

Resources for Adolescent Health

The following are federal resources selected specifically to help you promote and organize educational and awareness activities as part of **Teen Health Week**, April 1-7, 2019.

Comprehensive tools and resources are focused on a number of key adolescent health topics including: development, eating and nutrition, physical activity, healthy relationships, immunizations/vaccinations, substance use, safety, and health services.

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Teen Health Week (THW): *A global initiative to help teens take charge of their health* – THW encourages teens to take charge of their physical and mental health to facilitate healthy habits they will carry with them throughout their lives. <https://teenhealthweek.org>

Adolescent Health: Think, Act, Grow® (TAG) is a national call to action to improve adolescent health in the United States. TAG calls upon organizations and individuals to prioritize activities that can support the health and healthy development of all of America's 42 million adolescents. <https://www.hhs.gov/ash/oah/tag/>

For Teens

The [Office of Adolescent Health's Adolescent Health: Think, Act, Grow® \(TAG\) call to action](#) provides action steps and resources to encourage teens to learn about their health care; get involved (i.e., activities, mentoring); build healthy relationships; and develop healthy habits.

Healthy Eating & Nutrition

- [The U.S. Department of Agriculture's MyPlate](#) shares resources, tips, and ideas for how to choose foods to support healthy diets along with the [MyPlate Plan](#) to suggest what foods to eat within an individual's calorie allowance.
- The [Food & Drug Administration's Read the Label campaign](#) provides outreach videos, infographics, tips, and action plans, to help preteens to look for and use the Nutrition Facts label on food and beverages. Materials are offered in English and Spanish.

Health Services

- The Office of Adolescent Health (OAH) seeks to [prepare teens for health care transitions](#) by teaching them about how to navigate the health care system and what to expect during health visits, and by providing resources for teens and their families.
- Got Transition, funded by Health Resources and Services Administration (HRSA), provides [tools and resources for youth and families](#) to support the transition from pediatric to adult health care.
- The OAH [service locator](#) offers resources to help find health insurance and health information along with health care, assistance programs, and social services in their local area.
- [Find a Health Center](#) helps you search for [HRSA-funded health centers](#).
- The [Title X Family Planning Clinic Locator](#) provides information about clinics that offer a broad range of family planning and preventative health services. Use [this tool](#) to find a family planning clinic near you.
- Substance Abuse and Mental Health Services Administration's (SAMHSA) [Behavioral Health Treatment Services locator](#) is a confidential, anonymous resource for individuals to search for services in their area.

Immunizations/Vaccinations

- Centers for Disease Control and Prevention's (CDC) [TeenVaxView](#) teaches preteens and teens about important vaccines that can protect them from disease.
- OAH provides information about [vaccines and adolescent development](#), including the Human papillomavirus (HPV) vaccine, which can prevent most of the cancers caused by HPV from ever developing.

Mental Health

- The National Suicide Prevention Lifeline (1-800-273-TALK) provides a 24/7, free, and confidential hotline to support people in distress, prevention and crisis resources for you

or your loved ones, and best practices for professionals. If you or someone you know could use support, the Lifeline also offers [youth-oriented resources](#).

- SAMHSA's [Youth Educational Materials](#) educates young adults about mental health disorder and offers treatment options and support.

Physical Activity

- The Physical Activity Guidelines for Americans helps youth learn how to maintain or improve their health through physical activity; the [Move Your Way Campaign fact sheet](#) give tips for young people on how to get active every day.

Relationships & Bullying

- OAH provides information regarding the importance and role that [healthy friendships](#), [parent-teen relationships](#), and [dating relationships](#) have during adolescence.
- [Stopbullying.gov](#) has information on what teens can do if they, or their friends, are being bullied, and how they can contribute to anti-bullying initiatives.

Substance Use

- [Smokefree Teen](#) aims to reduce the number of youth who use tobacco by providing tools and resources to help youth or someone they care about quit smoking.
- [The Surgeon General's Report on e-cigarette use among youth and young adults](#) has been translated into an interactive website for youth to learn more about facts regarding e-cigarettes.
- National Institute on Drug Abuse [offers materials about drugs and drug abuse](#) for teens. Teens are invited to order free materials and participate in [National Drug and Alcohol Facts Week](#)[®] each year.
- OAH provides resources for young people to [prevent alcohol use](#) and to [prevent and reduce marijuana use](#).

Comprehensive

- [Youth Engaged 4 Change](#) provides youth-focused resources (including health information) and opportunities (i.e., volunteering, internships, jobs) that inspire and empower young people to make a difference in their lives and in the world around them by improving their knowledge and leadership skills.
- [CDC's BAM! Body and Mind](#) has health information, games, and activities for tweens to learn more about diseases, food and nutrition, physical activity, safety, mental health, and more.
- [Girlshealth.gov](#) provides adolescents, specifically young women, with interactive tools and health information regarding physical, emotional, social, and cognitive development along with nutrition, substance use, bullying, safety, and more.

For Education Professionals

The [Office of Adolescent Health's Adolescent Health: Think, Act, Grow® \(TAG\) call to action](#) provides resources for education professionals to support the creation of supportive, safe school climates; strengthen or increase health curricula and activities; implement school health and safety assessments; support social and emotional development; serve as a health resource for students and their families; ensure healthy school environments; and promote the use of open spaces for physical activity.

Health Services

- The Office of Adolescent Health's (OAH) [service locator](#) offers resources to help find health insurance and health information along with health care, assistance programs, and social services in their local area.
- [Find a Health Center](#) helps you search for [Health Resources and Services Administration-funded health centers](#); this tool includes school-based health center sites.
- The [Title X Family Planning Clinic Locator](#) provides information about clinics that offer a broad range of family planning and preventative health services. Use [this tool](#) to find a family planning clinic near the youth you serve.
- Substance Abuse and Mental Health Services Administration's (SAMHSA) [Behavioral Health Treatment Services locator](#) is a confidential, anonymous resource for individuals to search for services in their area.
- Centers for Disease Control and Prevention's (CDC) [Sexual Health Services \(SHS\) Fact Sheet](#) includes information for school districts and education agencies and explains the importance of health care resources and increasing student access to preventive health services.

Healthy Eating & Nutrition

- [CDC BAM! Body and Mind](#) offers educators handouts for students to learn more about food and nutrition.
- The Food & Drug Administration's (FDA) [Read the Label campaign](#) provides outreach videos, infographics, tips, action plans, and even rap songs to challenge preteens to use the Nutrition Facts label on food and beverages. Materials are offered in English and Spanish.
- FDA's *The Science and Our Food Supply* Team's [teacher's guide](#) for high school educators includes background information, activities, and worksheets for students in science, health, and/or family and consumer science classes.
- U.S. Department of Agriculture's (USDA) [Fueling My Healthy Life website](#) offers project-based learning and technology to teach middle school students about nutrition, especially regarding the importance of breakfast, balanced meals, and tools to help them eat healthier.
- USDA invites schools participating in the National School Lunch Program to sign up for [Team Nutrition](#). Team Nutrition schools receive special nutrition education and promotion materials, collaborate with other schools, and more.

- USDA’s MyPlate includes [resources for teachers](#), along with the personalized food planning tool [MyPlate Plan](#).

Mental Health

- CDC’s [BAM! Body and Mind](#) provides educators handouts for students to learn more about sleep and stress as well as [lesson plans and activities](#) on stress.
- The National Suicide Prevention Lifeline (1-800-273-TALK) provides a 24/7, free, and confidential hotline to support people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. If you or someone you know could use support, the Lifeline also offers [youth-oriented resources](#).

Physical Activity

- CDC’s [BAM! Body and Mind](#) provides educators handouts for students to learn about more than 100 physical activities to stay active as well as [lesson plans and activities](#) on physical activity.

Relationships & Bullying

- CDC’s [Dating Matters](#) is a free, accredited, online course about teen dating violence for educators, school personnel, and others working to improve the health of teens. It features interviews with leading experts, dynamic graphics and interactive exercises, and compelling storytelling to describe what teen dating violence is and how to prevent it.
- StopBullying.gov provides a [Bullying Prevention Training Course](#) with a public health approach.

School Climate, Setting, & Environments

- CDC [Healthy Schools](#) offers guidelines and resources to create and support environments that promote healthy nutrition and physical activity, assist in managing chronic conditions, prevent obesity, and more. The [Whole School, Whole Community, Whole Child](#), or WSCC model, is CDC’s framework for addressing health in schools.
- CDC offers analysis tools to assess [physical education curriculums](#), [nutrition health education standards](#), and [health education curriculums](#) to assist school districts, schools, and educators to ensure school programs meet the needs of students.
- SAMHSA’s [Preventing Suicide: A Toolkit for High Schools](#) assists school districts and high schools in designing and implementing strategies to promote behavioral health and prevent adolescent suicide.
- The [National Center on Safe Supportive Learning Environments](#) releases guides, training products, school climate improvement tools, compendia, and more to support and promote safe, trauma-sensitive schools.
- Federal Commission on School Safety’s [Comprehensive Resource Guide for Keeping Students, Teachers Safe at School](#) details 93 best practices and policy recommendations for improving safety at schools across the country. The report offers a holistic approach to improving school safety, ranging from supporting the social and emotional well-being of students to enhancing physical building security.

- To prevent school violence, the CDC offers [tools, trainings, assessments, and more resources](#) to maintain and promote healthy, safe school environments.
- [U.S. Department of Education’s resources for safe and drug-free schools](#) offer school administrators resources regarding health programs, school safety and security, common infections, violence prevention, crisis planning, threat assessments, readiness and emergency management, guides to reach at-risk youth, truancy prevention, and more.
- The Environmental Protection Agency’s (EPA) [Healthy Schools, Healthy Kids](#) website offers resources to establish, maintain, or enhance a school environmental health program.
- EPA’s [Student Curriculum: Recipes for Healthy Kids and a Healthy Environment](#) is a 9-lesson program to educate and empower students with an understanding of environmental health.
- CDC offers suggestions for how to clean and disinfect schools to [help slow the spread of the flu](#).

Substance Use

- CDC’s [Division of Adolescent and School Health](#) offers statistics and a variety of tools to address substance use and sexual risk behavior in adolescents’ schools.
- The National Institute on Drug Abuse provides many free [resources for educators](#).
- NIDA provides [free science- and standards-based classroom lessons and multimedia activities](#) regarding adolescents and drugs. Educators can choose a particular lesson by drug type, related topics, grade level, and classroom subject.
- NIDA offers [free posters, charts, booklets, brochures, and more](#) for educators to order for *National Drug and Alcohol Facts Week*[®] and for other drug-related educational events.
- OAH provides resources for educators to [prevent adolescent alcohol use](#).
- The U.S. Drug Enforcement Administration’s [Get Smart About Drugs](#) is a comprehensive website for educators and caring adults.

Comprehensive

- CDC’s BAM! Body and Mind provides educators with [lesson plans and activities](#) on topics such as infectious diseases, flu season, natural disasters, and safety.
- National Institutes of Health [Specialized Information Services](#) offers teachers (K-12) lesson plans, factsheets, articles, and more to introduce, reinforce, and supplement education programs in general health, HIV/AIDS, environmental health science, and more. Some resources are also available in Spanish.

For Health Care Professionals

The [Office of Adolescent Health's Adolescent Health: Think, Act, Grow® \(TAG\) call to action](#) provides health care professionals action steps and resources to make their offices friendly and welcoming for teens; ask hard questions and use risk screening tools; prioritize preventative services; maintain referral sources; improve and update adolescent health training; transition adolescents to adult health care settings; and partner with community advocates to promote adolescent health.

Environment

- The Environmental Protection Agency's *Office of Children's Health Protection* offers webinars, courses, and facts sheets for providers to educate and care for children while considering the environment in which we live. This information is available through the [Pediatric Environmental Health Specialty Units](#).

Healthy Eating & Nutrition

- U.S. Preventative Service Task Force (USPSTF) [Obesity in Children and Adolescents: Screening Recommendation Summary](#) for children and adolescents 6 years and older.
- U.S. Department of Agriculture's (USDA) [MyPlate Plan](#) is a tool health professionals can use to show patients personalized food plans, based on their age, sex, height, weight, and physical activity level. MyPlate also has specific [resources for health professionals](#).
- The [Dietary Guidelines for Americans](#) reflect the current body of nutrition science and helps health professionals guide Americans to make healthy food and beverage choices.

Immunizations/Vaccinations

- The Centers for Disease Control and Prevention (CDC) [PreteenVaxScene](#) Webinar series features updates and resources regarding adolescent vaccinations.
- CDC's [Provider Resources for Vaccine Conversations with Patients](#) include handouts, videos, fact sheets, and more to support conversations with caring adults regarding vaccinations, their safety, immunization schedules, and more.
- Office of Adolescent Health (OAH) offers [suggestions and facts sheets, videos, tips, and other tools](#) to increase immunization rates among adolescents.

Mental Health

- The National Suicide Prevention Lifeline (1-800-273-TALK) provides a 24/7, free, and confidential hotline to support people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. The Lifeline also offers [youth-oriented resources](#).
- Substance Abuse and Mental Health Services Administration's (SAMHSA) [Suicide Safe](#), is a suicide prevention app for mobile devices and optimized for tablets, helps health care providers integrate suicide prevention strategies into their practices and address suicide risk among their patients.

- SAMHSA offers health care providers information regarding [suicide, intimate partner violence, and trauma](#).
- SAMHSA offers [resource kits](#) for clinicians to explore integrating behavioral health services in primary care.
- SAMHSA's [Evidence-Based Practices Resource Center](#) and [website](#) provides communities, policy-makers, and clinicians toolkits, resource guides, and information to integrate evidence-based practices in their settings.
- USPSTF [Depression in Children and Adolescents: Screening Recommendation Summary](#) and resources on major depressive screenings for adolescents ages 12 to 18.

Physical Activity

- The Physical Activity Guidelines for Americans provides evidence-based guidance to help Americans maintain or improve their health through physical activity; [Top 10 Things to Know](#) are key messages in the Physical Activity Guidelines. The [Move Your Way Campaign](#) provides, fact sheets, posters, videos, and interactive tools that health professionals and organizations can use to promote and educate youth about physical activity.
- USPSTF [Obesity in Children and Adolescents: Screening Recommendation Summary](#) for children and adolescents six years and older.

Relationships & Bullying

- This StopBullying.gov [fact sheet](#) and information about [Integrated health care](#) shows how health care providers are important allies in identifying and treating bullying as there are many opportunities for discussing bullying during well-child care visits, annual school physicals, sports physicals, and acute care. The site has a [Bullying Prevention Training Course](#) for which health professionals can earn continuing education. Additionally, this as well as information on for pediatricians and healthcare providers describes about are they provides

Reproductive Health

- USPSTF [Chlamydia and Gonorrhea: Screening Recommendation Summary](#) and resources for sexually active women age 24 years and younger.
- CDC's [Contraceptive and Reproductive Health Services for Teens](#) includes a number of reproductive health care tools and resources to provide youth-friendly, culturally- competent reproductive health care services.
- The [Title X Family Planning Clinic Locator](#) provides information about clinics that offer a broad range of family planning and preventative health services.
- The Office of Adolescent Health website provides information on [adolescent physical development, reproductive health and teen pregnancy](#) as well as [state-by-state data](#) on 75 measures of adolescent health, including reproductive health.

Substance Use

- SAMHSA's [training materials and resources](#) offer webinars, workshops, and tools along with buprenorphine and opioid prescribing courses for physicians and professionals in the behavioral health workforce.

- National Institute on Drug Abuse’s [Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide](#) provides guidance, tools, and resources to support health professionals in the important role they play in addressing adolescent substance use.
- [Alcohol Screening and Brief Intervention for Youth: A Practitioner's Guide](#) by the National Institute on Alcohol Abuse and Alcoholism is designed to help health care professionals quickly identify youth at risk for alcohol-related problems.
- CDC provides information for health care professionals, particularly pediatricians, in [addressing teen substance use and risks](#), including a guide, interventions, and treatment options.

Comprehensive

- [The Bright Futures Guidelines](#), which Health Resources and Services Administration (HRSA) provides funding for, provide age-specific, evidence-driven clinical guidelines for practitioners.
- [The National Adolescent and Young Adult Health Information](#) Center, funded by HRSA provides research, technical assistance, and support around adolescent health.
- Got Transition, funded by HRSA, provides [tools and resources for health care providers](#) to support transition from pediatric to adult health care.
- TAG Talks Video: [“The Changing Transition to Adulthood”](#) with Richard Settersten, Ph.D., examines the transition to adulthood today, how it has changed over time, what skills and capacities are helpful for youth, and the roles of families, education, and employment in the process.

For Out-of-School Time and Community Program Leaders

The [Office of Adolescent Health's Adolescent Health: Think, Act, Grow® \(TAG\) call to action](#) provides out-of-school time and community leaders action steps and resources to help youth connect to supportive community members; create safe, warm spaces, encourage physical activity and good nutrition; guide their development, share local resources, and educate teens on health and safety. Office of Adolescent Health also offers tools, strategies, and examples of community programs that utilize a [positive youth development approach](#) to encourage adolescents to realize their potential.

Health Services

- The Office of Adolescent Health's (OAH) [service locator](#) offers resources to help find health insurance and health information along with health care, assistance programs, and social services in their local area.
- [Find a Health Center](#) helps you search for [HRSA-funded health centers](#); this tool includes school-based health center sites.
- The [Title X Family Planning Clinic Locator](#) provides information about clinics that offer a broad range of family planning and preventative health services. Use [this tool](#) to find a family planning clinic near the youth you serve.
- Substance Abuse and Mental Health Services Administration's (SAMHSA) [Behavioral Health Treatment Services locator](#) is a confidential, anonymous resource for individuals to search for services in their area.
- Center for Disease Control and Prevention's (CDC) [Sexual Health Services \(SHS\) Fact Sheet](#) includes information for school districts and education agencies and explains the importance of health care resources and increasing student access to preventive health services.

Healthy Eating & Nutrition

- Food & Drug Administration's (FDA) [Read the Label campaign](#) provides a community outreach manual, activities, and a presentation to educate, encourage, and engage parents and tweens to understand and use Nutrition Labels to make healthy food choices.
- The U.S. Department of Agriculture's MyPlate includes [resources](#), such as toolkits, print materials, seasonal resources, quizzes, infographics, and other items, along with the personalized food planning tool [MyPlate Plan](#).

Immunizations/Vaccinations

- CDC [offers toolkits, print materials, and video and audio resources](#) to promote preteen and teen immunization.
- OAH provides [vaccination information](#), such as what vaccines adolescents should receive, the importance of following through, catch-up vaccinations, vaccines for traveling abroad, and more.

Mental Health

- SAMHSA's [Evidence-Based Practices Resource Center](#) and [website](#) provides communities, policy-makers, and clinicians toolkits, resource guides, and information to integrate evidence-based practices in their settings.
- [Youth Mental Health First Aide](#) is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

Substance Use

- FDA's [Real Cost Campaign](#) offers evidence-based print materials, web content, and video as tobacco education resources along with social channels.
- The National Institute on Drug Abuse offers [free posters, charts, booklets, brochures, and more](#) to order for *National Drug and Alcohol Facts Week*[®] and for other drug-related educational events.
- OAH provides resources for community organizations to help [prevent adolescent alcohol use](#) and to [prevent and reduce adolescent marijuana use](#).
- The U.S. Drug Enforcement Administration's [Get Smart About Drugs](#) is a comprehensive website for educators and caring adults.
- Youth and young adults are powerful agents of change in behavioral health care. SAMHSA works collaboratively to [support recovery and advance youth and young adult leadership](#).

For Caring Adults

The [Office of Adolescent Health's Adolescent Health: Think, Act, Grow® \(TAG\) call to action](#) provides caring adults action steps and resources to ensure adolescents receive medical, dental, mental, and mental health services as well as support caring adults as they learn what to expect with their adolescent's development; start and keep conversations going; serve as role models; encourage healthy habits; prepare teens for adulthood; and make time for their adolescent.

Growth & Development

- The Office of Adolescent Health's (OAH) [Adolescent Development Explained](#) describes physical, cognitive, social, emotional, and moral adolescent development.
- The Department of Education's No Child Left Behind [Helping Your Child Through Early Adolescence](#) booklet informs caring adults about how to academically and emotionally support their teen's development.

Healthy Eating & Nutrition

- The Food & Drug Administration's [Read the Label campaign](#) has tips for how to read Nutrition Facts labels and choose healthy food and beverages for their family.
- The U.S. Department of Agriculture's MyPlate includes resources for [teens](#) and [families](#), and also offers a personalized food planning tool [MyPlate Plan](#) designed for all ages.

Health Services

- The Office of Adolescent Health's [tips](#) for caring adults to help them prepare for their teens next health check-up.
- OAH seeks to [prepare teens for health care transitions](#) by teaching them about how to use the health care system, what to expect during health visits, and resources for teens and their families.
- Centers for Disease Control and Prevention's [Teen Health Services and One-On-One Time with A Healthcare Provider: An Infobrief for Parents](#) explains how parents can help create a trusting relationship by allowing their teen one-on-one time with their healthcare provider.
- OAH's [service locator](#) offers resources to help caring adults find health insurance and health information along with health care, assistance programs, and social services in their local area.
- [Find a Health Center](#) helps you search for [Health Resources and Services Administration-funded health centers](#).
- The [Title X Family Planning Clinic Locator](#) provides information about clinics that offer a broad range of family planning and preventative health services. Use [this tool](#) to find a family planning clinic near you.
- Substance Abuse and Mental Health Services Administration's [Behavioral Health Treatment Services locator](#) is a confidential, anonymous resource for individuals to search for services in their area.

Immunizations/Vaccinations

- CDC's [vaccine information](#) explains why preteens and teens need vaccines, and when adolescents should receive vaccination along with information regarding safety, side effects, and help for making payments.
- OAH [offers tips](#) for how caring adults can keep track of their adolescent's vaccinations and maintain records for the future and provides a recommended vaccination schedule.
- CDC's [HPV Vaccines: Vaccinating Your Preteen or Teen](#) webpage provides information key information (why, when, and who) of the HPV vaccine, which can prevent most of the cancers caused by HPV from ever developing.

Mental Health

- [Healthfinder.gov's Get Your Teen Screened for Depression](#) provides caring adults information about depression, guidance on what to expect in an adolescent depression screening, and the basics of treatment options.
- SAMHSA's [Family Educational Materials](#) help caregivers understand mental health disorders, treatment options, and where to get support.
- [MentalHealth.gov](#) offers parents and caregivers information about what to look for in their children's behavior, how to talk about mental health, and how to seek help if needed.

Physical Activity

- The Physical Activity Guidelines for Americans provides helps families learn how to get active together. The Move Your Way Campaign provides [a fact sheet](#) and ["Keep up with my kid" poster](#) for parents as well as a [Tips for Getting Active as a Family video](#) and an [Interactive Graphic](#) which helps parents identify time in their family's daily routine for kids to get the recommended 60 minutes of activity.

School Climate, Setting, & Environments

- CDC's [Parents for Healthy Schools](#) educates parents about managing chronic health conditions, physical education and activity, and nutrition environments in the school setting as well as provide parents with strategies and actions to promote healthy school environments for their teens.
- [Stopbullying.gov](#) suggests caring adults partner with their teen's schools in order to prevent bullying and support school safety committees to address bullying.

Substance Use

- The National Institute on Drug Abuse provides many free [resources for parents](#).
- NIDA provides [information on steps you can take](#) if your teen has an issue with drug use.
- SAMHSA's [Talk. They Hear You. underage drinking prevention campaign](#) helps parents and caregivers start talking to their children early about the dangers of alcohol.
- OAH provides resources for caring adults to [prevent adolescent alcohol use](#), to [prevent youth from using tobacco or helping them quit](#), and to [prevent and reduce adolescent marijuana use](#).

- The U.S. Drug Enforcement Administration's [Get Smart About Drugs](#) is a comprehensive website for parents and caregivers.

Comprehensive

- Talking with Your Teen: OAH offers [information](#) regarding reproductive health, physical activity, nutrition, mental health, substance use, and healthy relationships along with [conversation tools](#) for caring adults to support their teens as they make healthy decisions.
- Information from the CDC on [Raising Healthy Children for Parents with Teens \(Ages 12-19\)](#) includes information on nearly 20 health and wellness topics.

For All

Adolescent Health: Think, Act, Grow® (TAG) Call to Action

- [Adolescent Health: Think, Act, Grow® \(TAG\)](#) is the Office of Adolescent Health’s (OAH) national call to action for organizations and individuals, including adolescents, to support and improve teen health and wellness. [Five Essentials for Adolescents](#) represent key opportunities that national leaders have identified to support adolescent development.
- [TAG Talks](#) discuss adolescent substance use, brain development, relationships, and transition to adulthood and [examples of how organizations across the country have implemented TAG in their communities](#).

Growth & Development

- The Office of Adolescent Health (OAH) provides [detailed information on adolescents’ physical, cognitive, social, emotional, and moral development](#).
- The TAG Talks Video: “[The Power of the Adolescent Brain](#)” with Frances Jensen, M.D. reviews adolescent brain development and how it affects learning, health, and behavior.
- OAH has a [free e-learning module](#) so you can learn about biological, brain, cognitive, identity, social, and promoting healthy development.
- Everyone has a role in bullying prevention. [Stopbullying.gov](#) has tips and resources to help teens understand bullying, keep lines of communication open, encourage developing healthy friendships through school and community activities, and model kindness in order to prevent bullying.
- OAH provides information about [vaccines and adolescent development](#), including the Human papillomavirus (HPV) vaccine, which can prevent most of the cancers caused by HPV from ever developing.

Healthy Eating & Nutrition

- Food & Drug Administration’s Food & Nutrition Center provides a variety of [teen nutrition resources](#) for teens, nutrition services professionals, and caring adults to use.
- The U.S. Department of Agriculture’s (USDA) [MyPlate](#) shares resources, tips, and ideas for how to choose healthy foods to support healthy diets along with the [MyPlate Plan](#) to suggest what foods to eat within an individual’s calorie allowance.
- The U.S. Department of Health and Human Services and the USDA publish the [Dietary Guidelines for Americans](#), the Nation’s go-to source for nutrition advice. The latest edition of the Dietary Guidelines reflects the current body of nutrition science, helps health professionals and policymakers guide Americans to make healthy food and beverage choices, and serves as the science-based foundation for vital nutrition policies and programs across the United States.

Mental Health

- [OAH](#) and [Youth.gov](#) provide diverse information regarding mental health basics.
- [SAMHSA](#), [CDC](#), and [National Institute of Mental Health](#) (NIMH) provide suicide prevention information and resources, especially for [youth](#).
- NIMH’s [warning signs of mental health](#) help you recognize if teens may have symptoms.

- CDC provides information, in English and Spanish, regarding [children's mental health disorders](#), including anxiety and depression.
- SAMHSA offers a confidential, free, 24/7 [Treatment Referral Routing Service](#) in English and Spanish. This information service is for individuals and family members facing substance abuse and mental illness issues.
- The National Suicide Prevention Lifeline (1-800-273-TALK) provides 24/7, free, and confidential hotline to support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. If you or someone you know could use support, the Lifeline also provides [youth-oriented resources](#).
- The Disaster Distress Helpline is a 24/7, free, confidential and multilingual, crisis support service to U.S. residents who are experiencing psychological distress as a result of a natural or man-made disasters, incidents of mass violence or any other disasters. Call 1-800-985-5990 or SMS (Text 'TalkWithUs' to 66746).

Physical Activity

- The [Physical Activity Guidelines for Americans](#) provides evidence-based guidance to help Americans maintain or improve their health through physical activity. The [Move Your Way Campaign](#) provides, fact sheets, posters, videos, and interactive tools that professionals, youth, and families can use to promote and educate about physical activity.

Reproductive Health

- [The Exchange](#) from the Administration for Children & Families offers training and technical assistance, materials to share, and more to prevent pregnancy and the spread of sexually transmitted diseases among teens.
- The [Title X Family Planning Clinic Locator](#) provides information about clinics that offer a broad range of family planning and preventative health services. Use [this tool](#) to find a family planning clinic near you.
- CDC's [sexually transmitted disease \(STD\) content](#) offers treatment guidelines for healthcare providers, talking points for parents, and answers to FAQ's for teens. Webinars, podcasts, videos, reports, brochures, and fact sheets seek to educate teens and their stakeholders regarding STDs and resources to promote sexual health.
- CDC's [Teen Pregnancy content](#) provides information regarding teen pregnancy, its social determinants and disparities, and resources for teens, engaging young men, parents/guardians, and healthcare providers.
- OAH has identified [a comprehensive range of federal resources on adolescent reproductive health](#).

Violence

- OAH provides information about [healthy relationships in adolescence](#), including dating, friendship, and parent-child relationships.

- [VetoViolence](#), a CDC resource, educates and empowers communities by providing free tools, training, and information to address child maltreatment, intimate partner violence, sexual violence, suicide, and youth violence.

Comprehensive

- OAH's [adolescent health library](#) identifies federal tips, factsheets, and publications regarding healthy relationships, mental health, physical health, nutrition, positive youth development, reproductive health, and substance use.
- [youth.gov](#) is the U.S. government website that provides facts, funding information, and tools to help you assess community assets, generate maps of local and federal resources, search for evidence-based youth programs, and keep up-to-date on the latest, youth-related news.
- CDC offers an [infographic](#) snapshot of our nation's adolescent health and issues.