



THE AUERBACH CENTRAL AGENCY FOR JEWISH EDUCATION THE SEIDMAN EDUCATIONAL RESOURCE CENTER



ADOLESCENT EDUCATION: A SELECTED WEBOGRAPHY AND BIBLIOGRAPHY

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WEBOGRAPHY

CYI: Philly (www.jewishphilly.org)

Click under "Our Community" and "Teens." Site maintained by the Community Youth Initiative for Jewish teens in Philadelphia. Includes information and community calendar for all youth events in the area.

Jteens (www.jteens.org)

Site contains sections on Jews in the media, weekly quizzes, teens who are making a difference and much more.

Jewish Teen Central (www.angelfire.com/ny/jewishtgirlcentral/)

Site includes "words of wisdom," a teen chat room, and Jewish links. Orthodox focus.

JVibe (www.jvibe.com)

A teen webzine - with teen discussions, articles, advice, games and more. Also available in print form.

Teen to Teen (<http://www.ttt.org.il/>)

A webzine completely written and designed by Jewish teens from around the world. There are teen profiles, poetry, an advice column, an art gallery and more.

BIBLIOGRAPHY

ASSET BUILDING

Bayer, Steven & Francine Hirschman. ***Teens & Trust: Building Bridges in Jewish Education***. Los Angeles, CA: Torah Aura Productions, 1993.

The authors of this book share their knowledge with those who struggle to help Jewish teens emerge into adulthood. Through examination of case studies, this book provides both theoretical and practical knowledge for anyone who works with Jewish youth. Includes a Facilitator's Guide.



Benson, Peter L., Judy Galbraith, and Pamela Espeland. ***What Teens Need to Succeed***. Minneapolis, MN: Free Spirit Publishing Inc., 1998.

Describes forty "developmental assets" that teenagers need to succeed in life, such as family support, positive peer influences, and religious community, and suggests ways to acquire these assets.

Doades, Joanne. ***Parenting Jewish Teens: A Guide for the Perplexed***. Woodstock, VT: Jewish Lights Publishing, 2007.

The author draws upon the teachings and wisdom of Jewish texts in order to guide parents in raising their teens to adulthood.

Grothe, Rebecca. ***More Building Assets Together: 130 Group Activities for Helping Youth Succeed***. Minneapolis, MN: Search Institute, 2002.

Provides creative, easy-to-use activities to introduce developmental assets to youth, who will learn about specific assets that are vital to their healthy growth and positive future and how they can take responsibility for building their assets and those of others.

Isaacs, Ronald. ***Derech Eretz: The Path to an Ethical Life***. New York, NY: United Synagogue Department of Youth Activities, 1995.

A sourcebook for use as a teaching text on ethics, based on Biblical and Rabbinic sources.

Meyer, David J. ***The Rabbinic Driving Manual***. Los Angeles, CA: Torah Aura Productions, 1997.

In this workbook, Rabbi David Meyer uses the opportunity of the non-rabbinical life cycle stage, "The Driver's License," to teach rabbinical lessons of *menschlikhkeit* and responsibility. This book starts with the problems from driver's education programs and intertwines them with Jewish texts.

Roehlkepartain, Jolene. ***Building Assets Together: 135 Group Activities for Helping Youth Succeed***. Minneapolis, MN: Search Institute, 1997.

Provides creative, easy-to-use activities to introduce developmental assets to youth, who will learn about specific assets that are vital to their healthy growth and positive future and how they can take responsibility for building their assets and those of others.

COLLEGE-BOUND TEENS

Aaron, Scott. *Jewish U: A Contemporary Guide for the Jewish College Student*. New York, NY: UAHC Press, 2002.

This book is a hands-on guide to living Jewishly on campus. Issues include: how to observe high holidays away from home; how to talk to non-Jewish roommates about Judaism; and how to find a Jewish home for yourself on campus. The book also incorporates what the Jewish texts have to say about interacting with others, making decisions, and ethical living.

Smith, Allan L. *Where We Stand: Jewish Consciousness on Campus*. New York, NY: UAHC Press, 1997.

This book is a survival guide to Jewish life after high school. It includes more than sixty essays on the myriad real-life issues facing young Jewish adults. Reform Jewish rabbis, scholars, educators, and writers state their positions on Jewish law, spirituality, and observance, personal growth and family life and social justice issues.

EXPERIENTIAL LEARNING

Epstein, Robert. *The Big Book of Motivation Games*. New York, NY: McGraw-Hill Companies, 2001.

A collection of more than 40 motivational games and exercises designed for use in any organization. The games can be used to motivate the individual or the whole group. Topics include: games to overcome procrastination; games for when your energy is low; and games to help you achieve personal or group goals.

Fluegelman, Andrew, editor. *The New Games Book: Play Hard, Play Fair, Nobody Hurt*. Garden City, NY: Doubleday and Co., 1976.

Sixty new games, for two - 200 players, descriptively illustrated with more than 250 photographs. The book provides classifications by "very active," "active" or "moderate" for games, as well as a "non-rulebook, and background notes.



Israel, Richard J. *Jewish Identity Games: A How-To-Do-It Book*. Los Angeles, CA: Torah Aura Publications, 1993.

Instructions and games for group leaders/teachers to use to encourage people to discuss important issues having to do with their Jewish identity and the Jewish community.

LeFevre, Dale N. *Best New Games: 77 Games and 7 Trust Activities for All Ages and Abilities*. Champaign, IL: Human Kinetics, 2002.

This resource presents cooperative, interactive games designed to build group cooperation, teamwork and common understanding. It includes a "game-finder and tips to increase facilitator confidence and effectiveness.

Newstrom, John and Edward Scannell. *The Big Book of Team Building Games*. New York, NY: McGraw-Hill Companies, 1998.

A collection of games and activities designed to liven up meetings and build morale. Games focus on building spirit, communication and trust among people in your group.

Reisman, Bernard. *The Jewish Experiential Book: The Quest for Jewish Identity*. New York, NY: KTAV Publishing House, Inc., 1979.

Innovative and creative activities and games which deal with different aspects of Jewish experiences, including Jewish identity, religious concepts, and holiday celebrations.

----- *The Jewish Experiential Book*. New York, NY: KTAV Publishing House, Inc., 2002.

This book is a new collection of creative programs and activities, which can be used for both formal and informal educational programs, and with all age groups. Includes updated versions of the best activities from the original classic book, plus more than 100 newly designed activities.

Silberman, Mel. *Active Learning: 101 Strategies to Teach Any Subject*. Boston, MA: Allyn and Bacon, 1996.

This is a sourcebook of hundreds of instructional strategies to engage students in learning for any subject. Specific, practical strategies include ways to get students active from the start through activities that build teamwork and immediately get them thinking about the subject matter.

West, Edie. *The Big Book of Icebreakers*. New York, NY: McGraw-Hill Companies, 1999.

This collection of 50 icebreakers is designed to help leaders start every session, meeting, speech or workshop with a burst of energy and fun. It includes icebreakers for the following categories: complete strangers; introducing a topic; groups over 20; outdoor settings; self-disclosure; team building; and more.

HOT TOPICS FOR TEENS

Feinstein, Edward. *Tough Questions Jews Ask: A Young Adult's Guide to Building a Jewish Life*. Woodstock, VT: Jewish Lights Publishing, 2003. BM 723 F43 2003.

Answers questions such as, "Why should I believe in God?", "Are the stories in the Bible true?", "How can anyone believe in God after all the terrible things that have happened?" and "What life for?" and more.



Freeman, Susan. *Teaching Hot Topics: Jewish Values, Resources, and Activities*. Denver, CO: A.R.E. Publishing, 2003.

This book provides teachers and youth professionals with resources for bringing "hot topics" to students, such as abortion, euthanasia, the death penalty, sexuality, and ethics of war. An overview of each issue provides facts, general and Jewish perspectives, and other important information.

----- *Hot Topics: A Student Companion*. Denver, CO: A.R.E. Publishing, 2004.

This companion to *Teaching Hot Topics* puts background information, scenarios, and text sources in the hands of the students, offering them the opportunity to read, study, reflect, and respond. It guides students through the process of identifying competing priorities and values, and helps them to weigh complex decisions carefully.

Gittelsohn, Roland B. *How Do I Decide? A Contemporary Jewish Approach to What's Right and What's Wrong*. West Orange, NJ: Behrman House, 1989.

Draws on the Jewish tradition to advise adolescents on making ethical decisions about death, family, sex, and other areas of life.

Grishaver, Joel Lurie. *After Life, What? An Instant Lesson*. Los Angeles, CA: Torah Aura Productions, 2000.

A review of the traditional views of the afterlife, as collected by Maimonides. It is presented as a catalogue of traditional thinking - a resource for students to begin to discuss and formulate their own opinions.

----- *Randy's Navel Piercing. An Instant Lesson*. Los Angeles, CA: Torah Aura Productions, 1999.

The lesson explores what Jewish law says on the issues of body purity, modesty, and more.

Isaacs, Ronald H. *Critical Jewish Issues: A Book for Teenagers*. New York, NY: KTAV Publishing House, Inc., 1996.

This book, for both teachers and students, discusses the critical Jewish issues teens think about, such as "Can I doubt God's existence and still be considered Jewish?" and "Do we need organized religion?" The book also speaks about topics such as Revelation, mitzvot, intermarriage and much more.



Kamin, Ben. *Raising a Thoughtful Teenager*. New York, NY: Penguin Books, 1996.

This book provides guidance to parents and teachers and answers to the questions frequently posed by today's teenagers. It deals with sexuality, values, racism, death, drugs and alcohol, religion, and family relationships, among other topics.

Louis, Roberta. *Test of Faith. An Instant Lesson*. Los Angeles, CA: Torah Aura, 1985.

Introduces the developmental concept of faith (based on *Stages of Faith* by James W. Fowler) and allows students to evaluate their own beliefs.

Olitzky, Kerry and Joel Lurie Grishaver. *Body Ethics - Drugs and Alcohol: An Instant Lesson*. Los Angeles, CA: Torah Aura Productions, 2002.

Four articles help students understand the issues surrounding drug and alcohol abuse. Includes self-evaluation as well as ways to help a friend who has such problems.

----- *Body Ethics - Suicide: An Instant Lesson*. Los Angeles, CA: Torah Aura Productions, 2002.

The lesson makes a strong statement about the Jewish value of "choosing life." It provides students with an opportunity to consider building a "web of protection."

----- *Interfaith Dating: An Instant Lesson*. Los Angeles, CA: Torah Aura Productions, 2003

A lesson to help students think about the issues and implications for future Jewish life if they are involved in interdating.

Polish, Daniel F. *Drugs, Sex, and Integrity: What Does Judaism Say?* New York, NY: UAHC Press, 1991.

Deals with current issues of importance to today's youth. Uses a case study format to explain Jewish law as expressed in the Bible, Talmud, traditional and contemporary sources.

Smilansky, Moshe. *Friendship in Adolescence and Youth Adulthood*. Gaithersburg, MD: Psychosocial & Educational Publications, 1991.

This book presents a theory and practice to facilitate development of friendship among adolescents and young adults. It consists of a structured, systematic, modular developmental program, and is based on experimental work in school systems in the U.S. and Israel.

Wise, Ira. J. *Prevention is a Mitzvah. An Instant Lesson*. Los Angeles, CA: Torah Aura Productions, 1992.

A discussion of safe sex that stems from a lesson on protecting human life.



JEWISH LEARNING

Cardin, Nina Beth and Scott Blumenthal. *The Time of Our Lives, a Teen Guide to the Jewish Life Cycle*. Springfield, NJ: Behrman House, 2003.

Using teen-friendly narrative, thought-provoking questions and a dynamic, vibrant design, this book serves as a guidebook to the major milestones along the paths of the Jewish life cycle. Teachers guide is available.

Wachs, Saul P. *Teenagers, Spirituality and Prayer in the Jewish Community Secondary Day School*. Merion Station, PA: Akiba Hebrew Academy Press, 1995.

This monograph addresses the relevant history, basic assumptions, and commonplace practices of teaching spirituality and prayer to teenagers and offers specific suggestions.

SOCIAL JUSTICE

Artson, Bradley Shavit. *It's a Mitzvah: Step-by-Step to Jewish Living*. Springfield, NJ: Behrman House, 1995.

This book is the starting point for everyone who wants to increase his or her level of Jewish commitment, but doesn't know where or how to begin. From lighting candles on Shabbat to spending a night in a homeless shelter, this book identifies hundreds of opportunities to transform daily living into Jewish living. A leader's guide is available.

Artson, Bradley Shavit and Gila Gevirtz. *Making a Difference: Putting Jewish Spirituality into Action One Mitzvah at a Time*. Springfield, NJ: Behrman House, 2001.

This book presents both ethical and ritual mitzvot, as well as practical and creative suggestions on how to observe them. Students study the wisdom of Jewish sacred texts and examine through a Jewish lens who they are, the kind of adults they want to become, and how the mitzvot can help them achieve their goals.

Ferrell, Frank and Janet. ***Trevor's Place: The Story of the Boy Who Brings Hope to the Homeless.*** New York, NY: Harper & Row, Publishers, 1985.

The book discusses Trevor's Campaign, which began in 1983 with the dream and compassion of one small boy, Trevor Ferrell, to help the homeless by distributing blankets and clothing to the needy. Since its inception, the Campaign has reached 1,800 homeless individuals and has grown in its approach and sophistication to how best enable homeless families to regain self-sufficiency. The book discusses a four-pronged approach to address the problem of homelessness: outreach, housing and services, redistribution and public advocacy and education.

Gopin, Marc and Mark H. Levine. ***Jewish Civics: A Tikkun Olam/World Repair Manual.*** Rockville, MD: The Washington Institute for Jewish Leadership and Values, 1996.

Presents a curriculum for high school and beyond, and deals with the application of Jewish values to the international and domestic political agenda. It is the story of Jewish commitment to the well-being of fellow Jews and to social justice for all humanity.

Halper, Sharon D. ***To Learn is To Do: A Tikkun Olam Roadmap.*** New York, NY: UAHC Press, 2000.

Presents 12 lessons from the Torah, suggests ways of performing everyday acts of caring, and lists organizations that help those in need. A Teacher's Guide is included.

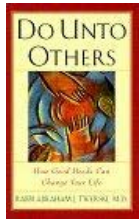
Kroloff, Charles. ***When Elijah Knocks: A Religious Response to Homelessness.*** West Orange, NJ: Behrman House, Inc., 1992.

Inspired by both religious texts and personal experience, Rabbi Kroloff outlines practical suggestions on how we can help tackle the problem of homelessness.

Nierman, Zvi, Joshua Perry Schwarz, and Michael Shepard. ***Jews, Judaism and Civic Responsibility.***

Washington, DC: The Washington Institute for Jewish Leadership and Values, 1998.

Curriculum on teaching young Jews how to fulfill their obligation to *tikkun olam*.



Twerski, Abraham J. ***Do Unto Others: How Good Deeds Can Change Your Life.*** Kansas City, MO: Andrews McMeel Publishing, 1997.

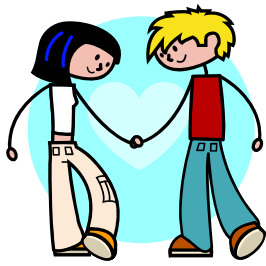
The author teaches by means of brief stories drawn from Jewish sources and from his own practice.

TEEN LEADERSHIP

Brandwein, Michael. ***Learning Leadership: How to Develop Outstanding Teen Leadership Training Programs at Camp.*** Champaign, IL: Human Kinetics Publishers Inc., 2003.

This book focuses on teaching leadership skills to teens, including communication skills, modeling, and mentoring. Also includes leadership building activities. This book is a good resource for youth groups and other teen programs.

TEEN SEXUALITY



Dorff, Elliot N. *This is My Beloved, This is My Friend: A Rabbinic Letter on Intimate Relations*. New York, NY: The Rabbinical Assembly Commission on Human Sexuality, 1996.

A letter presented to the Rabbinical Assembly of the Conservative Movement that discusses intimate relations according to Jewish values. Presented from a Conservative perspective.

Gittelsohn, Ronald B. *Love in Your Life: A Jewish View of Teenage Sexuality*. New York, NY: UAHC Press, 1991.

Provides young adults with a Jewish perspective on love, premarital sex, AIDS, abortion, dating, intermarriage, sexual abuse, as well as the spiritual aspects of sex.

Gold, Michael. *Does God Belong in the Bedroom?* Philadelphia, PA: Jewish Publication Society, 1992.

A discussion of many issues related to sex and sexuality, abortion, homosexuality, premarital sex, etc. presented from a modern halakhic point of view.

Hacker, Sylvia S. *What Every Teenager Wants to Know About Sex*. New York, NY: Carroll and Graf Publishers, 1993.

In question and answer format, this book acknowledges teenage sexuality and sexual activity, and presents straightforward answers from a secular perspective.

Shelton, Michael. *Secret Encounters: Addressing Sexual Behaviors in Group Settings*. Martinsville, IN: American Camping Association, 2004.

Sexuality isn't "turned off" while at camp or in other extracurricular settings. This book offers a thoughtful approach to dealing with young adult sexuality in a group environment. Excellent for camps, youth groups, and settings where young people participate away from home.

Stolper, Pinchas. *Jewish Alternatives in Love, Dating and Marriage*. New York, NY: National Conference of Synagogue Youth, 1984.

This book discusses positive Jewish attitudes toward gender relationships, women and the human body. Using the Torah, Jewish philosophy and law, the author speaks about love and family, the deeper meaning of human sexuality and Jewish ethics. The book is written from an Orthodox perspective.

Yedwab, Paul. *Sex in the Texts*. New York, NY: UAHC Press, 2001.

Using original primary texts in Hebrew and English, this reference book covers sexuality, love, dating, marriage, adultery, abortion, rape, and relationships from a Reform Jewish perspective. A teacher's guide is available.

TRAUMA AND CRISIS

The Anti-Defamation League. *High-tech Hate: Extremist Use of the Internet*. New York, NY: The Anti-Defamation League, 1997.

This report discusses hate sites on the Internet, who is creating the websites, and what we can do to stop the hate.

Eggert, Leona L. **Anger Management for Youth: Stemming Aggression and Violence**. Bloomington, IN: National Educational Service, 1994.

Coping strategies for teens to help them recognize their anger and its causes, and to guide them in their reactions and behavior, both personally and with others.

Gordon, Sol. **When Living Hurts**. New York, NY: UAHC Press, 1994.

This updated edition of Sol Gordon's best-selling book for teenagers in distress helps young people who feel discouraged, sad, lonely, bored, or even suicidal recognize their feelings and cope. It includes updated material on homosexuality and other topics and a new section on AIDS.

Hicks, Barbara Barrett. **Youth Suicide: A Comprehensive Manual for Prevention and Intervention**. Bloomington, IN: National Educational Service, 1990.

Offers a community-based approach that provides a vehicle for sharing the responsibility with appropriate organizations; an analysis of your legal responsibilities and four steps for preventing malpractice suits; a training program with sample curricula for staff and volunteers; seven guidelines for presenting the topic in the classroom; ways to spot a potential problem and five steps for effective intervention; nine crucial steps that must be taken if a suicide occurs.



Peterson, Jean Sunde. **Talk with Teens about Self and Stress: 50 Guided Discussions for School and Counseling Groups**. Minneapolis, MN: Free Spirit Publishing, Inc., 1993.

This book includes ready-to-use guides, discussions to help students gain self-awareness and self-esteem, make better decisions, anticipate and solve problems, and cope with stress. Great for high school classes and youth groups.

JEWISH TEEN MAGAZINES

Israel Messenger: A Publication for High School Students from the Jerusalem Post and Jewish National Fund.

A monthly publication from Israel just for teens. Includes stories about Israel, articles that include teen opinions on current topics, sports information, and more. It encourages teens to submit articles and connect to Israeli life and culture.

J-Vibe

A teen magazine that makes being Jewish "cool." It includes timely news articles on events, sports, entertainment, community service opportunities, and lots more. Also available online at www.jvibe.com.

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