

Parent Resources

Internet and cell phone safety, drug-free resources, and emotional support.

Click on the live links below for more information.

Internet and Cell Phone Safety

- [CyberPatrol](#) – parental control software
- [NetSmartz](#) – cell phones, gaming, internet safety, and more
- [CyberTipline](#) – reporting tipline in partnership with FBI, Secret Service, and others
- [Cyberbullying](#) – what it is and how to prevent it

Drug-Free Resources

- [Partnership for Drug-Free Kids](#) – guides, resources, and other information
- [Drug Abuse](#) – tips, information, and publications aimed at drug abuse prevention including an elementary drug prevention activity book

Conflict Resolution and Emotional Support

- [Conflict Resolution](#) – information on controlling anger intended to promote nonviolence and diplomacy
- [McGruff: The Crime Dog](#) – games, videos, advice
- [Bullying](#) – information on bullying being a gateway behavior and what parents can do
- [Test Anxiety](#) – causes of test anxiety and ways to reduce test anxiety
- [KidsMatter](#) – information sheets on emotions, mental health, friendships and more
- [Children's Grief Education Association](#) – navigating children's grief

Parenting Resources

- [Effective Parenting](#) – behavior and discipline
 - [Growth and Development at different levels/ages](#)
- [Ten Tips for Your Child's Success in School](#) – American Academy of Pediatrics
- [Lying, Stealing, and Cheating](#) – OneToughJob.org
- [Teasing](#) – strategies to teach your child to deal with teasing
- [KidsWork](#) – supporting kids in divorce
- [Focus on the Family](#) – helping families thrive
- [College Packing list](#) – packing list and other college prep information