



Recommended Reading from Jon Mattleman

JON MATTLEMAN'S TOP 15 PARENTING TIPS :

http://www.b-pen.org/uploads/2/9/2/9/2929884/7 - jon mattlemans top 15 parenting tips updated_1.pdf

TEENS & STRESS : <http://www.b-pen.org/uploads/2/9/2/9/2929884/5 - teens and stress.pdf>

TIPS TO LOWER TEEN ANXIETY :

http://www.b-pen.org/uploads/2/9/2/9/2929884/1 - tips to lower teen anxiety_1.pdf

SUICIDE AND SIGNS OF DEPRESSION :

<http://www.b-pen.org/uploads/2/9/2/9/2929884/4 - suicide and signs of depression.pdf>

FIVE MISTAKES EVERY KID SHOULD BE ALLOWED TO MAKE :

<http://www.b-pen.org/uploads/2/9/2/9/2929884/6 - five mistakes every kid should be allowed to make.pdf>

INSTAGRAM: SELFIE-LOATHING :

<http://www.b-pen.org/uploads/2/9/2/9/2929884/3 - selfie.pdf>

HOW FACEBOOK MAKES US UNHAPPY :

<http://www.b-pen.org/uploads/2/9/2/9/2929884/2 - how facebook makes us unhappy.pdf>

JON MATTLEMAN'S SERVICES :

<http://www.b-pen.org/uploads/2/9/2/9/2929884/8 - jon mattlemans services.pdf>

www.B-PEN.org

*informed * involved * connected*

www.facebook.com/BrooklineParentEducationNetwork

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ADOLESCENT PARENTING RESOURCE SUGGESTIONS

All the subjects below are addressed on the Brookline Parent Education Website (www.B-PEN.org) so that's a good first stop for advice and information. In addition, below are some specific links on each topic:

Social Media - Helping children be responsible cyber citizens and manage screen time:

- *Teens & Technology <http://www.b-pen.org/teens--technology.html>
- *Middle School *Parent Update* "Social Media & Cyberbullying: What Parents Need to Know" -- http://www.b-pen.org/uploads/2/9/2/9/2929884/cyber_ms_update_rev.pdf
- *Common Sense Media - <https://www.common sense media.org/>
- *Center on Media and Child Health - <http://cmch.tv/>

Healthy Relationships:

- *B-PEN "Healthy Relationships" page - <http://www.b-pen.org/relationships.html>
- * Middle School *Parent Update* on "Healthy Adolescent Relationships" - http://www.b-pen.org/uploads/2/9/2/9/2929884/healthy_adolescent_relationships.pdf
- * Planned Parenthood for Parents - <https://www.plannedparenthood.org/learn/parents>
- *Planned Parenthood for Teens - <https://www.plannedparenthood.org/learn/teens>

Substance Use (Alcohol/Marijuana/Vaping):

- *What to do if Your Child is Drinking or Using Drugs - http://www.b-pen.org/uploads/2/9/2/9/2929884/guide_for_parents_concerned_about_use.pdf
- *B-PEN "Underage Drinking" page - <http://www.b-pen.org/underage-drinking.html>
- * 6 Parenting Practices: Help Reduce the Chances Your Child Will Develop a Drug or Alcohol Problem" - https://drugfree.org/wp-content/uploads/2012/03/partnership_components_tool_revised_031612.pdf
- *Tips for Talking to Your Adolescent about Alcohol - http://www.b-pen.org/uploads/2/9/2/9/2929884/alcohol_tips.pdf
- * "Delaying That First Drink - <http://www.b-pen.org/uploads/2/9/2/9/2929884/delaydrinkingbook.pdf>
- *B-PEN "Marijuana" page - <http://www.b-pen.org/marijuana.html>
- * Vaping (info report from Wachusett High School) - <https://www.smores.com/td0s1>
- * Juuling May Be Leading Teens to Nicotine Addiction - <https://www.npr.org/sections/health-shots/2017/12/04/568273801/teenagers-embrace-juul-saying-its-discreet-enough-to-vape-in-class>

Mental Health and Stress:

- *B-PEN "Mental Health" page - <http://www.b-pen.org/mental-health.html>
- *"9 Things Every Parent with an Anxious Child Should Know" - https://www.huffingtonpost.com/renee-jain/9-things-every-parent-with-an-anxious-child-should-try_b_5651006.html
- *Teen Depression & Anxiety - <http://time.com/4546993/teen-depression-and-anxiety-what-parents-can-do/>

Setting Limits While Fostering Independence:

- *Resource Materials for Middle School Parents - <http://www.b-pen.org/middle-school-tip-sheets.html>
- *"Setting Limits for Middle School - http://www.b-pen.org/uploads/2/9/2/9/2929884/ms_setting_limits_rev2018.pdf
- *Starting a Parent Network - <http://www.b-pen.org/parent-networks.html>