



# **Talk with Teens About What Matters to Them: Ready-to-Use Discussions on Stress, Identity, Feelings, Relationships, Family, and the Future**

*Jean Sunde Peterson Ph.D.*

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The guided discussions in this book are proven ways to reach out to young people and address their social and emotional needs. Teens gain self-awareness and self-esteem, practice problem solving and goal setting, feel more in control of their lives, and learn that they have much in common with one another—they are not alone. Background materials help group leaders feel prepared and secure in their role. Sessions can be easily customized to meet the needs of your group. Digital content includes reproducible handouts from the book.

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