



## Resources for Families

### Supporting Your Adolescent in Building Relationships

Advocacy and help in Delaware:

Expanding Options (ExpO) <https://expandingoptions.org/about-us>

The Arc of Delaware <http://www.thearcofdelaware.org/>

Easter Seals <https://www.easterseals.com/de/>

Children's Beach House <https://www.cbhinc.org/>

To share with your family's advocate at school:

<http://thearcofmass.org/wp-content/uploads/2015/12/FRIENDSHIP-TOOLKIT-DIGITAL-PDF-rev-marc-26-2017.pdf>

Toolkits for work, school, & community from the Arc of Massachusetts

<https://thearcofmass.org/?s=widening+the+circle>

Building safety with your child by teaching about healthy relationships, boundaries, friendship and sexuality

<https://teachingsexualhealth.ca/teachers/grade/differing-abilities/>

Building up kids' friendship skills

<https://teachingsexualhealth.ca/teachers/resource/friendships-lesson-8/>

Creating digital/online safety skills

[commonsensemedia.org](https://commonsensemedia.org)

Circles of Support in the community

<https://www.iidc.indiana.edu/pages/creating-a-circle-of-support>

<https://www.mentalhealth.org.uk/learning-disabilities/our-work/family-friends-community>

Resources for families and caregivers on helping with making friends

<https://ici.umn.edu/products/579>

Lesson plan - Sex and Consent and Relationships

[http://www.imageinaction.org/pdf/GF\\_SREcourse-6.12.10-1.pdf](http://www.imageinaction.org/pdf/GF_SREcourse-6.12.10-1.pdf)

Social Skills videos from Everyday Speech

<https://www.youtube.com/channel/UCXEWDMPFYH8EUa3zv55gXQeg>

School based educational sessions and clinic services of birth control and STI testing and counseling at Adolescent Resource Center

<https://www.cffde.org/arc>

Sexuality and healthy relationships education from Planned Parenthood Delaware

To make an appointment, email [education@ppde.org](mailto:education@ppde.org) or call 302-224-8099 ext 3

Elevatus training

<https://www.elevatustraining.com/workshops-and-products/talking-with-your-kids/>

Questions to get to know your teen better

<https://www.psychologytoday.com/us/blog/abcs-child-psychiatry/201804/100-questions-ask-your-teen-otherwise-how-was-school>

Making a vision board

<https://christinekane.com/how-to-make-a-vision-board/>

<https://artfulparent.com/make-vision-board-works-10-steps/>