



PHYSICAL AND PSYCHOSOCIAL DEVELOPMENT RESOURCES FOR PARENTS OF ADOLESCENTS AND YOUNG ADULTS

GENERAL DEVELOPMENT ONLINE RESOURCES FOR PARENTS

- **Advocates for Youth:** Developmental guidelines for parents are provided on physical, cognitive, emotional, and sexual development in adolescents. <http://www.advocatesforyouth.org/publications/156-parents>
- **Bright Futures:** Part of the American Academy of Pediatrics, Bright Futures provides parent handouts and resources on various stages of development and important information for well-visits. <https://brightfutures.aap.org/families/Pages/Resources-for-Families.aspx>
- **Child Development Institute:** This website offers a wealth of resources on adolescent development including stages of puberty, and intellectual and social-emotional development. <http://childdevelopmentinfo.com/ages-stages/teenager-adolescent-development-parenting/>
- **Raising Children:** Using videos and articles, this website gives information for parents on physical development as well as social and emotional changes. http://raisingchildren.net.au/development/pre-teens_development.html
- **Sutter Health:** This website provides useful information to help prepare parents and their child through puberty, and intellectual, social, and emotional development. <http://www.pamf.org/parenting-teens/health/growth-development/pre-growth.html>
- **University of Minnesota: What's Normal for Teen Development:** Various fact sheets discuss biological, physical, social, and emotional changes, and teen brain development, as well as provide parent tips to help their teen through these changes. <http://www.extension.umn.edu/family/families-with-teens/resources-parents/whats-normal-for-teen-development/>

PUBERTY AND PHYSICAL DEVELOPMENT

- **HealthyChildren.Org:** Sponsored by the American Academy of Pediatrics, this website provides a wide-range of resources on puberty, including delayed puberty, precocious puberty, and normal physical development. <https://www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/default.aspx>
- **FamilyDoctor.Org:** Operated by the American Academy of Family Physicians, this website provides scientifically accurate information from a family medicine perspective on puberty of teenagers. <http://familydoctor.org/familydoctor/en/teens/puberty-sexuality.html>
- **Kids Health:** This website offers information for parents about what to expect as a child grows including menstrual problems, talking about puberty, and growth charts. <http://kidshealth.org/en/parents/growth>
- **Planned Parenthood:** *Puberty 101 for Parents* provides tools and information for parents about what to expect for girls and boys and how to talk to their child about puberty and changes to their body. <https://www.plannedparenthood.org/parents/puberty-101-for-parents>

BRAIN/COGNITIVE DEVELOPMENT

- **Partnership for Drug-Free Kids: The Teen Brain:** This video reveals the patterns of brain development during adolescence that play a significant role in shaping teen's personality and actions.
<http://www.drugfree.org/why-do-teens-act-this-way/>
- **National Institute of Mental Health:** This brochure provides a wealth of information regarding the development of the teenage brain including the spectrum of change and how it affects teenage behavior.
<http://www.nimh.nih.gov/health/publications/the-teen-brain-still-under-construction>
- **PBS Frontline:** This series of videos chronicles how scientists are exploring the recesses of the brain and finding some new explanations for why adolescents behave the way they do.
<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/>
- **TED Talks:** A cognitive neuroscientist compares the prefrontal cortex in adolescents to that of adults, to show us how typically "teenage" behavior is caused by the growing and developing brain.
http://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain

PSYCHOSOCIAL DEVELOPMENT AND ASSESSMENT

- **Parent Toolkit:** Offering toolkits, tips, and guides, this website has a wealth of information for parents to support their child's social and emotional development. <http://www.parenttoolkit.com/>
- **Royal College of Psychiatrists:** This factsheet reviews adolescent development including physical, psychological, and emotional changes, and how to communicate with your teenager during this time.
<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/adolescence.aspx>

RESOURCES FOR PARENTS OF TRANSGENDER YOUTH

- **HealthyChildren.Org:** Sponsored by the American Academy of Pediatrics, this website provides information on raising a gender non-conforming and transgender child including concerns about puberty.
www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Non-Conforming-Transgender-Children.aspx
- **Human Rights Campaign:** This organization and website provide resources for transgender children and families. <http://www.hrc.org/explore/topic/transgender-children-youth>
- **NBC News:** Through interviews with children and their families, these videos provide information and resources on raising a transgender child. <http://www.nbcnews.com/storyline/transgender-kids>
- **PBS Frontline:** This video interviews teenagers and families in an intimate and eye-opening journey inside the struggles and choices facing transgender kids and their families.
www.pbs.org/wgbh/frontline/film/growing-up-trans/