

A photograph of three diverse teenagers standing against a light-colored wall. The teen on the left is a young woman with blonde hair, wearing a teal long-sleeved shirt and orange pants, holding a white tablet and raising her right hand. The teen in the middle is a young man with curly brown hair, wearing a blue and white plaid shirt over a yellow t-shirt and light blue pants, holding a white laptop and raising his right hand. The teen on the right is a young woman with long brown hair, wearing a denim jacket over a red t-shirt and grey pants, holding a white coffee cup and raising her right hand. All three are smiling and appear to be in a positive, energetic mood.

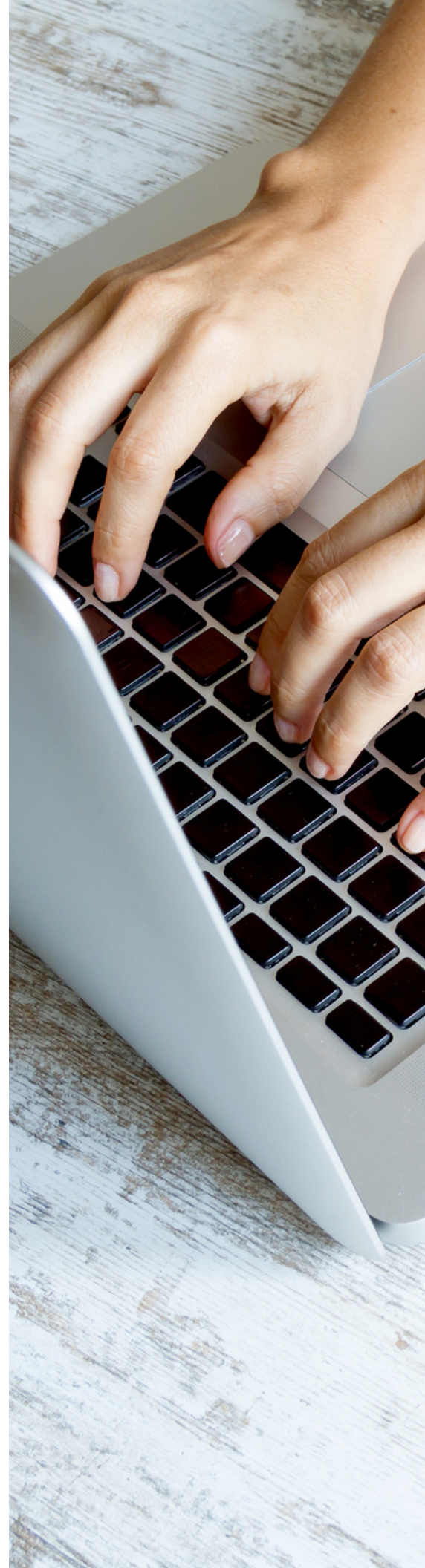
# TEEN LIFE SUMMIT

## WORKBOOK

2021 Teen Life Summit: Helping teens build resilience in the face of uncertainty

[TEENLIFE.NGO](https://teenlife.ngo)

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WELCOME



## WELCOME TO THE TEEN LIFE SUMMIT!

At Teen Life, we believe that all teenagers have what it takes to succeed and thrive! However, many times teenagers don't believe that themselves. In the midst of an unprecedented and difficult year, it is vital that teenagers feel empowered to move forward. This virtual Summit will give you the skills, knowledge, and confidence to bring out the best in the teenagers in your life. Whether you are a parent, school staff, volunteer, coach, or youth worker, you will leave this Summit with practical tools that will have you feeling encouraged and capable to empower the teens you love!

We hope this workbook will be a resource for you as you listen to the sessions, take notes, and think through action steps that you can take to better connect with the teenagers in your life.

If you have any questions or concerns,  
please reach out to us at [info@teenlife.ngo](mailto:info@teenlife.ngo)

SPONSORS

# THANK YOU, SPONSORS!



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S E S S I O N

01

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BUILDING RESILIENCE  
THROUGH A TRAUMA-  
INFORMED LENS (TBRI)

We are thrilled to kick off our session with a topic that is relevant and practical to empower teenagers. In this session, you will get a crash course on Trust-Based Relational Intervention (TBRI) and how it can be used when working with teens from hard places.

## Delisea Johnson

Delisea Johnson is a Licensed Master Social Worker and Trust Based Relational Intervention® (TBRI®) Practitioner. After completing her undergraduate degree at the University of North Texas she went on to complete her graduate program at the University of Texas in Arlington. Delisea has worked in the areas of education, health care, and mental health. She has worked with all populations serving children, families and geriatrics.



## NOTES:

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**PUT IT IN ACTION**

What are 2 things you are going to take away from this session?



S E S S I O N

02

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ADDRESSING TEENAGE  
ANXIETY

With how many teenagers deal with anxiety (especially in the face of a pandemic), we felt like this was a topic that would be helpful and needed. Broken into three parts, this session will cover the basics of anxiety with some thoughts on how we can best support anxious teens.

## Dr. Mark DeYoung

Dr. Mark DeYoung is a dynamic family therapist who has pioneered therapy delivery methods in many unique environments. Though he has had a wide range of experiences, much of his work has focused in helping families through therapy. He began seeing families in their living room as a full time private practice in 2003. Dr. DeYoung also recently published the book "Revolutionary Marriage: How to Have a Marriage that Changes the World".



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# SUPPORT GROUPS

START A SUPPORT GROUP ON YOUR CAMPUS OR GET TRAINED TO VOLUNTEER!

**EQUIP  
ENCOURAGE  
EMPOWER**

**[WWW.TEENLIFE.NGO/SUPPORTGROUPS](http://WWW.TEENLIFE.NGO/SUPPORTGROUPS)**

CONTACT TEEN LIFE  
IF YOU NEED MORE INFO:

**[INFO@TEENLIFE.NGO](mailto:INFO@TEENLIFE.NGO) | (817) 281-9900**

S E S S I O N

03

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RAISING HUMANS IN A  
DIGITAL WORLD

We are so excited about this session on how we can best support teenagers as they navigate their devices, apps, and a digital presence. In this session, you will find a presentation on current trends and tips, followed by a brief Q&A with our speaker. We hope this session will help you relate to students moving forward.

## Diana Graber

Diana Graber is the author of "Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology". She is the founder of CyberWise.org and CyberCivics.com, two organizations dedicated to helping adults and students learn digital citizenship and literacy skills. Her popular and innovative digital literacy curriculum, Cyber Civics, is currently being taught in 48 US states and internationally.



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# the TEEN LIFE PODCAST

We believe teenagers are not a problem to be solved. We are here to help you empower teenagers to use the strengths they already have. Listen to our weekly podcast for relevant teen topics, trends, and tips!

So far, the Teen Life podcast has covered:

TikTok

Teen Terms

Stress

Prom

Dating Relationships

Streaming Services

Memes

...and more!

Check out Episode 5 for an interview with Dr. Michele Borba!

Subscribe on your favorite app or find out more information at:

[www.teenlifepodcast.com](http://www.teenlifepodcast.com)



S E S S I O N

04

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## SUPPORTING TEENS THROUGH A RACIAL LENS

In this session, you will hear some personal testimonies of teenage experiences with racism and how they believe adults could have stepped in to help. You will also hear from Robert Purvey as he challenges us to be a bridge and be part of the solution when it comes to race relations. This is an excellent resource on how to have conversations and find common ground with the teenagers in your life.

## Robert Purvey

Robert E. Purvey's peculiar public speaking style and ability to communicate with people from every ethnicity and socio economic background has caused him to be a nationally sought after speaker. Purvey is the host of "Real Teen Talk" a weekly radio show geared towards raising social and spiritual awareness in the lives of teenagers, leaders, and parents. He is also founder of "Making The Connection".



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S E S S I O N

05

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## RECOGNIZING AND SUPPORTING GRIEF

Grief can come in many forms, and two speakers will tackle this session on grief and teenagers. We will start by taking a look at grief through the Disney+ show *WandaVision* (don't worry if you haven't watched it, we'll catch you up, and you can check out the trailer too!).

We will also talk about how teenagers experience grief before covering practical ways to support and encourage grieving students.

**Dr. TJ Jackson**

With 20 years of experience, Dr. Tishara Jackson has gained extensive experience, accolades and training in helping teens and young adults who have difficult lives and the adults who care for them. Since 2012, she has been an intervention counselor within a leading Texas school district, providing counseling services for students from elementary through high school with negative coping skills.



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## Beverly Ross

Beverly Ross is the Founder and Executive Director for Wise County Christian Counseling. She is a Licensed Professional Counselor-Supervisor. Beverly is a certified facilitator in the life-changing curriculum based on the research of Dr. Brené Brown. She is experienced in helping marriages and families experience connection and reconciliation. She provides individual counseling for issues such as depression, anxiety and grief support.



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## SPONSOR HIGHLIGHT



GoPowerSports have been serving the powersport industry since 1974 and are one of the largest wholesale/retail distributors in the country. They specialize in parts for the following TrailMaster, Hammerhead, American Sportworks, Manco, Bristers as well as most other domestic and Chinese brand karts and now the racing go kart market.

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S E S S I O N

06

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## DEVELOPING THRIVERS THROUGH EMPATHY

As we look at this generation of teenagers who are motivated with incredible access and resources, we find that they are more anxious, depressed, and lonely than any previous generation. In this session, Dr. Michele Borba is going to talk about how we can move our kids from strivers to thrivers through empathy.

**Dr. Michele Borba**

Dr. Michele Borba is an educational psychologist, best-selling author, and TODAY show contributor who has spoken to over one million participants on five continents and to countless media about child development issues. She blends 40 years of teaching and consulting experience with latest science to offer sound, realistic advice to parents teachers and child advocates about helping children thrive.



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# RESOURCE LIBRARY

## - 01 -

### **BUILDING RESILIENCE THROUGH A TRAUMA-INFORMED LENS (TBRI)**

TBRI Website: [www.child.tcu.edu/about-us/tbri/](http://www.child.tcu.edu/about-us/tbri/)

## - 02 -

### **ADDRESSING TEENAGE ANXIETY**

Dr. DeYoung's Website: [DeYoungConsulting.com](http://DeYoungConsulting.com)

Book: "Revolutionary Marriage: How to Have a Marriage that Changes the World" by Dr. Mark DeYoung

## - 03 -

### **RAISING HUMANS IN A DIGITAL WORLD**

Cyberwise Website: [cyberwise.org](http://cyberwise.org)

Cyber Civics Website: [cybercivics.com](http://cybercivics.com)

Book: "Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology" by Diana Graber

### **THE TEEN LIFE PODCAST**

Website: [teenlifepodcast.com](http://teenlifepodcast.com)

Or subscribe on your favorite podcast app!

# RESOURCE LIBRARY

## - 04 -

### **SUPPORTING TEENS THROUGH A RACIAL LENS**

Robert's Website: [robertepurvey.com](http://robertepurvey.com)

Book: "Crucial Conversations Tools for Talking When Stakes Are High" by Patterson, Grenny, McMillan, & Switzler

Podcast: Nice White Parents

## - 05 -

### **RECOGNIZING AND SUPPORTING GRIEF**

Dr. Jackson's Website: [thehopepusher.com](http://thehopepusher.com)

Wise County Christian Counseling Website: [wiseccc.org](http://wiseccc.org)

Book: "Scarred Hope: A Mother and Son Learn to Carry Grief and Live with Joy" by Beverly Ross & Josh Ross

### **TEEN LIFE SUPPORT GROUPS**

Website: [teenlife.ngo/supportgroups](http://teenlife.ngo/supportgroups)

## - 06 -

### **DEVELOPING THRIVERS THROUGH EMPATHY**

Books: "Thrivers: Surprising Reasons Why Some Kids Struggle & Others Shine" and "UnSelfie" by Michele Borba, Ed.D.

# THANK YOU!

Thank you for joining us for Teen Life Summit! We hope that you enjoyed every session and have a list of takeaways that will help you better empower the teenagers in your life. We would love to stay in touch with you in the future, so please follow us on social media and reach out if there is a way we can help you as you help teenagers.

If you are Interested in sponsoring a student or a Support Group, please go to our website to give!

[www.teenlife.ngo/partner](http://www.teenlife.ngo/partner)



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