**Resources for Parents and Teens**

**Articles**

**How to talk to your kids about Miley Cyrus and the sexualisation of young people.**

* <http://www.cbc.ca/news/canada/miley-cyrus-dealing-with-the-sexualization-of-childhood-1.1928273>

**A useful “Iphone Contract” to use with your kids**

* <http://www.huffingtonpost.com/janell-burley-hofmann/iphone-contract-from-your-mom_b_2372493.html>

**Websites**

**Great website with articles and resources for youth and parents on healthy relationships**

* [http://www.loveisrespect.org](http://www.loveisrespect.org/)

**Talking to kids about sex and sexuality**

* <http://www.plannedparenthood.org/parents/talking-kids-about-sex-sexuality-37962.htm>

**Website for teens on relationships and healthy sexuality—somewhat graphic, but in teens’ own words**

* <http://www.scarleteen.com/>

**Internet information for parents**

* <http://www.thedoorthatsnotlocked.ca/app/en/>
* https://safesmartsocial.com/

**10 great tips on talking to youth about sex**

* <http://health.howstuffworks.com/pregnancy-and-parenting/teenage-health/10-tips-for-talking-to-teens-about-sex.htm>

**Getting help out of a sticky situation**

* <https://needhelpnow.ca/app/en/>