

## Online Resources for Families of Teens

**Familysmart.ca & In the Know:** Check out 100s of topics relevant to parents.

Webinar program library: [www.familysmart.ca/programs/in-the-know](http://www.familysmart.ca/programs/in-the-know)

### Understanding Teen Development:

- [www.teenmentalhealth.org](http://www.teenmentalhealth.org) info on the teen brain, sleep, behaviour, parenting
- *Brainstorm: Power and Purpose of the Teenage Brain*, book by Daniel J. Siegel, M.D.
- *The Art of Growing Up* A short video for young teens and caregivers.  
<https://www.youtube.com/watch?v=0BJFoGK5GIY>

### Mental Health Resources & Supports:

- [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) mental health, substance fact sheets, tips & links
- [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca) BC's Mental Health Resource Centre
- [www.anxietycanada.com](http://www.anxietycanada.com) Check out the Mindshift App for your phone  
[www.anxietycanada.com/resources/mindshiftcbt/](http://www.anxietycanada.com/resources/mindshiftcbt/)

### Substances, Society, and Interactive Resources:

- [Cannabis Corner](http://www.vsb.bc.ca/Student_Support/Safe_Caring/SACY_Substance_Use_Health_Promotion/Cannabis-Corner/Pages/default.aspx) click for links & resources on the SACY website or go to [www.vsb.bc.ca/Student\\_Support/Safe\\_Caring/SACY\\_Substance\\_Use\\_Health\\_Promotion/Cannabis-Corner/Pages/default.aspx](http://www.vsb.bc.ca/Student_Support/Safe_Caring/SACY_Substance_Use_Health_Promotion/Cannabis-Corner/Pages/default.aspx)
- [www.mcs.bc.ca/ahs](http://www.mcs.bc.ca/ahs) McCreary Society Adolescent Health Survey. Learn about BC trends.
- [www.camh.ca](http://www.camh.ca) Centre for Addiction & Mental Health. Evidence-based resources.
- [www.drugcocktails.ca](http://www.drugcocktails.ca) Search interactions with alcohol, cannabis & 200 drug combinations.

### Online Safety, Gaming, Social Media, and Resources:

- [www.cybertip.ca](http://www.cybertip.ca) includes a guide on Self/peer exploitation for families
- [www.protectkidsonline.ca](http://www.protectkidsonline.ca) quizzes, games, guidelines for families
- [www.bcreponsiblegambling.ca/resources-links/program-resources](http://www.bcreponsiblegambling.ca/resources-links/program-resources) Gaming information, the link between gaming and gambling; info on teen risks and who to contact.

### Online pdf Books

What parents need to know about teens: myths, facts, strategies  
[www.camh.ca/-/media/files/guides-and-publications/what-parents-need-to-know.pdf](http://www.camh.ca/-/media/files/guides-and-publications/what-parents-need-to-know.pdf)

What parents need to know about teen risk-taking: strategies for reducing problems  
[www.camh.ca/-/media/files/guides-and-publications/what-parents-teen-risk-taking-en.pdf](http://www.camh.ca/-/media/files/guides-and-publications/what-parents-teen-risk-taking-en.pdf)

David A. Wolfe, professor, Child and Adolescent psychiatry (University of Toronto)  
 Director, CAMH Centre for Prevention Science