

TYS ON-DEMAND

I. VIDEOS FOR STUDENTS

Competency: Self-Management

- How To Manage Your Time
- How To Earn Your Parent's Trust
- How To Manage Your Money
- How To Get & Stay Healthy
- Stop Procrastination Now
- How to Get a Job & Earn Money
- How to Develop a Healthy Self-Image
- How to Sleep Better
- How to Have a Sense of Style
- How to Not Burn Out
- Forming Healthy Habits
- Fight Anxiety: Be Proactive
- Build Self-Esteem Like a 60-Year-Old
- Know When to Ask for Help with Studying
- The Value of Productivity and Visualizing

Competency: Self-Awareness

- The Importance Of Tenacity
- The Power of Focus
- The Power Of A Mentor
- How to Handle Pressure & Expectations
- How to Handle Feeling Judged
- Finding Your Passion
- How to Overcome Any Obstacle
- Helping Your Parents Understand You
- How to Become Self-Aware
- The Truth about Self-Confidence
- Attitude is Everything
- The Gratitude Challenge
- Discovering Your Genius
- Deal with Really Hard Things
- Why You Matter
- The Skills You Need to Succeed



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Competency: Decision Making

- The Danger of Drugs & Alcohol
- How To Be Safe & Smart Online
- The Importance of Honesty
- How To Make Wise Decisions
- How to Finish What You Start

Competency: Relationship Skills

- How to Be a Good Friend
- How To Forgive & Make Peace With Others
- Dealing with Toxic Relationships
- How to End a Relationship
- Have A Great Relationship With Your Parents
- How To Help A Friend In Crisis
- The Importance Of Healthy Boundaries
- How To Earn Privileges & Respect
- The 6 Tools to Get a Bully Off Your Back

Competency: Social Awareness

- How To Apologize
- Dealing with Rumours
- How to Be a Leader
- The Lost Art of Listening
- The Importance of Empathy
- The Truth About Grief
- Dealing with Peer Pressure
- The Truth about Bullying
- The Truth about Self-Injury
- Your Daily Impact Matters
- Your Life Online in Social Media
- Don't Wait, Enjoy It Now
- What Can You Do for the World?

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II. VIDEOS FOR EDUCATORS & STAFF

PD Topic: Understanding Kids & Teenagers

- They Need You More Than You Realize
- The Phases of a Teenage Human
- Why They Do What They Do
- The Teen Years: A Hero's Journey
- How to Help Struggling Teens Become Thriving Young Adults
- The 7 Critical Decisions Every Student Must Make
- Get Them to Cooperate More & Challenge You Less

PD Topic: Dealing with Difficult Scenarios

- Dealing with Extreme Behavior
- How to Talk to Teens About Drugs & Alcohol
- Lying & The Role of Trust With Your Teen
- How to Talk About Awkward or Difficult Topics
- How to Deal With Your Teen's Anger
- Teens and Technology: What To Do When Devices Rule
- How to Help Struggling Boys Become Confident Young Men
- Helping Teens with ADHD
- How to Build Good Habits for Success in School in Life
- How to Talk About Grades Without Stress or Conflict
- How to Support Children With Disabilities
- Teens & Pornography: What Parents Need To Know
- Parenting Kids with ADHD

PD Topic: Tech & School

- How to Inspire Kids to Want to Learn
- What To Do When Devices Rule
- Balancing Technology & School Work
- How To Be A Savvy Digital Parent
- How to See Your Teen's Future Through Their Eyes
- How to Brighten Your Kids Financial Future
- How to Talk To Your Kids About Social Media



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PD Topic: Eliminating Conflict

- The Simple Guide to Rules & Consequences
- The Game Has Changed, So Must You – Be the Coach
- The PHILOSOPHY of Healthy Rules & Boundaries
- The IMPLEMENTATION of Healthy Rules & Boundaries
- Build a Strong Connection With Your Teen
- What To Do When Your Teen Keeps Pushing You Away
- Get Out of Conflict With Your Teen – NOW

PD Topic: Health & Wellness

- How to Recognize & Address Teen Mental Health Issues
- Teens & Sleep: What Parents Need to Know
- 5 Must-Have Conversations About Sex & Relationships
- Kids Struggling With Anxiety or Depression

III. FULL LESSON PLANS

- Overcoming Obstacles
- Grow Your Confidence
- Helping Others
- Be More Productive
- Accomplish Big Goals
- Stay Composed
- Developing Quality Friendships
- Know Your Mental Health Literacy