

# **Hold The Dark Parents Guide**



## **Hold the Dark: A Parents' Guide to Navigating a Disturbing but Powerful Film**

Are you considering watching "Hold the Dark" with your family, or perhaps your older teens? This chilling thriller, while not explicitly violent in every scene, delves into themes of grief, vengeance, and the unsettling depths of the human psyche. This parents' guide will help you navigate the film's complex content and decide if it's appropriate for your household. We'll explore the movie's most challenging aspects, offer insights into its themes, and provide recommendations for pre- and post-viewing discussions.

What Makes "Hold the Dark" Challenging for Viewers?

"Hold the Dark" is not your typical horror film. It's a slow-burn thriller that relies on atmosphere and psychological tension rather than jump scares. However, several elements could be disturbing for certain audiences:

### **Violence and Gore:**

While not overly graphic, the film depicts violence. Some scenes portray animal attacks and human conflict, though these are often suggested rather than explicitly shown. The level of violence is more unsettling due to its context than its explicit nature.

## **Psychological Horror:**

The film's true horror lies in its exploration of grief, paranoia, and the disintegration of mental stability. The characters grapple with intense emotional turmoil, leading to unpredictable actions and disturbing imagery. This psychological aspect might be more unsettling than physical violence for some viewers.

## **Themes of Loss and Grief:**

The central theme revolves around profound loss and the destructive consequences of unchecked grief. The film doesn't shy away from exploring the raw emotional pain associated with the death of a loved one, which can be difficult for younger viewers or those sensitive to such themes.

## **Disturbing Imagery:**

Certain scenes incorporate unsettling imagery and symbolism related to nature, spirituality, and the darkness of the human spirit. This may contribute to the overall unsettling atmosphere of the film.

### **Is "Hold the Dark" Appropriate for Your Family?**

The appropriateness of "Hold the Dark" depends entirely on your family's maturity level and tolerance for disturbing content. Consider the following:

**Age:** This film is definitely not suitable for younger children or pre-teens. Mature teenagers (16+) might find it engaging, but parental guidance and discussion are strongly recommended. Adults will likely appreciate the film's complex themes and atmospheric storytelling.

**Sensitivity to Violence:** If your family is highly sensitive to violence, even if implied or suggested, this film might be too disturbing.

**Emotional Maturity:** The film's exploration of grief and psychological trauma requires a certain level of emotional maturity to understand and process.

## **Preparing for Viewing:**

Before watching "Hold the Dark," consider these steps:

**Watch the trailer together:** This will give you a glimpse into the film's tone and content.

Discuss the themes: Talk about loss, grief, and the importance of mental health beforehand.  
Set expectations: Let your family know that this is a disturbing but powerful film with unsettling moments.

## Discussion Points After Viewing:

After watching the movie, engage your family in a thoughtful discussion:

What were the most disturbing scenes? Why? This allows for open communication about individual reactions.

How did the characters cope with their grief? Explore healthy and unhealthy coping mechanisms portrayed in the film.

What did you think of the film's ending? Discuss the ambiguity and its impact.

What are the messages the film conveys? This prompts reflection on the deeper meanings of the story.

## Conclusion:

"Hold the Dark" is a thought-provoking and disturbing film that offers a compelling, albeit unsettling, narrative. This guide provides a framework for parents to determine its appropriateness for their family and to facilitate meaningful discussions before and after viewing. Remember, open communication and careful consideration of your family's maturity level are key to a positive and enriching cinematic experience.

## FAQs:

1. Is "Hold the Dark" a horror movie? While categorized as a thriller, it incorporates elements of psychological horror and uses atmosphere to create tension, rather than relying solely on jump scares.
2. What is the movie rated? The rating varies by region but is generally R-rated due to its violent content and disturbing themes.
3. Are there any jump scares? While there are tense moments, the film prioritizes slow-burn suspense over typical jump scares.
4. Is it suitable for teens? Mature teenagers (16+) might be able to handle it with parental guidance and discussion, but younger teens should avoid it.
5. What are the main themes explored in the movie? The film explores themes of grief, loss, vengeance, the fragility of the human psyche, and the unsettling power of nature.

**hold the dark parents guide:** *I Am Number Four* Pittacus Lore, 2010-08-03 The first book of

the #1 New York Times bestselling series and the inspiration for the hit movie from Dreamworks! John Smith seems like an ordinary teenager, living a normal life with his guardian Henri in Paradise, Ohio. But for John, keeping a low profile is essential, because he is not an ordinary teenager. He's an alien from the planet Lorien, and he's on the run. A group of evil aliens from the planet Mogadore, who destroyed his world, are hunting anyone who escaped. Nine Loric children were sent to Earth to live in hiding until they grew up and developed their Legacies, powers that would help them fight back—and help them save us. Three of them are now dead. John is Number Four, and he knows he's next.... Michael Bay, director of Transformers, raved: "Number Four is a hero for this generation." This epic story is perfect for fans of action-packed science fiction like The 5th Wave series by Rick Yancey, The Maze Runner series by James Dashner, and Orson Scott Card's Ender's Game. The battle for Earth's survival wages on. Read all of the books: #2: The Power of Six, #3: The Rise of Nine, #4: The Fall of Five, #5: The Revenge of Seven, #6: The Fate of Ten, and #7: United as One. Don't miss the first book in the brand-new I Am Number Four spin-off series: Generation One.

**hold the dark parents guide:** *The Giver* Lois Lowry, 2014 The Giver, the 1994 Newbery Medal winner, has become one of the most influential novels of our time. The haunting story centers on twelve-year-old Jonas, who lives in a seemingly ideal, if colorless, world of conformity and contentment. Not until he is given his life assignment as the Receiver of Memory does he begin to understand the dark, complex secrets behind his fragile community. This movie tie-in edition features cover art from the movie and exclusive Q&A with members of the cast, including Taylor Swift, Brenton Thwaites and Cameron Monaghan.

**hold the dark parents guide:** *The Dragonet Prophecy (Wings of Fire #1)* Tui T. Sutherland, 2012-07-01 A thrilling new series soars above the competition and redefines middle-grade fantasy fiction for a new generation! The seven dragon tribes have been at war for generations, locked in an endless battle over an ancient, lost treasure. A secret movement called the Talons of Peace is determined to bring an end to the fighting, with the help of a prophecy -- a foretelling that calls for great sacrifice. Five dragonets are collected to fulfill the prophecy, raised in a hidden cave and enlisted, against their will, to end the terrible war. But not every dragonet wants a destiny. And when the select five escape their underground captors to look for their original homes, what has been unleashed on the dragon world may be far more than the revolutionary planners intended . . .

**hold the dark parents guide:** *Holding Up the Universe* Jennifer Niven, 2018-05-01 A New York Times Bestseller From the author of the New York Times bestseller All the Bright Places comes a heart-wrenching story about what it means to see someone—and love someone—for who they truly are. Everyone thinks they know Libby Strout, the girl once dubbed "America's Fattest Teen." But no one's taken the time to look past her weight to get to know who she really is. Following her mom's death, she's been picking up the pieces in the privacy of her home, dealing with her heartbroken father and her own grief. Now, Libby's ready: for high school, for new friends, for love, and for EVERY POSSIBILITY LIFE HAS TO OFFER. In that moment, I know the part I want to play here at MVB High. I want to be the girl who can do anything. Everyone thinks they know Jack Masselin, too. Yes, he's got swagger, but he's also mastered the impossible art of giving people what they want, of fitting in. What no one knows is that Jack has a newly acquired secret: he can't recognize faces. Even his own brothers are strangers to him. He's the guy who can re-engineer and rebuild anything in new and bad-ass ways, but he can't understand what's going on with the inner workings of his brain. So he tells himself to play it cool: Be charming. Be hilarious. Don't get too close to anyone. Until he meets Libby. When the two get tangled up in a cruel high school game—which lands them in group counseling and community service—Libby and Jack are both pissed, and then surprised. Because the more time they spend together, the less alone they feel. . . . Because sometimes when you meet someone, it changes the world, theirs and yours. Jennifer Niven delivers another poignant, exhilarating love story about finding that person who sees you for who you are—and seeing them right back. Niven is adept at creating characters. . . . [Libby's] courage and body-positivity make for a joyful reading experience. --The New York Times "Holding Up the Universe . . . taps into the universal need to be understood. To be wanted. And that's what makes it such a remarkable read."

—TeenVogue.com, “Why New Book Holding Up the Universe Is the Next The Fault in Our Stars”  
Want a love story that will give you all the feels? . . . You'll seriously melt! —Seventeen Magazine

**hold the dark parents guide:** *The Hateful Eight* Quentin Tarantino, 2015-12-22 Academy Award-winning screenwriter Quentin Tarantino returns with his most infamous, most brilliant, most masterful screenplay yet? At the end of the Civil War, a stagecoach hurtles through the wintry Wyoming landscape. Bounty hunter John Ruth and his fugitive captive Daisy Domergue race toward the town of Red Rock, where Ruth will bring Domergue to justice. Along the road, they encounter Major Marquis Warren, a former Union soldier turned infamous bounty hunter; and Chris Mannix, a renegade who claims to be the town's new sheriff. Lost in a blizzard, Ruth, Domergue, Warren, and Mannix seek refuge at Minnie's Haberdashery, a stagecoach stopover. When they arrive, they are greeted by four unfamiliar faces: Bob, who takes care of Minnie's in the owner's absence; Oswaldo Mobray, the hangman of Red Rock; cow-puncher Joe Gage; and Confederate general Sanford Smithers. As the storm overtakes the mountainside, our eight travelers come to learn they may not make it to Red Rock after all ... The Hateful Eight is a Tarantino master class in tension-filled atmosphere, singular characters, and razor-sharp dialogue.

**hold the dark parents guide:** *Dark and Shallow Lies* Ginny Myers Sain, 2022-08-30 A totally engrossing small-town mystery about what happens when you finally dig up long-buried secrets.” —Jessica Goodman, New York Times bestselling author of *They'll Never Catch Us* A New York Times bestseller! A teen girl disappears from her small town deep in the bayou, where magic festers beneath the surface of the swamp like water rot, in this chilling supernatural thriller for fans of Natasha Preston, Karen McManus, and E. Lockhart. La Cachette, Louisiana, is the worst place to be if you have something to hide. This tiny town, where seventeen-year-old Grey spends her summers, is the self-proclaimed Psychic Capital of the World—and the place where Elora Pellerin, Grey's best friend, disappeared six months earlier. Grey can't believe that Elora vanished into thin air any more than she can believe that nobody in a town full of psychics knows what happened. But as she digs into the night that Elora went missing, she begins to realize that everybody in town is hiding something—her grandmother Honey; her childhood crush Hart; and even her late mother, whose secrets continue to call to Grey from beyond the grave. When a mysterious stranger emerges from the bayou—a stormy-eyed boy with links to Elora and the town's bloody history—Grey realizes that La Cachette's past is far more present and dangerous than she'd ever understood. Suddenly, she doesn't know who she can trust. In a town where secrets lurk just below the surface, and where a murderer is on the loose, nobody can be presumed innocent—and La Cachette's dark and shallow lies may just rip the town apart.

**hold the dark parents guide:** *Hatchet* Gary Paulsen, 1989-07-01 After a plane crash, thirteen-year-old Brian spends fifty-four days in the Canadian wilderness, learning to survive with only the aid of a hatchet given him by his mother, and learning also to survive his parents' divorce.

**hold the dark parents guide:** *Mother In the Dark* Kayla Maiuri, 2023-08-08 Tender and unsparing, this is a novel to hold onto. —Crystal Hana Kim, author of *If You Leave Me* “A masterfully written novel, alive and lyrical, a hypnotic rendering of the mess and the tenderness of family life.” —Claire Lombardo, author of *The Most Fun We Ever Had* A novel about family secrets and a volatile relationship between a mother and her daughters. When Anna's sister calls with an urgent message, Anna doesn't return the call. She knows it's about their mother. Growing up in an Italian American family in working-class Boston, Anna lives a simple but comfortable childhood--filled with homemade meals and front-porch gatherings in a close-knit neighborhood. She and her sisters are devoted to their mother, orbiting her like the sun, trying to keep up with her loving but mercurial nature. When their father gets a new job outside the city, the family is tossed unceremoniously into a middle-class suburban existence. Anna's mother is suddenly adrift, and the darkness lurking inside her ignites. Her daughters, isolated and trapped with her in their new house, do everything they can to keep her from unraveling. Alternating between Anna's childhood and her twenties, when she receives a shattering call about her mother that threatens to blow up her precariously constructed life in New York, *Mother in the Dark* asks whether we can ever return home when the idea of home is fraught

with instability. This story about sisterhood, the complications of class, and the chains of inheritance between mothers and daughters delivers an unvarnished portrayal of the fragile horrors of domestic life and a young woman consumed by her past.

**hold the dark parents guide:** *Landline* Rainbow Rowell, 2014-07-08 #1 New York Times bestselling author! A New York Times Best Seller! Goodreads Choice Award Winner for Best Fiction of 2014! An Indie Next Pick! From New York Times bestselling author of *Eleanor & Park* and *Fangirl*, Rainbow Rowell, comes a hilarious, heart-wrenching take on love, marriage, and magic phones. Georgie McCool knows her marriage is in trouble. That it's been in trouble for a long time. She still loves her husband, Neal, and Neal still loves her, deeply-but that almost seems beside the point now. Maybe that was always beside the point. Two days before they're supposed to visit Neal's family in Omaha for Christmas, Georgie tells Neal that she can't go. She's a TV writer, and something's come up on her show; she has to stay in Los Angeles. She knows that Neal will be upset with her-Neal is always a little upset with Georgie-but she doesn't expect to him to pack up the kids and go without her. When her husband and the kids leave for the airport, Georgie wonders if she's finally done it. If she's ruined everything. That night, Georgie discovers a way to communicate with Neal in the past. It's not time travel, not exactly, but she feels like she's been given an opportunity to fix her marriage before it starts. . . . Is that what she's supposed to do? Or would Georgie and Neal be better off if their marriage never happened?

**hold the dark parents guide:** *Before We Were Strangers* Renée Carlino, 2015-08-18 From the USA TODAY bestselling author of *Sweet Thing* and *Nowhere But Here* comes a love story about a Craigslist "missed connection" post that gives two people a second chance at love fifteen years after they were separated in New York City. To the Green-eyed Lovebird: We met fifteen years ago, almost to the day, when I moved my stuff into the NYU dorm room next to yours at Senior House. You called us fast friends. I like to think it was more. We lived on nothing but the excitement of finding ourselves through music (you were obsessed with Jeff Buckley), photography (I couldn't stop taking pictures of you), hanging out in Washington Square Park, and all the weird things we did to make money. I learned more about myself that year than any other. Yet, somehow, it all fell apart. We lost touch the summer after graduation when I went to South America to work for National Geographic. When I came back, you were gone. A part of me still wonders if I pushed you too hard after the wedding... I didn't see you again until a month ago. It was a Wednesday. You were rocking back on your heels, balancing on that thick yellow line that runs along the subway platform, waiting for the F train. I didn't know it was you until it was too late, and then you were gone. Again. You said my name; I saw it on your lips. I tried to will the train to stop, just so I could say hello. After seeing you, all of the youthful feelings and memories came flooding back to me, and now I've spent the better part of a month wondering what your life is like. I might be totally out of my mind, but would you like to get a drink with me and catch up on the last decade and a half? M

**hold the dark parents guide:** *Mrs. Frisby and the Rats of NIMH* Robert C. O'Brien, 2021-06-01 Some extraordinary rats come to the aid of a mouse family in this Newbery Medal Award-winning classic by notable children's author Robert C. O'Brien. Mrs. Frisby, a widowed mouse with four small children, is faced with a terrible problem. She must move her family to their summer quarters immediately, or face almost certain death. But her youngest son, Timothy, lies ill with pneumonia and must not be moved. Fortunately, she encounters the rats of NIMH, an extraordinary breed of highly intelligent creatures, who come up with a brilliant solution to her dilemma. And Mrs. Frisby in turn renders them a great service.

**hold the dark parents guide:** *A Parents' Guide for Children's Questions* Benito Casados, 2010-07-16 Children by nature are curious about the world and people around them. As they grow older their level of awareness increases and questions begin to pour from their inquiring minds. Their questions maybe motivated by what they hear and see in their surroundings, what they see on television or what they are trying to learn in school. In most cases the burden of answering these questions falls on the parents. Parents are busy people. Children want the answers right now. This guide will provide answers for many questions traditionally asked by children between the ages of

eight and sixteen. This guide is published in E-Book format only and is intended to reside in your e-book reader so the information is easily accessed whether at home or on the road.

**hold the dark parents guide: Girl Last Seen** Nina Laurin, 2017-06-20 An intense psychological thriller for readers of *I Am Watching You*, *The Luckiest Girl Alive*, and *All the Missing Girls*. Two missing girls. Thirteen years apart. Olivia Shaw has been missing since last Tuesday. She was last seen outside the entrance of her elementary school in Hunts Point wearing a white spring jacket, blue jeans, and pink boots. I force myself to look at the face in the photo, into her slightly smudged features, and I can't bring myself to move. Olivia Shaw could be my mirror image, rewound to thirteen years ago. If you have any knowledge of Olivia Shaw's whereabouts or any relevant information, please contact... I've spent a long time peering into the faces of girls on missing posters, wondering which one replaced me in that basement. But they were never quite the right age, the right look, the right circumstances. Until Olivia Shaw, missing for one week tomorrow. Whoever stole me was never found. But since I was taken, there hasn't been another girl. And now there is.

**hold the dark parents guide: The Everything Parent's Guide To The Strong-Willed Child** Carl E Pickhardt, 2005-08-01 All children need guidance, yet some are definitely more resistant to parental direction and advice than others. Parenting a child whose personality may be described as difficult or controlling can leave you conflicted and frustrated. How do you nurture your child, get him to listen, and know who's in charge? It can be done. *The Everything Parent's Guide to the Strong-Willed Child* helps you work around stubborn and argumentative behavior. You'll learn how to encourage your child to compromise and communicate with you, rather than make unreasonable demands and/or shut down altogether. By learning what makes your child strong-willed, the effects of such behavior, and how to manage it, you can help your child achieve a more tempered disposition and teach him the lifelong rewards of a positive attitude. Psychologist Carl E. Pickhardt shows you how to: Regain control of your family Reap the benefits of healthy communication Discipline to teach, not to punish Resolve conflict between you and your child effectively Overcome willfulness in older children *The Everything Parent's Guide to the Strong-Willed Child* is your all-inclusive guide to regaining, and maintaining, a healthy and happy family.

**hold the dark parents guide: Red Tigress** Amélie Wen Zhao, 2021-03-02 Fans of *Children of Blood and Bone* will love the sequel to *Blood Heir*. The second book in an epic fantasy series about a princess hiding a dark secret and the con man she must trust to liberate her empire from a dark reign. Ana Mikhailov is the only surviving member of the royal family of Cyrilia. She has no army, no title, and no allies, and now she must find a way to take back the throne or risk the brutal retribution of the empress. Morganya is determined to establish a new world order on the spilled blood of non-Affinites. Ana is certain that Morganya won't stop until she kills them all. Ana's only chance at navigating the dangerous world of her homeland means partnering with Ramson Quicktongue again. But the cunning crime lord has schemes of his own. For Ana to find an army, they must cross the Whitewaves to the impenetrable stone forts of Bregon. Only, no one can be certain what they will find there. A dark power has risen. Will revolution bring peace--or will it only paint the streets in more blood.

**hold the dark parents guide: To Have-- to Hold-- a Parents' Guide to Childbirth & Early Parenting** Joyce L. Kieffer, 1985

**hold the dark parents guide: Fangirl, Vol. 1** Rainbow Rowell, Sam Maggs, 2020-10-13 Cath doesn't need friends IRL. She has her twin sister, Wren, and she's a popular fanfic writer in the Simon Snow community with thousands of fans online. But now that she's in college, Cath is completely outside of her comfort zone. There are suddenly all these new people in her life. She's got a surly roommate with a charming boyfriend, a writing professor who thinks fanfiction is the end of the civilized world, a handsome new writing partner... And she's barely heard from Wren all semester! -- VIZ Media

**hold the dark parents guide: The Complete Book of Trades, Or the Parents' Guide and Youths' Instructor** Nathaniel Whittock, 1837

**hold the dark parents guide:** The Way of Shadows Brent Weeks, 2008-10-01 From NYT bestselling author Brent Weeks comes the first novel in his breakout fantasy trilogy in which a young boy trains under the city's most legendary and feared assassin, Durzo Blint. For Durzo Blint, assassination is an art -- and he is the city's most accomplished artist. For Azoth, survival is precarious. Something you never take for granted. As a guild rat, he's grown up in the slums, and learned to judge people quickly -- and to take risks. Risks like apprenticing himself to Durzo Blint. But to be accepted, Azoth must turn his back on his old life and embrace a new identity and name. As Kylar Stern, he must learn to navigate the assassins' world of dangerous politics and strange magics -- and cultivate a flair for death.

**hold the dark parents guide:** The Sword of Kaigen: A Theonite War Story M. L. Wang, 2019-02-13 Better to die sharp in war than rust through a time of peace. A mother struggling to repress her violent past, A son struggling to grasp his violent future, A father blind to the danger that threatens them all. When the winds of war reach their peninsula, will the Matsuda family have the strength to defend their empire? Or will they tear each other apart before the true enemies even reach their shores? High on a mountainside at the edge of the Kaigenese Empire live the most powerful warriors in the world, superhumans capable of raising the sea and wielding blades of ice. For hundreds of years, the fighters of the Kusanagi Peninsula have held the Empire's enemies at bay, earning their frozen spit of land the name 'The Sword of Kaigen.' Born into Kusanagi's legendary Matsuda family, fourteen-year-old Mamoru has always known his purpose: to master his family's fighting techniques and defend his homeland. But when an outsider arrives and pulls back the curtain on Kaigen's alleged age of peace, Mamoru realizes that he might not have much time to become the fighter he was bred to be. Worse, the empire he was bred to defend may stand on a foundation of lies. Misaki told herself that she left the passions of her youth behind when she married into the Matsuda house. Determined to be a good housewife and mother, she hid away her sword, along with everything from her days as a fighter in a faraway country. But with her growing son asking questions about the outside world, the threat of an impending invasion looming across the sea, and her frigid husband grating on her nerves, Misaki finds the fighter in her clawing its way back to the surface.

**hold the dark parents guide:** Linger Maggie Stiefvater, 2011-08-04 In SHIVER, Grace and Sam found each other. Now, in LINGER, they must fight to be together. For Grace, this means defying her parents and keeping dangerous secrets. For Sam, it means grappling with his werewolf past ... and figuring out a way to survive the future. But just when they manage to find happiness, Grace finds herself changing in ways she could never have expected...

**hold the dark parents guide:** Habits of the Household Justin Whitmel Earley, 2021-11-09 Discover simple habits and easy-to-implement daily rhythms that will help you find meaning beyond the chaos of family life as you create a home where kids and parents alike practice how to love God and each other. You long for tender moments with your children--but do you ever find yourself too busy to stop, make eye contact, and say something you really mean? Daily habits are powerful ways to shape the heart--but do you find yourself giving in to screen time just to get through the day? You want to parent with purpose--but do you know how to start? Award-winning author and father of four Justin Whitmel Earley understands the tension between how you long to parent and what your daily life actually looks like. In Habits of the Household, Earley gives you the tools you need to create structure--from mealtimes to bedtimes--that free you to parent toddlers, kids, and teens with purpose. Learn how to: Develop a bedtime liturgy to settle your little ones and ground them in God's love Discover a new framework for discipline as discipleship Acquire simple practices for more regular and meaningful family mealtimes Open your eyes to the spirituality of parenting, seeing small moments as big opportunities for spiritual formation Develop a custom age chart for your family to more intentionally plan your shared years under the same roof Each chapter in Habits of the Household ends with practical patterns, prayers, or liturgies that your family can put into practice right away. As you create liberating rhythms around your everyday routines, you will find your family has a greater sense of peace and purpose as your home becomes a place where, above



all, you learn how to love.

**hold the dark parents guide: The Parents' Guide to Perthes** Betsy Miller, Charles T. Price MD, 2015-02-28 A great resource for parents!—International Perthes Study Group The Parents' Guide to Perthes is a reassuring guide for parents learning how to handle their child's condition. Written in everyday language, this book explains the stages of Perthes, including how the age of the child affects the course of the disease. Illustrations and x-ray examples show the effects of Perthes in the hip joint for different children. The book describes how doctors diagnose Perthes and develop a treatment plan. It also includes first-person accounts from parents and children about their Perthes experiences. Editorial Reviews A great resource for parents! The Parents' Guide to Perthes is a great resource, as it delves into intricate parts of taking care and adjusting to all the treatment and recovery aspects for affected individuals. Parents can read personal testimonies from other parents that have gone through similar situations. —International Perthes Study Group

**hold the dark parents guide: A Parent's Guide to Helping Teenagers in Crisis** Rich Van Pelt, Jim Hancock, 2009-07-13 You've seen it on the news too many times to count. School shootings, adolescent addictions, bullying, eating disorders, depression and suicide, cutting, pregnancy. There is no lack of bad news to be told about teenagers today. Maybe you believe that will never happen to "my child." And maybe it won't. But crises aren't always the stories that make the evening news. The spectrum of crises an adolescent may face can range from something as (seemingly harmless) as getting caught cheating on a test to dealing with the breakdown of the family, to acting out and getting in trouble with the law. And the reality is that someone they know will likely experience some kind of crisis—and that can affect your teen significantly. Either way, when a crisis affects your teen, wouldn't you want to be prepared? Rich Van Pelt and Jim Hancock, both of whom have raised teenagers into adulthood and have spent decades in youth ministry and crisis management, bring together their expertise and insight to help you identify and understand what a crisis is and how you can help your teen live and grow through it. Inside, you'll find practical responses for issues like: • Suicidal thoughts or behavior • Accidents • Cheating • Death (of a friend or loved one) • Divorce • Eating disorders • Hazing • Pregnancy • Sexual abuse • Sexual identity confusion • Substance abuse or addiction • And more... In addition to learning appropriate responses to crises, you'll learn how to prevent some of these issues, and how to get professionals involved when necessary. Whatever it is your teen is dealing with, your influence in their life is still the most important one. So be prepared to walk them through their crisis with wisdom, compassion, and the tools to help them heal.

**hold the dark parents guide: The Boys in the Boat (Movie Tie-In)** Daniel James Brown, 2023-12-05 The inspiration for the Major Motion Picture Directed by George Clooney—exclusively in theaters December 25, 2023! The #1 New York Times bestselling true story about the American rowing triumph of the 1936 Olympics in Berlin—from the author of *Facing the Mountain* For readers of *Unbroken*, out of the depths of the Depression comes an irresistible story about beating the odds and finding hope in the most desperate of times—the improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant. It was an unlikely quest from the start. With a team composed of the sons of loggers, shipyard workers, and farmers, the University of Washington's eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great Britain, yet they did, going on to shock the world by defeating the German team rowing for Adolf Hitler. The emotional heart of the tale lies with Joe Rantz, a teenager without family or prospects, who rows not only to regain his shattered self-regard but also to find a real place for himself in the world. Drawing on the boys' own journals and vivid memories of a once-in-a-lifetime shared dream, Brown has created an unforgettable portrait of an era, a celebration of a remarkable achievement, and a chronicle of one extraordinary young man's personal quest.

**hold the dark parents guide: Jade City** Fonda Lee, 2017-11-07 In this World Fantasy Award-winning novel of magic and kungfu, four siblings battle rival clans for honor and power in an Asia-inspired fantasy metropolis. \*Named one of TIME's Top 100 Fantasy Books Of All Time\* World Fantasy Award for Best Novel, winner Jade is the lifeblood of the island of Kekon. It has been mined,

traded, stolen, and killed for -- and for centuries, honorable Green Bone warriors like the Kaul family have used it to enhance their magical abilities and defend the island from foreign invasion. Now, the war is over and a new generation of Kauls vies for control of Kekon's bustling capital city. They care about nothing but protecting their own, cornering the jade market, and defending the districts under their protection. Ancient tradition has little place in this rapidly changing nation. When a powerful new drug emerges that lets anyone -- even foreigners -- wield jade, the simmering tension between the Kauls and the rival Ayt family erupts into open violence. The outcome of this clan war will determine the fate of all Green Bones -- and of Kekon itself. Praise for Jade City: An epic drama reminiscent of the best classic Hong Kong gangster films but set in a fantasy metropolis so gritty and well-imagined that you'll forget you're reading a book. --Ken Liu, Hugo, Nebula, and World Fantasy Award-winning author A beautifully realized setting, a great cast of characters, and dramatic action scenes. What a fun, gripping read! --Ann Leckie, Hugo, Nebula, and Arthur C. Clarke Award-winning author An instantly absorbing tale of blood, honor, family and magic, spiced with unexpectedly tender character beats. --NPR The Green Bone Saga Jade City Jade War Jade Legacy

**hold the dark parents guide:** Princess Ben Catherine Gilbert Murdock, 2008 With her parents lost, Princess Benevolence ends up under the thumb of the conniving Queen Sophia. Locked in the castle's highest tower, Ben stumbles upon a mysterious enchanted room. So begins her secret education in the magical arts.

**hold the dark parents guide:** A Wrinkle in Time Madeleine L'Engle, 2010-04-01 NEWBERY MEDAL WINNER • TIME MAGAZINE'S 100 BEST FANTASY BOOKS OF ALL TIME • NOW A MAJOR MOTION PICTURE FROM DISNEY Read the ground-breaking science fiction and fantasy classic that has delighted children for over 60 years! A Wrinkle in Time is one of my favorite books of all time. I've read it so often, I know it by heart. —Meg Cabot Late one night, three otherworldly creatures appear and sweep Meg Murry, her brother Charles Wallace, and their friend Calvin O'Keefe away on a mission to save Mr. Murray, who has gone missing while doing top-secret work for the government. They travel via tesseract--a wrinkle that transports one across space and time--to the planet Camazotz, where Mr. Murray is being held captive. There they discover a dark force that threatens not only Mr. Murray but the safety of the whole universe. A Wrinkle in Time is the first book in Madeleine L'Engle's Time Quintet.

**hold the dark parents guide:** The Chemist Stephenie Meyer, 2016-11-08 In this gripping page-turner, an ex-agent on the run from her former employers must take one more case to clear her name and save her life. She used to work for the U.S. government, but very few people ever knew that. An expert in her field, she was one of the darkest secrets of an agency so clandestine it doesn't even have a name. And when they decided she was a liability, they came for her without warning. Now she rarely stays in the same place or uses the same name for long. They've killed the only other person she trusted, but something she knows still poses a threat. They want her dead, and soon. When her former handler offers her a way out, she realizes it's her only chance to erase the giant target on her back. But it means taking one last job for her ex-employers. To her horror, the information she acquires only makes her situation more dangerous. Resolving to meet the threat head-on, she prepares for the toughest fight of her life but finds herself falling for a man who can only complicate her likelihood of survival. As she sees her choices being rapidly whittled down, she must apply her unique talents in ways she never dreamed of. In this tautly plotted novel, Meyer creates a fierce and fascinating new heroine with a very specialized skill set. And she shows once again why she's one of the world's bestselling authors.

**hold the dark parents guide:** Bedtiming: The Parent's Guide to Getting Your Child to Sleep at Just the Right Age Isabela Granic, Marc D. Lewis, 2010-01-12 When it comes to getting your baby or toddler to sleep through the night, discover why when matters more than how Are you tired of endless hours spent rocking your baby to sleep? Have you "hit the wall" when it comes to sleepless nights? Teaching your baby or toddler to sleep through the night can be a bewildering and frustrating experience. Developmental psychologists Marc D. Lewis and Isabela Granic reveal that the key to your child's sleep habits is not which method you choose to help your child sleep, but

when you use it. Timing is everything, and Bedtiming walks you through the stages of child development, offering helpful advice on such topics as: • time windows when sleep-training will be most effective and when it will stand the least chance of success • the pros and cons of several popular sleep-training techniques—including the “cry-it-out,” “no-cry,” and Ferber methods • common sleep setbacks and how to handle them • how to successfully transition your child from your bed to his or her own crib or bed. Bedtiming is a simple, sensible, and reassuring guide that will help children—and parents—get a good night’s sleep.

**hold the dark parents guide: Rabbit Cake** Annie Hartnett, 2017-03-07 People Magazine Book of the Week A Best Book of the Year at Kirkus Reviews, Book Riot, The Chicago Review of Books, Minnesota Public Radio, and more An Indies Introduce and Indie Next Pick Fans of Maria Semple's *Where'd You Go Bernadette* and Kevin Wilson's *The Family Fang* will delight in Annie Hartnett's debut, a darkly comic novel about a young girl named Elvis trying to figure out her place in a world without her mother. Elvis Babbitt has a head for the facts: she knows science proves yellow is the happiest color, she knows a healthy male giraffe weighs about 3,000 pounds, and she knows that the naked mole rat is the longest living rodent. She knows she should plan to grieve her mother, who has recently drowned while sleepwalking, for exactly eighteen months. But there are things Elvis doesn't yet know—like how to keep her sister Lizzie from poisoning herself while sleep-eating or why her father has started wearing her mother's silk bathrobe around the house. Elvis investigates the strange circumstances of her mother's death and finds comfort, if not answers, in the people (and animals) of Freedom, Alabama. As hilarious a storyteller as she is heartbreakingly honest, Elvis is a truly original voice in this exploration of grief, family, and the endurance of humor after loss.

**hold the dark parents guide: Summerland** Michael Chabon, 2016-04-12 From the Pulitzer Prize winning Michael Chabon comes this bestselling novel for readers of all ages that blends fantasy and folklore with that most American coming-of-age ritual: baseball—now in a new edition, with an original introduction by the author. Ethan Feld is having a terrible summer: his father has moved them to Clam Island, Washington, where Ethan has quickly established himself as the least gifted baseball player the island has ever seen. Ethan's luck begins to change, however, when a mysterious baseball scout named Ringfinger Brown and a seven-hundred-and-sixty-five-year-old werefox enter his life, dragging Ethan into another world called the Summerlands. But this beautiful, winter-less place is facing destruction at the hands of the villainous Coyote, and it has been prophesized that only Ethan can save it. In this cherished modern classic, the New York Times bestselling, Pulitzer Prize winning author brings his masterful storytelling, dexterous plotting, and singularly envisioned characters to a coming-of-age novel for readers of all ages.

**hold the dark parents guide: Steel Magnolias** Robert Harling, 1988 THE STORY: The action is set in Truvy's beauty salon in Chinquapin, Louisiana, where all the ladies who are anybody come to have their hair done. Helped by her eager new assistant, Annelle (who is not sure whether or not she is still married), th

**hold the dark parents guide: Helping Your Anxious Child** Ronald Rapee, Ann Wignall, Susan Spence, Heidi Lyneham, Vanessa Cobham, 2008-12-03 Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help. Now in its second edition, *Helping Your Anxious Child* has been expanded and updated to include the latest research and techniques for managing child anxiety. The book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries. You'll also find out how to relieve your child's anxious feelings while parenting with compassion. Inside, you will learn to: Help your child practice “detective thinking” to recognize irrational worries What to do when your child becomes frightened How to gently and gradually expose your child to challenging situations Help your child learn important social skills This book has been awarded The Association for Behavioral and Cognitive Therapies

Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

**hold the dark parents guide: The Play** Elle Kennedy, 2019-10-07 A brand-new standalone novel in the New York Times bestselling Briar U series! What I learned after last year's distractions cost my hockey team our entire season? No more screwing up. No more screwing, period. As the new team captain, I need a new philosophy: hockey and school now, women later. Which means that I, Hunter Davenport, am officially going celibate...no matter how hard that makes things. But there's nothing in the rulebook that says I can't be friends with a woman. And I won't lie—my new classmate Demi Davis is one cool chick. Her smart mouth is hot as hell, and so is the rest of her, but the fact that she's got a boyfriend eliminates the temptation to touch her. Except three months into our friendship, Demi is single and looking for a rebound. And she's making a play for me. Avoiding her is impossible. We're paired up on a yearlong school project, but I'm confident I can resist her. We'd never work, anyway. Our backgrounds are too different, our goals aren't aligned, and her parents hate my guts. Hooking up is a very bad idea. Now I just have to convince my body—and my heart.

**hold the dark parents guide: Where the Forest Meets the Stars** Glendy Vanderah, 2019 After the loss of her mother and her own battle with breast cancer, Joanna Teale returns to her graduate research on nesting birds in rural Illinois, determined to prove that her recent hardships have not broken her. When a mysterious child shows up at her cabin, barefoot and covered in bruises, Joanna enlists the help of her reclusive neighbor, Gabriel Nash, to solve the mystery of the charming child. But the more time they spend together, the more questions they have.

**hold the dark parents guide: Parents' Guide to Hiking & Camping** Alice Cary, 1997 Offers strategies for safe, fun hiking, backpacking, cycling, canoeing, and camping, and discusses family adventure gear, campsite fundamentals, age-specific activities, and related topics.

**hold the dark parents guide: The Wolf of Wall Street** Jordan Belfort, 2007-09-25 NEW YORK TIMES BESTSELLER • Now a major motion picture directed by Martin Scorsese and starring Leonardo DiCaprio By day he made thousands of dollars a minute. By night he spent it as fast as he could. From the binge that sank a 170-foot motor yacht and ran up a \$700,000 hotel tab, to the wife and kids waiting at home and the fast-talking, hard-partying young stockbrokers who called him king, here, in Jordan Belfort's own words, is the story of the ill-fated genius they called the Wolf of Wall Street. In the 1990s, Belfort became one of the most infamous kingpins in American finance: a brilliant, conniving stock-chopper who led his merry mob on a wild ride out of Wall Street and into a massive office on Long Island. It's an extraordinary story of greed, power, and excess that no one could invent: the tale of an ordinary guy who went from hustling Italian ices to making hundreds of millions—until it all came crashing down. Praise for *The Wolf of Wall Street* "Raw and frequently hilarious."—*The New York Times* "A rollicking tale of [Jordan Belfort's] rise to riches as head of the infamous boiler room Stratton Oakmont . . . proof that there are indeed second acts in American lives."—*Forbes* "A cross between Tom Wolfe's *The Bonfire of the Vanities* and Scorsese's *GoodFellas* . . . Belfort has the Midas touch."—*The Sunday Times (London)* "Entertaining as pulp fiction, real as a federal indictment . . . a hell of a read."—*Kirkus Reviews*

**hold the dark parents guide: The Cheat Sheet** Sarah Adams, 2022-04-26 Is it ever too late to leave the friend zone? Discover the heartwarming friends to lovers romance that became a sensation on TikTok—now with a new chapter and a Q&A with the author! The friend zone is not the end zone for Bree Camden, who is helplessly in love with her longtime best friend and extremely hot NFL legend, Nathan Donelson. The only problem is that she can't admit her true feelings, because he clearly sees her as a best friend with no romantic potential, and the last thing Bree wants is to ruin their relationship. But those abs . . . Nope! Nothing but good old-fashioned, no-touching-the-sexiest-man-alive, platonic friendship for Bree. In any case, she has other things to worry about. After a car accident ended her chance at becoming a professional ballerina, Bree changed paths and now owns her own dance studio, with big dreams to expand it. But one more rent

increase could mean the end of the studio entirely. Then, as usual, Nathan comes to the rescue and buys the entire building. A stubborn Bree is not happy about it and decides to rebel with a couple—okay, maybe more than a couple—of tequila shots. Then her plan backfires as she spills her deepest, darkest secret to a TMZ reporter. One viral video later, the world thinks Nathan and Bree are the perfect couple. Before they can really talk about her confession, Nathan’s publicist proposes a big opportunity that could mean financial security for Bree. The catch? They have to pretend to be in love. For three whole weeks. What will happen when Bree gives in to the feelings she’s been desperately hiding for so long, and could she be imagining that Nathan is actually enjoying it? Sarah Adams scores more than touchdowns in this exciting romantic comedy.

**hold the dark parents guide: Hold Tight** Harlan Coben, 2009-03-03 NOW A NETFLIX SERIES! The bestselling author and creator of the hit Netflix dramas Stay Close and The Stranger delivers a #1 New York Times bestseller that asks how well parents really know their children—and puts them on a technological roller coaster of their worst fears. “We’re losing him.” With those words, Mike and Tia Baye decide to spy on their sixteen-year-old son Adam, who has become increasingly moody and withdrawn since the suicide of his best friend. The software they install on his computer shows them every Web site visited, every e-mail sent or received, every instant message. And each keystroke draws them deeper and deeper into a maze of mayhem and violence that could destroy them all....

**hold** | **Weblio**

hold

- **Weblio**

hold... We will hold it... open... - 1000 Weblio

held | **Weblio**

held hold

- **Weblio**

hold; keep ( ) to hold status

hold on | **Weblio**

hold on - ( ) ( ) ( ) ...

hold in | **Weblio**

hold in - Weblio

**accountable** | **Weblio**

to bear the responsibility — assume the responsibility — take the responsibility upon one's shoulders — hold oneself responsible for the consequences

**withhold** | **Weblio**

withhold 1 (hold back) The father is withholding the allowance until the son cleans his room 2 ...

**hold together** | **Weblio**

hold together - ( ) ( ) Weblio

threshold | Weblio  
threshold - ( ) Weblio

hold | Weblio  
hold

Weblio  
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Weblio

held | Weblio  
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