# Table of Contents

Chapter 1 ......................................................................................................................................................................................... 1  
  Program Orientation; What is Nurturing?; Ten Characteristics of Nurturing Parent and Teen Relationships; Home Practice Assignment

Chapter 2 ......................................................................................................................................................................................... 6  
  Growing Up in Adolescence; Adolescent Needs; Our Self-Esteem and Self-Concept, Praising Teenagers and Their Behavior; Home Practice Assignment

Chapter 3 ....................................................................................................................................................................................... 11  
  About Me; Do You Know Me?; Home Practice Assignment

Chapter 4 ....................................................................................................................................................................................... 12  
  Adolescence: It's Normal for Teens to Act Weird, Teen Brains and Behavior, Puberty and Adolescence, Recognizing and Understanding Feelings, Home Practice Assignment

Chapter 5 ....................................................................................................................................................................................... 17  
  The Story About Me: My Life in a Nutshell; Parents and Teens Communication Survey; Trusting Teen-Parent Relationships; Constructive Communication; Home Practice Assignment

Chapter 6 ....................................................................................................................................................................................... 24  
  Teen Personal Power; Styles of Communication; Negotiation & Compromise; Problem Solving & Decision Making; “Problem Solving & Decision Making” Worksheet; Home Practice Assignment

Chapter 7 ....................................................................................................................................................................................... 31  
  STDs, AIDS and HIV; Discipline: Family Morals, Values and Rules; Home Practice Assignment

Chapter 8 ....................................................................................................................................................................................... 39  
  Helping Teens Manage Their Behavior: Rewards and Punishments; Punishments as a Consequence of Behavior; Rewards as Consequences to Appropriate Behavior; Home Practice Assignment

Chapter 9 ....................................................................................................................................................................................... 44  
  Peer Pressure; Families and Alcohol Use; “Families and Alcohol Use” Questionnaire; 12 Steps to Keeping Teens Drug Free; Home Practice Assignment

Chapter 10 .................................................................................................................................................................................... 50  
  Ways to Handle Anger; Reducing My Stress; Date Rape; Violent and Possessive Relationships; Home Practice Assignment

Chapter 11 .................................................................................................................................................................................... 57  
  Teen Developmental Issues: Depression, Eating Disorders, Teen Suicide; Home Practice Assignment