

Ronald Reagan Presidential Library  
Digital Library Collections

---

This is a PDF of a folder from our textual collections.

---

**Collection:** Turner, Carlton E.: Files  
**Folder Title:** [American Mothers Inc.]  
**Box:** 9

---

To see more digitized collections visit:

<https://reaganlibrary.gov/archives/digital-library>

To see all Ronald Reagan Presidential Library inventories visit:

<https://reaganlibrary.gov/document-collection>

Contact a reference archivist at: [reagan.library@nara.gov](mailto:reagan.library@nara.gov)

Citation Guidelines: <https://reaganlibrary.gov/citing>

National Archives Catalogue: <https://catalog.archives.gov/>

ASSIGNMENT

TO:

DL     SL     SD

DW     JK     JN

FROM: CT

Xerox

Make a File

# \_\_\_\_\_

Name \_\_\_\_\_

File

Look Into

Draft

Contact

DETAILS/OTHER:

AMERICAN Mothers  
Dad

## WE WELCOME YOU

---

Mothers today, who share a common concern for strengthening the home and family are invited to join the American Mothers, Inc., realizing that the strength of America lies in the integrity of each home.

---

We invite you to participate in the ongoing programs of education for the enrichment of Family Life, and we Welcome You.



Annual Membership \$ \_\_\_\_\_  
Includes National Dues of 5.00 \_\_\_\_\_  
State Dues of \_\_\_\_\_



**FOR MORE INFORMATION WRITE  
OR CALL**

**STATE CHAIRMAN FOR THE  
ADOLESCENT PROGRAM**



or  
Address of the National Office  
**AMERICAN MOTHERS, INC.**  
Waldorf-Astoria  
301 Park Avenue  
New York, New York 10022  
Tel. 212-755-2755

## GOALS

---

To build relationships among mothers, within American Mothers, Inc., to support one another in the challenges of motherhood showing understanding and concern for each other. To encourage parents to become involved, together, in the role of parenting.

---

To encourage parents to find joy and fulfillment in parenting, realizing they are the key to the quality of our future society.

---

To provide worthwhile meetings that offer resource helps to enrich family life and increase parenting skills.

---

To encourage study groups to initiate projects that improve attitudes and conditions within the community for the betterment of the family.

---



**WE ARE WORKING TOGETHER  
TO PRESERVE THE NATION'S  
GREATEST RESOURCE—THE FAMILY**

## AMERICAN MOTHERS, INC.



# Adolescent PROGRAM FOR PARENTS OF TEENAGE CHILDREN

Resource Helps for the  
Enrichment and Enjoyment  
of Family Life.

---

**Our Purpose—**  
To Strengthen the Moral and  
Spiritual Foundations of the  
Family and the Home.

---

---

American Mothers, Inc. is recognized as the official sponsor of Mother's Day and is the organization that selects annually, the National Mother of the Year.

### **1. WHAT IS THE ADOLESCENT PROGRAM?**

It is a program within American Mothers, Inc., designed for parents of Adolescents, to determine ways to increase parenting skills and strengthen family life.

### **2. WHO CAN BECOME A MEMBER?**

Membership in American Mothers, Inc. is open to all women. It is a nonprofit, inter-faith, interracial, nonpolitical organization.

### **3. WHAT IS THE PURPOSE OF THE ADOLESCENT PROGRAM?**

We all know that parenting is not easy but it is the most challenging, rewarding, loving experience any adult is ever privileged to have. This program is designed to help parents approach parenting in a positive way, thus encouraging our children to become responsible, caring, contributing adults who are morally, spiritually, physically, mentally and emotionally healthy.

### **4. HOW IS THIS ACCOMPLISHED?**

Parenting is really no different than it ever was. Situations, current issues, lifestyles and stress may be different. Parents are encouraged to meet in study and discussion groups to increase their understanding of the adolescent and the issues that trouble them today, to help the parent become more comfortable about his own

feelings regarding those issues and to improve communication skills.

Discussion groups are most successful if formed within your church, neighborhood, or a group of friends with mutual concerns.

Membership in American Mothers, Inc. adds credence to your program and offers you the support and help of a National organization who shares your concerns.

The program is flexible and can be planned to fit the time and needs of each group.

Group activities, resource speakers and panel discussions, which may at times include your children, can give variety and enrichment to your meetings.

Guidelines will be furnished which will include suggested topics for discussion and suggested resource people.

### **FOR EXAMPLE:**

Chemical dependency (drugs & alcohol).

Teenagers and contemporary issues.

The adolescent and religion.

Communicating with your teenager.

Helping your adolescent cope with peer pressure.

### **5. HOW CAN I BECOME A MEMBER?**

We believe that our goal of strengthening the family can best be accomplished by the joint effort of many concerned parents. Therefore, we urge mothers to become members of American Mothers, Inc., and fathers to actively participate in our programs. Contact your Adolescent State Chairman or your Area Chairman.

Her name is on the back of this brochure. If necessary, contact the National Office of American Mothers, Inc.

### **6. ARE OTHER PROGRAMS AVAILABLE?**

The organization has a program for mothers of all ages.

The **EDUCATIONAL PROGRAM** includes a program for Mothers of Young Children, Adolescent, Adopted Moms, and a Nutritional Program.

The **CREATIVE ARTS PROGRAM** includes, Arts, Crafts, Literary and Music contests and awards.

The **RELIGIOUS PROGRAM** includes a Chapel in Every Home, and a Prayer Vigil in each state. The American Mothers Chapel is near the Garden of the Gods, Colorado Springs, Colorado.

We are represented at the United Nations and the White House Conferences. One of the most well known activities of the organization is the selection of the National Mother of the Year.

### **7. HOW IS THE NATIONAL MOTHER OF THE YEAR CHOSEN?**

A national jury chooses the National Mother of the Year from those mothers who have been selected by a state jury to represent their own states at the National Conference of American Mothers, Inc., held each year just prior to Mother's Day. Details may be obtained from the National office.

A National Young Mother Representative is also chosen. Contact the National office for details.

---

**TO BUILD**

---

**TO ENCOURAGE**

---

**TO PROVIDE**

---

## THE ADOLESCENT PROGRAM OF AMERICAN MOTHERS, INC.

### GOALS:

On page 3 of the original guide for the program you will find some stated goals.

### Additional goals might be:

1. Helping parents realize that parenting is really no different than it ever was. Situations, current issues, lifestyles and stress may be different. Adolescents still need structure, guidance, understanding, love and limits (but with room to grow).
2. Emphasizing that both parents need to be involved in the parenting role whenever possible.
3. Consideration of the Adolescent as a future parent.
4. Help the parent become more comfortable about his own feelings regarding current issues that trouble teenagers today. This will help him or her be a better parent.

### ORGANIZATIONAL MEETING:

1. Explain goals of the program.
2. Ask for suggestions - topics - areas of concern for the parents.
3. Priority of topics.
4. Time and place for meetings.

### SUGGESTED TOPICS FOR PROGRAMS MIGHT INCLUDE:

1. Communicating with your teenager.
2. The Adolescent and Religion.
3. Chemical dependency (drugs and alcohol).
4. Teen age alcoholism.
5. Teen agers and contemporary issues - i.e. nuclear war, prayer in schools, abortion etc.
6. Teen age pregnancy.
7. Social responsibility within the community.
8. Fears of growing up today (this might include fears of both teenagers and parents).
9. Effect of a broken home on the Adolescent.

10. Financial and budget problems.
11. Legal rights of parents.
12. Helping your adolescent cope with peer pressure.

SUGGESTED CONTACTS OR RESOURCE PEOPLE IN YOUR COMMUNITY:

Some of these people might serve on an advisory committee. Some or all of them might be a speaker for a session or a contact to help you find a speaker.

1. Psychiatrist (preferably one who has a special interest in Adolescent Psychiatry).
2. Pediatrician.
3. Juvenile Judge.
4. A Youth Home Director.
5. Family Psychiatrist.
6. Minister, Rabbi, Priest or perhaps all three.
7. Juvenile division of the Police Department.
8. State Commissioner on Youth.
9. Drug and Alcohol Abuse Treatment Center.
10. Education (an outstanding Teacher, Principal, Coach, School Nurse).
11. County or State Department of Health (Nurse, Health Officer).
12. Publicity (newspaper, radio, T.V. representative).

I believe flexible structure is the keyword. If parents want to spend several sessions on one topic they should be able to do so.

I realize these are very broad guidelines as the program must be tailored to your own community needs, resources and the concerns of the parents involved. However, in every community there is someone (Minister, Teacher, Physician, Community Leader etc.) who is vitally interested in the welfare of the Adolescent. We all know that parenting is not easy but it is the most challenging, rewarding, loving experience that any adult is ever privileged to have. This program is designed to help parents over the rough spots in a positive way - to help us produce responsible, caring contributing adults who are morally, spiritually, physically mentally and emotionally healthy.

This is our challenge. It is a big one, but no one can do more to make it happen than concerned and caring parents.

WILEY-INTERSCIENCE  
ERASABLE BOND



**The Adolescent  
Program of  
American  
Mothers, Inc.**

THE ADOLESCENT PROGRAM  
OF  
AMERICAN MOTHERS, INC.



AMERICAN MOTHERS, INC.

35 PLUS!

A PROGRAM FOR MOTHERS OF TEENS

Presented and Adopted at the Quarterly Board Meeting of American Mothers, Inc.

Nashville, Tennessee

February 27 - 28, 1981

## CONTENTS

Goals.....	p. 3
National Organization.....	p. 4
State and Territorial Organization.....	p. 6
Local Organization.....	p. 7
Meeting Ideas.....	p. 9
Organizational Chart.....	p. 11
Resource List.....	p. 12
Bibliography of Books Concerning Adolescence.....	p. 14
A General Bibliography on Issues in Adolescent Medicine.....	p. 17
Bibliography on Adolescent Health Care.....	p. 23
A Bibliography on Adolescent Development.....	p. 25
Organizational Procedure.....	p. 26
Suggestions for Forming New Local Groups.....	p. 27

## GOALS

The goals of the "35 Plus!" organization of the American Mothers, Inc. is to help all women who are interested in and associated with teenagers to:

1. Find satisfaction in competently helping the adolescents in her family travel the often bumpy road between a secure childhood and a happily independent adulthood.
2. Feel adequate to and responsible for the task of the continuing parenting that all teenagers need.
3. Work with confidence towards a unity in the family despite the often alienating pressures that frequently emerge during the adolescent years.
4. Be a part of a support group which will help in facing some of the challenges that this age brings.
5. Achieve a better understanding of the psychological, social and emotional development of teens.
6. Achieve a better understanding of the physical development of teens and its relationship to the total development of the individual.

## NATIONAL ORGANIZATION

- I. The Chairman of the Standing Committee on "35 Plus!" :
  - A. Shall be appointed by the President of the American Mothers, Inc. with the approval of the Executive Committee.
  - B. The terms of appointment of the chairman shall be for two years, and she shall not serve for more than one term consecutively nor more than six years on the board of directors of the organization in succession in any board capacity, and may serve again on the board after a lapse of two years.
  - C. Any member whose current dues are paid to American Mothers, Inc. and to the State or Territorial Association shall be eligible to serve as chairman of the Committee.
  - D. The chairman of the Committee in counsel with the President and with the approval of the Executive Committee shall be authorized to appoint additional members to serve on subcommittees.
  - E. Shall prepare an annual report of all activities of the Committee together with any recommendations. The report shall be submitted in February for publication in the National Yearbook and shall be presented at the Annual Conference of the Organization.
  - F. Shall represent "35 Plus!" in the National Organization, and shall serve on the board of directors of the American Mothers, Inc.
  - G. Shall communicate directly with the Area Coordinators and with their counterparts in the State and Territorial Associations to promote the goals of the Committee.
  - H. Shall report directly to the Third Vice-President of the American Mothers, Inc. in all matters having to do with the Committee.
  
- II. The National Committee Members of the Standing Committee on "35 Plus !" :
  - A. Shall be appointed by the President of the American Mothers, Inc. with the approval of the Executive Committee.
  - B. The terms of appointment shall be for two years.
  - C. Any member whose current dues are paid to the American Mothers, Inc. and to the State or Territorial Association shall be eligible to serve as a committee member.

D. The number of Committee members shall be specified by the President with the approval of the Executive Committee. They shall consist at the minimum of :

1. Chairman
2. Sub-Chairman over Adolescent Medicine
3. Sub-Chairman over Adolescent Psychology
4. Sub-Chairman over Publicity
5. Sub-Chairman over Newsletter
6. Secretary of the Committee

III. The National Standing Committee on "35 Plus!" :

A. Shall meet as necessary prior to, during, or following the annual Conference of the Organization and as deemed necessary by the Chairman or Committee members. In addition, communications by mail or telephone shall be deemed appropriate as needed.

B. Shall publish at least annually a listing of resources that the local groups may find useful. The goal of a quarterly newsletter from the national Committee shall be carefully considered. It could include:

1. Additional suggestions of resources (submitted by the sub-chairmen over Adolescent Medicine and Adolescent Psychology among others)
2. Book reviews; suggestions of current magazine articles that might prove of interest to local groups
3. Exchanges of ideas from State Associations and local groups
4. Ideas for better and more effective publicity
5. Information relating to the National and State Association that is of interest to local members
6. Information of general interest to parents of teens

C. Shall serve as a resource for local and state groups.

D. Shall make contacts in conjunction with the President of the American Mothers, Inc. or under her direction to organizations, societies, businesses, etc. that might be willing to support and endorse the goals of "35 Plus!".

E. Shall generate appropriate publicity supporting understanding of teens and their particular problems, in strengthening the family bonds during these years, and in otherwise increasing support for the goals of the committee.

## STATE AND TERRITORIAL ORGANIZATION

- I. Chairman of the State or Territorial Association Committee on 35 Plus!:
  - A. Shall be appointed by the President of the Association.
  - B. Shall serve for two years.
  - C. Any member whose current dues are paid to the American Mothers, Inc. and to the State or Territorial Association shall be eligible to serve.
  - D. Shall suggest committee members to the Association President as she deems appropriate. These committee members shall be appointed by the state association president.
  - E. Shall support, encourage and aid the local groups in carrying out the goals of the "35 Plus!" organization.
  - F. Shall serve as liaison between the national and the local groups.
  - G. Shall suggest to the State Association President the names of women to serve as local group chairmen.
  - H. Shall orient the local group chairmen/leaders as to the goals and procedures and possibilities of the local groups.
  - I. Shall serve as a resource person for local group leaders.
  - J. Shall seek for ways to promote the goals of "35 Plus!" in her state both in generating publicity and in promoting the creation of and growth of local groups.
  - K. Shall serve as a member of the State or Territorial Association leadership and in general promote the State or Territorial goals of the American Mothers, Inc.
  - L. Shall maintain a listing of members of all local groups in her State or Territory and forward such information regularly to the National Committee Chairman.
  - M. Shall submit to the National Chairman an annual report due by January 31 of the next calendar year of the affairs of the "35 Plus!" organization in her state or territory.

## LOCAL GROUPS

Flexibility is the key to successful local groups of "35!". What are the needs of the women in your area? What are the resources that can help meet these needs? Every community will have slightly different needs and interests, and different resources, and therefore the local groups will function differently. For the group to continue successfully it is necessary that the women feel that it is helping them meet their own individual needs as women, as mothers, and particularly as mothers of teenagers.

These requirements point to two main areas of concern:

1. Appropriate and meaningful matter covered at the local group meetings
2. Well-organized, well-planned meetings that run smoothly and establish a comfortable feeling for those women attending.

The following are suggestions.

### I. Organization

It is necessary to have a designated head of the group. The leader is appointed by the State Association President upon recommendation from local women and the State Committee Chairman. It is also suggested that at a minimum a group program chairman and a secretary/treasurer be appointed or elected.

Duties of each of these would be:

#### A. Group Leader:

1. Be responsible for the affairs of the local "35 Plus!" group.
2. Promote the goals of the organization in the community.
3. Generate publicity for the "35 Plus!" program in her community.
4. Conduct all "35 Plus!" local meetings or appoint someone else to conduct in her absence.
5. Work with other affairs of the local and association American Mothers groups as seems appropriate.
6. Submit an annual report to the State Association, due by January 15 of the following calendar year.
7. Submit current membership rolls to the State Association.
8. Prepare a budget and submit it to the State Association.

#### B. Program Chairman:

Assume responsibility for the planning and successful fruition of the program for each of the meetings. This responsibility may be assigned to other group members for individual programs and meetings.

C. Secretary/treasurer:

1. Prepare a current roster to be given to the local group leader for submission to the State Association.
2. Notify members of meetings and other group-sponsored events.
3. Collect dues of \$10 annually. (The entire amount is to be sent to the Association; \$5 is for the Association and \$5 for the National Organization.)
4. Keep track of all monies of the group.
5. Generate all correspondence for the group under the direction of the local group leader.
- 6- Perform other duties as requested by the local group leader.

II. Meeting Times

The local groups can meet as seems more appropriate: quarterly, monthly, or even weekly, reflecting the needs and desires of the group, although monthly meetings would be recommended. In addition, special events or meetings may be sponsored by the group.

III. Participation

Eligibility to participate is at the discretion of local groups. It may regularly include husbands and other interested men. Or, they may be invited occasionally, or never. In addition, other family members, especially the teens themselves, may be invited as seems appropriate.

IV. Format of Meeting/Discussion Group

Meetings may be run as the group wishes. A suggested model format is:

Welcome  
Business  
Inspirational Thought or Prayer  
Program: Speaker, discussion, etc.  
Adjournment  
Refreshments

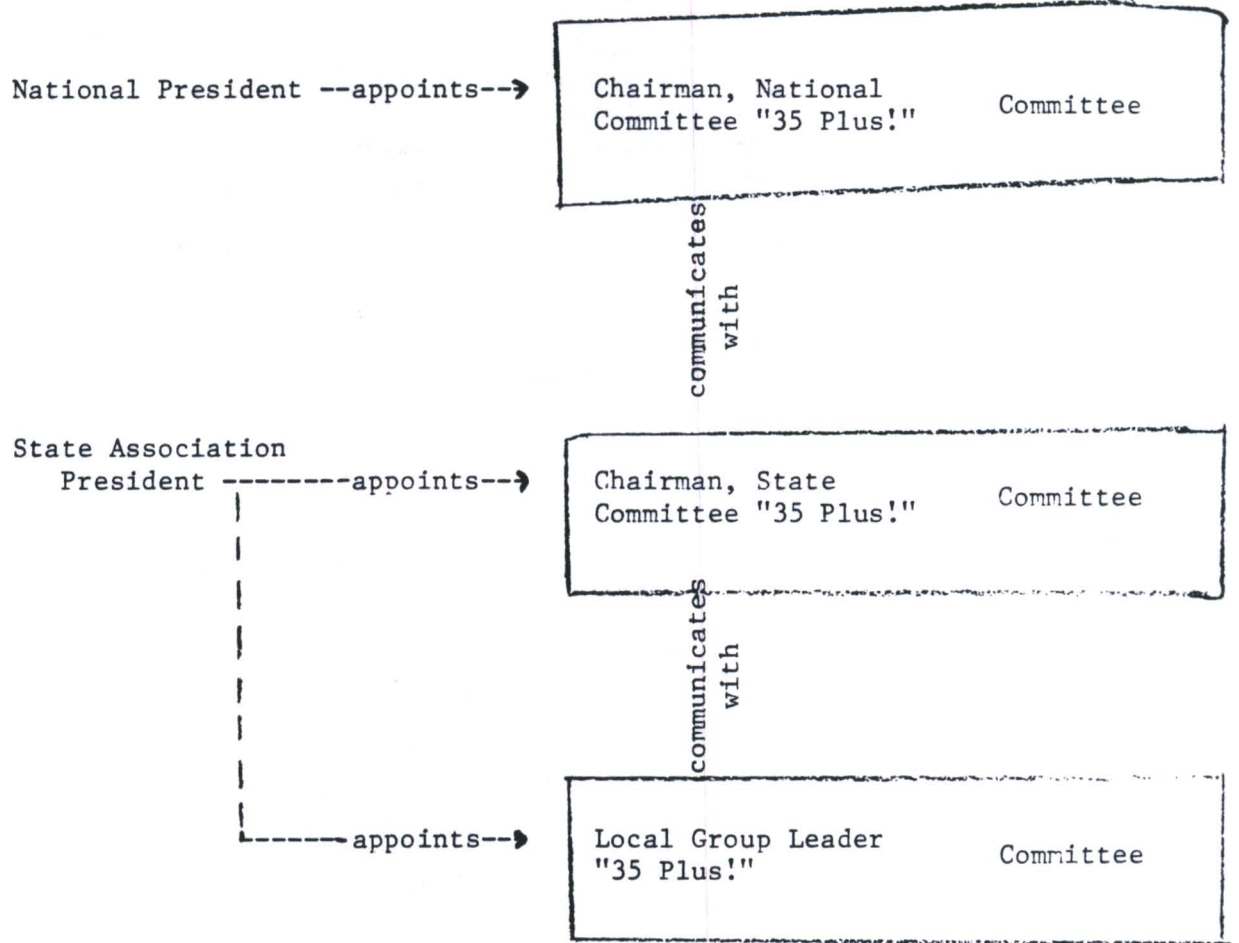


## MEETING IDEAS

1. Through informal discussion with friends and others try to pinpoint the areas of interest, the needs of the mothers of teens in your area.
2. At an early meeting survey those in attendance (either formally or in discussion) to see
  - a. which topics they would like to discuss
  - b. which sorts of formats they are most interest in (more discussion, more lecture, etc.)
3. Consider a variety of meeting types:
  - a. lecture by expert followed by a discussion
  - b. film or filmstrip followed by a discussion led by a group member or someone invited from the outside
  - c. panel discussion (professionals, teens, mothers, fathers, or a combination)
  - d. discussion of a pamphlet, a short story, or even a novel that group members have read prior to the meeting; led by a discussion leader
  - e. lecture/discussion by one or more group members on a relevant topic
  - f. "case studies" of teens in particular circumstances that subgroups of those attending the meeting might discuss, "brainstorm", and then report their reactions to the entire group.
4. Provide a time during most meetings for asking questions, posing problems, sharing successes and solutions.
5. Rotate the meeting place among the various members' homes. Rotate the hostess for each meeting.
6. Involve as many people in the group as is reasonable. The more people who feel an active association with the group, the more support will be felt for the group. In addition, the burdens of running a successful organization will be lightened for the few.
7. Print a meeting calendar for the year/the quarter (or a reasonable number of meetings ahead). This will help members plan and will insure that the meetings are planned in sufficient time to do them well.
8. Be careful with scheduling. Check school (elementary as well as junior and senior high) calendars to see what events might involve parents. Check local events also; and Church events that might involve significant portion of your membership. Then try hard to stick to your calendaring.

9. Check with school systems, churches, etc. to see what professionals might be visiting your area who might be willing to address your group.
10. Be sure that the tone in your group meetings remains constructive. Do not let the group degenerate into a gripe session.
11. Recognize visitors formally during the meeting. Make them feel welcome and a part of the group.
12. Don't let the meetings drag on. Stop them on time so that those who need to leave may, gracefully. Those who wish to talk more may do so after the formal part of the meeting has closed.
13. Be careful that a few members don't dominate the discussion; that those who are more timid aren't put down; that everyone has the chance to participate.
14. Make sure that the publicity for the meeting is adequate and reflects the goal of the meeting.

ORGANIZATION



## RESOURCES

### I. PEOPLE

- A. Physicians with special interest, experience and training in Adolescent Medicine:
  - Pediatricians
  - Psychiatrists
  - Internists
- B. Psychologists (esp. Developmental Psychologists)
- C. Public Health Personnel
- D. Lawyers (drugs and the law; teen rights, etc.)
- E. Police (some departments have specialists)
- F. Clergy
- G. Others active in youth-oriented programs, both church and civic
- H. School counselors
  - health teachers
  - nurses
  - teachers "tune in" to kids
  - coaches
- I. Community program leaders:
  - alcohol prevention
  - suicide prevention
  - rape
  - eating problems
  - battered children

### II. LITERATURE

- A. Books on relevant topics:
  - adolescent medicine
  - psychological, social and emotional development of adolescents
- B. Pamphlets
  - government printed and sponsored (see listings of the Government Printing Office, Washington, D.C.)
  - printed by special groups (see K. above)
  - professional publications (could check with a local professional for referrals)
  - appropriate church publications
- C. Popular magazine articles on relevant topics (e.g., "Psychology Today", "Redbook", "Atlantic Monthly")
- D. Fiction (novels, short stories, etc.) which are honest, interesting, and thought provoking. Check with:
  - local librarians
  - school English teachers
  - group members
  - teens

III. VISUALS (MOVIES, FILMSTRIPS, ETC.)

- A. Local school film libraries (grade school through high school)
- B. Local public health departments
- C. Local public libraries (also try inter-library loans)
- D. Libraries of colleges and universities
- E. Church film libraries
- F. Government films
- G. Tapes of TV shows on relevant topics

## Bibliography of Books Concerning Adolescence

prepared by Malcolm W. Watson, Ph.D.  
Brandeis University  
February, 1981

The following books are arranged by categories as marked, not in alphabetical or priority order. Those books that I think are especially good in each category have been marked with an asterisk.

### I. Professional Journals:

These periodicals contain research and theoretical articles, written mostly by psychologists, on adolescent development and problems. They will only be helpful to those with extensive background in psychology. They are available in most university libraries.

- \* 1. Adolescence
- 2. Developmental Psychology
- 3. Journal of Applied Developmental Psychology
- 4. Journal of Genetic Psychology
- 5. Journal of Youth and Adolescence

### II. Professional Books:

These books were written for advanced students, psychologists, and other professionals and are mainly concerned with research and theory of adolescent development and applications to therapy and education. Most of these books will be helpful only to those who have some background in psychology.

- 1. Flavell, John H. Cognitive development. Englewood Cliffs, N.J.: Prentice-Hall, 1977. (An excellent overview of cognitive development from birth to adulthood; author stresses Piaget's theory of cognitive development; comprehensible to most adults.)
- 2. Piaget, Jean & Inhelder, B. The growth of logical thinking from childhood to adolescence. New York: Basic Books, 1958. (Difficult without some background in Piagetian theory and research, but an excellent description of development in Piaget's last theoretical stage of cognitive development.)
- 3. Egan, Kieran. Educational development. New York: Oxford University Press, 1979. (Covers school age to college age; written by a theoretician who has made some thought provoking and exciting observations of adolescent interests and how to optimize adolescents' learning; comprehensible for most adults.)
- 4. Elkind, David. Children and adolescents: Interpretive essays on Jean Piaget (2nd ed.). New York: Oxford, 1974. (Well written essays on aspects of children's intellectual and social development; includes a classic explanation of adolescent egocentrism; easily understood by most adults.)
- 5. Erikson, Erik H. Identity: Youth and crisis. New York: Norton, 1968. (A classic description of adolescent identity development by the psychoanalyst who coined the term "identity crisis.")
- \* 6. Gallatin, Judith E. Adolescence and individuality: A conceptual approach to adolescent psychology. New York: Harper & Row, 1975. (An excellent and readable theoretical discussion of adolescents and their development; comprehensible for most adults.)

- \* 7. Guardo, Carol J. (Ed.). The adolescent as individual: Issues and insights. New York: Harper & Row, 1975. (Another excellent book; a collection of essays and studies about issues of concern to parents and teenagers.)
- 8. Rutter, Michael. Changing youth in a changing society: Patterns of adolescent development and disorder. Cambridge: Harvard University Press, 1980. (A good but advanced and highly technical book covering influences on adolescent development, recent research, and family interactions.)
- 9. Muuss, E. Theories of adolescence (2nd ed.). New York: Random House, 1975. (A comprehensive comparison and integration of theories.)
- 10. Ahlstrom, W. M., & Havighurst, R. J. 400 Losers: Delinquent boys in high school. San Francisco: Jossey-Bass, 1971. (Examines factors of community and family that lead to delinquency.)
- 11. Konopka, G. Young girls: A portrait of adolescence. Englewood Cliffs: Prentice-Hall, 1976. (Studies of approximately 1000 adolescent girls in the U.S. and their problems, behaviors, and viewpoints.)

### III. Text Books:

These books were written as texts for college undergraduate courses on adolescent psychology and development. They provide good reference material to parents for an understanding of adolescent development. They should be understandable by adults even though they have had no background in psychology.

- 1. Conger, John J. Adolescence and youth: Psychological development in a changing world (2nd ed.). New York: Harper & Row, 1977. (Written by one of the foremost experts on adolescent psychology; however, I find this book somewhat boring.)
- 2. Jersild, A. T., Brook, J. S., & Brook, D. W. The psychology of adolescence (3rd ed.). New York: MacMillan, 1978. (A good, basic textbook.)
- 3. Rogers, D. Issues in adolescent psychology. Englewood Cliffs: Prentice-Hall, 1977. (Discusses current issues that teenagers and parents find important, e.g., drugs, sex roles, conflicts with parents, alienation.)
- 4. Dusek, Jerome B. Adolescent development and behavior. Chicago: Science Research Associates, 1977. (A good textbook that covers development by topics.)
- 5. Mitchell, John J. Adolescence: Some critical issues. Toronto: Holt, Rinehart & Winston, 1971. (This book deals with conflicts of sex behavior, alienation, drugs, school attitudes, etc.; written with the '60s in mind.)
- 6. Thornburg, Hershel D. Development in adolescence. Monterey, Calif.: Brooks/Cole, 1975. (A good basic text that covers development by topic, e.g., socialization, education, sex, delinquency, identity.)
- \* 7. White, Kathleen M. & Speisman, J. C. Adolescence. Belmont, Calif.: Brooks/Cole, 1977. (The best short textbook around; only 100 pages; but covers major areas of development and places our present views of adolescence in historic context.)
- \* 8. Lerner, Richard & Spanier, G. Adolescent development: A life-span perspective. New York: McGraw-Hill, 1980. (An excellent introductory textbook; up-to-date research and theory.)

9. Matteson, D. Adolescence today. Homewood, Ill.: Dorsey, 1975.  
(Deals with sex roles and search for identity.)

IV. Books Written for Parents and Teachers of Adolescents:

These books are not so scientifically rigorous and factual as those listed previously but are better focussed on the issues and concerns of parents and the most frequent problems that they have in living with and rearing teenagers. A variety of viewpoints are usually expressed in these books for parents, but each book tends to stick to only one approach to child rearing. Any dogmatic panaceas for problems that are expressed by the authors should be seasoned with caution on the part of readers.

- \* 1. Ginott, Haim G. Between parent and teenager. New York: Avon.  
(Well written, insightful, but shows strong biases of the author.)
- 2. Dodson, Fitzhugh. How to parent. New York: Signet, 1970.  
(Well written coverage of all parenting; he has some excellent ideas but is very opinionated; remember, no one person has all the answers for all parents.)
- 3. Elkind, David. A sympathetic understanding of the child: Birth to sixteen (2nd ed.). Boston: Allyn & Bacon, 1978. (This book covers all childhood but also provides an easy-to-understand overview of early adolescent development.)
- 4. Annual Editions: Readings in human development, 80/81. Guilford, CT.: Dushkin, 1980. (This book contains readings taken from popular magazines such as Time, Atlantic Monthly, Harvard Review, Redbook. Most of the articles are good, and one section deals with the concerns of adolescents and their parents.)

V. Stories about Adolescents with Special Problems:

These books provide delightful reading and some insight into adolescent problems and ways of dealing with them. Most of these books are true accounts and are written by therapists who work with highly disturbed teenagers.

- \* 1. Rubin, Theodore I. Jordi/Lisa and David. New York: Ballantine, 1962. (The story of two case studies of adolescents needing intensive therapy.)
- \* 2. Green, Hannah. I never promised you a rose garden. New York: Signet, 1964. (An excellent story of recovery of a schizophrenic, adolescent girl, written by the girl herself.)
- 3. Killilea, Marie. Karen. New York: Dell, 1952. (Another good story of the therapy and recovery of a young adolescent girl, written by her mother.)
- 4. Joseph, Stephen M. (Ed.). The me nobody knows: Children's voices from the ghetto. New York: Avon, 1969. (Poetry and essays of deprived children and teenagers; provides some good insights into their lives and concerns.)
- \* 5. Strom, Robert D. (Ed.). Parent and child in fiction. Belmont, Calif.: Brooks/Cole, 1977. (Excellent fictional stories collected to teach parents about child and adolescent development; see especially sections on fears and anxiety and belief and moral development.)
- 6. Landau, Elliott D., Epstein, S. L., & Stone, A. P. (Eds.). Child development through literature. Englewood Cliffs: Prentice-Hall, 1972. (Another excellent collection of fiction that communicates as much truth about child development as most non-fiction.)



A General Bibliography on Issues in Adolescent Medicine

Books

Daniel. The Adolescent Patient. St. Louis, Mosby, 1970.

Gallagher, Heald & Garell. Medical Care of the Adolescent, 3rd ed. Appleton-Century-Crofts, 1976.

Medical Clinics of North America 59:6, November, 1975. "Adolescent Medicine" Philadelphia, Saunders, 1975.

Pediatric Clinics of North America 20:4, November, 1973. "Adolescent Medicine" Philadelphia, Saunders, 1973.

Postgraduate Medicine, 56:11, November, 1974. "Heart Disease in Adolescence" Minneapolis, McGraw-Hill.

Hatcher et al. Contraceptive Technology 1976-77. New York, Irvington Press, 1976.

Frank. Acne Vulgaris. Springfield, Charles Thomas, 1971.

Korting. Diseases of the Skin in Children and Adolescents. Philadelphia, Saunders, 1969.

Hofmann. Handbook on Drug and Alcohol Abuse: Biomedical Aspects. New York, Oxford Univ. Press, 1975.

Gardner. Endocrine and Genetic Diseases of Childhood and Adolescence. 2nd ed. Philadelphia, Saunders, 1975.

Pediatric Clinics of North America 19:3, August, 1972. "Pediatric and Adolescent Gynecology" Philadelphia, Saunders.

Emmons & Goldstein. Pediatric and Adolescent Gynecology. Boston, Little Brown & Co. 1977.

Hofmann, Becker & Gabriel. The Hospitalized Adolescent. New York, Free Press, 1976.

- Holder. Legal Issues in Pediatric and Adolescent Medicine. New York, John Wiley, 1977.
- Millar. Approaches to Adolescent Health Care in the 1970's. DHEW No. 75-5014, 1975.
- Bruch, Eating Disorders. New York, Basic Books, 1973.
- Heald. Adolescent Nutrition and Growth. New York, Appleton-Century-Crofts. 1969.
- Mayer. Overweight. Causes, Cost, and Control. Mt. Vernon, N.Y. Consumers Union, 1971.
- McKigney & Mumro. Nutrient Requirements in Adolescents. Cambridge, Mass., M. I. T. Press, 1976.
- Keim. The Adolescent Spine. New York, Grune & Stratton, 1976.
- Guttmacher Institute. 11 Million Teenagers. Planned Parenthood Federation of America, 1976.
- Klerman & Jekel. School-age Mothers: Problems, Programs, and Policy. Hamden, Ct. Linnet Books, 1973.
- Osofsky. The Pregnant Teenager. Springfield, Charles Thomas, 1968.
- Meeks. The Fragile Alliance. Baltimore, Williams & Wilkins, 1971.
- Miller. Adolescence: Psychology, Pstchopathology, and Psychotherapy. New York, Jason Aronson, 1974.
- Schoolar. Current Issues in Adolescent Psychiatry. New York, Brunner/Mazel, 1973.
- Semmens & Krantz. The Adolescent Experience. London. Collier-Macmillan, 1975.
- Blos. On Adolescence. New York, Free Press, 1962.
- Brody. Minority Group Adolescents in the United States. Baltimore, Williams & Wilkins, 1968.
- Dragastin & Elder. Adolescence in the Life Cycle. New York, Wiley, 1975.

- G.A.P. Normal Adolescence. New York, Scribner, 1968.
- Kiell. The Universal Experience of Adolescence. Boston, Beacon Press. 1964.
- Konopka. Young Girls: A Portrait of Adolescence. New Jersey, Prentice-Hall, 1976.
- Offer & Offer. From Teenage to Young Manhood. New York, Basic Books, 1975.
- Grumbach, Grave, & Mayer. The Control of the Onset of Puberty. New York, Wiley, 1974.
- Committee on Human Sexuality. Human Sexuality. Chicago, AMA, 1972.
- Craig. The Medical Aspects of Sports: 15, Chicago, AMA, 1974.
- Orthopedic Clinics of North America 4:3, July, 1973. "Sports Injuries", Philadelphia, Saunders.
- Ryan & Allman. Sports Medicine. New York, Academic Press, 1974.
- Medical Clinics of North America 56:5, September, 1972. "Venereal Disease" Philadelphia, Saunders.
- Nicholas. Sexually Transmitted Diseases. Springfield, Charles Thomas, 1973.
- Journal Articles (excluding PCNA Nov. '73 & MCNA Nov. '75)
- Hausknecht. The termination of pregnancy in adolescent women. P.C.N.A., 19:803, 1972.
- Nadelson. Abortion counseling: Focus on adolescent pregnancy. Ped. 54; 765, 1974.
- Kaplan et al. Heart disease in adolescence. (symposium) Postgrad. Med. 56, Nov., 1974.
- Marinoff. Contraception in adolescents. P.C.N.A. 19:811, 1972.
- Wilcox & McAnarney. The pediatrician and the prevention of adolescent pregnancy. Clin. Ped. 14: 226, 1975

- Faigel. The adolescent with a learning problem. Clin. Ped. 12: 577, 1973.
- Hammar & Bernard. The mentally retarded adolescent. Ped. 38: 845, 1966
- Levine et al. Adolescents with developmental disabilities. Clin. Ped. 14:25, 1975.
- A.A.P. Alcohol consumption: an adolescent problem. Ped. 55: 557, 1975.
- A.A.P. Effects of marijuana on man. Ped. 56: 134, 1975.
- Easson. Understanding teenage drug abuse. Postgraduate Med. 59: 173, 1976.
- Louria. Some aspects of the current drug scene. Ped. 42: 904, 1968.
- Partridge. Attitudes of adolescents toward their diabetes. A.J.D.C. 124: 226, 1972.
- Perez-Palacios & Jaffe. The syndrome of testicular feminization. P.C.N.A. 19: 653, 1972.
- Murphy et al. Adolescent enuresis. J.A.M.A. 218: 1189, 1971.
- Bower et al. Management of breast lesions in children and adolescents, J. Ped. Surg. 11:337, 1976.
- Jaffe. Sexual abuse of children. A.J.D.C. 129:689, 1975.
- Lipton. Rape: A complex management problem in the pediatric emergency room. J. Ped. 75:859, 1969.
- Symposium: Adolescent Gynecology. Ped. Annals. Jan., 1975.
- A.A.P. The implications of minors consent legislation for adolescent health care. Ped. 54: 481, 1974.
- Shen. How to begin the private practice of adolescent medicine. Clin. Ped. 12: 6, 1973.
- Wolfish. A clinic for the ambulatory adolescent. Clin. Ped. 12: 13, 1973.
- Camitta & Nathan. Anemia in adolescence. Postgrad. Med. 57: 143, 1975.

- Moore. Psychological problems in the management of adolescents with malignancy. Clin. Ped. 8, 464, 1969.
- Siris. Effects of childhood leukemia and the chemotherapy on puberty and reproductive function in girls. N.E.J.M. 294, 1143, 1976.
- Hammer et al. An interdisciplinary study of adolescent obesity. J. Ped. 80: 373, 1972.
- Gascon. Epilepsy in the adolescent. Postgrad. Med. 55: 111, 1974.
- Trott. Orthopedic problems of the adolescent. Postgrad. Med. Mar., 1971 pg. 83.
- McAn arney. Adolescent pregnancy - a pediatric concern? Clin. Ped. 14: 19, 1975.
- Silverman. Anorexia nervosa: Clinical observations. J. Ped. 84: 68, 1974.
- Teicher. Children and adolescents who attempt suicide. P.C.N.A. 17:687, 1970.
- Weinberg. Suicidal intent in adolescence. J. Ped. 77: 579, 1970.
- Wouters & King. Depression in adolescents. Prim. Care 2: 431, 1975.
- Schonfeld. Body image in adolescents. A psychiatric concept for the pediatrician. Ped. 35: 845, 1963.
- Hofmann & Becker. Psychoterapeutic approaches to the physically ill adolescent. Internat. J. of Child Psychother. 2: 492, 1973.
- Root. Endocrinology of puberty: 1: 1 Normal sexual maturation. J. Ped. 83: 1, 1973.
- Root. Endocrinology of puberty; 2. Aberrations of sexual development. J. Ped. 83: 187, 1973.
- Bailey. Management of the teenager with retardation of physical growth or sexual maturation. P.C.N.A. 21: 1029, 1974.

Brown. Sexual problems of the adolescent girl. P.C.N.A. 19: 759, 1972.

Sarles. Incest. P.C.N.A. 22: 633, 1975.

Satterfield. Common sexual problems of children and adolescents. P.C.N.A. 22: 643, 1975.

Semmens & Semmens. Sex education of the adolescent female. P.C.N.A. 19: 765, 1972.

Wolfish. Adolescent sexuality - counseling, contraception, and pregnancy. Clin. Ped. 12: 244, 1973.

Collins & Evarts. Injuries to the adolescent athlete. Postgrad. Med., Mar., 1971 pg. 72.

Altchek. Adolescent vulvovaginitis. P.C.N.A. 19: 735, 1972.

Litt et al. Gonorrhea in children and adolescents. J. Ped. 85: 595, 1974.

## ADOLESCENT HEALTH CARE: BOOKS FOR ADOLESCENTS

### Health Care

- Cain, A.H. Young People and Their Health (John Day)  
Gordon, S. Living Fully: A Guide for Young People with a Handicap (John Day)  
Gordon, S. YOU. The Psychology of Surviving and Enhancing Your Life (Times Books)  
Schoenfeld, E. Dr. Hip's Natural Food and Unnatural Acts (Dell) p\*

### Drugs

- Fairchild. Everything You Always Wanted to Know About Drinking Problems (Health Communications, Inc)  
Greenberg, H.R. What You Must Know About Drugs (Scholastic Books)  
Lee, E. Alcohol - Proof of What? (Julian Messner)  
Nowlis, H.H. Drugs on the College Campus (Anchor) p

### Venereal Disease

- Busch. What About V.D.? (Four Winds)  
Chiappa, J.A. & Forish, J.J. The V.D. Book: For People Who Care About Themselves and Others (Holt-Rinehart) p  
Gordon, S. Facts About V.D. for Today's Youth (John Day) p  
Grover. V.D. The ABC's (Prentice-Hall)  
Johnson, E. V.D. (Bantam) p  
Neuman. The Straight Story on V.D. (Warner) p  
Stiller. The Love Bugs (Nelson)

### Sexuality

- Chartham, R. Sex for Beginners (Signet) p E-M\*\*  
Chesser, E. Young Adults Guide to Sex (Drake) M-L  
Claesson, B.H. Boy Girl - Man Woman (Perennial) p M-L  
Fiore, E. & Ward, R.S. Sex Facts for Teenagers (Ace) M-L  
Goldstein, M., Haerberle, E.J., & McBride, W. The Sex Book (illus) (Bantam) p E-M-P  
Gordon, S. Facts About Sex for Exceptional Youth (Charles Brown) D  
Gordon, S. Facts About Sex for Today's Youth (John Day) p E-M  
Gordon, S. Parenting. A Guide for Young People (Oxford Books) p M-L  
Gordon, S. You Would If You Loved Me (Bantam) p M-L  
Gutmacher, A. Understanding Sex: A Young Person's Guide (Signet) p M-L  
Hamilton, E. Sex with Love. A Guide for Young People (Beacon) p M-L  
Hettlinger, R.F. Growing Up with Sex (Seabury) p M-L  
Johnson, E.W. & Johnson, C.B. Love and Sex and Growing Up (Lippincott) E  
Johnson, E.W. Love and Sex in Plain Language (Bantam) p E, D  
Johnson, E.W. Sex: Telling It Straight (Bantam) p E-M  
Kelly, G.F. Learning About Sex: A Contemporary Guide for Young Adults (Barron's) p M-L  
Lieberman, E.J. & Peck, E. Sex and Birth Control: A Guide for the Young (Schocken) p M-L-P  
Pomeroy, W.B. Boys and Sex (Dell) p M-L  
Pomeroy, W.B. Girls and Sex (Dell) p M-L  
Preston, H. & Margolin, J. Everything a Teenager Wants to Know About Sex...and Should (Books for Better Living) p M-L  
Shearer, M.L. & Shearer, M.R. Rapping About Sex (Barnes & Noble) p L  
Spock, B. A Teenager's Guide to Life and Love (Pocket Books) p M-L  
Whelan. Sex and Sexuality: A New Look at Being a Woman (McGraw-Hill) L  
Whelan & Whelan. Making Sense Out of Sex: A New Look at Being a Man (McGraw-Hill) L

p\* - available in paperback edition

\*\* - Most appropriate for E=Early Adolescents, M=Middle Adolescents, L=Late Adolescents, D=Developmentally Disabled, P=Parents

Richard R. Brookman, M.D.  
Cincinnati, Ohio  
November, 1978

## ADOLESCENT HEALTH CARE: BOOKS FOR PARENTS

### General Health - Mental Health

- Blaine, G.B., Jr. *Patience and Fortitude. The Parent's Guide to Adolescence* (Little-Brown)  
Group for the Advancement of Psychiatry. *Normal Adolescence* (Scribner's) p\*
- Farnham, M.F. *The Adolescent* (Collier) p
- Gersh, M. & Litt, I. *The Handbook of Adolescence* (Dell) p
- Ginott, H.G. *Between Parent and Teenager* (Avon) p
- Roth. *The Teenage Years* (MacFadden) p
- Schimmel, J.L. *The Parent's Handbook on Adolescence* (World)
- Thornburg, H.D. *The Bubblegum Years - Sticking With Kids From 9 to 13* (HELP Books) p
- Thornburg, H.D. *You and Your Adolescent* (HELP Books) p

### Drug Use

- Bacon, M. & Jones, M.B. *Teen-age Drinking* (Crowell)
- Brecher, E.M. & Consumer Reports. *Licit and Illicit Drugs* (Little-Brown) p
- Brenner, J.H., Coles, R., & Meagher, D. *Drugs and Youth - Medical, Psychiatric, and Legal Facts* (Liveright)
- Cohen, S. *The Drug Dilemma* (McGraw-Hill)
- Einstein, S. *Beyond Drugs* (Pergamon)
- Haskins, J. *Teenage Alcoholism* (Hawthorn)
- Louria, D.B. *Overcoming Drugs: A Program for Action* (Bantam) p
- Marin, P. & Cohen, A.Y. *Understanding Drug Use: An Adult's Guide to Drugs and the Young* (Harper-Row)
- Milbauer, B. *Drug Abuse and Addiction* (Crown)
- Rosenthal, M.S. & Mothner, I. *Drugs, Parents, and Children* (Signet) p

### Sexuality

- Block, W.A. *What Your Child Really Wants to Know About Sex and Why* (Fawcett) p
- Gordon, S. *Let's Make Sex a Household Word: A Guide for Parents and Children* (John Day)
- Gordon, S. *The Sexual Adolescent* (Duxbury) p
- Howard, M. *Only Human: Teenage Pregnancy and Parenthood* (Seabury)
- Kappler, M. *Sex and the American Teenager* (Reader's Digest Assoc)
- Kempton, W. *Love, Sex, and Birth Control for the Mentally Retarded. A Guide for Parents* (Planned Parenthood Assoc. of Southeastern Pennsylvania, Philadelphia)
- LeShan, E. *Sex and Your Teenager* (Warner) p
- Pomeroy, W. *Your Child and Sex: A Guide for Parents* (Dell) p
- Rubin, I. & Kirkendall, L.A. *Sex in the Adolescent Years* (Assoc. Press)
- Silverstein, C. *A Family Matter: A Parent's Guide to Homosexuality* (McGraw-Hill)

### In-Depth Reading

- Adams. *Understanding Adolescence. Current Developments in Adolescent Psychology*, 3rd ed. (Allyn & Bacon)
- Conger. *Adolescence and Youth. Psychological Development in a Changing World*, 2nd ed. (Harper-Row)
- Gallagher & Harris. *Emotional Problems of Adolescents* (Oxford Univ. Press)
- Grinder. *Adolescence*, 2nd ed. (John Wiley)
- Josselyn. *The Adolescent and His World* (Family Services of America)
- Katchadourian. *The Biology of Adolescence* (W.H. Freeman) p
- Katchadourian & Lunde. *Fundamentals of Human Sexuality* (Holt-Rinehart) p
- Semmens & Krantz. *The Adolescent Experience. A Counseling Guide to Social and Sexual Behavior* (MacMillan-Collier)
- Urdin. *Adolescence: Care and Counseling* (Lippincott)

p\* - available in paperback edition

Richard R. Brookman, M.D.  
Cincinnati, Ohio  
November, 1978



## A Bibliography on Adolescent Development by

Adele D. Hofmann, M.D.

Following a number of individual requests, this short bibliography has been prepared for professionals working with young people outside of the health and mental health setting. They range from the more fundamental to the advanced, selection depending on the degree of interest and the depth to which the reader wishes to pursue the topic. A few words have been added about their significance. It is by no means an exhaustive list, but singly or severally they will afford an excellent base for understanding what makes an adolescent tick.

1. Blos, P.: On Adolescence, New York, Free Press 1962.

One of the classics, this is a quite technical work, but a foundation of modern adolescent psychology.

2. Brody. Minority Group Adolescents in the United States. Baltimore Williams & Wilkins 1963.

Not only discusses minority adolescents, but also presents a view that all adolescents are subject to minority status. An interesting reflection that gives pause for thought.

3. Esman, A. H. ed; The Psychology of Adolescence: Essential Readings. New York. International Universities Press, Inc. 1975.

The title is entirely accurate. This is indeed a book of essential readings. Excerpts from nearly every significant contribution to the literature from the historical and cultural to psychopathology are included. While some ~~are~~ selections are weak, the preponderance are excellent and reflect the breadth of adolescence in toto in a comprehensible and readable manner. Not a beginners book, but an excellent intermediate source of expanding one's basic information and putting flesh on bare bones knowledge.

4. Grinder, R. E. ed; Studies in Adolescence, 3rd ed. New York, MacMillan 1975.

Another excellent collection of writings from the literature, but of quite an advanced nature and includes considerable research data and methodology, being highly technical at times. Not for the fainthearted in tackling sociological and psychological methodologies, but contains important information not found elsewhere, (other than original source) such as a section on "Schools as Agents of Social Change, Instruction & Learning"; An important study of adolescent cognitive processes by Dulit; and Kohlberg's theory of moral development.

Other views of the world of Young People.

Bremmer, ed. Childhood in America. A documentary History, Vols I & II. <sup>10</sup>  
Harvard University Press.

Gallico; The Greening of America

Salinger; The Catcher in the Rye

Mead; Male and Female

Coming of Age in Samoa

Growing Up in New Guinea

The Diary of Ann Frank

Erickson, Childhood in Society 2nd Ed.

## ORGANIZATIONAL PROCEDURE

### Where to From Here

1. Area Coordinator Briefed: Area coordinators meet with President Marriott and/or the Chairman of the Standing Committee on "35 Plus!" to clarify the goals, organization and structure of the "35 Plus!" Program.

Completion Date: March 5, 1981

2. Area Coordinators Contact State Association Presidents: Area Coordinators contact each of the State Association Presidents to explain the goals, organization and structure of the "35 Plus!" program.

Completion Date: March 15, 1981

3. State Association Presidents appoint a State Chairman for "35 Plus!" Each of the State Association Presidents will appoint one person to chair the state "35 Plus!" program. (She could appoint herself if personnel is tight, but it would be preferable to appoint another since especially the initial organization will require considerable effort.)

Completion Date: April 1, 1981

4. State Committee for "35 Plus!" Formed: The State Chairman of "35 Plus!" should suggest a committee to be appointed by the State Association President.

Completion Date: April 10, 1981

5. Local Groups Formed: The State Committee should meet to devise plans for publicizing the new "35 Plus!" program and should begin immediately to help with the formation of the local groups within their states. It is hoped that some local groups could be formed by

Completion Date: May 1, 1981

## SUGGESTIONS FOR FORMING NEW LOCAL GROUPS

1. Contact existing Young Mothers' organizations for suggestions of women who might be interested.
2. Contact women from old lists of Young Mothers whose children are teenagers now.
3. Visit local groups which might be in sympathy with the goals of the organization to explain the formation of the group.
4. Contact professionals (school counselors, doctors, etc.) for suggestions of people who might be interested.
5. Submit articles to local newspapers concerning the formation of the groups.
6. Place ads in local newspapers.
7. Ask interested women to help put together groups from the women they know.
8. Put up notices on public bulletin boards.
9. Feature an interesting speaker, show a good film that has community appeal and afterwards explain the formation of the "35 Plus!" group in your community.
10. Ask sympathetic groups (church groups, school groups, women's clubs etc.) to announce initial meetings, to print announcements in their newsletters and bulletins.