

Resources for Families –

Websites/ Organizations -many have regular news feeds you can subscribe to.

<http://www.common sense media.org>

This incredible site rates apps, reviews movies/apps/ etc., provides Q & As on many topics and is, all in all, an indispensable resource for parents. Common Sense Media is dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in a world of media and technology.

<http://www.net smartz.org/Teens>

NetSmartz Workshop is an interactive, educational program of the National Center for Missing & Exploited Children® (NCMEC) that provides age-appropriate resources to help teach children how to be safer on- and offline. The program is designed for children ages 5-17, parents and guardians, educators, and law enforcement.

<http://www.empoweringparents.com/#>

This site is committed to providing parents and caregivers with sound advice using the same Cognitive Behavioral Therapy principles that The Total Transformation addresses.<http://www.empoweringparents.com/aboutus.php#ixzz2TwZQmKBJ>

<http://www.parentingteensonline.com>

ParentingTeensNetwork is a communications company focused on producing responsible and appropriate communications for parents and teens. They seek to improve the dialogue between parents and teens about important issues like health and wellness, relationships, technology and media, education, finances and more.

<http://www.nationalcac.org/prevention/internet-safety-kids.html>

National Children's advocacy center website has safety tips as well as links and resources.

Some informative articles from assorted sources:

1. Family Tip Sheets on assorted media & technology use topics (Common Sense Media - <http://www.common sense media.org/educators/educate-families/tip-sheets>)
2. Early warning on Pornography (BBC) – <http://www.bbc.co.uk/news/education-22585414>
3. Best apps for kids 12-14 (Common Sense Media) – <http://www.common sense media.org/mobile-app-lists/best-apps-kids-ages-12-14>
4. Informative blog on assorted for parents of 12-14 year olds - <http://www.common sense media.org/blog/teens>
5. 5 Mistakes Parents make with Teens and Tweens (WebMD) - <http://www.webmd.com/parenting/teen-abuse-cough-medicine-9/parenting-mistakes-teens>
6. Tween & Teen Health (Mayo Clinic) - <http://www.mayoclinic.com/health/parenting-tips-for-teens/MY00481>
7. How parents can learn to Tame a Testy Teenager (NPR) - <http://www.npr.org/blogs/health/2013/02/11/171466505/how-parents-can-learn-to-tame-a-testy-teenager>

8. Is the blue light keeping us awake from the Washington Post
http://www.washingtonpost.com/national/health-science/blue-light-from-electronics-disturbs-sleep-especially-for-teenagers/2014/08/29/3edd2726-27a7-11e4-958c-268a320a60ce_story.html?wpmk=MK0000200
9. What research is saying about kids and screen time
<http://www.npr.org/blogs/ed/2014/08/28/343735856/kids-and-screen-time-what-does-the-research-say>

This tip sheet is a joint venture between Skaneateles PACT and Skaneateles School's ADA-PEP Program. If you have any questions or concerns or would like to suggest any other websites or links please email Marcy Weed, ADA-PEP Counselor at mweed@skanschools.org