



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 is the preferred internet browser 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
- **Youth.Gov** – 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
- **Adolescent and School Health** – program tools, fact sheets, funded programs, data and publications
- www.cdc.gov/HealthyYouth
- **Parent Information** – learn how to handle common parenting challenges through interactive activities, videos, and more
- www.cdc.gov/parents
- **Act for Youth** – 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
- **Teens and Young Adults** – 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.searchinstitute.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>

To return to the Table of Contents, click the ALT key with the left arrow.

>> Contents

At-risk Youth.....	3
Brain Development.....	3
Bullying	3
Character Education	3
Conflict and Anger.....	4
*Coping with Loss, Death and Grief.....	4
Delinquency/Crime	4
Diversity	4
Families with Special Needs Youth	4
Family Structure.....	5
Adoption	5
Blended/Stepfamily/Single Parent.....	5
Divorce/Separation/Co-parenting.....	5
Foster Care	5
Grandparents/Relatives as Parents	5
Family Wellness	6
Financial Literacy.....	6
Generational Diversity.....	6
Grit, Resilience and Growth Mindset.....	7
Health and Wellness.....	7
*LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual)	8
*Mental Health.....	8
Autism Spectrum.....	8
Crisis.....	8
Depression, Anxiety, Eating Disorders, Bipolar Disorder, Schizophrenia, ADHD and Self-injury.....	9
Psychological/Emotional Well-being	9
Parenting	9
Peer Influence and Relationships.....	11
Pornography	11
Poverty and Homelessness	11
*Puberty	11
Public Health and Safety.....	12
Public and Personal Health	12
Public and Personal Safety.....	12
Racial Injustice and Discrimination	12
Romantic Relationships	13
Self-esteem and Body Image	13
Self-regulation and Self-awareness	13
*Sexual Health and Wellness	14
Sleep.....	14
Social and Life Skills	14
Stress	15
Substance Abuse	15
*Suicide.....	16
Technology/Social Media.....	16
Transition Post-high School	17
*Violence	17
*Youth Abuse and Neglect	18
Youth Development	18

>> At-risk Youth

- **North Dakota Department of Public Instruction** – 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** – information and resources for preventing youth violence
 - <https://www.cdc.gov/violenceprevention/youthviolence/index.html>

>> Brain Development

- **Your Teen's Developing Brain** – University of Minnesota Extension parent resource for families with teens
 - <https://extension.umn.edu/teen-development/your-teens-developing-brain>
- **What's Going on Inside 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 fifth-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
 - https://drive.google.com/drive/folders/1XsX5Blf2x_Ca1hCEe0K5yZU_WZH5Y4vo?usp=sharing
- **Preventing Bullying** – information and resources for preventing bullying
 - 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/info
- **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
- **All the Latest Cyberbullying Statistics and What They Mean in 2022** – 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
- **How to Spot Bullying Infographic** – includes statistics of the prevalence and impacts of bullying and how to spot and intervene when bullying is present
 - <https://online.sbu.edu/infographics/how-spot-bullying-infographic>

>> 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>
- **Coping Skills for Kids: 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>

>> *Coping with Loss, Death and Grief

- **Dougy Center: Resources for Teens** – tip sheets and podcasts for grieving youth and how adults can help
 - www.dougy.org/grief-support-resources/teens
- **Talking with Children About Disasters** – information to help children better cope with disasters
 - <https://healthychildren.org/English/healthy-living/emotional-wellness/Pages/Talking-to-Children-about-Disasters.aspx>
- **National Bereavement Resource Guide** – information on camps, hospices and organizations throughout North Dakota
 - https://elunanetwork.org/assets/guides/BereavementResourceGuide_NorthDakota.pdf
- **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
 - <https://portal.ct.gov/-/media/SDE/Digest/2017-18/New-York-Life-Foundation-Bereavement-Guide---After-a-Loved-One-Dies.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

- **NDACO: 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>

- **Working for Youth Justice and Safety** – national leadership, coordination and resources to prevent and respond to juvenile delinquency and victimization
 - <https://ojjdp.ojp.gov>

>> Diversity

- **BRYCS: Youth Development** – online trainings, toolkits, blogs and more for educators, parents, youth and the community focused on refugee youth
 - www.brycs.org/blog/youth-development
- **Healthy Teen Network** – resources for working with diverse youth
 - www.healthyteennetwork.org
- **American Psychological Association: 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
- **Diversity, Equity, and Inclusivity Resources for Classrooms** – a variety of resources to help promote discussion about diversity with youth
 - <https://www.common sense.org/education/top-picks/diversity-equity-and-inclusivity-resources-for-classrooms>

>> Families with Special Needs Youth

- **Powerful Tools for Caregivers** – helps family caregivers take care of themselves while caring for a child with special health or behavioral needs
 - <https://www.ndsu.edu/agriculture/extension/programs/powerful-tools-caregivers>
- **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>
- **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
- **Services to Individuals with Disabilities** – different links for people to use for a family member with a disability in North Dakota
 - <https://www.nd.gov/dhs/services/disabilities>
- **10 Helpful Special Needs Resources and Organizations** – different resources on special needs organizations for families
 - <https://www.care.com/c/10-helpful-special-needs-organizations>

>> Family Structure

- **Parent Education** – 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
- **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, support and more
 - www.afamilyforeverychild.org/Adoption/TheBasics/PostAdoption.php

>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 Step-parenting 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

>Divorce/Separation/Co-parenting

- **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
- **Family Resources** – websites, communication guides and pamphlets for parents
 - www.afccnet.org/resource-center/resources-for-families/categoryid/1
- **Co-parenting Communication Guide** – tips and resources for better communication between co-parents
 - <https://parentinganddivorceclass.com/wp-content/uploads/2017/03/AFCC-Coparenting-Communication-Guide.pdf>

>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 Foster Care Handbook for Youth** – 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 Toolkit** – 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 Revised)** – 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

- **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
 - <https://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** – comprehensive review of the different generations
 - https://drive.google.com/drive/u/0/folders/1teUHHnOzl_QIBBIhOAm-4kC1PCFEJM
- **The Workforce Landscape in 2017** – infographic
 - www.mediapartners.com/the-workforce-landscape-in-2017.html
- **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
- **American Psychological Association: Building your Resilience** – tips for building resilience in preschool, elementary, middle school children and teens
 - www.apa.org/helpcenter/resilience.aspx
- **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
- **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 dig into Brene Brown's research on shame, shame resilience, vulnerability and living a more whole-hearted life
 - <https://brenebrown.com/unlockingus>

>> Health and Wellness

- **Fit Sanford WebMD** – split into three sections based on the user (educators, families, community)
 - www.sanfordfit.org
- **Health, Fitness and Nutrition Resources** – 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
- **USDA Nutrition.gov: Teens** – for tweens, teens, parents, caregivers, teachers and other professionals
 - www.nutrition.gov/audience/teens
- **Eat Right: For Teen** – tips, articles, recipes and videos on food, fitness and health for teens
 - www.eatright.org/resources/for-teen
- **Obesity** – articles with information on youth weight issues
 - www.healthychildren.org/English/health-issues/conditions/obesity/Pages/default.aspx
- **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 You're Cooking: 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)

- **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** – toolkit for educators to help create and develop inclusive spaces for transgender and gender nonconforming students
 - <https://rossieronline.usc.edu/students-and-gender-identity>
- **LGBT Youth Resources** – 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
- **American Psychological Association: 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
- **Transgender Children and Youth: Understanding the Basic** – resources for transgender youth, families and other youth-serving professionals
 - www.hrc.org/resources/transgender-children-and-youth-understanding-the-basics
- **LGBTQ+ Bullying** – 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
- **Autism Society: Resources by Topic** – for kids and teens to better understand autism
 - <https://autismsociety.org/resources-by-topic>
- **Organization for Autism Research: Sibling Support** – 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>
- **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.
 - <https://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
- **Children and Teens** – 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 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 Toolkit** – 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
 - <https://www.nimh.nih.gov/sites/default/files/documents/health/publications/bipolar-disorder-in-children-and-teens/20-mh-8081-bipolardischildren.pdf>
- **I Am Not A Monster: Schizophrenia** – TED Talk
 - www.youtube.com/watch?v=xbagFzcyNiM

> Psychological/Emotional Well-being

- **North Dakota: Youth Behavioral Health** – partnerships, toolkits, 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
- **Youth Mental Health: How Adults Can Prevent, Recognize and Intervene with Mental Disorders (YD1990)** – assists caring adults in recognizing warning signs in order to intervene effectively and promote positive mental health for youth
 - <https://www.ag.ndsu.edu/publications/kids-family/youth-mental-health-how-adults-can-prevent-recognize-and-intervene-with-mental-disorders>

- **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
- **Mental Health** – data, articles, hotlines, programs, publications, tools, guides, videos, podcasts and webinars
 - <http://youth.gov/youth-topics/youth-mental-health>
- **Mental Health Literacy: ToolBox** – resources, reports and publications for youth, parents, educators and health professionals
 - <http://teenmentalhealth.org/toolbox>
- **Kids, Teens and Young Adults** – 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.net>
- **Moods: Mental Health Tracking** – 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 Education** – 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** – 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>
- **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** – 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
 - <https://www.janetlansbury.com/2015/08/respectful-parenting-podcasts-janet-lansbury-unruffled>
- **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
 - <https://www.focusonthefamily.com/shows/focus-on-parenting-podcast>

>> Peer Influence and Relationships

- **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
 - https://classroom.kidshealth.org/classroom/9to12/personal/growing/peer_pressure.pdf
- **Healthy Relationship High School Educators Toolkit** – activities and lessons to do with teens
 - 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
- **Talking to Your Kids About Pornography: Tip Sheet** –
 - mediasmarts.ca/sites/mediasmarts/files/pdfs/tipsheet/TipSheet_%20Talking_Kids_About_Pornography_0.pdf
- **The Impact of Pornography on Children** – article published in the American College of Pediatricians
 - www.acpeds.org/position-statements/the-impact-of-pornography-on-children
- **Effects of Pornography on Adolescents** – research article
 - http://marripedia.org/effects_of_pornography_on_adolescents
- **Dangerous Exposure: The Startling Effects of Porn on Children** – tips and resources to help children understand the effects of porn
 - www.ncfamily.org/dangerous-exposure-startling-effects-porn-children

>> 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.
 - <https://youth.gov/youth-topics/homelessness-and-runaway>
- **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
- **Homeless Youth** – outreach and prevention resources from Safe Place
 - www.nationalsafeplace.org/homeless-youth

>> *Puberty

- **Autism at-a-Glance: Puberty in Adolescents with ASD** – 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
- **Talking to Your Child about Puberty** – for parents and families
 - <http://kidshealth.org/en/parents/talk-about-puberty.html>
- **Puberty** – a guide for parents on how to initiate conversations about topics regarding puberty
 - <https://www.plannedparenthood.org/learn/teens/puberty>

Public Health and Safety

Public and Personal Health

- **Public Health Resources** – compiled list of national and regional youth public health resources with social media pages
 - www.ndsu.edu/publichealth/students/resources
- **North Dakota Health** – North Dakota’s public health website with updated information and local resources for health-related topics
 - www.health.nd.gov
- **Public Health Resources** – general public health resources and national health updates from health resources
 - www.hrsa.gov/get-health-care/resources/index.html
- **COVID-19 Safety** – article from the World Health Organization that gives more information on how to prevent the spread of COVID-19 and ways to keep yourself and your family safe
 - www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public
- **COVID-19: Safety Tips for You** – article from the American Red Cross on how to protect yourself from COVID-19 and what to do if you or a loved one contracts the virus
 - www.redcross.org/about-us/news-and-events/news/2020/coronavirus-safety-and-readiness-tips-for-you.html
- **Talking to Your Child About Illness** – helpful tips for how to talk with your child about illness based on their age group
 - www.aboutkidshealth.ca/article?contentid=1141&language=english
- **Preventing Illness When Kids Go Back to School** – tips to help prevent children from getting sick or spreading illnesses as they return to school
 - www.stlouischildrens.org/health-resources/pulse/preventing-illness-when-kids-go-back-school
- **Reducing the Spread of Illness in Child Care** – examples of good hygiene practices in child care settings to promote wellness and reduce the spread of illnesses
 - www.healthychildren.org/English/health-issues/conditions/prevention/Pages/Prevention-In-Child-Care-or-School.aspx
- **10 Common Childhood Illnesses and Their Treatments** – information on the 10 most common illnesses that a child may have, how to recognize each of these illnesses and generally how they can be treated
 - www.healthychildren.org/English/health-issues/conditions/treatments/Pages/10-Common-Childhood-Illnesses-and-Their-Treatments.aspx
- **7 DIY Activities to Teach Kids About Germs** – an article providing DIY activities for teachers or parents to teach kids about germs, how they spread and how to protect themselves from germs
 - www.weareteachers.com/teach-kids-about-germs
- **Teaching Children About the Flu** – lesson plans and activities for child care and early childhood programs to teach children about germs and sicknesses
 - www.cdc.gov/flu/pdf/freeresources/updated/teachingchildrenflu.pdf

Public and Personal Safety

- **How to Teach Your Child About Personal Safety** – tips for how to have difficult conversations with children about personal safety and keep open communication for your child to discuss unsafe experiences
 - <https://www.understood.org/en/articles/how-to-teach-child-personal-safety>
- **Personal Safety Guide for Parents and Caregivers** – compilation of resources and tip sheets to support you in educating your children about personal safety
 - <https://bravehearts.org.au/what-we-do/education-and-training/for-parents/resources-for-parents>
- **Child Welfare Information Gateway** – organization in the U.S. that provides information and resources to prevent child abuse and neglect and promote healthy families
 - www.childwelfare.gov
- **A Parent's Guide to Child Safety** – tips to ensure your children are practicing safety at home, at play and on the road
 - www.safekids.org/sites/default/files/a_parents_guide_to_child_safety.pdf

Racial Injustice and Discrimination

- **Racial Equity Learning Modules** – Resources, toolkits, and educational readings
 - www.world-trust.org/curriculum
- **Resources for Talking About Race, Racism and Racialized Violence with Kids** – articles, podcasts, and resources from Center for Racial Justice in Education 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** – resources such as videos, podcasts, articles, books, movies and other materials to support BLM
 - www.seiu-uhw.org/black-lives-matter-resources-for-allies
- **Supporting Black LGBTQ Youth Mental Health** – support page for Black youth who identify with the LGBTQ community, specifically relating to recognizing and promoting positive mental health
 - www.thetrevorproject.org/2020/06/01/supporting-black-lgbtq-youth-mental-health
- **Mental Health Resources for Underrepresented Communities** – general mental health resources and suicide prevention resources for marginalized youth
 - <https://afsp.org/mental-health-resources-for-underrepresented-communities>
- **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

- **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>
- **Learning for Justice** – lessons for caring adults who work with youth from kindergarten through high school
- www.tolerance.org/classroom-resources/lessons
- **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
- <https://raisingfreepeople.com/podcast>
- **PBS Kids Talk About Race and Racism** – episode of PBS kids that shares personal experiences of race and racism
- www.youtube.com/watch?v=_fbQBKwdWPg
- **9 Anti-Racism Videos to Watch With Your Kids** – an article that shares nine videos to watch with children about anti-racism and what they can do to recognize and stand up against racist acts
- <https://www.chicagoparent.com/education/at-home-learning/anti-racism-videos-for-kids>

➤ 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
- **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
- <https://youth.gov/youth-topics/teen-dating-violence/characteristics>

➤ Self-esteem and Body Image

- **Body Image and Self-esteem** – resources for teens
- <http://kidshealth.org/en/teens/body-image.html>
- **How to Help Your Teen Develop a Positive Body Image and Self-esteem** – information and resources for parents and caregivers
- <https://familyresourcesinc.org/2020/09/teen-positive-body>
- **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
- https://classroom.kidshealth.org/classroom/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 toolkit for professionals who work with youth
- www.actforyouth.net/youth_development/professionals/self/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
- <https://fpg.unc.edu/sites/fpg.unc.edu/files/resources/reports-and-policy-briefs/Promoting%20Self-Regulation%20in%20Adolescents%20and%20Young%20Adults.pdf>
- **Three Good Things – A Happiness Journal** – 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://mindfulpowersforkids.com>

» *Sexual Health and Wellness

- **Advocates for Youth Issue Areas** – 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>
- **New Guidelines: How Much Sleep Do You Need?** – sleep duration recommendations
- <https://www.sleepdr.com/the-sleep-blog/new-guidelines-how-much-sleep-do-you-need>
- **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>
- **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
- https://www.ted.com/talks/wendy_troxel_why_school_should_start_later_for_teens
- **Sleep Cycle** – tracks sleep, records sleep patterns and activity. 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
- **OMG, I Can't Even: Drama, Social Skills, and the Teenage Brain** – social and emotional learning article
- www.edutopia.org/blog/drama-social-skills-teenage-brain-alex-shevrin
- **Social Skills and Autism** – 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>
- **Helpful Resources** – resources and do-it-yourself tips for parents, teachers and professionals about social and emotional learning
- <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
 - <https://www.mindfulnessforteens.com/about/more-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
- **Lessons for Youth** – different lessons to give to teens on how to handle stress
 - <https://www.changetochill.org/lead-a-series-of-youth-workshops>
- **Chill Breaks** – activities to help teens feel less stressed
 - <https://www.changetochill.org/chill-breaks>
- **What is Stress?** – information on stress and what can cause it
 - <https://www.changetochill.org/about>
- **Change to Chill: Videos** – variety of videos for teens to use during stressful times
 - <https://www.changetochill.org/video>

>> Substance Abuse

- **Parents LEAD** – evidence-based prevention program targeting parents, professionals and communities through statewide, web-based communication
 - www.parentslead.org
- **North Dakota Adolescent Drug Rehabilitation Programs** – 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: The Truth About Abusing Over-the-counter and Prescription Medications (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
 - <https://www.ag.ndsu.edu/publications/kids-family/teens-and-vaping-what-caring-adults-should-know-about-electronic-cigarette-use>
- **Vaping: Small Devices, Big Impacts** – curriculum for middle school aged youth (11-14) addressing the physical and psychological risks that are associated with vaping
 - <https://drive.google.com/drive/folders/1DpBZ4NGgNQvkw6hS68DXzZsnIWPEhMtc?usp=sharing>
- **A Substance Abuse Guide for Parents** – information for parents, including the harmful effects different drugs have on teens
 - 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>
- **Quitting E-Cigarettes** – 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 Use/Misuse** – 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>
- **Marijuana Use: Detrimental to Youth** – article addressing the risks of marijuana use by youth
 - www.acped.org/position-statements/marijuana-use-detrimental-to-youth
- **Partnership to End Addiction** – educate families with information, support and guidance on youth substance use
 - <https://drugfree.org>
- **Talk With Your Teen About E-Cigarettes: a Tip Sheet for Parents** – 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 translated organization and hotline run by and for trans people. Operators are all trans-identified.
 - <https://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
- **Suicide Prevention Resources** – resources related to crisis services and mental health care, and additional resources listed by mental health condition
 - <https://afsp.org/find-support/resources>
- **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
- **National Alliance on Mental Illness: NAMI** – (1-800-273-8255) the nation's largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illness
 - <https://nami.org/home>
- **Warning Signs and Symptoms** – warning signs or symptoms to watch for
 - <https://nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>
- **Kids, Teens and Young Adults** – essential information and resources intended to help young people get the mental health support they need
 - <https://nami.org/Your-Journey/Kids-Teens-and-Young-Adults>
- **Talking to Children About Suicide (FS637 Revised)** – 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
 - <https://www.missingkids.org/NetSmartz>
- **Social Media, Social Life: Teens Reveal Their Experiences, 2018** – report for parents and educators
 - www.commonsensemedia.org/research/social-media-social-life-2018
- **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://collegehandbook.bnd.nd.gov>
- **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
- **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** – resources you can share with soon-to-be graduates to help them start planning for their college or career path
 - 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 to the information needed most in the event of a sexual assault in 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)**
 - how adults should discuss armed conflict with youth
 - www.ag.ndsu.edu/publications/kids-family/talking-to-children-about-armed-conflict
- **Talking to Children About Terrorism (FS635 Revised)** – how adults should discuss terrorism with youth
 - www.ag.ndsu.edu/pubs/yf/famsci/fs635.pdf
- **Do Video Games 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
- **Violence Prevention** – youth violence resources
 - www.cdc.gov/violenceprevention/youthviolence/resources.html
- **School Violence Prevention: Guidelines for Administrators and Crisis Teams** – resources for creating safer schools
 - www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/school-violence-resources/school-violence-prevention/school-violence-prevention-guidelines-for-administrators-and-crisis-teams
- **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
- **The Real Roots of Youth Violence** – TED Talk
 - www.youtube.com/watch?v=uWNTMmktCQ
- **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)**
 - how adults should discuss sexual abuse with youth
 - www.ag.ndsu.edu/publications/kids-family/talking-to-children-about-sexual-abuse
- **Recognizing the Warning Signs of Child Abuse and Neglect** – lessons that help individuals learn to recognize signs of abuse or neglect that happen in home and institutional settings
 - <https://www.virtuallabschool.org/school-age/child-abuse-identification-and-reporting/lesson-2>
- **Parenting Children and Youth Who Have Experienced Abuse or Neglect** – for parents or guardians
 - www.childwelfare.gov/pubPDFs/parenting_CAN.pdf
- **An Abused or Neglected Child/Teen** – how caring adults can help
 - <http://familysafetyandhealing.org/how-to-help/an-abused-or-neglected-child-teen>
- **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: The Impacts of Alcoholics on Kids** – 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** – 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>
- **4-H Thriving Model of PYD** – theory of change for positive youth development
 - <https://helping-youth-thrive.extension.org>