

Helpful and Informative Web Sites for Teenagers and Parents

Today's adolescent is typically very familiar with computers and with the Internet. While many parents worry appropriately about material available on the Web, the Internet also provides many helpful and accurate sources of information for parents and teens. A number of helpful sites are listed below. In general, these sites are not appropriate for younger children. Parents are well advised to explore these sites with their teens or screen them independently.

Resources for Teens and Parents

<http://www.aap.org>

American Academy of Pediatrics. Brochures and books for teens and their parents.

<http://www.adolescenthealth.org>

Tips for teens and parents sponsored by the Society for Adolescent Medicine

<http://www.highschoolhub.org>

Learning portal for free online educational resources for high school students

<http://www.teengrowth.com>

Physician-directed interactive site where adolescents can find sound information on a variety of health issues.

<http://www.teenhealthfx.com>

Award-winning site where questions from teens are addressed by physicians, mental health clinicians, and other professionals

<http://www.teenshealth.org>

Health information site sponsored by The Nemours Center for Children's Health Media

<http://www.youthsource.org>

International flavor (from Australia). Anything from A — Z.

Sexuality

Content about teen sexual health, pregnancy and contraception, STIs, HIV/AIDS, gynecology questions, and making good choices

<http://www.goaskalice.com>

Columbia University's health question and answer Internet service

<http://www.iwannaknow.org>

American Social Health Association

<http://www.siecus.com>

Sexuality Information and Education Council of the US

<http://www.sxetc.org>

A web site for teens by teens — Network for Family Life Education — Rutgers University

<http://www.teenwire.com>

Planned Parenthood Web site

Mental health and substance abuse

Content about substance abuse, ADHD, depression, and anxiety

<http://www.add.org>

National Attention Deficit Disorder Association

<http://www.addictionresourceguide.com>

Getting help, finding treatment

<http://www.chadd.org>

Children and Adolescents with ADHD (CHADD)

<http://www.clubdrugs.org>

Service of the National Institute on Drug Abuse

<http://www.nimh.nih.gov>

National Institute of Mental Health

<http://nmba.org>

National Mental Health Association

<http://www.samhsa.gov/oas/oasftp.htm>

US Department of Health and Human Services Substance Abuse and Mental Health Services Administration

<http://theantidrug.com>

Site for parents from the National Youth Anti-Drug Media Campaign

Media and Internet safety

Savvy advice about media messages and surfing the Internet

<http://www.aap.org/mediamatters>

Academy project that highlights how the media influence children and adolescents

<http://www.apa.org/pubinfo/violence.html>

American Psychological Association material about how violence on television affects children and how its impact can be moderated through parental involvement

<http://www.mediafamily.org>

Safety tips for surfers from the National Institute on Media and the Family. Advice for parents on how to talk to their children about Internet use

Resources are included as sources of general information only.

Their content has not been reviewed or endorsed by the American Academy of Pediatrics.

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