

Links

Caution: Parents should take the time to view all web sites and their links to be sure they are appropriate for their child.

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### SAMHSA

<http://family.samhsa.gov/>

A public education Web site developed by the **Substance Abuse and Mental Health Services Administration** (SAMHSA) to communicate to parents and other caring adults how they can help promote their child's mental health and reduce his or her risk of becoming involved with alcohol, tobacco, and illegal drugs. This site offers free publications and posters, with free shipping for parents, teens, and community leaders. It has links to many other web sites.

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Drug Free Students

<http://www.drugfreestudents.org/main/default.asp>

This site offers youth fun and interactive games, statistics and contests while delivering important information about drugs and alcohol. It stresses the dangers of methamphetamine and inhalant use. Drugfreestudents.org targets kids and teenagers, but provides useful information to parents and community members as well. The National Institute on Drug Abuse (NIDA), a component of the National Institutes of Health (NIH), created this Web site to educate adolescents ages 11 through 15 (as well as their parents and teachers) on the science behind drug abuse. NIDA enlisted the help of teens in developing the site to ensure that the content addresses appropriate questions and timely concerns.

Recognizing that teens want to be treated as equals, NIDA scientists were careful not to preach about the dangers of drug use. Rather, the site delivers science-based facts about how drugs affect the brain and body so that kids will be armed with better information to make healthy decisions.

Elements such as animated illustrations, quizzes, and games are used throughout the site to clarify concepts, test the visitor's knowledge, and make learning fun through interaction.

This is an interactive site for young teens with games, a great glossary, sticker and iron-on downloads. There are sections on drug facts for teens, a parent and teacher section, and videos.

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## Parents: The Anti Drug

[www.theantidrug.com](http://www.theantidrug.com)

This valuable site gives parents tools to work with their teen to stress the importance of a drug free life. It offers information on Marijuana, Club Drugs: Speed, Ecstasy, GHB, Special K and LSD, and METH.

Tips for parents such as: "Set Rules, Praise and Reward, Know Where Your Teen Is, Talk to Your Teen, Keep Your Teen Busy (especially between 3&6 pm), Check on Them (make sure they're where they say they will be), Write a Core Values or Mission Statement for the Family, Spend Time with Your Teen, Know Your Teen's Friends, Stay in Touch with Teachers, Camp Counselors", as well as many other informational areas make this an essential "go to" site for parents of teens.

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## 4Parents.gov

<http://www.4parents.gov/index.html>

4Parents.gov is part of a new national public education campaign to provide parents with the information, tools and skills they need to help their teens make the healthiest choices.

This is a must see web site for parents with **Pre-Teens**. This site has matter-of-fact discussions about puberty for boys and girls, and could be an excellent resource for parents who are beginning the discussion on upcoming changes in the body, menstruation and reproduction. The site has a link to OPA, Office of Population Affairs, which has books and down loads dealing with sexual activity in youth. 4parents.gov is a valuable site for pre-teens, and teens as well as parents.

4Parents.gov is part of a national public education campaign to provide parents with the information, tools and skills they need to help their teens make healthy choices, including waiting until marriage to have sex. Nothing is more important for a child, pre-teen, or teen than a caring parent. If pre-teens and teens are going to make the choices that will help them grow up to be healthy adults, they need parents to talk with them about important topics like sex and relationships. 4parents.gov is meant to give parents the information and guidance they need for having these conversations

4Parents.gov was written by the Office of Public Health and Science, with expert consultation, and in response to public comment. 4Parents.gov is sponsored by the Office of Public Health and Science, Office of Population Affairs, and the Public Health Service. "Teen Chat," and "Parents, Speak Up!" guides are the result of a collaborative effort between the Administration for Children and Families and the Office of Population Affairs, Office of Public Health and Sciences.

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## Above the Influence

[www.abovetheinfluence.com](http://www.abovetheinfluence.com)

This Web site and the "Above the Influence" ads seen on TV and in magazines are created for the *National Youth Anti-Drug Media Campaign* (a program of the Office of National Drug Control Policy). This campaign reflects what teens across the country have said is going on in their lives.

The goal is to help teens stay above the influence. The more aware they are of the influences around them, the better prepared they will be to stand up to the pressures of being a teen in today's society. This site targets the teenager, not to preach, but listen and inform.

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Partnership for a Drug Free America

www.drugfree.org

This is an easy to navigate web site for parents and teens, featuring a list at the bottom of the home page with articles pertinent to parents or teens. The site has Spanish language resources for parents, a Parent Tool Kit: "Practical Advice to Keep Kids Healthy and Safe", connects to a parent blog, and other links, including "Partnership" offices in many (unfortunately, not all) states.