

Developing Emotional Literacy with Teenage Girls

Building Confidence, Self-esteem and Self-respect

**Tina Rae
Lorna Nelson
Lisa Pedersen**



Developing Emotional Literacy With Teenage Girls Developing Confidence Selfesteem And Selfrespect

Tina Rae



Developing Emotional Literacy With Teenage Girls Developing Confidence Selfesteem And Selfrespect:

Developing Emotional Literacy with Teenage Girls Tina Rae,2005 As girls mature into adolescence they often experience a crisis in terms of self esteem and identity leaving them vulnerable to both peer and society pressures This text creates an opportunity for teenage girls to be clearer and more positive about their developing identities as young women

Developing Emotional Literacy with Teenage Girls Tina Rae,Lorna Nelson,Lisa Pedersen,2005-09-23 This ten session program improves adolescent girls confidence self esteem and self awareness encouraging students to develop problem solving strategies about peer pressure sex substance abuse and being a parent

Developing Emotional Literacy with Teenagers Tina Rae,2012-11-12 This book should be on the shelf of every professional that works with teenagers in ANY setting As lives become increasingly busy emotional health and literacy is often overlooked In this text Rae shows us how to create a dialogue with teenagers and reminds us that emotional health is an indicator of overall health as teenagers become adults Donna Duffy School of Health and Human Sciences University of North Carolina Greensboro USA The pressures and concerns of teenagers are at the forefront of their emotional and mental health This resource provides young men and women with guidance and tools to recognise the importance of social skills to aid their development The sessions and practical activities will allow students to address issues of identity self esteem covering topics including relationships drugs and problem solving The new edition also looks at Gang cultures Cyber bullying Future pressures Eating disorders This new resource also introduces therapeutic approaches to promote well being as well as offering accessible worksheets which can be downloaded from the Preview tab above Tina Rae has 25 years experience working with children adults and families in both clinical and educational contexts within local authorities She is currently a Professional and Academic tutor on the Doctorate in Child and Educational Psychology at University of East London

Raising Self-Esteem in Primary Schools Margaret Collins,2009-09-18 Children with low self esteem will have difficulty in partaking in classroom lessons and succeeding If we want to help children in the primary school to achieve the positive outcomes set out in the Every Child Matters agenda we need to ensure all children have a healthy self esteem This book seeks to give adults in schools tools to look at the way they could enhance self esteem in children The book comes with an accompanying CD Rom which contains inset sessions for all adults in the school workshops specifically aimed at non teaching personnel including mid day supervisors sessions for teachers and classroom assistants classroom lessons and activity sheets for the children which can form part of your school s personal social and health education PSHE programme This book is a whole school training programme for raising self esteem and is essential reading for all those working in primary education Margaret Collins is a former headteacher of infant and first schools She is now Senior Visiting Fellow in the School of Education at the University of Southampton She researches children s perceptions of health education topics writes teaching materials for children books and articles on PSHE

Emotional Resilience and Problem Solving for Young People Tina Rae,Nisha

Nakaria, Patricia Velinor, Barbara Maines, George Robinson, 2023-04-14 Young people today encounter specific challenges and stresses in both educational and social contexts This resource pack helps participants to Understand the importance of mental health and wellbeing Recognise the stresses that they and other people face Develop effective managing strategies The authors have designed a flexible programme that encourages young people and adults to respond positively to difficult situations they encounter focusing on solutions rather than dwelling on set backs Topics taught in the 15 sessions include Challenging stereotypes Multiple intelligences Self esteem Positive communication Focusing on strong emotions Stress and coping strategies Making good decisions **Teaching Anger Management and Problem-solving Skills for 9-12 Year Olds** Brian Marris, Tina Rae, 2006-05-09 Based on the work of the Hillingdon Tuition Centre this is a practical innovative and useful resource for nine to 12 year olds whose behaviour is causing concern Using the theme of a young boy writing letters from a Pupil Referral Unit each session includes o warm up activities o reading the letter o group discussion o activities o a plenary session By creating this fictional character Daniel typical difficulties can be addressed safely by the participants The book follows a similar format to the authors popular Escape from Exclusion shortlisted for the TES NASEN Book for Teaching and Learning Award **Creating Gender-Fair Schools & Classrooms** Lynn Raphael Reed, Tina Rae, 2007-03-18 Includes CD Rom For many teachers gender issues related to role models image and expectations have an effect upon the behaviour and achievement of both boys and girls often to their disadvantage This innovative and practical resource for teachers of students aged 5 13 provides o a programme to promote gender equality and inclusivity in schools and colleges o a rationale for the programme based on social justice o a practical set of classroom activities to implement the programme The book combines the talents and commitment of two leading authors to provide an action inquiry methodology engaging students and staff in the processes of investigating what is currently happening and planning implementing and reviewing improvements This contributes to the development of the school as a self evaluating organisation which listens to the voice of the child The programme supports teachers and other school staff in developing as reflective practitioners and children and young people in developing as reflective learners It can also be used to engage schools and colleges in joining the UNICEF Rights Respecting programme which is demonstrating positive results A real strength of the resource is the inclusion of practical activities that have been carefully designed for pupils These are excellent and lend themselves for use in a variety of ways This is a thoroughly recommended resource SENCO Update **Developing Emotional Literacy with Teenage Boys** Tina Rae, Lisa Pedersen, 2007-09-18 Developing Emotional Literacy With Teenage Boys challenges young men to acknowledge the importance of emotional development and covers behavior related issues Statistics indicate that males make up a disproportionate number of children with behavior problems and with learning problems giving rise to concerns about young men s ability to maintain relationships Providing comprehensive facilitator s notes this research based book with accompanying CD ROM covers topics that include Appearance Girl friends Sex Tolerance Drugs awareness Crime and

punishment **Resources in Education** ,1995 Current Index to Journals in Education ,1984 *Forthcoming Books*
 Rose Arny,2002 Nigeria Vision 20-2020 Nigeria. National Planning Commission,2009 The Christian Science Monitor
Index ,1997 **Self Esteem For Girls** Elizabeth Hartley-Brewer,2010-08-31 Self Esteem for Girls is an essential guide for
 helping parents and teachers support girls through the difficulties of growing up Self esteem is what every parent wishes
 their daughter to have It is her passport to a happier more fulfilled life The quiet confidence that self respect gives to girls
 ensures that they learn to learn play love and communicate better This practical book explains when difficult stages are likely
 to occur in girls lives and suggests how parents and teachers can handle them in ways that will build confidence and promote
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 girls develop the inner strength to cope with the demands of school friends and society Manage girls behaviour in a way that
 preserves and promotes their self esteem Respond sensitively when girls suffer setbacks **The Times Index** ,2003 Indexes
 the Times Sunday times and magazine Times literary supplement Times educational supplement Times educational
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