

PARENT TOOLKIT: TEEN EDITION and PARENT TOOLKIT: RELATIONSHIPS

The Council of Ontario Directors of Education has written two helpful resources entitled Parent Toolkit: Teen Edition and Parent Toolkit: Relationships. The teen booklet contains information about navigating teens wanting more independence and freedom, finding strategies and resources to help you support your teen's well-being, information on teen use of technology, resources to help plan life after secondary school and more. The relationship booklet contains information on how to deal with conflict and prevent bullying, the importance of building positive relationships, how to build resilience in children, tips on how parents can be involved in supporting children's appropriate use of social media and information on mental health and well-being of young people. The toolkits can be found online at http://www.ontariodirectors.ca/parent_engagement.html