

Ms. Giannopoulos: Teen Self-Help Project

1. Dealing with bullies
2. Overcoming drug addiction
3. Managing your anger
4. Dealing with stress
5. How to quit smoking
6. Avoiding teen pregnancy
7. How to have positive self-esteem
8. Staying out of gangs
9. Dealing with peer pressure
10. How to succeed in school/ How to improve your grades
11. Overcoming alcoholism
12. Battling depression
13. Dealing with your parent's divorce
14. How to stay in shape
15. How to get organized
16. Avoiding sexually transmitted diseases
17. Preparing for the ACT test
18. Dealing with the death of a loved one
19. How to get into university
20. Dealing with an abusive relationship/ Deciding to stay or leave your relationship
21. How teens can make money
22. Using the internet safely
23. Dealing with suicidal thoughts
24. How to eat healthy for life
25. Accepting your sexual identity
26. Dealing with an eating disorder
27. Surviving a break-up
28. Overcoming childhood sexual abuse
29. Dealing with an alcoholic parent
30. Dealing with toxic friendships
31. Drop-Out Prevention
32. Having a better relationship with your parents
33. Cutting