

## INTERNET RESOURCES

for tobacco, alcohol and other drug prevention,  
and for helping youth become well adjusted, addiction-free adults.



**Community Connections Facebook Page:** [www.facebook.com/CommunityConnectionsLC](http://www.facebook.com/CommunityConnectionsLC) . News about Community Connections activities, and attention-getting posts related to tobacco, alcohol and other drug prevention. *Help us gain followers. “Friend” us and “Share” one of our posts today!*

**Community Connections The Linc Facebook Page:** [www.facebook.com/ccLINC](http://www.facebook.com/ccLINC) . Information about youth-appropriate activities in Lincoln County. *Help us gain followers. “Friend” us and “Share” one of our posts today!*

**Community Connections Tobacco Free Lincoln County on Twitter:** [www.twitter.com/TobaccoFreeLC](http://www.twitter.com/TobaccoFreeLC) . Tweets related to tobacco prevention. *Help us gain followers. “Follow” us, and “Retweet” one of our tweets today!*

**The government’s bullying website:** [www.stopbullying.gov](http://www.stopbullying.gov) . Topics include, “What is Bullying,” “Who is at Risk,” “Prevent Bullying,” etc.

**The government’s mental health website:** [www.mentalhealth.gov](http://www.mentalhealth.gov). Information and resources about eating disorders, mood disorders, substance use disorders, suicide, etc.

**Foundation for a Drug-Free World :** See an incredible, 8 minute video, “The Truth About Drugs, Real People-Real Stories.” See “They Said/They Lied” public service announcements. Download or order free booklets, free lesson plans and other materials. <http://www.drugfreeworld.org/>

**Department of Justice – Drug Prevention 4 Teens:** This is a very informative resource about drugs and helping prevent youth from using them (pdf document, 34 pages).  
<http://www.justice.gov/dea/pr/multimedia-library/publications/prevention4teens.pdf>

**The Real Cost.** “If cigarettes looked as dangerous as they are, you’d run like hell,” it says. Learn what smoking **really costs**, and take a little quiz. <http://therealcost.betobaccofree.hhs.gov/>

**SAMHSA – Substance Abuse and Mental Health Services Administration:** Find information on drug prevention, suicide prevention, homelessness, and many other topics important to youth and adults.  
<http://www.samhsa.gov/>

**Real Facts about Underage Drinking:** This excellent resource is on the SAMHSA Web site, at  
<http://www.toosmartostart.samhsa.gov/teens/facts/myths.aspx>

**Partnership for Drug-Free Kids:** Includes a drug guide, “The Teen Brain,” a parent kit (“Cheering Your Child up When a Friend Lets Her Down,” “Tips for Dads on Talking to Teens,” “Prepping for Prom: Should Parents Tell Teens to Drink Responsibly,” etc.), intervention e-books (“What to do if Your Child is Using Drugs,” etc.), and other resources. [www.drugfree.org](http://www.drugfree.org) .

**Smart Approaches to Marijuana:** News, and information on the health effects of using marijuana. The site explains the hype and realities of medical marijuana, and suggests rational legal approaches to marijuana possession and distribution. <http://learnaboutsam.org/>

**Centers of Disease Control and Prevention – Index:** [www.cdc.gov/az/](http://www.cdc.gov/az/) A source for all kinds of health related information and materials, including alcohol, tobacco and other drugs.

**Centers for Disease Control and Prevention, Tobacco Prevention Publications Catalog:** A source for posters, DVDs, etc. Under “Topics” click on “Youth”).  
[http://nccd.cdc.gov/OSH\\_Pub\\_Catalog/Home.aspx](http://nccd.cdc.gov/OSH_Pub_Catalog/Home.aspx)

**Centers for Disease Control and Prevention – Smoking in the movies:**  
[http://www.cdc.gov//tobacco/data\\_statistics/fact\\_sheets/youth\\_data/movies/index.htm](http://www.cdc.gov//tobacco/data_statistics/fact_sheets/youth_data/movies/index.htm)

**No Limits Nebraska:** <http://nolimitsnebraska.com/> - an organization that brings youth together and involves them in leadership and action, to fight big tobacco. No Limits Nebraska involves youth in rallies and other activities, and is **available to youth throughout Nebraska.**

**The Truth:** <http://www.thetruth.com/> Very flashy, very bold – The Truth dispels myths about tobacco in a vivid way, and fights pro-tobacco media messages. Their “Finish It” campaign is on target to help the next generation be tobacco free.

**Campaign for Tobacco Free Kids:** <http://www.tobaccofreekids.org/> A great site for news, fact sheets and other information related to tobacco and its toll on society and our youth.

**Florida Statewide Tobacco Prevention Course:** <http://www.tobaccopreventiontraining.org/activities/>  
An amazing site with attention-getting video clips, games for younger and older students, etc. The “Interactive Biopsy” lets older students (may not be suitable for younger ones) be the doctor, operating on various parts of a human body to see how tobacco may have contributed to the person’s death.