
Other Helpful Resources

Please use the following resources if you would like more information on each lesson topic.

Day 1: Goals & Dreams and Financial Literacy

- For more information on financial literacy and the PACED decision-making mode, visit [here](#).

Day 2: Effective Communication, Social Skills and Self-Esteem

- To learn more about the different communication styles, [click here](#).
- For more information on self-esteem, visit the [Dove Self-Esteem Project](#) website for a Parent [Confidence Kit](#) and other [resources](#).

Day 3: Mental Health and Body Image

- For more information on how to help the youth in your life maintain a healthy body image, visit our [Body Image](#) webpage.
- For more information on depression, visit our [Mental Health](#) webpage. If you need immediate help, call the National Suicide Prevention Lifeline at 988 or visit the nearest emergency room.

Day 4: Social Media Safety

- For more information on internet and social media safety for teens, visit our [Social Media](#) webpage, [Kids' Rules for Online Safety](#), [KidsHealth Online Safety](#), or the National Home Security Alliance's [Online Teen Safety Guide](#).
- For more information on cyberbullying and digital abuse, visit our [Cyberbullying](#) webpage or visit [Stop Bullying](#) webpage.
- For support or to report human trafficking, call the Human Trafficking Hotline at 1-888-373-7888 or text 233733. For more information, visit the [Polaris Project](#) webpage.

Day 5: Trusted Adults, Support Network, and Review & Conclusion

- For more information on the *Adolescent Health* program or any lesson topics, you may reach out to your student's *Adolescent Health* facilitator listed on the Program Consent form or email us at prevention@centerstone.org.



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