

# Mental Health Resources for Parents

## June 2024

[DFMS Counseling Department Google Site Link](#)

What's My Tween Thinking? Practical Child Psychology for Modern Parents by Tanith Carey & Angharad Rudkin, Penguin Random House Secondary Education, 2024 Audiobook

The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure, by Greg Lukianoff and Jonathan Haidt, 2018.

The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness, by Jonathan Haidt, 2024.

Afraid: Understanding the Purpose of Fear and Harnessing the Power Of Anxiety, Arash Javanbakht MD 2023

### Articles on Bullying, Cyberbullying, Bias & Discrimination, Social Media and Being Mean:

Cyberbullying	<ul style="list-style-type: none"><li>• <a href="https://www.adl.org/resources/tools-and-strategies/how-tweens-experience-cyberbullying">https://www.adl.org/resources/tools-and-strategies/how-tweens-experience-cyberbullying</a></li></ul>
Bullying	<ul style="list-style-type: none"><li>• <a href="https://www.adl.org/resources/tools-and-strategies/what-bullying-and-not-en-espanol">https://www.adl.org/resources/tools-and-strategies/what-bullying-and-not-en-espanol</a></li></ul>
Identity Based Bullying	<ul style="list-style-type: none"><li>• <a href="https://www.adl.org/resources/lesson-plan/identity-based-bullying">https://www.adl.org/resources/lesson-plan/identity-based-bullying</a></li></ul>
Bullying, Cliques and Mean Girls	<ul style="list-style-type: none"><li>• <a href="https://empowerment.space/how-to-handle-middle-school-bullying-cliques-and-mean-girls/">https://empowerment.space/how-to-handle-middle-school-bullying-cliques-and-mean-girls/</a></li></ul>

When Kids Roast and Joke Around. Is it Bullying?	<ul style="list-style-type: none"> <li>• <a href="https://empowerment.space/when-kids-roast-and-joke-around-is-it-bullying/">https://empowerment.space/when-kids-roast-and-joke-around-is-it-bullying/</a></li> </ul>
Ways the Pandemic has made Bullying More Prevalent Today	<ul style="list-style-type: none"> <li>• <a href="https://empowerment.space/ways-the-pandemic-has-made-bullying-more-prevalent-today/">https://empowerment.space/ways-the-pandemic-has-made-bullying-more-prevalent-today/</a></li> </ul>
Are you Teaching Your kid to be a Bully?	<ul style="list-style-type: none"> <li>• <a href="https://community.today.com/parentingteam/post/are-you-teaching-your-kids-how-to-bully">https://community.today.com/parentingteam/post/are-you-teaching-your-kids-how-to-bully</a></li> </ul>
Social Media	<ul style="list-style-type: none"> <li>• <a href="#">Practical Tips for Easing Kids Social Media Anxiety: Common Sense Media</a></li> </ul>
	<ul style="list-style-type: none"> <li>• <a href="#">Social Media Red Flags</a></li> </ul>
	<ul style="list-style-type: none"> <li>• <a href="https://letgrow.org/">https://letgrow.org/</a></li> </ul>
	<ul style="list-style-type: none"> <li>• <a href="https://evidencebasedliving.human.cornell.edu/blog/new-evidence-on-adolescent-mental-health-and-social-media/">https://evidencebasedliving.human.cornell.edu/blog/new-evidence-on-adolescent-mental-health-and-social-media/</a></li> </ul>

NAMI, Los Angeles: You can find the toolbox here

**[Childrens' Mental Health Toolbox:](#)**