



Resources Available for Groups

Videos

“Own Your Anger” This video teach youth how to handle anger and take full responsibility for personal actions (Grades 5-9)

“Gum in My Hair! How to Cope with a Bully” This video looks at what bullying is, its effects on people and how it makes them feel. There are several sections of the video including ‘The Bullying Cycle,’ ‘Make the Big Deal Game,’ ‘The Myths of Bullying,’ and ‘Baffling the Bully.’

“Your Body, Your Life, Your Rights” This video looks at all forms of relationship violence. It defines dating violence, examines myths and facts about it, and features real stories of teen survivors.

“Making it Work” This video is a teen group format where teens talk openly about the key elements of developing and maintaining healthy teen dating relationships.

Games

The Anger Control Game: A program to develop anger control skills (one copy)

The Self-Concept Game (one copy)

The Anti-Aggression Game (two copies)

Teen Bingo (3 copies of each)

Healthy Relationships

Stress Management

Resiliency

Self-Esteem

Anger

Bully Prevention

Conflict Resolution

Totika with Self-Esteem Cards, similar to Jenga (one set)

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Curriculum:

The Teen Relationship Workbook (3 copies)

Teens Building Violence Free Relationships (2 copies)

“Give Respect, Get Respect: Resolve Your Conflicts” (6 copies: DVD or VHS)

“Communication, A Key to Resolving Conflict” (6 copies: DVD or VHS)