

Self-Esteem, Peer Pressure and Stress

BOOKS

[Cliques, Phonies, and Other Baloney](#)

Romain, Trevor

Sound advice and witty cartoons help kids deal with cliques and develop the skills needed to form positive, healthy relationships and build self-esteem.

[The Code: The Five Secrets of Teen Success](#)

Asgedom, Mawi

Based on principles the author developed over the course of his transition from Ethiopian refugee to commencement speaker at Harvard, the code encourages teens to become leaders, set goals, earn better grades, and overcome challenges.

[Dealing with the Stuff that Makes Life Tough: the 10 Things That Stress Teen Girls Out and How to Cope With Them](#)

Rutledge, Jill Z.

With compassion and insight, an expert counselor shows teen girls how to find the solutions to stress and anxiety about parents, schoolwork, boyfriends, college, body image, smoking, drinking, drugs, divorce, homosexuality, and more.

[Don't Sweat the Small Stuff for Teens](#)

Carlson, Richard

Presents 100 tips for teens to live more happy, healthy, and ethical lives.

[Empowering Teens to Build Self-Esteem](#)

Harrill, Suzanne

[Fighting Invisible Tigers: A Stress Management Guide for Teens](#)

Hipp, Earl

Discusses the pressures and problems encountered by teenagers and provides information on life skills, stress management, and methods of gaining more control over their lives.

[Friends, Cliques, and Peer Pressure: Be True to Yourself](#)

Koubek, Christine W.

Explores the challenges teenagers face as they deal with friendship and popularity in high school, and offers teens advice on how to choose friends based on their own values rather than what the "in" crowd says.

[Girlwise: How to Be Confident, Capable, Cool and In Control](#)

Devillers, Julia

This book covers a wide range of topics with an overall intent of guiding girls toward becoming well-balanced young women. It tells how to create one's own style without becoming a fashion zombie, and gives practical tips in other areas.

[Hot Stones and Funny Bones: Helping Teens Cope with Stress and Anger](#)

Seaward, Brian L.

Designed for teens, this book is a unique combination of teen contributions and stress and anger management techniques written by a mental health professional.

[Life Happens](#)

McCoy, Kathy

Discussion of feelings and emotions include "common crises" and suggestions of ways to get past problems and move on with life.

[Life Strategies for Teens](#)

McGraw, Jay

Deals honestly with topics from peer pressure to TV addiction with the underlying mantra, "Don't like it? Change it."

[Stress Can Really Get On Your Nerves](#)

Romain, Trevor

This book blends reassuring words with jokes and cartoons to help kids understand and manage their stress. It includes specific tips for dealing with stress and being stronger and more assertive.

[Stress Relief: the Ultimate Teen Guide](#)

Powell, Mark

This title describes the causes of stress, how to recognize and deal with it, and how to alleviate the stress itself by using such methods as breathing exercises, meditation, and creative visualization.

[Teen Esteem: A Self-Direction Manual for Young Adults](#)

Palmer, Pat

Provides guidance on developing self-esteem and the positive attitude necessary to cope with such adolescent challenges as peer pressure, substance abuse, and sexual expression.

[Teens Can Make It Happen: Nine Steps for Success](#)

Graham, Stedman

Presents advice and exercises for teenagers to help them lead fulfilling lives, covering such factors as self-esteem, goal setting, motivation, and risk taking.

VIDEOS

[Peer Pressure](#) (Teen Health Series)

In candid conversations, teens discuss situations in which they found themselves giving in to peer pressure.

[Self Esteem](#) (Teen Health Series)

Teens share their thoughts on their own self-esteem and vulnerabilities, and a self-esteem expert defines self-esteem and provides tools that teens can use in their own lives to improve their self-esteem.