

For Teens Only!

Resources

A list of websites, books, and hotlines to help you get through life

Websites

Physical Health

www.girlhealth.org/

GirlHealth is run by young women for young women, and it offers help on healthy relationships with families and partners, knowing your rights, taking pride in yourself, pregnancy, effects of drugs on the female body, and more.

www.goaskalice.columbia.edu/

You can submit non-urgent questions to **Go Ask Alice!** about health (general, physical, emotional), relationships, sexuality, sexual health, emotional health, fitness, nutrition, and alcohol and drugs. All questions are answered.

www.plannedparenthood.org

Planned Parenthood isn't just about sex education, but also life education, like safe and healthy relationships, necessary medical exams, making choices, and current world events related to sexual rights. You can also make an appointment or find an office in your area.

www.nida.nih.gov/students.html

The **Students and Young Adults** section of the National Institute on Drug Abuse website is developed specifically for teens, offering information about specific drugs. It also has an extensive section in Spanish.

www.kidshealth.org/teen/your_body/

The **TeensHealth > Your Body** section talks about bullying, health, drugs/alcohol, cutting, and staying safe. There is an extensive section dealing with all parts of the body, like skin ailments, tattoos, braces, and tumors.

Emotional Health

www.sxetc.org/index.php?topic=Emotional+Health

The **Sex, Etc. > Emotional Health** section is for teens by teens. You can submit non-urgent questions or read articles by teens who feel just like you (or worse!).

www.sprc.org/whatweoffer/audience/teen.asp

The **Suicide Prevention Resource Center** helps you help your friends if they are suicidal. They also have a 24/7 hotline: 800-273-8255.

www.teen-depression.info/

The **Teen Depression** website covers all aspects of depression: how to avoid it, how to know if you're depressed, and how to get help. The entire site is also available in Spanish.

www.teenhelp.org

Teen Help is an online community and forum for anyone 13 or older and has members from around the world. Registered members can talk to each other and post on the forum. All posts are reviewed for appropriateness of content.

http://kidshealth.org/teen/your_mind/

The **TeensHealth > Your Mind** section helps you deal with your friends, your family, and, most importantly, yourself.

Identity

www.outproud.org/

OutProud is an online community for queer and questioning teens. You can read stories about teens coming out, learn about role models in the community, and browse online brochures for teens who are questioning or living out of the closet. It also has a link to QueerAmerica, a national support network.

www.thetrevorproject.org/

The **Trevor Project** helps teens who are queer or questioning. They run a 24/7, 365 days per year confidential suicide hotline at 866-488-7386. You can also submit non-urgent questions online and find local services by state.

www.youthhood.org/youthhood/index.asp

Youthhood is an online space where all youth belong. You can check different sections of the website, like the "Community Center" (about giving back), the "Health Clinic" (about your body), the "Apartment" (about your home life), and much more.

Disabilities

www.ablelink.org

The **Ability Online Support Network** allows teens with disabilities to log on and meet mentors, role models, and friends. All messages are filtered and monitored for appropriateness.



www.bestbuddies.org/about/index.asp

Best Buddies works to make the lives of people with intellectual disabilities better by helping them socialize with non-disabled peers. People with intellectual disabilities are introduced to those who do not have them in the hope of building tolerance, friendship, and self-esteem.

<http://chiip.org/publications.html>

The **I Can Work—Youth Audience** brochure is for youth with disabilities. It lists resources—like information about high school and college, healthcare, and employment—available to California teens with disabilities. Available in English, Spanish, Tagalog, Chinese, Vietnamese, and Korean.

<http://www.independentliving.org/studyworkabroad/>

The **Independent Living Institute** compiled a list of universities and organizations in foreign countries that welcomes people with disabilities to study, work, volunteer, and receive training.

<http://prc.csun.edu/Content/Downloads.asp#J>

Download a PDF of “**Job Seeking Skills for People with Disabilities: A Guide to Success**,” a handbook that answers common questions and concerns of students with disabilities. It also provides information on setting career goals and looking for work.

www.ncwd-youth.info

The **National Collaborative on Workforce and Disability (NCWD/Youth)** has information about disability, education, and employment. You can read stories about people who successfully transition from school to work.

They also have useful resources, like “**The 411 on Disability Disclosure: A Workbook for Youth with Disabilities**,” a workbook helping youth make decisions about disclosing your disability and its impact on your education, employment, and social life.

www.fvkasa.org/

Kids as Self Advocates encourages youth with disabilities to be leaders

and advocate for themselves. You can read reports written by these self advocates or learn more about numerous topics like civil rights, staying safe, leisure and recreation, dating, and more.

<http://www.pacer.org/tatra/list/signup.asp>

Sign up for the PACER Center’s transition listserv “**Reference Points**.” Receive emails about transition, scholarships and going to college, and newly launched websites and projects that can help you.

Giving Back

www.csc.ca.gov/volunteer/teensandadults.asp

When you feel it’s time to give back to your community, you can check out this list of volunteer organizations.

www.miusa.org/

Mobility International USA empowers people with disabilities to fight for the rights of people with disabilities around the world. You can check out the Just for Teens and Peer-to-Peer Network sections to see how you can help.

eMagazines

www.nextstepmag.com

This online version of *Next Step Magazine* has information about going to college, scholarships, careers, and help with life in general.

www.shoutoutnews.org/

Shout Out is a newspaper for and by teens in California’s central coast. They cover culture, current events, and personal events (like immigration) from your point of view.

www.teenink.com/

Teen Ink, free to view online, is for teens by teens (it takes submissions from the public). It’s all about being creative, with resources on writing, art, photography, and publishing. It also talks about community service, history, and health.

www.transcendmag.com/

The motto of *TranscendMag*, an online magazine by and for African American teens, is “no limits, no boundaries.” And it’s a



message they want to pass on to their readers. This magazine addresses world news, discusses creative outlets (particularly fashion and entertainment), and provides information for school and scholarships.

Books

(check your local library or your library at school)

■ fiction ● non-fiction

For Teens Only: Quotes, Notes, and Advice You Can Use

by Carol Weston

This guide offers helpful advice for girls and guys, tips for teens on being themselves, and positive thoughts about life.●

Get Over It! How to Survive Breakups, Back-stabbing Friends, and Bad Haircuts

by Beth Mayall

This book is entertaining, but also offers a ton of very real, very healthy, very useful advice. The theme throughout is: calmly confront the problem, express your feelings and needs, and move on to a solution, even if it means saying goodbye to a relationship or a plan.●

Hotlines

ChildHelp USA Child Abuse Hotline

800-422-4453 (toll-free 24/7 nationwide)

Focus Adolescent Services Directory of Family Help Resources

www.focusas.com/Directory.html (find your state)

www.focusas.com/California.html (for California)

Find hotlines—suicide and crisis, youth services, domestic violence/abuse, runaway, teen lines—as well as downloadable documents about bullying, special education rights, teen pregnancy, drug abuse, and violence at school.

National Runaway Switchboard

800-621-4000 (toll-free 24/7 nationwide)

Call for crisis intervention and referral and communication help for youth and their families.

National Youth Crisis Hotline

800-448-4663 (toll-free 24/7 nationwide)

Suicide Hotline

<http://suicidehotlines.com>

800-784-2433 (toll-free 24/7 National Hopeline Network)

800-273-8255 (toll-free 24/7 Nat'l Suicide Prevention Lifeline)

Call the national numbers or find your local number by state.

The Trevor Project

866-488-7386 (toll-free 24/7/365 nationwide)

Call for confidential suicide help for queer and questioning teens.

How I Stayed Alive When My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention

by Susan Rose Blauner

Survivor of multiple suicide attempts, Blauner offers guidance for those thinking about suicide and their families, as well as affirmations and suggestions.●

Know It By Heart

by Karl Luntta

A racially mixed family moves into an all-white neighborhood in Connecticut in 1961, and they have to deal with burning crosses and worse. The teens seek justice and find themselves in the process.■

The Seven Habits of Highly Effective Teens: The Ultimate Teenage Survival Guide

by Sean Covey

This collection helps teens with self-image, building friendships, achieving goals, making important decisions, and preventing and alleviating depression.●

Stargirl

by Jerry Spinelli

An eccentric high school student named Stargirl deals with popularity, nonconformity, and first love.■

Too Old for This, Too Young for That! Your Survival Guide for the Middle School Years

by Harriet Mosatche and Karen Unger

This guide helps middle schoolers with issues like physical and emotional changes, connecting with friends and family, setting goals, and handling peer pressure.●

Yes, Your Parents Are Crazy! A Teen Survival Handbook

by Michael Bradley

This book talks about why adults behave the way they do and how to handle parents and other adults in life's confusing and difficult situations.●

Libraries

RiSE and Parents Helping Parents

(free lending library for California residents—408-727-5775, ext.110)

Autism-Asperger's & Sexuality: Puberty & Beyond

by Jerry Newport, Mary Newport, and Teresa Bolick

A husband and wife with Asperger's Syndrome give invaluable advice to teens and adults going through this difficult period. RiSE call number 2040.●

A Bird's Eye View of Life with ADD and ADHD: Advice from Young Survivors

by Chris Dendy and Alex Zeigler

Written expressly for teenagers and children, this book was written by twelve teens and a young adult based on their own

experiences of living with this challenging condition. PHP call number 4583. ●

The Care & Keeping of You: The Body Book for Girls

by Valorie Schaefer

This book is a preteen girl's guide to basic health and hygiene, explaining braces, bras, pimples, periods, hair care, and healthy eating. PHP call number 4748. ●

Epilepsy in the Teen Years (video)

by Epilepsy Foundation of America

This 12-minute video explores the lives of four teenagers with epilepsy. They discuss issues of special importance to them including school, sports, friends, and driving. PHP call number v518. ●

Finding a Career that Works for You: A Step-by-Step Guide to Choosing a Career and Finding a Job

by Wilma Fellman

Written by a counselor who specializes in working with adolescents and adults with ADD, this guide helps young adults with learning disabilities and other challenges with respect to career issues. RiSE call number 0900. ●

Help4ADD@High School: The Book You'll Want to Read Even if Your Mom Bought it for You

by Kathleen Nadeau

This book includes tips on how to study smarter, not harder, information about your rights in school, and the way that your high school can help you succeed. There are also tips on getting along with your family, dating, getting enough sleep, and the importance of exercise. PHP call number 4826. ●

Intricate Minds: Understanding Classmates with Asperger Syndrome (video)

by Coulter Video

This 30-minute video shows candid interviews with teenagers designed to promote positive interactions between classmates and reduce harassment, bullying, and isolation. PHP call number v4706. ●

Jarvis Clutch: Social Spy

by Mel Levine

Jarvis's wry and insightful observations of student interactions at Eastern Middle School bring to light the myriad social challenges that adolescents face every day, including peer pressure, the need to seem cool, the perils of dating, and the difficulties of finding your niche. PHP call number 3483. ■

Learning a Living: A Guide to Planning Your Career and Finding a Job for People with Learning Disabilities, Attention Deficit Disorder and Dyslexia

by Dale Brown

This is a career guide written for people with learning disabilities by someone with first-hand experience. It discusses everything you need to know in order to find the best possible job that emphasizes your strengths and minimizes the effects of your disability. RiSE call number 0902. ●

Life Happens: A Teenager's Guide to Friends, Failure, Sexuality, Love, Rejection, Addition, Peer Pressure, Families, Loss, Depression, Change, and Other Challenges

by Kathy McCoy and Charles Wibbelsman

The title says it all. PHP call number 4658. ●

Speakout! Get Some Attention! Just for Teens (video)

by Laura Lambert

This is a very supportive and engaging video that features a large group of teens getting together and sharing their feelings about having ADD/ADHD. They talk openly about their experiences, often difficult and painful. They also share their thoughts on self-management, communication, medication, friendship, self-esteem, schoolwork, and more. PHP call number v458. ●

