

A Sampling of Websites Relevant to Youth and Substances

Younger Kids

Too Smart to Start, <http://www.toosmarttostart.samhsa.gov>

An underage alcohol use prevention initiative for parents, caregivers, and their 9-to-13 year-old children. Wonderful passages by young teenagers who write in their own words what drinking means and why it's cool to not even bother drinking.

Kids Health, <http://www.kidshealth.org>

Covers a range of common health concerns of kids, including alcohol and drug issues. Has sections for parents, young kids and teens. Offers advice for kids dealing with parents with substance problems too.

Teens

The Cool Spot, <http://www.thecoolspot.gov>

Sponsored by the government, but you wouldn't know considering how hip and colorful this website is. Includes great graphics and fun interactive surveys that give kids a "reality check" on what really goes on when kids drink.

Free Vibe, <http://www.freevibe.com>

Great website that is easy to work with and provides access to important information on marijuana and other drugs teens commonly encounter. Provides interactive games, opportunities for sharing, and for leadership. Reflects the full diversity of teens and should appeal to teens in both rural and urban areas.

National Institutes on Drug Abuse (NIDA) for Teens, <http://www.teens.drugabuse.gov>

Science and facts on addiction and individual drugs commonly encountered by teens presented in an engaging manner for teens.

Students Against Destructive Decisions (SADD), <http://www.sadd.org>

Students helping other students making positive decisions about everyday challenges in their lives.

Check Yourself, <http://www.checkyourself.com>

A place for older teens to think in a focused way about their relationship with drugs and alcohol, and invites them to consider whether their substance use risks are turning into a problem for them. Sponsored by a Partnership for a Drug-Free America

College Age

Facts on Tap, <http://www.factsontap.org>

A site for college students with lots of key facts and practical "how to" information – for example how to: modify your drinking, determine if you have a problem, talk to another friend about your concerns about them, estimate your blood alcohol level and find help when you need it. Addresses marijuana and prescription drug abuse as well as alcohol.

Go Ask Alice, <http://www.goaskalice.columbia.edu>

Get any question you can imagine answered by an expert professional in a relevant field and search archives of past questions and answers. Covers alcohol and drugs, but also sexuality, emotional health, physical well-being, fitness and nutrition, and other areas of interest to young persons.

E-chug, <http://www.e-chug.com>

An interactive self-assessment and feedback experience for college students that takes about 10-15 minutes to complete. The CHUG lets students understand where their own drinking patterns fall within the context of their peers and gives person-specific feedback on diverse aspects including costs, calories, tolerance and risks among many others.

College Drinking, <http://www.collegedrinkingprevention.gov>

A comprehensive site focused on college drinking with specific pages for students, administrators, residency advisors, parents and others. Has links to hundreds of college alcohol and drug policies, links to national and regional news stories related to college drinking issues as well as copious facts and information on evidence based practices.

Other sites

National Institutes on Drug Abuse (NIDA) Drug Facts, <http://www.nida.nih.gov/drugpages.html>

Detailed information on individual drugs including basic chemistry, physiologic effects and side effects, psychic effects, risks, street names and more.

National Institute on Alcohol Abuse and Alcoholism, <http://www.niaaa.nih.gov>

Everything you might want to know about alcohol, alcohol abuse and alcoholism: facts, data, research, strategies for change with links to excellent age-specific sites. Presented in a straight forward, conventional manner.

Youth and Underage Drinking: An overview, <http://www.health.org/govpubs/rpo990>

A brief evidence-based summary of facts about adolescent alcohol use.

Mothers Against Drunk Driving, <http://www.madd.org>

A problem-specific site that is loaded with statistics, legal information, opportunities for activists, stories, and other resources related to drinking and driving.

Be Responsible About Drinking (B.R.A.D), <http://www.brad21.org>

A website put together by a family in memory of their son, Brad, who died of alcohol poisoning the day he turned 21. The originators of the 21st Birthday Card campaign for responsible drinking.

Dartmouth Center on Addiction, Recovery and Education, <http://www.dartmouth.edu/~dcare>

Websites Related to Symposium Presentations

Current Prevalence and Patterns of Youth Substance Use

Katie Merrow, New Hampshire Center for Public Policy Studies

<http://www.unh.edu/nhcpps>

Ritual Heavy Drinking in a College Population

For Hoyt Alverson's study go to <http://www.dartmouth.edu/~dcare/courses.html> and scroll down to Anthropology 20 and click on "Dartmouth Drinking", Hoyt Alverson.

New Futures, Adolescent Treatment Initiative, Joe Diament presenting

<http://www.new-futures.org>

Related data websites of interest:

<http://www.healthyvermonters.org/adap/pubs/2003/yrbs2003report.pdf> (Vermont Youth Risk Behavior Survey)

<http://www.samhsa.gov> (click "data" for links to extensive national data)