

the.Medic

Prescription Drug Abuse Series

“What Parents Should Know”

Script and Parent Guide

Segment 5

the.Medic
is a feature of

the.News

**A daily news broadcast for High School and Middle School students
now under development by MacNeil/Lehrer Productions**

**This series has been prepared in collaboration with
the National Association of School Nurses**

Prescription Drug Abuse Series
“What Parents Should Know”
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Spring, 2008

Dear Parent,

The White House Office of National Drug Control Policy reported this past January that more teens abuse prescription drugs than any illicit drug other than marijuana. According to the report, more than 2.1 million teenagers abused prescription drugs in 2006.

MacNeil/Lehrer Productions is developing *the.News*, an in-school news broadcast for high school and middle school students and teachers that will emphasize 21st Century learning objectives. *the.News* will include a regular health awareness feature called *the.Medic*.

As part of our development process we have created a prototype *the.Medic* series that focuses on teenage prescription drug abuse. The series includes five videos, each roughly four minutes long. Four reports are for students, the fifth for parents. The videos are accompanied by lesson plans with curriculum appropriate for middle and high school students in the subject areas of science and language arts. The segments are:

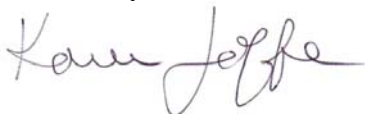
- Segment 1 “Myth Busting”
- Segment 2 “Science of Addiction”
- Segment 3 “Changes for Life”
- Segment 4 “Media Literacy”
- Segment 5 “What Parents Should Know”

The curriculum and video features have been informed by *the.News* instructional design that can be found on the website www.macneil-lehrer.com/thenews. The curriculum includes content-based standards, discussion questions, student activities, vocabulary and primary reference sources. This material is presented as options to fit teachers’ instructional needs.

This series was produced in collaboration with the National Association of School Nurses (www.nasn.org), which is also developing prototype school assemblies on teenage drug abuse. Funding was provided by PriCara™, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.

For further information and questions about this material contact Lisa Denny at ldenny@newshour.org.

Sincerely,




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Arlington, Virginia 22206


“What Parents Should Know” Script

Segment Five

	TIME	SHOT / TITLE	DESCRIPTION
1.	00:00		ANIMATED OPEN
2.	00:12	On camera	<p>NEVES ON CAMERA:</p> <p>HEY, I'M ANTONIO NEVES WITH THE.NEWS.</p> <p>A 2008 REPORT FROM THE GOVERNMENT SAYS THAT ABUSE OF PRESCRIPTION PAIN MEDICINES IS THE ONLY FORM OF DRUG ABUSE ON THE RISE AMONG TEENS.</p> <p>PART OF THE PROBLEM, ACCORDING TO THE STUDY, IS THAT TWO THIRDS OF PARENTS DON'T TALK TO THEIR KIDS ABOUT THE DANGERS OF ABUSING PRESCRIPTION DRUGS.</p>
3.	00:30	Todd and Debbie	<p>VOICE OVER:</p> <p>TODD AND DEBBIE LEARNED ABOUT THEIR SON TIM'S ADDICTION TO PERSCRIPTION PAIN MEDICINES WHEN HE WAS ARRESTED.</p>
4.	00:37	On camera	<p>Todd (Tim's Father):</p> <p>I think we missed all the signs, I always thought, I'll know of anybody, I'll know what's going on and I'll be able to see it and I didn't see anything.</p>
5.	00:46	Todd, Tim and Debbie with Antonio	<p>VOICE OVER:</p> <p>TODD AND DEBBIE SAW A CHANGE IN TIM'S BEHAVIOR. BUT THEY THOUGHT IT WAS JUST THE NORMAL STRUGGLES SOME TEENS GO THROUGH. TIM WAS ABLE TO KEEP HIS ADDICTION SECRET FOR A LONG TIME.</p>

6.	00:55	On camera	Tim: I'd get like a certain amount of money every week, either on Sunday night or Monday and I'd end up, you know, on Tuesday I'd have no money at all, you know. Like, I'd use all of it on drugs, and then...
7.	01:09	Pictures of prescription pain pills, alcohol and marijuana	VOICE OVER: TIM DIDN'T START OUT ABUSING PRESCRIPTION PAIN MEDICINES. HE STARTED WITH ALCOHOL, THEN MOVED TO MARIJUANA, THEN ON TO PILLS. HE THOUGHT THE PAIN MEDICINES WERE SAFER.
8.	01:19	Susan Foster and Antonio	VOICE OVER: THAT IS A COMMON MISCONCEPTION ACCORDING TO SUSAN FOSTER OF THE NATIONAL CENTER ON ADDICTION AND SUBSTANCE ABUSE AT COLUMBIA UNIVERSITY.
9.	01:26	On camera	Susan Foster, CASA: So there is sort of a sense that there's not a lot of consequence associated with use and abuse of these drugs, but all you have to do is look at the increase and emergency room visits linked to these drugs and in deaths linked to accidental overdose to see that these are not harmless substances.
10.	01:45 01:50	Close Up of pills Dr. Volkow walking	VOICE OVER: UNDER A DOCTOR'S SUPERVISION PRESCRIPTION MEDICINES CAN BE HIGHLY EFFECTIVE IN TREATING PAIN. BUT NORA VOLKOW OF THE NATIONAL INSTITUTE ON DRUG ABUSE WARNS THAT MISUSE CAN LEAD TO ADDICTION.
11.	01:57	On camera	Volkow: What I would say to parents having a kid that has an addiction problem is, first of all, recognize that drug addiction is a disease of the brain; that it's not that their kid just wants to have fun or doesn't listen to them.

12.	02:14		<p>VOICE OVER: RESEARCHERS HAVE FOUND THAT FOR TEENS, ABUSE IS ESPECIALLY DANGEROUS BECAUSE THEIR BRAINS ARE STILL DEVELOPING.</p> <p>MOST OF THAT DEVELOPMENT IS IN THE PRE-FRONTAL CORTEX, THE PART OF THE BRAIN THAT CONTROLS JUDGEMENT. ABUSE CAN LEAD TO:</p> <ul style="list-style-type: none"> • RISKY BEHAVIOR • POOR PERFORMANCE AT SCHOOL • LOW ENERGY • ISOLATION FROM FRIENDS AND FAMILY
13.	02:34	Roberta and Hayley	<p>VOICE OVER: ROBERTA NORWOOD’S DAUGHTER HAYLEY BECAME ADDICTED TO PERSCRIPTION PAIN MEDICINES DURING HIGH SCHOOL.</p>
14.	02:38	On camera	<p>Roberta (Hayley’s Mom): She was in her room a lot. We used to spend a lot of time cooking and she didn’t sit there with me. We could hardly get her to do anything with us.</p>
15.	02:50	Pictures of Hayley from high school	<p>VOICE OVER: ROBERTA TOLD ME SHE KNEW SOMETHING WAS WRONG, BUT NOT WHAT.</p>
16.	02:53	On camera	<p>Roberta (Hayley’s Mom): I knew that Hayley was smoking pot, and I thought, Oh, you know, it’s experimental, it’s no big deal she’ll move on and get what she needs to done.</p>
17.	03:05	On camera	<p>Dr. Lopez: Parents have got to be aware that all of these drugs are not rites of passage, you don’t need to do these drugs to be a normal teenager, so there’s a prevalence in a lot of homes that says, “well, he’s only doing pot, so I don’t have to worry, because thank god he’s not doing, she’s not doing, cocaine.” So even amongst parents there’s an understanding of hierarchy of the drugs.</p>

18.	03:34	Dr. Lopez at his desk	VOICE OVER: DOCTOR RALPH LOPEZ SPECIALIZES IN TEEN MEDICINE IN NEW YORK CITY. HIS ADVICE FOR PARENTS? GET INVOLVED AND STAY INVOLVED IN YOUR CHILD'S LIFE.
19.	03:42 03:45	On camera	Lopez: Your job is to find out if your son or daughter is doing drugs... you've got a job as a parent to deal with it.
20.	03:49	On camera	Foster: There's an understandable reluctance on the part of any parent to want to admit that their child is actually involved in these behaviors and so often parents are last to see it or they... or the last to acknowledge that it's there. It's really important for parents not to let it get that far because they have the greatest impact on both preventing their children from going down that path and getting them help when they need it.
21.	04:14		VOICE OVER: SUSAN FOSTER ALSO SAYS IT'S IMPORTANT TO MAKE SURE EVERYONE IN THE FAMILY UNDERSTANDS THAT DOCTORS PRESCRIBE MEDICINE BASED ON SPECIFIC CRITERIA – AGE, WEIGHT, CONDITION AND OTHER MEDICATIONS. THAT'S ONE OF THE REASONS UNUSED PRESCRIPTIONS SHOULDN'T BE KEPT AROUND THE HOUSE OR SHARED.
22.	04:30	On camera	Volkow: Any prescription medication that was left from the past, throw it away, dispose of it appropriately, do not leave it in the cabinet. That's a lot of temptation for adolescents.
23.	04:43	On camera	On camera: THE EXPERTS AGREE THAT PARENTS SHOULD TALK TO TEENS ABOUT DRUGS TO GIVE THEM THE INFORMATION THEY NEED TO MAKE CHOICES.

24.	04:49	On camera	<p>Susan Foster:</p> <p>Scare tactics aren't particularly effective, what... what seems to work is providing enough information. You have to provide critical thinking skills, you have to give them skills to resist their peers</p>
25.	05:01 05:05	Hayley and Roberta On camera	<p>Roberta:</p> <p>Everyone wants to believe our kids are great, we trip over ourselves making excuses for their bad behavior, for their... the way they look, for their underachieving, for their... whatever it is. But we have to be real and not make excuses for our kids' behavior.</p>
26.	05:22	On camera	<p>Todd: (Tim's Father)</p> <p>You know, I guess I would have thought awhile back that, you know, the image of a drug addict is some greasy haired kid, or guy single bulb, single light bulb, dim room, dirty, all that stuff. That is what a drug addict is. It's more typical that kids are... young, they're taking drugs in the basement, flat screen TV and watching DVDs, it's... it's not what people think.</p>
27.	05:51	Todd and Tim	<p>VOICE OVER:</p> <p>I'M ANTONIO NEVES FOR THE DOT NEWS</p>

If you wish to stop the video at any time, refer to the running time listed on the printed script. Each segment begins at 00:00 and the time is displayed in the lower corner of your video player.

“What Parents Should Know” Parent Guide

Segment Five

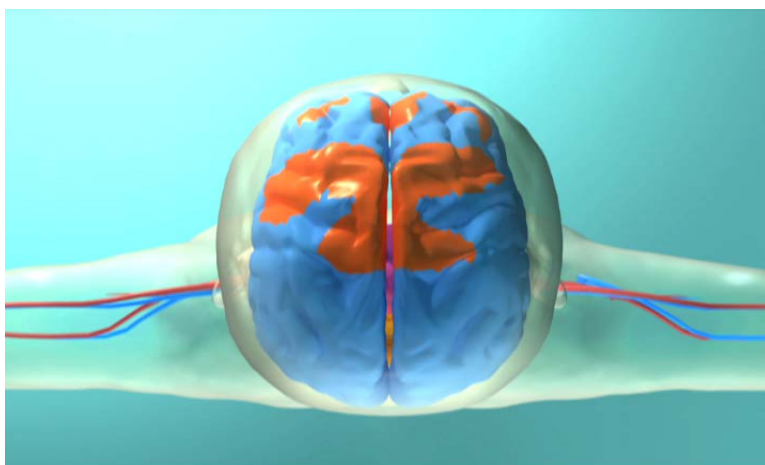
This parent guide has been designed to support *the.News* video “What Parents Should Know.” The video can be found online at http://www.pbs.org/newshour/thenews/themedic/story.php?id=3061&package_id=636.

What are the facts?

Prescription drugs, when used as directed by a medical professional, can be safe and highly effective in treating pain and other health problems. Doses are determined by a patient’s age, weight, gender, other physical conditions and the patient’s medical history. For someone other than the patient to take these medications is very dangerous.

There are three types of prescription drugs that are commonly abused by young adults: depressants, used to treat sleep disorders and severe anxiety; stimulants, used to treat behavior disorders such as ADHD; and

opioids, which are used to treat pain. Opioids can be particularly dangerous because they target the pain receptors in the brain. Abuse of these drugs can cause chemical changes in the brain which is particularly troubling among teens because their brains are still developing. The frontal cortex of the brain, where impulse control, judgment and long-range planning take place, does not fully develop until mid 20s. In the absence of a genuine medical condition and without the

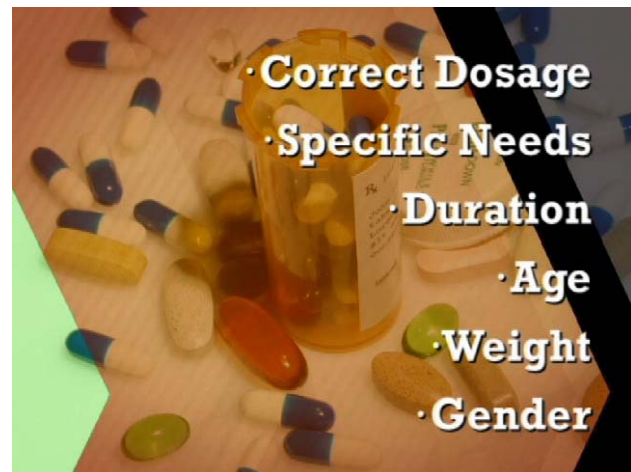


advice of a physician, the introduction of a **non-prescribed drug** into the nervous system at this point in the brain’s development is taking a huge risk.

Prescription drug abuse begins when an individual takes prescription medication for reasons other than prescribed by a doctor or dentist. It can begin by taking the drug beyond the recommended time period or by finding illegal sources

for the drug. It can begin by taking someone else’s prescription or experimenting with drugs at a party – often called “pharming.” Drug abuse occurs, in part, because of the misconception that prescription drugs are less harmful than illegal drugs because they are prescribed by doctors.

This is simply not true.



Excessive use over time reduces the effect of these drugs, until the individual needs to take the drug just to feel normal. This abuse can lead to addiction, a hard to cure disease of the brain in which the body craves the drug despite harmful consequences. It is unclear exactly what factors lead to addiction. Heredity, family life and social conditions are all contributing factors. Prescription pain medicines, when used without a doctor's supervision, are also dangerous because those same drugs that target pain receptors can also attack the area of the brain that controls respiration, with the potential to cause death with only one use. Everyone's physical and emotional make-up is different. It is unwise to take the risk of abusing prescription drugs, even once.

Surveys indicate that abuse of prescription pain medicine is the only form of illicit drug abuse that is increasing among teens. It is important to be aware, not only of the facts about this type of abuse but also what your children might know, or think they know, and what you can do about it.

The Basics: What else should parents know?

It is important to be aware of what types of prescription drugs are in your household. Know who has prescription medication, what the doses are and where they are kept. Find out all you can about the prescription medications in your household. Keep a list. If you have children on medication, carefully monitor their dosage. When the need for the medication has passed, learn the correct way to dispose of the medication and do so. Don't think that you can keep some pills around "in case" someone needs them later. This is how trouble starts.

The State of New York Office of Alcoholism and Substance Abuse Services Web site:

<http://www.oasas.state.ny.us/pio/press/pr-11-20-07cabinv.cfm>

This site has a Medicine Cabinet Inventory that you can download. Also contains useful information regarding the potential consequences of prescription drug abuse.

The Internet and Drugs

Many parents are overwhelmed with the explosion of information on the Internet. Because anyone can post virtually anything, there are many Web sites as well as bogus sites in cyberspace. Some adults are quite comfortable surfing the Web for information. Others are more timid. For the timid, here are some guidelines to determine whether a site is reliable. It's not as hard as one may think to determine the reliability of an Internet source.

Of course, the Internet isn't the only source of information. There are many good books available. Before relying on one, research the author. (The title "Dr." alone isn't a guarantee that he/she is knowledgeable.) What are her/his credentials? Who has provided endorsements?

1. Look at the **URL** (“Universal Resource Locator” or, Internet address). If it ends “.gov” then it is a government site and it should be reliable.
2. URLs ending in “.edu” are education sites. When you see those, find out what educational institution sponsors the site. Is it a reputable college or university? This information is most likely good.
3. Look for sites sponsored by major hospitals or medical organizations such as the American Medical Association (AMA).
4. When you come upon a site whose sponsor you cannot identify, click on the “About Us” link. That will tell you what groups and/or individuals are responsible for the information on the site.
5. Finally, look for similar information on multiple sites.

Drugs in the Media

Renee Hobbs, professor at both the School of Communications and the College of Education at Temple University in Philadelphia, is a leading authority on media education. Media literacy helps teens ask questions so that they can understand the difference between reality and fantasy. Please visit *the.Medic*'s website and Media Literacy Segment Four on prescription drugs for more details

the.Medic
www.macneillehrer.com/thenews/themedic

According to the federal Center for Substance Abuse Prevention, “As youth enter adolescence, the media help them define who they are, who they want to become, and the nature of their world.” In its publication, *Media Sharp: Analyzing Tobacco and Alcohol Messages*, they discuss the mythical images of alcohol and tobacco use as portrayed by the media. The message is that drug use is normal, acceptable and even desirable. While the article focuses on alcohol and tobacco, the message is relevant for all types of drug use and abuse. Because media often glamorizes the use of drugs, it is important to teach your children the difference between what they see in the media and the real world. Even the so-called “reality” shows do not often depict life as it really is. You must help your child become savvy to the dangers of drug abuse that are too often not depicted in the movies, TV, video games or magazines.

Key Concepts from Renee Hobbs’ book Reading the Media: Media Literacy in High School English:

- **Awareness** – first look at the message
- **Reflection** – next, reflect upon it
- **Analysis** – analyze the purpose of the message
- **Action** – and finally, take action by constructing your own message.

What do your children know, or think they know?

You may now be well-versed in the dangers of abusing prescription pain medicine, but are your children? Of course, the best way to find out is to talk with them often. But first, be aware of what may be some of your *children's* misconceptions about this issue and where they may be getting some of their information.

the.Medic videos discuss the truths and myths about the abuse of prescription pain medicine. The most important myth is that prescription drugs are less dangerous than illicit drugs, like heroin and cocaine, because they are legal. Not true! Prescription pain medicines, used without a doctor's supervision, are every bit as dangerous as illegal drugs. Another prevalent myth is that prescription pain relievers cannot be addictive. Again, this is wrong and dangerous to believe. If used incorrectly, the way certain prescription pain medications, called opioids, affect the brain, can make them highly addictive. A third common myth is that using prescription drugs only once in a while is okay. Wrong! Even one misuse can be deadly. Everybody is different, and it is dangerous to assume that occasional, non-prescribed use is safe.

Where do our kids get their information? Primarily what they learn is from their “friends.” But now their friends are not just in the neighborhood and at school; they are all over the country, and possibly much older than your child. If your children have MySpace or Facebook pages, then they can communicate with people of all ages across the country and the world. And of course, they also have access to all that Internet information that you have the ability to carefully verify while learning about prescription drugs. However, your children are not likely to be as discriminating as you when it comes to verifying information. This is why it is vital that you communicate with your children.

“Close to 10% of high school seniors have used an addictive, dangerous prescription narcotic within the past year. This is more than 10 times the rate of

heroin use. Only tobacco, alcohol and marijuana are abused more frequently,” according to Marthea Falco, president of Drug Strategies and Philip Heymann, professor at Harvard Law School, in their March 15, 2008 editorial in the *Washington Post*. Their concern is that “the vast reach of the Internet makes it as easy for American adolescents to buy drugs as it is for them to buy books or music.” Like other dangerous hazards to their well-being that can reach children through the Internet, Falco and Heymann believe that “if the Internet is not already the primary enabler of this epidemic, it soon will be.”



What should parents do?

We'd all like to think that our children will never abuse drugs; that we will never need to confront such an issue at home. But, even if your child does not use drugs inappropriately, he/she will most likely be confronted with the opportunity to do so. You want her/him to be armed with the knowledge and courage to make the right decisions.

- **Learn the facts about prescription pain medicine and their potential for abuse.** The information provided in this guide is only a start. Find out about the particular drugs that are prescribed for you and your family members. In addition, think about your community, the neighborhood, the school and your children's friends and what problems they confront that might influence their decision making.
- **Establish an atmosphere of trust and open communication in your household.** If you do not already, talk with your children about choices and help them learn to use critical thinking skills when confronted with issues affecting their health – like drugs.

Remember, adolescence is a challenging time for both parents and children. Your kids still need you, but they want to show their independence. You can stay close to them, while at the same time giving them space. Your child wants his/her own experiences.

Do not underestimate your influence as a role model, even as your children may seem to be ignoring everything you say and do. They are not. They look to you for guidance. How do you respond to difficult situations? And do not ever use someone else's prescription medication, even once, because it sends the message that it is fine for them to do it too.

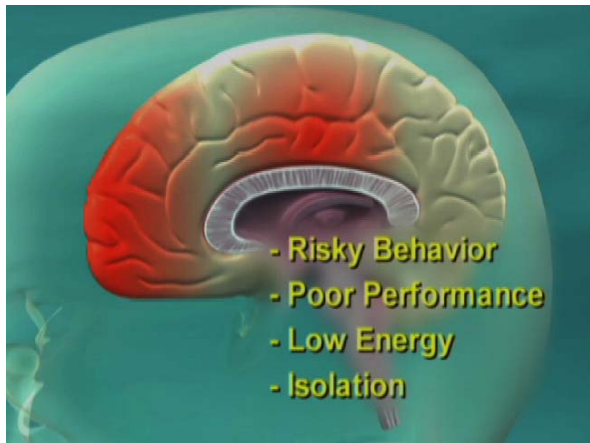
Another issue that can arise is when your adolescent asks you if you ever did drugs. If you didn't, then this is not a difficult issue. The complexity arises if you did experiment with drugs as a youth. Experts' advice varies on this, with some saying that it's your right to keep some things private, and you can tell your child that. Others say that you can tell the truth, but qualify it and don't go into detail. Timetotalk.org has some excellent examples of ways to approach this. The one fact experts agree on is that you not lie to your kids. If they find out the truth, this will break their trust in you and trust is the most important ingredient in a healthy relationship between you and your child.

Timetotalk.org

<http://www.timetotalk.org/Tools/HelpfulTools3.aspx>

So, you are a good role model; you have an honest, open relationship with your child. She/he knows how you feel about drug abuse. But if the opportunity to abuse drugs arise, what refusal skills can you teach that will help? You can role-play some scenarios with your child, offering different ways to say no. Reinforce the notion that most kids are pretty focused on themselves and aren't going to spend a lot of time harassing a peer into trying drugs. Most of the peer pressure will be that which is self-inflicted, by thinking that abusing drugs is "cool" and a way to be accepted.

What if your child has a friend who is abusing drugs? How can you help your child to help this friend, without either of you betraying a trust? If your child is certain that this friend is abusing drugs there are many resources at school intended to support at-risk children such as teachers, school nurses, counselors and psychologists. Suggest that your child encourage the friend to confide in one of these professionals. Maybe your child would be willing to go with the friend for support. At the very least, your own child is serving as a positive role model for this friend. The support and encouragement may not show immediate results but it can't hurt.



How can you tell if your child may be abusing drugs?

The physical and behavioral changes can be typical of any teenager, but they could also mean your child is abusing prescription drugs.

1. **Look for physical and behavioral changes.** Physical changes can be problems with eating, low energy or lethargy, change in appearance—such as eye redness.
2. Behavioral changes that you may observe or a sudden change in friends or isolation from friends and family, loss of interest in former activities such as sports, sullenness, mood swings and a sudden drop in performance at school.
3. Also be aware if **money or valuables are missing from the house.**

So, how should you address your suspicions?

- Openly, and without judgment. Find a time when you can have a natural, uninterrupted conversation with your child.
- Don't accuse, but express your concern that his/her behavior seems different and you are concerned.
- Resist the temptation to lose your temper. Be patient.
- In the event that your suspicions are correct, it is unlikely that your child will confess all in the first conversation. But you have opened the door, and because of a pattern of trust and openness that you have created, your child will be more likely to come to you for help.

Survey after survey indicates that parents are the best preventative against drug abuse. Children listen to their parents and want to do the right thing. So, become informed, and be an active participant in your child's life. It could save his/her life.

Glossary of Terms

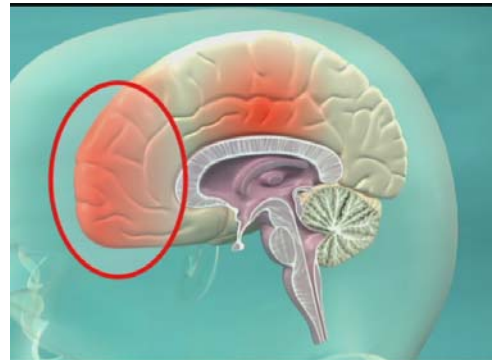
Central Nervous System Depressants: Drugs prescribed to treat anxiety and sleep disorders

Cerebellum: The cerebellum is involved in the coordination of voluntary motor movement, balance and equilibrium, and muscle tone

Corpus Callosum: A broad, thick band (largest connective pathway) in a human brain consisting of more than 200 million nerve fibers that connect the left and right sides (hemispheres) of the brain. Each hemisphere of the brain has dominant functions: the left hemisphere functions in language, mathematics and logic; the right hemisphere functions in special abilities, face recognition, visual imagery and music

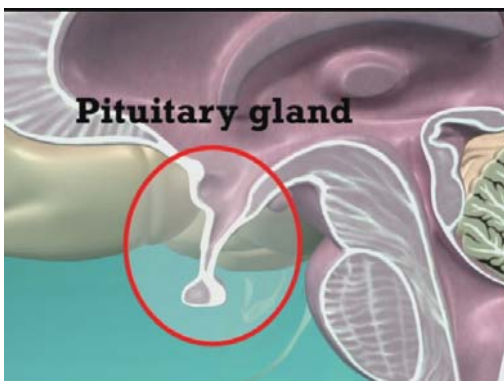
Endorphins: Small, protein molecules produced by cells in the nervous system and other parts of the body. Their important role is to work with sedative receptors in the brain, spinal cord and other nerve endings that are known to relieve common pain.

Frontal Lobe: Part of the human brain (can be seen in adjacent graphic) associated with reasoning, planning, parts of speech, movement, emotions and problem solving; controls emotional response, expressive language and memory for habits and motor activities



Occipital Lobe: Part of the human brain associated with many aspects of vision perception and processing

Opioids: Commonly prescribed medications used to treat moderate to severe pain. Opioids attach to opioid receptors where they can change the way a person experiences pain.



Opiate Receptors: Within the limbic system, brainstem and spinal cord, there are places on certain nerve cells that recognize opioids. When stimulated by opioids, these sites -- called opiate receptors -- trigger responses in the brain and body

Opiate Receptor System: (also known as a brain reward system) A brain circuit that, when activated, reinforces behaviors. The circuit includes dopamine-containing neurons. The activation of this circuit causes feelings of pleasure

Parietal Lobe: Part of the human brain associated with perception of stimuli related to touch, pressure, temperature and pain; functions in integration of different senses that allows for understanding a single concept.

Pituitary Gland: A small, pea-sized gland located at the base of the brain (can be seen in adjacent graphic) that functions as "The Master Gland." It sends signals to the thyroid gland, adrenal glands, ovaries and testes, directing them to produce many hormones that have dramatic effects on metabolism, blood pressure, sexuality, reproduction and other vital body functions.

Prefrontal Cortex: Part of the Frontal Lobe associated with problem solving, emotion and complex thought. This is the last part of the brain to develop (does not finish developing until mid 20s).

Respiratory Breathing Centers in the Brain: Group of nerve cells in the brain that control the rhythm of breathing in response to changes in levels of oxygen and carbon dioxide in the blood and cerebrospinal fluid; barbiturates, anesthetics, tranquilizing agents and morphine are central nervous system depressants that can depress the respiratory center causing breathing to slow or stop

Temporal Lobe: Part of the human brain associated with perception and recognition of auditory stimuli, memory, and speech

* Definitions obtained from various sources; see resources starred (*) at the end of this guide.

Resources:

- Alliance for a Media Literate America (AMLA), www.amlainfo.org.
- American School Counselor Association, www.schoolcounselor.org.
- Califano Jr., Joseph A., "High Society: How Substance Abuse Ravages America and What to do About it," Public Affairs Press, May 7, 2007.
- Campbell, N.A. Biology. Redwood City, CA: The Benjamin/Cummings Publishing Co, Inc., 1990. *
- Center for Neuro Skills (Largely a site dedicated to brain injuries but with some useful information on the parts/functions of the brain), www.neuroskills.com/brain.shtml. *
- Hobbs, Renee. Reading the Media: Media Literacy in High School English, New York: Columbia University Press, 2007.
- iVillage: "Your Teen and Drugs," Retrieved April 2008, http://www.ivillage.co.uk/parenting/teens/teencon/articles/0,,186632_710563-1,00.html.
- Jensen, Eric. Brain-based learning. San Diego, CA: The Brain Store, 2000. *

- Literacy for the 21st Century, Information and Communication Technology Literacy K-12. Tucson, AZ: Partnership for 21st Century Skills, www.21stcenturyskills.org. *
- Lopez, Dr. Ralph I. The Teen Health Book: A Parents' Guide to Adolescent Health and Well-Being. New York: WW Norton, 2002.
- Media Sharp: Analyzing Tobacco and Alcohol Messages, The Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration; Offices on Smoking and Health, Centers for Disease Control and Prevention; The American Academy of Pediatrics, The National Education Association Health Information Network, www.health.org and www.cdc.gov/tobacco
- Medline Plus, <http://medlineplus.gov/> (health information from the world's largest medical library, the National Library of Medicine). *
- National Association of School Nurses, www.nasn.org.
- National Association of School Psychologists, www.nasponline.org.
- National Cancer Institute. US National Institutes of Health, www.cancer.gov. *
- National Center on Addiction and Substance Abuse (CASA) at Columbia University, www.casacolumbia.org.
- National Institute on Drug Abuse. Drugs, Brains, and Behavior: The Science of Addiction, NIDA Pub. No.07-5605. April, 2007, <http://www.drugabuse.gov/scienceofaddiction/>. *
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