

## Resources for Parents of Adolescents

### BOOKS IN ENGLISH

- **Queen Bees and Wannabees: Helping Your Daughter Survive Cliques, Gossip, Boyfriends and Other Realities of Adolescence**, Rosalind Wiseman, 2003.
- **Speaking of Boys: Answers to the Most-Asked Questions About Raising Sons**, Michael Thompson and Teresa Barker, 2000.
- **A Fine Young Man: What Parents, Mentors and Educators Can Do To Shape Adolescent Boys Into Exceptional Men**, Michael Gurian, 1998.
- **Get Out Of My Life, But First Could You Drive Me and Cheryl to the Mall? A Parent's Guide to the New Teenager**, Anthony Wolf, 1991.
- **How to Mother a Successful Daughter: A Practical Guide for Empowering Girls from Birth to Eighteen**, Nicky Marone, 1998.
- **Real Boys: Rescuing Our Sons from the Myths of Boyhood**, William Pollack, 1998.
- **Reviving Ophelia: Saving the Selves of Adolescent Girls**, Mary Bray Pipher, 1994.
- **Your Adolescent: Emotional, Behavioral and Cognitive Development from Early Adolescence Through the Teen Years**, David Pruitt, 2000.
- **Why Do They Act That Way?: A Survival Guide to the Adolescent Brain for You and Your Teen**, David Walsh, 2005.

### BOOKS AVAILABLE IN SPANISH AND ENGLISH

- ❖ **SOS Ayuda para Padres: Una Guia Práctica para Manejar Problemas de Conducta Comunes y Corrientes (Help for the Parents)**, Lynn Clark, 2005.
- ❖ **Mejores Amigos, Peores Enemigos (Best Friends, Worst Enemies)**, Michael Thompson, 2001.
- ❖ **Limites con los Adolescentes: Cuando Decir Si, Como Decir No, (Boundaries with Teens: How to Say Yes, How to Say No)**, John Townsend, 2006.
- ❖ **Como Hablar para que los Adolescentes Escuchen y Como Escuchar para que los Adolescentes Hablen, (How to Talk so Adolescents Listen and Listen so Adolescents Talk)**, Adele Faber and Elaine Mazlish, 2006.

### ONLINE RESOURCES

- About.com – Parenting teens - <http://parentingteens.about.com/>
- American Library Association – Links and articles for parents on Internet safety and kid-friendly web sites  
<http://www.ala.org/ala/oif/iftoolkits/litoolkit/onlineresources.cfm>
- BBC - Academic, physical, behavioral issues of teens  
[http://www.bbc.co.uk/parenting/your\\_kids/preteen\\_index.shtml](http://www.bbc.co.uk/parenting/your_kids/preteen_index.shtml)
- Bullies 2 Buddies – Alternative to Anti-Bullying Movement -  
<http://www.bullies2buddies.com/>
- Kid's Health for Parents - A Parent's Guide to Surviving the Teen Years  
<http://kidshealth.org/parent/growth/growing/adolescence.html>
- Parent.org - Help Parenting Tweens, Preteens and Young Adolescents ages 10-14 -  
<http://www.parenting.org/tween/index.asp>
- Parenting Teens – Articles on teen issues - <http://www.parentteen.com/>
- U.S. Government – Information and Services -  
[http://www.usa.gov/Topics/Parents\\_Teens.shtml](http://www.usa.gov/Topics/Parents_Teens.shtml)

#### Cyber Safety

- Family Online Safety Institute – Information and Resources for Parents -  
<http://www.fosi.org/resources/parents/>

## Resources for Parents of Adolescents

- Sophos recommended privacy settings for Facebook  
<http://www.sophos.com/security/best-practice/facebook.html>
- New Study Shows Time Spent Online Important for Teen Development -  
<http://www.macfound.org/site/c.lkLXJ8MQKrH/b.4773437/>
- Ad counsel videos on cyber safety – <http://www.adcouncil.org/default.aspx?id=56>  
Go to the section on the right called “Youth Targeted” under “Television”  
Recommended videos to watch with your teen:
  - Bulletin board
  - Everyone
  - Exchange
- Ad counsel videos on Cyberbullying Prevention –  
<http://www.adcouncil.org/default.aspx?id=56>  
Go to the section on the right, under “Television” we recommend the following  
videos to watch with your teen:
  - Kitchen
  - Talent Show