

Flourishing Teenagers Resources

Book: *Flourishing Together: A Christian Vision for Students, Educators and Schools* - Swaner and Wolfe

Spiritual Formation

Handout: [Spiritual characteristics of teens](#)

Website: (<https://fulleryouthinstitute.org/>)

Internet Safety

[RCMP](#): rcmp.ca/en/bc/safety-tips/online-safety/internet-safety-tips-teens

[Get Cyber Safe](#): <https://www.getcybersafe.gc.ca/en>

[Common Sense Media](#) - <https://www.common sense media.org>

[Cybertip.ca](#): <https://www.cybertip.ca>

[MediaSmarts.ca](#) - <https://mediasmarts.ca>

Parental Control Apps & Tools:

- Apple Screen Time (iOS)
- Google Family Link (Android/Chromebooks)
- Bark
- Qustodio
- Net Nanny

Emotional and Mental Health of Teenagers

Book: *Untangled: Guiding Teenage Girls Through The Seven Transitions Into Adulthood* - Lisa Damour

(this book is excellent and totally applicable to teenage boys as well)

Book: *The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents* - Lisa Damour

Book: *You're Ruining My Life: Surviving the Teenage Years With Connected Parenting* - Jennifer Kolari (book on the art of mirroring)

Book: *Brainstorm: The Power and Purpose of the Teenage Brain* - Dan J.

Siegel

Book: *Hold On To Your Kids: Why Parents Need To Matter More Than Peers* - Gordon Neufeld and Gabor Mate

Podcast: [“Ask Lisa: The Psychology of Parenting”](#) by Lisa Damour

Podcast: [“Connected Parenting”](#) by Jennifer Kolari

Ted Talk: [“3 Steps of Anxiety Overload – And How You Can Take Back Control”](#) by Lisa Damour

Healthy Habits

Website: [AASM Healthy Sleep Tips](#)

Website: [Sleep Foundation](#) for sleep strategies

Website: [Nutrition.gov](#) for information on teen nutrition

Website: [CDC Healthy Youth](#) for physical activity guidelines

Website: [Headspace for Teens](#) and [Calm](#) for mindfulness apps

Podcast: [Ask Lisa: The Psychology of Parenting with Lisa](#)

Navigating Social Media

Book: *The Anxious Generation* - Jonathan Haidt - this book has many additional resources listed in the book and the [website](#) that are incredibly helpful

Article: [“Guide for Parents and Caregivers”](#)

Website: [A Parent’s Guide to SnapChat](#) (Just an example of a resource to help parents navigate apps)

Movie: *The Social Dilemma*: Available on Netflix a fictionalized narrative to illustrate how social media algorithms are designed to keep users engaged and addicted, often at the expense of their well-being and privacy.