

A Parent's Guide to Helping Teenagers in Crisis

By Chap Clark Reviewed by Cody Zabroski

Abandonment—it all comes back to that. I think abandonment can make or break a youth's heart, soul, and life. I think that a lot of people don't realize that many youth lead lives that really suck. I am glad this book was written because it brings attention to issues that most people think about or deal with, or have no idea how to deal with.

This book is just the basic information to help parents prepare to handle a crisis in a youth's life. The first chunk of the book is mostly just general knowledge that I think most parents should have—like taking your child's problems seriously, learning about the signs of suicide, or learning when to call for professional help.

The middle chunk is how to deal with particular situations like death, rape, hazing, and incest.

The last part of the book is some concrete ways to prevent some of the things talked about in the book.

One thing that I both like and dislike about this book is the steps that it gives that you should follow. I like it because the steps are general and give you an idea of what you should do—it gives you a path to follow and that's nice, because most parents don't know what to do about the subjects covered in the book. What I don't like about this is that things in life don't happen in steps and human emotions are dynamic and ever changing, and don't fit into a clear pattern.

One of the statements that the book makes that I really appreciate is that even if we don't think the things youth are going through are hard, youth think they are and that's what we need to understand. I really get the feeling that both authors want parents to love their children where they are at and work with them to make things better.

This was a really good book and I enjoyed reading it, for the most part. I think a lot of people should read Chap Clark's book, *Hurt*, and this book as well. I hope that the people who read this will learn something and it will make a difference.