Parent Resources for Student Safety, Healthy Relationships, Online Protection, and Mental Health

Our district is committed to providing families with age-appropriate, research-based resources to support student safety, healthy relationships, digital citizenship, and the prevention of harassment, abuse, and exploitation. Parent resources include information on recognizing and responding to unsafe situations, internet safety strategies, reporting concerns, and available counseling and support services.

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Resources for All Families

Elementary School Resources

Middle School Resources

High School Resources

Resources for All Families

General Topics

- Iowa Department of Health and Human Services
  https://hhs.iowa.gov

Sexual Abuse Prevention and Support

- Iowa Internet Crimes Against Children Task Force
  https://iowaicac.com/

- Iowa Coalition Against Sexual Assault (IowaCASA)
  https://www.iowacasa.org

- RAINN (Rape, Abuse & Incest National Network)
  https://www.rainn.org

Domestic Violence and Relationship Safety

- National Domestic Violence Hotline
  https://www.thehotline.org

- Iowa Department of Health and Human Services - Violence Prevention
  https://hhs.iowa.gov/health-prevention/child-adolescent-health/adolescent-health
- Iowa Coalition Against Domestic Violence (ICADV)
  https://www.icadv.org

Mental Health and Crisis Support

- 988 Suicide & Crisis Lifeline
  https://988lifeline.org

- Link to Howard and Winnesheik Counties Mental Health Resources

Wellness

- Iowa Department of Health and Human Services - Your Life Iowa - Provides support to anyone in Iowa with a wellness concern or question
  https://yourlifeiowa.org/

Safety

- Safe and Sound Iowa - Free, anonymous school threat-reporting tool for all public and accredited non-public schools across the state.
  https://safeandsoundiowa.gov/

Elementary School (PK-5)

Personal Safety and Body Boundaries

- Safe Secure Kids – Parent resources for teaching body safety, boundaries, and recognizing unsafe situations.
  https://safesecurekids.org
- National Center for Missing & Exploited Children (NetSmartz Kids) – Videos, games, and family activities focused on personal safety and internet safety.
  https://www.missingkids.org/netsmartz

Internet Safety

- Common Sense Media – Family guides on screen time, online safety, privacy, and digital citizenship.
  https://www.commonsensemedia.org

Helping Children Identify Trusted Adults

- Child Mind Institute – Articles for parents on safety, healthy relationships, and social-emotional development.
  https://childmind.org

Middle School (Grades 6-8)

Healthy Relationships and Personal Boundaries

- Love Is Respect – Resources to help families discuss healthy friendships, relationships, consent, and respect.
  https://www.loveisrespect.org

Internet Safety and Social Media Awareness

- NetSmartz for Tweens and Teens – Information on online predators, cyberbullying, sextortion, and online privacy.
  https://www.missingkids.org/netsmartz
- Common Sense Media – Parent guides for social media apps, online behavior, and digital well-being.
  https://www.commonsensemedia.org

Preventing Harassment and Bullying

- StopBullying.gov – Family resources addressing bullying, cyberbullying, and harassment.
  https://www.stopbullying.gov

Adolescent Health

- Iowa Department of Health and Human Services Adolescent Health - Includes resources for parents, providers, and young people to promote healthy adolescence
  https://hhs.iowa.gov/health-prevention/child-adolescent-health/adolescent-health

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High School (Grades 9-12)

Healthy Relationships and Consent

- Love Is Respect – Resources on dating relationships, consent, boundaries, and communication.
  https://www.loveisrespect.org

Sexual Harassment and Sexual Violence Prevention

- National Sexual Violence Resource Center (NSVRC) – Educational materials for families and teens.
  https://www.nsvrc.org

Online Exploitation Prevention

- National Center for Missing & Exploited Children – Resources on sextortion, online grooming, and digital safety.
  https://www.missingkids.org

Digital Privacy and Personal Information Protection

- Common Sense Media – Resources for helping teens protect personal information online.
  https://www.commonsensemedia.org

Adolescent Health

- Iowa Department of Health and Human Services Adolescent Health - Includes resources for parents, providers, and young people to promote healthy adolescence
  https://hhs.iowa.gov/health-prevention/child-adolescent-health/adolescent-health

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