

Youth LifeskillsLink Courses

Youth/Parent



The *Youth/Parent Lifeskills Course* was designed to be completed with a parent or guardian. It is particularly effective because parents are involved, allowing for open discussion and communication between parent and child. The cognitive lifeskills that are taught can be used in all aspects of life. It has 54 pages within eight units.

- Underage drinking
- Abuse
- Possession / Drugs
- Truancy
- Theft
- Anger management
- Communication
- Parenting
- Peer pressure

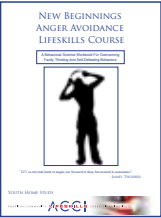
Youth/Parent in Spanish



The *Youth/Parent Cognitive Lifeskills Course in Spanish* is the Spanish version of the W134, it was written for the special needs of Spanish speaking people. The cognitive lifeskills that are taught can be used in all aspects of life. It has 54 pages in eight units.

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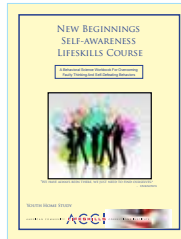
Anger Avoidance



The *Anger Avoidance Lifeskills Course* was designed to be completed with a parent or guardian. It focuses on the root causes of anger and not just the symptoms. It teaches anger avoidance versus anger management. It is also excellent for private and public schools. It is 48 pages within seven units.

- Awareness
- Justification
- Decay
- Denial
- Truth
- Faulty thinking
- Blaming
- Self-control
- Peer pressure

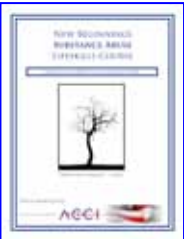
Self-Awareness



The *Self-Awareness Lifeskills Course* was designed to be completed with a parent or guardian. It focuses on helping youth overcome faulty thinking errors. It engages the readers as it follows the lives of real teens through their victories and defeats. It is 48 pages within seven units.

- Fear/worry
- Growth/decay
- Ambition/education
- Self-centeredness
- Consequences
- Respect authority
- Self-esteem
- Responsibility
- Peer pressure

Substance Abuse - Youth



The *Youth Substance Abuse Lifeskills Course* was designed to be completed with a parent or guardian. This workbook focuses on the root causes of substance abuse, that is self-defeating thoughts and behaviors. This workbook teaches cognitive skills that counter chemical addictions. It is 48 pages within seven units.

- Addictive cycles
- Faulty thinking
- Decay/growth
- Peer pressure
- Emotional needs
- Users
- Mind/body
- Choices
- Responsibility

Theft / Shoplifting - Youth



The *Theft Lifeskills Course* was designed to be completed with a parent or guardian. It focuses on shoplifting and other forms of theft. It is a cognitive restructuring workbook that helps youthful offenders overcome self-defeating thoughts and behaviors. It is 48 pages within seven units.

- Profit & loss
- Faulty thinking
- Self-justification
- Values & behavior
- Peer pressure
- Incarceration
- Crime & punishment
- Growth & decay
- Consequences

Sex Offender



The *Sex Offender Lifeskills Course* was designed to be completed with a parent or guardian. This workbook focuses on the causes of sexual addiction as it follows real people with real problems. This is not meant as therapy, but as a least intrusive cognitive intervention. It is 48 pages within seven units.

- Addiction
- Denial
- Relationships
- Pornography
- Self-justification
- Consequences
- Victimization
- Growth/decay
- Criminal record

Driver Responsibility



The *Driver Responsibility Lifeskills Course* is unique in that it is the first to blend cognitive restructuring with traditional traffic curriculum. It is designed for all drivers (including teenagers) who have exhibited a lack of proper values, attitude, and behavior, and is especially effective on repeat offenders. For both adult and teen drivers.

- Driving without a license
- Aggressive driving
- Anger management
- Reckless driving
- Speeding
- Cell phone and texting
- Multiple tickets
- Irresponsibility