

RESOURCE GUIDE

Episode 25, February 2026: “Grooming and Vulnerability: What Every Parent Should Know”



Mentioned in the Episode:

- Read the [Anxious Generation Article Series](#).
- Watch this TikTok on [Grocery Store Strategies](#).

Basic Online Safety:

- Learn about how [Age Appropriate Online Safety Matters](#).
- Visit the Official NYS website on [Resources for Parents and Caregivers](#) on internet safety.

Social Media and Mental Health:

- Read an article on the impact of [Instagram on teen mental health](#).
- Learn from [Yale Medicine](#) how social media impacts teens.
- Read about the [pros and cons of social media](#) for adolescent girls by Drexel University.

Child Sexual Abuse Material (CSAM):

- Visit the [Thorne](#) website for an abundance of materials on how to protect children from sextortion, as well as this [Parent Guide](#).
- Check out this site that discusses all topics on [Online Sexual Abuse or Exploitation of Children \(OSAEC\)](#) from Captivating International.
- Share this relatable [online safety website](#) with teens in your life!

Sharing Information:

- Teach your teen what [NOT to share online](#) and how to be “digitally responsible.”
- [Sharing Passwords?](#) Learn the benefits and consequences from Psychology Today.