



Children's Health  
Education Center™

A member of Children's Hospital and Health System.



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## Resources

### Books

- “Bringing Up Parents: The Teenager’s Handbook,” Packer, Alex J., PhD; and Espeland, Pamela. Free Spirit Publishing, 1992.
- “Too Old for This, Too Young for That: Your Survival Guide for the Middle-school Years,” Mosatche, Harriet, PhD; and Unger, Karen. Free Spirit Publishing, 2000.

### Videos

- “Nova: The Miracle of Life,” 1983.  
[www.amazon.com](http://www.amazon.com)
- “Media Literacy: TV – What You Don’t See,”  
[www.pbs.org/inthemix](http://www.pbs.org/inthemix)

### Web sites

- Kids Health,  
[www.kidshealth.org](http://www.kidshealth.org)
- Campaign for Our Children, [www.cfoc.org](http://www.cfoc.org)
- Advocates for Youth,  
[www.advocatesforyouth.org](http://www.advocatesforyouth.org)
- PBS Kids,  
<http://pbskids.org/dontbuyit>

## Teen Transitions

### Suggested CHEC-out activities

#### 1 Getting real with media

Take a look at the images portrayed in the media. Bring in commercials and/or television shows, movie clips and magazines. Discuss with students different advertising techniques that companies use. Talk about which images are realistic and which are not.

#### 2 Reflection on goals

Have students choose a short-term, health-related goal. Explain the importance of creating a specific, measurable and achievable goal. Set up a plan to help students succeed, describing a way to measure their progress on a daily basis. For example:

- “I will eat three fruits and/or vegetables every day.”
- “I will have a banana every morning, an apple or an orange for a snack and a vegetable with dinner each night.”

#### 3 Teen interview

Ask students to conduct teen interviews so they get first hand information about what being a teen is like. Students can interview older siblings, friends or high school students. Before the students conduct their interviews, ask them to develop interview questions for the teens. Ask that the students take notes during their interviews and summarize their findings in interview reports. If students would like to, discuss the interview reports as a class.

#### 4 Growing boys, growing girls

Brainstorm the many changes that will take place during the teen years. Be sure to talk about physical, emotional and social changes. Discuss the differences in changes between boys and girls. Also talk about things that students can do if these changes make them feel uncomfortable.