

Resources for Caregivers & Kids*

*Questions to ask
yourself*

Does this info make me feel good about myself, my body & my emotions, and empower me to learn more?

Is the author a licensed or certified nurse, doctor, educator or therapist?

Does this info come from an organization or expert sharing facts or medical opinions or a non-expert sharing their personal opinions or beliefs?



Best for info & articles with categories for kids, teens & parents on physical health, emotional health & puberty.

<http://www.kidshealth.org/>



Best for animated videos on health, puberty, relationships, sexuality, gender & other relatable topics.

www.amaze.org



Best for animated true-story videos about health, puberty, emotions, relationships, friendships, bullying, sexuality, gender & other relatable topics.

www.storybooth.com

***Please review content before sharing with your child**

