

TEEN HEALTH IS JUST A CLICK AWAY



The life of a teenager can be hard. The pressures of school, friends, family and work can be overwhelming. Add to that the physical changes that accompany adolescence and you can have one of the most confusing times of your life. The good news is that being a teenager can also be awesome, fun and rewarding. It can be a time of peak physical fitness and academic success.



Understanding your health and wellness needs is an important part of making your teenage years great. Let us help you find safe and accurate online websites for health information.

Examples of teen topics you can find on the web:

- Nutrition
- Fitness
- Drugs and Alcohol
- Sexual Health
- Diseases and Conditions
- Gay, Lesbian and Transgender Health
- Mental Health/Depression
- Bullying



MedlinePlus

www.nlm.nih.gov/medlineplus

Produced by the National Library of Medicine, you will find information about diseases, conditions, and wellness issues for all stages of your life.

Teens Health

www.teenshealth.org

Part of The Nemours Foundation's Center for Children's Health Media. On a typical weekday, this site has over 750,000 visits.



Go Ask Alice

www.goaskalice.columbia.edu

Produced by Alice! Health Promotion at Columbia University, this site receives over 1,000 inquiries weekly from college and high school students, parents and teachers on every conceivable health topic. And we do mean everything!

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330-643-9075

**Akron-Summit County
Public Library**

Science & Technology Division
60 S. High Street, Akron, OH 44326
www.akronlibrary.org

Center for Young Women's Health

www.youngwomenshealth.org

This partnership between the Division of Adolescent & Young Adult Medicine and the Division of Gynecology at Boston Children's Hospital offers a wide variety of topics specific to teen girls.

Young Men's Health

www.youngmenshealthsite.org

From the Division of Adolescent and Young Adult Medicine at Boston Children's Hospital, this site offers a wide variety of topics specific to teen boys.

Above the Influence

www.abovetheinfluence.com

Produced by the National Youth Anti-Drug Media Campaign, a program of the Office of National Drug Control Policy, this site was inspired by what teens have said about their lives, and how they deal with the influences that shape their decisions with drugs and alcohol.

SAVE: Suicide Awareness Voices of Education

www.save.org

SAVE was one of the nation's first organizations dedicated to the prevention of suicide and was a co-founding member of the National Council for Suicide Prevention.

CDC-Adolescent Health

www.cdc.gov/healthyouth

From the Centers for Disease Control and Prevention, this site's mission is to prevent HIV, other STDs, and teen pregnancy and promote lifelong health among teens.

National Center for Complementary and Alternative Medicine

www.nccam.nih.gov

This department is the Federal Government's lead agency for research on diverse medical practices that are not considered part of conventional medicine. This field is broad and constantly changing, but examples include herbal medicines and acupuncture.

It's your body and your health! Stay connected, inquisitive, and informed and you'll be on your way to a healthy, happy life.

These websites are not intended as, nor should it be considered a substitute for professional medical advice. If you suspect you have a medical problem, tell an adult and contact our professional healthcare provider.

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