

RESOURCE LIST FOR TEENS WHO HAVE A PARENT WITH CANCER

Coping When a Parent has Cancer (1998)

By: Linda Leopold Strauss and Ruth Rosen

Recommended for Grade 7 and up, this easy-to-read book explains cancer and treatments, talks about what to expect in the hospital, and describes the unique experience of teens when a parent is diagnosed with cancer.



Less than Perfect (2003)

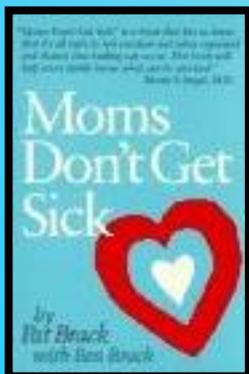
By: Louise Albert

In this fictional novel, a fifteen-year-old girl finds her life becoming increasingly complicated when she meets an interesting boy and her mother is diagnosed with breast cancer.

Love Sick: Teens Reflect On Growing Up with a Parent Who Has Cancer (2008)

By: Lynnette Wilhardt, LCSW and teens from the Kids Konected Program

Written for teens by teens. This book is a compilation of essays, poems, graphics and thoughts contributed by teens who share their stories of having a parent with cancer and losing a parent to cancer. In addition to the real-life narratives, this book includes designated sections written by a licensed clinical oncology social worker that explain the psychological difficulties that teens experience when a parent is diagnosed with cancer. There are also blank pages interspersed throughout the book, allowing teens to also add their own thoughts and feelings.



Moms Don't Get Sick (1990)

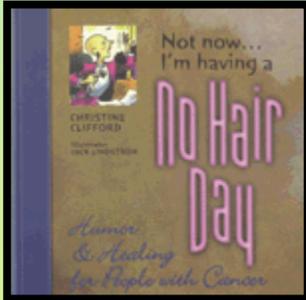
By: Pat and Ben Brack

This book has chapters written by a mom who has breast cancer and her son. Both describe their thoughts and feelings during her cancer treatment.

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My Mom Has Breast Cancer (VIDEO)

Kidscope. Available at: <http://www.kidscope.org/video.html>



Not Now...I'm Having a No Hair Day (2003)

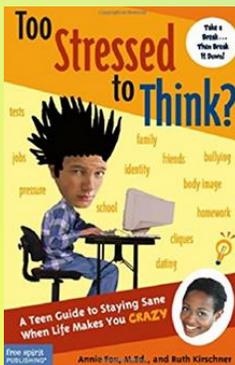
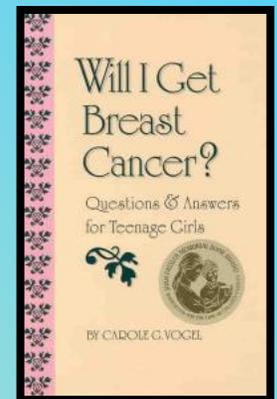
By: Christine Clifford

A breast cancer patient's journey expressed through 60 cartoons that offer a humorous take on a serious subject.

Will I Get Breast Cancer? Questions and Answers for Teenage Girls (1995)

By: Carole Vogel

This book, written in question-and-answer format discusses a range of topics including breast physiology, treatment, and emotional and physical issues. It also includes a list of resources and a glossary of commonly used terms related to breast cancer.



Too Stressed to Think: A Teen Guide to Saying Sane When Life Makes You Crazy

By: Annie Fox

This Book gives practical information and stress-lessening tools teens can use every day. Dozens of realistic scenarios describe stressful situations teen readers can relate to. Each scenario is followed by a clear, understandable process for reducing or stopping the stress and making good decisions

You may want to look for these books at your local or school library. You might also want to talk to your parent about ordering one of these books from Amazon.com or barnesandnoble.com or purchasing it at a local bookstore.

RESOURCE LIST FOR TEENS WHO HAVE A PARENT WITH CANCER (WEB RESOURCES)

Kids Health:

www.kidshealth.org

A kid-friendly site that includes "WORD!" a dictionary of medical terms explained in easy-to-understand language. - Other highlights include "Health Problems of Grownups" (information on breast cancer) and "How to Deal with Feelings" (specific feelings like anger, fear, and sadness, as well as how it feels when someone you know has a chronic illness).

Kids Konnected

www.kidskonnected.org

This national non-profit organization provides information and resources geared toward children of various ages. It includes a newsletter as well as listings of support groups, hotlines, and links to other sources of information.

My Parents Cancer

<http://www.myparentscancer.com.au/home.html>

From Australia, this site offers information for older children and teens that have a parent with cancer. It includes personal stories, a medical glossary, and answers to questions about cancer.

Rip Rap

<http://www.riprap.org.uk/index.html>

From the United Kingdom, this site assists older children and teens in understanding feeling and coping.

Teen Central:

www.teencentral.net

This site was developed by expert teen counselors and psychologists exclusively for teens. It offers a safe, anonymous space for teens to work out their problems and provides a message board for questions and answers.