Contents

Series Foreword Alan E. Kazdin ix
Preface xi
Acknowledgments xv

CHAPTER 1
Valuing Adolescence 1

CHAPTER 2
Learning the Rules of Relating 28

CHAPTER 3
The Dark Side of the Rules 53

CHAPTER 4
Choices and Pressures of Today’s Youth 74

CHAPTER 5
Making Sense of Making Choices 100

CHAPTER 6
What Works in Prevention: Promises and Pitfalls 128

CHAPTER 7
The Blueprint: Best Principles for Program Design 152

CHAPTER 8
The Delivery: Best Practices for Strengthening Relationships and Managing Risks 176

CHAPTER 9
The Context: Overcoming Barriers and Engaging Schools 199

CHAPTER 10
The Evolution of Universal Efforts to Reduce Adolescent Risk Behaviors 224

References 237
Index 267