

Uniondale School Library Media Centers
Alcohol, Tobacco, and Substance Abuse Websites:
a sampling of suggested resources



General

Title Healthfinder [web site]

URL <http://www.healthfinder.gov/>
<http://www.healthfinder.gov/espanol/>

Summary Web Feet summary: If you're looking for the best online health and human services information from government, academic, and nonprofit sources, this gateway site will point you in the right direction. Launched in 1997 by the U.S. Department of Health and Human Services, Healthfinder divides its links into four main categories: Health Library, Just for You, Health Care, and Directory of Healthfinder Organizations. In addition to links, the site offers current health news and a series of online checkups. Separate versions of Healthfinder are available for kids and Spanish-speaking consumers.

Audience Suitable for Elementary School, Middle School, High School.
Grade levels: g4, g5, g6, g7, g8, g9, g10, g11, g12.

Title Inside the human body [web site] : the respiratory system

URL http://www.lung.ca/children/index_kids.html

Summary Web Feet summary: Hosted by the Lung Association of Canada, this site offers useful information for students of all ages about the body's respiratory system and its role in maintaining our overall well-being. There are separate sections for students in grades 1 to 3, 4 to 6, and 7 to 12. The youngest students are introduced to their Body Buddies--the heart and lungs--and learn how they work together to keep us healthy. Older students will learn about what the breathing system looks like and how it works. All sections contain warnings against the dangers of smoking. A special section for teachers features ideas for classroom activities and resources for all grade levels.

Audience Suitable for Elementary School, Middle School, High School.
Grade levels: g3, g4, g5, g6, g7, g8, g9, g10, g11, g12.

Title NOAH [web site] : New York Online Access to Health

URL <http://www.noah-health.org/>
<http://www.noah-health.org/spanish/spwelcome.html>

Summary Web Feet summary: A gateway to online medical resources, New York Online Access to Health (NOAH) is a collaborative effort of the New York Public Library, New York Library Council, City University of New York, and the New York Academy of Medicine. Available in both English and Spanish, this database of professionally evaluated Web resources can be searched by keyword or browsed by health topic or subject. The index of health topics lists specific diseases and conditions, as well as such general resource categories as Surgery, Drugs and Medications, and Support Groups. The alphabetical index of subjects lists symptoms, health-related environmental topics, and parts of the body.

Audience Suitable for Middle School, High School.
Grade levels: g6, g7, g8, g9, g10, g11, g12.

Title Wired for health [web site]

URL <http://www.wiredforhealth.gov.uk/>
<http://www.welltown.gov.uk/>
<http://www.galaxy-h.gov.uk/>
<http://www.lifebytes.gov.uk/>
<http://www.mindbodysoul.gov.uk/>

Summary Web Feet summary: This excellent site from the government of the United Kingdom has several subsites for different grade levels. The youngest students can find information geared toward them at Welltown (<http://www.welltown.gov.uk/>), which covers topics such as being active, eating health foods, growing up, keeping safe, and keeping clean. Galaxy H (<http://www.galaxy-h.gov.uk/>), for the next grade levels, has numerous interactive activities to teach children about various health topics. Included are games and quizzes on choosing healthy meals, designing a healthy school, being safe when out in the sun, avoiding everyday dangers, and much more. The site for the third level (or about ages 11 to 14) is LifeBytes (<http://www.lifebytes.gov.uk/>), which discusses physical activity, healthy eating, mental health, health conditions, alcohol and drugs, smoking, and more. The sites also include sections for teachers and for parents so they can learn how to help children use the sites plus a subsite for older students called Mind, Body & Soul (<http://www.mindbodysoul.gov.uk/>).

Audience Suitable for Elementary School, Middle School.
Grade levels: g1, g2, g3, g4, g5, g6, g7, g8.

Alcohol and Drug Abuse

Title ATF Online [web site]

URL <http://www.atf.treas.gov/>
<http://www.atf.treas.gov/kids/index.htm>

Summary Web Feet summary: The law enforcement efforts of the Bureau of Alcohol, Tobacco, and Firearms (ATF), an arm of the Treasury Department, have been in the news over the past several years. The bureau's official Web site offers a closer look at all its activities. You will find extensive information about ATF's core areas, including arson and explosives, in addition to alcohol, tobacco, and firearms. The site contains the full text of ATF enforced regulations, ATF publications, and the bureau's most-wanted list. A kids' section features resources on crime; ATF history and background; and information about gang resistance, firearms education, and related materials.

Audience Suitable for Elementary School, Middle School, High School.
Grade levels: g4, g5, g6, g7, g8, g9, g10, g11, g12.

Title D.A.R.E. [web site] : Drug Abuse Resistance Education /

URL <http://www.dare-america.com/>

Summary Web Feet summary: The official site of D.A.R.E. (Drug Abuse Resistance Education), a program that aims to keep children from using drugs, has sections for educators, parents, and students. The News Room section features articles about D.A.R.E. successes from newspapers across the United States. The Kids section offers tips for staying out of trouble and dealing with peer pressure and drug images in the media. The Officers section is an archive of news alerts about everything from cigarette use to pop culture figures who are having problems with drug abuse.

Audience Suitable for Elementary School, Middle School, High School.
Grade levels: g3, g4, g5, g6, g7, g8, g9.

Title Just say no! an alcohol awareness Website for grades 6-12 [web site] /

URL <http://students.resa.net/stoutcomputerclass/4justsayno.htm>

Summary Web Feet summary: Hosted by the Wayne County (MI) Regional Education Service Agency, this is both a gateway to alcohol awareness sites and a classroom project site. Projects include creating posters, writing a letter to parents about alcohol, performing a skit, designing a survey, and more. The links area includes sites about alcohol myths, health aspects, drinking and driving, and the law and teenage drinking. This is a good resource for teachers planning their school's "drug-free week."

Audience Suitable for Middle School, High School.
Grade levels: g6, g7, g8, g9, g10, g11, g12.

Title Kids and alcohol [web site] /

URL http://www.kidshealth.org/kid/stay_healthy/body/alcohol.html

Summary Web Feet summary: Alcohol is often referred to as if it were a separate substance from drugs. The truth is alcohol is a drug, and, as this site points out, the drug most often abused by teens. Learn what alcoholism is, the health problems alcohol can cause, and what to do if someone offers you a drink. This terrific KidsHealth site also teaches you what causes some kids to drink and how to recognize if someone you know has a problem with alcohol.

Audience Suitable for Middle School, High School.
Grade levels: g6, g7, g8, g9, g10, g11, g12.

Title Mind over matter [web site] /

URL <http://165.112.78.61/MOM/MOMIndex.html>

Summary Web Feet summary: Guide Sara Bellum explains the effects of marijuana, opiates, inhalants, hallucinogens, nicotine, stimulants, and steroids on the brain. Created by the National Institute on Drug Abuse, a branch of the National Institutes of Health, this site offers explanations of brain anatomy, and a short quiz on key terms is presented at the end of each section. Every section includes the origins of the drug or stimulant, a detailed explanation of how it affects the brain, and a great series of illustrations. A Teacher's Guide also is available.

Audience Suitable for Elementary School, Middle School, High School
Grade levels: g4, g5, g6, g7, g8, g9, g10, g11, g12.

Title NIDA [web site] : National Institute on Drug Abuse /

URL <http://www.nida.nih.gov/>

Summary Web Feet summary: Equally good for students, teachers, and parents, the National Institute on Drug Abuse (NIDA) provides an extensive resource with information on specific drugs (in a pull-down menu); publications on many aspects of drug prevention, use, and treatment; and results of "an ongoing study of the behaviors, attitudes, and values of American secondary school students, college students, and young adults." Teens can learn facts about drugs, read answers to frequently asked questions, and take Dr. NIDA's challenge. Many of the printed materials provided by the institute can be ordered here without charge. Links to related sites are included.

Audience Suitable for Middle School, High School, Public Library, Academic Library.
Grade levels: g7, g8, g9, g10, g11, g12.

Title Partnership for a Drug-Free America [web site] /

URL <http://www.drugfreeamerica.org/Home/>

Summary Web Feet summary: No parent or teacher should miss this site from the Partnership for a Drug-Free America. Parents are encouraged to educate themselves about the types of drugs available to their children. Detailed descriptions are provided, along with images of the drugs and of drug paraphernalia and a glossary of drug slang. Parents also can get guidance on speaking with their children about drugs and what to do if they suspect drug use. Older students will find a wealth of research material

here.

Audience Suitable for Middle School, High School.
Grade levels: g6, g7, g8, g9, g10, g11, g12.

Title **Prevline [web site] /**

URL <http://www.health.org/>
<http://www.health.org/govpubs/PHD533/>
<http://www.health.org/pubs/parguide/>
<http://www.health.org/kidsarea/kidsarea.htm>

Summary Web Feet summary: From the U.S. Department of Health and Human Services comes this comprehensive clearinghouse for alcohol and drug information. Dedicated sections of the site feature information tailored to family, youth, school, workplace, and community. You'll find information about different drugs, databases of prevention and treatment resources, and information about such issues as binge drinking, drug testing, and HIV/AIDS. Other sections include a newsroom and calendar of events.

Audience Suitable for Elementary School, Middle School, High School, Public Library, Academic Library.
Grade levels: g2, g3, g4, g5, g6, g7, g8, g9, g10, g11, g12.

Title **SSNB [web site] : Straight Scoop News Bureau /**

URL <http://www.straightscoop.org/>
<http://www.straightscoop.org/educator.html>
<http://www.straightscoop.org/students.html>

Summary Web Feet summary: Part of the White House's National Youth Anti-Drug Media Campaign, the Straight Scoop News Bureau (SSNB) seeks to provide student journalists with current information about the realities of drugs and drug abuse. Its site provides a wide array of information about the dangers of both illegal drugs and those prescription drugs that are widely abused. Editors of scholastic publications will find ideas for feature stories, advice from professional journalists, and links to anti-drug and student journalism resources.

Audience Suitable for Middle School, High School.
Grade levels: g7, g8, g9, g10, g11, g12.

Title **www.Streetdrugs.org**

URL <http://www.streetdrugs.org/>

Summary Web Feet summary: Parents, teachers, and law enforcement authorities interested in staying abreast of the latest illicit drugs making the rounds will want to bookmark this site from the Publishers Group, LLC, which offers reports on current trends in the street drug market. In addition to profiles of a broad range of legal and illegal substances that are widely abused, the site offers separate sections for students, parents, teachers, and law enforcement officers. The latest developments in substance abuse are addressed in articles showcased on the site's homepage. Streetdrugs.org's online store markets print and electronic resources that can be used in mounting a local campaign against substance abuse.

Audience Suitable for Middle School, High School.
Grade levels: g6, g7, g8, g9, g10, g11, g12.

Title **Web of Addictions**

URL <http://www.well.com/user/woa/>

Summary Award-winning website designed as a resource for teachers, students and others who need factual information about abused drugs.

Audience Materials for parents, teachers, and students.
Middle School, High School.
Grade levels: g6, g7, g8, g9, g10, g11, g12.

Smoking

Title CDC [web site] : Tobacco Information and Prevention Source (TIPS) /

URL <http://www.cdc.gov/tobacco/>
<http://www.cdc.gov/tobacco/tipskids.htm>
<http://www.cdc.gov/tobacco/tipsteen.htm>

Summary Web Feet summary: This comprehensive, easy-to-use information source from the Centers for Disease Control and Prevention includes tip sheets, celebrity testimonials, answers to questions about smoking from the music group Boyz II Men, a magazine, posters, and artwork. In addition to Tips for Youth, you can access the Surgeon General's reports, news, research data, and information on quitting smoking. Numerous links lead to more information about tobacco and health.

Audience Materials for children.
Suitable for Elementary School, Middle School, High School.
Grade levels: g3, g4, g5, g6, g7, g8, g9, g10, g11, g12.

Title Nicotine junkies [web site] /

URL <http://whyfiles.news.wisc.edu/024nicotine/>

Summary Web Feet summary: Why do some people (even children) continue to smoke despite overwhelming evidence that cigarette smoke is dangerous? Funded by the National Science Foundation, this site from the Why Files explains that nicotine dependence is a powerful addiction. It also examines the issue of cigarette advertising and its power over children, and discusses the effects that smoking has on the brain. This informative site also offers ideas for participating in the war against tobacco and includes an extensive list of resources for quitting smoking.

Audience Suitable for Elementary School, Middle School, High School, Public Library, Academic Library.
Grade levels: g4, g5, g6, g7, g8, g9, g10, g11, g12.

Title Secondhand smoke [web site] : irritating annoyance or serious health threat? /

URL <http://medicalreporter.health.org/tmr0895/smoke0895.html>

Summary Web Feet summary: Secondhand smoke is a major cause of indoor air pollution and remains a significant public health concern. This site, from the Medical Reporter, "an independent, educational, nonprofit health magazine on the Web for enlightened healthcare consumers" is dedicated to providing the facts about secondhand smoke and the associated risks to human health. You'll find detailed information from reliable, documented sources, as well as a table of facts and figures about secondhand smoke and its effect on people and the environment. The site also provides links to other smoking-related information, such as Smoking Myths, 10 Things You Can Do to Protect Your Family, and Quitting Smoking Reduces Risk of Stroke.

Audience Suitable for Elementary School, Middle School, High School, Public Library, Academic Library.
Grade levels: g4, g5, g6, g7, g8, g9, g10, g11, g12.

Source: *Web Feet Online*, available <http://www.webfeetguides.com/wfonline/rhf.html>

