

Resources For Teens And Young Adults

Recommended Websites:

- <http://kidshealth.org>
- <http://teenhealthfx.com>
- <http://goaskalice.columbia.edu>
- <http://iwannaknow.org>
- <http://teenshealth.org>
- <http://youngwomenshealth.org>

- <http://youngmenshealthsite.org>
Fantastic site aimed at teens with great handouts on a variety of health topics including health problems, nutrition, sexuality, periods, puberty, emotional health, exercise, etc.
- <http://stopcyberbullying.org/kids/index.html>
For parents and teens: information by age about internet safety, internet etiquette, how to handle being bullied and quizzes to see if you are being a cyberbully.
- <http://pacer.org>
Bullying resources for parents and teens with special health care needs. Resources for students that want to help stop the bullying of others.
- <http://kidscape.org.uk>
Downloadable handouts and articles for parents, teens, kids and schools on bullying.
- <http://internet-safety.yoursphere.com/>
A forum for parents, teens, educators and experts to discuss and learn about safe blogging and social networking.
- <http://safekids.com/safety-advice-tools/>

Includes a family contract, safety quiz for teens and a list of resources.

- <http://glsen.org/>
Safe Space programs for schools, including free downloadable Safe Space posters and stickers. Resources for LGBT students, their allies, and their families, including support to create a school GSA (gay-straight alliance).

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Copyright © Texas Children's Hospital. Adapted with permission. Last revised: 2/18/2016