

## **Keeping Your Kids Safe from Alcohol & Other Drugs**

### **RECOMMENDED WEBSITES FOR ADULT INFLUENCERS**

**drugfreelex.com** – DrugFreeLex Coalition provides this online resource for up to date local, state and national news, information and resources to educate and reduce substance abuse in and around Fayette County. Also offers an online treatment locator for those seeking help with substance abuse.

**Lifefanathlete.us** – Prevention/intervention based program used by athletes from youth sports to Olympic and Professional sports. It centers on educating athletes, coaches and parents about lifestyle issues that impact mental and physical performance.

**playhealthy.drugfree.org** – Performance Enhancing? Get the facts about health risks from steroids, stimulants and HCG.

**Drugfree.org** – Support for parents and adult influencers dealing with teen drug and alcohol abuse.

**teamcaptainsnetwork.com** – Is underage drinking plaguing your program? Team Captain's Network empowers coaches, athletic administrators and parents looking to create better student athlete leaders.

**stopalcoholabuse.gov** - a portal to evidence-based, federally-approved materials on underage drinking. Reproducible resources for classroom use, talking points for adult influencers, etc.

**jeffwolfsberg.com/resources-for-parents-and-educators** – Jeff Wolfsberg is a nationally recognized drug education specialist who presents to parents and educators. Site offers reproducible handouts on an array of topics for use in the classroom and in the home, including several geared for college-bound students facing that crucial time of transition.

**nfp.org** – National Family Partnership is a national leader in drug prevention education and advocacy, whose mission is to lead and support families and communities in nurturing the full potential of healthy, drug free youth.

**theantidrug.com** – Equips parents and other adult caregivers with tools to raise drug-free kids. Working with the nation's leading experts in the fields of parenting and substance abuse prevention, TheAntiDrug.com serves as a drug prevention information center, and a supportive community for parents to interact and learn from each other.

**parentfurther.com** – ParentFurther is here to help you raise caring, healthy, responsible, successful kids. Easy-to-use, comprehensive resource seeks to build a unique community that provides support and practical, everyday steps to help with a wide range of parenting issues.

**timetotalk.org** –Research shows that kids who consistently learn about the risks of drugs from their parents are **50% less likely to use drugs and alcohol** than those who do not. Free, easy-to-use, research-based tools and tips to help you have ongoing conversations with your kids to keep them healthy and drug-free.