

The NEW Straight Talk Manual

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Review from the Tasmanian Education Department:

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The Straight Talk Manual is a comprehensive, life skills resource that invites young people to develop an awareness of their own, and others, health and well-being.

Since the release of its 1st edition in 1997, *The Straight Talk Manual* has been a popular resource in schools and counselling services around Australia, and beyond. A NEW revised version has just been released. The 252 reproducible pages offer thought provoking questions, helpful straight- forward information, activities and tips that invite young people to talk about and explore their experiences, feelings and relationships.

The content discusses issues such as: values, communication, bullying, respect, stress, friendship, staying safe, feelings, healthy body, mental health, divorce, grief, substance abuse, forgiveness, self-esteem, how to look after the planet and how to look after each other.

Straight Talk supports many areas of the Australian Health and Physical Education curriculum.

It is linked to the **Personal, social and community strand, and the sub-strands of - being healthy, safe and active, communicating and interacting for health and wellbeing and contributing to healthy and active communities.**

It also covers the Foundation - Year 10 Focus Areas within these sub-strands of:

- Alcohol and other drugs
- Food and nutrition
- Mental health and wellbeing
- Relationships and sexuality
- Safety

The latest edition of *The Straight Talk Manual* develops knowledge, skills and understanding about how to live a happy, successful and resilient life.

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