

# #YouthCulture

## Internet Resources for Parents/Guardians

<b>Partnership for Drug Free Kids</b>	Prevent, Intervene, Treatment, and Recover Information. Access to tools, web-based interactive resources, support networks and user-friendly online/offline tools.	<a href="http://www.drugfree.org">www.drugfree.org</a>
<b>Poe Center for Health Education</b>	Programs and information for youth and parents about dental health, substance use prevention, nutrition, human growth and development.	<a href="http://www.poehealth.org">www.poehealth.org</a>
<b>Online Dictionary for Current Teenage Terms</b>	A great place to look up teen lingo.	<a href="http://www.urbandictionary.com">www.urbandictionary.com</a>
<b>Teen Health Information</b>	Provides families with accurate, up-to-date, and jargon free health info they can use.	<a href="http://www.kidshealth.org/parent">www.kidshealth.org/parent</a>
<b>Communicating with Adolescents</b>	Guidelines for Adults on How to Communicate with Adolescents about Mental Health Problems and Other Sensitive Topics	<a href="https://mhfa.com.au/sites/default/files/MHFA_communicate_adolescents_guidelines.pdf">https://mhfa.com.au/sites/default/files/MHFA_communicate_adolescents_guidelines.pdf</a>
<b>Teen Substance Use Issues</b>	A campaign that is inspired by what teens have told the Office of National Drug Control Policy about their lives, and how they deal with influences that shape their decisions.	<a href="http://www.abovetheinfluence.com">www.abovetheinfluence.com</a>
<b>Inhalant Abuse Prevention</b>	Provide parents with high quality and practical info about inhalant abuse.	<a href="http://www.inhalant.org">www.inhalant.org</a>
<b>Stop Medicine Abuse</b>	Works to alert parents and members of the community about the problem of teen abuse of OTC cough medicines containing dextromethorphan (DXM)	<a href="http://www.stopmedicineabuse.org">www.stopmedicineabuse.org</a>
<b>The Science Behind Drug Abuse</b>	Provides teens with facts and interactive materials about drug abuse.	<a href="http://www.teens.drugabuse.gov">www.teens.drugabuse.gov</a>
<b>The Science of Drug Use and Addiction</b>	Gives parents facts and interactive materials about drug abuse.	<a href="http://www.drugabuse.gov">www.drugabuse.gov</a>
<b>Drug Abuse Warning Network</b>	Public health surveillance system that monitors drug-related hospital emergency departments and drug-related deaths investigated by medical examiners and coroners.	<a href="http://www.samhsa.gov/data/DAWN.aspx">www.samhsa.gov/data/DAWN.aspx</a>
<b>Talk. They Hear You.</b>	Interactive site for parents. Talking with your children about underage drinking. Includes role play application. Valuable resources	<a href="http://www.samhsa.gov/underagedrinking/">www.samhsa.gov/underagedrinking/</a>
<b>How Much is Too Much?</b>	Screening tool to help individuals understand the potential health consequences of their own drinking.	<a href="http://www.alcoholscreening.org">www.alcoholscreening.org</a>
<b>Campaign for Tobacco Free Kids</b>	Great site for tobacco info for parents and youth	<a href="http://www.tobaccofreekids.org">www.tobaccofreekids.org</a>
<b>Don't Quit Alone!</b>	A smoking cessation service to help individuals stop smoking.	<a href="http://www.quitnet.com">www.quitnet.com</a>
<b>Quitline NC (Tobacco Use)</b>	Resources & support to stop smoking. 24/7 toll-free Interpretation services available for many languages.	<a href="http://www.quitlinenc.com">www.quitlinenc.com</a> 1-800-QUIT-NOW (1-800-784-8669).
<b>What You Need to Know and How to Talk with Your Kids About Vaping</b>	A eBook that provides important information about youth and e-cigarettes/vaping.	<a href="http://www.drugfree.org/parent-blog/the-teen-vaping-trend-what-parents-need-to-know/">www.drugfree.org/parent-blog/the-teen-vaping-trend-what-parents-need-to-know/</a>
<b>The National Campaign to Prevent Teen &amp; Unplanned Pregnancy</b>	Teen pregnancy prevention information	<a href="http://www.thenationalcampaign.org">www.thenationalcampaign.org</a>
<b>Teen Relationships</b>	Information about healthy dating relationships and dating safety	<a href="http://www.teenrelationships.org">www.teenrelationships.org</a>
<b>Internet Safety Tips</b>	Teen & Parent internet safety information	<a href="http://www.nationalcac.org">www.nationalcac.org</a>
<b>Teen Internet Safety</b>	Teen internet safety information	<a href="http://www.safeteens.com">www.safeteens.com</a>

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<b>Urban Dictionary</b>	Urban Dictionary is a crowdsourced online dictionary of slang words & phrases	<a href="http://www.urbandictionary.com">www.urbandictionary.com</a>
<b>No Slang.Com</b>	Site to translate text slang	<a href="http://www.noslang.com">www.noslang.com</a>
<b>Internet Safety Resource</b>	Site that educates on internet safety	<a href="http://www.netsmartkids.org">www.netsmartkids.org</a>
<b>Common Sense Media</b>	Great site for parent to be informed about all types of media for families and youth	<a href="http://www.commonsensemedia.org">www.commonsensemedia.org</a>
<b>40 Developmental Assets</b>	Identified the building blocks of healthy development—known as Developmental Assets—that help young children grow up healthy, caring, and responsible.	<a href="http://www.search-institute.org">www.search-institute.org</a>
<b>National Institute on Drug Abuse (NIDA)</b>	Highlighted parenting skills that are important in preventing the initiation and progression of drug use among youth.	<a href="http://www.drugabuse.gov/family-checkup">www.drugabuse.gov/family-checkup</a>
<b>Marijuana Talk Kit</b>	A must have kit to talk to your child about marijuana. Download it today!	<a href="http://www.drugfree.org/MJTalkKit">www.drugfree.org/MJTalkKit</a>
<b>Why Scare Tactics Don't Work.</b>	Presentation from the West Virginia DHHR on why scare tactics do not work to deter youth from drug use, and what can be done instead.	<a href="http://www.dhhr.wv.gov/bhhf/ibhc/Documents/Presentation%20s1115/Scare%20Tactics%20BH%20conference%20%2082115.pdf">http://www.dhhr.wv.gov/bhhf/ibhc/Documents/Presentation s1115/Scare%20Tactics%20BH%20conference%20%2082115.pdf</a>
<b>Drugs, Brains &amp; Behavior The Science of Addiction</b>	We know that addiction is a disease that affects both the brain and behavior. This link identifies many of the biological and environmental factors that go into the development and progression of the disease.	<a href="https://www.drugabuse.gov/sites/default/files/soa_2014.pdf">https://www.drugabuse.gov/sites/default/files/soa_2014.pdf</a>
<b>Introducing the Heroin, Fentanyl &amp; Other Opioids eBook Partnership for Drug-Free Kids</b>	eBook for parents and families need to prepared with the knowledge and skills to identify opioids, spot early use and take action effectively	<a href="https://drugfree.org/wp-content/uploads/2018/04/Heroin-Fentanyl-Other-Opioids-eBook-Partnership-for-Drug-Free-">https://drugfree.org/wp-content/uploads/2018/04/Heroin-Fentanyl-Other-Opioids-eBook-Partnership-for-Drug-Free-</a>
<b>Substance Use Treatment eBook</b>	Learn what treatment entails, how to pay for it, how to get your child to start and what you can do to help your family cope with the challenges.	<a href="https://drugfree.org/download/treatment-ebook/">https://drugfree.org/download/treatment-ebook/</a>
<b>U.S. Department of Health and Human Services (HHS)</b>	This site examines the major developmental changes that occur in adolescence and provides suggestions on how parents and caring adults can support young people as they navigate through this critical period.	<b>Adolescent development explained:</b> <a href="http://www.hhs.gov/oah/adolescent-development/explained/index.html">www.hhs.gov/oah/adolescent-development/explained/index.html</a>

<b>Alliance Behavioral Healthcare 24 Hour Toll-Free Access &amp; Information</b>	1- 800- 510-9132
<b>SAMHSA's National 24 Hour Substance Abuse Helpline information &amp; treatment</b>	1-800-662-HELP (4357)
<b>Parents Toll-Free Helpline</b>	1-855-DRUGFREE
<b>Crisis Text Line -www.crisistextline.org (for teens)</b>	Text START to 741-741
<b>HopeLine NC-</b> Offering caring non-judgmental listening and referrals in times of crisis. texting hotline · mental health · crisis hotline · suicide prevention	919-231-4525 or 1-877-235-4525 <a href="http://www.hopeline-nc.org">www.hopeline-nc.org</a>
<b>National Suicide Prevention Lifeline</b>	1-800-273-TALK (8255)