

Teenage LIFE-SKILLS Series no.2

Self-confidence under Pressure



Irish Educational Video/dvd

Irish Teenagers share their stories on how they developed their self-confidence through some difficult situations.

Presenters share some helpful insights while psychologist Tony Humphreys interjects on feeling good about ourselves.

A mum and a dad share their stories.

Suitable in the Classroom or Youth Clubs and for individual viewing for 13-16 year olds.

Incl. Pamphlet of Questions for discussion and Teacher's/Youth Leader's Notes.

4 independant sections and a mini drama each leads up to group discussion and/or interaction/self-asesment on the LIFESKILLS SERIES website www.teenbond.com

QUESTIONS FOR GROUP DISCUSSIONS AND TEACHER/YOUTH LEADER'S PAMPHLET INCLUDED.

Decision Time- start>05:00 min

Teenagers struggle to find their talents and to accept their mistakes.

Time to Choose -05:00 min>10:00 min

Touching on suicide and self-criticism. How to turn things to our advantage.

Accepting Responsibility 10:00>17:00

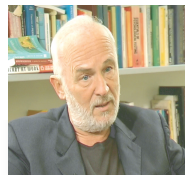
Teenagers share how they learned to ask for what they wanted. On being your real self and how to challenge others respectfully.

Feeling Good About Yourself 17:00>21:00

Teenagers share how they overcame being bullied. How to have the courage to make a positive difference.

Meeting the Challenge Drama 21:30>end

Friends trying to sort out some problems.



Tony Humphreys, renowned psychologist and author talks on self-love, looking for someone who will listen to and understand us.

The Presenters:

Michaela Avlund, Writer and Producer (NUI Cert.Psychology)
Harry Parkinson, Producer (Dip.Counselling, Psychology and Therapy)



introduce ideas to empower young people to resist peer pressure and have the courage to develop personal skills and principles.

A VIDEO CLIP CAN BE SEEN at www.teenbond.com

Available in

Veritas Bookshop, Middle Abbey St, Dublin 2

or **Directly from:**

S O L Productions, SoL Buildin
Quarantine Hill, Wicklow Town
Ireland

fax+35340467153 avlund@o2.ie

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Prices Incl. Vat and Postage

(and pamphlet with questions and notes)

IRELAND DVD €38 VIDEO €35

EUROPE DVD / VIDEO €40

US + ELSEW DVD/VIDEO \$55 or £30

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Produced in IRELAND