



## Resource List: Youth Workers & Parents of Teens

The resources listed below align with Focus on the Family's philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, call us toll free at 1-800-A-FAMILY, or visit our online store at [store.focusonthefamily.com](http://store.focusonthefamily.com). (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family might now be unavailable.) You may also be interested in the content posted on our website at [focusonthefamily.com](http://focusonthefamily.com).

### Included

[Books & Magazines](#)

[Broadcasts & Other Audio](#)

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### Books & Magazines

**[The 5 Love Languages of Teenagers](#)** by Gary Chapman (2010) • 9780802473134 •

Learn to understand the path your teen is traveling, how to handle their needs for independence and responsibility, and how best to love them during a changing season.

**[The 21 Toughest Questions Your Kids Will Ask About Christianity](#)** by Alex McFarland (2013) • 9781589976788 •

Find answers to some of the most thought-provoking questions kids have about Christianity, along with relationship-building tips, simple explanations of theological terms, and ideas for using various teaching styles to help children grow in faith.

**[Aggressive Girls, Clueless Boys: 7 Conversations You Must Have With Your Son \(And 7 Questions to Ask Your Daughter\)](#)**

by Dennis Rainey (2009) • 9781602005235 •

Learn to help tweens set godly boundaries for healthy relationships with the opposite sex.

**[Beyond Belief to Convictions](#)** by Josh McDowell and Bob Hostetler (2002) • 9780842374095 •

This comprehensive text presents evidence for the deity and incarnation of God, the Bible and its reliability, and Christ's resurrection—and it provides a blueprint to live out those beliefs.

**[Boundaries With Teens](#)** by Dr. John Townsend (2007) • 9780310270454 •

Discover how to set healthy boundaries for yourself and your teen. This book also includes a section on how to deal with special situations like drug and alcohol use, sex, defiance, school, and disrespect.

**[A Bump in Life: True Stories of Hope & Courage During an Unplanned Pregnancy](#)** by Amy Ford (2013) • 9781433681875 •

For every single woman or young girl facing shame and worry, God offers His grace and hope.

**[The DNA of Parent-Teen Relationships](#)** by Dr. Gary Smalley and Dr. Greg Smalley (2005) • 9781589971639 •

Drawing on their personal experiences, as well as those of over 5,000 teens they surveyed, father and son authors offer critical insights to help parents promote a healthy, lasting relationship with their teen.

**[The Digital Invasion: How Technology Is Shaping You and Your Relationships](#)** by Dr. Archibald Hart and Dr. Sylvia Hart Freijd (2013) • 9780801015298 •

The Harts discuss the way digital technology affects us physically, mentally, and spiritually. They offer biblically based tips to help us wisely steward our digital lives.

**Do Hard Things: A Teenage Rebellion Against Low Expectations** by Alex and Brett Harris (2008) • 9781601428295 •

The authors weave together biblical insights, history, and modern examples to redefine the teen years. Map a clear path for joy and eternal impact.

**Equipping Parents to Respond to Gender-Confusing Messages in Schools** • Focus on the Family online booklet

The sexual chaos occurring in our society is rapidly finding its way into our classrooms. How can Christian families respond with wisdom, strength, and grace?

**Get Lost: Your Guide to Finding True Love** by Dannah Gresh (2013) • 9780307730633 •

Pursuing love isn't just about finding the right guy. It's about seeking love the way God designed it. Gresh helps teen girls learn to focus first on God so that a young man has no choice but to seek Him before pursuing a young woman.

**Girls Gone Wise in a World Gone Wild** by Mary Kassian (2010) • 9780802451545 •

Kassian's compare-and-contrast character study of the Proverbs 7 and 31 women will help you discern how to become a woman who honors God and influences others to do the same.

**Growing up Social: Raising Relational Kids in a Screen-Driven World** by Gary Chapman and Arlene Pellicane (2014)

• 9780802411235 •

Learn five skills that every healthy child needs to master: affection, appreciation, anger management, apology, and attention. Set healthy boundaries regarding digital entertainment, and build stronger family connections.

**Have a New Teenager by Friday** by Dr. Kevin Leman (2013) • 9780800722159 •

"From mouthy and moody to respectful and responsible in five days."

**Is College Worth It?** by William Bennett and David Wilezol (2013) • 9781595552792 •

"A former United States Secretary of Education and a liberal arts graduate expose the broken promise of higher education."

**Life on the Edge: Timeless Insights for a New Generation** by Dr. James Dobson (2007) • 9781414317441•

Dobson gives teens practical principles for navigating the challenges of life and making wise decisions.

**Logged on and Tuned Out: A Non-Techie's Guide to Parenting a Tech-Savvy Generation** by Vicki Courtney (2007)

• 9780805446654 •

Understand the ins and outs of social media and how to protect your tweens and teens from potential dangers.

**Losing Control & Liking It: How to Set Your Teen (and Yourself) Free** by Tim Sanford (2008) • 9781589974814•

Think it's up to you to make your kids turn out right? Sanford suggests a better way: Rely on the example of how God parents His children. Learn to release your fears about your teen's future and find freedom in God's care for both of you.

**The Manual to Manhood** by Jonathan Catherman (2014) • 9780800722296 •

Catherman gives teen guys advice and instructions on everything from growing in faith to grilling a steak, interviewing for a job, planning a date, and more!

**Parenting Isn't for Cowards** by Dr. James Dobson (2007) • 9781414317465 •

Dobson offers advice to frustrated parents on the contest of wills between generations, the perils of adolescence, and the problem of parental burnout.

**Plugged-In Parenting** by Bob Waliszewski (2011) • 9781589976245 •

Learn to teach kids media discernment without alienating them. Waliszewski suggests how to uphold biblical standards when establishing entertainment parameters.

**Preparing for Adolescence: How to Survive the Coming Years of Change** by Dr. James Dobson (2005) • 9780800726287 •

Topics that trouble teens most are discussed, including inferiority, conformity, puberty, the meaning of love, and the search for identity.

**Preparing Your Teens for College** by Alex Chediak (2014) • 9781414383125•

Chediak helps you instill in your teen how to strengthen character, internalize faith, pursue healthy friendships, practice financial responsibility, and build a strong work ethic.

**Raising a Modern-Day Knight: A Father's Role in Guiding His Son to Authentic Manhood** by Robert Lewis (2007)

• 9781589973091•

Can you help your son stay on the right path? Lewis offers Scripture and real-life stories for dads and sons on the journey.

**Raising a Modern-Day Princess: Inspiring Purpose, Value, and Strength in Your Daughter** by Pam Farrel and Doreen Hanna (2009) • 9781589975743 •

Help your daughter journey into womanhood with a healthy self-image and knowledge of who she is in Christ. Farrel and Hanna offer help in raising a generation of women who see themselves as God sees them.

**Screens and Teens: Connecting With Our Kids in a Wireless World** by Kathy Koch (2015) • 9780802412690 •

Koch recognizes positive aspects of the digital age but also explores how technology contributes to self-centeredness, negative behavior, and beliefs that inhibit spiritual growth. She offers practical solutions to help teens remember that only God can bring contentment.

**Sticky Faith Youth Worker Edition** by Kara E. Powell, Brad M. Griffin, and Cheryl A. Crawford (2011) • 9780310889243 •

This resource pairs helpful research on youth ministry with tested program ideas—so you can foster a faith that sticks with your teens long after they've graduated.

**Stolen: The True Story of a Sex Trafficking Survivor** by Katariina Rosenblatt (2014) • 9780800723453 •

Rosenblatt shares about being trapped in a child trafficking ring and how she overcame the cycle of violence—and now helps others escape.

**Thriving at College: Make Great Friends, Keep Your Faith, and Get Ready for the Real World!** by Alex Chediak (2011) • 9781414339634 •

Many students are overwhelmed with academics, relationships, and living out their faith. This guide can help teens learn how to grow closer to God while dealing with schoolwork, career choices, balancing work and friends, and more.

**What Are You Waiting For? The One Thing No One Ever Tells You About Sex** by Dannah Gresh (2011) • 9781601423313 •

Written for young women aged 16 and older, Gresh directly confronts wrong ideas prevalent in our culture and explains why a casual attitude toward sex results in pain and disappointment.



**Brio magazine** (Focus on the Family) • BRMPKST10DM • ages 13–17

This magazine for teen girls offers faith-based articles, music and entertainment features, and DIY tips. A subscription includes 10 issues per year.

### Broadcasts & Other Audio

**Addressing Video Games in Today's Culture – I, II** (Bob Hoose, Carl Kerby, Pastor Drew Thornwall) • 9781624716485 •

Our panel of video game players and reviewers describe positive aspects of video games (problem solving, education, etc.), as well as negatives (addiction, hidden spiritual messages, etc.). They also provide advice on how parents can teach their kids discernment about which games to play.

**Bringing Home the Prodigals – I, II** (Rob Parsons) • 9781624719196 •

Parsons shares his heart for prodigals and their families. He notes that we sometimes make people prodigals by being critical of unimportant things—and he encourages listeners to consider the best ways to pray for and demonstrate God's love to them.

**The Challenges of College Life** (Panel) • 9781624714917 •

Several college presidents share their perspectives on common challenges facing students—discussing the dangers that exist, as well as the positive opportunities for making a successful spiritual transition.

**Communicating With Your Teen Daughter** (Susie Shellenberger) • 9781624714412 •

Shellenberger talks about the pressures teen girls face, advising parents about how to approach issues such as bullying, self-esteem, relating to the opposite sex, social media involvement, and depression.

**Connecting With Your Teen** (Jill Savage) • 9781624712661 •

Preparing your teen for adulthood takes grace and perseverance. Learn to appropriately release decision-making to your teen so they can successfully tackle life's problems and make wise choices.

**Discerning God's Will While in College** (Dr. Kneeland Brown, Esther Fleece) • 9781624715266 •

Knowing how to discern God's will and having a solid Christian worldview beforehand can help prepare teens for college—and provide a solid foundation for the marriage and parenting years.

**Eating Disorders: What Today's Parents Need to Know – I, II** (Dr. Dena Cabrera) • 9781624713729 •

Cabrera shares her own struggles with an eating disorder in college and offers advice and encouragement to parents, helping them understand why Christian girls often wrestle with disordered eating.

**Exposing the Dark World of Human Trafficking – I, II** (Linda Smith, "Briana") • 9781624712968 •

Smith, of Shared Hope International, and "Briana," a victim of sex trafficking, encourage parents and youth leaders to help teens be aware of the signs of someone who is being trafficked—or someone who wants to control *them*.

**Finding God's Mercy When Life Is Messy – I, II** (Vicki Courtney) • 9781624718465 •

Courtney shares about her son confessing that he and his fiancée were pregnant. Speaking to parents of prodigal children, she offers hope and encouragement in the midst of difficult situations. And describing how her past choices—including an abortion at age 17—shaped her Christian walk, Courtney challenges us to embrace grace and live out an authentic God-centered faith.

**Finding Hope After My Darkest Day – I, II** (Kristen Anderson) • 9781624713903 •

Anderson shares her testimony of surviving being run over by a train in a suicide attempt—losing her legs in the process. She recounts the aftermath and coming to faith in Christ, and she talks about what parents can do to reach out to a depressed teen.

**Finding Hope Through Family Tragedy** (Keith Becker) • 9781624719332 •

Keith's family was on a first-name basis with deputies who broke up his parents' fights. He embraced a party lifestyle in high school and encouraged his younger brother, Todd, to do the same. But then Todd died in a drunk-driving accident. Keith shares the account of their tragedy—and of God's grace: Keith's parents were saved, and he founded a ministry to help teens.

**Game Plan for Parenting: The Teen Years – I, II** (Dr. Kevin Leman) • 1000796 •

Leman challenges parents to stop fighting your teens. Instead, study them, learn from them, give positive reinforcement whenever possible—and never underestimate the importance of humor.

**Getting Lost in God's Love – I, II** (Dannah Gresh) • 9781624712869 •

Sharing personal stories and examples from others, Gresh encourages young women to learn the importance of getting lost in God's love and finding fulfillment in Him before considering a relationship with the opposite sex.

**God's Grace for Wild Women – I, II** (Mary Kassian) • 9781683320180 •

Sharing advice from her book *Girls Gone Wise in a World Gone Wild*, Kassian encourages women of all ages not to conform to human tendencies—especially in light of today's culture—but to become biblically wise in relating to the Lord and to men.

**Helping Kids Make Good Life Choices – I, II** (Dr. Tim and Mrs. Darcy Kimmel) • 9781624717048 •

The Kimmels discuss parenting with eternity in mind. They remind parents to emphasize true greatness—not through accomplishments, but by building solid relationships, developing godly character, and cultivating faith in the Lord.

**Helping Kids Relate in a Screen Driven World – I, II** (Dr. Gary Chapman, Arlene Pellicane) • 9781624718052 •

Chapman and Pellicane discuss the dangers of overusing digital gadgets and media. With practical advice on setting boundaries, they suggest ways to model for children healthy usage and positive relational skills.

**Helping Sons Guard Their Purity – I, II** (Dennis Rainey) • 9781624716461 •

Rainey describes the growing phenomenon of girls who are targeting boys in middle school and younger, pursuing and propositioning them for sex. He urges parents to be proactive with their sons during the pre-teen and teen years, providing moral and sexual training based on God's Word.

**Helping Teens Redirect Their Cravings Toward God – I, II** (Shaunti Feldhahn, Lysa TerKeurst) • 9781624711923 •

Feldhahn and TerKeurst offer suggestions to help teens discover how to direct their emotional, physical, and material cravings toward God and find their value and self-worth in Him.

**Helping Young Women Understand Sex in Today's Culture – I, II** (Dannah Gresh) • 9781624710766 •

In the midst of a culture that misuses and misunderstands sex, Gresh outlines what God intended for sexuality and why the Bible urges women and men to save sexual expression until marriage.

**Helping Your Daughter Understand Romantic Relationships – I, II** (Jessie Minassian) • 9781624719431 •

Minassian shares how she used to obsess over romance—and she believes most teen girls struggle with this. She offers practical, biblical advice to parents on navigating boy-girl relationships, dating, purity, and more.

**Hope for Women Facing an Unplanned Pregnancy – I, II** (Amy Ford, Joanna Brown) • 9781624718373 •

Ford and Brown were active participants in their Christian faith, but both found themselves pregnant and unmarried as teens. They share about dealing with the consequences of these pregnancies, and they offer hope to others going through the same experience. They also challenge the Church to be an accepting place of refuge and encouragement to these girls, so they will not only choose life for their *babies* but also have the support team they need to move forward in *their* lives.

**Human Trafficking: What You Need to Know – I, II** (Linda Smith, “Lacy”) • 9781624718328 •

Smith, founder of Share Hope International, and Lacy discuss human trafficking of minors in the U.S. Lacy shares her story of being trafficked, starting at the age of 12, and of finding help and learning to forgive her perpetrators. Linda shares the signs of trafficking so parents, children, youth leaders, and teachers know what to watch for.

**Love Healed My Wounds** (Dave Roever) • 9781624713101 •

Roever was badly disfigured during the Vietnam War. In this message, he encourages young people to hold on through hard times, to not throw their lives away with alcohol and drugs, and to stand strong for what they believe.

**Making Your Home Safe and Healthy** (Jill Savage) • 9781624717864 •

Savage describes intentional ways parents can make their home healthy for kids, such as having dinner together, being more playful, and encouraging dreams. She shares personal examples of how life can be messy, and she offers encouragement that God can work through our imperfections to make family life better.

**Parenting Concepts That Work – I, II** (Dr. John Rosemond) • 1000694 •

Many children are inadvertently taught to focus on themselves when parents emphasize accomplishment and success. But Rosemond encourages a return to the biblical model by teaching the three R’s: respect, responsibility, and resourcefulness.

**Parenting for Fun and Profit – I, II** (Ken Davis) • 9781624717208 •

With characteristic humor, Davis offers parents advice from his book *How to Live With Your Kids When You’ve Already Lost Your Mind*.

**Practical Advice for Drug-Proofing Your Kids** (Glenn Williams) • 1000645 •

Williams provides practical ideas about how parents can talk to their kids about drugs and how to handle peer pressure. He shares the importance of lifestyle modeling and teachable moments in preparing children to make good choices.

**Practical Advice for Parenting Teens – I, II** (Dr. Kevin Leman, Jean Daly) • 9781624718793 •

Leman shares advice to parents of teens about responsibility, respect, and learning from natural consequences. He explains the importance of parents being authoritative (establishing guidelines and maintaining respectful dialogue between parent and child) rather than authoritarian (establishing and enforcing rules and punishment).

**Practical Advice for Raising Media-Savvy Kids** (Bob Waliszewski) • 1000772 •

Waliszewski talks about his eyes opening to how God wants to be part of our media choices. He offers practical advice on the importance of setting entertainment guidelines for your family.

**Preparing Teens for the College Years – I, II** (Alex Chediak) • 9781624716782 •

Chediak suggests how to invest in the spiritual growth and maturity of young adults, while offering advice on guiding them toward an academic and career path that fits their bent.

**Preparing Your Teen for Life – I, II** (Dr. Jim Burns) • 9781624716256 •

Burns talks about balancing the natural desire for freedom that teenagers feel with realistic discipline and learning how to wisely navigate today’s culture. Ultimately, parents need to help their teens find Christ and live for Him in the midst of a world that is chaotic and anti-Christian.

**Preparing Your Teen to Thrive in College – I, II** by (Alex Chediak) • 9781624711183 •

Chediak offers insights for parents about preparing their teen for college—spiritually, academically, and socially. The transition isn’t always easy, but it is possible to help your college student thrive away from home.

**Protecting Girls From Growing up Too Fast – I, II** (Dannah Gresh) • 9781624717512 •

Gresh explains how our culture teaches young girls to act “sexy” and older than they are. She explores how you can protect your daughter from growing up too quickly.

**Protecting Your Family From the Digital Invasion – I, II** (Dr. Arch Hart, Dr. Sylvia Hart Frejd) • 9781624714986 •

The Harts delve into the science behind the wiring of our brains. They coach parents on subjects of online relationships, cyberbullying, and videogame addictions—and they share how to rediscover the calm of spiritual discipline.

**Questioning the Value of College** (Dr. Bill Bennett) • 9781624716539 •

Bennett challenges the assumption that most high school graduates need a college education to succeed. He cautions parents to consider all the options before plunging into debt or wasted years in a university experience.

**Raising Kids With Christ-Like Conviction – I, II** (Drs. Paul and Virginia Friesen) • 9781624713002 •

Sharing from their own experiences, the Friesens offer advice about raising kids who are committed to Jesus. We can show our children the joy of living for God when we make faith issues a priority without trying to be perfect or live only by rules.

**Raising Women of Virtue – I, II** (Pam Farrel, Doreen Hanna) • 9781624717130 •

Farrel and Hanna each came from childhoods in which they didn't receive signs of love from their dads. They share advice to help parents love their daughters and instill qualities like virtue, purity, and integrity.

**Reaching Your Neighbors for Christ – I, II** (Reverend Lee Strobel) • 9781624717628 •

In a message to teens and parents, Strobel shares stories and offers suggestions to help Christians not be afraid of non-believers' tough questions. Living out our beliefs genuinely and winsomely can attract others to the Jesus they see in our lives.

**Speaking Your Teen's Love Language – I, II** (Dr. Gary Chapman) • 9781624715570 •

Chapman talks about parents' need to love and understand their teens – to adapt their approach by learning to use specific approaches to each teen's unique personality.

**Teaching Good Manners to Your Kids – I, II** (Donna Jones) • 9781624719509 •

Learn to create an environment of love and respect in your home as you instill good manners and etiquette that can benefit your children throughout their lives.

**Timeless Tips for Building a Strong Family – I, II** (Rob and Dianne Parsons) • 1000767 •

Based on Rob's book *The Sixty Minute Family: An Hour to Transform Your Relationships Forever*, the Parsons share about the value of making time for loved ones.

**The Value of Mentoring Today's Youth** (Joe White, Coach Paul Moro) • 9781624713514 •

White and Moro discuss the importance of building a strong faith in teens, highlighting the need for youth mentoring—making sure young people have someone who believes in them and to whom they can look for a godly example.

DVDs

**TrueU DVD Series, Set 1: Does God Exist?** (Focus on the Family) • 9781589973398 •

In this first set of *Focus on the Family's The Truth Project® Presents TrueU™*, Dr. Stephen Meyer discusses opposing worldviews and provides tools teens need as they prepare to enter college—and a culture that can be hostile to the Christian faith.

**TrueU DVD Series, Set 2: Is the Bible Reliable?** (Focus on the Family) • 9781589975699 •

For centuries, intellectuals and critics have questioned inconsistencies in the Bible. Dr. Meyer examines ancient texts and archeological evidence to build a case for the accuracy and trustworthiness of Scripture.

**TrueU DVD Series, Set 3: Who Is Jesus? Building a Comprehensive Case** (Focus on the Family) • 9781589977235 •

Dr. Del Tackett and other guest experts explore Jesus' ancestry and prophetic mission; His words, works, and character; His death and resurrection; whether Jesus is the only way to God; and more.

Focus on the Family  
Websites, Q&As, and Resource Lists

**Parenting Area**

- [focusonthefamily.com/parenting](http://focusonthefamily.com/parenting)

This area of our website offers various articles and resources on topics such as emotions, parenting challenges, sexuality, and schooling.

### Family Safety Resources

- [focusonthefamily.com/parenting/promos/family-safety](http://focusonthefamily.com/parenting/promos/family-safety)

Our safety resources equip families with tools to help them navigate cultural influences—whether social media, television, movies, or music.

### Plugged In

- [pluggedin.com](http://pluggedin.com)

This outreach of Focus on the Family offers analysis of today's movies, music, and other forms of entertainment.

### Q&As

- [focusonthefamily.com/family-q-and-a](http://focusonthefamily.com/family-q-and-a)

Browse our Q&As for advice and encouragement.

### Resource Lists

- [focusonthefamily.com/family-q-and-a/resources-and-referrals](http://focusonthefamily.com/family-q-and-a/resources-and-referrals)

Find recommended resources and referrals listed by topic, including:

**Christian Growth for Adults** • RL022 •

**Christian Growth for Children and Teens** • RL022A •

**Mental Health** • RL046 •

**Parents of Troubled Teens** • RL058A •

**Summer Missions for Teens** • RL063 •

**Teens** • RL019 •

**Testimonies** • RL051 •

## Referrals

### Embrace Grace

773 Lonesome Dove Trail, Suite B

Hurst, TX 76054

817/755-8484

[embracegrace.com](http://embracegrace.com)

- This non-profit seeks to “empower churches across the nation to be a safe and non-judging place for the girls to run to when they find out they are pregnant, instead of the last place they are welcomed because of shame and guilt.”

### Forcefield

[fotf.forcefield.me](http://fotf.forcefield.me)

- Forcefield is Focus on the Family's preferred parental control software.

### The Hope Line (Dawson McAllister)

800/394- 4673—Phone

800/273-8255—Suicide Hotline

[thehopeline.com](http://thehopeline.com)

- This comprehensive youth resource ministry hosts a national radio show and offers help to hurting teens.

### Josh McDowell Ministry

2001 West Plano Parkway

Suite 2400

Plano, TX 75075

866-252-5424

[josh.org](http://josh.org)

- This organization equips believers to better understand their faith and share it with others.

**Net Nanny**

6949 South High Tech Drive  
Salt Lake City, Utah 84047  
801/508-3600

[netnanny.com](http://netnanny.com)

- Net Nanny is Focus on the Family's preferred web filtering software.

**The Todd Becker Foundation**

P.O. Box 2264  
Kearney, NE 68848  
800/983-2644

[toddbecker.org](http://toddbecker.org)

- This group travels throughout the midwest presenting to public high schools. The assembly unfolds the life-changing choices that ultimately led to the death of Todd Becker in an alcohol-related car accident.

**Youth Specialties**

5320 West 23rd Street, Suite 130  
Minneapolis, MN 55416  
888/346-4179

[youthspecialties.com](http://youthspecialties.com)

- Youth Specialties offers events and materials for youth workers and teens.