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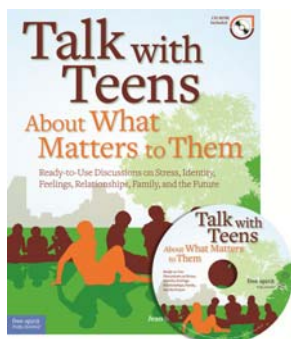
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**TALK WITH TEENS ABOUT WHAT
MATTERS TO THEM:
READY-TO-USE DISCUSSIONS ON
STRESS, IDENTITY, FEELINGS,
RELATIONSHIPS, FAMILY, AND
THE FUTURE**

by **Jean Sunde Peterson,
Ph.D.**

Seventy-five self-contained,
step-by-step guided
discussions to use in teen
discussion groups. Tested
with thousands of teens,
this book provides proven
ways to reach out to young
people.

Get Teens Talking About What's Really Important in Their Lives

Minneapolis, MN—Yes, teens may prefer texting, but all young people need a safe, supportive place to “just talk”—to share feelings, problems, hopes, frustrations, and dreams with peers who care and adults who really listen. They need someone to talk with. They need affirmation. They need to have their feelings and experiences validated.

TALK WITH TEENS ABOUT WHAT MATTERS TO THEM (Free Spirit Publishing, \$39.99) can help any adult bring teens together for group discussions and get them talking to each other about things that matter in their lives. With 75 guided discussions, reproducible handouts, and introductory and background materials, any caring adult can learn to facilitate interesting, meaningful, interactive dialogue with teenagers—including students at risk of dropping out of school, underachievers, gifted students, and other special populations.

“Having facilitated more than 1,600 small-group sessions with adolescents, I am more convinced than ever that all young people can benefit greatly from small-group discussion focused on growing up,” says author Jean Sunde Peterson. **TALK WITH TEENS ABOUT WHAT MATTERS TO THEM** is based on Peterson’s wide-ranging experience and has been tested with thousands of teens in diverse settings. “Teens are more resilient than most adults may think,” Peterson notes, “but they need information, freedom to ask basic or awkward questions, skill in emotional expression, and opportunities to develop social skills that may not have been modeled by the adults in their lives. Well-facilitated group discussions can do all of that.”

The benefits of well-guided teen group discussion go beyond better self-awareness and camaraderie. In the current era of accountability, small-group work may be viewed as a strategy for improving student learning. As group members gain improved social skills through interacting with each other, they minimize the social discomfort that often contributes to, and is exacerbated by, poor functioning in school.

Each self-contained session includes a topic for discussion (stress, identity, feelings, relationships, family, and the future), background information on the topic, and objectives for the session. Reproducible worksheets are included in the book and on the accompanying CD-ROM. Provocative questions and interactive activities help get conversations started. Throughout are suggestions, tips, and ideas for facilitators so even the most inexperienced group leaders will feel confident and get results.

**Meets the American School Counselor Association’s national standards for
academic, career, and personal/social development.**

For
immediate
release

**TALK WITH TEENS ABOUT WHAT MATTERS TO THEM:
READY-TO-USE DISCUSSIONS ON STRESS, IDENTITY, FEELINGS,
RELATIONSHIPS, FAMILY, AND THE FUTURE
BOOK WITH CD-ROM**

By Jean Sunde Peterson, Ph.D.

- ISBN 978-1-57542-384-5 • \$39.99 • Softcover • 8½" x 11" • 288 pp.
● For advising teachers, counselors, youth workers, and parents of teens,
grades 7–12 ● CD-ROM includes 28 reproducible handouts



About the author

Jean Sunde Peterson, Ph.D., is a professor in Purdue University's Department of Educational Studies, where she directs school counselor preparation. A licensed mental health counselor, she conducts workshops on small-group work with children and adolescents, academic underachievement, bullying, high-ability students' social and emotional development, and more. She lives in Lafayette, Indiana.



**About Free Spirit Publishing (www.freespirit.com)
Meeting kids' social, emotional, and educational needs since 1983**

Headquartered in Minneapolis, Minnesota, Free Spirit is the leading publisher of learning tools that support young people's social-emotional health and their educational needs. Free Spirit's mission is to help children and teens think for themselves, succeed in life, and make a difference in the world.