body, and emotions, plus games, polls, and celebrity advice.

*KidsHealth.org*; [www.kidshealth.org](http://www.kidshealth.org)

This three-part website (one for parents, one for kids, and one for teens) tackles everything from body and mind to school and jobs.

*Teen Central*; [www.teencentral.net](http://www.teencentral.net)

This by teens, for teens site lets you log in with a password to share stories anonymously with other teens and work out problems.

Name: \_\_\_\_\_

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"Open Up! Writing about Trauma Reduces Stress, Aids Immunity." American Psychological Association Online, [www.psychologymatters.org/pennebaker.html](http://www.psychologymatters.org/pennebaker.html)

"Relationships-Friends and Family." National Women's Health Information Center, GirlsHealth.gov, [www.4girls.gov/relationships/index.htm](http://www.4girls.gov/relationships/index.htm)

"Stress." KidsHealth.org, [www.kidshealth.org/teen/your\\_mind/emotions/stress.html](http://www.kidshealth.org/teen/your_mind/emotions/stress.html)

"Why Am I in Such a Bad Mood?" KidsHealth.org, [www.kidshealth.org/teen/your\\_mind/emotions/bad\\_mood.html](http://www.kidshealth.org/teen/your_mind/emotions/bad_mood.html)

Name: \_\_\_\_\_

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<i>The Real Character/Real People Series: Profiles in Responsibility</i>	video/print or DVD/print
<i>The Five Life Strategies of Successful Teens</i>	video/print or DVD/print
<i>Social Skills Workshop</i>	video/print or DVD/print
<i>Surviving Peer Pressure: You Can Do It</i>	video/print or DVD/print
<i>Walk This Way: Exploring Tolerance, Diversity and Difference</i>	video/print or DVD/print

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