



Teenagers' Guide to the Galaxy



Coping and communication skills for young people

Set of 15 videos

6 international awards

An outstanding Australian series to help develop communication skills. Great discussion starters on challenging issues. Created by Eve Ash and Peter Walsh



1. Eating Well, Feeling Good

7TEEN01 | ISBN: 978-1-921409-48-6
12 minutes

Learn about healthy eating and personal hygiene and challenge issues about body image.



2. Making a Good Impression

7TEEN02 | ISBN: 978-1-921409-49-3
11 minutes

Learn about manners and presentation skills to ensure you impress prospective employers and others.



3. Reach for the Stars

7TEEN03 | ISBN: 978-1-921409-50-9
13 minutes

Learn to be motivated, overcome criticism and strive to reach your highest potential in life.



4. We're all Different

7TEEN04 | ISBN: 978-1-921409-51-6
12 minutes

Understand and accept diversity to overcome prejudice and racism.



5. Boys, Girls & Equality

7TEEN05 | ISBN: 978-1-921409-52-3
14 minutes

Break down sexual stereotypes so girls and boys have equal opportunities to achieve goals.



6. Assertive with Adults

7TEEN06 | ISBN: 978-1-921409-53-0
15 minutes

Learn to clearly and assertively negotiate with teachers, parents and other adults.



7. Puberty, Periods & Pimples

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Understand body changes and how puberty affects boys and girls.



8. Girls, Boys & Sex

7TEEN08 | ISBN: 978-1-921409-55-4
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Learn about sexual identity, first time sex, safe sex and unplanned pregnancy.



9. Friendships – Making & Breaking

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Learn the value of friendships by exploring issues of loyalty trust and jealousy.



10. Bullying & Teasing

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Learn the basic skills to assertively deal with bullying behaviour and teasing.



11. Losing Your Cool

7TEEN11 | ISBN: 978-1-921409-58-5
13 minutes

Why do people get angry? Learn ways to deal with your own anger and that of others.



12. On the Edge

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Understand and recognise the effects of stress and what you can do to overcome it.



13. Family Fireworks

7TEEN13 | ISBN: 978-1-921409-60-8
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Learn to survive family fights, marriage break-ups and domestic violence.



14. Safe & Smart

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Learn how to be safe and speak out if abused or threatened.



15. Risks & Wrongs

7TEEN15 | ISBN: 978-1-921409-62-2
14 minutes

Covers risk taking and how to stand up to peer pressure if your friends do something illegal.



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TEENAGER'S GUIDE TO THE GALAXY SERIES
SET OF 15 VIDEOS

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