



References and Resources for Addressing Youth Issues

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Numerous youth issues are highlighted throughout this list of current references and resources. Included are websites, NDSU Extension publications and programs, lesson guides, fact sheets, videos and more. Becoming familiar with local and regional resources such as mental health professionals, public health centers, parent resource centers and learning centers will also provide comprehensive information.

Color Coding

- **NDSU Extension publications, trainings and Ag Info Site topics in GREEN**
- Curriculum on the Ag Info Site is located in the long-term files
- **NDSU Extension Parent Resource Center programs in RED**
- **North Dakota-based websites in PINK**
- **General websites in ORANGE**
- **PDFs, fact sheets, tools, publications, brochures, lesson guides, webinars and workbooks in BLUE**
- **Videos and podcasts in PURPLE**
- **Apps for phones/tablets in DARK BLUE**

The asterisk (*) denotes the need to use caution when providing guidance for these issues because licensed counselors or social workers may need to intervene as specialists. Recognizing when to provide information or prescribe help is important when working with youth.

Google Chrome and Firefox are the preferred internet browsers when using this online publication.

»» General Websites with Resources on Various Youth Issues

- **North Dakota Department of Health** – includes national and North Dakota specific links related to children’s health services
- www.health.nd.gov/Youth
- **North Dakota Compass** – social indicators project that measures progress in North Dakota and tracks youth trends
- www.ndcompass.org/children-and-youth
- **North Dakota KIDS COUNT** – provides information on child well-being, such as what to do if you suspect child abuse
- www.ndkidscount.org/resources.php
- **Youth Topics** – facts and interactive tools to help assess community assets, local and federal resources, evidence-based programs and youth-related news
- <http://youth.gov>
- **Healthy Children** – backed by pediatricians committed to the well-being of all infants, children, adolescents and young adults
- www.healthychildren.org/English/Pages/default.aspx
- **Kids Health** – split into four sections based on the user (parents, kids, teens or educators)
- <http://kidshealth.org>
- **American Psychological Association** – teen-related topics, readings, publications, news and other resources
- www.apa.org/topics/teens/index.aspx
- **CDC: Adolescent and School Health** – program tools, fact sheets, funded programs, data and publications
- www.cdc.gov/HealthyYouth
- **CDC: Parent Portal** – learn how to handle common parenting challenges through interactive activities, videos, and more
- www.cdc.gov/parents
- **Adolescent Development Tool Kit** – lesson guides, articles, fact sheets, videos, narrated presentations and websites
- www.actforyouth.net/adolescence/toolkit
- **Teachers Pay Teachers** – educators share, sell and buy original resources such as lesson plans, activities, games, videos, curriculum, assessments, projects and more
- www.teacherspayteachers.com
- **Child Mind Institute** – information and advice on the latest youth issues, including sexual activity, substance use, social media, sleep, body image, social anxiety, depression, eating disorders, self-injury, psychosis and suicidal thinking
- <https://childmind.org/topics/concerns/teenagers>
- **Search Institute** – youth-related topics, articles, videos, free downloads, blogs and other resources
- www.search-institute.org
- **Lesson Plan and Activity Finder** – science- and standards-based classroom lessons and multimedia activities on teens, drugs, media and critical thinking
- <https://teens.drugabuse.gov/teachers/lessonplans>

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>> At-risk Youth

- **North Dakota 2019 High School and Middle School Youth Risk Behavior Survey (YRBS)** – North Dakota results of a survey monitoring risk behaviors often identified during childhood and early adolescence and result in unintentional and intentional injuries. Risk categories include: tobacco use, unhealthy dietary behaviors, physical inactivity, alcohol and other drug use, sexual behavior/STDs/HIV/AIDS/unintended pregnancies and violence/injury.
 - www.nd.gov/dpi/districtschools/safety-health/youth-risk-behavior-survey
- **Gang Involvement Prevention** – data, articles, publications, tools, guides, videos, podcasts and websites on youth gang involvement
 - <http://youth.gov/youth-topics/preventing-gang-involvement>
- **Risk and Protective Factors** – youth risk factors associated with higher likelihood of delinquency and the protective factors that lessen this likelihood
 - <http://youth.gov/youth-topics/juvenile-justice/risk-and-protective-factors>
- **Youth Violence Prevention** – information and resources for preventing youth violence
 - <https://www.cdc.gov/violenceprevention/youthviolence/index.html>

>> Brain Development

- **Teen Brain Development** – University of Minnesota Extension parent resource for families with teens
 - <https://extension.umn.edu/teen-development/your-teens-developing-brain>
- **Understanding the Teen Brain** – infographic, list of books and articles related to the teenage brain
 - www.mindful.org/whats-going-on-inside-teen-brain
- **Mind Matters Series** – a lesson plan with 11 booklets, each addressing one drug topic for sixth-to-ninth-graders. Using the guide, students will understand the brain's response to drugs.
 - <https://teens.drugabuse.gov/teachers/lessonplans/mind-matters-series>
- **The Power of the Adolescent Brain with Frances Jensen** – reviews adolescent brain development and how it affects learning, health and behavior
 - www.youtube.com/watch?v=4S2qgEFEdKU
- **The Mysterious Workings of the Adolescent Brain** – TED Talk
 - www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain
- **Insight Into the Teenage Brain** – TED Talk
 - www.youtube.com/watch?v=LWUkW4s3XxY

>> Bullying

- **North Dakota 4-H Anti-bullying Policy** – policy, prevention activities, prevention resources, educational PowerPoint and an incident report
 - www.ndsu.edu/4h/staff/youth_protection/anti_bullying
- **Preventing Bullying** – Centers for Disease Control and Prevention resources
 - www.cdc.gov/violenceprevention/youthviolence/bullyingresearch
- **StopBullying.gov** – facts and information on prevention strategies, risk factors, potential ways to respond, cyberbullying, resources and bullying laws for each state
 - www.stopbullying.gov/index.html
- **PACER's National Bullying Prevention Center** – resources for students, parents, educators and others
 - www.pacer.org/bullying/resources
- **Resources to Fight Bullying and Harassment at School** – websites, organizations, articles, planning guides, lesson plans and other resources dedicated to preventing bullying and harassment
 - www.edutopia.org/article/bullying-prevention-resources
- **Bullying in Schools** – three infographics include the current state of bullying in America, effects on youth and where bullying often occurs in school
 - <https://mentalhealthmasters.com/resources/school-counseling-resources/bullying-in-schools>
- **51 Critical Cyberbullying Statistics in 2020** – information on the growing problem of cyberbullying, its impact on youth, how to recognize it and steps to take if someone is being cyberbullied
 - www.broadbandsearch.net/blog/cyber-bullying-statistics
- **Bullying: We Can All Help Stop It** – a guide for parents of elementary and secondary school students on how to recognize, prevent and intervene in situations where bullying is present
 - www.edu.gov.on.ca/eng/multi/english/BullyingEN.pdf

>> Character Education

- **Character Education Units and Lessons** – middle school lesson plans grouped by character trait
 - <https://www.learningtogive.org/resources/character-education-units-and-lessons>
- **Character Lab** – collection of knowledge, tools, posters and research to help youth
 - <https://characterlab.org>
- **Character Counts!** – downloadable lesson plans grouped by age
 - <https://raycenter.wp.drake.edu/category/lessonplans>
- **5-Minute Film Festival: Resources for Teaching about Character** – five short films and a set of resources for celebrating Character Day
 - www.edutopia.org/blog/film-festival-character-education

>> Conflict and Anger

- **Managing Conflict (FS1563 Revised)** – helps individuals understand and use methods to address conflict
 - www.ag.ndsu.edu/publications/kids-family/managing-conflict
- **Angry Kids: Dealing With Explosive Behavior** – how to respond when youth lash out
 - <https://childmind.org/article/angry-kids-dealing-with-explosive-behavior>
- **Helping Kids Manage Anger** – kid friendly coping skills to help manage anger and helpful tips for parents to prevent episodes
 - <https://copingskillsforkids.com/managing-anger>
- **Conflict Resolution** – lesson guide with activities to help youth learn how to manage their anger, communicate their feelings and constructively solve problems
 - https://classroom.kidshealth.org/9to12/personal/growing/conflict_resolution.pdf

>> *Coping with Loss, Death and Grief

- **National Bereavement Resource Guide** – information on camps, hospices and organizations throughout North Dakota
 - https://moyerfoundation.org/assets/guides/BereavementResourceGuide_NorthDakota.pdf
- **The National Center for Grieving Children and Families** – tip sheets and podcasts for grieving youth and how adults can help
 - www.dougy.org/grief-resources/how-to-help-a-grieving-teen
- **After a Loved One Dies: How Children Grieve** – guide geared toward parents, family and other caring adults who work with youth and want to better support those who have lost a loved one
 - www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Documents/After-a-Loved-One-Dies-English.pdf
- **Caring for Kids After Trauma, Disaster and Death: A Guide for Parents and Professionals** – guide geared toward schools, mental health professionals, parents and educators to be used in instances of disaster, trauma and death
 - www.preventionweb.net/files/1899_VL206101.pdf

>> Delinquency/Crime

- **Juvenile Justice State Advisory Group (SAG)** – North Dakota Division of Juvenile Services works on juvenile justice reforms, sponsors workshops and develops state plans submitted to federal office (located on this website)
 - www.ndaco.org/programs_and_services/jj/state-advisory-group-sag

- **Juvenile Justice** – data, publications, tools, guides, webinars and other resources related to juvenile justice
 - <http://youth.gov/youth-topics/juvenile-justice>
- **Office of Juvenile Justice and Delinquency Prevention** – national leadership, coordination and resources to prevent and respond to juvenile delinquency and victimization
 - <https://ojjdp.ojp.gov>

>> Diversity

- **Human Rights Library** – lesson plans for K-12 students
 - <http://ftp.arizonaa.org/tools/lessons/65607.htm>
- **Bridging Refugee Youth and Children's Services** – online trainings, tool kits, blogs and more for educators, parents, youth and the community
 - www.brycs.org/blog/youth-development
- **Teaching Tolerance** – lessons for caring adults who work with youth from kindergarten through high school
 - www.tolerance.org/classroom-resources/lessons
- **Healthy Teen Network** – resources for working with diverse youth
 - www.healthyteennetwork.org
- **Seven Essential Facts about Multiracial Youth** – seven vital topics that may interest all who work with youth
 - www.apa.org/pi/families/resources/newsletter/2013/08/multiracial-youth.aspx
- **Toolkit for Creating a Diverse and Inclusive YAC** – useful for creating diverse and inclusive youth advisory council groups
 - www.michiganfoundations.org/resources/toolkit-creating-diverse-and-inclusive-yac

>> Families with Special Needs Youth

- **Family Voices of North Dakota** – aims to achieve family-centered care for all youth with special health care needs and/or disabilities
 - <http://fvnd.org/site>
- **North Dakota Hands and Voices** – supports families with children who are Deaf or Hard of Hearing and provides families with resources, networks, and information needed to improve communication access and educational outcomes for their children
 - www.ndhandsandvoices.org
- **Powerful Tools for Caregivers of Children with Special Needs** – helps family caregivers take care of themselves while caring for a child with special health or behavioral needs
- **Sibling Support for Autism** – lesson guides for young and teenage siblings and for parents to help build understanding and a better relationship between the family
 - <https://researchautism.org/how-we-help/families/sibling-support>

>> Family Structure

- **Parent and Family Education Resource Centers** – parent education networks for each regional site
 - www.ag.ndsu.edu/pen
- **Types of Families** – articles addressing different family structures
 - www.healthychildren.org/English/family-life/family-dynamics/types-of-families/Pages/default.aspx

>Adoption

- **North Dakota Adoption Program** – information on adoption in North Dakota
 - www.nd.gov/dhs/services/childfamily/adoption
- **North Dakota Heart Gallery** – nonprofit organization with a mission to reach out to the public and encourage the adoption of children
 - www.ndheartgallery.org
- **Post Adoption Resources** – links to information on adoption assistance, college scholarships, employee benefit programs, training and support, and more
 - www.afamilyforeverychild.org/Adoption/TheBasics/PostAdoption.php
- **Adoption Resources** – resources for those considering adopting a child from foster care
 - www.nationaladoptionday.org

>Blended/Stepfamily/Single Parent

- **Active Parenting of Stepfamilies** – discussion and video-based program for learning the skills and techniques helpful for successfully building and nurturing a blended family
- **Blended Family and Stepparenting Tips** – information on bonding with stepchildren and dealing with issues within the stepfamily
 - www.helpguide.org/articles/parenting-family/step-parenting-blended-families.htm
- **National Stepfamily Resource Center** – links related to stepfamilies, stepmothers, stepfathers, divorce support and legal issues
 - www.stepfamilies.info/programs-services-links.php
- **Single Parent: Tips for Raising a Child Alone** – article providing recommendations on situations single parents may encounter
 - www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/single-parent/art-20046774?pg=2
- **A Single Mother's Guide to Digital Banking** – tips on how to best save money, budget, invest and borrow using different technologies or apps and how to protect your information when banking online
 - www.interest.com/savings/a-single-mothers-guide-to-digital-banking

>Divorce/Separation

- **Parents Forever** – educational program developed by University of Minnesota Extension to help parents through the process of making informed, child-supportive decisions during transitions such as separation and divorce
 - www.parentsforevernd.org

- **Cooperative Parenting and Divorce** – video-based program that addresses parenting issues related to divorce/separation
- **Talking to Children about Divorce (FS638 Revised)** – helps parents and caregivers find the tools they need to help themselves and their children through the difficult transition of divorce
 - www.ag.ndsu.edu/publications/kids-family/talking-to-children-about-divorce
- **Resources for Families** – websites, communication guides and pamphlets for parents
 - www.afccnet.org/resource-center/resources-for-families/categoryid/1
- **Dealing with Divorce** – safe, private place for teens who need honest, accurate information and advice about divorce
 - <http://kidshealth.org/en/teens/divorce.html>

>Foster Care

- **North Dakota Foster Parent Handbook** – information on becoming a licensed family foster care home
 - www.nd.gov/dhs/info/pubs/docs/cfs/foster-parent-handbook.pdf
- **North Dakota Youth: Foster Care** – handbook, frequently asked questions and links for youth and parents to use
 - www.nd.gov/dhs/info/pubs/docs/cfs/foster-youth-handbook.pdf
- **Foster Care Resources** – resources for parents, caregivers, youth, tribes, communities and professionals
 - www.childwelfare.gov/fostercaremonth/resources
- **Foster Care Transition Tool Kit** – a guide for youth and the supportive adults who work with them including resources for achieving stability and independence
 - www2.ed.gov/about/inits/ed/foster-care/youth-transition-toolkit.pdf

>Grandparents/Relatives as Parents

- **Parenting the Second Time Around (PASTA)** – meets the needs of grandparents, relatives and other nonparental caregivers who are parenting related (or nonrelated) children. Topics include child and adolescent development, discipline and guidance, acknowledgement of ambivalent feelings, rebuilding a family, living with teens, legal issues and advocacy.
- **You and the Law in North Dakota: The Rights of Grandparents and Stepgrandparents (FS1729)** – for grandparents in North Dakota who are raising or caring for their grandchildren
 - www.ag.ndsu.edu/publications/kids-family/you-and-the-law-in-north-dakota-the-rights-of-grandparents-and-stepgrandparents
- **Grandparents Raising Grandchildren** – tips, tools and resources for the services and support grandparents need to take care of themselves and their family
 - www.aarp.org/relationships/friends-family/info-08-2011/grandfamilies-guide-getting-started.html

>> Family Wellness

- **Building Strong Families** – helps families identify their own strengths and learn skills to build on those strengths. Lesson topics relate to various aspects of family relationships, family living and family resource management.
 - **Building Strong Families with Youth**
- **Family Art Hour** – for parents looking for fun, creative activities to do with their child. Includes free art activities, supervised play, refreshments and time for parents to discuss parenting issues.
- **Overdone: Practicing Wellness in Busy Families** (Curriculum on Ag Info Site) – tools and tips to evaluate a family's schedule and overall wellness
- **Family Meal Times: Make Family Meals a Tradition (FN1527)** – explains the importance of building family traditions that last and have personal meaning
 - www.ag.ndsu.edu/publications/food-nutrition/family-meal-times-issue-2-make-family-meals-a-tradition
- **Now Serving: Meals with Help from Teens! (FN706)** – information about encouraging teens to help prepare food and form good cooking and eating behaviors
 - www.ag.ndsu.edu/publications/food-nutrition/now-serving-meals-with-help-from-teens
- **Family Dynamics** – articles covering a variety of family topics such as family dinner, sibling relationships, family rituals, etc.
 - www.healthychildren.org/English/family-life/family-dynamics/Pages/default.aspx
- **Agile Programming for Your Family** – TED Talk on dealing with the stress of modern family life
 - www.ted.com/talks/bruce_feiler_agile_programming_for_your_family

>> Financial Literacy

- **R U Ready ND: Financial Aid Planning** – education and career planning website with various resources
 - https://secure.ruready.nd.gov/Financial_Aid_Planning/default.aspx
- **4-H Curriculum: My Financial Future** – helps middle and high school youth develop critical skills and knowledge in money management, organize finances, learn about savings and risk management
 - <https://shop4-h.org/pages/search-results-page?q=my+financial+future>
- **Bankaroo** – virtual bank account for kids that teaches value of money and how to create and stick to financial goals. Good for ages 7+.
 - www.bankaroo.com
- **My Financial Future: Grades 6-12** – provides programs, resources, and initiatives to help youth achieve financial wellness
 - <https://4-h.org/parents/curriculum/financial/#!advanced-high-school>
- **Mapping Your Future** – curriculum-related resources to help young people develop the skills they will need to manage their finances successfully
 - www.mappingyourfuture.org

- **Practical Money Skills** – financial literacy games and activities to help young adults learn about finances in an engaging way
 - www.practicalmoneyskills.com/play
- **High School Financial Planning Program** – free future financial planning curriculum for instructors, parents and students including guides, lesson plans and worksheets to help youth plan their financial future
 - www.hsfp.org
- **Next Gen Personal Finance** – virtual financial planning course including free modules that educators and parents can use to teach youth about a variety of finance topics
 - www.ngpf.org

>> Generational Diversity

- **Generational Diversity in the Workplace** (Curriculum on Ag Info Site) – comprehensive review of the different generations
- **The Workforce Landscape in 2017** – infographic
 - www.media-partners.com/upload/file_20171027102046/generations_infographic_10-23-17.pdf
- **Generation Z** – variety of articles on the newest generation's characteristics, work habits, values and more
 - www.shrm.org/search/pages/default.aspx?k=generation%20z
- **Gen Z** – new research and findings on the generation after Millennials
 - <http://genhq.com/gen-z>
- **A Manifest from Generation Z** – TED Talk focusing on Generation Z and essential themes from the youth point of view
 - www.youtube.com/watch?v=CrX5O2XWHws
- **What Do We Know about the Generation After Millennials?** – TED Talk highlighting the ways technology and culture are converging, and how the generational dynamics will be more influenced by technology than by time
 - www.youtube.com/watch?v=4f16o9QOXGE

>> Grit, Resilience and Growth Mindset

- **Building Resilience** – articles related to emotional wellness and how youth build resilience
 - www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/default.aspx
- **Resources on Developing Resilience, Grit and Growth Mindset** – resources related to building the skills, mindsets and necessary supports to help youth confront adversity, cope with challenges and demonstrate perseverance to attain goals
 - www.edutopia.org/resilience-grit-resources
- **Resources for Teaching Growth Mindset** – information about growth mindset and how learning mindsets can affect youth performance
 - www.edutopia.org/article/growth-mindset-resources

- **Resources on Grit and Perseverance** – resources about understanding and building student perseverance while considering questions raised by the research on grit
- www.edutopia.org/article/ grit-resources
- **Mindset Kit** – free set of online lessons and practices designed to help teachers, parents and mentors teach and foster adaptive beliefs about learning
- www.mindsetkit.org
- **Resilience Guide for Parents and Teachers** – tips for building resilience in preschool, elementary and middle school children, and teens
- www.apa.org/helpcenter/resilience.aspx
- **Sparks: How Youth Thrive** – TED Talk by Peter Benson
- www.youtube.com/watch?v=TqzUHcW58Us
- **Grit: The Power of Passion and Perseverance** – TED Talk by Angela Lee Duckworth
- www.youtube.com/watch?v=H14bBuluwB8
- **Unlocking Us with Brene Brown** – podcasts that digs into Brene Brown's research on shame, shame resilience, vulnerability, and living a more whole-hearted life

➤➤ Health and Wellness

- **Fit Sanford WebMD** – split into four sections based on the user (junior, kids, teen, parents)
- www.sanfordfit.org
- **Health, Fitness and Nutrition** – websites, textbooks, activities and videos for youth
- www.supportrealteachers.org/resources-for-health-fitness-and-nutrition.html
- **Food and Fitness** – place for teens to learn about healthy eating, dieting, strength training, eating disorders, steroids and more
- <http://kidshealth.org/en/teens/food-fitness>
- **Nutrition and Healthy Weight** – information for teens on how to create healthful eating and exercising habits
- www.pamf.org/teen/health/nutrition
- **Nutrition for Teens** – for tweens, teens, parents, caregivers, teachers and other professionals
- www.nutrition.gov/audience/teens
- **Eat Right: For Teens** – tips, articles, recipes and videos on food, fitness and health for teens
- www.eatright.org/resources/for-teen
- **Youth Obesity** – articles with information on youth weight issues
- www.healthychildren.org/English/health-issues/conditions/obesity/Pages/default.aspx
- **Teen Health Resources** – resources for teens, families and educators on diet, nutrition, sports and exercise
- <http://libguides.consortiumlibrary.org/c.php?g=488802&p=3342787>
- **Physical Activity Tools and Resources** – handbook, tips, tools, curriculum and guidelines to help families and communities better understand physical activity and how it relates to maintaining a healthy weight for youth
- www.nhlbi.nih.gov/health/educational/wecan/tools-resources/physical-activity.htm

- **Teen Health and Wellness Hotlines** – list of helpful resources and helplines for certain teen issues with references to local services within your community
- <https://teenhealthandwellness.com/static/hotlines>
- **Nutrition and Fitness: Eat Smart Play Hard (FN1813)** – helps youth see how they spend a typical day, analyze their eating habits, test their physical abilities and measure their fitness balance
- www.ag.ndsu.edu/publications/food-nutrition/nutrition-and-fitness-eat-smart-play-hard
- **Now Serving: Nutritious After-school Snacks! (FN1379)** – make snack time fun and get kids to eat their fruits and vegetables with tips and recipes
- www.ag.ndsu.edu/publications/food-nutrition/now-serving-nutritious-after-school-snacks
- **Want Kids to Learn Well? Feed Them Well** – TED Talk on the role schools can play in nourishing students' bodies in addition to their minds
- www.ted.com/talks/sam_kass_want_to_teach_kids_well_feed_them_well
- **SworKit Kids** – engaging workout app to make moving their bodies fun. Best for ages 5 to 13.
- <https://sworKit.com/youth-initiative>
- **HabitZ** – kid-friendly solution for developing healthy habits in a fun and rewarding way. Best for ages 6 to 13.
- <https://apps.apple.com/us/app/habitz-kids-learn-good-habits/id1225446637>

➤➤ *LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual)

- **Dakota OutRight** – resources and links for youth such as LGBTQ organizations, crisis services, LGBT affirmative services and more
- <http://dakotaoutright.org/resources>
- **Fargo-Moorhead Area LGBTQ Resources** – list with local websites, national resources and suicide hotlines
- <http://ndfbsa.org/wp-content/uploads/2017/04/AREA-LGBTQ-RESOURCES.pdf>
- **Students and Gender Identity** – tool kit for educators to help create and develop inclusive spaces for transgender and gender nonconforming students
- <https://rossieronline.usc.edu/students-and-gender-identity>
- **The ABCs of LGBT: Learning Language and Inclusive Practices in Work with LGBT Families** – webinar focused on the language, terms and background pertaining to the LGBT community, offering insight and guidance in working with this population
- <https://militaryfamilieslearningnetwork.org/event/27644>
- **LGBT Youth** – articles, publications, tools, guides, videos, podcasts and websites
- <http://youth.gov/youth-topics/lgbtq-youth>
- **LGBT Youth Resources** – CDC resources for lesbian, gay, bisexual and transgender health to be used by youth, supporters, educators, parents, family members and caring adults
- www.cdc.gov/lgbthealth/youth-resources.htm

- **LGBT Youth Resources** – fact sheets, best practices and other resources for supporting lesbian, gay, bisexual, transgender and questioning youth
- www.apa.org/pi/lgbt/programs/safe-supportive/lgbt
- **Explore: Transgender Children and Youth** – resources for transgender youth, families and other youth-serving professionals
- www.hrc.org/resources/transgender-children-and-youth-understanding-the-basics
- **Making Schools Safe for LGBTQ Community** – tips and strategies on how schools can be safe and inclusive for the LGBTQ+ community, ways to prevent and limit the amount of bullying this community encounters, and how to recognize and stop bullying/cyberbullying
- www.stompoutbullying.org/get-help/about-bullying-and-cyberbullying/lgbtq-bullying
- **Q Chat Space** – a free online community where individuals who identify with the LGBTQ+ community can listen, connect and share their stories
- www.qchatspace.org
- **The Trevor Project** – a free online learning module for students, educators and community members to learn how to become allies for students in the LGBTQ+ community
- www.thetrevorproject.org/education

➤ *Mental Health

>Autism Spectrum

- **North Dakota Autism Center Resources**
- www.ndautismcenter.org/service
- **Planning Trips for Children With Autism** – helpful tips for how to plan ahead for a vacation that will be suitable for a child with autism
- <https://online.simmons.edu/blog/preparing-trips-children-with-autism>
- **Autism Resource Center** – frequently asked questions, facts for families, video clips, clinical resources, research, books and helpful links on autism spectrum disorders in youth
- www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Autism_Resource_Center/Home.aspx
- **Autism Speaks** – organization dedicated to promoting solutions across the spectrum and throughout the lifespan for the needs of individuals with autism and their families
- www.autismspeaks.org
- **Growing Up Together: Teens with Autism** – for kids and teens to better understand autism
- www.autism-society.org/about-the-autism-society/publications/resource-materials
- **To Understand Autism, Don't Look Away** – TED Talk about a mother and her son diagnosed with autism
- www.ted.com/talks/carina_morillo_to_understand_autism_don_t_look_away

>Crisis

- **Firstlink (211)** – 2-1-1 is a simple, easy-to-remember, free number that connects callers to information about health and human services. 2-1-1 callers in North Dakota and Clay County, Minn., are connected to the FirstLink 2-1-1 Helpline, which provides confidential listening and support as well as information and referrals. Call specialists are trained in crisis intervention, including suicide.
- <http://myfirstlink.org/get-help-now>
- **Crisis Text Line** – free, 24/7 support for those in crisis. Text 741741 from anywhere in the U.S. to connect with a trained crisis counselor.
- www.crisistextline.org
- **Trans Lifeline** – (1-877-565-8860) is a national trans-led organization and hotline run by and for trans people. Operators are all trans-identified.
- www.translifeline.org
- **Texting That Saves Lives** – TED Talk
- www.ted.com/talks/nancy_lublin_texting_that_saves_lives
- **Responding to Distressed People (FS1805)** – includes a flow chart outlining the process of responding to distressed individuals
- www.ag.ndsu.edu/publications/kids-family/responding-to-distressed-people
- **Working with Distressed Clientele (FS1789)** – helps professionals deal with struggling clientele
- www.ag.ndsu.edu/publications/kids-family/working-with-distressed-clientele

>Depression, Anxiety, Eating Disorders, Bipolar Disorder, Schizophrenia, ADHD and Self-injury

- **Depression Resource Center** – facts for families, clinical resources, research and training, books and information on getting help with depressive symptoms
- www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Depression_Resource_Center/depression_Resource_Center.aspx
- **Anxiety and Depression Association of America** – resources on youth anxiety and depression
- <https://adaa.org/living-with-anxiety/children>
- **ADHD Resource Center** – facts for families, clinical resources, video clips, research and training, books and information on getting help
- www.aacap.org/aacap/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/Home.aspx
- **Self-injury and Recovery Research and Resources** – resources to help youth, parents, caring adults and professionals better understand self-injury
- www.selfinjury.bctr.cornell.edu/resources.html
- **Self-injury Outreach and Support** – info guides, stories, coping and recovery research and other resources for youth, loved ones and caring adults to gain information about self-injury
- <http://sioutreach.org>

- **National Eating Disorders Association: Parent Tool Kit** – resource for parents and other caring adults to better understand eating disorders in youth
 - www.nationaleatingdisorders.org/sites/default/files/Toolkits/ParentToolkit.pdf
- **Bipolar Disorder in Children and Teens** – brochure created by National Institute of Mental Health
 - www.nimh.nih.gov/health/publications/bipolar-disorder-in-children-and-teens/index.shtml
- **I Am Not A Monster: Schizophrenia** – TED Talk
 - www.youtube.com/watch?v=xbagFzcyNiM

> Psychological/Emotional Well-being

- **North Dakota: Youth Behavioral Health Resources** – partnerships, tool kits, guidebooks and evidenced-based programs on implementing youth mental health training
 - www.nd.gov/dpi/districtschools/safety-health/youth-behavioral-health
- **Mental/Behavioral Health** – NDSU Extension site provides information on selected resources and programs to increase awareness and assist individuals in seeking support for needs related to mental, emotional and behavioral health
 - www.ag.ndsu.edu/cff/resources-for-emotional-and-mental-health
- **Adolescent Mental Health Resources and Publications**
 - www.hhs.gov/ash/oah/resources-and-training/adolescent-health-library/mental-health-resources-and-publications/index.html
- **Mental Health Resources for Adolescents and Young Adults** – resources, support groups, peer networks, helplines, treatment locators and advocacy opportunities
 - www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx
- **Youth Mental Health** – data, articles, hotlines, programs, publications, tools, guides, videos, podcasts and webinars
 - <http://youth.gov/youth-topics/youth-mental-health>
- **Teen Mental Health** – resources, reports and publications for youth, parents, educators and health professionals
 - <http://teenmentalhealth.org/toolbox>
- **Teens and Young Adults: Mental Health Conditions** – place for youth to learn and find support and resources
 - www.nami.org/Find-Support/Teens-and-Young-Adults
- **Daylio** – daily mood and activity tracker allowing reflection on patterns between mental health and daily activities. Best for ages 12+ .
 - <https://daylio.webflow.io>
- **Moods** – daily mood tracking app that allows you and your child to monitor changes in mental health over time. Best for ages 10+ .
 - <https://apps.apple.com/us/app/moods-mental-health-tracking/id1023271188>

>> Parenting

- **Parent and Family Education Resource Centers** – parent education networks for each regional site that provide educational programs, newsletters, a lending library and educational literature to help families succeed
 - www.ag.ndsu.edu/pen
- **Parents LEAD (Listen, Educate, Ask, Discuss)** – evidence-based prevention program targeting parents, professionals and communities through statewide, web-based communication
 - www.parentslead.org
- **Child Care Aware of North Dakota** – program of Lutheran Social Services of North Dakota that is a training and information hub for child care providers and offers parents customized referrals to licensed child care options
 - <http://ndchildcare.org>
- **Boundaries and Boundaries Jr.** (Curriculum on Ag Info Site) – youth and parents/caregivers work together to understand the importance of rule-setting and boundaries
 - www.ndsu.edu/4h/website_master/youth_development_master/boundaries
- **Active Parenting of Teens (parents only)** – gives parents of teenagers a chance to discuss topics such as methods of respectful discipline and how to develop skills for clear, honest communication. The program addresses: teen brain development, parenting styles, communication, problem solving, responsibility, self-esteem, teen behavior goals, high-risk behaviors, alcohol, drugs, sexuality and violence.
 - **Active Parenting of Teens** (parents/youth)
- **Active Parenting, 5 to 12 years** – for parents and caregivers of 5- to 12-year-olds to learn active parenting vs. reactive parenting. Addresses situations and challenges that are expected when parenting this age group.
- **Parenting Wisely: Young Children and Teens** – designed for at-risk families with children from early elementary to high school age. Nine video vignettes are used to overcome illiteracy barriers and assist parents in following a self-paced, self-guided approach to learning parenting confidence and skills. Communication skills, problem-solving skills, speaking respectfully, assertive discipline, reinforcement, homework compliance, chore compliance, supervision of children, stepfamily and single parent issues are all addressed.
- **Active Parenting of Stepfamilies** – discussion and video-based program for learning the skills and techniques helpful for successfully building and nurturing a blended family
- **Parents Forever** – puts parents on the path to minimizing stress for themselves and their children. Participants learn how to make informed, child-supportive decisions so children will come through separation or divorce having a positive relationship with both parents vs. feeling caught in the middle of their parents' conflict.
- **Cooperative Parenting and Divorce** – addresses the parenting issues created because of divorce/separation
- **Crossroads of Parenting and Divorce** – provides parents with the skills and insight on how to respond to divorce when children are involved

- **Common Sense Parenting** – parent education course designed for parents of toddlers and preschoolers or children ages 6 to 16 and/or children with ADHD addressing communication, discipline, decision making, relationships and school success issues
- **Conscious Discipline** – series of classes providing parents/caregivers with the tools to turn conflict into cooperation and avoid teaching the behaviors they want to prevent
- **Parenting the Love and Logic Way** – video-based parenting class for parents of all ages of children. The class illustrates parenting techniques that emphasize respect, empathy, logic and limits.
- **Nurturing Parenting Programs (multiple versions)** – a series of programs designed for use in reducing child abuse and neglect or risks for such behavior. Primarily designed for high-risk families and families experiencing child abuse and neglect or in the child welfare system.
 - **Nurturing Parenting – Community Based**
 - **Nurturing Parenting – Military**
- **How Much is Enough?** – four-week series designed to help parents see the difference between spoiling and overindulging versus healthy, loving and appropriate care. Lessons focus on helping parents foster independence, empathy and compassion, and self-control in their children.
- **Nurtured Heart Approach** – focuses on effective parenting techniques that address difficult and intense child behaviors
- **Positive Native American Parenting** – parenting curriculum designed to provide a brief, practical and culturally specific training program for parents. The goal is to help Native American parents explore values and attitudes expressed in traditional child-rearing practices, appreciate the lessons obtained from certain universal, historical ways such as storytelling, extended family, etc. and apply those values to modern skills in parenting.
- **The Incredible Years (BASIC Parent Training Program)** – three-part series designed to promote emotional and social competence, and prevent, reduce and treat behavior and emotional problems in young children
- **1, 2, 3 Magic** – offers easy-to-follow steps for disciplining children without arguing or yelling. These classes help parents avoid overexplaining, maintain control, avoid misbehavior in public and help their children make positive choices.
- **Parenting the Second Time Around (PASTA)** – meets the needs of grandparents, relatives and other nonparental caregivers who are parenting related (or nonrelated) children. Topics include child and adolescent development, discipline and guidance, acknowledgement of ambivalent feelings, rebuilding a family, living with teens, legal issues and advocacy.
- **Strengthening Parent-Teen Relationships in a Wireless World** – helps parents connect with their teens, examine their rules and expectations, create a plan for digital media, and critique how the use of technology is working for and against their family relationships

- **Monitoring Your Teen's Activities** – what parents and families should know about their teens' activities and behavior
 - www.cdc.gov/healthyyouth/protective/pdf/parental_monitoring_factsheet.pdf
- **What's New with Teens and Their Families** – course addresses normal teen behavior and how families change through the teen years
 - <https://extension.umn.edu/teen-development/whats-new-teens-and-their-families>
- **Keep Connected** – helps families strengthen relationships through shared activities
 - www.parentfurther.com
- **Advice to Help You be a Great Parent** – 13 TED Talks that speak to the complexities of parenthood, offering unusual insight and hard-won advice
 - www.ted.com/playlists/150/advice_to_help_you_be_a_great
- **Respectful Parenting: Janet Lansbury Unruffled** – podcast that addresses a reader's parenting issue through the lens of Janet's respectful parenting philosophy
- **Focus on Parenting Podcast** – podcast that provides moms and dads with helpful tips on how to be a better parent each day to help raise kids on the right path

➤➤ Peer Influence and Relationships

- **Talking with Teens about Peer Relationships: How You Make a Difference** – for families and caring adults
 - www.hhs.gov/ash/oah/resources-and-training/for-families/peer-relationships/make-a-difference/index.html
- **Talking to Children About Peer Pressure (FS1859)** – information on how parents and other adults can assist children in understanding peer pressure
 - www.ag.ndsu.edu/publications/kids-family/talking-to-children-about-peer-pressure/fs1859.pdf
- **Peer Pressure: Grades 9 to 12** – a teacher's guide to help students learn to think critically about the positive and negative effects of peer influence
 - http://classroom.kidshealth.org/9to12/personal/growing/peer_pressure.pdf
- **Healthy Relationships** – high school educators tool kit
 - www.loveisrespect.org/wp-content/uploads/2016/08/highschool-educators-toolkit.pdf
- **Healthy Relationships Resource Kit** – interactive healthy relationship activities for youth
 - <http://westernhealth.nl.ca/uploads/Addictions%20Prevention%20and%20Mental%20Health%20Promotion/Healthy%20Relationships%20Resource%20Kit%20-%20Western.pdf>

>> Pornography

- **Facts for Prevention: The Impact of Pornography on Children and Youth** – fact sheet
 - www.preventtogether.org/Resources/Documents/Impact_of_Porn_on_Youth_9.pdf
- **The Impact of Pornography on Children** – article published in the American College of Pediatricians
 - www.acped.org/position-statements/the-impact-of-pornography-on-children
- **Talking to Your Kids About Pornography: Tipsheet** –
 - mediasmarts.ca/sites/mediasmarts/files/pdfs/tipsheet/TipSheet_%20Talking_Kids_About_Pornography_0.pdf
- **Understanding the Effects of Pornography on Children** – tips from an expert on how to mitigate the effects of oversexualized images seen by youth
 - <http://preventchildabuse.org/resource/understanding-the-effects-of-pornography-on-children>
- **Effects of Pornography on Adolescents** – research article
 - http://marripedia.org/effects_of_pornography_on_adolescents

>> Poverty and Homelessness

- **North Dakota: State Progress Reports** – report on the education of children and youth experiencing homelessness
 - www.americaspromise.org/sites/default/files/d8/Civic_Homeless_ND2.pdf
- **Basic Facts about Low-Income Children** – based on youth 12 through 17 years old
 - www.nccp.org/publications/pub_1174.html
- **Homelessness and Runaway** – articles, hotlines, programs, publications, resources, tools, guides, videos, podcasts, websites, etc.
 - <http://youth.gov/youth-topics/runaway-and-homeless-youth>
- **Youth Homelessness** – policy guidance, best practices, publications, tools and links that can assist youth-service providers to help prevent and end youth homelessness
 - www.hudexchange.info/homelessness-assistance/resources-for-homeless-youth
- **Safe Place** – national youth outreach and prevention program's homeless youth resources
 - www.nationalsafeplace.org/homeless-youth

>> *Puberty

- **Puberty and Adolescence Resource** – a guide for parents of adolescents with autism spectrum disorders
 - <https://csesa.fpg.unc.edu/sites/csesa.fpg.unc.edu/files/Puberty%20for%20Adolescents%20with%20ASD.pdf>
- **Puberty** – articles for both youth and parents
 - www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/default.aspx

- **Physical and Psychosocial Development Resources** – for parents of adolescents and young adults
 - www.adolescenthealth.org/Resources/Clinical-Care-Resources/Physical-and-Psychosocial-Development/Physical-Psych-Resources-For-Parents-of-Adolesc.aspx
- **Talking to Your Child about Puberty** – for parents and families
 - <http://kidshealth.org/en/parents/talk-about-puberty.html>
- **Planned Parenthood Puberty Topics** – a guide for parents on how to initiate conversations about topics regarding puberty based on their age; such as their bodies, reproduction, personal safety and pornography
 - www.plannedparenthood.org/learn/parents

>> Racial Injustice and Discrimination

- **Racial Equity Tools: Children, Family, and Youth Development** – Resources, toolkits, and educational readings regarding racial injustice and what educators, parents, and community members can do to educate themselves and their youth to help intervene with this racial injustice
 - www.racialequitytools.org/plan/issues/children-families-and-youth-development
- **Center for Racial Justice in Education** – articles, podcasts, and resources for how to talk to youth about race, racism, and racialize violence
 - <https://centerracialjustice.org/resources/resources-for-talking-about-race-racism-and-racialized-violence-with-kids>
- **Black Lives Matter: Resources for Allies** – suggestions for how to support and educate yourself on the BLM movement, including interactive resource suggestions for videos, podcasts, articles, books, movies, and other general resources to support BLM
 - www.seiu-uhw.org/black-lives-matter-resources-for-allies
- **The Trevor Project: Supporting Black LGBTQ Youth Mental Health** – a support page for Black youth who identify with the LGBTQ community, specifically relating to recognizing and promoting positive mental health in Black LGBTQ Youth and where they can access further resources
 - www.thetrevorproject.org/2020/06/01/supporting-black-lgbtq-youth-mental-health
- **Anti-Racism: Youth Service Resource Center** – information and resources for how to plan and implement an antiracist service project with youth, including free toolkits and lesson guides divided by age groups
 - <https://ysa.org/antiracist>
- **Minority Mental Health Resources** – general mental health resources and suicide prevention resources for marginalized youth; including therapy services and support pages for specific minority groups
 - <https://afsp.org/minority-mental-health-resources>
- **Black Girls Smile** – a compiled list of resources, support pages, and national organizations which serve and stand for young Black women's mental health and well-being
 - www.blackgirlssmile.org/resources

- **The Black Youth Project** – a website community that contains articles, social media posts, videos, and other resources regarding topics that may apply to Black youth
- <http://blackyouthproject.com>
- **Systemic Racism Explained** – YouTube video explaining what systemic racism is and what we, as individuals and as a community, can do to educate others on racism, including starting with being aware of our own biases
- https://www.youtube.com/watch?v=YrHIQIO_bdQ&v=en
- **Fare of the Free Child** – podcast community centering Black people, Indigenous people, and People of Color in liberatory living and learning practices

>> Romantic Relationships

- **Navigating Romantic Teen Relationships** (Curriculum on Ag Info Site) – help adolescents identify the core elements of healthy and unhealthy relationships
- **Helping Teens Set Boundaries in Relationships** – publication developed by the Center for Parent/Youth Understanding
- <https://sexualintegrityinitiative.com/wp-content/uploads/2015/02/Helping-Teens-Set-Boundaries-in-Relationships.pdf>
- **Teens, Technology and Romantic Relationships** – report on dating in the digital age
- www.pewinternet.org/2015/10/01/teens-technology-and-romantic-relationships
- **Healthy Relationships in Adolescence** – information on dating, dating violence and healthy friendships
- www.hhs.gov/ash/oah/adolescent-development/healthy-relationships/index.html
- **Teens and Romantic Relationships** – do's and don'ts for parents to share with teens
- <https://childmind.org/article/how-to-help-kids-have-good-romantic-relationships>
- **Romantic Relationships in Adolescence** – resources for youth and the professionals who work with them
- www.actforyouth.net/sexual_health/sexual_development/romantic.cfm
- **Characteristics of Healthy and Unhealthy Relationships** – for youth and caring adults
- <http://youth.gov/youth-topics/teen-dating-violence/characteristics>

>> Self-esteem and Body Image

- **Parent Tool Kit: Self-esteem** – articles, tips, downloads and videos
- www.understood.org/en/friends-feelings/empowering-your-child/self-esteem
- **Body Image and Self-esteem** – resources for teens
- <http://kidshealth.org/en/teens/body-image.html>

- **Self-esteem: Grades 9 to 12** – guide for teachers including activities to help youth recognize the importance of having healthy self-esteem and learn ways to boost their own self-esteem
- http://classroom.kidshealth.org/9to12/personal/growing/self_esteem.pdf
- **Teach Girls Bravery, Not Perfection** – TED Talk
- www.ted.com/talks/reshma_saujani_teach_girls_bravery_not_perfection

>> Self-regulation and Self-awareness

- **Just Breathe: The Importance of Meditation Breaks for Kids** – tips, research and additional information
- www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Just-Breathe-The-Importance-of-Meditation-Breaks-for-Kids.aspx
- **Self-management** – social and emotional learning tool kit for professionals who work with youth
- www.actforyouth.net/youth_development/professionals/self-management.cfm
- **How Can We Help Kids with Self-regulation?** – Child Mind Institute article
- <https://childmind.org/article/can-help-kids-self-regulation>
- **The Power of Mindfulness** – how a meditation practice can help kids become less anxious and more focused
- <https://childmind.org/article/the-power-of-mindfulness>
- **Promoting Self-regulation in Adolescents and Young Adults** – reviews the importance of self-regulation for youth and provides guidelines for supporting self-regulation development in 14- to 25-year-olds
- www.acf.hhs.gov/sites/default/files/opre/sr_ado_brief_revised_2_15_2017_508.pdf
- **Three Good Things** – quick daily journaling app promoting self-reflection and recognizing positive events. Best for ages 8+.
- <https://apps.apple.com/us/app/three-good-things-a-happiness-journal/id1242079576>
- **Happi Me for Young People** – guided mindfulness app used to teach kids how to recognize and regulate emotions in a healthy manner. Best for ages 11 to 17.
- www.happi-me.info
- **Smiling Mind** – daily guided meditation and mindfulness exercises for all ages to promote self-awareness and emotional balance
- www.smilingmind.com.au
- **Mindful Powers** – a fun interactive app that addresses issues such as emotion regulation, inability to focus, stress, etc., and works with children to give them tools to address and control these issues. Best for ages 6 to 10.
- <https://mindfulempowerforkids.com>

>> *Sexual Health and Wellness

- **North Dakota Family Planning** – assist teens and young adults in understanding and taking responsibility for their reproductive health through education, counseling, and medical services
 - www.ndhealth.gov/familyplanning/for-teens-and-young-adults
- **Advocates for Youth** – a variety of topics, issues and research for youth, parents and professionals to explore including lesson plans, fact sheets and publications
 - www.advocatesforyouth.org/issues
- **Adolescent and School Health** – program tools, fact sheets, publications, articles and other resources
 - www.cdc.gov/HealthyYouth
- **For Teens** – information for youth on sex, relationships, their body and more
 - www.plannedparenthood.org/learn/teens
- **Dating and Sex** – articles for youth and parents
 - www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/default.aspx
- **Sexual Health** – place where teens can learn the facts about sexual health with articles about puberty, menstruation, infections and more
 - <http://kidshealth.org/en/teens/sexual-health>
- **STD Prevention** – tools and data on sexually transmitted disease/infection prevention for adolescents
 - <http://youth.org/resources/youth-std-prevention>
- **Reproductive Health: Teen Pregnancy** – information and resources for teens
 - www.cdc.gov/teenpregnancy
- **Power to Decide: The Campaign to Prevent Unplanned Pregnancy** – sexual health resources
 - <https://thenationalcampaign.org>
- **CDC Fact Sheet: Information for Teens and Young Adults: Staying Healthy and Preventing STDs** – information for youth about what STDs are, how to prevent them and where to go if they need help or have questions
 - www.cdc.gov/std/life-stages-populations/stdfact-teens.htm
- **Talking to Your Partner About STDs** – tips for youth and young adults on how to have a conversation with their partner about sexual health and STDs
 - <https://kidshealth.org/en/teens/the-talk.html>

>> Sleep

- **Nourish Your Body with Sleep (FN1854)** – provides information about sleep needs, foods that may affect sleep and ways to promote sleep
 - www.ag.ndsu.edu/publications/health-fitness/nourish-your-body-with-sleep
- **Sleep and Teens** – for youth, parents and caring adults
 - www.uclahealth.org/sleepcenter/sleep-and-teens
- **Sleeping Well in the Digital Age** – how screen time can impact your sleep and general health for adults and children
 - <https://online.nursing.georgetown.edu/blog/sleeping-well-in-the-digital-age>

- **Sleep Deprivation in Adolescents and Young Adults** – research article
 - <http://nahic.ucsf.edu/wp-content/uploads/2014/08/Sleep-Brief-FINAL.pdf>
- **Teenage Sleep** – fact sheet
 - <https://sleephealthfoundation.org.au/pdfs/Teenage-Sleep.pdf>
- **Sleep Duration Recommendations** – fact sheet
 - www.sleepfoundation.org/sites/default/files/2018-10/NSF_sleep_duration_recommendations_chart.png
- **Why School Should Start Later for Teens** – TED Talk that discusses how early school start times deprive adolescents of sleep during the time of their life when they need it most
 - www.ted.com/talks/wendy_troxel_why_school_should_start_later_for_teens
- **Sleep Cycle** – tracks sleep, records sleep patterns and activity, and uses an automatic alarm based on R.E.M. cycle leading to feeling more rested. Best for ages 11+.
 - www.sleepcycle.com

>> Social and Life Skills

- **Life Skills Training/Support Materials** – curriculum to strengthen youth's application of life skills training
 - www.itsmymove.org/training_resources_lifeskills.php
- **Drama, Social Skills and the Teenage Brain** – social and emotional learning article
 - www.edutopia.org/blog/drama-social-skills-teenage-brain-alex-shevrin
- **Teens with Autism Spectrum Disorder: Social Skills** – information on teenagers with an autism spectrum disorder
 - <https://tacanow.org/family-resources/social-skills>
- **Emotional Intelligence** – how teens can improve their emotional intelligence
 - <http://kidshealth.org/en/teens/eq.html>
- **Social and Emotional Learning** – list of resources and do-it-yourself tips for parents, teachers and professionals
 - <http://myframeworks.org/resources>

>> Stress

- **Nourishing Your Mind and Body: Manage Stress for Better Health (FS1730)** – help with managing stress for better health
 - www.ag.ndsu.edu/publications/health-fitness/nourishing-your-mind-and-body-manage-stress-for-better-health
- **Mindfulness for Teens** – resources for mindful teens such as books, mobile apps, recordings and websites
 - <http://mindfulnessforteens.com/resources>
- **For Teens: A Personal Guide for Managing Stress** – written for young people 12 to 18 years of age to help them create a stress-management plan
 - www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/For-Teens-A-Personal-Guide-for-Managing-Stress.aspx
- **Stress Management Resources** – teach teens how to overcome life's pressures at home and school and in their social life, including free guided meditations, handouts, tips and blogs
 - www.changetochill.org/resources

>> Substance Abuse

- **Parents LEAD** – evidence-based prevention program targeting parents, professionals, and communities through statewide, web-based communication
 - www.parentslead.org
- **North Dakota Youth Treatment Centers** – list of the adolescent substance abuse treatment programs in North Dakota
 - www.addicted.org/north-dakota-adolescent-programs.html
- **North Dakota All Treatment** – list of resources for teen drug and alcohol abuse, teen addiction treatment centers and teen counseling service providers in North Dakota
 - www.alltreatment.com/nd/youth
- **Adolescent Prescription and Over-the-counter Drug Abuse (YF1857)** – information on youth drug abuse in North Dakota
 - www.ag.ndsu.edu/publications/kids-family/adolescent-prescription-and-over-the-counter-drug-abuse
- **A Parent's Role in Substance Use Prevention: Tips for Talking to Youth of All Ages (YD1912)** – tips for how to start the conversation, integrate positive communication, and respond to children at every age
 - www.ag.ndsu.edu/publications/kids-family/a-parents-role-in-substance-use-prevention-tips-for-talking-to-youth-of-all-ages
- **Teens and Vaping: What Caring Adults Should Know About Electronic Cigarette Use (YF1944)** – describes what vaping is, what the side effects are and how to recognize the signs to lessen the use of vapes among youth
 - www.ag.ndsu.edu/publications/kids-family/teens-and-vaping-what-caring-adults-should-know-about-electronic-cigarette-use/yd1944.pdf
- **A Substance Abuse Guide for Parents** – information for parents, including the harmful effects different drugs have on teens, the possible reasons why teens start using drugs, recognizing the signs of teen substance abuse and how to prevent it, having conversations with teens about drugs and where to seek help if you suspect your teen is abusing drugs
 - www.drugrehab.com/guides/parents
- **What Parents Need to Know About Vaping** – information about the dangers of vaping for youth and what parents can do to help the vaping epidemic
 - <https://drugfree.org/article/what-parents-need-to-know-about-vaping>
- **Truth Initiative E-Cigarette Quitting Program** – new texting program for teens and parents looking to help teens quit vaping
 - <https://truthinitiative.org/research-resources/quitting-smoking-vaping/quitting-e-cigarettes>
- **Substance Use** – information and resources on teen substance use and abuse
 - www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/default.aspx
- **Drugs and Alcohol** – information for teens on how smoking, drinking and doing drugs impact their lives
 - <http://kidshealth.org/en/teens/drug-alcohol>
- **Substance Abuse Prevention** – variety of resources on preventing teen substance abuse
 - <http://youth.gov/youth-topics/substance-abuse>

- **NIDA for Teens** – teens, teachers or parents can use this site to learn about the effects of drug use on the brain, body and life of teens
 - <https://teens.drugabuse.gov>
- **Substance Use Resources for Adolescents and Young Adults**
 - www.samhsa.gov/homelessness-programs-resources/hpr-resources/teen-prescription-drug-misuse-abuse
- **Marijuana Use: Detrimental to Youth** – article addressing the risks of marijuana use by youth
 - www.acped.org/marijuana-use-detrimental-to-youth
- **Partnership for Drug-Free Kids** – educate families with information, support, and guidance on youth substance use. Based on current research and parents can call (1-855-378-4373) for confidential, individualized support.
 - <https://drugfree.org>
- **Talk With Your Teen About E-Cigarettes** – a tip sheet for parents on how to initiate conversation about vaping hazards
 - https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipsheet_508.pdf
- **Electronic Cigarettes and Vaping** – explains to youth why vaping is bad and why so many youth are vaping
 - www.youtube.com/watch?v=9dZS_Rniak0

>> *Suicide

- **Firstlink (211)** – 2-1-1 is a simple, easy-to-remember, free number that connects callers to information about health and human services. 2-1-1 callers in North Dakota and Clay County, Minn., are connected to the FirstLink 2-1-1 Helpline, which provides confidential listening and support as well as information and referrals. Call specialists are trained in crisis intervention, including suicide.
 - <http://myfirstlink.org/get-help-now>
- **National Suicide Prevention Lifeline** – (1-800-273-8255) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week
 - <https://suicidepreventionlifeline.org>
- **Trans Lifeline** – (1-877-565-8860) is a national trans-led organization and hotline run by and for trans people. Operators are all trans-identified.
 - www.translifeline.org
- **American Association of Suicidology** – youth suicide prevention resources
 - www.suicidology.org/ncpys/resources
- **Suicide Prevention Resource Center** – suicide prevention resources for teens
 - www.sprc.org/resources-programs/suicide-prevention-resources-teens
- **Society for the Prevention of Teen Suicide** – links for parents
 - www.sptsusa.org/parents
- **American Foundation for Suicide Prevention** – resources related to crisis services and mental health care, and additional resources listed by mental health condition
 - <https://afsp.org/find-support/resources>

- **Preventing Youth Suicide: Tips for Parents and Educators**
 - www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators
- **Our Nation's Young and Suicide** – information on the risk factors, possible warning signs and tips to aid in prevention of suicide
 - www.purdueglobal.edu/news-resources/young-and-suicide
- **Talking to Children about Suicide (FS637)** – how adults should discuss suicide with youth
 - www.ag.ndsu.edu/publications/kids-family/talking-to-children-about-suicide

» Technology/Social Media

- **Living Online: Using Technology Wisely** (Curriculum on Ag Info Site) – three versions: Caring Adults, High School Students and Middle School Students
- **Teens and Cellphones: A Guide for Teachers (YD1917)** – how educators can incorporate the productive and appropriate use of cellphones in classrooms
 - www.ag.ndsu.edu/publications/kids-family/teens-and-cellphones-a-guide-for-teachers
- **Teens and Digital Devices: A Guide for Parents (YD1918)** – information for parents on healthy digital device consumption by teens and how parents can be more aware of their teen's digital life to support and protect their teens
 - www.ag.ndsu.edu/publications/kids-family/teens-and-digital-devices-a-guide-for-parents
- **Talking to Kids and Teens about Social Media and Sexting** – tips to help parents talk with their children of all ages about social media and monitor their online social media use
 - www.completechildrenshealth.com/talking-to-kids-teens-about-social-media-sexting
- **Media** – how parents can monitor and interpret youth media usage
 - www.healthychildren.org/English/family-life/Media/Pages/default.aspx
- **Common Sense Education** – for parents, educators and advocates of youth
 - www.commonsense.org/education
- **Teens and Technology** – Pew Research Center's articles, facts and data related to teens using technology
 - www.pewresearch.org/topics/teens-and-technology
- **NetSmartz** – online safety tools for educators, parents, and youth
 - www.netsmartz.org/Home
- **NS Teens** – videos, games, quizzes, comics and bios for teens to help them make safer choices online
 - www.nsteens.org
- **Warp Speed: Parenting Teens in a Digital Age** – resource sheet
 - www.minnetonkaschools.org/uploaded/Documents/Dist/Activities/Parenting-with-Purpose/Warp-Speed-Handout.pdf

- **Social Media, Social Life** – teens reveal their experiences in this 2018 report for parents and educators
 - www.commonsensemedia.org/research/social-media-social-life-2018
- **Are You Web Aware?** – a checklist for parents
 - mediasmarts.ca/sites/mediasmarts/files/pdfs/tipsheet/Are-you-web-aware-checklist-parents.pdf
- **The Conversation We're Not Having about Digital Child Abuse** – TED Talk
 - www.ted.com/talks/sebastian_bortnik_the_conversation_we_re_not_having_about_digital_child_abuse
- **Why Our Screens Make Us Less Happy** – TED Talk
 - www.ted.com/talks/adam_alter_why_our_screens_make_us_less_happy

» Transition Post-high School

- **Launch My Life North Dakota** – resources for students, parents, and professionals to help youth transition from high school into college or the workforce
 - www.launchmylifend.com
- **Youth Forward** – resources to help guide youth through all the career opportunities within North Dakota
 - www.workforce.nd.gov/youthcareers/YouthForward
- **Bank of North Dakota College Handbook** – easy-to-read, online guide helps students navigate through their freshman to senior year of high school as they prepare for college comparing costs of regional colleges
 - <https://bnd.nd.gov/pdf/college-handbook.pdf>
- **ASTEP (Advancing Students Toward Education and Employment Program)** – transition and postsecondary education program at Minot State University that makes college a reality for young adults with intellectual disabilities
 - www.ndcpd.org/astep/index.html
- **Are You Ready? The College Transition** (Curriculum on Ag Info Site) – can be used with parents/caregivers and students, together or alone, in a two-hour program or a more in-depth series of three two-hour sessions. Four areas of emphasis: academics, finances, relationships, and healthy choices.
- **College Planning** – help youth prepare for college
 - www.pacer.org/transition/learning-center/planning/college-planning.asp
- **Resources and Downloads to Support College Readiness** – resources and information to develop the awareness, knowledge, skills and attitudes that will prepare students to enroll and succeed in college
 - www.edutopia.org/article/college-readiness-preparation-downloads-resources
- **Helpful Resources to Share with High School Graduates**
 - www.edutopia.org/blog/helpful-resources-share-high-school-graduates
- **Supportive Parents, Successful Students** – guidebook for parents of college-bound children
 - www.affordablecollegesonline.org/college-resource-center/parent-support-guide

» *Violence

- **Rape and Abuse Crisis Center of Fargo-Moorhead (RACC)** – variety of resources and handouts
 - www.raccfm.com
- **ASK ND (app)** – get immediate access quickly, confidentially and free to the information needed most in the event of a sexual assault in North Dakota. This invaluable tool is for anyone living in or visiting North Dakota.
 - www.assaultservicesknowledge.org/nd
- **CAWS North Dakota** – a nonprofit membership organization representing the 20 domestic violence and sexual assault crisis intervention centers throughout the state
 - www.cawsnorthdakota.org/index.php/resources
- **Prevent Child Abuse: North Dakota** – how to report suspected child abuse/neglect
 - www.pcand.org
- **Talking to Children about Armed Conflict (FS636 Revised)**
 - www.ag.ndsu.edu/publications/kids-family/talking-to-children-about-armed-conflict
- **Talking to Children about Terrorism (FS635 Revised)**
 - www.ag.ndsu.edu/pubs/yf/famsci/fs635.pdf
- **Do Videogames Cause Aggressive Behavior?** – information on how parents can prevent and watch for aggressive behavior associated with video games
 - www.childrens.com/health-wellness/do-video-games-cause-aggressive-behavior
- **Youth Violence** – Centers for Disease Control and Prevention additional resources
 - www.cdc.gov/violenceprevention/youthviolence/resources.html
- **School Violence: Helping Students During Crisis** – webinars, websites and other resources
 - www.schoolcounselor.org/school-counselors-members/professional-development/learn-more/helping-kids-during-crisis
- **Dating Violence Prevention** – prevention resources
 - <http://youth.gov/youth-topics/teen-dating-violence>
- **How to Help Teens Dealing with Dating Violence** – for educators, advocates and parents
 - www.violencepreventionworks.org/public/helping_teens_with_dating_violence.page
- **A Parent's Guide to Teen Dating Violence** – 10 questions to start the conversation with your teen
 - www.breakthecycle.org/sites/default/files/handbook_-_parents_of_teen_0.pdf
- **The Real Roots of Youth Violence** – TED Talk
 - www.youtube.com/watch?v=uWNTMmktOCQ
- **A Call To Men** – TED Talk
 - www.ted.com/talks/tony_porter_a_call_to_men

» *Youth Abuse and Neglect

- **Children's Advocacy Centers of North Dakota** – network working to ensure all children in North Dakota have access to a team approach in the investigation and intervention of child abuse
 - www.cacnd.org
- **Nurturing Parenting Programs (multiple versions)** – series of programs designed specifically for use in reducing child abuse and neglect or risks for such behavior. Primarily designed for high-risk families and families experiencing child abuse and neglect or in the child welfare system.
 - **Nurturing Parenting – Community Based**
 - **Nurturing Parenting – Military**
- **Talking to Children about Sexual Abuse (FS1363 Revised)**
 - www.ag.ndsu.edu/publications/kids-family/talking-to-children-about-sexual-abuse
- **Recognizing the Warning Signs of Child Abuse and Neglect** – lesson helps individuals learn to recognize signs of abuse or neglect that happen in home and institutional settings
 - www.virtuallabschool.org/school-age/child-abuse-id-reporting/lesson-2
- **How to Help an Abused or Neglected Teen** – for caring adults
 - <http://familysafetyandhealing.org/how-to-help/an-abused-or-neglected-child-teen>
- **Parenting a Child Who Has Experienced Abuse or Neglect** – for parents or guardians
 - www.childwelfare.gov/pubPDFs/parenting_CAN.pdf
- **Trauma and Child Abuse Resource Center** – frequently asked questions, facts for families, video clips, clinical resources, research and training, books and getting help with child abuse
 - www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Child_Abuse_Resource_Center/Home.aspx
- **Children of Alcoholics** – information on the impact of parental alcohol or other drug abuse on children and families
 - <https://americanaddictioncenters.org/alcoholism-treatment/children>
- **Children of Incarcerated Parents** – for parents, caregivers, teachers and other professionals who work with youth
 - <http://youth.gov/youth-topics/children-of-incarcerated-parents>
- **Trafficking Prevention** – promotes awareness and provides tools to respond to youth trafficking
 - <http://youth.gov/youth-topics/trafficking-of-youth>
- **Child Abuse and Neglect Prevention** – Centers for Disease Control and Prevention data and resources on preventing child abuse and neglect
 - www.cdc.gov/ViolencePrevention/childmaltreatment/
- **How Childhood Trauma Affects Health Across a Lifetime** – TED Talk
 - www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime

» Youth Development

- **Understanding and Working With Youth (YD1470 Revised)** – includes age-appropriate activities and learning experiences for each area of development within the four stages
 - www.ag.ndsu.edu/publications/kids-family/understanding-and-working-with-youth
- **Essential Elements for Positive Youth Development (YD1482 Revised)** – describes what adults can do to support positive youth development using the eight essential elements within four key concepts
 - www.ag.ndsu.edu/publications/kids-family/essential-elements-for-positive-youth-development
- **Developmental Relationships** – information on helping young people be and become their best selves
 - www.search-institute.org/developmental-relationships
- **Positive Youth Development** – information and resources for promoting positive youth development
 - <https://youth.gov/youth-topics/positive-youth-development>

