

Center for Parent and Teen Communication offers practical, science-based strategies for strengthening family connections and building youth prepared to thrive. All materials are free and your organization can link directly to these resources.

Our multimedia content is rooted in decades of research on effective parenting and strengths-based communication techniques. We cover a range of topics geared towards promoting teens to become their best selves. Parentandteen.com launched Fall of 2018 and that Spring received the [Seal of Approval](#) from [the National Parenting Center](#), America's leading parenting advocacy organization.

<https://parentandteen.com>

A specific article of high interest to those who care deeply about the health and well-being of youth is entitled: Preparing Teens to Seek Professional Help. It provides strength-based guidance rooted in the language of resilience to prepare teens to be open to seeking the support they deserve.

<https://parentandteen.com/seek-professional-help/>

We must prepare teens to manage life's challenges in healthy ways if they are to thrive in an unpredictable world. Stress affects mood and causes physical discomfort. Stress management helps manage feelings and leads to growth, better health, and even improves relationships. We offer an interactive stress management plan that is written by young people for young people but is rooted in the science of what is known to work in stress management.

Parentandteen.com has materials to help adults guide youth to build their stress management skills.

<https://parentandteen.com/category/health-prevention/helping-teens-cope/>

Parentandteen.com also offers an interactive stress management plan that will inform young people of the repertoire of strategies to help them manage stress and then guide them through a process where they will develop their own plan to meet their individual needs. The plan will then be sent back to them in a PDF format. No data is being saved, and the teen can return frequently to update their plan. The plan does not substitute for the protective power of human relationships nor replace professional guidance.

<https://parentandteen.com/teen-stress-management-plan/>