



- [Adolescence Directory Online](#) - Electronic resources for parents, educators, health practitioners and teens from **Adolescent Studies at Indiana University**. Topics include violence prevention, health risks and mental health.
- [American Academy of Child and Adolescent Psychiatry](#) - Assisting parents and families in understanding developmental, behavioral, emotional and mental conditions affecting children and adolescents. 46 fact sheets re: symptoms and teen problems. Click on 'Facts For Families'. Excellent site.
- [Anxiety, and Other Disorders \(NIMH\)](#) - A general reference with quick facts and treatment considerations.
- [Books Dealing With Children's Mental Health Topics](#) - A selected list of books reviewed by a child psychiatrist and in some cases by a middle school student on relevant topics such as depression, family problems and decision making. Recently updated.
- [The Brain and Learning](#) - For parents and educators, accessible but professional-quality articles on the brain's relationship to **motivation**, stress, **mood**, reading, dyslexia, **teenage decision making**, alcohol's effect on the brain and more. Excellent.
- [Bullying.org Where You Are Not Alone](#) The most comprehensive site on bullying. It strives to eliminate bullying in society by supporting individuals and organizations to take positive actions against bullying through sharing resources and developing solutions to the challenges and problems associated with bullying. Many articles and books for parents and kids, as well as submitted stories.
- [Children and Anxiety](#) - A helpful brief guide to anxiety in kids and related topics.
- [Children and Depression](#) - A helpful brief article answering the following questions: how prevalent is depression, what should parents look for, how serious is it and what are some treatment considerations?
- [Connect For Kids - Guidance For Grownups](#) - 'Guidance For Adults' - Information, tools, **newsletter** and resources to help communities work for children. Click on 'Topics A-Z'. An award winning site.
- [Current Parent and Teacher Resources re:Adolescent Health](#) - Some of the best articles and websites on kids use of the internet, **peer pressure**, self esteem, anorexia, violence and others are assembled here. Easy to access.

- [For The Care of Children With Learning Differences _ Mel Levine](#) - Strategies for parents and teachers to affect children's learning and performance in the classroom. Handouts to download with practical suggestions - Highest recommendation - Excellent!
- [Harvard Eating Disorders Center](#) - HEDC is an affiliate of Harvard Medical School, dedicated to expanding knowledge about eating disorders, their detection, **treatment, and prevention** and to share that knowledge with the community at large.
- [Learning Network Parent Channel](#) - Click on 'Explore Our Sites', then 'Parents' and 'Family Education'. School resources, idea exchange, **dating, puberty** and discipline, message boards and advice for parents. There is more on education than mental health.
- [National Parent Information Center](#) - Clearinghouse of information for parents. A virtual library and links to parenting news.
- [Protecting Kids From Internet Pornography and Online Risks](#) This site provides practical information and tips on types and sources of sexually explicit content, ways that inappropriate material can reach children and teens, the threat of cyberstalking, the pros and cons of filtering and monitoring tools, and other issues involving Internet safety.
- [Something Fishy - Website on Eating Disorders](#) - Access to articles, information about symptoms, links to online resources. Excellent site.
- [Support For Parents](#) - Preteen and teen articles on **surviving middle school**, cliques, social life, guidelines to talking with teens and curfews. Parent to parent strategies. Worth visiting...
- [Talk With Your Kids](#) - Ideas about how to discuss difficult topics with your kids, including issues such as drugs and alcohol, sex and terrorism.
- [Tufts University Child and Family Web Guide](#) - Selected sites about **child development** including health, education, parenting and more. Excellent, well constructed site with ratings for their links.
- [What Can Be Done About Cyberbullying?](#) Helpful advice for victims of cyberbullying and those trying to help them. It is a Canadian based website offering specific advice for parents and kids about what can be done and how to prevent bullying on Instant Messaging (IM), cell phones, email etc. It includes a list of cyber terms, emoticons and acronyms to help parents decipher messages. Click on "What Can be Done".

Disclaimer: These suggested links are not endorsements of any of the ideas or products found among these links. We have not read every document accessible by these pages and we are unable to keep up with all the changes being made at every site we have links to. Furthermore, we take no responsibility for the consequences of any action you might take based upon reading the documents referenced. If you believe you or your child has a disorder, we recommend that you seek out the help of a licensed health care professional.

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