



# Duxbury Student Union

## 5<sup>2</sup>DMS RESOURCES

Middle School is all about test driving independence and responsibility and it comes with constant tweaking, success, failure, and resilience to get back up and try again.

Here are DSU's favorite resources for parents, tweens and teens.

## RESOURCES FOR TWEENS AND TEENS

### Podcasts

American Girl: The Smart Girl's Podcast (Spotify and Apple)

This Teenage Life (Spotify and Apple)

### Movies

Inside Out

Soul

Becoming

### Games

[Say it out Loud](#) - a game to play to understand mental health, and respect for all.

[DSU Digital Citizenship Jeopardy](#) game

[Boston vs. Bullies](#) - practical guidance and strategies to stay strong against bullies.

### Clubs

**At DMS** - Art, Aquaculture, Writing, Drama, Games, Gender & Sexuality Alliance, Global Citizens, Homework, Music (various), Respect all People RAP, and Student Council.

**Community** - Churches, Scouts, various youth sports, DSU camps.

### Books

***Nat Enough***: A Graphic Novel by Maria Scriven

***Good Different*** by Meg Edan Kuyatt

***Buzzing***: A Graphic Novel by Samuel Sattin

***The List of Things That Will Not Change*** by Rebecca Stead

***Running on Empty*** by S.E. Durrant

***Superpowered: Transform Anxiety into Courage, Confidence, and Resilience*** by Renee Jain and Dr. Shefali Tsabary

***Smaller Sister*** by Maggie Edkins Willis

## FOR PARENTS

[DSU's CEO Program](#) - helps students build academic and life skills with a model of accountability and academic independence.

### **Building Independence**

[Let Grow](#) - Leading the movement for Childhood Independence

[Making Caring Common Project](#) - Raising kids who care about others and the common good.

[Nourished not Famished](#) - real life healthy changes, made healthy and delicious

**Care Solace** - link in your school newsletter. This is a schoolwide resource to help find a mental health professional.

[Think:Kids](#) - Our Collaborative Problem Solving® (CPS) approach is proven to reduce challenging behavior, teach kids the skills they lack, and build relationships with the adults in their lives.

### **Digital Citizenship**

Facebook Group - Parenting in a Tech World

[Better Screen Time](#) - Am I ready for Social Media?

[Connectsafely](#)

[Common Sense Media](#)

[DSU Digital Citizenship Jeopardy Game](#)

### **Self Care**

[Boston vs. Bullies](#) - practical guidance and strategies to stay strong against bullies.

[Self Care Action Plan](#)

### **Podcasts**

**The Anxious Generation:** How the great rewiring of childhood is causing an epidemic on Mental Illness by Jonathan Haidt.

**Flusterclux** with Lynn Lyons: For Parents

**Good Inside** with Dr. Becky

### **Books**

*The Anxious Generation* by Jonathan Haidt.

*Girls on the Brink:* Helping Our Daughters Thrive in an Era of Increased Anxiety, Depression, and Social Media by Donna Jackson Nakazawa

### **Apps**

**CALM app** - \$69.99 per year.