



Preparing young people for adult and working life

Useful Websites for Parents

The following websites have useful information about children and teenagers. You can also be signposted to other useful services via some of these websites. This page will be updated as and when other sites are known to the mentoring team that might also help you as a parent.

Parents

www.familylives.org.uk

www.bbc.co.uk/parenting

www.netmums.com

<http://www.merton.gov.uk/lscbadviceforparents>

(understanding your teenager handbook)

Young People and Parents

www.bbc.co.uk/switch/slink

(online magazine for girls)

www.thinkuknow.co.uk

(internet use and safety)

www.childnet.com

www.safe.met.police.uk

www.talktofrank.co.uk

(info and advice about drugs)

www.b-eat.co.uk

(Beating eating disorders)

www.kidsandnutrition

www.nhs.uk/Livewell/alcohol

www.drinkaware.co.uk

www.bullying.co.uk

www.childline.org.uk

www.samaritans.org

www.youngminds.org.uk

(mental health and emotional well being)

www.childrenfirst.nhs.uk/teens

www.youngmerton.co.uk

(for young people in Merton)

www.younglavin.org.uk

(for young people in Kingston)

www.nhs.uk/carersdirect

www.direct.gov.uk

www.connexions-direct.com

(Advice on decisions & choices for 13-19)

www.fasttomato.com

(interactive careers guidance)

Revision

www.bbc.co.uk/schools/gcsebitesize

www.s-cool.co.uk