

# **ANNOTATED BIBLIOGRAPHY BULLYING PREVENTION RESOURCES**



**DUFFERIN-PEEL CATHOLIC DISTRICT SCHOOL BOARD  
FOR SECONDARY SCHOOLS**

## BULLYING RESOURCES SECONDARY

TITLE
Battling bullies: what every parent should
Boys will be boys: sexual harassment
Building moral intelligence
Bullied, battered & bruised
Bullies are a pain in the brain
Bully free classroom
Bully on the bus
Bully, the bullied, and the bystander
Bullying @ school – D. Olweus
Bullying in secondary schools
Bullying prevention handbook
Character matters
Cliques, phonies and other
Cool Kids in the zone
Cool Heads in the zone –Mac CD
Cyber Bullying
Don't pick on me
Educating for character
Exploring feelings
Freaks, geeks and Asperger's
Girl wars: 12 strategies/fe
Golden rule poster, The
Gray's guide to bullying
How to start a conversation
It's a girl's world
Learning in safe schools
No room for bullies

### SPECIAL NEEDS RESOURCES

1. Bully On The Bus
2. Cliques, Phonies & Other Baloney
3. Bullies Are A Pain In The Brain
4. Bully free Classroom
5. Cool Kids In The Zone

## **BULLYING RESOURCES SECONDARY**

Put the brakes on bullying

Queen bees and wannabees

Safe teen: powerful alt. vio

Schoolyard bully, The

Slam dunk Violence

Teen files: surviving high school

Teenage Health

Tools for teaching social skills in schools

Well-managed classroom

## BULLYING RESOURCES - SECONDARY

### **Building Moral Intelligence: The Seven Essential Virtues that Teach Kids to Do the Right Thing – *Teacher Resource***

**By Michele Ed.D. Borba**

**Publisher:** Jossey-Bass (September 25, 2002)

**ISBN:** 0787962260

Writing with confident authority and providing good, current references, Borba offers “a step-by-step blueprint for enhancing your child’s moral capacity” the ethical compass that charts a youngster’s moral fate. She first defines seven intertwining “essential virtues of moral intelligence and solid character”: empathy, conscience, self-control (these first three form a “more core”), respect, kindness, tolerance, and fairness. Ensuing chapters suggest how to incubate, nurture, and master individual virtues using realistic, workable methods. The book recalls Becky A. Bailey’s *Easy To Love, Difficult To Discipline* (LJ 2/15/00), which frames “Loving Guidance” in seven-part structures (seven values for living, seven powers of self control, etc.) It’s also similar to Borba’s own *Parents Do Make a Difference* (Jossey-Bass, 1999). All these books have noble goals yet require a high initial investment of energy and time; this is not a quick fix but a way of living. Of course, many of those who really need Borba’s book won’t read it; if more people mastered these traits, the world would be a different and better place.

### **The Bully, the Bullied, and the Bystander: From Preschool to High School – How Parents and Teachers Can Help Break the Cycle of Violence - *Teacher Resource***

**By Barbara Coloroso**

**Publisher:** Collins, Reprint edition (February 3, 2004)

**ISBN:** 006001430X

This is an extremely helpful book that both parents and teachers can use to deal with bullying; an aspect of school that the author feels “is a life-and-death issue that we ignore at our children’s peril.” Starting with a bottom-line assumption that “bullying is a learned behaviour,” Coloroso (*Parenting Through Crisis*) wonderfully explains not only the ways that the bully, the bullied and the bystander are “three characters in a tragic play” but also how “the scripts can be written, new roles created, the plot changed.” For each of the three “characters,” she breaks down the behaviour that defines each role, analyzes the specific ways that each character can have their behaviours changed for the better, and suggests a range of methods that parents and educators can use to identify bullying behaviour and deal with it effectively. The book also provides excellent insights into behaviours related to but not always recognized as bullying, such as cliques, hazing, taunting and sexual bullying. And while there have been numerous books about bullies, this volume is perhaps best for its sections on the “bystander,” the person whose behaviour is too often overlooked or excused. Coloroso’s emphasis on aikido-related defense skills do not sufficiently address the issue of what a child is to do when physical force is necessary to stop a bully, but overall this is an important look at the ways the bullied children can affirm their dignity and self-worth.

**Bullying at School: What We Know and What We Can Do (Understanding Children's Worlds) – *Teacher Resource***

**By Dan Olweus**

**Publisher:** Blackwell Publishers (January 1993)

**ISBN:** 0631192417

Bullying at School is the definitive book on bully/victim problems in school and on effective ways of counteracting and preventing such problems. On the basis of the author's large-scale studies and other research, it is known that bullying is a serious problem in all societies that have been studied so far, and that more than 15 percent of the school populations in primary and secondary/junior high schools are involved, either as bullies or victims. The facts about bullying, its causes and consequences, are presented in clear and straightforward language. The book is a milestone in the study of bullying at school in that it offers a scientifically evaluated intervention program. The results of this extensive research are remarkable – a reduction of bully/victim problems by 50 percent or more – a considerable drop in antisocial behaviour such as vandalism, theft, drunkenness, and truancy – clear improvements in the “social climate” of the classroom and student satisfaction with school life. The book gives practical advice to school principals, teachers, and parents on how to implement a “whole school approach to bullying,” and contains a valuable guide to help teachers and parents recognize if a child is being victimized or bullies others. Bullying at School is essential reading for all who are involved with children and young people.

**Bullying in Secondary Schools: What It Looks Like and How to Manage It – *Teacher Resource***

**By Keith Sullivan, Ginny Sullivan and Mark Cleary**

**Publisher:** Sage Publications Inc.

**ISBN:** 0761941932

This book is a practical guide to dealing with bullying in secondary schools. The authors present what we know about bullying, describe development issues for adolescence and discuss the social context of the school. They analyze key features of healthy and unhealthy schools, and set out a whole school approach to bullying and other social problems that arise in the secondary school. The authors show that by empowering the bystanders through providing effective teacher support, much of the bullying can be stopped at an early age and a healthy safe school can be created. Their suggestions are based on student-centered responses and on programs developed specifically to deal with bullying.

This book is written especially for secondary school teacher, administrators and students, and the families and caregivers of the students. It is also for those who train teachers, for counselors and for educators at all levels.

**Bullying Prevention Handbook: A Guide for Principals, Teachers, and Counselors – *Teacher Resource***

**By John H. Hoover, Ronald Oliver**

**Publisher:** National Education Service (January 1997)  
**ISBN:** 1879639440

This handbook provides a comprehensive tool for understanding, prevent, and reducing the day-to-day teasing and harassment referred to as bullying. Effective teaching and counseling models include:

- A comprehensive, step-by-step bullying intervention model that can be implemented school -, agency -, or community-wide,
- Specific strategies that teachers, administrators, and counselors can use when working with bullies and their scapegoats,
- Assessment and evaluation tools for anti-bullying efforts,
- Way to improve the families of bullies and scapegoats.

**Character Matters: How to Help Our Children Develop Good Judgment, Integrity, and Other Essential Virtues – *Teacher Resource***

**By Faye Brownlie and Judith King**

**Publisher:** Touchstone (February 3, 2004)

**ISBN:** 0743245075

In his timely follow-up to the definitive *Educating for Character*, Lickona plucks the burden of oral corruption from society at large and plants it squarely in the laps of parents and teachers. He describes a society nearly bereft of character, and proposes that the solution is to awaken children's social consciences. Through a series of grim statistics and anecdotes from his research as a psychologist and educator, Lickona illuminates a culture that is lost (but not hopelessly), due largely to an overemphasis on academic achievement in lieu of formal character education. "The disturbing behaviours that bombard us daily – violence, greed, corruption, incivility, drug abuse, sexual immorality, and a poor work ethic-have a common core: the absence of good character." He defines 10 essential virtues that comprise good character and prescribes a six-part remedy, including modeling virtuous behaviour, building a strong home-school partnership and getting involved with communities. Quotes from Aristotle, Martine Luther King Jr. and others make more eloquent points for why character matters, but the author's passion for creating a more civil and harmonious world is evident and inspiring. Lickona admits that changing the moral fiber of an entire generation is a lofty goal and that his solutions are ambitious: "The social-moral problems that beset our society have deep roots and require systematic solutions." However, this book can be one small step along that path, if it finds its way into the right hands.

**Don't Pick on Me – Teacher Resource**

**By Rosemary Stones**

**Publisher:** Pembroke Pub Ltd. (June 1993)

**ISBN:** 1551438017X

Don't Pick on Me discusses why some people bully, why others are bullied and what you can do about it? Fifty real-life stories show how others have dealt with bullying. Their experiences will help you gain confidence in your dealings with others.

This book's practical advice and list of organizations to turn to for help will give you the tools you need to confront any situation.

**Educating for Character: How Our Schools Can Teach Respect and Responsibility**

*– Teacher Resource*

**By Thomas Lickona**

**Publisher:** Bantam (September 1, 1992)

**ISBN:** 0553370529

Lickona, a professor of education at the State University of New York and the author of the highly praised *Raising Good Children*, addresses the controversial topic of "values" education and its place in today's classrooms. In a well-balanced presentation distilling his decades of experience, Lickona suggests practical approaches that have been developed by several programs of moral education. Proceeding from the principle that "there is no such thing as a value-free education," the author demonstrates that character development is as necessary as academic achievement, and that parents and school administrators are increasingly aware of this need. In his view, two great values, expressed as respect and responsibility, should define the public school's moral agenda. Acknowledging that values education has often proved divisive, Lickona specifies strategies likely, he believes, to make moral education effective and less anxiety provoking for parents and teachers. This important study will be a resource for those concerned with the "ethical illiteracy" of children.

**Exploring Feelings (Anger) – Teacher Resource**

**By Tony Attwood**

**Publisher:** Future Horizons (December 1, 2004)

**ISBN:** 1932565213

The Cognitive Behaviour Therapy program *Exploring Feelings* was designed to be highly structured, interesting and successful in encouraging the cognitive control of emotions. Every child will have activities and information to explore the specific feelings of being happy, relaxed, anxious and angry. There are sections for the students to record individual comments and responses to questions. At the end of each session, the next one is explained to the child. The *Exploring Feelings* programs are designed to explore the mental world from a scientific perspective. There are two *Exploring Feelings* programs, one designed to manage anxiety, the other to manage anger.

**Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence – Teacher Resource**

**By Luke Jackson, Tony Attwood (Foreward)**

**Publisher:** Jessica Kingsley Publishers (October 2003)

**ISBN:** 1843100983

Consumer-oriented narrative is written by a 13-year-old-boy with Asperger Syndrome. Draws upon personal experiences and family members to inform the general public about living the adolescent years with this disease.

**Girl Wars: 12 Strategies That Will End Female Bullying – Teacher Resource**

**By Cheryl Dellasega, Charisse Nixon**

**Publisher:** Fireside (October, 7, 2003)

**ISBN:** 0743249879

Mary Pipher’s bestselling **Reviving Ophelia** triggered widespread interest in the culture of preteen and teenage girls and the seeming epidemic of relational aggression (bullying) among them. Gossip, teasing, forming cliques and other cruel behaviours are the basis of this bullying, which harms both victim and aggressor. Until now, no one has been able to offer practical and effective solutions that stop girls from hurting each other with words and actions. But in **Girl Wars**, two experts explain not only how to prevent such behaviour but also how to intervene should it happen, as well as overcome the culture that breeds it.

Illustrated by compelling true stories from mothers and girls, the authors offer effective, early-to-implement strategies that range from preventive to prescriptive, such as how to:

- Adopt a “help, don’t hurt” strategy
- Provide positive role models
- Teach communication skills online and off
- Stress assertiveness, not aggressiveness
- Learn conflict resolution skills
- Identify alternatives to bullying behaviour

With their combines experience in offering and evaluating programs that combat bullying, the authors show that girls not only want to help rather than hurt each other, they can do so with guidance from concerned adults.

**Gray’s Guide to Bullying (Jenison Autism Journal – Creative Ideas in Practice) – Teacher Resource**

**The Original Series of Articles Parts I – III**

**Volume 16, Number 1**

**By Carol Gray, Editor**

This issue of the Jenison Autism Journal is devoted to awareness and information to help children with autism spectrum disorder (ASD) deal with circumstances in which they



encounter bullying. The author, an internationally known educator and the creator of the Social Stories method, published a series of three articles in response to numerous questions she received about helping children with ASD who are bullied in various situations. This issue combines those articles on ASD and bullying into one useful guide that can be used by adults who live and work with children who have ASD. Article I provides the basics about bullying, ranging from the current definition to roles of participants and categories of bullying, Article II describes ten practical solutions that have been developed to effectively decrease bullying. Article III is a guide and student workbook on how to handle a bullying attempt. All three articles provide valuable strategies and resources to help parents, teachers, and caregivers decrease bullying in the life of the child with ASD by raising awareness, fostering self-esteem, and making the child his/her own best advocate.

### **How to Start A Conversation And Make Friends: Revised And Updated**

**By Don Gabor** – *Teacher Resource*

**Publisher:** Fireside; Rev & Updtd edition (January 9, 2001)

**ISBN:** 0684868016

This is a program that delivers: It's short, written by a likeable and upbeat author, and well illustrated with vignettes of conversational success. The sophisticated principles show solid thinking, yet they're delivered with the geniality of your favourite meteorologist. Easy-to-follow lessons and Gabor's positive delivery make this an empowering listening experience. The sections on nonverbal language, culture, and situational expectations are astute and help make this a comprehensive guide to making contact with strangers. An enjoyable lesson on a life skill that is becoming increasingly important to people in all walks of life.

### **Learning in Safe Schools: “Creating Classroom Where All Students Belong” –**

*Teacher Resource*

**By Faye Brownlie, Judith King**

**Publisher:** Pembroke Pub Lit (June 2000)

**ISBN:** 1551381206

It is essential in classrooms today to create a safe learning environment that meets the needs of all students. Practical and timely, the comprehensive book focuses on three ways that teachers can make schools safer, more inclusive places. Teachers will learn how to: 1) develop a constructive code of conduct and behaviour, 2) create curriculum that encourages safer schools by addressing the needs and challenges of all students, and 3) implement cooperative learning strategies that foster student interaction in positive ways. This book is full of simple suggestions for meeting the diverse needs of individual students. Hands-on activities and blackline masters complement this essential resource you won't want to miss.

**No Room for Bullies: From the Classroom to Cyberspace – *Teacher Resource***

**By Jose Bolton**

**Publisher:** Boys Town Press

**ISBN:** 1889322679

This book shatters popular myths about bullying. You'll learn who's playing the Intimidation game, and how they play it from social exclusion and emotional backstabbing to physical violence, sexual harassment, and cyberspace cruelty. An important resource for parents, teachers, and school administrators.

**Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip,**

**Boyfriends, and Other Realities of Adolescence – *Teacher Resource***

**By Rosalind Wiseman**

**Publisher:** Three Rivers Press; 1<sup>st</sup> Paperback Edition (March 4, 2003)

**ISBN:** 1400047927

Wiseman (*Defending Ourselves: Prevention, Self-Defense, and Recovery from Rape*), offers parents a guide to navigating the adolescent landscape. Acting as a liaison between "Girl World" and "Planet Parent," Wiseman helps parents understand their daughters' friendships, the power of cliques and the roles of girls within them (including Queen Bee, Sidekick, Torn Bystander, Messenger and Target). She outlines parenting styles (from "The Lock-Her-In-a-Closet Parent" to "The Loving-Hard-Ass Parent") and offers tips on talking to teens ("Don't use the slang your daughter uses"). The second half concentrates on boys, sex and drugs as well as what to do if your daughter needs professional help. Within each chapter, "Check Your Baggage" sections challenge parents to recognize their own biases and remember what it was like when they were teens, as well, Wiseman offers scripts for discussing difficult issues and advice on how to deal with them. The author also forthrightly addresses the issue of homosexuality. To wit, a "Homophobic Questionnaire" that turns the tables on parents with questions such as "What do you think caused your heterosexuality?" Wiseman's straightforward humor, sound advice and practical approach make this a must-read for anyone involved in the lives of teenage girls. Back matter offers extensive resources listings including fiction and nonfiction titles, movies and helpful organizations and their Web sites.

**Schoolyard Bully: How to Cope with Conflict and Raise an Assertive Child –**

*Teacher Resource*

**By Kim Zarzour**

**Publisher:** HarperCollins Canada (December 1999)

**ISBN:** 0006385192

The *Schoolyard Bully* is an accessible friendly guide for parents and teachers from a parent who expands on her own and others memories of childhood bullying. Kim Zarzour offers practical suggestions to stop the cycle of bullying along with invaluable advice on raising a child who can meet intimidating circumstances with self-confidence and maturity one who knows how to be assertive in our increasingly aggressive world.

**Teenage Health Freak – Bullying the Truth**

**By Aidan Macfarlane, Ann McPherson**

**Publisher:** Oxford University Press

**ISBN:** 0199112304

This book contains some of the thousands of emails written to the Doctor Ann website ([www.teenagehealthfreak.org](http://www.teenagehealthfreak.org) and [www.doctorann.org](http://www.doctorann.org)). There are questions on how to deal with friends, how not to become a bully yourself, how to cope when you are being bullied into having sex, as well as the nasty racist bullying that some young people have to deal with. Carefully researched answers help teenagers deal with worrying problems.

**The Well-Managed Classroom: Promoting Student Success Through Social Skill Instruction – *Teacher Resource***

**By Theresa Connolly, et al**

**Publisher:** Boys Town Press (April 1997)

**ISBN:** 0938510614

A dynamic plan to bring structure, support, and success to classrooms.

Every teacher strives to create a classroom where students are responsible, respect rules and stay on task. Now, in one single resource, educators are given the tools they need to create the ideal learning environment.

The Well-Managed Classroom describes the powerful Boys Town Educations Model techniques that have proven to increase instruction time and reduce discipline problems and office referrals. The book describes in-depth how to integrate social skills instruction into the entire school day and across curriculum. Tips for managing student behaviour by improving teaching interactions are outlined as well as how to replace traditional office referral practices with more therapeutic teaching alternatives.

<b>MEDIA: AUDIO CD'S, DVD'S VIDEOS</b>
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**BATTLING BULLIES: WHAT EVERY PARENT SHOULD KNOW (905425)**

**Physical** Colour: Sound; 56:30 minutes  
**Year** 2005  
**Producer** TV Ontario (TVO)  
**Audience** Adult (A)  
**Prog. Type** Live Action

**Synopsis:** The lives of children who are bullied at school are explored in this special one-hour program. How are schools responding? According to some parents, not very well. Stories of parents are featured who have had to launch their own anti-bully campaigns in reaction to their children's tragic abuse by bullies. We also look at how "cyber bullying" has become the latest weapon of bullies. Another documentary analyzes the impact of homophobia on bullied children. Psychology professor Debra Pepler of York University tells us why children bully, and why bullies are at high risk for life-long problems. And finally, we look at anti-bully campaign (from elementary to high school) at a school board in Grey and Bruce Counties.

**BOYS WILL BE BOYS: SEXUAL HARASSMENT IN SCHOOLS**

The National

Just what kinds of behaviour are acceptable in our schools, or for that matter, in society in general? The sexual harassment of girls in school begins as early as the primary grades. While many explain the poor behaviour as "just a joke...boys will be boys", the self esteem and scholastic achievement of the victims erode. In this program we see how sexual harassment, both verbal and physical, is used to assert dominance over girls within the school environment. Speaking with students, parents, teachers and principals, Hana Gartner asks how such behaviour is shaped and why it is tolerated. Solutions, such as the feasibility of a home and school standard of zero tolerance, are examined. Note: Coarse Language

Duration: 25:00 minutes

Colour

**BULLIED, BATTERED & BRUISED (UPDATE)**

The National

This powerful documentary looks at the significant psychological and physical implications of bullying, and profiles the way two schools are dealing with this difficult and pervasive problem. First, several students, parents and community members in a Manitoba town who, despite the threat of a community backlash, publicly voice their concerns about the bullying in their schools, and participate in candid and emotional discussions about the problem and its effects. In interviews with school administration,

the reluctance to acknowledge and address the issue is evident. Next, we visit an elementary school in B.C. that has successfully implemented a zero tolerance policy toward bullying, how the principal and teachers deal with the behaviour is presented. Following the documentary, experts discuss bullying in interview segments interspersed with personal testimonies from bullies and victims of bullying. A six-month update on the Manitoba community concludes the documentary revealing some dramatic changes for both the victims and the community.

Duration: 58:00 minutes

Colour

### **COOL HEADS IN THE ZONE**

The interactive CD-ROM features live action video depicting six bullying scenarios, a variety of positive interventions, and teacher-friendly resources and assessment tools. Students may explore these scenarios imagining themselves in the role of the victim, the bystander, or the bully. They will see the outcomes of their reactions to bullying situations and test a variety of problem solving strategies, variety of positive interventions, and teacher-friendly resources and assessment tools. Students may explore these scenarios imagining themselves in the role of the victim, the bystander, or the bully. They will see the outcomes of their reactions to bullying situations and test a variety of problem solving strategies.

### **CYBER-BULLYING**

The National

They are the latest weapons in a bully's arsenal – computers and the internet. For many teenagers, the web is like a second home where they go to talk and catch up with friends. But for some, that home isn't so safe these days because bullies have been coming to call. Hiding behind the anonymity of the internet, **cyber-bullies** are setting up abusive websites about certain students and inviting others to join in with lewd and offensive comments. The victims suffer the blows of humiliation every time they log onto the internet, making their lives unbearable and suffering deep emotional wounds. Right now there's little anyone can do to stop it.

Duration: 13:16 minutes

Colour

### **It's A Girl's World: A Documentary About Social Bullying**

**3 Compact Discs – Approximately 3 Hours**

**ISBN 0-660-19308-6**

What does the social world of girls look like? At first glance, it's about sharing secrets, giggling over boys and carefree fun. But lurking underneath this façade of niceness is a hidden culture of nastiness that pits one friend against another; Lynn Glazier examines the tumultuous nature of female relationships from girlhood to adulthood; from the playground to the office.

## **PUT THE BRAKES ON BULLYING (CAYRE001)**

**Physical** Colour; Sound; 23 Minutes

**Year** 2000

**Producer** C.A.Y.R.E. (CAYRE)

**Audience** Primary Grades (K-3), Junior Grades (4-6), Intermediate Grades (7- 8),  
Senior Grades (9-12), College/University, Adult (PJISCA)

**Prog. Type** Live Action

**Synopsis** “Put the Brakes on Bullying” is a video about the importance of identifying and resolving bullying incidents in their early stages. The program is designed to help teachers, adults and children recognize the signs of bullying and illustrates what steps schools, teachers, parents, and individuals can take to prevent bullying.

Stopping bullying in early childhood years is important in order to avoid bullying becoming a major problem in teen and adult years. Research has shown that the effects of bullying on children who are victims can last a lifetime. Self-esteem often suffers and the individuals can feel isolated from their peer group.

“Bullying is a community issue that demands a community response. The video is an invaluable resource for any organization concerned with the damaging effects of violence, intimidation and verbal abuse among young people. The video and companion learning materials identify the issues clearly and offer practical, expert advice for youth leaders, parents and students on how to spot, prevent and correct bullying problems before they take root.” Bill Hogarth, Director of Education, York Region District School Board

## **“SLAM DUNK VIOLENCE FOR SAFE SCHOOLS”**

An energetic and educational video promoting youth anti-violence, safety, and how to deal with aggression and danger.

- ❖ A must for anyone working with YOUTH! Including:  
Educators, Counsellors, Therapists,  
Youth Group Leaders, Sports Teams, Community Groups

Ideal for school assemblies, conferences and seminars focusing on youth violence prevention including bullying & more

The video is hosted by Chuck Swirsky, Toronto Raptors Announcer and features interviews with Toronto Raptors basketball players who talk about violence, respect, the importance of role models and setting goals. Includes dramatizations and information on what youth can do to combat violence.

The toolkit features seven sessions, each of which helps young people increase their understanding of the issues and information presented in the video. This guide is useful in a variety of settings such as classrooms, community youth groups, sports teams, and girl guide/scout groups. Teachers, youth workers, leaders of youth groups and coaches can lead sessions.

**TEEN Files: SURVIVING HIGH SCHOOL featuring A CHALLENGE DAY  
90 Minute Home Video Version**

[www.challengeday.org](http://www.challengeday.org)

Hosted by Leeza Gibbons, and produced by Arnold Shapiro (Scared Straight, Rescue 911) in association with Paramount Studios, Surviving High School explores the stresses of kids trying to fit in and addresses the issues of isolation, extreme dieting, steroid use, depression and suicide. The program challenges teens to find solutions to the bullying and harassment that divides their school. Surviving High School empowers teens to make a positive change in their environment. It also encourages parents to get actively involved in their children's lives. The show will be an invaluable resource for parents and teens alike.