



COMPREHENSIVE
HEALTH
EDUCATION
FOUNDATION



Empowering educators to help teens manage stress

Learn More

Today's teens experience more stress than any generation before them. When teens don't know how to manage their stress, they're more likely to have problems with academic failure, serious health issues, eating disorders, smoking, drinking, drugs, or risky sex.

The *Chill*[™] series uses lessons, small-group projects, and teen-hosted documentaries to guide youth in grades 7–12 towards healthy stress management habits for life. With our teens-talking-to-teens approach, your students will get the facts about what stress is, identify what causes it, and learn healthy techniques to help manage it.

The *Chill* series is available as Educator's Modules and Educator's DVDs.

Chill Educator's Modules [Order Now](#)

Perfect for schools and youth organizations. They are self-contained, easy to use, and have no consumables. Includes:

- five 45-minute lessons with step-by-step instructions;
- two 15-minute video segments on DVD and VHS;
- interactive lessons driven by peer-to-peer discussions;
- small-group projects that give students the opportunity to help each other learn healthy skills; and
- public performance rights.

Chill Educator's DVDs [Order Now](#)

Designed to help educators talk with their students about teen stress. Includes:

- 30-minute video on DVD;
- short Discussion Pamphlet; and
- public performance rights.

Each title in the *Chill* series tackles a different category of teen stress:

1. In the System Academic Stress

In the System will educate your students about academic stress by identifying problems and offering solutions.

- **Typical stress triggers:** schoolwork, over-scheduling, adult expectations, and social pressures.
- **Our healthy stress management solutions:** negotiating with parents and teachers, managing time, finding support, participating in physical activity, and listening to your inner voice.

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[Correlations](#)

[Teaching Tools](#)

Free Previews

[View a Free Sample — Educator's Guide \(PDF\)](#) Includes an Educator's Guide Table of Contents, Introduction, weekly planner, and sample lesson.

[Request a Free Sample — Educator's Guide and Video Clips](#)

We'll send you a free print version of the Educator's Guide sample and a video clips DVD.

[Request a Free 30-Day Preview — Educator's Module](#)

We'll send you one Educator's Module and give you 30 days to evaluate it before payment is due. If you return it, you only pay the return postage.



2. *Playing the Part* Social Stress

Playing the Part will educate your students about social stress by identifying problems and offering solutions.

- **Typical stress triggers:** fitting in, expectations, bullying, rumors, gossip, and relationships.
- **Our healthy stress management solutions:** taking care of your mind and body, maintaining your individuality, and building support from friends, parents, trusted adults, and community organizations.

[Watch a Video Clip](#)



3. *Family Ties* Home and Family Stress

Family Ties will educate your students about home and family stress by identifying problems and offering solutions.

- **Typical stress triggers:** parents, siblings, divorce, remarriage, and risky environments.
- **Our healthy stress management solutions:** communicating with family, making community connections, scheduling family time, and finding good study spaces.

[Watch a Video Clip](#)



4. *Keeping It Real* Media and Cultural Stress

Keeping It Real will educate your students about media and cultural stress by identifying problems and offering solutions.

- **Typical stress triggers:** cultural pressures, changing schools, and the expectations and sexual stereotypes created by the media.
- **Our healthy stress management solutions:** using technology responsibly, building community support, taking care of your mind and body, maintaining your individuality, and developing media and cultural literacy.

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