

From: [Gina L. Turcoite <ginalyn@adelphia.net>](mailto:Gina.L.Turcoite@ginalyn@adelphia.net)
 To: ['anthonyray@nafi.com'](mailto:anthonyray@nafi.com)
 Date: 7/5/2005 12:37:11 AM
 Subject: Self Empowerment literature



Hey Tony... I've listed below literature which is available at the <http://www.channing-bete.com/> website regarding self-empowerment literature/workbooks for the kiddos that Ian and I have been speaking about. The cost for the literature falls anywhere between \$1.15 - \$2.99/each. There are some programs/kits that I think may be beneficial but their cost is much higher... However, I believe we could utilize many of these programs if we were able to get the purchases approved by Corporate. Take a look at the various links/brochures – I look forward to chatting with you about them.

Although there may appear to be several selections listed on this page, I assure you this is only about 1/10th of what is available for our boys, and the girls that will eventually filter through the program. I've only listed here those that I think would be immediately helpful.

Enjoy!!

Gina

About Friendship

Helps young people develop healthy, mature friendships. Discusses new relationships, how to strengthen them, and how to recognize when it's time to let them end. Includes tips on coping with conflict and hurt feelings. 16 pages, 5 1/2" x 8" Reading audience: Ages 12-14



16 pages

Qty:

Channing Bete Company

Item# **49734**

Price List A

Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$.15 ea.	.89 ea.	.79 ea.	.73 ea.	.69 ea.	.60 ea.

(Prices apply to **total quantity** ordered within this price group.)

As You Grow Up . . .

A perennial best seller! Introduces young people to the basic facts about human reproduction and the physical changes they'll encounter during puberty. Excellent treatment of an often sensitive topic. 16 pages, 5 1/2" x 8" Reading audience: Ages 12-14



16 pages

Qty:

Channing Bete Company

Item# **11494**

Price List A

Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$.15 ea.	.89 ea.	.79 ea.	.73 ea.	.69 ea.	.60 ea.

(Prices apply to **total quantity** ordered within this price group.)

Boys And Self-Esteem

Adolescent boys learn how to keep a positive self-image as they face the challenges of puberty, peer pressure, more independence and changing responsibilities. Helps them recognize external factors that affect self-image; provides problem-solving strategies. 16 pages, 5 1/2" x 8" Reading audience: Ages 12-14



16 pages

Qty:

Channing Bete Company

Item# **49189**

Price List A

Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$.15 ea.	.89 ea.	.79 ea.	.73 ea.	.69 ea.	.60 ea.

(Prices apply to **total quantity** ordered within this price group.)

Comes with 25 FREE copies of "About Bullying" (49973A).

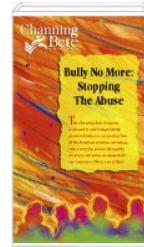
Bully No More: Stopping The Abuse

Ruby Unger -- "Ms. Nancy" on Romper Room and a former special-education teacher -- talks with children about bullying: how to avoid being a bully's target, how to stop bullies and get them help, and what to do if you're a bystander to a bully's abuse.

Unger uses animation and humor to demonstrate "win-win" techniques for handling bullies. 20:00 minutes. (c)2000

Unger Productions. \$79.95. Grades 4-8
Comes with 25 copies of "About Bullying" (49973A)

Reading audience: Ages 9-12; Ages 12-14



Qty:

AIMS Media (video)

Item# **88214**

The more you order, the more you save! [About Qty. Discounts](#)

Choke!

Dramatizes how conflict-resolution techniques can defuse an explosive situation. Tempers flare between team members during a soccer game. Tensions mount; threats are made, but violence is prevented when another student steps in and explains how to de-escalate the conflict without "losing face." For grades 6-12. Approx. running time: 12:00 min. (c)1997

AIMS Multimedia, Inc. \$69.95. Comes with 25 FREE copies of the Classic booklet "How To Resolve Conflict Peacefully."

Reading audience: Ages 12-14



Qty:

AIMS Media (video)

Item# **88140**

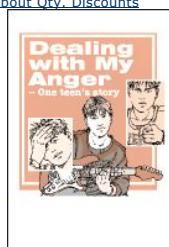
The more you order, the more you save! [About Qty. Discounts](#)

Dealing With My Anger -- One Teen's Story

Rick describes the consequences he experienced when his anger controlled his life. After using anger-reducing strategies that include seeking help when feeling overwhelmed, taking responsibility for mistakes, and channeling the energy from his anger into creative activity, he improves his ability to manage his behavior.

16 pages, 5 1/2" x 8"

Reading audience: Ages 14-18



Qty:

16 pages

Channing Bete Company

Item# **42333**

Price List A

Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$.15 ea.	.89 ea.	.79 ea.	.73 ea.	.69 ea.	.60 ea.

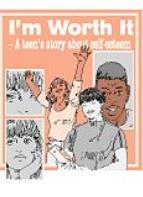
(Prices apply to **total quantity** ordered within this price group.)

I'm Worth It -- A Teen's Story About Self-Esteem

Ana recalls how she continually put herself down and how a friend helped her turn her self-image around by revealing his own efforts to change his negative attitude and take action on difficult personal issues. Ana adopts an "I can do it!" perspective, and passes along esteem-building tips to readers. 16 pages, 5 1/2" x 8"

Reading audience: Ages 14-18

16 pages



Qty: 

Channing Bete Company

Item# 42275

Price List A

Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$	1.15 ea.	.89 ea.	.79 ea.	.73 ea.	.69 ea.	.60 ea.

(Prices apply to **total quantity** ordered within this price group.)

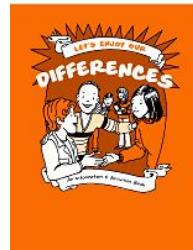
Let's Enjoy Our Differences; An Information & Activities Book

Gives preteens ways to counter feelings of prejudice by fostering understanding and respect for both inside and outside differences.

Stresses that feeling positive about oneself is the first step toward feeling positive about others. 8 pages, 8 1/2" x 11".

Reading audience: Ages 12-14

8 pages



Qty: 

Channing Bete Company

Item# 56804

Price List A

Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$	1.15 ea.	.89 ea.	.79 ea.	.73 ea.	.69 ea.	.60 ea.

(Prices apply to **total quantity** ordered within this price group.)

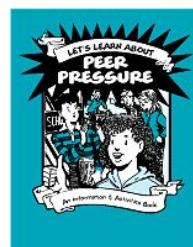
Let's Learn About Peer Pressure; An Information & Activities Book

How can preteens learn to stand up for healthy values in the face of negative pressure? By learning to identify the forms peer pressure takes and by building their self-esteem.

This book guides them in the process with thought-provoking activities and information. 16 pages, 8 1/2" x 11". Ages 9-12

Reading audience: Ages 12-14

16 pages



Qty: 

Channing Bete Company

Item# 57018

Price List B

Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$	1.75 ea.	1.62 ea.	1.32 ea.	1.16 ea.	.97 ea.	.77 ea.

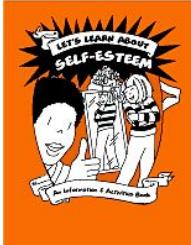
(Prices apply to **total quantity** ordered within this price group.)

Let's Learn About Self-Esteem; An Information & Activities Book

Puzzles and games get young readers thinking about their own special qualities and goals for the future. Addresses the role of self-esteem in school, at home, and when dealing with friends. 16 pages, 8 1/2" x 11". Ages 9-12

Reading audience: Ages 12-14

16 pages



Qty:

Channing Bete Company

Item# **56127**

Price List B

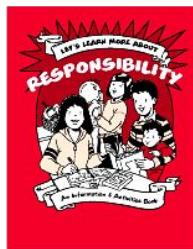
Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$	1.75 ea.	1.62 ea.	1.32 ea.	1.16 ea.	.97 ea.	.77 ea.

(Prices apply to **total quantity** ordered within this price group.)

Let's Learn More About Responsibility; An Information & Activities Book

Games and puzzles show preteens how being responsible can help them reach their goals, feel more independent and earn the trust of parents and other adults. Includes tips on making good decisions and avoiding peer pressure. 8 pages, 8 1/2" x 11". Ages 9-12.

Reading audience: Ages 12-14



8 pages

Qty:

Channing Bete Company

Item# **56770**

Price List A

Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$	1.15 ea.	.89 ea.	.79 ea.	.73 ea.	.69 ea.	.60 ea.

(Prices apply to **total quantity** ordered within this price group.)

Let's Talk About Anger; An Information & Activities Book

Games and puzzles help preteen readers learn to recognize what triggers their anger, and implement anger-control techniques such as "talking it out" and brainstorming. This engaging book is a valuable aid in helping young adolescents develop strong conflict-resolution skills. 8 pages, 8 1/2" x 11". Ages 9-12.

Reading audience: Ages 12-14



8 pages

Qty:

Channing Bete Company

Item# **57265**

Price List A

Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$	1.15 ea.	.89 ea.	.79 ea.	.73 ea.	.69 ea.	.60 ea.

(Prices apply to **total quantity** ordered within this price group.)

On(TM) Stressing Down

Exactly what is stress, and why is it so harmful? This audience-specific workbook not only validates readers' concerns about school, relationships, self-image, and other common teen stressors, but also offers immediate relief from their negative impact. Teens learn to recognize aggressive, assertive, and passive behaviors, and are shown how to master conflict-resolution strategies, practice stress-reduction techniques, set priorities, manage time, modify adverse reactions to stress, handle emotions, and seek help when necessary. 24 pages, 8 1/2" x 11". Ages 15-17

Reading audience: Ages 14-

18



Updated!
Our products reflect
the 2005 USDA
dietary guidelines!

24 pages

Qty: 1

Channing Bete Company

Item# 97154

Price List K

Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$	2.99 ea.	2.79 ea.	2.05 ea.	1.63 ea.	1.29 ea.	1.13 ea.

(Prices apply to **total quantity** ordered within this price group.)

Self-Control Puts You In Charge -- A Guide For Young People

Helps young people understand anger, depression, frustration, embarrassment, and other powerful feelings -- and shows them how to take responsibility for their actions and cope constructively with their feelings.

An excellent tool for violence prevention and conflict resolution.

16 pages, 5 1/2" x 8"

Reading audience: Ages 12-14



16 pages

Qty: 1

Channing Bete Company

Item# 49247

Price List A

Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$	1.15 ea.	.89 ea.	.79 ea.	.73 ea.	.69 ea.	.60 ea.

(Prices apply to **total quantity** ordered within this price group.)

Teens And Violence: Respecting Yourself And Others -- Medicine Against Violence

Based on a true story about the death of a high-school student following an exchange of insults, this folder shows how having respect for oneself and others helps everyone live in peace. Teens learn that differences aren't grounds for disrespect; a fill-in exercise helps readers identify their own best qualities. 8 panels, 3 1/2" x 8".

Reading audience: Ages 14-18



8 pages

Qty: 1

Channing Bete Company

Item# 31967

Price List A

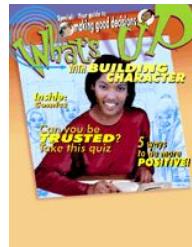
Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$	1.15 ea.	.89 ea.	.79 ea.	.73 ea.	.69 ea.	.60 ea.

(Prices apply to **total quantity** ordered within this price group.)

What's Up(R) With Building Character

Adolescents find out why trust, responsibility, and respect add up to sound moral reasoning. Through "what if..." exercises, they learn how to make good decisions and establish their own value system. They discover that every action -- good and bad - has consequences; learn the power of positive thinking; and recognize the importance of finding role models who have good character. Watch for stories, comics, and hypothetical situations that help readers understand that they don't have to agree with someone to respect them. 24 pages, 8 1/2" x 11". Ages 12-14

Reading audience: Ages 12-14



24 pages

Qty:

Channing Bete Company

Item# **97874**

Price List K

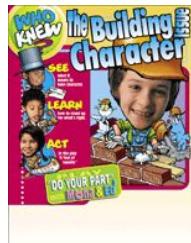
Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$	2.99 ea.	2.79 ea.	2.05 ea.	1.63 ea.	1.29 ea.	1.13 ea.

(Prices apply to **total quantity** ordered within this price group.)

Who Knew?(R) The Building Character Issue

Trustworthiness, responsibility, fairness, and citizenship -- youngsters learn what constitutes good character through self-tests, games, and "what if..." scenarios. Along the way, they build the skills necessary to recognize and choose moral and ethical behavior, and come to understand the importance of standing up for their beliefs. 12 pages, 8 1/2" x 11". Ages 9-11

Reading audience: Ages 9-12



12 pages

Qty:

Channing Bete Company

Item# **99371**

Price List B

Qty	1-99	100-499	500-999	1,000-2,499	2,500-4,999	5,000-9,999
\$	1.75 ea.	1.62 ea.	1.32 ea.	1.16 ea.	.97 ea.	.77 ea.

(Prices apply to **total quantity** ordered within this price group.)

In the absence of Who You Are Not, Who You Are, is not...