

# Resources

# Students & Program Participants:



## Topics:

1. Online Safety
2. Potential Challenges During a Year in Israel
3. Drug Abuse and Alcohol
4. Self-Harm
5. Understanding Anxiety

### 1. Online safety

- Learn basic information and techniques to deal with a range of situations that occur online. On this site, you will find basic information and tips about the different dangers social media can have, and how to keep yourself and your peers safe online: <https://www.keepitrealonline.govt.nz/youth/>
- Watch social media influencer Aurelia Torkington speak about how to be safe online. Aurelia emphasizes that you don't need to stop enjoying social media but rather gives advice on how to make social media a better and safer place: <https://www.youtube.com/watch?v=hV1sigh6WKA>
- Practical tips about staying safe online:  
<http://studentcaffe.com/thrive/student-safety/internet-safety>

### 2. Potential Challenges in my Year in Israel

- Read Louis Aaron's Blog to learn about out her constructive tips for a healthy year abroad: <https://blogs.timesofisrael.com/coping-with-mental-health-issues-on-a-year-abroad/>
- Hear from two Israel gap year alumni and Executive Director of Kav L'Noar (a private non-profit social service agency dedicated to working with adolescents and their families), as they discuss and share about their mental health experiences faced during their gap year:  
<https://www.youtube.com/watch?v=AcyOE75F9K4&t=181s>

### 3. Drug abuse and Alcohol

- Understand key definitions and gain safe drinking tips for young adults on these two links: <https://preventionlane.org/young-adults-alcohol> & <https://preventionlane.org/young-adults-alcohol-safe-drinking-tips>
- Distinguish between the myths and facts of drug abuse and learn to identify the key signs and symptoms: <https://preventionlane.org/young-adults-drugs>
- Access a range of articles that provide key information, facts, myths and tips on all the different types of substance abuse from SAMHSA (Substance Abuse and Mental Health Services Administration): <https://store.samhsa.gov/?f%5B0%5D=series%3A5567>

### 4. Self-harm

- Understanding more about self-harm by reading about the drive, triggers, how to cope, the red flags and how to get help: <https://childmind.org/article/what-drives-self-injury-and-how-to-treat-it/>
- Watch an excellent video from the Loma Linda University explaining the fundamentals of self-injury as well as personal experiences from professionals, adolescents and parents: <https://www.youtube.com/watch?v=CkJMPMBtjts>
- In this Ted Talk, high school student Lleyton Delzell speaks about his personal experience with helping and offering support to his friend who was self-harming: <https://www.youtube.com/watch?v=dCfGQN8JorU>

### 5. Understanding Anxiety

- ‘Meet’ anxiety and understand how it can be a constant voice in your head: <https://www.youtube.com/watch?v=X53m8aJl70>
- Watch this video developed by Anxiety Canada to understand the three F’s of anxiety, learn how anxiety keeps us alive, and how worries in your head affect what you feel in your body: <https://www.youtube.com/watch?v=rpolpKTWrp4&t=8s>
- Understand more about panic attacks and how to treat them: <https://childmind.org/article/panic-attacks-best-treatments/>

*Check out these “Insights on Mental health from classic Jewish sources” compiled by the “Jewish Teen thrive” organization.*