

change your narrative



Resources For Teachers

What Should You Do When You Suspect Child Abuse?

<https://www.scholastic.com/teachers/articles/teaching-content/what-should-you-do-when-you-suspect-child-abuse/>

Scholastic provides an in-depth analysis of what to do, as a teacher, when you suspect a child you know is being abused.

Supporting Brain Development in Traumatized Children and Youth

<https://www.childwelfare.gov/pubs/braindevtrauma/>

Provides education on the impact of trauma and brain development, screening guidelines and treatment options for affected youth.

For more support, tools, and resources to help you or someone you care about shift the story of abuse, visit:

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The Role of Educators in Preventing and Responding to Child Abuse and Neglect

<https://www.childwelfare.gov/pubs/usermanuals/educator/>

The Office on Child Abuse and Neglect, Children's Bureau has provided tip sheets and resource sheets for educators and community leaders. Complete with resources, educational insight, and informed guidance.

To read more, visit: <https://www.washingtonpost.com/news/innovations/wp/2017/09/25/teenage-suicide-is-extremely-difficult-to-predict-thats-why-some-experts-are-turning-to-machines-for-help/>

Tips For Talking About Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.

For more support, tools, and resources to help you or someone you care about shift the story of abuse matters, visit:

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Resources For Addiction

What Is Sex Addiction & What Recovery Options Are Available?

<https://www.smartrecoverytest.org/local/>

Provides an honest discussion about driving factors of addiction and what help is available, including online support groups.

Sex Addiction Treatment

<https://americanaddictioncenters.org/sex-addiction>

The American Addiction Centers offers a data heavy article on addiction facts—including what addiction is and isn't. As of this printing, website also offered a chat feature pop up that reached out for those seeking support.

The Mindful Habit

<https://www.themindfulhabit.com>

Site offers a Free, 1-hour masterclass training on “4 Transformational Shifts” to end addiction. Site also offers resources for wives whose spouses are addicted.

For more support, tools, and resources to help you or someone you care about shift the story of addiction, visit:

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I Feel Human Again

<https://www.youtube.com/watch?v=4ZtcbYGUwf8>

One young man's story of addiction and recovery.

Brain Heart World

<https://brainheartworld.org>

A 3-part documentary on the impact of pornography, including scientific research and stories from individuals whose relationships have been affected. Free to watch for individual viewers. Screening licenses available for organizations.

Escaping Porn Addiction TED Talk

<https://www.youtube.com/watch?v=dbYWKVAeu6Y>

One man's journey to recovery from sex addiction.

4 Ways Teen Girls Reject Porn

<https://www.protectyoungminds.org/2017/07/06/4-ways-to-help-girls-reject-porn/>

What It's Like To Be A Girl Addicted To Porn

<https://fightthenewdrug.org/to-be-a-girl-addicted-to-porn/>

Teenagers And Pornography Addiction: A Silent Epidemic

<https://www.counseling.org/docs/default-source/vistas/teenagers-and-pornography-addiction-treating-the-silent-epidemic.pdf?sfvrsn=8>

The American Counseling Association provides research on the topic from a clinical background.

Safeguarding Children From Pornographic Images

<https://www.focusonthefamily.ca/content/equipping-your-child-to-resist-pornography-2a622c0b-119e-4159-b181-c553fc2039d4>

Insight on how to equip pre-pubescent children to safeguard themselves from pornography.

For more support, tools, and resources to help you or someone you care about shift the story of addiction, visit:

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Students – How To Tell Your Parents About Your Struggle

<http://www.transformed4more.com/girls-ministry/tell-parents-struggle-porn/>

Youth Worker Resources To Help Students Battle Porn

<https://www.youthworker.com/articles/the-new-norm-ideas-for-helping-your-students-battle-porn/>

Ministry-Based Pornography Support Group Network

<https://harvestusa.org/get-help-for-yourself/>

Youth Ministry Families Pornography Resources

<https://youthministry.com/youth-ministry-families-and-internet-pornography/>

Battling Pornography Resources For Pastors

<https://www.preachitheatit.org/articles/detail/20-ministry-resources-to-help-pastors-fight-pornography/>

One Wife's Story Of Her Own Addiction

<https://harvestusa.org/welcoming-unexpected-pain-sexual-strugglers-in-your-life/#.XlaX1i3MzL8>

Teacher Strategies For Home And Classroom

<https://www.mercatornet.com/mobile/view/battling-pornography-strategies-for-home-and-the-classroom>

Media Smarts – Resources For Teachers

<https://mediasmarts.ca/pornography/resources-teachers-pornography>

Offers a collections of resources for teachers.

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A Word About Changing The Narrative Of Addiction

Before we dive deep into the concept of shifting a story affected by addiction, I want to share something that is important to me. I recognize the fact that addiction is a deeply embedded habit—no matter the form of substance or behavior.

Just because we are about to discuss key concepts of how to make a shift, does not mean the process is easy or quick. In matters related to addiction, the neural make up of a brain has been changed by repeated behaviors or substances. These areas of the brain take time to modify. In many cases, that recovery is accomplished with the most success when it is paired with professional care or treatment.

Sharing all of this, however, does not mean there is not hope. I simply want to set healthy expectations in the beginning. With that, I want to share one additional thing.

Just because the process may be long, does not mean that you are not succeeding. Though we say, “change your narrative” the truth is, it is worth celebrating every moment in which that narrative is changing. This may mean thousands of micro-wins throughout the journey. And my team and I celebrate you in each and every one of those moments.

Remember, your identity is not your addiction. Your value is not tied to action. You are worth so much more.

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Resources For Teachers

Vantage Point Recovery

<https://vantagepointrecovery.com/students-with-mental-health-disorders/>

Guidance for teachers to help students who struggle with mental health disorders.

Classroom Mental Health

<https://classroommentalhealth.org>

Provides insights for teachers to help guide students to navigate their mental health.

When Something's Wrong – Strategies For Teachers

<https://www.cmho.org/documents/res-cprf-teachers-2007.pdf>

A Free PDF handbook for teachers

For more support, tools, and resources to help you or someone you care about shift the story of anxiety, visit:

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Tips For Talking About Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be used to young people frame the discussion.

Mental Health First Aid

<https://www.mentalhealthfirstaid.org>

Offers intensive, 8-hour trainings worldwide on topics of mental health.

National Association Of Mental Illness, Community Presentation

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence>

[From their site:] NAMI Ending the Silence presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery.

My Younger Self – Videos:

<https://childmind.org/myyoungerself/>

The Child Mind Institute created the #MyYoungerSelf campaign which seeks to begin a conversation for children struggling with mental health. Offers short video clips of influencers who share their journey.

For more support, tools, and resources to help you or someone you care about shift the story of anxiety, visit:

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Resources For Teachers

How To Talk About Bullying – Student Action Plan

<https://pacerteensagainstabullying.org/advocacy-for-self/student-action-plan/>

Teens Against Bullying offers a downloadable PDF worksheet which helps students know how to share their experience of being bullied.

Stomp Out Bullying

<https://stompoutbullying.org/get-help/educators-page/>

Provides a vast library of resources for educators.

Anti-Harassment, Intimidation and Bullying Academic Resources

https://saferschools.ohio.gov/content/anti_harassment_intimidation_and_bullying_resources

Ohio State's model of anti-bullying tools used within their education system. Complete with numerous resources for educators.

For more support, tools, and resources to help you or someone you care about shift the story of bullying, visit:

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How To Identify Adolescent Bullying

<http://www.nea.org/home/53359.htm>

Provides tips for understanding and identifying bullying amongst children and adolescents.

Tips For Talking About Your Mental Health

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Includes several prompts which help students get started with beginning and important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.

When Bullying Becomes Sexual Harassment

<https://stompoutbullying.org/get-help/teens-what-do-about-sexual-harassment/>

Provides insights for students to understand the gravity of potential sexual harassment. Site page can be used as a discussion piece.

10 Indications A Child Is Being Bullied

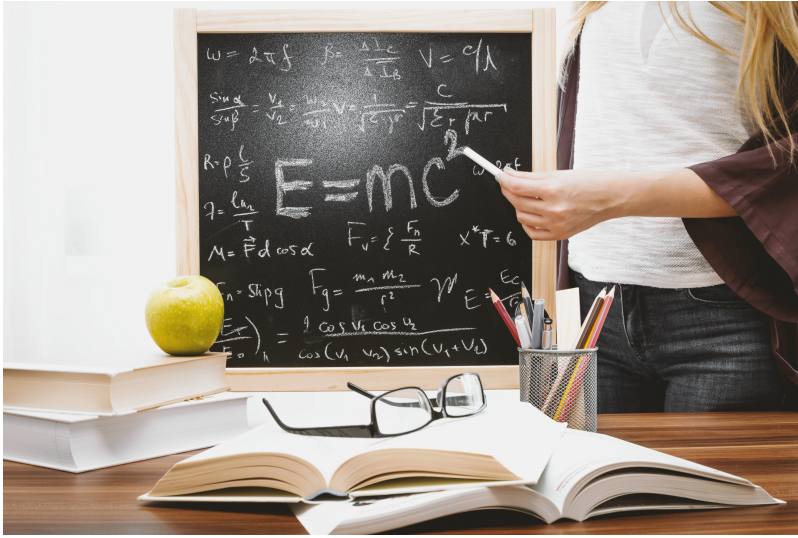
<https://www.activebeat.com/your-health/children/10-indications-that-your-child-is-being-bullied/>

Offers key indicators to look for to determine if a child is being bullied.

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Depression And Mental Health Resources For Teachers

Vantage Point Recovery

<https://vantagepointrecovery.com/students-with-mental-health-disorders/>

Guidance for teachers to help students who struggle with mental health disorders.

Classroom Mental Health

<https://classroommentalhealth.org>

Provides insights for teachers to help guide students to navigate their mental health.

When Something's Wrong – Strategies for Teachers

<https://www.cmho.org/documents/res-cprf-teachers-2007.pdf>

A Free PDF handbook on mental health issues within the classroom and what you can do to advocate for your students.

Video: Things students with anxiety wish their teachers knew

https://www.youtube.com/watch?v=jf404_H0r8Q

Helping Young People Know How To Talk With Parents

<https://childmind.org/article/how-to-talk-to-your-parents-about-getting-help-if-you-think-you-need-it/>

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Community Training Tools

Mental Health First Aid

<https://www.mentalhealthfirstaid.org>

Offers intensive, 8-hour trainings worldwide on topics of mental health.

Free, community training program

National Association of Mental Illness, Community Presentation

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence>

[From their site:] NAMI Ending the Silence presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery.

My Younger Self – Videos:

<https://childmind.org/myyoungerself/>

The Child Mind Institute created the #MyYoungerSelf campaign which seeks to begin a conversation for children struggling with mental health. Their page hosts short video clips of actors, athletes, and influencers who share messages of their own journey to wholeness.

For additional support, tools, and resources to help you or someone you care about shift the story of depression, visit:

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Resources For Teachers

What's Eating You? A Workbook for Teens with Anorexia, Bulimia, And Other Eating Disorders
by Tammy Nelson PhD

<https://www.amazon.com/dp/1572246073>

Provides insight combined with short, actionable prompts to build a circle of support, tools, and healing resources.

Tips For Talking About Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.

For more support, tools, and resources to help you or someone you care about shift the story of image matters, visit:

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Resources For Teachers - Addressing Self-Harm

What to Do When a Student Self-Harms

<https://www.weareteachers.com/student-self-harm/>

The missing manual for understanding and dealing with students who self-injure.

Educators and Self-Injury

<https://educatorsandselfinjury.com>

Offers an eBook which hosts templates for protocol your school board can enact, along with information on how to communicate with parents and additional forms.

Cornell Research Program: Developing & Implementing School Protocol

<http://www.selfinjury.bctr.cornell.edu/documents/schools.pdf>

Offers a thorough discussion of why developing protocol for your school is important—along with how to begin.

NASP Center: Understanding and Responding to Students Who Self-Mutilate

https://www.naspcenter.org/principals/nassp_cutting.html

Offers insight into what self-injury is, why it happens, the demographics of students affected, and insight into what resources are available.

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ASCD Helping Self-Harming Students

http://www.ascd.org/publications/educational_leadership/dec09/vol67/num04/Helping_Self-Harming_Students.aspx

Provides insight into top reasons why students turn to self-injury along with intervention recommendations.

Study.com: Student Self-Harm: Awareness & Procedures for Teachers

<https://study.com/academy/lesson/student-self-harm-awareness-procedures-for-teachers.html>

Offers NSSI information and procedures for you and your school system. Members of study.com have access to full article.

Samaritans.org – 1 Hour Classroom Training

<https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/dealing-feelings/self-harm-myths-and-facts/>

Provides teachers and educators a one hour session on self-harm for their students, including a discussion on myths and facts along with additional tools.

Teachers Pay Teachers

<https://www.teacherspayteachers.com/Browse/Search:self-harm>

Offers a host of resources produced by teachers, for teachers.

Responding To A Young Person

20 Things People Who Self-Harm Don't Want To Hear

Bex Louise

<https://www.youtube.com/watch?v=YqsLvG5fRPA>

One young woman's perspective of why specific responses were more harmful than helpful.

Responding To Self-Harm

Young Minds

<https://www.youtube.com/watch?v=uKGciUB8OSg>

Actor portrayal of helpful responses to self-harm, from actual stories of those who struggle.

For additional support, tools, and resources to help you or someone you care about shift the story of self-harm, visit:

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Fighting Suicidality In The Classroom Resources For Teachers

The fight against teen suicide begins in the classroom | Brittni Darras | TEDxMileHigh

<https://www.youtube.com/watch?v=ofjRnlpXBF0>

TedxTalks

One teacher's guidance for other educators on talking student suicidal ideation.

SAM App – Identifying The Language Of Suicide

<https://www.youtube.com/watch?v=rEY3rLFgEgw>

“Spreading Activation Mobile” or “SAM.” is an app which offers individuals the opportunity to identify suicidality and mental health issues. Ideal for those who work with students and young persons to help them learn what to look for in order to promote healthy outlooks.

To read more, visit: <https://www.washingtonpost.com/news/innovations/wp/2017/09/25/teenage-suicide-is-extremely-difficult-to-predict-thats-why-some-experts-are-turning-to-machines-for-help/>

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For more support, tools, and resources to help you or someone you care about shift the story of suicidal ideation, visit:

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