



THE AUERBACH CENTRAL AGENCY FOR JEWISH EDUCATION

THE SEIDMAN EDUCATIONAL RESOURCE CENTER

ADOLESCENT EDUCATION: A SELECTED BIBLIOGRAPHY

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JEWISH LEARNING

Cardin, Nina Beth and Blumenthal, Scott. *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.

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.

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.

Newstrom, John and Scannell, Edward. *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.

Reisman, Bernard. *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.

ASSET BUILDING

Bayer, Steven & Hirschman, Francine. *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., Galbraith, Judy, Espeland, Pamela. *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.

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.

HOT TOPICS FOR TEENS

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.

Freeman, Susan. *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.

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: Can I doubt God's existence and still be considered Jewish?; Do we need organized religion?; etc. 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.

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.

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.

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.

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.

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 Gevirtz, Gila. *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, Perry, Joshua, Schwarz, and Shepard, Michael. *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.

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.

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