

## IN SEARCH of youth-friendly websites and apps?

There's a lot of information online about health, and each young person has different needs and values. A resource that is perfect for someone at age 13 might not be what they want when they're 15 or 19. Here are some websites and apps geared towards youth to help you find the health information that's right for you. And remember, if you have health concerns or questions, ask your doctor. They are here for you!

## STRATEGIES for providing youth-friendly services

### Overall Teen Health

- [TeensHealth](#), from Nemours, is "a safe, private place for teens who need honest, accurate information and advice about health, emotions, and life." It includes sections on drugs & alcohol, body, mind, sexual health, food & fitness, diseases & conditions, school & jobs, sports, and staying safe. [KidsHealth](#) is a companion site for younger kids, and there's a [parent/caregiver section](#) too.
- [GirlsHealth.gov](#) provides helpful, healthy information about women's health and female-specific issues. The topics covered are fitness; nutrition; illness and disability; drugs, alcohol, and smoking; your feelings; relationships; bullying; safety; your future; and environmental health.
- [YoungMensHealthSite.org](#) and [YoungWomensHealth.org](#) are educational health sites produced by Children's Hospital Boston. They include health guides on a wide range of topics, including general physical health, emotional health, and sexual health. There are also resources in Spanish, and some for caregivers.

### Mental Health and Well-Being

- [JED's Mental Health Resource Center](#) provides expert information and resources to help teens and young adults navigate life's challenges. Includes a mental health hotline to call or text if you or a friend need help. **If you or someone you know needs help immediately, please call 911, text START to 741-741, or call 1-800-273 TALK (8255).** It's a part of the [Ok2talk.org](#) website and support line for youth. It's run by [NAMI.org](#) (National Alliance on Mental Illness), which also provides information about locating LGBTQ-friendly mental health providers.
- [TheTrevorProject.org](#) is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and queer or questioning (LGBTQ+) youth. The website also provides guidance on coming out, relationships, and mental and sexual health. **If you or someone you know needs help immediately, please call 911, text TREVOR to 1-202-304-1200, or call 1-866-488-7386.**
- [HalfOfUs.com](#) raises awareness about mental health issues, including anxiety, depression, bipolar disorder, eating disorders, and suicidal thoughts, and connects young people to resources. Created by MTV and JED.
- [Headspace](#) is a free app that guides you through meditation activities and is an easy way to practice mindfulness as well as learn how to handle stress.
- [GLSEN.org](#), aka the Gay, Lesbian, and Straight Education Network, works to ensure safe schools for all; the website offers a wide variety of programs, resources, and tips for students and educators.

## Sexual Health

- [Amaze.org](http://Amaze.org) “AMAZE takes the awkward out of sex ed. Real info in fun, animated videos that give you all the answers you actually want to know about sex, your body, and relationships.” Aimed at grades 5-8.
- [Scarleteen](http://Scarleteen) “Sex ed for the real world – inclusive, comprehensive, supportive sexuality and relationships info for teens and emerging adults.”
- [SexEtc.org](http://SexEtc.org) is created by teens, for teens, with guidance from Rutgers University. The website and Q&A forum helps teens with information about relationships, STDs, birth control, sexual orientation, and more.

## Dating Violence, Sexual Assault, and Bullying

- [Loveisrespect.org](http://Loveisrespect.org) has information about healthy and unhealthy relationships, abuse, and how to get help in English and Spanish, with teen-focused resources, quizzes, and a blog.
- [That'sNotCool.com](http://That'sNotCool.com) is an app and a website to raise awareness about digital dating violence.
- [BreaktheCycle.org](http://BreaktheCycle.org) supports young people ages 12-24 to build healthy relationships and create a culture without abuse. Learn about dating abuse for yourself or a friend.
- [AThinLine.org](http://AThinLine.org) is MTV's website and app to empower teens to identify and stop digital abuse.
- [Teens Against Bullying](http://Teens Against Bullying) website provides information and guidance for teens.
- [IAmAWitness](http://IAmAWitness) helps youth speak up against bullying.

## Alcohol, Smoking, and Other Drugs

- [NIDA for Teens](http://NIDA for Teens) (National Institute on Drug Abuse for Teens) has a variety of blogs, games, videos, and facts about many kinds of drugs, alcohol, and tobacco. It includes sections for teens, teachers, and caregivers.
- [QuitStart](http://QuitStart) is a free app for teens who want to quit smoking. Also, check out the website at [teen.smokefree.gov](http://teen.smokefree.gov).
- [SAMHSA.gov](http://SAMHSA.gov) (Substance Abuse and Mental Health Services Administration) has a national helpline that's free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

## Nutrition and Fitness

- [Proud2BME](http://Proud2BME) is an online community created by and for teens, to promote positive body images about food and weight.
- Exercise, fitness, food labels, and more on [Safe Teens](http://Safe Teens).
- [Spring](http://Spring) is an app that “helps you stay motivated during your workout by offering unlimited access to the best beat-synchronized music” through playlists curated by DJs.
- [BAM! Food and Nutrition](http://BAM! Food and Nutrition) gets kids, ages 9-13, up to speed on healthy eating habits. This CDC site has interactive games and quizzes based on national education standards for science and health.

Community Support

- [WeRNative](#) is for Native Youth, by Native Youth, and provides information about health – body, mind, relationships, sexual health, family, and culture.
- [BlackYouthProject](#) is a platform that highlights the voices and ideas of Black millennials. “Through knowledge, voice, and action, we work to empower and uplift the lived experiences of young Black Americans today.”

*There are lots of other great resources out there. If you find something that’s not listed here, let us know at [adolescenthealth@umich.edu](mailto:adolescenthealth@umich.edu). Thanks!*