

ADOLESCENT HEALTH 101 TOOLKIT LINK UPDATES



RESOURCES FOR ADOLESCENT HEALTH CARE PROVIDERS (SECTION B-18)

❖ Free handouts available to print and reproduce

DRUG AND ALCOHOL ABUSE

❖ <http://www.nida.nih.gov/drugpages.html>

The National Institute on Drug Abuse has facts on drugs of abuse including Facts for Teens brochures on some drugs, and Infobox sheets on other drugs. It also has a chart with common street names and effects of various substances.

MENTAL HEALTH

❖ <http://www.nimh.nih.gov/healthinformation/childmenu.cfm>

The Child and Adolescent Mental Health section of NIMH.

ADOLESCENT HEALTH ORGANIZATIONS

http://www.acog.org/departments/dept_web.cfm?recno=7
American College of Obstetricians and Gynecologists,
Adolescent Health Care.

<http://nahic.ucsf.edu>

National Adolescent Health Information Center

HEALTH EDUCATION MATERIALS FOR A FEE

ETR Associates

☎ 1-800-321-4407, 4 Carbonero Way, Scotts Valley, CA 95066-4200

www.etr.org/pub/titles/browse.html

Pamphlets cover a wide range of topics, including stress, self-esteem, body image, drug and alcohol abuse, relationships, and sexual health. Sample pamphlets are free and can be ordered in bulk for a small fee.

SEXUAL HEALTH

<http://www.cdc.gov/std/treatment/default.htm>

This site has the guidelines from the CDC on sexual disease and health

RESOURCES FOR PARENTS (SECTION B-20)

- ❑ <http://www.4girls.gov/parents/index.htm>
4Girls is appropriate for younger teens and may not be as appropriate for older teens. Host organization also has a website called 4parents.gov which does not give an unbiased opinion of adolescent health.
- ❑ <http://www.ama-assn.org/ama/upload/mm/39/parentinfo.pdf>
Fact sheets about parenting a teenager from the American Medical Association.
- ❑ <http://www.npin.org>
National Parent Information Network

- ❑ <http://www.familypride.org>
Family Pride Coalition
PO Box 65327
Washington, DC 20035-5327
☎ 202-331-5015

CLICK ON THIS! (SECTION B-24)

Check out these websites for more info about your health...

GENERAL HEALTH

🌐 <http://www.kidshealth.org/teen>

A very complete site with information on everything including your mind, your body, and your relationships.

SEXUAL HEALTH

🌐 <http://www.seventeen.com/health/smarts/0,,0.html>

Website created by Seventeen magazine and the Kaiser Family Foundation about teenagers and sex.

WEBSITES FOR GAY, LESBIAN, BISEXUAL, AND QUESTIONING YOUTH

🌐 <http://www.queeramerica.com>

Do a search for area code and find various LGBT resources for your region.

FEELINGS

🌐 <http://www.apahelpcenter.org/featuredtopics/feature.php?id=37>

A guide for teens about mental health by the American Psychological Association.

DRUGS, ALCOHOL, AND SMOKING

🌐 Both the American Lung Association and the ForReal weblinks no longer work.

SITES FOR GUYS

🌐 <http://www.kotex.com/na/talk/teen/guything/>

Kotex Company's site for teenage boys about puberty and feelings.

