

# ***From A(norexia) to Z(its): Providing Health Information to Teens***

By Samantha Hewakapuge - NN/LM GMR

## **Recommended Resources**

### **For Teens:**

MedlinePlus (National Library of Medicine, NIH): <http://medlineplus.gov>

TeensHealth (Nemours KidsHealth): <http://teenshealth.org>

Go Ask Alice! (Columbia University): <http://www.goaskalice.columbia.edu/>

Planned Parenthood Info for Teens: <http://www.plannedparenthood.org/info-for-teens/>

I Wanna Know! (American Social Health Association): <http://www.iwannaknow.org/>

GirlsHealth.gov (Office on Women's Health, HHS): <http://girlshealth.gov/>

Young Men's Health (Children's Hospital Boston): <http://www.youngmenshealthsite.org/>

Above the Influence (National Youth Anti-Drug Media Campaign): <http://www.abovetheinfluence.com/>

NIDA for Teens (National Institute on Drug Abuse): <http://teens.drugabuse.gov/>

SAVE: Suicide Awareness Voices of Education: <http://www.save.org/>

### **From Teens, For Teens**

We Are Talking (Palo Alto Medical Foundation): <http://www.pamf.org/teen/>

Do Something.org (largest national database of teen volunteer opportunities in the US):  
<http://www.dosomething.org/>

Health Information Project (Mid-Hudson Library System): <http://hip.midhudson.org/top-teen-picks/>

### **For Adults:**

CDC Adolescent Health (Centers for Disease Control and Prevention):  
<http://www.cdc.gov/HealthyYouth/az/>

Find Youth Info (US Government Agencies): <http://www.findyouthinfo.gov/>

TeensHealth for Parents (Nemours KidsHealth): <http://teenshealth.org/parent/>

PFLAG (Parents and Friends of Lesbians And Gays): <http://community.pflag.org/>

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<http://www.consumerreports.org/health/healthy-living/health-safety/10-troublesome-trends-to-talk-to-your-teen-about/overview/index.htm>

2011 Youth Risk Behavior Surveillance System (YRBSS), Centers for Disease Control and Prevention

<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

CDC WISQARS (Web-based Injury Statistics Query and Reporting System)

<http://www.cdc.gov/injury/wisqars/index.html>

CDC's School Health Policies and Programs Study <http://www.cdc.gov/HealthyYouth/shpps/index.htm>

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"Substance Use and the Risk of Suicide Among Youths, 2000" SAMHSA NHSDA Report

<http://oas.samhsa.gov/2k2/suicide/suicide.cfm>

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