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Summer

Family Outreach Committee of the Unionville-Chadds Ford School District

# FOCUS Summer Good Reads

This summer, we are bringing you a list of books, TED Talks, podcasts and more, related to topics FOCUS plans to feature in the 2021-22 school year. Check us out online at [www.ucfsd.org/focus](http://www.ucfsd.org/focus) email: [focus@ucfsd.net](mailto:focus@ucfsd.net)

Topic	Event	Resource(s)
Eating Disorders	Speakers – Fall 2021	<a href="#">Brave Girl Eating</a> – Harriet Brown <a href="#">Academy for Eating Disorders</a> <a href="#">National Eating Disorders Association</a>
Diversity, Equity & Inclusion	TBD Fall 2021	<a href="#">The Underground Railroad</a> – Colson Whitehead <a href="#">Tales of Two Americas: Stories of Inequality in a Divided Nation</a> – John Freeman <a href="#">We Need to Talk about Injustice</a> – Bryan Stevenson
Healthy Technology Balance	Speaker – Spring 2022	<a href="#">Irresistible</a> – Adam Alter TED talk: <a href="#">Why our screens make us less happy</a> – Adam Alter Movies: <a href="#">Fake Famous</a> , <a href="#">The Social Dilemma</a>
Adolescent drinking / drug use	Chris Herren (Spring 2022 – brought to the community by UCFSD, KASD)	<a href="#">The 6 Most Important Decisions You'll Ever Make: A Guide for Teens</a> Sean Covey <a href="#">What's the Big Deal About Addictions? Answers and Help for Teens</a> – James J. Crist <a href="#">The Game Has Changed: Chris Herren at Tedx U Mass Amherst</a>
Social Emotional Learning	Speaker – Spring 2022	<a href="#">Everyday rules of spectacular parents</a> – Admired Leadership Institute, Randall Stutman <a href="#">Why Do They Act that Way - Revised and Updated: A Survival Guide to the Adolescent Brain for You and Your Teen</a> – David Walsh <a href="#">Mindset – The New Psychology of Success</a> – Carol Dweck
Comeback stories to inspire us post-pandemic	n/a	<a href="#">Can't Hurt Me: Master Your Mind. Defy the Odds</a> – David Goggins <a href="#">Beyond Belief</a> – Josh Hamilton <a href="#">Unbroken</a> – Laura Hillenbrand <a href="#">I Am Malala</a> – Malala Yousafzai