

FOR IMMEDIATE RELEASE

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A must-read for parents, this book is also an inspirational guide for youth development professionals, teachers, coaches, and mentors who want to help teens discover their passions and enjoy meaning, purpose, and happiness.

—Roxanne Spillett, president and CEO, Boys & Girls Clubs of America

SPARKS:

How Parents Can Help Ignite the Hidden Strengths of Teenagers

By Peter L. Benson, Ph.D.

Parenting a teenager has never been more difficult in our culture of plugged-in, tuned-out, instant-results living. Efforts to control or discipline teens are often misguided. Instead of viewing teenagers as cumbersome challenges, parents can embrace a revolutionary way to relate to them as emerging young women and men with unique developmental strengths that are good, beautiful, and useful to the world. When ignited, these *sparks* can generate enough joy, energy and passion to transform a life and a generation.

SPARKS: How Parents Can Help Ignite the Hidden Strengths of Teenagers (Jossey-Bass, a Wiley imprint; October 2008; \$24.95; Cloth; ISBN: 978-0-470-29404-8) by Peter Benson, Ph.D., President and CEO of Search Institute® and a leading authority on childhood and adolescence, describes a simple yet powerful plan for awakening the spark that lives inside each and every young person. Grounded in new research with thousands of teenagers and parents, **SPARKS** offers a practical, step-by-step approach to identifying teens' unique sparks and helping them grow in their families, schools, and communities. In contrast to the myriad of parenting books that demean and disparage teenagers, **SPARKS** is an encouraging and positive psychological approach backed up with solid national research and analysis.

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The five point approach includes:

1. Recognize the Power of Sparks
2. Know Your Own Teen's Sparks
3. Help Discover and Reveal Your Teen's Sparks
4. Be the Captain of Your Teen's Sparks Team
5. Keep Your Teen's Sparks Lit

No matter teenagers' economic status, parenting situation, or ethnic background, **SPARKS** helps them make the transition from surviving to thriving.

About the Author:

Peter L. Benson, Ph.D., (Minneapolis, MN) is one of the world's leading authorities on adolescence. As President and CEO of Search Institute®, an independent nonprofit organization whose mission is to provide leadership, knowledge, and resources to promote healthy children, youth, and communities, he delivers dozens of keynotes each year to teachers, parents and professionals at conferences, large training sessions, and annual meetings of the YMCA and other major youth-serving organizations. He is also responsible for training 30,000 professionals who work with teenagers every year. Dr. Benson and his wife, Tunie Munson-Benson, have two adult children and two grandchildren. They live in Minneapolis.

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By **Peter L. Benson, Ph.D.**

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