Surviving teen years

Jane Bourke with a copy of the book *Survival: Teen Island.*

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BEING a teenager in this day and age is no easy feat. Dealing with issues such as exams, bullying, stress, drugs, alcohol, schoolies week and the school ball can be a trying time for many young people in today's society.

Ready-Ed Publishers, known for producing reference material for teachers, has released a teenage survival manual aimed to equip the typical teenager with everything he or she needs to make it in the real world.

Ready-Ed Publishers' educational co-ordinator and former teacher Jane Bourke said *Survival: Teen Island* could also help parents and teachers understand the issues teenagers had to face and how to offer support.

"Today's students have access to more information and media forms, which can be very confusing," she said.

"Everything is thrown at them at once and they can become quite overwhelmed."

Ms Bourke said the book's humorous approach would "keep teenagers on their toes and open their eyes" to some of the pressing issues that most teenagers had to face during the increasingly awkward journey towards adulthood.

The book, written by experienced author and teacher Sandy Tasker, is set in fictitious Teen Island and follows the characters as they deal with issues such as homework, study strategies, social skills, applying for jobs, eating disorders and managing income.

It also includes relevant websites and phone numbers for general information and crisis situations.

Ms Bourke said the editorial team at Ready-Ed Publishers came up with the idea for a teenage survival manual when it realised there was "a hole" in the educational reference market.

"It appeals to teenagers rather than talking down to them and telling them what they think and feel," she said.

Tasker then drew on her own experiences as a teacher and used a humorous yet relevant approach to writing the manual.

"She (Tasker) sympathises with today's teenagers," Ms Bourke said.

"She was very motivated and felt the lack of such materials when she was a teacher."

■ *Western Suburbs Weekly* has a copy of *Survival: Teen Island* to give-away. For a chance to win, write your name, address and daytime phone number on the back of an envelope and send it to *Survival: Teen Island Competition*, 120 Roe Street, Northbridge, 6003. Entries must be in by 5pm, Monday, October 4.