

Transition to High School Parent Resources

Understanding Teen Growth and Development

- [How Parents and Caregivers can support teens](#) – School Mental Health Ontario
- [Teens and Sleep](#) - Canadian Pediatrics Society
- [Growth 13-18](#) – Kids Health

Tips on Communicating with Your Teen

- [Teening Your Parent](#) - Mental Health Literacy
- [Relationships First | Creating Connections that Help Young People Thrive](#) – Search Institute
- [Think About It](#)
- [Parents Matter Booklet - ReThink Your Drinking](#)

Warning Signs for Parents to Watch

- [Risks and Protective Factors – Transitions](#) – Mentally Healthy Schools
- [A Parent's Guide – Teens Can Be Resilient...in High School!](#) – Durham Region Health Department

Digital Media Safety

- [Safety Sheet Online Luring](#) – Canadian Centre for Child Protection
- [About Human Trafficking](#) – Ontario Provincial Government

Fostering Teenage Resiliency

- [Teach Your Teen to be Resilient](#) - Reach Out.com
- [A Parent's Guide – Teens Can Be Resilient...in High School!](#) – Durham Region Health Department

Connecting to School and Community Supports

- www.mindyourmind.ca
- www.anxietycanada.com
- www.teenmentalhealth.org
- www.kidshelpphone.com
- www.healthunit.com
- www.swpublichealth.ca
- www.besafeapp.ca