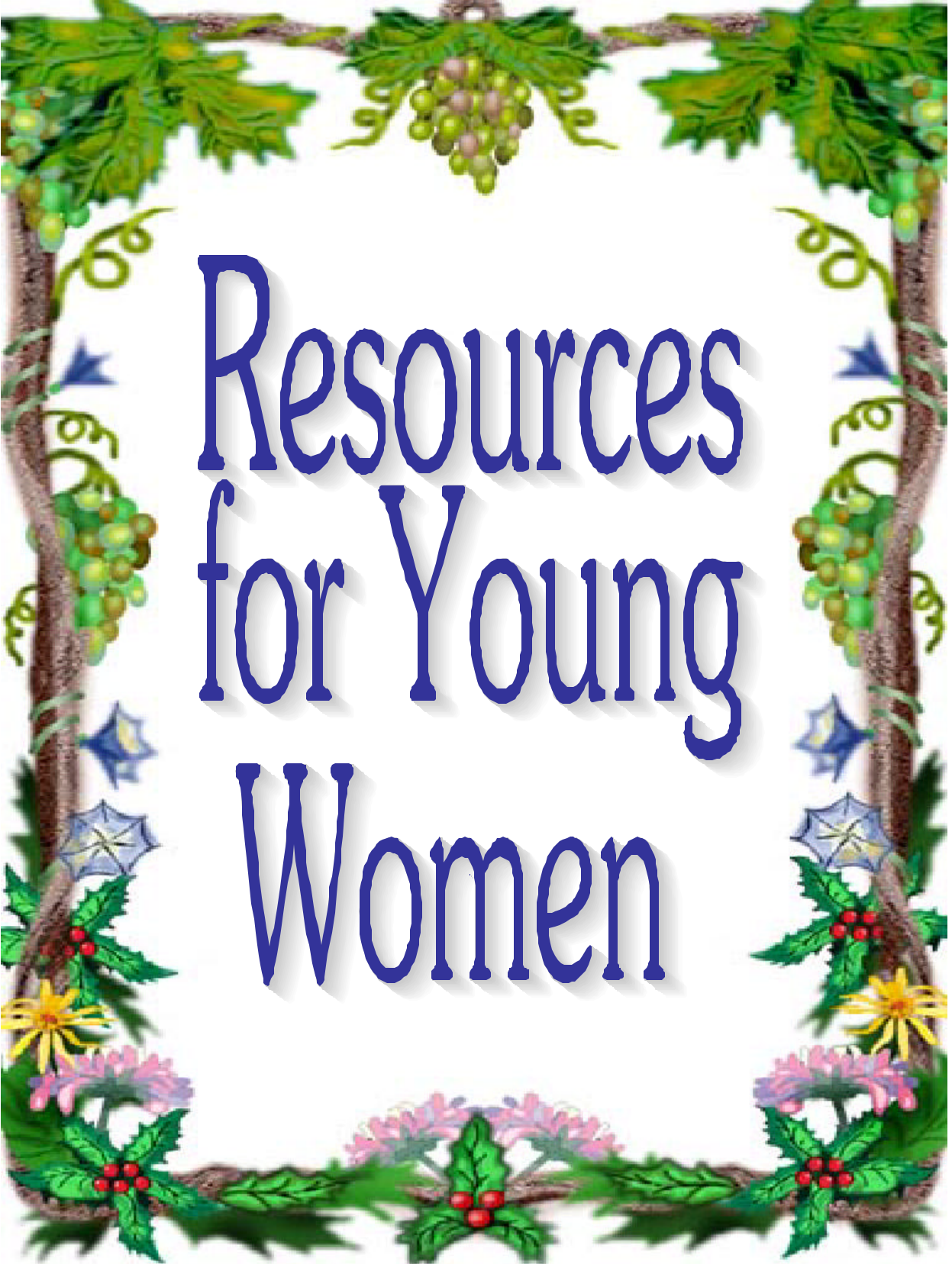




Resources for Young Women

Career Development

- Tools for educational advancement
 - o WM Scholarship
 - o Other _____
- Out in the “real world”
 - o Building assertiveness
 - o How to write a resume
 - o How to market yourself
 - o Job interview skills

Resources

- www.montana.edu/~wwwcp/tips.html
- www.careerexplorer.net/
- <http://jobsearchtech.about.com/library/weekly/aa071999.htm>
- www.nadinepellegrino.com/Assertiveness%20Skills%20for%20Women.html
- www.provenresumes.com/
- www.collegegrad.com/resumes/
- <http://resume.monster.com/archives/dosanddents/>

Dating and Relationships

- Stress developing a solid relationship with Christ first
- Healthy dating techniques
- How far is “too far” in a dating relationship
 - Holding hands, hugging, kissing . . .
 - Importance of deciding ahead of time
 - “What are my standards? What would Jesus want me to do?”
- Living the single life—marriage is not the “end all”
- Marriage preparation

Resources

- www.teenlifeministries.com/factory/dating.htm
- www.safe4all.org/resource-list/index?category=17
- <http://religion.passersbuy.com/religion/dating.html>

Resources for Young Women

Health

- Special health concerns of young women
 - o Cancer
 - o STDs
 - o Depression
 - Recognizing the signs
 - Where/how to get help
 - Suicide
 - o Eating disorders
 - o Addictions
- Importance of healthful living
- Healthful living increases positive self-image

Resources

- www.yh.org/adult/patient
- <http://womenshealth.about.com/od/girlshealth101/>
- <http://womenshealth.about.com/>
- www.cancer.gov/
- www.4girls.gov
- www.4woman.gov/
- www.cdc.gov/health/womensmenu.htm
- www.psychologyinfo.com/depression/teens.htm
- www.psychologyinfo.com/depression/women.htm
- www.extension.umn.edu/distribution/youthdevelopment/DA3083.html
- www.depressedteens.com
- www.heritage.org/Research/Family/cda0304.cfm
- www.hoptechno.com/book34.htm
- www.abortionfacts.com



injoy Videos catalog

videos about abstinence, birth control, sexually transmitted infections, prenatal care, labor and delivery, teen pregnancy and prevention, breastfeeding, postpartum, parenting and child abuse prevention

1435 Yarmouth, Suite 102-SS

Boulder, CO 80304

Phone: 800-326-2082 x2

Fax: 303-449-8788

www.injoyvideos.com



Winters Communications catalog—brochures, posters, and videos on violence prevention, drug and alcohol abuse, sex education, peer pressure, emotional problems, stress, health and wellness, vocational

guidance, parenting, pregnancy and childbirth, character education, and resiliency.

14740 Magdalene Circle Phone: 1-800-788-3147

Tampa, FL 33613-1708 Fax: 1-813-264-2739

Ministry

- Practical ways to serve God in church and community
- How to start a ministry
- Recognizing spiritual gifts
- Outreach
- Volunteerism

Resources

- www.sdayouth.net/
- www.adventist.org.uk/
- www.adventistyouthministries.org/resources.php
- <http://aucsda.com/australianunion/departement/youth/aucyouthframeset.html>
- <http://teensalive.web.aplus.net/>
- www.elca.org/dcm/evangelism/assessments/assess4_spiritgifts.html
- www.churchgrowth.org/cgi-cg/gifts.cgi
- <http://mintools.com/gifts.htm>

Resources for Young Women

Parent-Daughter Relationships

- “Parents are not the enemy!”—how to be friends with your parents
- How to foster healthy communication patterns (may need to include workshops for parents as well)
- “Your parents are not perfect, but they’ve been around longer than you.”
- Single-parent home issues—dealing with the needs of those who grew up without an “active” father/mother in the home

Resources

- www.talkingwithkids.org/
- www.pbs.org/wgbh/pages/frontline/shows/teenbrain/etc/worksheet.html
- www.tnpc.com/parentalk/adoles.html
- www.singleparentsnetwork.com/Children/Child_Development/
- www.parentsandteens.com/
- www.parentswithoutpartners.org
- www.dadsanddaughters.org/index.html

Resources for Young Women

Self-Esteem

- Who am I?
 - o Identity within and outside the family circle
 - o Identity in Christ
- Effective tools to learn how to love myself
- Learning to pin-point and develop spiritual gifts
- How to build confidence
- Dealing with peer pressure

Resources

- www.assertivehelp.com/selfesteem-info.htm
- www.teenshope.com/HelpSelfEsteem.htm
- www.self-esteem-nase.org/reference.shtml
- www.elca.org/dcm/evangelism/assessments/assess4_spiritgifts.html
- www.churchgrowth.org/cgi-cg/gifts.cgi
- <http://mintools.com/gifts.htm>



Know Yourself: The Secret of Self-Esteem

Catalog Number: T00622-YZ

Publisher: Sunburst

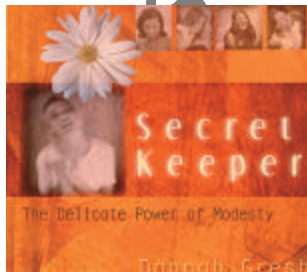
Price: \$119.95

Web: sunburst.com

Phone: 1-800-431-1934

Fax: 1-888-803-3908

Description: What's your personality type? What kinds of people do you get along with best? What subjects or work are you most comfortable with? This program examines eight personality types: thinker/feeler, introvert/extrovert, practical/intuitive, structured/unstructured. A brief quiz helps viewers decide which type most closely fits them and the reasons why some people act the way they do. Stressing that no type is right or wrong, just different, students see how understanding their own and other personality types can help them get along better with others and make the right decisions in their lives.



Secret Keeper

The Delicate Power of Modesty

by Dannah Gresh

Price: \$8.99

Available from www.moodypress.org

Discover the lost art of modesty.

We live in the age of low-rise jeans, belly-button rings, and backless shirts. Many girls and young women today could not even define the word modesty, let alone tell you how to live it out. But Dannah Gresh has a new message for them: modesty itself is a delicate yet formidable

power. In *Secret Keeper*, she teaches that modesty not only issues a challenge for one man to romantically earn your virtue, but it also expresses your love for and obedience to God.



Secret Keeper Girl Kit

The Power of True Beauty and Modesty

by Dannah Gresh

Price: \$19.99

Available from www.moodypublishers.org

Before they hit the beach and flock to pool parties, teach your daughters about modesty, purity, and sexuality. The proven message of purity in *Secret Keeper* is now available for younger girls.

The world seeks to empower women, but one of the greatest powers you can teach your daughter is the power of modesty. For girls 8-12 (and their mothers or small group leaders), Dannah Gresh brings the message of purity in a biblical, engaging and bonding way – CDs, diaries with stickers, and talking points! Pop the CD into the car system to hear greetings from Dannah Gresh and contemporary artist Rebecca St. James, and take off on a new adventure together. Moms will learn the key risk factors for girls, while Dannah's fun approach will appeal to young girls looking for a positive adult role model. Each chapter in the mom's book suggests a creative date where you treat yourselves to things like a facial, manicure, new outfit, tea party ... both mom and daughter will learn valuable lessons corresponding to each date.

Sexuality

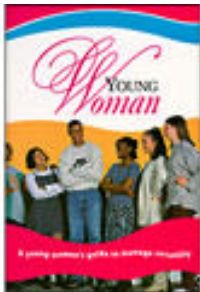
- The importance of waiting until marriage
- Practical ways to abstain
 - Alternatives to having sex in a relationship
 - How to avoid compromising situations
- “What if I’ve already had sex and I want to stop?”—the born-again virgin
- Teen pregnancy
 - Risks of abortion
 - Abortion alternatives
 - Preventive measures
 - Teen parenting education
- Contraception
 - Options
 - Misconceptions
- STD’s

Resources

- www.sloppynoodle.com/
- www.respectincorporated.com/
- www.lovematters.com
- www.choosingthebest.org/
- www.abortionfacts.com
- www.yh.org/adult/patient
- www.lifeway.com/tlw/index.asp

Resources available at *Adventist Book Center*

www.AdventistBookCenter.com



Young Woman: A Christian Girl's Guide to Teenage Sexuality

Jonathan and Ana Gallagher

How should a Christian girl relate to sexual issues such as: choosing a mate, sex before marriage and the risks involved, the rights and wrongs involved, and how God is involved. A frank discussion of teenage sexuality.

US \$15.99

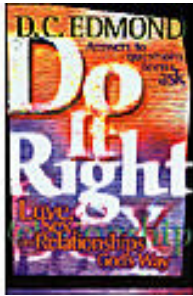


Straight Talk

Loretta Spivey

They never planned to have sex. It just happened. Now sadder and wiser, these young Adventists share their testimony about the consequences. They share what extramarital sex does to one's self-esteem. They tell how they dealt with sexual addiction and how they struggled to find forgiveness and victory or what defensive strategies they used to resist temptation in order to remain a virgin. This book will inspire the reader to stay pure and avoid remorse.

US \$9.99



Do It Right: Love, Sex and Relationships God's Way

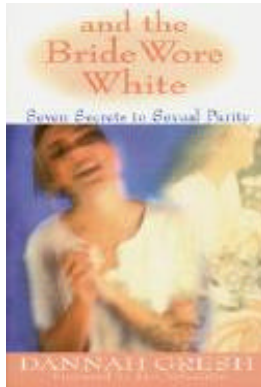
D.C. Edmond

From his advice column in Insight magazine, this youth pastor and conference youth director offers biblically wise and often witty counsel to young people.

US \$9.99

Resources available at AdventSource

www.AdventSource.org



Catalog Number: 625765

Author: Dannah Gresh

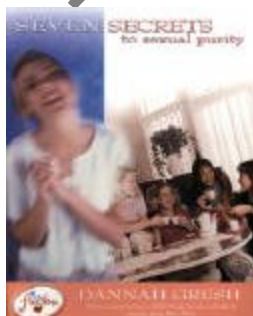
Publisher: Moody

Price: \$12.95

Description: In *And the Bride Wore White*, Dannah Gresh exposes Satan's lies about sex, gives a three-step plan to breaking off sinful relationships, provides compassionate guidelines for healing, and lists seven secrets of sexual purity to apply during your dating years:

- Purity is a process
- Purity dreams of its future
- Purity is governed by its value
- Purity speaks loudly
- Purity watches burning flames
- Purity embraces wise guidance
- Purity loves its Creator at any cost

In a warm, revealing writing style, Dannah includes passages from her diaries and journals that show the joys and the heartaches of her dating years, the challenges of temptations, the successes and failures. At the same time, she encourages you to explore God's heart on the matter of sexuality and write your own story through guided journaling.



Seven Secrets to Sexual Purity

Catalog Number: 625760

Author: Dannah Gresh

Publisher: Moody

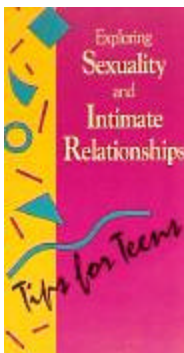
Price: \$10.95

Description: Seven Secrets to Sexual Purity is a ten-session retreat or Bible study based on the book and *The Bride Wore White*.

Presented in a two-day, one-night sleepover, or a ten week Bible study, girls who attend say it is a blast! The seven secrets to sexual purity presented in fifteen hours of an active curriculum in which small group s discussions, individual activities, group games and fun object lessons are utilized. Every session carries a deep scriptural challenge to the attendees on an intimate level.

The young women who attend will:

- Begin informal mentorships with women who attend from your community
- Write commitments (for their eyes only) to keep sex out of their relationships until their wedding night.
- Gain a deep understanding of the covenant purpose of sex as well as the earthy blessings that God rewards us with , if that covenant is protected.
- Write commitments to protect their love for God with undistracted devotion.
- Develop a list of "Top Ten" Comeback Lines for questionable situations.
- Create a vision of a godly marriage by committing to only date Christians and by writing a "shopping list" of character qualities for their husband-to-be.
- Write a letter to God, placing themselves and their struggles before Him.
- Worship the greatest love--Jesus!
- Begin the process of healing from sexual sin if it exists in their lives.



Exploring Sexuality and Intimate Relationships

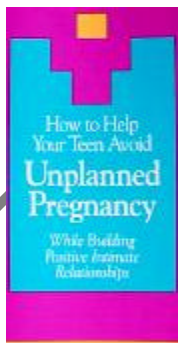
Catalog Number: 602126

Author: Pacific Union Conference

Publisher: Pacific Union Conference

Price: \$.49

Description: A brochure that gives concise answers to the questions teens ask about sex and sexuality.



How to Help Your Teen Avoid Unplanned Pregnancy

Catalog Number: 602127

Author: Pacific Union Conference

Publisher: Pacific Union Conference

Price: \$.49

Description: This brochure focuses on the parent's ability to teach their child the skills for building intimacy without sexual relationships.



I'm a Teen and I'm Pregnant

Catalog Number: 602116

Author: Pacific Union Conference

Publisher: Pacific Union Conference

Price: \$.22

Description: This brochure will provide practical and spiritual answers to teen questions about pregnancy such as
How can I tell my parents? Should I see a doctor?
Does God still care about me? What about adoption?



Ministering to the Unwed Pregnant Teen

Catalog Number: 602118

Author: Pacific Union Conference

Publisher: Pacific Union Conference

Price: \$.22

Description: As a church community, there is a tremendous amount you can do to help the teen grow and to make a positive impact on her future. Your support, interest, and involvement can make a difference.



Our Daughter is Pregnant

Catalog Number: 602117

Author: Pacific Union Conference

Publisher: Pacific Union Conference

Price: \$.22

Description: Parenting is the most difficult and challenging work a human being can face. Determine to deal with your child with love, acceptance, support and guidance to help her grow and make responsible choices as she faces her difficult situation.



Teen Pregnancy Brochures

Catalog Number: 602115

Author: Pacific Union Conference

Publisher: Pacific Union Conference

Price: \$1.50

Description: The complete set of the four brochures that deal with issues surrounding a teen pregnancy. Each brochure is for a different person: teen, parent, pastor, and church member.



Building Intimate Relationships: Choices and Challenges

Teen Sexuality Seminars

Source:

Church Ministries Department

Pacific Union Conference of Seventh-day Adventists

PO Box 5005

Westlake Village, CA 91359

Resources available from



Sex & Love: What's a Teenager to do?

Catalog number: 4145

Source: www.visionvideo.com

Price: \$19.99

Description: In this dynamic, high-energy presentation, Mary Beth Bonacci talks to teens about the “do’s” of chastity. Using Scripture and humorous, down-to-earth examples from teenage life, she shows that chastity is more than just abstinence—chastity is active. It’s about loving in a relationship the way that God intended. (60 minutes)



Sex, Love and Relationships

Straight Talk with Pam Stenzel

Catalog number: 4279

Source: www.visionvideo.com

Price: \$49.99

Description: Today’s youth have not been told the whole truth about the consequences of sexual activity, experimentation and permissiveness. Teenagers love Pam Stenzel because she tells it to them straight, mincing no words in showing how the pervasive sexual permissiveness of our culture is a deceptive trap. Every young person should have the benefit of the hard-hitting reality check in this award-winning four-part series.



“Sex has a Price Tag”

Catalog number: 99600

Source: www.visionvideo.com

Price: \$29.95

Description:

Renown speaker Pam Stenzel combines her personal story and extensive pregnancy counseling experience into a hard-hitting look at the consequences of sexual activity outside of a life commitment. In a captivating and inspiring talk, Pam tackles the tough issues of sex with candor, insight, and a challenge to young people to “get the abstinence advantage!” (60 minutes)



Center for the Prevention of Sexual and Domestic Violence

The Center for the Prevention of Sexual and Domestic Violence is an international, private, nonprofit organization headquartered in Seattle, Washington, USA. Founded in 1977 by the Rev. Dr. Marie M. Fortune, the Center is an inter-religious resource addressing issues of sexual and domestic violence. Our goal is to engage religious leaders in the task of ending abuse, and to serve as a bridge between religious and secular communities. Our emphasis is on education and prevention. The

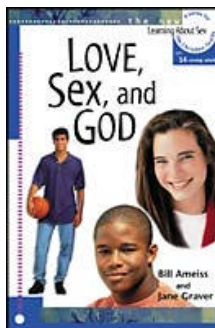
Center’s programs promote institutional and social change, and advance healing and justice. The expertise of Center staff combines a foundation of theological knowledge with solid understanding of the dynamics of abuse, strong management skills, outstanding training abilities, and more than twenty years of experience in developing education and prevention programs.

Phone: (206) 634-1903

Fax: (206) 634-0115

e-mail: cpsdv@cpsdv.org

website: www.cpsdv.org



Love, Sex and God

Regular Price: \$10.99

Your Price: \$8.24

Item Number: 14-2117

Available at <http://shop.cph.org/>

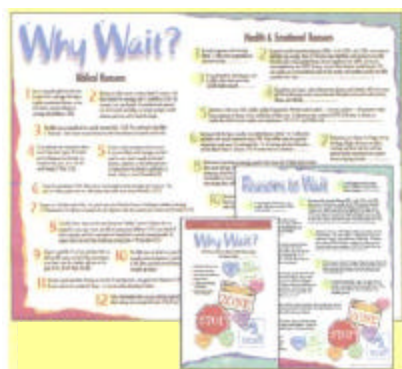
By Bill Ameiss and Jane Graver

Older teens need to learn to respect their sexuality and its proper place in their lives. *Love, Sex, and God* encourages confidence and restraint while addressing issues such as dating and premarital sex.



Winters Communications catalog—brochures, posters, and videos on violence prevention, drug and alcohol abuse, sex education, peer pressure, emotional problems, stress, health and wellness, vocational guidance, parenting, pregnancy and childbirth, character education, and resiliency.

14740 Magdalene Circle
Tampa, FL 33613-1708
Phone: 1-800-788-3147
Fax: 1-813-264-2739



Why Wait? 24 Reasons for Abstinence

- Wall chart shows teens and singles 24 reasons for abstinence before marriage. Attractive, youth-oriented chart gives 12 biblical reasons and 12 medical reasons for waiting.
- Emphasizes God's perfect plan for a fulfilling marriage and gives numerous Bible passages.
- Reproducible worksheets on the back of wall chart include a quiz and handouts for youth and singles.
- Pamphlet (12 page) is perfect for students to take home.

Includes an abstinence pledge and a list of tips for parents.

- Gives sobering statistics on sexually transmitted diseases and failure of various birth control methods.
- Also available! A public school mini-chart, *Reasons to Wait*, contains medical and emotional information without references to the Bible or Christianity.

Rose Publishing
4455 Torrance Blvd. #259
Torrance, CA 90503
Phone: (800) 532-4278 or (310) 370-7152
Fax: (310) 370-7492
e-mail: rosepubl@aol.com

Wall Chart	\$9.95 each
Pamphlets	\$3.95 each
Mini-chart	\$2.95 each
shipping and handling and sales tax additional	