



## RESOURCE LIST:

### RESOURCES FOR TROUBLED TEENS

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*Item availability, suggested donations, and contact information are subject to change. In such cases, our staff members would be pleased to help you find appropriate alternatives and updated addresses as they are able. Inclusion on this list does not necessarily constitute endorsement of material content or organizational viewpoint by Focus on the Family. All videos are VHS format, Close Captioned (CC) where indicated. Items in kits are available separately where an item code and price are listed.*

#### BOOKS

##### **ADOLESCENCE ISN'T TERMINAL** by Dr. Kevin Leman (Tyndale House)

- BD599 • \$20 (Hardcover)

Dr. Leman has five children ages 9 to 29 and a thriving psychological practice. He knows the difference between theory and reality, and his ideas on raising teenagers really work. His trademark humor and no-holds-barred strategies will keep you confident and smiling as you do a very important job.

##### **BOOM: A GUY'S GUIDE TO GROWING UP** by Michael Ross (Focus on the Family, Tyndale)

- BL242 • \$18

Honest, straightforward, and practical, this visually appealing book tackles the issues that teen guys face - physical changes, sexuality, masturbation, pornography, money management, spiritual growth, peer pressure, friendship, relationship to parents, coping with divorce, influence by the media, Internet usage, dating and courting and more.

##### **BLOOM: A GIRL'S GUIDE TO GROWING UP** by Susie Shellenberger (Focus on the Family, Tyndale)

- BL241 • \$18

From changing bodies, to dating and sex, to relationships, school, parents, money, appearance, eating disorders, and more, teen girls will find the answers they need to understand this time in their lives and what it means to become a godly woman. Also included are a sexual purity pledge to sign, helps for coping with a divorce, and a Q-and-A section on tough issues.

##### **BROKEN: MAKING SENSE OF LIFE AFTER YOUR PARENTS' DIVORCE** by Tim Baker (NavPress)

- P00644B • \$13

Using stories from his own life, Tim Baker shares his desperate search for answers as he found himself reeling from the aftershocks of his parents' divorce. While there are no easy answers or formulas for dealing with the fallout of a failed marriage, Tim helps you discover the peace and hope found in yielding your broken self to your Ultimate Father.

##### **BULLY BUSTER SET**

- K00009K • \$8 • 2 Book Set

These resources give you the tools you need to strategically deal with bullies, recognize the signs of bullying and how you can come alongside your child to encourage them.

##### **NO MORE VICTIMS** by Frank Peretti (W Publishing Group)

- BD494 • \$3 • Trade Book

We call it teasing, saying "kids will be kids." But Frank Peretti, best-selling author and a former victim of bullying, argues that it leads to rage and humiliation that puts us all in danger. Learn how to take on the harassers and stand up for those who find themselves under attack.

##### **HELP! MY CHILD IS BEING BULLIED!** by Dr. Bill Maier (FOF/Tyndale)

- F00226B • \$6 • Paperback

If someone is intimidating and threatening your child, you can stand in the gap and offer protection with this resource to help recognize the signs of bullying, how to deal with bullies, how to help a child who is hurting and much more. Encourage your child and bring the fun back into school with this practical, balanced advice to gird against bullies.

**DAUGHTERS GONE WILD, DADS GONE CRAZY: BATTLE-TESTED TIPS FROM A FATHER AND DAUGHTER WHO SURVIVED THE TEENAGE YEARS** by Charles Stone & Heather Stone (Nelson)

• P00529B • \$14

Charles and Heather share the realities of their 6-year nightmare, in the hopes of fostering hope for the millions of families trying to survive the years from thirteen to eighteen. Replete with faith, honesty, and practicality, it offers readers nine practical lessons and provides a compass for even the worst tempests of teen rebellion.

**THE DNA OF PARENT-TEEN RELATIONSHIPS: HOW TO FORGE A STRONG AND LASTING BOND WITH YOUR TEEN** by Gary Smalley & Dr. Greg Smalley (Focus on the Family/Tyndale House)

• F00192B • \$14

Conflict is an inevitable part of any home with a teenager. Gary Smalley and his son Greg use family stories to illustrate the incredible difference honoring one another makes.

**EMOTIONS: CAN YOU TRUST THEM?** by Dr. James Dobson (Regal)

• JD012 • \$11

Emotional volatility is part of the teen experience. Dr. Dobson shares practical guidelines to help teens and their parents understand, control, and channel emotions. Topics covered include guilt, romantic love, anger, and God's will.

**EYES WIDE OPEN: AVOIDING THE HEARTBREAK OF EMOTIONAL PROMISCUITY** by Brienne Murk (Regal Books)

• P00655B • \$13

So many young people love a good romance, but the world's message that it's all about emotion and living for the moment has merely led to one broken heart after another. Brienne Murk, who's been there/done that, offers hope and common sense advice for remaining emotionally pure and avoiding the pain of giving your heart and mind too quickly.

**FACING THE FACTS: THE TRUTH ABOUT SEX AND YOU #4** by Stan & Brenna Jones (Navpress)

• K00026K • \$11

This series is designed to help parents shape their children's character, particularly in the area of sexuality. The authors believe that God intended Christian parents to be the primary sex educators of their children. (Designed for 11 to 14 years of age.)

**GIVE THEM WINGS** by Carol Kuykendall (Focus on the Family/Tyndale House)

• BL038 • \$13

Author Carol Kuykendall explains the journey from childhood to graduation including the dreaded first goodbye as your young adults leave home. Tracing her own family's experience as three children left the nest, the author helps parents let go and release their teen for what God has ahead.

**HIT BY A TON OF BRICKS: YOU'RE NOT ALONE WHEN YOUR CHILD'S ON DRUGS** by John Vawter (Family Life Publishing)

• P00786B • \$10

Under the leadership of Pastor John Vawter, parents of addicts share stories of how God has worked in their lives; addicts explain some of the reasons they turned to substances and professionals offer suggestions for understanding and overcoming your situation. Together, they assure parents: you are not alone.

**INSIDE A CUTTER'S MIND: UNDERSTANDING AND HELPING THOSE WHO SELF-INJURE** by Jerusha Clark & Dr. Earl Henslin (Navpress)

• P00523B • \$13

Millions of young people are engaging in a disturbing trend called "cutting" that points to deep, emotional problems with no easy answers. Author Jerusha Clark and Dr. Earl Henslin take on this issue to shed light and understanding to a very troubling and dark disorder, drawing from numerous interviews and research to offer hope to parents and struggling teens.

**LIFE ON THE EDGE: TIMELESS INSIGHTS FOR A NEW GENERATION** by Dr. James Dobson (Word, Inc.)

• D00004B • \$13

In this bestseller, Dr. Dobson reveals timeless truths and practical principles to clearly define the dangers those ages 16 to 26 face, as well as maneuvering skills to help them steer clear of life's "potholes."

**MOM, DAD...I'M PREGNANT** by Jayne E. Schooler (Navpress)

• P00181B • \$14

What do you do when the words you never wanted to hear from your unmarried teen pierce your soul?

**"MOM, I HATE MY LIFE!"** by Sharon A. Hersh (Shaw Books)

• P00092B • \$14

The storms of adolescence can easily drive a wedge between you and your daughter. Learn how to fortify your relationship in four major areas. The book also contains sections of questions and practical exercises for mothers individually and for use with their daughters.

**MY TRUTH, YOUR TRUTH, WHOSE TRUTH?** by Randy Peterson (Focus on the Family book published by Tyndale)

• BL130 • \$11

This book is designed to prepare teens to respond persuasively to moral and ethical issues such as drug use, lying, integrity, dating, cheating, plagiarism, discrimination, evolution, doubt, backsliding, faith, guidance, premarital sex, homosexuality, and ultimate purpose in life.

**NO MORE BULLIES** by Frank Peretti (W Publishing)

• P00089B • \$13

The painful fellowship of those who have been bullied crosses gender, socioeconomic, educational and ethnic lines. Best-selling author Frank Peretti tells his own story and shows us the way to heal these invisible, but crippling wounds.

**PARENTING ISN'T FOR COWARDS** by Dr. James Dobson (Word, Inc.)

• BK747 • \$13

This book addresses today's parental "crisis of confidence" and gives specific advice to frustrated parents on the contest of wills between parent and child, the perils of adolescence, parental burnout, and how to meet the special needs of both strong-willed and compliant children.

**PARENTS GUIDE TO THE SPIRITUAL MENTORING OF TEENS** (Focus on the Family/Tyndale House)

• BL141 • \$20

This book seeks to help parents show their teens how to integrate faith in God with everyday life. Solid, proven advice and techniques will enable parents to succeed in the changing parent-teen relationship and ignite in their children the passion to become wholehearted disciples.

**PARENTS GUIDE TO TEEN HEALTH: RAISING PHYSICALLY AND EMOTIONALLY HEALTHY TEENS** by Dr. Paul C. Reisser (FOF/Tyndale)

• BL182 • \$15

This book focuses on the physical and emotional health of teenagers. Topics range from "Understanding the Hearts and Minds of Teens," "Parental Survival Skills," "Conflict within the Family," to "Recognizing Depression and Preventing Suicide in Adolescents."

**PREPARING FOR ADOLESCENCE: HOW TO SURVIVE THE COMING YEARS OF CHANGE** by Dr. James Dobson (Gospel Light)

• BK089 • \$12

Dr. Dobson delivers a powerful message to adolescents, helping them understand the challenges of their teen years. They'll discover how to develop self-confidence, handle peer pressure, understand physical changes, make sound decisions, and learn the truth about real romantic love.

**PURE EXCITEMENT** by Joe White (Focus on the Family/Tyndale House)

• BL528 • \$13

Joe White addresses every aspect of God's plan for sex, love and dating. This book candidly equips teens to make smart choices now to experience God's best for their lives. Even if mistakes have been made, Joe's message is not about hopelessness; it's about genuine love.

**SECRET POWER FOR GIRLS: IDENTITY, SECURITY, AND SELF-RESPECT IN TROUBLING TIMES** by Susie Shellenberger (Zondervan)

• BD795 • \$10

This book hits the huge questions of self-esteem, posing questions and discussing answers through a biblical perspective. Dialogs, true stories, checklists and puzzles lead the way to developing purity, talents and interests. The snares of drugs, sex, anger and rebellion are also discussed. Some material may not be appropriate for younger teens.

**STICKING WITH YOUR TEEN: HOW TO KEEP FROM COMING UNGLUED NO MATTER WHAT** by Joe White and Lissa Halls Johnson (Focus on the Family/Tyndale)

• F00231B • \$14

Learn how to hang in there during the teen years. This encouraging resource by renowned youth expert Joe White will give you the tools to take an honest look at the way you parent, give you practical ways to get closer to your son or daughter, and help you understand why teens turn distant and defiant.

**STRESSED OR DEPRESSED** by Dr. Arch Hart and Dr. Catherine Hart Weber (Integrity Publishers)

• P00558B • \$20

This book offers parents guidance to steer their teens through this tough time in life, recognize the signs of depression and know how and when to respond to get help. Doctors Arch Hart and Catherine Hart Weber provide their expert advice so parents can feel comfortable to come alongside their teen and be a place of support.

**WHEN GOOD KIDS MAKE BAD CHOICES** by Elyse Fitzpatrick, Jim Newheiser, & Dr. Laura Hendrickson

• P00270B • \$12

Having a child reject your cherished spiritual beliefs is one of life's most painful events. Be encouraged by those who share from personal experience and from God's Word how to maintain hope, prevent more rebellion, overcome a house divided and explore options for dealing with the worst problems.

**WHEN YOUR TEEN IS STRUGGLING: REAL HOPE AND PRACTICAL HELPS FOR PARENTS TODAY** by Mark

Gregston (Harvest House)

• P00739B • \$13

When a teen is struggling, it's important to know why in order to provide help in a positive way. Here is tested advice on how to look beyond the bad behavior to the heart of the problems and overcome them as a family

**WHY CHRISTIAN KIDS REBEL** by Tim Kimmel (W Publishing)

• P00112B • \$15

This book offers advice to parents whose children rebel against their spiritual lifestyle.

**WILD CHILD, WAITING MOM: FINDING HOPE IN THE MIDST OF HEARTACHE** by Karilee Hayden and Wendi Hayden

English (Focus on the Family)

• F00234B • \$15

For ten years, starting with getting pregnant at 16, Wendi Hayden English turned away from the values and love she had learned in her solid Christian family. But in the midst of it all, God brought her mother, Karilee, an unshakable gift of hope that enabled her to pray for and love her daughter until Wendi came to the end of herself and learned the power of redemption.

*CDs, TAPES*

**"A Message to Teens About Sex"** (Fran Sciacca)

• CD088 • \$9

In straightforward honesty, Fran Sciacca focuses on guy-girl relationships. His theme is that the relationships teens have never outlive the consequences of the things they do.

**"Dad, I'm Pregnant"** I, II (Anonymous guest, Dr. James Dobson)

• CD126 • \$9

A pastor describes how his family dealt with his teen-age daughter's pregnancy and what led them to put the baby up for adoption.

**"Fathering the Prodigal Child"** I, II (Dr. Charles Stone, Mrs. Heather Anderson, Jim Daly, Dr. James Dobson, Dr. Bill Maier)

• B01154D • \$9

Heather Anderson was a straight-A student and the "perfect" pastor's kid. But when she turned 13, everything changed. She used drugs and became physically involved with boys. Heather (now grown) and her father Charles offer hope to parents of prodigal children. Our guests discuss the reasons for teen rebellion and reveal how their family experienced healing and restoration.

**"Fighting Satan in Today's World"** I-III (panel, Dr. James Dobson)

• CS526 • \$9

This program is an overview of Satanism and its lure for teens. The panel also discusses eleven steps for parents of rebellious or demonized children.

**"God Made Us a Family"** I-III (Dick Gauch)

• CD087 • \$9

Money, power, success – to an outsider, Dick Gauch's life was the American dream. But behind closed doors, Gauch's family was disintegrating as two of his children developed serious drug problems and his marriage nearly collapsed under the strain. Gauch recalls how he sank to his lowest point and how his desperation drove him to God. His story demonstrates that even families on the brink of destruction can be restored.

**"Help Your Children Resist Drugs"** I, II (Stephen Arterburn, Jim Burns, Dr. James Dobson)

• CS493 • \$9

This program is aimed at families worried about their children growing up in the drug culture. The guests talk about the resurgence of methamphetamines and LSD and share some ways to prevent children from becoming involved in drug use.

**"How to Help Your Hurting Teen"** I, II (Archibald Hart & Catherine Hart Weber)

• B01162D • \$9

Dr. Arch Hart and his daughter discuss the increased incidence of stress and depression in teenagers, which can occur in any home. Parents need to encourage their children to avoid dark elements in our culture and to look at their potential and worth in the sight of God. Teens want meaning and hope and the only lasting hope is in a relationship with Jesus Christ, who provides the ultimate safe haven of salvation and eternity with Him.

**"Learning to Let Go" I, II** (Carol Kuykendall, Dr. James Dobson)

- CS270 • \$9

The discussion centers around Carol's book, *Learning to Let Go*, which covers the various stages of childhood and the need for parents to let go at each stage. They also address the dynamics and emotions involved in releasing one's children in stages from childhood through adulthood.

**"Love Healed My Wounds"** (Dave Roeber)

- CD046 • \$9

Dave Roeber went off to fight in Vietnam – leaving behind his new bride, Brenda. After a grenade explosion left him terribly disfigured, Dave tried to commit suicide, assuming he was no longer lovable. But Brenda showed him true love upon his return. Dave tells teens what's important in life.

**"Nurturing Your Teen's Spiritual Life" I, II** (Joe White, Jim Weidmann, Dr. James Dobson)

- CT400 • \$9

Jim Weidmann and Joe White prepare parents to spiritually lead their children through the teen years, finding confidence and hope to help their teens develop an authentic, vibrant Christian faith.

**"Parenting: Facts and Fiction" I, II** (Dr. David Jeremiah, Dr. James Dobson)

- CS466 • \$9

Drs. James Dobson and David Jeremiah discuss several common myths of parenting taken from David's book, *Exposing The Myths Of Parenthood* including: 1) "Good Parents Don't Have Trouble With Their Kids." 2) "When They're Grown, They're On Their Own." 3) "To Be Loved, Is Not Necessarily To Feel Loved." 4) "Teens Are Trouble."

**"Parenting Isn't for Cowards" I-IX** (Dr. James Dobson)

- CS368 • \$27 • 3 Cassette Set
- CD041 • \$27 • 3 CD Set

Dr. Dobson discusses his book *Parenting Isn't For Cowards*. He offers specific advice to frustrated mothers and fathers on several child-raising issues, including the perils of adolescence and parental burnout.

**"Parenting Through the Tough Times"** (Jim Burns, Steve Arterburn, Dr. James Dobson)

- CS727 • \$9

Pre-recorded stories are played of Jim Burns and Steven Arterburn working with teens during difficult times, including attempted suicide, bulimia, rape, and rebellion. **"Parents In Pain"** (Dr. John White, Dr. James Dobson) This discussion, based on Dr. John White's personal story of his son's involvement in drugs, is excellent encouragement for parents of problem kids.

**"Questions Teens Ask" I-III** (Marilee Pierce Dunker, Dr. James Dobson)

- CD140 • \$9

Dr. James Dobson answers forthright questions on virginity, abstinence, petting, dating, arguments against premarital sex, shyness, communication, staying close to God, the stages of marital bonding, date rape, intimacy, incest, when to begin dating, and more.

**"Rebellious Teenagers" I-III** (Raul Ries, Mike MacIntosh, Franklin Graham)

- CD180 • \$9

Raul Ries, Franklin Graham, and Mike MacIntosh look back on their rebellious teen years and tell what turned them around. They describe how they perceive rebellious teens today, parental responses to rebellion, the need for prayer, problems with latchkey kids, universality of teen rebellion, and the mental tug-of-war. They give advice to angry teens and to youth ministers.

**"Smart Girls Don't and Guys Don't Either"** (Dr. Kevin Leman, Dr. James Dobson)

- CD184 • \$9

Dr. Kevin Leman discusses how to relate to teens and how to prepare an adolescent for the teen years.

**"Straight Talk to Teens About Sex"** (Dr. Joe White)

- B01018D • \$9

Joe White talks to teens about the physical, emotional and spiritual dangers of engaging in sex outside of marriage. In addition, some teens share about the negative consequences they've experienced as a result of submitting to sexual peer pressure.

**"Teen Sexuality" I-III** (Panel, Dr. James Dobson)

- CS403 • \$27 • 3 Cassette Set

With biblical directness, compassion and solid information, Dr. Dobson answers teen questions about sexual temptation and involvement outside of marriage, responds to comments from hurting kids, demolishes popular myths and gives solid recommendations to young girls for protecting themselves. Parents also receive tips for talking to their teens.

**"Teens at the Crossroads" I, II** (Gordon McLean, William "Blinky" Rodriguez, Dr. James Dobson)

• CS956 • \$9

This program features a discussion of teens and gangs. Both guests share about their ministries to gangs and the importance of parental involvement in children's lives. They also discuss ways to keep kids out of gangs, different types of gangs, gang lifestyle and the media's influence.

**"Teens in Crisis" I, II** (Dr. Joe White, Dr. James Dobson)

• CS852 • \$9

Dr. Joe White talks about four major barricades keeping teens from experiencing the grace of God. With the help and guidance of a caring adult, these teens can make it through safely without giving in to peer pressure, drugs and other pitfalls of the world.

**"Teens in Crisis: Why Parents Matter" I, II** (Panel, Susie Shellenberger, Steve Russo)

• B00020D • \$9 • CD

This discussion centers on modern teens are up against, how parents can know if their child is depressed, and how they can better connect with their teen. The series closes with a gripping testimony of parents whose teenage son committed suicide.

**"Thirsting for Wholeness"** (Carol Anderson, Dr. James Dobson)

• CD260 • \$9

Carol Anderson tells an audience of college girls about her struggle with anorexia and bulimia, and how she found a solution to her eating disorders through Jesus Christ.

**"Too Big to Spank" I, II** (Dr. Jay Kesler)

• CS127 • \$9

This broadcast features a prerecorded message by Dr. Jay Kesler who explores ways that parents can discipline and guide their teenage children effectively. Jay gives parents some insights into the teenage world by elaborating on the four preoccupations of adolescents.

**"Toughlove" I, II** (Phyllis and David York, Dr. James Dobson)

• CS501 • \$9

David and Phyllis York, founders of Toughlove International, share about the difficult times they experienced with their daughter, what they would have changed looking back, and how to deal firmly with rebellious children while maintaining a loving relationship.

**"Troubled Teens"** (Dr. Bill Maier, Rev. C. Edward Shipman, Gary Behler)

• CT403 • \$9

The guests on this broadcast highlight two unique residential programs for troubled teens and assert that though security, predictability, love, time and structure are important, the spiritual dimension is the key ingredient that makes their programs successful.

**"Why Purity Matters" I, II** (Dr. Joe White)

• CD172 • \$9

The former host of "LOTE Live" discusses the importance of sexual purity to an audience of teens. Using five chairs, he illustrates who will be affected by their choices regarding purity: future spouse, future children, Jesus, future spouse of their present girlfriend, and themselves. It's never too late to decide on sexual purity.

**"With Love to Hurting Teens" I, II** (Guy Doud)

• CD048 • \$9

Guy Doud discusses how to encourage teens to open up and ask for help. He emphasizes the importance of serving others and the urgent need to reach out with a message of God's help and hope for your teen.

**"Wounded Hearts"** (Frank Peretti)

• CD053 • \$9

Sharing the emotional pain and inferior feelings he endured as a child, best-selling author Frank Peretti speaks from his heart to teens and parents. He ties the emotional scars children have to their wounded spirits and ultimately to their fascination with violence. Peretti clearly addresses those who are wounded, those who inflict wounds, and those who struggle with both issues, urging everyone to live a life of purpose and nobility.

**VIDEOTAPES, DVDs**

**"Life on the Edge Video #6: When God Doesn't Make Sense"** by Dr. James Dobson (Focus on the Family)

- VI155 • \$20 • 49 minutes • {CC}

It'd be nice if things happened in such a way that we could see the reason behind each circumstance, but our God is mysterious, and the things we experience often seem chaotic or random. This video will help you see even the most difficult things from God's perspective. Recommended for ages 16 to 26.

**"Life on the Edge Video #7: Pornography: Addictive, Progressive and Deadly"** by Dr. James Dobson (Focus on the Family)

- VI156 • \$20 • 47 minutes • {CC}

In this eye-opening release, discover how quickly an addiction to porn can turn destructive and hear how it escalated Ted Bundy's desire for increasingly vile and violent images to maintain the same "thrill". Recommended for ages 16 to 26.

**"No Apologies...The Truth about Life, Love, and Sex"** (Focus on the Family/Tyndale House)

- VI829 • \$20 • 35 minutes • {CC}

Teens get the facts about sex and the importance of purity in this exciting release. Highlighting abstinence as the only true "safe sex," it's a powerful, hope-filled expose that delivers an unforgettable message about strength, courage and character.

**BOOKLETS**

**"Dare to Dig Deeper Series"**

**"Against My Will: Preventing and Coping with Date Rape"** by Dr. Paul C. Reisser & Terri K. Reisser

- YC123 • \$1.25

This booklet addresses the issues of sexual pressure and rape. Sadly, rape is one crime that is sorely underreported and carries a stigma for its survivors. Discover ways to prevent date rape, signs that you could be in danger, and if you or someone you know has been a victim of rape, find hope.

**"Amy and Jason, Two True Stories Exposing the Truth about Gender Identity"** by Focus on the Family

- YC068 • \$1.25

This pocket-sized booklet features the testimonies of Amy Tracy and Jason Thompson who left the homosexual lifestyle.

**"Beyond Appearances: The Truth about Eating Disorders"** by Focus on the Family

- YC027 • \$1.25

Written for teens, this booklet offers tips for recognizing and preventing eating disorders such as anorexia and bulimia.

**"Breaking the Spell: The Hidden Traps of Wicca"** by Catherine Edwards Sanders

- YC090 • \$1.25

This booklet is designed to help teens discover the truth about Wicca, what its followers believe, and how it is at odds with God's Word.

**"Crossing the Line: The Power of Sexual Thoughts"** by Focus on the Family (Focus on the Family)

- YC074 • \$1.25

Everywhere you look it's there: the temptation to have sex. Two teen guys share their choices – good and bad – to help you resist the pull of the world and be the pure, godly man you (and your future wife!) want you to be.

**"Forever: Sex Without Regrets"** by Focus on the Family

- YC073 • \$1.25

This booklet for teen girls chronicles the story of Jane and Sarah, two girls who seemed to have the same things going for them. One, however, chooses abstinence and the other does not; the differences in their futures are made clear. Also included in the booklet are examples of how to tell the difference between love and infatuation.

**"Friends: Developing Relationships that Last"** by Sheryl DeWitt

- YC077 • \$1.25

This booklet asserts that God made us to desire fellowship and provides advice on how to develop relationships that last. It also provides suggestions for how to begin friendships and what to look for in a friend.

**"The New Rage: Violence in the Media"** by Focus on the Family

- YC015 • \$1.25

Violence in television, movies, rap and rock music contributes to violent crime in our society. Suggestions for writing to sponsors, editors, and network executives are given as well thoughts regarding viewing and listening habits.

**"Now What? The Next Step With God"** by Focus on the Family

• YC095 • \$1.25

This booklet will help you master the basics of the Christian life: your position in Christ, the Bible, prayer, the body of Christ, and the struggle with doubt.

**"Soul Food: Which Nature Are You Feeding?"** by Bob Smithouser

• YC021 • \$1.25

This booklet shows teens how to fill their lives with activities that will feed the spirit rather than the flesh.

**"Ultimate Truth: Discovering Absolutes in a "Whatever" World"** by Lindy Beam

• YC079 • \$1.25

The booklet's purpose is to equip young people with the knowledge of absolute truth. It explains how the world turned to depending on science instead of faith to determine truth.

**"What's the Alternative?"** by Focus on the Family

• YC026 • \$1.25

An alternative to suicide is offered to teens by encouraging them to seek Christ to fill the longing inside for acceptance and meaning.

**"What's Up With Today's Entertainment? Separating Trash from Treasure"** by Focus on the Family

• YC083 • \$1.25

Citing specific TV series and characters, the authors of this booklet expose the materialistic, relativistic lifestyles portrayed on television that bear little resemblance to life in the real world. The prevalence of violence, homosexuality and promiscuity are also discussed.

**"4 Parents and Teens: Common Ground: A Relationship-Building Workbook for Teens & Parents"** by Focus on the Family

• YC031 • \$3.00

Parents and teens can deepen their relationships and strengthen communication by using the activities suggested in this booklet.

**"How to Keep the Lines of Communication Open with Your Teenager"** by Dr. James Dobson

• LF046 • \$.35

Dr. Dobson explains the ineffectiveness of nagging and suggests positive ways that parents can deal with rebellion.

**"Parenting with Confidence"** by Dr. James Dobson

• LF162 • \$.35

This booklet is organized in a Q/A format with questions about child rearing which cover the following topics: 1) Proverbs 22:6 - "Train up a child in the way he should go, and when he is old, he will not depart from it." 2) acting out; 3) acting out in public; 4) homework; 5) discipline of teens; 7) newborns coming into the world with a "blank slate" or complex temperament; 8) regret or guilt over failure as parents

**"Questions Parents Ask about Discipline"** by Dr. James Dobson

• LF011 • \$.35

Dr. Dobson recommends simple principles to help parents respond to discipline problems in a way that will encourage the development of healthy, responsible children. Topics covered include: misbehavior in public places, defiant behavior, spanking, permissiveness, manners, setting limits, "battered child" syndrome, defiance, corporal punishment and strong willed toddlers, the divorced parent and discipline

**"Resolving Conflict"** by Josh McDowell

• LF103 • \$.35

Looking at God's model for resolving difficulties, this booklet lists specific attitudes and actions that can heal a troubled relationship. It stresses the importance of working out problems immediately, before they grow into solid barriers between loved ones.

**"Sex and Singles: Reasons to Wait"** by Dr. Paul C. Reisser

• LF195 • \$.35

Dr. Paul Reisser discusses the emotional and physical reasons for saving sex until marriage, including the dangers of various sexually transmitted diseases. He contrasts the emotional experience of extramarital sex with the marital experience and offers practical ways to avoid involvement until marriage.

**"Woman of Influence: How to Pray for Your Children"** by Jean Fleming

• LF068 • \$.35

This booklet suggests ways to utilize available time to transform rushed prayer into more meaningful intercession. The author draws from personal experience and biblical and historical examples of godly women, describes practical aspects of prayer, and suggests how a Christian mother can most strongly influence the lives of her children

## MAGAZINES

### **Breakaway**

- TMSUB • \$18 per year

This monthly magazine for teen boys, age 12 and older, is written in a language young people understand and is designed to look like the magazines teenagers are used to reading. It focuses on issues important to teen guys, including spiritual growth, dating, friendships, sports and much, much more.

### **Brio**

- TFSUB • \$22 per year

This monthly magazine for teen girls, age 12 and older, is written in a language young people understand and is designed to look like the magazines teenagers are used to reading. It focuses on issues of interest to teen girls, including, spiritual growth, dating, friendship, missions, beauty and fashion.

### **Brio and Beyond**

- TSSUB • \$22 per year

*Brio and Beyond* is a segment of *Brio*, which contains articles and information that will meet the needs of 16- to 21-year-old girls.

### **Plugged In**

- PGSUB • \$24

This monthly publication is designed to assist parents and youth workers in confronting today's trends in music and media. It contains timely reviews of CD's, films, and videos as well as thought-provoking commentary.

## MISCELLANEOUS

### **DAD, IF YOU ONLY KNEW PACK** by Josh Weidmann & Jim Weidmann

- K00030K • \$18 • Set includes 1 paperback, 1 CD

Father and son Jim and Josh Weidmann share insight on what sons want their fathers to know that will help develop a deep, thriving father-son relationship in this special broadcast and book set.

#### **DAD, IF YOU ONLY KNEW: 8 THINGS TEENS WANT TO TELL THEIR FATHERS (BUT DON'T)** by Josh Weidmann & Jim Weidmann (Multnomah)

- P00316B • \$13

Teens line up in droves to talk to Josh when he speaks to them, and their overriding theme is how much they need their dads. But because communication with dads can be awkward, they probably haven't told you the things they wish you automatically knew. Learn eight keys to establish and maintain a healthy father-teen relationship.

#### **"What Every Dad Should Know" I, II** (Josh Weidmann, Dr. Bill Maier, & Dr. Julianna Slattery)

- B01034D • \$9 • CD

Josh and Bill and Juli offer practical advice on how to meet—verbally and practically—teens' need for assurance that they are loved by their dads.

### **Breakaway**

<http://www.Breakawaymag.com>

Like the magazine by the same name, this site is dedicated to addressing the uniquely modern realities of life for teen guys. The site offers a wide array of insightful articles on everything from relationship struggles, sexuality, esteem problems, standing up to peer pressure, to exposing the lies of dangerous modern philosophies like relativism.

### **Brio**

<http://www.briomag.com>

Brio offers the same resources, but for teen girls. Issues more unique to the teen girl experience are also addressed, including eating disorders and fashion and beauty concerns from a Godly point-of-view.

### **Focus on the Family "Frequently Asked Questions" and "Hot Topics"**

<http://www.family.org>

These are special sections of the Focus on the Family Web site that seek to address concerns common to many of our friends and supporters. Several of the FAQs and Hot Topics sections address specific concerns related to parents with troubled teens.

**"Hurting Beyond Words" The Silent Agony of Self-Injury**" by Rachel Nelson

<http://www.briomag.com/PDF/HurtingBeyond.pdf>

If you or a friend are cutting or using some other form of self-injury as a release for all that may be bottled up inside, this booklet will show you the way out. Here you will find truth and hope and practical steps that will help stop the self-abuse and begin the healing from the inside out.

**Plugged In**

<http://www.pluggedinonline.com>

Like the magazine by the same title, this site is for parents who need assistance threading their way through the confusing maze of today's youth culture, including music, media, and other forms of entertainment. As an added bonus, pluggedinonline features special music, television program, and movie review archives containing in-depth critiques that, among other things, address chart action, positive themes, and objectionable content of albums, as well as an advisory for Christian listeners.

**TroubledWith.com**

<http://www.troubledwith.com>

TroubledWith.com is a collection of articles, resources and referrals organized by topic around family issues and concerns. The goal is to help families by providing complete coverage of issues like parent/teen struggles. These topical sub-sites include a brief introduction to each topic, an overview of the issue at hand, Q&A with experts and tips for making things better.

***REFERRALS***

***Focus on the Family Counseling Line***

If you are experiencing challenges with a child, or any other concern, Focus on the Family offers a free phone counseling consultation with a licensed counselor or chaplain. Call 800/A-FAMILY (232-6459), Monday thru Friday, 8 AM to 4:30 PM MST. We may need to call you back, but we would love to speak with you and direct you toward some local resources if further help is needed.

***Residential Placement***

Please feel free to call the Focus on the Family Counseling Department 800/A-FAMILY (232-6459) to discuss residential options for your child. Focus on the Family does not recommend specific RTC programs, as a new director can change much about a program, but we can give you some names to contact that may help you in your search. Often, it is wise to begin with counseling for your child or family before pursuing a residential option. If you need the name of a Christian therapist in your area, please contact us as well at the same number.

***Teen Camps***

In situations that do not require a residential treatment program, an option that might be considered is a short-term Christian camp setting. Teens sometimes respond well to a new environment and are positively impacted by the spiritual and recreational opportunities offered by this situation. Though Focus on the Family does not endorse particular camps, you could look into options represented through the Christian Camp and Conference Association. They offer listings for both general and therapeutic camps, and they can be contacted by writing to P.O. Box 62189, Colorado Springs, CO 80962-2189. The phone number is 719/260-9400; their e-mail address is [cciusa@cciusa.org](mailto:cciusa@cciusa.org); and their Web site can be accessed at [www.ccca.org](http://www.ccca.org).

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*From the time we receive your request, please allow 7 to 10 days for delivery of resources (2 or 3 weeks for magazine memberships) in the continental United States. The Internal Revenue Code permits you to deduct the amount you give to Focus on the Family that goes beyond the value of materials we send you. To help you determine the tax-deductible portion of your gift, we'll show on your receipt the fair market value, along with the total gift amount. Please note that suggested donations do not necessarily reflect the fair market values.*