

Parent Resources by Topic

ADHD

Websites:

Understood.org www.understood.org

ImpactADHD.com <http://impactadhd.com/>

Mindful.org www.mindful.org

Raisingtheblinds.org <http://raisingtheblinds.com/>

Anxiety

Websites:

Worrywisekids.org <http://worrywisekids.org/>

Gozen.org <http://www.gozen.com/>

Mindful.org www.mindful.org

Reading:

Anxious Kids Anxious Parents Authors Reid Wilson and Lynn Lyons

GATES:

Website:

NUMATS - Northwestern University Midwest Talent Search

www.ctd.northwestern.edu/numats

LGBTQ

Websites:

National:

[PFLAG](#)

[Human Rights Campaign](#)

[TSER- Trans Student Educational Resources](#)

Local:

[Outfront MN](#)

[MN School Outreach Coalition](#)

[Q-Quest](#)

[Youth Day at the Capital](#)

[Youth Pride](#)

[Transforming Families](#)

[MN Trans Health Coalition](#)

[GLBT Host Home](#)

[Rainbow Health Initiative](#)

Reading:

The Gender Creative Child, Pathways for Nurturing and Supporting Children who Live Outside Gender Boxes

By Diane Ehrensaft, Phd.

Parenting:

Websites:

Peaceful Parents, Confident Kids <http://peacefulparentsconfidentkids.com/>

Imperfect Families <https://imperfectfamilies.com/>

My Health for Teens and Young Adults <http://www.myhealthmn.org>

Lots of great parent education materials on topics such as:

- *Talk Early Talk Often - "sex talk" info
- *Surviving the Stress of Parenting
- *Growing Up - Parents and Children Connecting
- *21st Century Parenting - This Isn't Mayberry
- *Speak Their Language - Texting, Social Networking, Cyber Safety
- *My Kid Came Out - Now what
- *Leaving the Nest - You can't go to college with them.

Not My Kid <https://notmykid.org/>

Not My Kid - Inspiring Positive Life Choices - is an organization out of Arizona but their website offers lots of great information for families and kids . Detailed information on: Bullying, Alcohol/Drug Abuse, Eating Disorders, Depression/self injury, Internet Safety and Unhealthy Relationships

Their mission is this:

The challenges kids and families face today are complex and have the potential to devastate lives and derail futures. It is extremely important to work together to protect the kids in our community. The average age a kid will first try drugs is 13. Studies indicate that people who reach 21 without engaging in destructive behaviors are likely to never do so, which is why we passionately educate about current trends, warning signs, and the long-term impact of destructive behaviors. We believe proactive prevention on the part of kids, families, and communities is the answer to long-term success.

Be Socially Smart <https://besociallysmart.com> A guide to teen jargon

Reading:

The Last Boy Picked - Helping boys who don't play sports survive bullie and boyhood

Author - Janet Sasson Edgette.

Stop Negotiating with Your Teen - Strategies for Parenting your Angry, Manipulative, Moody or Depressed Adolescent

Author -Janet Sasson Edgette

Late Lost and Unprepared

Why Do They Act That Way

Author, Dr. David Walsh

The Growth Mindset

Phone Apps:

Circle of 6

Considered a digital rape whistle, this app allows users to identify six family members or friends to be a part of their "circle," or on call in case of emergencies. Users can tap the pin icon, which immediately sends their circle their location and a text that says, "come and get me, I need help getting home safely." Other texts might include, "Call and pretend you need me. I need an interruption."

Substance abuse:

Website:

Alateen and Alanon <http://al-anon.org/alateen-for-teens>

Includes alateen online chat meetings

Includes alanon for family members