

## PARENT/GUARDIAN RESOURCES

SMA School Counseling Department

### PARENTING TEENS: PANDEMIC PARENTING:

[https://yourteenmag.com/coronavirus/pandemic-parenting-teens?mc\\_cid=d7ad897f3f&mc\\_eid=c05a117caa](https://yourteenmag.com/coronavirus/pandemic-parenting-teens?mc_cid=d7ad897f3f&mc_eid=c05a117caa)

[https://yourteenmag.com/coronavirus/positive-lessons-from-quarantine?mc\\_cid=d7ad897f3f&mc\\_eid=c05a117caa](https://yourteenmag.com/coronavirus/positive-lessons-from-quarantine?mc_cid=d7ad897f3f&mc_eid=c05a117caa)

<https://yourteenmag.com/teenager-school/teens-high-school>

[https://yourteenmag.com/coronavirus/things-to-do-social-distancing?mc\\_cid=d7ad897f3f&mc\\_eid=c05a117caa](https://yourteenmag.com/coronavirus/things-to-do-social-distancing?mc_cid=d7ad897f3f&mc_eid=c05a117caa)

[https://yourteenmag.com/coronavirus/virtual-field-trip?mc\\_cid=d7ad897f3f&mc\\_eid=c05a117caa](https://yourteenmag.com/coronavirus/virtual-field-trip?mc_cid=d7ad897f3f&mc_eid=c05a117caa)

[https://yourteenmag.com/coronavirus/life-skills-university?mc\\_cid=d7ad897f3f&mc\\_eid=c05a117caa](https://yourteenmag.com/coronavirus/life-skills-university?mc_cid=d7ad897f3f&mc_eid=c05a117caa)

### MENTAL HEALTH RESOURCES:

- Safe Children Coalition - SCC Youth Prevention Services- continues to provide students and families FREE COUNSELING via telephone. Please email your counselor for a referral or you may contact them directly.

Clinical Supervisor: [jwarwick@sccfl.org](mailto:jwarwick@sccfl.org)

Tamara Cush: [tcush@sccfl.org](mailto:tcush@sccfl.org)

- **FortifyFL is a suspicious activity reporting tool that allows you to instantly relay information to appropriate law enforcement agencies and school officials.**

FortifyFL was created and funded by the 2018 Florida Legislature as part of the Marjory Stoneman Douglas High School Public Safety Act. The application was named by students from Marjory Stoneman Douglas High School. You may download it at: <https://getfortifyfl.com/>

Learn more about types of bullying and how it impacts of children, friends, co-workers: <https://www.verywellfamily.com/types-of-bullying-parents-should-know-about-4153882?print>

- **National Suicide Prevention Lifeline: 800-273-TALK (8255)**
- **Crisis Text Line: Text NAMI to 741741**
- **Department of Education Resources for Families:**

<http://www.fldoe.org/em-response/resources-families.stml>