

Health and Wellness Links

In recognition of parents as the primary educators of their children, the Health and Wellness links provided here are made available as a resource for parents in having discussion with their daughters about these relevant issues.

Carondelet High School provides numerous resources for students and parents via the personal counselors as well.

We provide these resources as a way for parents and school staff to work together to raise physically, emotionally, spiritually, and morally healthy young women.

Sexual Assault Prevention

Talking to Kids about Sexual Assault

<https://www.parentmap.com/article/talking-to-kids-about-rape-sexual-assault>

Engaging Bystanders Article

http://www.nsvrc.org/sites/default/files/publications_nsvrc_media-packet_1.pdf

Fact Sheet on Campus Sexual Assault

http://www.nsvrc.org/sites/default/files/publications_nsvrc_factsheet_media-packet_campus-sexual-assault.pdf

Definition of sexual assault

http://www.nsvrc.org/sites/default/files/publications_nsvrc_factsheet_media-packet_what-is-sexual-violence_0.pdf

Laws surrounding sexual assault

<https://www.justice.gov/ovw/sexual-assault>

Alcohol Use and Binge Drinking

Promotional Tools Link:

<https://www.samhsa.gov/underage-drinking/partner-resources/media-promotional-tools>

Underage Drinking Stat chart

https://www.samhsa.gov/sites/default/files/programs_campaigns/underage_drinking/underage-drinking-age-9-10.pdf

Teen Drinking and Driving Stats

<https://www.cdc.gov/vitalsigns/teendrinkinganddriving/>

Binge Drinking Stats

<http://kidshealth.org/en/teens/binge-drink.html>

Underage Drinking Stats

<https://www.stopalcoholabuse.gov/statistics.aspx>

Creating a conversation about alcohol use

http://archive.samhsa.gov/underagedrinking/action_plan/action_plan.html

MADD link

<http://www.madd.org/underage-drinking/?referrer=http://www.newtrier.k12.il.us/underag edrinking/>

Teen Stress

Tips for helping teens cope with stress

[https://www.psychologytoday.com/blog/the-race-good-health/201402/5-tips-helping-teen s-cope-stress](https://www.psychologytoday.com/blog/the-race-good-health/201402/5-tips-helping-teen-s-cope-stress)

Teen Stress Article

<http://www.apa.org/monitor/2014/04/teen-stress.aspx>

How to talk to Teens about Stress

<http://www.apa.org/helpcenter/stress-talk.aspx>

Link to Brown University letter about Adolescent Behavior

<http://www.childadolescentbehavior.com/feature-directory/parents-guide.aspx>

Article on Teen Stress and Pressure

http://newtrier.libguides.com/ld.php?content_id=27069858

Marijuana Use

Marijuana fact sheet

<https://www.drugabuse.gov/publications/drugfacts/marijuana>

Marijuana use and effect facts

<http://www.webmd.com/mental-health/addiction/marijuana-use-and-its-effects>

How to talk with your teen about marijuana use

<http://www.drugfree.org/wp-content/uploads/2014/11/How-to-Talk-To-Your-Teen-AboutMarijuana-Fall-2014.pdf>

Communicating the risks of marijuana use

<https://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know/talking-t o-your-kids-communicating-risks>