



Resources for Parents and Families

Advocates for Youth www.advocatesforyouth.org/publications

Advocates for Youth's *Parent Sex Ed Center* has many downloadable publications and activities for parents that can help get families talking about hard to discuss issues, including sexuality. Here are some suggestions:

Are You an Askable Parent?

To be *askable* means that young people see you as approachable and open to questions. Being *askable* about sexuality is something that most parents and caregivers want but that many find very difficult.

How Well Do You Know Your Son or Daughter? How Well Do You Know Your Parents?

As parents, we sometimes are so busy taking care of our children that we lose track of some of the details of their lives. This activity is a great way to get parents and kids talking.

Parent-Child Communication: Promoting Sexually Healthy Youth

When young people feel unconnected to home, family, and school, they may become involved in activities that put their health at risk. Positive communication between parents and children helps youth make healthy decisions.

Arizona Department of Education, School Safety & Prevention

Results from the 2007 Arizona Youth Risk Behavior Survey www.ade.state.az.us/sa/health/whatsnew.asp

This report summarizes the findings of Arizona high school students surveyed about violence, suicide, alcohol, tobacco, other drugs, sexual risks, HIV/AIDS, sexually transmitted diseases, body image, diet and physical activity.

Search Institute <http://www.search-institute.org/developmental-assets-tools>

This website shows how parents can build developmental assets, the building blocks of positive development that help children grow up to become caring, responsible adults. Check out the Activity Generator and the Conversation Generator.

MVParents www.mvparents.com/high-risk-behaviors

Search Institute's parenting site; it contains articles, videos, interactive quizzes, ideas for encouraging positive peer relationships, and research-based advice on how parents can prevent risk behaviors, including early sexual activity.

Stop Bullying Now www.stopbullyingnow.hrsa.gov

This web site was created for kids and adults. Parents will find valuable resources about bullying awareness, prevention and intervention. Kids can learn all about bullying and what they can do to stop it.

U.S. Department of Education

Helping Your Child through Early Adolescence www.ed.gov/parents/academic/help/hyc.html

Based on the latest research in adolescent development and learning, this booklet addresses questions, provides suggestions and tackles issues that parents of young teens generally find most challenging

U.S. Department of Health and Human Services: Substance Abuse and Mental Health Services

Family Guide to Keeping Youth Mentally Healthy & Drug Free www.family.samhsa.gov

An interactive website developed to help parents promote their child's mental health and reduce their risk for becoming involved with alcohol, tobacco, and illegal drugs. Includes the feature *Mom, Dad & Marketing Messages*.

For more information and resources, contact Barb Iversen, HIV/Sexuality Education Program Administrator at the Arizona Department of Education, School Safety and Prevention, barb.iversen@azed.gov or 602-542-8712.