

Resources and Information

Adolescent Health Resource Websites

Nearly one-half of teens report that they use the Internet to access information about health issues and problems (Borzekowski & Rickers, 2001). The following list provides a few examples of some of the teen-oriented websites that provide information about health issues, risk behaviors, and violence.

www.AskDrJami.org

Dr. Jami's website promotes resiliency for teens through bibliotherapy. Her website includes recommended web resources, nonfiction books, and fiction books to help teens build resiliency.

www.cdvp.org/teens/

A teen relationship website talks about respect and abuse in relationships, provides links, and a chat room for teens.

www.empowered.org

Provides prevention education to address bullying and peer aggression.

www.freevibe.com

A website sponsored by the Federal Government that provides information and to teens about using drugs, alcohol, and coping with parents with substance abuse problems.

www.focusas.com

Clearinghouse for information, resources, and support. Large volume of resources dealing with teen and family issues including resources listed by state.

www.reachout.asn.au

Provides information about a number of mental health concerns including depression, loss and grief, and substance abuse as well as other teen issues such as friendship.

www.teenshealth.org

Addresses a wide range of teen health concerns including cutting, tattoos, sexual health, personal safety, and diseases.