

2020 PARENT RESOURCES

Screen Time

- Screenagers - Resources regarding cell phone limits, digital citizenship, internet addiction - <https://www.screenagersmovie.com>
 - Screen Time Balance: <https://www.screenagersmovie.com/screen-time-balance>
 - Internet Addiction: <https://www.screenagersmovie.com/internet-addiction>
 - Contracts: <https://www.screenagersmovie.com/contracts>
 - Consequences: <https://www.screenagersmovie.com/tech-talk-tuesdays/creating-consequences-hard-but-necessary>
- Common Sense Media - resources & information regarding social media, video games, general media consumption - <https://www.commonsensemedia.org/>
- Gaming: <https://www.screenagersmovie.com/tech-talk-tuesdays/gaming-a-new-approach> & Video Game Addiction: <https://gamequitters.com/>

Mixed Research:

- What are the Reasons Teens are Reporting More Depression Symptoms - <https://www.screenagersmovie.com/tech-talk-tuesdays/what-are-the-reasons-teens-are-reporting-more-depression-symptoms>
- Detangling Teen Depression: <https://www.screenagersmovie.com/tech-talk-tuesdays/detangling-teen-depression-and-screen-time>
- Panicking About Your Kids' Phones? New Research Says Don't (NYT) <https://www.nytimes.com/2020/01/17/technology/kids-smartphones-depression.html>

Good Websites on all sorts of Child/Teen Issues

- Child Mind Institute: <https://childmind.org/>
- Clay Center for Young Healthy Minds: <https://www.mghclaycenter.org/>
- Teaching self-control: Evidence-based tips: <https://www.parentingscience.com/teaching-self-control.html>

Sexual Health

- Sex education for TEENS, including forums, videos, and FAQs - www.sexetc.org & www.scarleteen.com
- Resource for parents that provides relevant facts and resources, as well as a simple script that can help parents answer common questions that kids ask at different ages. <https://kids-ask.org/resources>
- The Parent Buzz: Planned Parenthood's bimonthly newsletter with tips & strategies to support parents in talking with their children: <https://www.weareplannedparenthood.org/onlineactions/g9JjdN1ZjkSKsJ7z7cnAUA2>
- Great videos for tweens: <https://amaze.org/>
- For Goodness Sex by Al Vernacchio (book for parents)
- S.E.X., second edition: The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties by Heather Corinna (book for teens & young adults)
- It's Perfectly Normal by Robbie Harris (book for tweens)

Dating Violence, Sexual Abuse, Sexual Assault, Sexting

- Boston Area Rape Crisis Center - www.barcc.org/, 1-800-841-8371 (24 hours)
- National Teen Dating Abuse Helpline at 1-866-331-9474/1-866-331- 8453 TTY.
- www.loveisrespect.org - Offers info on healthy relationships, resources, links to support services OR Text: loveis (capitalization does not matter) to 22522
- www.athinline.org - MTV's anti-cyberbullying website addresses *digital abuse*: sexual harassment and violence on Facebook and Twitter, by sexting, by tweeting, and in other online contexts.

Physical & Mental Health

- Body image & Eating Disorders: Multi-Service Eating Disorder - <http://www.medainc.org/>
- Substance Use & Mental Health: SAMHSA - Substance Abuse and Mental Health Service Administration - info for parents & youth - www.samhsa.gov/underage-drinking/parent-resources -
- Jed Foundation - Improve emotional health and prevent suicide in teens - www.jedfoundation.org or Text: START to 741-741 or call 1-800-273-TALK (8255)
- National Suicide Prevention Lifeline - <http://suicidepreventionlifeline.org/> - 1-800-273-TALK (8255)
- Crisis Text line - connect via text with a trained Crisis Counselor, <https://www.crisistextline.org/> or text HOME to 741741
- NAMI - National Alliance on Mental Illness - Great support and resources for families managing mental health issues (local chapters) <https://www.nami.org/>

LGBTQ

- PFLAG - Uniting LGBTQ individuals with Families, Friends and Allies - www.community.pflag.org
- The Trevor Project - Provide resources and intervention for LGBTQ youth: <http://www.thetrevorproject.org>
- Gay, Lesbian and Straight Education Network - www.glsen.org
- Boston Alliance of Gay Lesbian Bisexual Transgender Youth - <http://www.bagly.org/>
- Gender Spectrum: www.genderspectrum.org/
- Fenway Health - offer medical & psychological care, along with resources to LGBTQ community - <http://fenwayhealth.org/>