



SARATOGA CENTER FOR THE FAMILY

TWEEN/TEEN BOOK RESOURCES

ALL BOOKS RECOMMENDED FOR AGES 12+ UNLESS OTHERWISE SPECIFIED

SEX EDUCATION

- SEX IS A FUNNY WORD BY COREY SILVERBERG (AGES 7+)
- YOU KNOW, SEX BY COREY SILVERBERG (AGES 10+)
- LET'S TALK ABOUT IT: THE TEEN'S GUIDE TO SEX, RELATIONSHIPS, AND BEING A HUMAN BY ERIKA MOEN (AGES 9+)
- WAIT, WHAT? A COMIC BOOK GUIDE TO RELATIONSHIPS, BODIES, AND GROWING UP BY HEATHER CORINNA (AGES 10+)
- IN CASE YOU'RE CURIOUS: QUESTIONS ABOUT SEX FROM YOUNG PEOPLE BY MULTIPLE AUTHORS
- A GIRLS' GUIDE TO SEX EDUCATION BY MICHELLE HOPE (AGES 10+)
- BEING A TEEN: EVERYTHING TEEN GIRLS AND BOYS SHOULD KNOW BY JANE FONDA
- DOING IT! LET'S TALK ABOUT SEX. BY HANNAH WITTON (AGES 14+)
- DATING AND SEX: A GUIDE FOR THE 21ST CENTURY TEEN BOY BY ANDREW P. SMILER, PHD (AGES 9+)
- BOY- WHAT'S HAPPENING TO ME? BY ALEX FIRTH (AGES 9+)
- S.E.X.: THE ALL-YOU-NEED-TO-KNOW SEXUALITY GUIDE TO GET YOU THROUGH YOUR TEENS AND TWENTIES BY HEATHER CORINNA



CONSENT

- CAN WE TALK ABOUT CONSENT?: A BOOK ABOUT FREEDOM, CHOICES, & AGREEMENT BY JUSTIN HANCOCK (AGES 9+)
- REAL TALK ABOUT SEX AND CONSENT: WHAT EVERY TEEN NEEDS TO KNOW BY CHERYL M. BRADSHAW, MA
- WHAT IS CONSENT? WHY IS IT IMPORTANT? & OTHER BIG QUESTIONS BY LOUISE SPILSBURY AND YAS NECATI
- CONSENT: THE NEW RULES OF SEX EDUCATION: EVERY TEEN'S GUIDE TO HEALTHY SEXUAL RELATIONSHIPS BY JENNIFER LANG, MD
- RESPECT: EVERYTHING A GUY NEEDS TO KNOW ABOUT SEX, LOVE, & CONSENT BY INTI CHAVEZ PEREZ (AGES 14+)
- WELCOME TO CONSENT: HOW TO SAY NO, WHEN TO SAY YES, & HOW TO BE THE BOSS OF YOUR BODY BY YUMI STYNES & DR. MELISSA KANG (AGES 10+)

TRAFFICKING

- UP FOR SALE: HUMAN TRAFFICKING & MODERN SLAVERY BY ALISON MARIE BEHNKE (AGES 11+)
- BREAKING FREE: TRUE STORIES OF GIRLS WHO ESCAPED MODERN SLAVERY BY ABBY SHER (AGES 14+)
- SOLD BY PATRICIA MCCORMICK
- THE SLAVE ACROSS THE STREET: THE TRUE STORY OF HOW AN AMERICAN TEEN SURVIVED THE WORLD OF HUMAN TRAFFICKING BY THERESA FLORES (AGES 15+)
- STOLEN: THE TRUE STORY OF A SEX TRAFFICKING SURVIVOR BY KATARIINA ROSENBLATT (AGES 15+)
- IN PURSUIT OF LOVE: ONE WOMAN'S JOURNEY FROM TRAFFICKED TO TRIUMPHANT BY REBECCA BENDER (AGES 15+)
- SLAVES AMONG US: THE HIDDEN WORLD OF HUMAN TRAFFICKING BY MONIQUE VILLA (AGES 15+)
- ONE DRESS. ONE YEAR.: ONE GIRL'S STAND AGAINST HUMAN TRAFFICKING BY BETHANY WINZ & SUSANNA FOTH AUGHTMON
- TRAFFICKED: MY STORY OF SURVIVING, ESCAPING, & TRANSCENDING ABDUCTION INTO PROSTITUTION BY SOPHIE HAYES



SEXUAL TRAUMA

- **INVISIBLE GIRLS: THE TRUTH ABOUT SEXUAL ABUSE** BY PATTI FEUEREISEN
 - **THE COURAGE TO HEAL** BY ELLEN BASS & LAURA DAVIS
 - **DON'T TELL: SEXUAL ABUSE OF BOYS** BY MICHEL DORAIS
- **HOW LONG DOES IT HURT? A GUIDE TO RECOVERING FROM INCEST AND SEXUAL ABUSE** BY CYNTHIA L MATHER
 - **I NEVER CALLED IT RAPE** BY ROBIN WARSHAW
- **KIDS HELPING KIDS: BREAK THE SILENCE OF SEXUAL ABUSE** BY LINDA LEE FOLTZ
- **WHAT WILL HAPPEN TO ME?** BY HOWARD ZEHR AND LORRAINE STUTZMAN AMSTUTZ
- **THE SEXUAL TRAUMA WORKBOOK FOR TEEN GIRLS** BY RAYCHELLE CASSADA LOHMAN, MS, LPC AND SHEELA RAJA, PHD

BOUNDRIES/HEALTHY RELATIONSHIPS

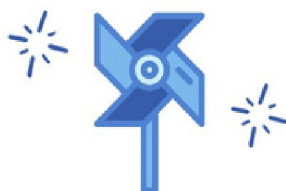
- **BOUNDARIES: A GUIDE FOR TEENS** BY VAL J PETER
- **TEEN LOVE, ON RELATIONSHIPS: A BOOK FOR TEENAGERS** BY KIMBERLY KIRBERGER
- **TRUE LOVE LASTS: A GUIDE TO HEALTHY RELATIONSHIPS FOR TEENS AND YOUNG ADULTS** BY JAMES WEGERT, M.ED.
- **RELATIONSHIP SKILLS 101 FOR TEENS: YOUR GUIDE TO DEALING WITH DAILY DRAMA, STRESS, & DIFFICULT EMOTIONS USING DBT** BY SHERI VAN DIJK, MSW

ONLINE SAFETY

- **A GUIDE TO INTERNET SAFETY FOR CHILDREN, TEENS & YOUNG ADULTS** BY RAJESH LASKARY
 - **CYBER SAFETY FOR EVERYONE: ONLINE RISKS CAN BE DANGEROUS STAY INFORMED**
- **CYBER-SAFE KIDS, CYBER-SAVVY TEENS: HELPING YOUNG PEOPLE LEARN TO USE THE INTERNET SAFELY & RESPONSIBLY** BY NANCY E. WILLARD

BULLYING

- **DEAR BULLY** BY MULTIPLE AUTHORS (AGES 14+)
- **VICIOUS: TRUE STORIES BY TEENS ABOUT BULLYING** BY MULTIPLE AUTHORS
- **SURVIVING MIDDLE SCHOOL: NAVIGATING THE HALLS, RIDING THE SOCIAL ROLLER COASTER, AND UNMASKING THE REAL YOU** BY LUKE REYNOLDS (AGES 10+)
- **THE BULLYING WORKBOOK FOR TEENS: ACTIVITIES TO HELP YOU DEAL WITH SOCIAL AGGRESSION AND CYBERBULLYING** BY RAYCHELLE CASSADA LOHMANN PHD LPC, JULIA V. TAYLOR PHD, AND HALEY KILPATRICK
- **THE SURVIVAL GUIDE TO BULLYING: WRITTEN BY A TEEN** BY AIJA MAYROCK (AGES 9+)



CRIMINAL JUSTICE ISSUES

- **WISH YOU WERE HERE: TEENS WRITE ABOUT PARENTS IN PRISON** BY AUTUMN SPANNE
 - **WHAT DO I SAY ABOUT THAT?** BY JULIA COOK

ANXIETY

- ANXIETY SUCKS! A TEEN SURVIVAL GUIDE BY NATASHA DANIELS
- MINDFULNESS FOR TEEN ANXIETY: A PRACTICAL GUIDE TO MANAGE STRESS, EASE WORRY, & FIND CALM BY JAMIE D. ROBERTS
- CONQUER NEGATIVE THINKING FOR TEENS: A WORKBOOK TO BREAK THE THOUGHT HABITS THAT ARE HOLDING YOU BACK BY ANNE MCGRATH & MARY KARAPETIAN ALVORD (AGES 14+)
- 101 WAYS TO CONQUER TEEN ANXIETY: SIMPLE TIPS, TECHNIQUES AND STRATEGIES FOR OVERCOMING ANXIETY, WORRY & PANIC ATTACKS BY DR. THOMAS MCDONAGH
- THE ANXIETY TOOLKIT FOR TEENS: EASY AND PRACTICAL CBT AND DBT TOOLS TO MANAGE YOUR STRESS ANXIETY WORRY & PANIC BY EHRIN WEISS, PHD
- ANXIETY RELIEF FOR TEENS: ESSENTIAL CBT SKILLS AND MINDFULNESS PRACTICES TO OVERCOME ANXIETY & STRESS BY REGINE GALANTI, PHD



MENTAL HEALTH

- I WOULD, BUT MY DAMN MIND WON'T LET ME!: A TEEN'S GUIDE TO CONTROLLING THEIR THOUGHTS & FEELINGS BY JACQUI LETRAN
 - DON'T LET YOUR EMOTIONS RUN YOUR LIFE FOR TEENS BY SHERI VAN DIJK
 - DEPRESSION: A TEEN'S GUIDE TO SURVIVE AND THRIVE BY JACQUELINE B TONER, PHD & CLAIRE A.B. FREELAND, PHD
 - LIFE SUCKS - BUT IT CAN GET BETTER: A WORKBOOK FOR BEATING TEEN DEPRESSION & ANXIETY BY BROOK WATERS
 - THE EMOTIONARY: A DICTIONARY OF WORDS THAT DON'T EXIST FOR FEELINGS THAT DO BY EDEN SHER
- THE ANGER WORKBOOK FOR TEENS: ACTIVITIES TO HELP YOU DEAL WITH ANGER AND FRUSTRATION BY RAYCHELLE C. LOHMANN
 - THE STRUGGLE TO BE STRONG: TRUE STORIES BY TEENS ABOUT OVERCOMING TOUGH TIMES BY AL DESSETA
- MIND RACE: A FIRSTHAND ACCOUNT OF ONE TEENAGER'S EXPERIENCE WITH BIPOLAR DISORDER BY PATRICK E. JAMIESON, PHD
 - I WANT TO BE ME BUT I DON'T KNOW WHO I AM: A GUIDEBOOK FOR TEENS & YOUNG ADULTS BY MADELEINE BOSKOVITZ, PH.D
- MY EMOTIONS: A JOURNAL FOR TEENS: GUIDED EXERCISES TO HELP YOU EXPRESS, UNDERSTAND, & MANAGE EMOTIONS BY JOY A. HARTMAN MSW LCSW
- STUFF THAT SUCKS: A TEEN'S GUIDE TO ACCEPTING WHAT YOU CAN'T CHANGE AND COMMITTING TO WHAT YOU CAN BY BEN SEDLEY
- NEVER FIGHT ALONE: 51 INSPIRING INTERVIEWS TO HELP TEENS OVERCOME THEIR STRUGGLES & IMPROVE THEIR MENTAL HEALTH BY SHELOMO SOLSON
 - MENTAL HEALTH 101 FOR TEENS: THE PRACTICAL GUIDE TO MENTAL HEALTH, SELF-ESTEEM, & EMOTIONAL INTELLIGENCE BY MULTIPLE AUTHORS
- 10 MINUTES TO BETTER MENTAL HEALTH: A STEP-BY-STEP GUIDE FOR TEENS USING CBT & MINDFULNESS BY LEE DAVID & DEBBIE BREWIN
- THE DBT SKILLS WORKBOOK FOR TEENS: A FUN GUIDE TO MANAGE ANXIETY AND STRESS, UNDERSTAND YOUR EMOTIONS & LEARN EFFECTIVE COMMUNICATION SKILLS BY MULTIPLE AUTHORS
- BREAK THROUGH THE NOISE: BUILD LIT SOCIAL SKILLS, DISCOVER HOW TO STOP DOUBTING YOURSELF, TACKLE SOCIAL ANXIETY & FIND YOUR VOICE BY MIA REYES (AGES 16+)

SELF-ACCEPTANCE

- THE ULTIMATE SELF-ESTEEM WORKBOOK FOR TEENS BY MEGAN MACCUTCHEON, LPC
- JUST AS YOU ARE: A TEEN'S GUIDE TO SELF-ACCEPTANCE & LASTING SELF-ESTEEM BY MICHELLE SKEEN, PSYD & KELLY SKEEN
- THE SELF-COMPASSION WORKBOOK FOR TEENS BY KAREN BLUTH, PHD
- THINK CONFIDENT, BE CONFIDENT FOR TEENS: A COGNITIVE THERAPY GUIDE TO OVERCOMING SELF-DOUBT & CREATING UNSHAKABLE SELF-ESTEEM BY MARCI G. FOX, PHD AND LESLIE SOKOL, PHD
- HOW TO LIKE YOURSELF: A TEEN'S GUIDE TO QUIETING YOUR INNER CRITIC & BUILDING LASTING SELF-ESTEEM BY CHERYL BRADSHAW
- THE CONFIDENCE CODE FOR GIRLS: TAKING RISKS, MESSING UP, & BECOMING YOUR AMAZINGLY IMPERFECT, TOTALLY POWERFUL SELF BY KATTY KAY

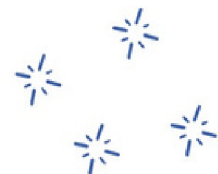
BODY IMAGE



- BODY BRILLIANT: A TEENAGE GUIDE TO A POSITIVE BODY IMAGE BY NICOLA MORGAN
- THE BODY IMAGE BOOK FOR GIRLS: LOVE YOURSELF AND GROW UP FEARLESS BY CHARLOTTE MARKEY (AGES 10+)
- BEING YOU: THE BODY IMAGE BOOK FOR BOYS BY CHARLOTTE MARKEY, DANIEL HART, AND DOUGLAS N. ZACHER (AGES 11+)
- BODY TALK: 37 VOICES EXPLORE OUR RADICAL ANATOMY BY MULTIPLE AUTHORS (AGES 14-18)

RACE

- RACE: A HISTORY BEYOND BLACK AND WHITE BY MARC ARONSON (AGES 12+)
- THIS BOOK IS ANTI-RACIST: 20 LESSONS ON HOW TO WAKE UP, TAKE ACTION, AND DO THE WORK BY TIFFANY JEWELL (AGES 13+)
- STAMPED: RACISM, ANTIRACISM, AND YOU BY JAYSON REYNOLDS & IBRAM X. KENDI (AGES 12+)
- UNEQUAL: A STORY OF AMERICA BY MICHAEL ERIC DYSON & MARC FAVREAU (AGES 12+)
- AND WE RISE: THE CIVIL RIGHTS MOVEMENT IN POEMS BY ERICA MARTIN (AGES 12+)
- BLACK ENOUGH: STORIES OF BEING YOUNG & BLACK IN AMERICA BY MULTIPLE AUTHORS (AGES 12+)



LGBTQ+

- IT GETS BETTER: COMING OUT, OVERCOMING BULLYING, & CREATING A LIFE WORTH LIVING BY MULTIPLE AUTHORS
 - QUEER: THE ULTIMATE LGBT GUIDE FOR TEENS BY KATHY BELGE & MARKE BIESCHKE
 - THE LETTER Q: QUEER WRITERS' NOTES TO THEIR YOUNGER SELVES BY MULTIPLE AUTHORS
 - YAY! YOU'RE GAY! NOW WHAT? A GAY BOY'S GUIDE TO LIFE BY RIYADH KHALAF
- WHAT'S THE T? THE NO-NONSENSE GUIDE TO ALL THINGS TRANS AND/OR NON-BINARY FOR TEENS BY JUNO DAWSON (AGES 14+)
 - THE PRIDE GUIDE BY JO LANGFORD (AGES 14+)
 - QUEER UP: AN UPLIFTING GUIDE TO LGBTQ+ LOVE, LIFE & MENTAL HEALTH BY ALEXIS CAUGHT (AGES 14+)

GRIEF & HEALING

- WHEN A FRIEND DIES: A BOOK FOR TEENS ABOUT GRIEVING & HEALING BY MARILYN E. GOOTMAN, ED. D. (AGES 11+)
- TEEN GRIEF: CARING FOR THE GRIEVING TEENAGE HEART BY GARY ROE
- HEALING YOUR GRIEVING HEART FOR TEENS: 100 PRACTICAL IDEAS BY ALAN D WOLFELT PHD
- GRIEF RECOVERY FOR TEENS: LETTING GO OF PAINFUL EMOTIONS WITH BODY-BASED PRACTICES BY CORAL POPOWITZ MSW LGSW
- SURVIVING THE LOSS OF A GUARDIAN: GRIEF RECOVERY WORKBOOK FOR TEENS TO MEND A BROKEN HEART BY FINDING STRENGTH & ACCEPTING WHAT CAN'T BE CHANGED BY CORTEZ RANIERI
- SEEING GENDER BY KACEN CALLENDER