

There's no doubt we're in a new information age; we're all dealing with information and lots of it. Sometimes it seems like there's just too much information. Finding the right information can be difficult. And sifting through it can be like wading through freshly poured concrete – if you're not careful, you can get swallowed up.

So, with kids back to school, Communities That Care of Lorain County, a community-wide coalition working to prevent and reduce underage substance abuse, would like to make that job a bit easier.

Consider this your essential Back to School Guide.

- Youth Pages: A Resource Guide for Lorain County Teens. Check out the online version at [www.ctcloraincounty.org/YouthPages/index.html](http://www.ctcloraincounty.org/YouthPages/index.html)
- Teens and Technology – your kids probably spend hours online, so read up: “Online Exposure: An E-Guide for Parents” the accompanying quiz, “Online Exposure: Fact Sheet” and “Do You Speak Teen?” all available at [www.theantidrug.com/resources/teens-technology.aspx](http://www.theantidrug.com/resources/teens-technology.aspx)
- Teen prescription drug abuse is on the rise – nationwide nearly 2,500 youth ages 12-17 abuse a prescription pain reliever daily. “Teen Prescription Drug Abuse Video Discussion Guide” and “Teens in Treatment” video, “Prescription Drug Abuse” brochure, tip sheets and more to engage schools, communities and agencies in the discussion. Check out [www.TheAntiDrug.com/resources/teen-rx.aspx](http://www.TheAntiDrug.com/resources/teen-rx.aspx)
- Teen suicide prevention campaign – find resources to get through tough times and hear from other teens who were there, but made it back <http://us.reachout.com/wecanhelpus>
- Underage Drinking Prevention Campaign – tips and pointers for helping parents talk to teens; [www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov)
- “Net Cetera: Chatting with Kids about Being Online” is a free book available for you at the Alcohol and Drug Addiction Services (ADAS) Board of Lorain County – call 440.282.9920 or stop by the office at 4950 Oberlin Ave., Lorain to get your copy.
- A website to help youth, families, communities, educators and agencies prevent underage drinking: [www.toosmarttostart.samhsa.gov/](http://www.toosmarttostart.samhsa.gov/)
- Essential information about talking to your kids about drugs, school safety, and how parents can make a difference in the lives of their kids: [www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)
- Tools and information to help parents reduce teen drinking and related harm: <http://www.dontserveteens.gov>
- Talking to your kids about the risks of drugs and alcohol isn't as hard as you think: [www.timetotalk.org](http://www.timetotalk.org)
- Everything from the science of addiction, drug fact sheets, curriculum guides and more; great information for teachers, parents and others from the National Institute on Drug Abuse: <http://drugabuse.gov>
- Remember, Monday, September 27, 2010 is Family Day: a Day to Eat Dinner with Your Children; youth who eat dinner with their parents/caregivers are less likely to drink, smoke or do drugs. For great information and recipes: [www.casafamilyday.org](http://www.casafamilyday.org)