

We are here for you.
If these resources are not providing exactly
what you need, please contact us directly
at 971-599-5876.



The following resources represent a compilation of informational resources identified by iRespect&Protect staff. It is not intended to be comprehensive and iRespect&Protect does not specifically endorse or make any representations for any of these resources.

Resources in each category are listed in alphabetical order.

Overall Prevention Information

D2L - <https://www.d2l.org/education/educational-videos/>

D2L has a series called 'Two Minutes of Prevention', quickly going over topics discussed during the training. Some of these videos would be very helpful to parents in need of some quick guidance.

Educate Empower Kids- <https://educateempowerkids.org/parent-resources-/lessons>

EEK provides 3 categories of articles for parents to be encouraged and helped. The categories are 'Parenting Tips', 'Parents' Dictionary', and 'Don't Freak Out!'. SPANISH AVAILABLE.

Love is Respect- <https://www.loveisrespect.org/>

Love is respect's purpose is to engage, educate and empower young people to prevent and end abusive relationships. Focused is for teens and 20+. A website about relationships, dating, safety, and supporting others.

Parents for Prevention- <https://www.parentsforprevention.org/>

Working together to prevention and end sexual violence. Material from infant to post High School.

That's Not Cool- www.thatsnotcool.com

A website for teens and about healthy relationships.

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Sexting Prevention Resources

Common Sense Media- <https://www.commonsensemedia.org/blog/talking-about-sexting>

Provides videos with the basic info parents need to know about sexting, including legal and social ramifications. Accompanied by an article. Provides resources and connections to other sites and information.

Cyberbullying Research Center- <https://cyberbullying.org/sexting-research-summary.pdf>

A summary of research about sexting which includes steps to take for schools. This website also contains a template for a parent-kid internet contract.

Bullying Prevention Resources

Cyberbullying Research Center- <https://cyberbullying.org/>

Provides overview of cyberbullying and other technology focused information. Includes resources for teens, parents, victims, and educators. Also, includes laws and resources around sexting and cyberbullying.

Kids in the House- <https://www.youtube.com/watch?v=rwXtOZivW2c>

A video that promotes cyberbullying awareness for parents. The website is comprehensive in terms of PARENT information.

Suicide Prevention Resources

Have Hope- <http://www.havehope.com/teen/testimonials/>

A website with resources for teens, young adults, and parents about depression and suicide and how to speak up. Hotline available in English and Spanish.

Mid-Valley Suicide Prevention Coalition- <https://mvsuicideprevention.com/resources/display/Home>

Polk County Suicide Prevention Page, excellent resources and some videos.

SPTS- <https://sptsusa.org/about-us/>

Society for the Prevention of Teen Suicide is a great source for many aspects of suicide awareness and prevention. Includes resources for teens, parents, educators and clinicians.

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Technology/Social Media Resources

Internet Safety 101- <https://internetsafety101.org/cyberbullying#>

This is a great source with a user-friendly interface to easy access to all kinds of relevant topics—pornography, cyberbullying, mobile & wireless, online gaming, etc. Each page has a video, a brief description, and a set of subpages for further detail. Spanish information in limited availability.

Safer, Smarter Families- <https://safersmarterfamilies.org/>

A family plan customizer that has resources for all ages and for many different family dynamic scenarios. It includes videos and pdfs.

Thorn- <https://www.thorn.org/>

Thorn is a website providing information and resources around the internet and child sexual abuse. It includes an overview of the problem, as well as research, information and action steps that can be taken to address it.

Recommended Video Links

Common Sense Media- <https://www.commonsensemedia.org/kids-action>

[Scroll to Our Momentum, kids tell us how often they use technology.](#)

Educate Empower Kids- <https://www.youtube.com/watch?v=VvWaok74NjE#action=share>

Teens explain about their exposure to porn.

Mid-Valley Suicide Prevention Coalition- https://mvsuicideprevention.com/resources/display/video_library

“Alone” is a video created by local Central High School students. “Stuck” is a video created by local Dallas High School students. Other videos sharing personal stories as well.

For Younger Youth

Interland- https://beinternetawesome.withgoogle.com/en_us/interland

Is an interactive puzzle-based web game that allows young kids to learn about internet awareness through 4 different lands: Kind Kingdom, Tower of Treasures, Mindful Mountain, and Reality River. Spanish available.

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Safer, Smarter Kids- <https://safersmarterkids.org/kids/>

SSK Lauren's Kingdom is a book catered to young children (age 5-9) and educates them on boundaries with adults and personal safety.

Net Smartz- <https://www.netsmartzkids.org/>

A site with videos, show and games for younger children to learn more about internet safety and making better choices on and offline. The site: <https://www.missingkids.org/netsmartz/home> provides parents with resources, videos and information for internet safety for elementary, middle and high school aged children. Spanish Available. Suggested videos for children are Julie's Journey, Split Decisions, Two Kinds of Stupid, Your Photo Fate, and Broken Friendship.

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