Becoming 13
https://libraries.phsa.ca/permalink/catalog110770
http://www.nfb.ca/film/becoming_13
King, Victoria (Writer and Director), Jacman, Lawrence (Ed.). Canada: Girl Culture Productions; National Film Board of Canada, 2006. (Video) — 1 copy, 1 available

Over the course of a year, filmmaker Victoria King follows the complex lives of three very different 12-year-old girls: Avi, Jazmine, and Jane. This documentary explores that increasingly intimidating terrain, following three 12-year-olds on their bumpy journeys into their futures. Ultimately, the …

Beyond the big talk: Every parent’s guide to raising sexually healthy teens - from middle school to high school and beyond
https://libraries.phsa.ca/permalink/catalog104733

Educating teens about sexuality is an important parental responsibility that involves more than simply giving teens a book about sex or having a single big talk. It is an ongoing process, with parents listening to teens and remembering their own adolescence and sexual awakening. Examining issues ra…

"But I'm almost 13!": An action plan for raising a responsible adolescent
https://libraries.phsa.ca/permalink/catalog113884

The overwhelming majority of adolescent health problems today result not from physical disease, but from worrisome behavior. If parents take action early before teen rebellion kicks in, most of these problems are preventable. Dr. Ken Ginsburg offers a positive action plan for parents of preteens. P…
But nobody told me I'd ever have to leave home: From toddlers to teens: How parents can raise children to become capable adults

https://libraries.phsa.ca/permalink/catalog111459


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GL 800 LYN 2005

"Covering all stages in a child's life, from toddlers to teenagers and their postsecondary years, this book offers practical advice to parents that will help their children develop into capable, independent adults. This resource examines a parent's influence over a child's playtime, temperament, fr…"

Dear mom: Everything your teenage daughter wants you to know but will never tell you

https://libraries.phsa.ca/permalink/catalog112421


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GL 450 CAR 2009

"Raising a teen daughter can be like trying to chart a course underwater. You can drown in an ocean of one-word answers, defensive conversations, and unpredictable outbursts, and never get anywhere. Popular teen girls' novelist Melody Carlson helps you cut through murky, deep, uncharted and seemingl…"

Get out of my life, but first could you take me and Cheryl to the mall? A parent's guide to the new teenager

https://libraries.phsa.ca/permalink/catalog104378


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GL 450 WOL 2002

"Offers assistance and advice for living with and raising teens in a loving and compassionate manner. He describes psychological rules that dictate teenage behavior--best of all, he doesn't overlook the humor in the teenage years. Gives reasonable options for resolving conflict."
How to talk so teens will listen & listen so teens will talk
https://libraries.phsa.ca/permalink/catalog112011
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GL 450 FAB 2005

"This down-to-earth guide provides parents with an approach for maintaining a candid, open, mutually respectful dialogue with their teens. They cover how to: listen and respond helpfully to your teenager's concerns; express your irritation or anger without being hurtful; take action without punishin…"

It's like this: How young people and their parents deal with cancer
https://libraries.phsa.ca/permalink/catalog112172
The Australian Organisation for Young People Living with Cancer. Sydney, Australia: CanTeen, 2010. (Video) — 2 copies, 2 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: YOUTH FE 250 ITS 2010

"This DVD is produced for parents of young people to give an understanding of the experience of living with cancer as an adolescent and young adult. It explores the whole range of cancer experiences, including that of bereavement, from the perspective of a young person who is either a patient, a sib…"

Letting go with love and confidence: Raising responsible, resilient, self-sufficient teens in the 21st century
https://libraries.phsa.ca/permalink/catalog112872
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GL 450 GIN 2011

"A parenting guide to adolescence - a sensible and considerate resource for navigating your teen to adulthood, transforming a traditional time of strife into an opportunity for positive growth for both you and your child. Letting Go with Love and Confidence is filled with the latest findings on suc…
Love and Logic parenting

https://libraries.phsa.ca/permalink/catalog111401

Love and Logic Institute. Golden, CO: Love and Logic Institute , 2010. (Online)

Audience: Patient or Public
Agency: BC Children’s and Women’s
URL Notes: Click on the link above to view.

"Website provides simple and practical techniques to help parents with kids of all ages and has free resources for Parents that include: ; Video Clips & Podcasts: ; Articles for Parents with Kids Birth through Six ; Articles for Parents with Kids Seven Through Twelve ; Articles for Parents with Teen…"

Loving your teenage daughter (whether she likes it or not): The complete insider's guide for moms

https://libraries.phsa.ca/permalink/catalog104713


Audience: Patient or Public
Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: GL 450 ALE 2001

"Drawing on detailed interviews, this book offers specific strategies for handling conflicts and power struggles, bolstering a daughter's self-esteem, and coping with problems. The author uses sample dialogues, exercises, and activities to take the terror out of talking about topics such as dating,…"

Making sense of adolescence

https://libraries.phsa.ca/permalink/catalog113066


Audience: Patient or Public
Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: GL 540 NEU 2007

"This course is designed to be used by parents, grandparents, teachers, administrators, professionals - anyone who desires to make sense of adolescence. Dr. Neufeld helps shed light into this often dark and confusing time. He gives both the tools and the eyes to see an adolescent through the journe…"
My feelings, my self: Lynda Madaras' growing-up guide for girls
https://libraries.phsa.ca/permalink/catalog103177
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: YOUTH CF 200 MAD 1993

"Text, quizzes, exercises and letters are used to present information about relationships with family and friends, self awareness and peer pressure. There are chapters on communication skills and problem solving.

Queen bees and wannabes: Helping your daughter survive cliques, gossip, boyfriends and other realities of adolescence
https://libraries.phsa.ca/permalink/catalog104698
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GL 450 WIS 2002

"This book explains the inner workings of teen culture and teaches parents, educators, and peers how to respond. Gives an overview of the common patterns of aggressive teen girl behavior with an increased focus on a parent-teacher audience, offering valuable practical advice, including how to talk a…

Sexy INC.: Our children under influence
https://libraries.phsa.ca/permalink/catalog110767
http://www.nfb.ca/film/sexy_inc
Bissonnette, Sophie(Writer & Director), Bergeron, Patricia (Producer). Canada: National Film Board of Canada , 2007. (Online) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GA 100 BIS 2007
URL Notes: Click on link above to view streaming video on-line.

"This documentary looks at the hypersexualization of our environment and its negative effects on young people. Examples are used from advertising and the media to show how stereotypes are created which are potentially damaging to young people's development."
Surviving your adolescents: How to manage-and let go of-your 13- to 18-year-olds
https://libraries.phsa.ca/permalink/catalog109003
Phelan, Thomas W. Glen Ellyn, IL: ParentMagic, Inc. , 2004. (Video) — 1 copy, 1 available
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GL 450 PHE 2004

"This DVD features: What is normal adolescent behavior; How to manage teenage risk-taking; Exactly what problems require your "letting go"; ; The Four Cardinal Sins (What not to do); The relationship between parent/teen communication and safety; ; The five ways to improve your relationship; What rol…

Talking to teens: Underage drinking; Facts & conversations
https://libraries.phsa.ca/permalink/catalog111390
http://www.cw.bc.ca/library/pdf/pamphlets/haa_talking_to_teens_underage_drinking.pdf
Audience: Patient or Public
Agency: BC Children's and Women's

"This pamphlet provides parents and others working with youth, current facts and general information related to underage drinking so they can help teenagers make informed and ideally safe decisions. Topics include information about drinking underage; physiology; and the effects of alcohol on the bod…

This is my body: A film by high school girls
https://libraries.phsa.ca/permalink/catalog110768
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GL 300 LEV 2006

"Suitable for teachers, parents and health professionals, this film presents the lives of teenage girls brave enough to share their experiences and secrets about what it means to be a girl at this time of their lives. While taking a course in documentary video production, this group from a Montreal …
Too safe for their own good: How risk and responsibility help teens thrive
https://libraries.phsa.ca/permalink/catalog109830
Toronto, ON: McClelland & Stewart, 2007. (Book) — 1 copy, available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GL 450 UNG 2007

Canadian social worker and family therapist Michael Ungar tells us why our mania to keep our kids safe is causing us to do the opposite: put them in harm's way. By continuing to protect them from failure and disappointment, many of our kids are missing out on the “risk-taker's advantage,” the benef...

Yes, your parents are crazy: A teen survival guide
https://libraries.phsa.ca/permalink/catalog108519
Bradley, Michael J. Gig Harbor, WA: Harbor Press, c2004. (Book) — 1 copy, available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: YOUTH GL 450 BRA 2004

Discusses the difficulties of being a teenager in today's society and provides insights on how to survive adolescence and stay connected with one's parents.