

RESOURCES FOR PARENTS

Texts

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- White, Adam & Swartzwekder, Scott. What Are They Thinking?: The Straight Facts about the Risk-Taking, Social-Networking, Still-Developing Teen Brain. W.W. Norton, New York, NY: 2013.

Web sites

<http://www.aacap.org/>

American Academy of Child and Adolescent Psychiatry

<http://site.educ.indiana.edu/Default.aspx?alias=site.educ.indiana.edu/cafs>

Center for Adolescent and Family Studies, Indiana University

<http://www.pacer.org/bullying/>

PACER's National Bullying Prevention Center

<http://www.sundancecanyonacademy.com/teen-prescription-drug-use-problems-infographic/>

Infographic on prescription drugs and teenagers

www.nida.nih.gov

National Institute on Drug Abuse

www.quizlet.com

Excellent resource on study skills

www.sleepfoundation.org

National Sleep Foundation

<http://www.nimh.nih.gov>

National Institute on Mental Health

<http://ngm.nationalgeographic.com/2011/10/teenage-brains/dobbs-text>

National Geographic's online magazine

<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/>

PBS' in-depth look at the latest in neuroscience and adolescent development

<http://www.cyfernet.org/index.php?c=2>

Information on the enhancement of social competency and the reduction of risk behaviors among youth.

www.dana.org

Organization that supports brain research through grants, publications, and educational programs.



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Tips for Parents

1. Their lives are changing...rapidly
2. Their brains just aren't there yet
3. It's not about you – Don't take it personally
4. We don't have to respond to every argument
5. **Listen** to them and talk **with** them, not **AT** them



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