



Helping Teens Handle Tough Experiences: Strategies to Foster Resilience

Jill R. Nelson PhD, Sarah Kjos MEd

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Educators, mentors, congregational leaders, counselors, and other youth-serving professionals will find the tools they need to help young people with personal, familial, social, or cultural adversities in this resource. Specific crises are addressed, including youths who physically harm themselves, parents who are chemically dependent, abusive dating relationships, depression, and homelessness—and solutions are offered for managing them. With reproducible handouts, examples of real-life situations, and ideas and topics for group discussion, this strength-based approach to working with youths empowers them to avoid becoming paralyzed by obstacles and instead face life with confidence.

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