

Adolescent Development Resources for Parents

Center for Adolescent Health, Johns Hopkins Bloomberg School of Public Health

Teen Years Explained: A guide to healthy adolescent development

<http://www.jhsph.edu/sebin/s/e/Interactive%20Guide.pdf>

In plain English, this guide incorporates the latest scientific findings about physical, emotional, cognitive, identity formation, sexual and spiritual development with tips and strategies on how to use this information in real-life situations involving teens. An essential resource for parents, teens, and all people who work with young people.

National Institute of Mental Health

The Teen Brain: Still Under Construction, 2011

<http://www.nimh.nih.gov/health/publications/the-teen-brain-still-under-construction/index.shtml>

National Institutes of Health

Adolescent development page includes a brief section “parenting tips about sexuality”.

<http://www.nlm.nih.gov/medlineplus/ency/article/002003.htm>

Cleveland Clinic

<http://my.clevelandclinic.org/childrens-hospital/health-info/ages-stages/adolescence/default.aspx>

Adolescent development resources, several sections that includes tips for parents:

- *Adolescent Development* page, includes “How can parents support healthy development”
- *What Parents of Teenagers Should Know About Alcohol*
- *Social Development During the Teen Years* – includes language throughout for parents of teens

American Academy of Child and Adolescent Psychiatry

http://www.aacap.org/cs/root/facts_for_families/facts_for_families

Facts for Families, see these (and other fact sheets on specific topics linked at bottom of each page). Use keyword search to find these documents, or click on link at bottom to view all Facts for Families:

- *Normal Adolescent Development Part I, No. 57; December 2011*
- *Normal Adolescent Development Part II / No. 58; December 2011*
- *Parenting: Preparing For Adolescence, No. 56; December 2011*
- *The Teen Brain: Behavior, Problem Solving, and Decision Making, No.95; December 2011*

Sun Life Financial Chair in Adolescent Mental Health (Canada)

Parenting Your Teen, Adolescent Development: A Primer for Parents

http://teenmentalhealth.org/images/resources/adolescent_development_parent_low_res.pdf

This guide is from Canada (so all the data is Canada) but it has some really extensive sections on specific health issues. (Note: skimmed this, it does appear to be legit and medically accurate but buyer beware as you are reading/using for your own purposes, not as familiar with this as other US resources in this reading list).

Centers for Disease Control and Prevention

Parent and Guardian Resources Related to Teen Pregnancy

<http://www.cdc.gov/TeenPregnancy/Parents.htm>

CDC page has links to CDC Parent Portal and other parent focused resources including:

- **Advocates for Youth: Parents Sex Ed Center**
- **American Academy of Pediatrics (AAP) Healthy Children: Teen Dating and Sex**
- **National Campaign To Prevent Teen and Unplanned Pregnancy: Parent's Portal**
- **Planned Parenthood Tools for Parents**

Center for Mental Health in Schools

University of Maryland

Adolescent Development for Parents (powerpoint)

<http://www.schoolmentalhealth.org/PowerPoints/AdolDevoPP>

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US Department of Education

Helping Your Child Through Early Adolescence (for parents of children from 10 through 14)

<http://www2.ed.gov/parents/academic/help/adolescence/adolescence.pdf>

Language in the context of education and No Child Left Behind.

A Parents' Guide to Surviving the Teen Years

Kidshealth.org (part of Nemours Foundation's Center for Children's Health Media)

<http://kidshealth.org/parent/growth/growing/adolescence.html#>

Includes various pages of links and language on connecting with your pre-teen, understanding puberty, and talking to kids about puberty, drugs, alcohol and smoking.

COURSES/CURRICULUM FOR PARENTS ON ADOLESCENT DEVELOPMENT

ReCAPP / Resource Center for Adolescent Pregnancy Prevention

ETR Associates

Learning Activities: Puberty and Adolescent Development — a workshop for parents

<http://recapp.etr.org/recapp/index.cfm?fuseaction=pages.LearningActivitiesDetail&PageID=152>

Outlined in a very extensive curriculum/workshop format (goals, objectives, activities, timing of each activity, etc.).

Arlington Public Schools (Virginia)

Early Adolescent Development: A Series for Parents

<http://www.apsva.us/Page/12704>

Three-session series for parents, powerpoint format/key points. (Note: Have not reviewed in depth, but could be interesting resource in terms of how the information is outlined in a curriculum format).

HELPING PARENTS TALK TO TEENS ABOUT SEX

National Campaign To Prevent Teen and Unplanned Pregnancy, Parent Portal

<http://www.thenationalcampaign.org/parents/default.aspx>

Parent Portal includes resources such as:

- *Talking to your teens about sex, love and relationships* - videos feature nine teens who tell parents in their own words when to start conversations about sex, how to start them, and what to say.
- *Talking back: What teens want to know about teen pregnancy* - Simple document that highlights simple things parents can do to communicate and influence their teen's sexual health.
- *The talk: It's more than just sex* - Webpage that provides simple suggestions that might be helpful in conversations teens.
- *Ten tips for parents to help their children avoid teen pregnancy* - Research about parental influences on children's sexual behavior is summarized in "ten tips" - many of which will seem familiar because they articulate what parents already know from experience.

National Campaign To Prevent Teen and Unplanned Pregnancy, Parent Portal

Ten Tips for Foster Parents (2006)

http://www.thenationalcampaign.org/fostercare/resources_pubs.aspx

This brief, user-friendly guide offers some ideas to help foster parents strengthen their relationships with foster youth and how best to communicate about sex, love, and relationships. It reflects input from foster parents as well as practitioners who work with them.

Advocates for Youth

Parents as Sex Educators section

<http://www.advocatesforyouth.org/parents-sex-ed-center-home>

Articles:

- Can We Talk about Abstinence and Contraception OR Is It a Mixed Message?
- Parents and Their Children's Learning about Sexuality
- Sex and Sensibility: A Parent's Take on Advice from an Expert

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Advocates for Youth

Getting Started: Helping Parents and Children Talk section
<http://www.advocatesforyouth.org/parents/1017?task=view>

Mayo Clinic

Sex education: Talking to your teen about sex
<http://www.mayoclinic.com/health/sex-education/CC00032>

Tips includes seizing the moment, breaking the ice, and talking about tough topics. Additional tips for parents on specific issues are linked at the bottom of the page.

Cleveland Clinic

<http://my.clevelandclinic.org/childrens-hospital/health-info/ages-stages/adolescence/default.aspx>

Resources for parents include: *How to Talk to Your Adolescent Girl About her Body*.