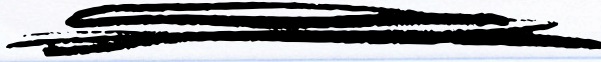


NAVIGATING YOUR MIDDLE SCHOOLER'S UNIQUE CHALLENGES RESOURCE LIST



Progressive
Muscle
Relaxation



Paced
Breathing



Guided
Imagery



Why Coping
Mechanisms
work



ARENA

COUNSELING

Should I monitor my child's social media use?

https://www.newportacademy.com/resources/empowering-teens/teen-deleting-monitoring-social-media/?utm_source=eloqua&utm_medium=email&utm_campaign=nh_left-out_dtc_both_july-2025



Parent Guides to Social Media

Instagram:

<https://connectsafely.org/instagram/>



Snapchat:

<https://connectsafely.org/snapchat/>



TikTok:

<https://connectsafely.org/parents-guide-to-tiktok/>



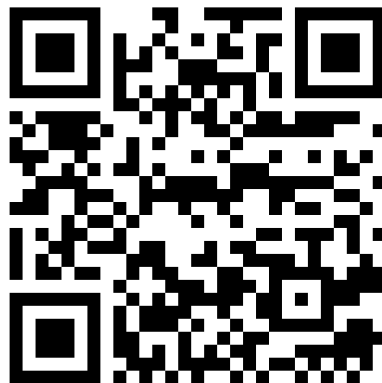
Discord:

<https://connectsafely.org/discord/>



Roblox:

<https://connectsafely.org/roblox/>



Meta Pro Quest:

<https://connectsafely.org/questpro/>

