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# BEHIND *Closed* DOORS



A GUIDE TO HELP PARENTS  
AND TEENS NAVIGATE THROUGH  
LIFE'S TOUGHEST ISSUES

A PDF COMPANION TO THE AUDIOBOOK

*Behind Closed Doors*

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# APPENDIX

## CHAPTER 1

### *Mental Health: How to Break Free from Stigma and Silence*

**SCRIPTURES:** Num. 6:24–26; John 14:27; 16:33; Isa. 9:6–7;  
2 Thess. 3:16; Psalm 23

**PLAYLIST (PEACE):** “The Blessing” (Kari Jobe and Cody Carnes); “Peace Be Still” (Lauren Daigle); “Glory (Let There Be Peace)” (Matt Maher); “Perfect Peace” (Laura Story); “He Will Hold Me Fast” (Keith and Kristyn Getty); “It Is Well” (Kristene DiMarco); “Be Still” (Hillsong Worship); “Prince of Peace” (Hillsong United); “Peace” (We the Kingdom); “Be Still My Soul” (Pat Barrett); “Hold Me Jesus” (Rich Mullins); “I Speak Jesus” (Here Be Lions and Darlene Zschech); “I Will Rise” (Chris Tomlin); “Peace” (Hillsong Young and Free); “Psalm 23” (Shane and Shane)

**RESOURCES:**

PHQ-9

<https://www.mdcalc.com/phq-9-patient-health-questionnaire-9>

GAD-7

<https://www.mdcalc.com/gad-7-general-anxiety-disorder-7>

National Alliance on Mental Illness (NAMI) Helpline

<https://nami.org/help>

National Alliance on Mental Illness (NAMI) Say It Out Loud Tool Kit

<https://www.nami.org/NAMInet/Say-It-Out-Loud>

Substance Abuse and Mental Health Services Administration  
(SAMHSA) National Helpline

<https://www.samhsa.gov/find-help/national-helpline>

Society for Adolescent Health and Medicine Parent Resources

<https://www.adolescenthealth.org/Resources/>

Clinical-Care-Resources/Mental-Health/Mental-Health-  
Resources-For-Parents-of-Adolescents.aspx

American Academy of Child and Adolescent Psychiatry Family  
Resource Center

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource  
\\_Centers/Depression\\_Resource\\_Center/Resources\\_for  
\\_Parent\\_Depression.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Depression_Resource_Center/Resources_for_Parent_Depression.aspx)

Cope2Thrive: Online Cognitive Behavioral Therapy-Based  
Coping Skills for Teens

<https://www.cope2thrive.com/order-form-online-program>

**MOVIES:** *A Beautiful Mind, Inside Out, Matchstick Men, It's Kind  
of a Funny Story, Perks of Being a Wallflower*



## CHAPTER 2

### *Social Media: How to Be a Tech-Savvy Parent in an i-Gen World*

**SCRIPTURES:** 2 Tim. 1:9; 1 Thess. 1:4; 2 Cor. 5:17; Eph. 1:7; Gal. 3:9; John 8:32; Gal. 3:13; Col. 3:12; 2 Cor. 3:18; Ps. 17:8; 23:6; 1 John 3:1; Rom. 8:15; 2 Cor. 2:15; Deut. 31:8; Eph. 2:10; Ps. 139

**PLAYLIST (IDENTITY IN CHRIST):** “Who You Say I Am” (Hillsong Worship); “Who Am I” (Casting Crowns); “Hello, My Name Is” (Matthew West); “New Name Written Down in Glory/Jesus Is Mine” (People and Songs); “No Longer Slaves” (Jonathan David and Melissa Helser); “You Say” (Lauren Daigle); “Forgiven” (Sanctus Real); “Redeemed” (Big Daddy Weave); “Overcomer” (Mandisa); “I Am Free” (Newsboys); “How He Loves” (David Crowder Band); “Thank You, God, for Saving Me” (Chris Tomlin with Phil Wickham); “Beautifully Broken” (Plumb); “Different” (Micah Tyler)

#### **RESOURCES:**

Coby Persin: The Dangers of Social Media

<https://www.youtube.com/watch?v=6jMhMVEjEQg>

American Academy of Pediatrics Family Media Plan

<https://www.healthychildren.org/English/media/Pages/default.aspx>

Common Sense Media

<https://www.common sense media.org/articles/social-media>

Internet Matters

<https://www.internetmatters.org/resources/social-media-advice-hub/>

## CHAPTER 3

### *Cyberbullying: How to Create a Safe Space in an Unsafe World*

**SCRIPTURES:** Gen. 1:3; 37–50; Heb. 4:12; Luke 1:18–25; Num. 22:21–39; James 3; consider these additional Scriptures in Proverbs offering wisdom to steward our words wisely:

- Evil words destroy one’s friends (11:9)
- Gentle words bring life and health (15:4)
- Kind words are like honey: sweet to the soul and healthy for the body (16:24)
- Death and life are in the power of the tongue (18:21)
- Telling lies about others is as harmful as hitting them with an ax, wounding them with a sword, or shooting them with a sharp arrow (25:18)

**PLAYLIST (GOD’S POWER):** “Oh the Power” (Kari Jobe); “Because He Lives (Amen)” (Matt Maher); “Resurrection Power” (Chris Tomlin); “The Power of the Cross” (Kristyn Getty); “Same Power” (Jeremy Camp); “Your Name Is Power” (Rend Collective); “Lion and the Lamb” (Big Daddy Weave); “Mighty Is the Power of the Cross” (Chris Tomlin); “What a Beautiful Name” (Hillsong Worship); “Promised Land” (Crowder); “Our God” (Chris Tomlin); “Believe for It” (CeCe Winans); “Revelation Song” (Kari Jobe); “Great Things” (Phil Wickham); “Stand in Your Love” (Bethel); “There’s Nothing That Our God Can’t Do” (Passion); “Power to Redeem” (Lauren Daigle); “All the Poor and Powerless” (All Sons and Daughters); “Breakthrough Miracle Power” (Passion and Kristian Stanfill); “The Power of Your

Love” (Hillsong Worship); “All Hail the Power of Jesus’ Name” (Shane and Shane)

**RESOURCES:**

Cyberbullying Research Center

<https://cyberbullying.org/resources/parents>

Megan Meier Foundation

<https://www.meganmeierfoundation.org/>

Toby Mac: Speak Life

<https://tobymac.com/speaklife>

Reporting Cyberbullying on Social Media Platforms

<https://cyberbullying.org/report>

Stop Bullying

<https://www.stopbullying.gov/>

Unbound Houston (human trafficking training for parents

and caregivers, students, teachers, school personnel, law enforcement, health-care professionals, and churches)

<https://www.unboundhouston.org/trainings>

## CHAPTER 4

### *Suicide: How to Find Hope and Peace in a Broken World*

**SCRIPTURES:** Gen. 1:27; John 8:44; 10:10; 3:16; Eph. 3:14–21; Lam. 3:20–23; Rom. 8

**PLAYLIST (GOD LOVES YOU):** “God So Loved” (We the Kingdom); “Your Love Never Fails” (Jesus Culture); “How He Loves” (David Crowder); “At the Cross (Love Ran Red)” (Chris Tomlin); “Jesus Loves Me” (Chris Tomlin); “Your Love Awakens Me” (Phil Wickham); “Broken Vessels” (Hillsong); “He Will Hold Me Fast” (Keith and Kristyn Getty); “Graves into Gardens” (Elevation Worship); “Stand in Your Love” (Josh Baldwin); “There Was Jesus” (Zach Williams and Dolly Parton); “Jireh” (Maverick City Music); “Defender” (Francesca Battistelli); “How Great Is Your Love” (Brett Younger); “If We’re Honest” (Francesca Battistelli)

#### **RESOURCES:**

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

Dear Evan Hansen Study Guide

<https://dearevanhansen.com/wp-content/uploads/2019/04/Dear-Evan-Hansen-pages-version.pdf>

Suicide Prevention

<https://youth.gov/youth-topics/youth-suicide-prevention>

Substance Abuse and Mental Health Services Administration  
(SAMHSA) Resources

<https://www.samhsa.gov/childrens-awareness-day/past-events/2019/resources-suicide-prevention>



## CHAPTER 5

### *Vaping: How to Recognize the Health Threat You Never Saw Coming*

**SCRIPTURES:** Gen. 2:7; Mark 15:37; Matt. 27:30; John 20:22; Rom. 1:25; Ps. 150:6; James 1

**PLAYLIST (BREATHE):** “Breathe on Us” (Kari Jobe); “Every Breath” (Hillsong Worship); “Great Are You Lord” (All Sons and Daughters); “Breathe/What a Friend I’ve Found” (Hillsong Worship); “Breath of Heaven” (Amy Grant); “This Is the Air I Breathe” (Michael W. Smith); “Holy Spirit Living Breath of God” (Keith and Kristyn Getty); “Awake My Soul” (Chris Tomlin with Lecrae); “Breathe” (Jonny Diaz); “Days of Elijah” (Donnie McClurkin); “Mighty Breath of God” (Jesus Culture); “Rattle!” (Elevation Worship); “Come Alive (Dry Bones)” (Lauren Daigle); “Yet Not I but Through Christ in Me” (CityAlight)

#### **RESOURCES:**

Power to the Parent, Hidden in Plain Sight

<http://powertotheparent.org/be-aware/hidden-in-plain-sight/>

This Is Quitting by the Truth Initiative

<https://truthinitiative.org/thisisquitting>

FDA Vaping Resources

<https://www.fda.gov/tobacco-products/public-health-education/tobacco-education-resources-parents-and-teachers>

CDC Resources

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

## CHAPTER 6

### *Substance Abuse: How to Accept Truth with Grace and Courage*

**SCRIPTURES:** Acts 1:3; 1 Cor. 15:57; Gen. 6–9; Josh. 5:6; Matt. 4:1–2, 11; 1 Sam. 17; 1 John 4–5

**PLAYLIST (VICTORY):** “See a Victory” (Elevation Worship); “My Victory” (Passion and Crowder); “Victory in Jesus” (Travis Cottrell); “Champion” (Bryan and Katie Torwalt); “Chain Breaker” (Zach Williams); “Break Every Chain” (Tasha Cobbs); “No Longer Slaves” (Voices of Lee or Bethel Music); “Surrounded (Fight My Battles)” (Tasha Cobbs Leonard); “Victor’s Crown” (Darlene Zschech); “Battle Belongs” (Phil Wickham); “Every Giant Will Fall” (Rend Collective); “Desert Song” (Hillsong Worship); “Not Today” (Hillsong United); “Victory Is Yours” (Bethel Music); “Day of Victory” (Rend Collective); “In Christ Alone/The Solid Rock” (Travis Cottrell); “Crown Him [Majesty]” (Chris Tomlin); “I Speak Jesus” (Here Be Lions)

#### **RESOURCES:**

Substance Abuse and Mental Health Services Administration  
(SAMHSA) Treatment Finder

[https://www.samhsa.gov/medication-assisted-treatment  
/find-treatment/treatment-practitioner-locator](https://www.samhsa.gov/medication-assisted-treatment/find-treatment/treatment-practitioner-locator)

Substance Abuse and Mental Health Services Administration  
(SAMHSA) Recovery and Recovery Support

<https://www.samhsa.gov/find-help/recovery>

CRAFTT

<https://craftt.org/>

One Choice: Prevention

<https://onechoiceprevention.org/>

Substance Abuse and Mental Health Services Administration  
(SAMHSA): Talk They Hear You App

<https://www.samhsa.gov/talk-they-hear-you/mobile-application>

National Institute on Drug Abuse

<https://teens.drugabuse.gov/parents>

CDC Resources

<https://www.cdc.gov/ncbddd/fasd/features/teen-substance-use.html>

Language Surrounding Drug Use

<https://www.uabmedicine.org/-/texting-trouble-code-words-that-may-hint-at-teen-drug-use>

**MOVIES:** *The Secret Life of Zoey*, *Perfect High*, *Home Run*, or *Overcomer*

## CHAPTER 7

### *Divorce: How to Find Forgiveness and Raise Resilient Kids*

**SCRIPTURES:** Matt. 5:31–32; 6:12; 26:49; Luke 22:44; John 21; Ruth 1:20–21; 4; Rom. 8; 12

**PLAYLIST (FORGIVENESS):** “There Will Be a Day” (Jeremy Camp); “Forgiveness” (TobyMac featuring Lecrae); “Losing” (Tenth Avenue North); “Forgiveness” (Matthew West); “Just Be Held” (Casting Crowns); “Uncomplicated” (Hillsong Young and Free); “Scandal of Grace” (Hillsong United); “Broken Vessels” (Hillsong Worship); “Arms of Grace” (Bryan and Katie Torwalt); “God Is So Good (You Are Worthy)” (Pat Barrett); “Amazing Grace (My Chains Are Gone)” (Chris Tomlin); “By the Grace of God” (Bethel Music); “Forgiven and Loved” (Jimmy Needham); “Broken Together” (Casting Crowns); “How He Loves” (Crowder); “Safe” (Phil Wickham); “Hold My Heart” (Tenth Avenue North)

#### **RESOURCES:**

Kenneth Ginsburg

<http://www.fosteringresilience.com/about.php>

Forgiving What You Can’t Forget

<https://www.thomasnelson.com/9780718039875/forgiving-what-you-cant-forget/>



## CHAPTER 8

### *Sex and Sexting: How to Be Naked and Unafraid*

**SCRIPTURES:** Gen. 2:25; Song; Prov. 5:18–19; 1 John 4:7–21; John 13:35; 1 Cor. 13

**PLAYLIST (CHRISTLIKE LOVE):** “Beloved” (Tenth Avenue North); “Fighting for Me” (Riley Clemmons); “Good and Loved” (Travis Greene); “Known” (Tauren Wells); “Love Never Fails” (Brandon Heath); “Together” (Steven Curtis Chapman); “Priceless” (For King and Country); “For My Love” (Bethany Dillon); “Masterpiece” (Steven Curtis Chapman); “Unfailing Love” (Chris Tomlin); “By Your Side” (Tenth Avenue North); “Love Somebody” (Mandisa); “Forever Love” (Francesca Battistelli); “When God Made You” (Natalie Grant and Newsong); “Alone” (Sanctus Real); “Forever Yours” (Michael W. Smith)

#### **RESOURCES:**

CDC: Sexually Transmitted Diseases

<https://www.cdc.gov/std/life-stages-populations/stdfact-teens.htm>

Cyberbullying Parents Resources

<https://cyberbullying.org/resources/parents>

That’s Not Cool: Cool/Not Cool Quiz and Call Out Cards

<https://thatsnotcool.com/>

Common Sense Sexting Article

<https://www.commonsensemedia.org/articles/how-do-i-talk-to-my-teens-about-sexting>

## CHAPTER 9

### *Pornography: How to Find Freedom from Secrets*

**SCRIPTURES:** Eph. 5:9–13; Heb. 4:13; Luke 8:17; Ps. 32; 44:21; 90:8; Rom. 2:16; 1 Sam. 16:12, 23; 17:24–37; 18:20; 2 Sam. 11–12; 22:1; 23

**PLAYLIST (FREEDOM AND HOPE):** “Freedom” (Zach Williams); “Song of Freedom” (Hillsong Worship); “Living Hope” (Phil Wickham); “Freedom Song” (Christy Nockels); “Freedom Reigns” (Jesus Culture); “Freedom Hymn” (Austin French); “Free to Dance” (Hillsong Worship); “Reckless Love” (Cory Asbury); “My Hope Is in You” (Aaron Shust); “All My Hope” (Hillsong Worship); “Found My Freedom” (I Am They); “Shoulders” (For King and Country); “The Stand” (Michael W. Smith); “I Am Free” (Newsboys); “Set Me Free” (Casting Crowns); “Love Came Down” (Kari Jobe); “You Keep Hope Alive” (Mandisa, featuring Jon Reddick)

#### **RESOURCES:**

Brain, Heart, World Documentary

<https://brainheartworld.org/>

Fight the New Drug

<https://fightthenewdrug.org/>

Terry Crews

<https://fightthenewdrug.org/why-actor-terry-crews-wants-people-to-stop-watching-porn/>

Love Dare for Parents

<https://lovedaretest.bhpublishinggroup.com/parenting-en/test.html>

**MOVIE:** *Fireproof*

## CHAPTER 10

### *Social Justice: How to Talk to Your Teens About Racism*

**SCRIPTURES:** 2 Cor. 5:18–19; Gen. 1:27; Luke 2:8–20; 10:25–37; Matt. 2:12–15; 15:21–28; Rev. 7:9–10; 2 Cor. 13; Phil. 2; 1 Tim. 4:12; Gal. 3:28

**PLAYLIST (UNITY):** “Make Us One” (Jesus Culture); “With One Voice” (Steven Curtis Chapman); “Build Your Kingdom Here” (Rend Collective); “Love” (Chris Tomlin); “Love Is on the Move” (Leeland); “All for Love” (Hillsong United); “We Are One” (The City Harmonic); “Love Shine Through” (Tim Hughes); “No Greater Love” (Matt Maher); “Undivided Love” (Worship Central); “God of This City” (Chris Tomlin); “Bleed the Same” (Kirk Franklin, TobyMac, Mandisa); “Hold Us Together” (H.E.R. and Tauren Wells); “Heal Our Land” (Kari Jobe); “Good Grace” (Hillsong United); “All to Us” (Chris Tomlin); “1000 Tongues” (Vertical Worship)

#### **RESOURCES:**

*Neighborliness* by David Docusen

<https://daviddocusen.com/neighborliness-is-here/>

American Academy of Pediatrics: The Traumatic Impact of  
Racism and Discrimination

[https://www.adolescenthealth.org/SAHM\\_Main/media/Anti-Racism-Toolkit/Traumatic-Impact-of-Racism-on-Young-People-\(1\).pdf](https://www.adolescenthealth.org/SAHM_Main/media/Anti-Racism-Toolkit/Traumatic-Impact-of-Racism-on-Young-People-(1).pdf)

American Psychological Association Resources for Parents

<https://www.apa.org/res/parent-resources>

Harvard Implicit Association Test

<https://implicit.harvard.edu/implicit/takeatest.html>

**MOVIES:** *The Perfect Game*, *Blue Miracle*, *Black Panther*, *Crazy Rich Asians*, *The Farewell*, *To Kill a Mockingbird*, *Te Ata*, *Remember the*

*Titans, Million Dollar Arm, The Hate U Give, In the Heights, Hamilton, Moana, Same Kind of Different as Me, The Help, Hidden Figures, 42, Just Mercy, Magic of Ordinary Days, The Courageous Heart of Irena Sendler*

**BOOKS:** *Just Mercy, Reaching for the Moon, To Kill a Mockingbird, Claudette Colvin, The Boy in the Striped Pajamas, The Book Thief, My Family Divided, Same Kind of Different as Me, Warriors Don't Cry, The Hiding Place, Class Divided*



## CHAPTER 11

### *Gender Identity: How to Respond with Compassion and Kindness*

**SCRIPTURES:** Gen. 16; Luke 22:61; Matt. 9:36; Eph. 4:32

**PLAYLIST (NEVER ALONE):** “Never Alone” (Hillsong Young and Free); “He Will Hold Me Fast” (Keith and Kristyn Getty); “I Am Not Alone” (Kari Jobe); “Times” (Tenth Avenue North); “You Are Faithful” (Kim Walker-Smith and Jesus Culture); “Come Away” (Chris Quilala and Jesus Culture); “You Carried Me” (Building 429); “Alive Again” (Matt Maher); “The Words I Would Say” (Sidewalk Prophets); “Before the Morning” (Josh Wilson); “Another in the Fire” (Hillsong United); “Rest in You” (All Sons and Daughters); “Together” (Kirk Franklin, Tori Kelly, and For King and Country); “You’re Not Alone” (Meredith Andrews); “Just Be Held” (Casting Crowns); “In Christ Alone” (Celtic Worship); “Cornerstone” (Hillsong Worship)

#### **RESOURCES:**

American Academy of Pediatrics Policy Statement

<https://publications.aap.org/pediatrics/article/142/4/e20182162/37381/Ensuring-Comprehensive-Care-and-Support-for>

CDC LGBT Youth Resources

<https://www.cdc.gov/lgbthealth/youth.htm>

National Alliance on Mental Illness (NAMI) Guidance on  
Finding a Mental Healthcare Provider

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI>

National Geographic *Gender Revolution* Special

<https://www.natgeotv.com/ca/gender-revolution>

Find a Christian Therapist

<https://www.psychologytoday.com/us/therapists/christian>

## CHAPTER 12

### *Eating Disorders: How to Find Healing When Food Is Your Enemy*

**SCRIPTURES:** Mark 5; Ps. 103

**PLAYLIST (HEALING):** “Healer” (Hillsong Worship); “Healing Begins” (Tenth Avenue North); “My Hallelujah” (Bryan and Katie Torwalt); “He Will” (Ellie Holcomb); “Healer” (Kari Jobe); “The Name of Jesus” (Chris Tomlin); “Healing Rain” (Michael W. Smith); “Welcome the Healer” (Passion); “Healing Is in Your Hands” (Christy Nockels); “Just One Touch” (Kim Walker-Smith); “Jesus” (Chris Tomlin); “Miracles” (Jesus Culture); “It Is Well” (Bethel Music); “Do It Again” (Elevation Worship); “Oceans” (Hillsong United); “Psalm 23” (Shane and Shane); “Beautiful Things” (Gungor); “Lord I Need You” (Passion); “10,000 Reasons” (Matt Maher)

**RESOURCES:**

SCOFF Screening Tool

<https://www.psychtools.info/scoff/>

Eating Disorders Helpline (888) 375-7767

<https://anad.org/get-help/eating-disorders-helpline/>

National Eating Disorders Association

<https://www.nationaleatingdisorders.org/what-are-eating-disorders>

## POSTSCRIPT

### *How to Heal Generational Hurts*

**SCRIPTURES:** Gen. 8; 28; Ex. 12; Luke 22

**PLAYLIST FOR THE ROAD (MY PARENTING PICK-ME-UP PLAYLIST):** “Hills and Valleys” (Tauren Wells); “King of Kings” (Hillsong Worship); “God, You’re So Good” (Passion); “Goodness of God” (Jenn Johnson); “King of My Heart” (Steffany Gretzinger and Jeremy Riddle); “Your Glory/Nothing but the Blood” (All Sons and Daughters); “Promises” (Maverick City Music); “Way Maker” (Leeland); “Raise a Hallelujah” (Bethel Music); “10,000 Reasons” (Matt Maher); “Build Your Kingdom Here” (Rend Collective); “My Lighthouse” (Rend Collective); “You Make Me Brave” (Bethel Music); “Good Good Father” (Chris Tomlin); “Bless the Broken Road” (Selah); “You Raise Me Up” (Josh Groban); “See a Victory” (Bethel Music); “Lord, I Need You” (Matt Maher); “How Great Is Our God” (Chris Tomlin); “O Praise the Name” (Hillsong Worship)

### **RESOURCES:**

ACE Test

<https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

CDC: Adolescent and School Health: Positive Parenting Practices

<https://www.cdc.gov/healthyyouth/protective/positiveparenting.htm>