

## Trainings, Leadership Guides for Empowering Youth

### Adding the Assets Library

8 Adding Assets Books: 2004-2006, 80-100 pages, 5.125" x 7", Softcover

Leader's Guide: 288 pages, 8.5" x 11", Softcover with CD-ROM.

- Research-based and requested by parents and teachers, the student books in the Adding Assets Series for Kids include true-to-life stories about children who are building the assets for themselves or a friend. Each of the eight books focuses on one of the asset categories with asset-building ideas for kids to try. Each also includes a message for adults and helpful resources.
- The comprehensive Leader's Guide for grades 3–6 includes 42 sessions: one for each of the 40 assets, plus introductory and concluding sessions, activities, discussion prompts, and a handout to bring home to parents and other family adults. Each session meets specific state standards in character education, health, social studies, social learning, and language arts. The included CD-ROM features all of the reproducible forms from the book and an additional 40 pages of student handouts used in the sessions.
- The Adding Assets Series for Kids includes:
  - People Who Care About You
  - Helping Out and Staying Safe
  - Doing and Being Your Best
  - Smart Ways to Spend Your Time
  - Loving to Learn
  - Knowing and Doing What's Right
  - Making Choices and Making Friends
  - Proud to Be You
  - A Leader's Guide to the Adding Assets Series for Kids



### Building Everyday Leadership in All Teens – Guide: Promoting Attitudes and Actions for Respect and Success

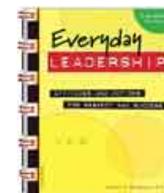
Mariam G. MacGregor, M.S.

- Every teen can be a leader. The sessions in Building Everyday Leadership in All Teens guide teens to explore what it means to be a leader, how to work with others, ethical decision-making, risk-taking, team-building, communication, creative thinking, and more. Choose the sessions that seem best for your class or group, or explore leadership through an entire school year. Requires the use of the Guidebook for Teens.



### Building Everyday Leadership - Teen Guide

- The Guidebook for Teens has activities to help teens discover their leadership potential and develop skills that guide them to act responsibly and make a difference in the world around them. Teens gain a greater understanding of who they are, what matters to them, how that translates into leadership, and how leadership relates to everyday life. Written activities encourage reflection; “do something” activities call for commitment and action. Both enable teens to reach new levels of leadership.



## **Training Peer Helpers: Coaching Youth to Communicate, Solve Problems, and Make Decisions**

Barbara B. Varenhorst, Ph.D.

- When young people struggle with problems, to whom do they turn for help? Most often, it's their friends. In this guide, Barbara B. Varenhorst, Ph.D., one of the most respected names in peer helping, provides 15 sessions an adult can use to train students in the skills necessary to more effectively help their peers.
- Through discussion and fun, engaging activities, students will learn the basic but crucial skills necessary for building healthy relationships, including the following:
  - **Communication:** asking questions and listening for content and feelings
  - **Assertiveness:** expressing rights and desires, dealing with peer pressure, and managing sensitive issues
  - **Confidentiality:** honoring what others share and deciding when safety concerns override it
  - **Decision Making:** weighing information and evaluating choices
  - **Conflict Mediation:** dealing with disagreements and reaching peaceful solutions

