

# Prevention Works Video Library

## Assertiveness:

Stand Your Ground (Without being a Jerk)



## Communication Skills:

Communicate (It's Good for You)



## Coping with Anxiety:

Do I have Anxiety? (and what to do)



## Decision-Making:

Decision-Making (because YOLO)



## Self-Esteem/Self-Image

Self-Esteem (and How to Change It)



## Social Norms

Everyone's Doing It (Except not...)

