

STRESSED OUT & GROWING UP

a video discussion package

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\$69.95
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STRESSED OUT & GROWING UP

a video discussion package

Phillip T. Slee
Ben Mitchell
Annette Flanagan

The video and discussion sheets are ideally used in conjunction. The package addresses the issue of stress in children and adolescents.

STRESSED OUT & GROWING UP considers stress in relation to matters of definition, types of stress facing the growing child, individual differences in response to stress and includes a management programme for coping with stress.

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Phillip T. Slee
Annette Flanagan
Ben Mitchell

This innovatively presented and useful resource package includes a video and 20 discussion sheets which explore issues related to child & adolescent stress.

Over 100 activities, discussion points, ideas and games are provided to stimulate discussion about children's stress; how to identify it and how to help children & adolescents deal with stress in today's world.

Based On
AUSTRALIAN
Research
Package Video & Discussion

The Flinders University of South Australia

What educators and students are saying about **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

People and organisations who will value using **Stressed Out & Growing Up...**

The video discussion package is based on the latest Australian and international research and has been developed in consultation with parents and teachers. **Stressed Out & Growing Up** is an ideal resource for kindergartens, childcare centres, community centres, schools, health centres, parent groups and university courses in education, health, social work and psychology.

What you will find in the **Stressed Out & Growing Up** package...

This invaluable resource package is delightfully offered in a colourful presentation box which will easily fit on your library shelf. Inside you will find a brilliantly produced, thought-provoking video which runs for about 8 1/2 minutes and which will provide hours of discussion. The 20 discussion sheets are easily photocopied and present over 100 activities, discussion points and ideas for group or class discussion and activities. There is research of interest to discuss and comment upon. Further readings are provided to follow up and practical ideas are presented on how to manage stress.

The Discussion Sheets

cover —

Stress & the Very Young Child

Stress & Family Life

Defining Stress

Effects of Stress

Stress & Society

Adolescence

Stress & Peers

Stress & Relationships

Nature & Nurture

Resilience

Stress & School

Hospitalisation

Magical Moments

Games

Death in the Family

Suicide

Some Ideas for Lessons, Tutorials, Workshops

Coping with Stress

Stress Management Programmes

The Video

runs for approximately 8 1/2 minutes.

In the video consideration is given to:

Defining stress

The role of genetics and environment in shaping children's response to stress

The types of stressors experienced in growing up

The issue of resilience in the face of stress

The effects of stress and cumulative stress

Coping with stress

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a total cost of \$ _____
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