

Resources

Parent Toolkit

One stop resource for parents

<http://www.parenttoolkit.com/>

Common Sense Media

Information and resources about everything technology, from social media to video games

<https://www.commonsensemedia.org/>

Teen Mental Health

Information about teens and mental health

<http://teenmentalhealth.org/>

PrevNet

Canada's authority on bullying

<http://www.prevnet.ca/>

Anxiety BC

Information and resources about anxiety

<https://www.anxietybc.com/>

Reach Out

Information about mental health and how to talk with teens about tough stuff.

<http://rightbyyou.ca/en/>

Test Anxiety

Test anxiety is a form of performance anxiety and occurs when someone experiences higher than normal anxiousness, stress, or nervousness about tests. Students can experience anxiety before the test, during the test, and even after the test has ended. It is important to understand why students feel so much pressure to do well, normalize their nerves, and help them to practice skills to deal with the anxiety before, during, and after. Reassuring students that doing poorly or failing a test does not reflect on them as a person or determine their self-worth. Help them to reframe failures as opportunities to identify areas of growth.

Developing good study habits, learning test taking strategies, and practicing mindful breathing are some of the techniques we have practiced and talked about in classes.

Check out Anxiety BC – Test Anxiety for more information and suggestions to go through with your child.

<https://www.anxietybc.com/test-anxiety.php>

Free educational sessions for parents and caregivers

Wondering how you'll survive the teen years? Learn how to establish healthy, respectful boundaries with your teen so that you can spend less time arguing and more time enjoying each other's company. Learn more and register at www.strathcona.ca/parentsupport

Additional resources for youth can be found at

<https://www.strathcona.ca/community-families/youth/youth-help-card/>

Disclaimer:

Helping to create a supported, safe and connected community. Strathcona County's MHCB program is a Mental Health Capacity Building Project funded by Alberta Health Services and a Healthy Relationships Project funded by Alberta Community and Social Services and delivered by Strathcona County's Family and Community Services.

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