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| **Partnership for Drug Free Kids** | Prevent, Intervene, Treatment, and Recover Information. Access to tools, web-based interactive resources, support networks and user-friendly online/offline tools. | **www.drugfree.org** |
| **Poe Center for Health Education** | Programs and information for youth and parents about dental health, substance use prevention, nutrition, human growth and development. | [**www.poehealth.org**](http://www.poehealth.org) |
| **Online Dictionary for Current Teenage Terms** | A great place to look up teen lingo. | **www.urbandictionary.com** |
| **Teen Health Information** | Provides families with accurate, up-to-date, and jargon free health info they can use. | **www.kidshealth.org/parent** |
| **Communicating with Adolescents** | Guidelines for Adults on How to Communicate with Adolescents about Mental Health Problems and Other Sensitive Topics | **https://mhfa.com.au/sites/default/files/MHFA\_communicate\_adolescents\_-guidelines.pdf** |
| **Teen Substance Use Issues** | A campaign that is inspired by what teens have told the Office of National Drug Control Policy about their lives, and how they deal with influences that shape their decisions. | **www.abovetheinfluence.com** |
| **Inhalant Abuse Prevention** | Provide parents with high quality and practical info about inhalant abuse. | **www.inhalant.org** |
| **Stop Medicine Abuse** | Works to alert parents and members of the community about the problem of teen abuse of OTC cough medicines containing dextromethorphan (DXM) | **www.stopmedicineabuse.org** |
| **The Science Behind**  **Drug Abuse** | Provides teens with facts and interactive materials about drug abuse. | **www.teens.drugabuse.gov** |
| **The Science of Drug Use and Addiction** | Gives parents facts and interactive materials about drug abuse. | **www.drugabuse.gov** |
| **Drug Abuse Warning Network** | Public health surveillance system that monitors drug-related hospital emergency departments and drug-related deaths investigated by medical examiners and coroners. | **www.samhsa.gov/data/DAWN.aspx** |
| **Talk. They Hear You.** | Interactive site for parents.  Talking with your children about underage drinking. Includes role play application. Valuable resources | **www.samhsa.gov/underagedrinking/** |
| **How Much is Too Much?** | Screening tool to help individuals understand the potential health consequences of their own drinking. | **www.alcoholscreening .org** |
| **Campaign for Tobacco**  **Free Kids** | Great site for tobacco info for parents and youth | **www.tobaccofreekids.org** |
| **Don’t Quit Alone!** | A smoking cessation service to help individuals stop smoking. | **www.quitnet.com** |
| **Quitline NC**  **(Tobacco Use)** | Resources & support to stop smoking. 24/7 toll-free Interpretation services available for many languages. | [**www.quitlinenc.com**](http://www.quitlinenc.com)  1-800-QUIT-NOW  (1-800-784-8669). |
| **What You Need to Know and How to Talk with Your Kids About Vaping** | A eBook that provides important information about youth and e-cigarettes/vaping. | **www.drugfree.org/parent-blog/the-teen-vaping-trend-what-parents-need-to-know/** |
| **The National Campaign to Prevent Teen & Unplanned Pregnancy** | Teen pregnancy prevention information | **www.thenationalcampaign.org** |
| **Teen Relationships** | Information about healthy dating relationships and dating safety | **www.teenrelationships.org** |
| **Internet Safety Tips** | Teen & Parent internet safety information | **www.nationalcac.org** |
| **Teen Internet Safety** | Teen internet safety information | [**www.safeteens.com**](http://www.safeteens.com) |
| **Urban Dictionary** | Urban Dictionary is a crowdsourced online dictionary of slang words & phrases | **www.urbandictionary.com** |
| **No Slang.Com** | Site to translate text slang | **www.noslang.com** |
| **Internet Safety Resource** | Site that educates on internet safety | **www.netsmartkids.org** |
| **Common Sense Media** | Great site for parent to be informed about all types of media for families and youth | **www.commonsensemedia.org** |
| **40 Developmental Assets** | Identified the building blocks of healthy development—known as Developmental Assets—that help young children grow up healthy, caring, and responsible. | **www.search-institute.org** |
| **National Institute on Drug Abuse (NIDA)** | Highlighted parenting skills that are important in preventing the initiation and progression of drug use among youth. | **www.drugabuse.gov/family-checkup** |
| **Marijuana Talk Kit** | A must have kit to talk to your child about marijuana. Download it today! | **www.drugfree.org/MJTalkKit** |
| **Why Scare Tactics Don’t Work.** | Presentation from the West Virginia DHHR on why scare tactics do not work to deter youth from drug use, and what can be done instead. | **http://www.dhhr.wv.gov/bhhf/ibhc/Documents/Presentations1115/Scare%20Tactics%20BH%20conference%20%2082115.pdf** |
| **Drugs, Brains & Behavior**  **The Science of Addiction** | We know that addiction is a disease that affects both the brain and behavior. This link identifies many of the biological and environmental factors that go into the development and progression of the disease. | **https://www.drugabuse.gov/sites/default/files/soa\_2014.pdf** |
| **Introducing the Heroin, Fentanyl & Other Opioids eBook**  **Partnership for Drug-Free Kids** | eBook for parents and families need to prepared with the knowledge and skills to identify opioids, spot early use and take action effectively | **https://drugfree.org/wp-content/uploads/2018/04/Heroin-Fentanyl-Other-Opioids-eBook-Partnership-for-Drug-Free-** |
| **Substance Use Treatment eBook** | Learn what treatment entails, how to pay for it, how to get your child to start and what you can do to help your family cope with the challenges. | **https://drugfree.org/download/treatment-ebook/** |

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| **Alliance Behavioral Healthcare 24 Hour Toll-Free Access & Information** | 1- 800- 510-9132 |
| **SAMHSA’s National 24 Hour Substance Abuse Helpline information & treatment** | 1-800-662-HELP (4357) |
| **Parents Toll-Free Helpline** | 1-855-DRUGFREE |
| **Crisis Text Line -www.crisistextline.org**  **(for teens)** | Text START to 741-741 |
| **HopeLine NC-** Offering caring non-judgmental listening and referrals in times of crisis. texting hotline · mental health · crisis hotline · suicide prevention | 919-231-4525 or  1-877-235-4525  www.hopeline-nc.org |
| **National Suicide Prevention Lifeline** | 1-800-273-TALK (8255) |