

# Websites Dedicated to Helping Teens Make Good Choices

## Websites Geared to Adults:

**SUSD Academy:** For a listing of the educational sessions that are sponsored by the school district go to: [www.susd.org](http://www.susd.org) and click on the tab "For Parents", and then "Academy Calendar." Topics include: family communication, anger management, fitness, bullying, stress management, substance abuse, teen dating, depression, and more.

**Anti-drug Parenting Tips:** sign-up for the e-newsletter from [www.theantidrug.com](http://www.theantidrug.com) or [www.laantidroga.com](http://www.laantidroga.com)

**Partnership for a Drug-Free America** ([www.drugfree.org](http://www.drugfree.org)) is a nonprofit coalition of communication, health, medical and educational professionals working to reduce illicit drug use and help people live healthy, drug-free lives. This site has an on-line community for parents. Click on the button "partnering with families", then click on "community", and you can sign up to enter their on-line community to see what is being talked about.

The main goal of **Drug Free AZ** is to keep young people from starting to use drugs and convincing occasional users to stop. A project of the Maricopa County Attorney's Office [www.drugfreeaz.com](http://www.drugfreeaz.com)

**Family Guide To Keeping Youth Mentally Healthy and Drug Free** offers adults who influence the lives of children ages 7 to 18 --- including parents, foster parents, grandparents, extended family members, guardians, and mentors --- suggestions for better communication with children, as well as other tips that aid in prevention. Go to: [www.family.samhsa.gov](http://www.family.samhsa.gov) .

**Not MY Kid**, Inc. was started by a family in the Scottsdale School District. It is dedicated to raising awareness about the most prevalent youth and adolescent mental and behavioral health issues. [www.notmykid.org](http://www.notmykid.org)

**Internet Safety:** The NetSmartz Workshop is an interactive, educational safety resource that teaches kids and teens how to stay safer on the Internet. NetSmartz was created by the National Center for Missing & Exploited Children® (NCMEC) and Boys & Girls Clubs of America (BGCA). [www.netsmartz.org](http://www.netsmartz.org).

**Talking With Kids About Tough Issues** [www.talkingwithkids.org](http://www.talkingwithkids.org) is a national initiative by Children Now and the Kaiser Family Foundation to encourage parents to talk with their children earlier and more often about tough issues like sex, HIV/AIDS, violence, alcohol, and drug abuse. Another good site is [www.abouthhealth.com](http://www.abouthhealth.com).

**Underage Drinking: A Major Public Health Challenge:** National Institute on Alcohol Abuse and Alcoholism: [www.niaaa.nih.gov/publications/aa59.htm](http://www.niaaa.nih.gov/publications/aa59.htm)

**Community Information & Referral** is the key source of integrated information that brings people and services together to meet vital needs in central and northern Arizona. We do this with accessibility, compassion and quality. <http://www.cirs.org>.

**Other websites** with useful information : [www.madd.org](http://www.madd.org); [www.parentingisprevention.org](http://www.parentingisprevention.org); [www.prevention.org](http://www.prevention.org); [www.safeyouth.org](http://www.safeyouth.org); [www.inhalants.org](http://www.inhalants.org) , [www.alcoholfreechildren.org](http://www.alcoholfreechildren.org) - good questions for parents to ask themselves.

## Websites Geared to Teens:

Facts about drugs and **finding your anti-drug:** [www.freevibe.com](http://www.freevibe.com).

National Institute on Drug Abuse for teens: the **science behind drugs** [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)  
<http://www.thecoolspot.gov> is "a place where you can learn about being yourself, thinking for yourself, and getting the facts about underage drinking..."

**Students Against Destructive Decisions** (founded as Students Against Driving Drunk): Lots of information for parents, too. Click on "Resources" then "Links". [www.saddonline.com](http://www.saddonline.com)

A resource for teens who want to check where they are with drugs and alcohol: <http://www.checkyourself.com/>

## Activities for Kids and Teens:

This site is dedicated to Kids, Teens and servicing our community and local businesses As a **Community Link**, it furnishes information and services pertaining to kid's and teen activities: [www.AZkids2teens.com](http://www.AZkids2teens.com)

Connecting you to federal resources that support children and youth during out-of-school hours: [www.afterschool.gov](http://www.afterschool.gov)

## **AZ Valley Resources**

<p><b>Black Family and Child Services of Central Phoenix</b> Teen Choice School and Behavioral Health Agency</p>	602-243-1773
<p><b>Community Bridges</b> (East Valley Addiction Council) Provides medical evaluations, services for substance abusers and detox.</p>	480-962-7711
<p><b>Catholic Social Services</b> <a href="http://www.diocesephoenix.org">www.diocesephoenix.org</a> Mental health services/counseling</p>	602-997-6105
<p><b>Chicanos Por La Causa's Centro de la Familia</b> Male/female outpatient programs for Drug/alcohol treatment.</p>	623-247-0464
<p><b>Centro de Amistad</b> Mesa Office <a href="http://www.centrodeamistad.org">www.centrodeamistad.org</a> Case management for drug/alcohol treatment, mental health services</p>	480-833-0227
<p><b>Jewish Family and Child Services</b> <a href="http://www.nonprofitnet.com/jfcs">www.nonprofitnet.com/jfcs</a> Mental health/ social services. Parenting group goals : recognize strengths within themselves and children ; recognize ways to increase positive communication and discipline ; recognize ways to increase cooperation between divorced/divorcing parents</p>	602-994-8477
<p><b>Value Options Services and Crisis Line</b> (24 hours) <a href="http://www.valueoptions.com/arizona">www.valueoptions.com/arizona</a> Providing behavioral health and substance abuse service to Maricopa County; 24 hour mental health helpline</p>	800-564-5465
<p><b>Peer counseling teen hotlines</b> Teen Life Line <a href="http://www.teenlifeline.com">www.teenlifeline.com</a>...(3-9 pm daily) Teens Talking to Teens</p>	602-248-8336 480-461-8888
<p><b>EMPACT</b> –Suicide Prevention Center <a href="http://www.empact-spc.com">www.empact-spc.com</a> American Association of Suicideology accredited Center in Arizona providing 24 hour telephone intervention to people experiencing suicidal crisis. Counseling/psychiatric services through Value Options</p>	480-784-1500
<p><b>CASA</b>, Center for Prevention of Abuse and Violence <a href="http://www.casacares.org">www.casacares.org</a> Expertise is in sexual abuse prevention. CASA's Out patient Counseling Center offers counseling and psychotherapeutic services to people who have been victims of abuse and violence.</p>	602-254-2466
<p>State of Arizona Child Abuse Hotline <a href="http://www.de.state.az.us\dcyf\cps">www.de.state.az.us\dcyf\cps</a></p>	602-530-1800
<p><b>Al-Anon and Al-Ateen</b> <a href="http://www.al-anon-az.org">www.al-anon-az.org</a> Support group for family and friends of alcohol addicted people.</p>	602-249-1257
<p><b>Alcoholics Anonymous</b> <a href="http://www.aaphoenix.org">www.aaphoenix.org</a></p>	602-279-3838
<p><b>Adult Children of Alcoholics</b> (information line) <a href="http://www.adultchildren.org">www.adultchildren.org</a> Program for women and men who grew up in alcoholic or otherwise dysfunctional homes.</p>	602-241-6750
<p><b>Drug Testing</b> TASC Treatment Assessment/ Counseling <a href="http://www.tasc-arizona.org">www.tasc-arizona.org</a> Southwest Laboratories Scottsdale Samaritan Hospital SonoraQuest Labs</p>	602-254-7328 602-438-8507 480-941-7500 480-391-3488