

Resources

For Parents and Educators:



Topics:

1. Online Safety
2. Potential Challenges During a Year in Israel
3. Drug Abuse and Alcohol
4. Self-Harm
5. Understanding Anxiety

1. Online safety

- Have a look at this tool kit that contains basic and practical points to better understand online safety for your child: <https://www.netsafe.org.nz/wp-content/uploads/2019/07/Online-Safety-Parent-Toolkit-2020.pdf>
- In order to better understand how social media affects Mental Health, read this article from the health professionals at University of Nevada. The article provides statistics, tips and resources for parents of emerging adults: <https://onlinedegrees.unr.edu/online-master-of-public-health/impact-of-social-media-on-youth-mental-health/>
- Watch Bailey Parnel, Founder & CEO of SkillsCamp, explain the main influences of stress for young adults in relation to social media and the four steps to social media wellness: https://www.youtube.com/watch?v=Czg_9C7gw0o

2. Potential Challenges During a Year in Israel

- Hear from Executive Director of Kav L'Noar (a private non-profit social service agency dedicated to working with adolescents and their families) and two Israel gap year alumni, as they discuss and share about their mental health experiences faced during their gap year: <https://www.youtube.com/watch?v=AcyOE75F9K4&t=181s>
- Robbie Sassoon asks parents to “Ask, Tell and Connect” to help their child’s emotional wellbeing on their gap year: <https://www.jpost.com/opinion/are-gap-year-students-with-mental-health-challenges-getting-help-they-need-599568>

3. Drug Abuse and Alcohol

- See these links to identify simple safe drinking tips for young adults and understand more about alcohol safety: <https://preventionlane.org/young-adults-alcohol-safe-drinking-tips> & <https://preventionlane.org/young-adults-alcohol>
- Gain guidance and tips from Dr. Nora Volkow, Director of the National Institute on Drug Abuse, about how to speak to your children about alcohol and drug abuse: <https://www.youtube.com/watch?v=0nAZNkz21nI>

4. Self-harm

- Understand more about self-harm and gain insight into the drive, triggers and the red flags you should notice if a child/student is self-harming: <https://childmind.org/article/what-drives-self-injury-and-how-to-treat-it/>
- A guideline for Educator Response in cases of student self-harm/injury: <https://educatorsandselfinjury.com/educator-response/>
- Watch an excellent video from the Loma Linda University explaining the fundamentals of self-injury as well as personal experiences from professionals, adolescents and parents: <https://www.youtube.com/watch?v=CkJMPMBtjts>

5. Understanding Anxiety

- Understand the realities of living with severe anxiety from individuals in Australia - Australian TV show '60 Minutes': <https://www.youtube.com/watch?v=BKYI6f4Z-9g>
- Become aware of, gain an understanding of how to, be able recognise and learn the basic responses to the most common signs of anxiety and panic attacks in children: <https://childmind.org/article/what-are-the-signs-of-anxiety/> & <https://childmind.org/article/panic-attacks-best-treatments/>

Check out these "Insights on Mental health from classic Jewish sources" compiled by the "Jewish Teen thrive" organization.