

TRUE NORTH PROJECT

RESOURCES FOR PARENTS

Drug Prevention Resources: Downloadable Tools for Parents, Teachers, and Administrators

<https://drugfreegeneration.org/resources/downloadable-prevention-education-tools.html>

Risk and Protective Factors for Substance Use

<https://www.in.gov/fssa/dmha/substance-misuse-prevention-and-mental-health-promotion/risk-and-protective-factors-for-substance-use/>

Teen Behavior: What's Worrisome, What's Not

<https://www.uhhospitals.org/blog/articles/2020/06/teen-behavior-whats-worrisome-whats-not>

The Six Needs of your Teenager

<https://www.allprodad.com/the-six-needs-of-your-teenager/>

Helping Teens Cope

<https://extension.psu.edu/helping-teens-cope-now-and-later>

Flavors Hook Kids: The Tobacco Industry as a Kid's Menu

<https://www.flavorhookkids.org/wp-content/uploads/2022/11/TFCA-Flavors-Hook-Kids-v52.pdf>

Marijuana: What You Need to Know to Protect Children, Teens, and Young Adults

<https://drugfree.org/print/page-landing-2.php?id=61776>

Talking to Teens about Fentanyl

<https://kingcounty.gov/depts/health/~media/depts/health/overdose/documents/youth-discussion-guide.ashx>

How Using Social Media Affects Teenagers

<https://childmind.org/article/how-using-social-media-affects-teenagers/>

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How Advertising Effects Kids

<https://www.youtube.com/watch?v=1PZiT-OVuyg>

Help for Parents of Troubled Teens

<https://www.helpguide.org/articles/parenting-family/helping-troubled-teens.htm>

Natural High: Drug Prevention Activities for Students

<https://www.naturalhigh.org/for-educators/>

McLean Hospital – Everything you need to know about addiction

<https://www.mcleanhospital.org/essential/addiction>

Preparing Teens to Seek Professional Help

<https://parentandteen.com/seek-professional-help/#:~:text=Let%20your%20teen%20know%20that,clergyperson%20for%20thoughts%20and%20recommendations.>

Five Steps to Set Your Teen Up for Success – Socially, Emotionally, and Academically

https://www.newportacademy.com/resources/empowering-teens/teens-get-back-on-track/?utm_source=google&utm_medium=cpc&utm_campaign=NA_leads_performance_max&utm_term=&kpId=go_cmp-17884784088_adg-ad-dev-c_ext-prd-&gclid=CjwKCAjw9-6oBhBaEiwAHv1QvOGKMpgVdu9FQCAZgY7UVko24WbpsfqVP7G1EdsiSA_oykqA1sZ_Qh_oC3cMQAvD_BwE

National Youth Risk Behavior Survey (YRBS) Findings

https://www.cdc.gov/healthyyouth/data/yrbs/index.htm?s_cid=hy-homepage-002

Key Findings for the California Healthy Kids Survey

https://calschls.org/docs/wested_calschls_17thbiennialkeyfindings_infographic_081221.pdf