

Social/Emotional Resources

Digital Citizenship:

[A Thin Line](#) - MTV's A Thin Line was developed to empower you to identify, respond to and stop the spread of digital abuse in your life and among your peers. There is a "thin line" between what may begin as a harmless joke and something that could have serious impact on you or someone else.

[Cyberwise](#) - A site that provides information about digital citizenship, Internet safety, security, privacy, cyberbullying, sexting, reputation management and more so *you* can help kids embrace technology safely and wisely.

[Digizen](#) - A site that provides information for educators, parents, carers, and young people. It is used to strengthen their awareness and understanding of what digital citizenship is and encourages users of technology to be and become responsible DIGItal citiZENS.

[Parents' Guide to Keeping Kids Safe Online](#) - If your child is surfing the web, you need to be paddling right alongside them... or at least observing carefully from the shore. While the internet offers goodies galore (educational materials, fun games, and connections with people all over the world), it can also pose risks to your child's physical safety and emotional well-being.

Divorce:

[Guidelines for Divorced Parents](#) - A site focused on helping separated and divorced parents raise happy and secure kids.

Grief Resources:

[The Dougy Center](#) - The Dougy Center (The National Center for Grieving Children and Families) provides a safe place for children, teens, young adults and their families who are grieving a death to share their experiences. We do this through peer support groups, education, and training.

The Importance of Sleep:

[How Much Sleep Does my Child Need](#)

[Is Your Child Getting Enough Sleep?](#)

Mental Health:

[Above the Influence](#) - Website for inspiration in handling stress, self image, relationships, drugs, and bullying.

[To Write Love on Her Arms](#) - A non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide.

[Half of Us](#) - Mental health issues are a reality for millions of people across the country. Young people are especially at risk. The good news is that nearly all mental health issues can be improved with proper treatment! Half of Us is a great place to connect to appropriate resources for help.

Other Counseling Related Tips:

[10 Tips for Parents to help your child succeed in Middle School](#)