



Military OneSource Educational Materials for

Parents of Teens

Booklets

- Internet Safety: A Guide for Families with Children and Teenagers
- Keeping Your Teenager Safe
- Questions Parents of Teenagers Ask
- Summer Jobs and Opportunities for Teenagers
- Teen Yellow Pages

CDs

- Parenting in the 21st Century
- Positive Discipline
- Talking with Your Teenager
- Teenagers and Stress
- Understanding Your Teenager

Articles

- Adjusting to High School
- Being an Involved Father During the Teenage Years
- Building a Good Relationship with Your Teenager
- Building Your Teenager's Self-Esteem
- Children and Money: The First Teen Budget
- Depression in Children and Teenagers
- Drug Dangers for Teenagers
- Eating Disorders
- Getting Conversations Going with Your Teenager
- Handling Conflict with Your Teenager
- Helping Children and Teenagers Explore Career Paths
- Helping Your Teenager Be a Safe Driver
- Helping Your Teenager Cope After a Traumatic Event
- Helping Your Teenager Cope with Relocation
- Helping Your Teenager Deal with Stress

- Helping Your Teenager Manage Feelings of Anger
- Helping Your Teenager Manage Social and Academic Pressure
- If Your Teenager is Abusing Alcohol or Drugs
- Instant Messaging and Your Teenager
- Is Your Teen in Trouble?
- Keeping Your Teenager Healthy During the Risk-Taking Years
- Listening to Your Teenager
- Living with a Teenager's Personal Appearance
- Preventing Teen Suicide
- Prom Safety Tips
- Raising a Teenager as a Single Parent
- Recognizing the Signs of Stress in Your Teenager
- Recognizing the Warning Signs of Teen Violence
- Runaways: Prevention, Intervention, and Return
- Summer Opportunities for Teenagers
- Talking with Your Teenager About Date Violence
- Talking with Your Teenager About Serious Issues
- Talking with Your Teenager About Sex
- Teenagers and Alcohol or Drug Use: Warning Signs
- Teenagers and Credit Cards
- Teenagers and Dating
- Teenagers and Deployment
- Teenagers and Gambling
- Teenagers and Gangs
- Teenagers and Weight Loss
- Ten Ways to Build Trust
- What Military OneSource Can Do for You
- When Your Teenager Wants to Work
- Your College-Bound Child's Senior Year and What to Expect

Military OneSource is provided at no cost by the Department of Defense to all active duty, Guard, Reserve members, and their families. The 24/7 service provides information and referrals plus private, local face-to-face counseling. Call 1-800-342-9647 or access www.militaryonesource.com. (Visit our Web site for overseas, Spanish, and hearing impaired toll free telephone numbers.)