



The Essential Guide to Talking with Teens: Ready-to-Use Discussions for School and Youth Groups

Jean Sunde Peterson Ph.D.

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All young people need a safe, supportive place to “just talk” with caring peers and an attentive adult. Tested with thousands of teens in many kinds of schools (plus community centers, churches, and workshops), these guided discussions are proven ways to reach out to young people and address their social and emotional needs. Teens gain self-awareness and self-esteem, practice problem-solving and goal-setting, feel more in control of their lives, and learn they have much in common with each other—they are not alone. Each session is self-contained and step-by-step. Many include reproducible handouts. Introductory and background materials help even less-experienced group leaders feel prepared and secure in their role. For advising teachers, counselors, and youth workers in all kinds of school and group settings.



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