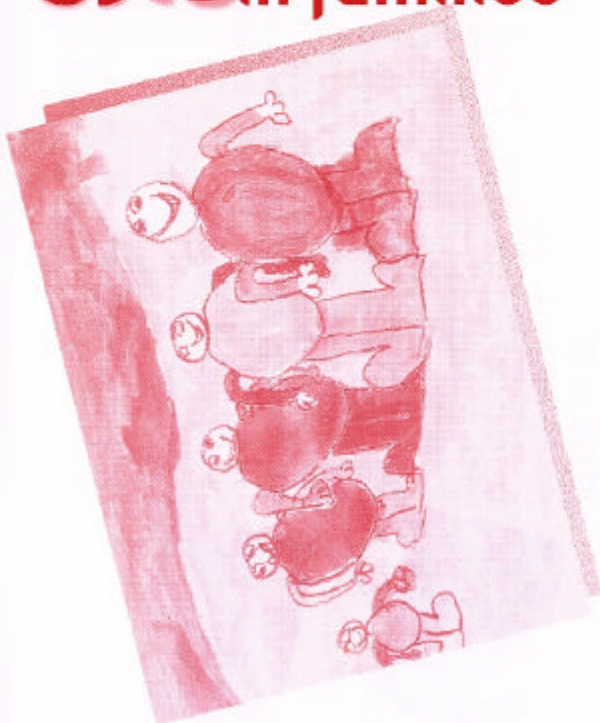


stressed out and coping in families

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stressed out and coping in families

A video resource package

Phillip T. Slee
Roz Murray-Harvey
Dianne Lawson
Benjamin Mitchell

The video and resource/activity cards are ideally used together. The package addresses the issue of stress in families.

STRESSED OUT & COPING IN FAMILIES considers stress in relation to types of stress facing the growing child, individual differences in response to stress and includes ideas for coping with stress in families, activities, discussion points, and a snakes & ladders stress game.

\$69.95
plus \$8.00
postage

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STRESSED OUT & COPING IN FAMILIES ISBN 0 7258 06176
Pamphlet design, typesetting and layout — Inprint Design 1997

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A video resource package

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Roz Murray-Harvey
Dianne Lawson
Benjamin Mitchell

Based on
Australian
research

This multi-media package is the second in the "stressed out" series and explores issues related to stress and coping.

- The entertaining video is designed to promote discussion about family life
- The 20 resource and activity cards draw on the video content providing over 100 ideas for helping families identify and manage stress.

What educators and students said about the first video discussion package **STRESSED OUT & GROWING UP**

"A great video!" —
Year 9 student

"The video scenes are quite real." —
Year 8 student

"The worksheets are very useful and can be adapted easily to the needs of the lesson." —
Year 9 teacher

"An invaluable resource in parent education." —
A parent educator

"The video provides lots of opportunity for discussion; a good lesson starter." —
Primary school teacher

"A terrific lecture and tutorial resource for my students." —
University lecturer in Education

The second video resource package **"Stressed out and Coping in Families"...**

Is based on the views of parents, children and teachers and is linked to the latest Australian and international research. It is an ideal resource for parents, schools, health centres, community centres, youth groups and tertiary courses in education, nursing, health, social work, psychology and child-care.

Some suggestions for using the Resource Package

A family might:

- view the video and respond to the questions raised
- follow-up with the issues and activities presented on the resource cards.

A facilitator might:

- use the video for awareness raising
- select relevant information from the resource cards pertinent to their audience
- develop classroom units of study around the theme of family stress and coping.

The resource/activity cards

- Card 1 What is a family? – a family genogram or tree
- Card 2 The family life cycle & stress – the rhythm of life
- Card 3 The family life cycle (part 1)
- Card 4 The family life cycle (part 2)
- Card 5 Marriage (part 1)
- Card 6 Marriage (part 2) – research of interest
- Card 7 Birth of the first child
- Card 8 Expansion of the family
- Card 9 Separation and divorce in the family
- Card 10 Step families
- Card 11 Single parent families
- Card 12 Families and work
- Card 13 The primary school years
- Card 14 The adolescent years
- Card 15 Family conflict – 'the no good, very bad, horrible fight'
- Card 16 Family conflict – 'healing the hurt'
- Card 17 Stress in families
- Card 18 Types of families – 'my family is unique'
- Card 19 Building resilient families – coping with stress
- Card 20 Snakes & Ladders; a family stress game

The **VIDEO** runs for approximately 9 minutes and covers the contribution that **INDIVIDUALS**, **FAMILIES** and **COMMUNITIES** can make to building resilience in the face of stress.

PLEASE TALK TO US!

We have established a web site to receive feedback and provide you with the latest activities and information on a range of topics related to child and adolescent psychological and educational resources.

<http://www.caper.com.au>

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-copies of Stress Out & Coping in Families videoresource package @ \$69.95 + \$8 postage (\$77.95 per package).
-copies of Stress Out & Growing Up videoresource package @ \$69.95 + \$8 postage (\$77.95 per package).
-copies of both Stressed Out & Coping in Families & Stressed Out & Growing Up @ \$130.00 + \$8 postage (\$138.00 the set). Prices quoted in Australian dollars.

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