

2019 YOUTH RISK BEHAVIOR SURVEY

TOOLS AND RESOURCES

Thank you for taking the 2019 YRBS. Below are tools and resources that pertain to the topics covered in the survey. If you need immediate assistance, please contact a trusted adult or one of the helplines listed below.

HELPLINES

Boston Area Rape Crisis Center: 1-800-841-8371

Child-Help USA: 1-800-422-4453 (coping with stress)

Crisis Text Line: Text "HOME" to 741741

GLBT National Youth Talk Line: 1-800-246-7743

Local Emergency Services Program (ESP) – 1-877-382-1609

MA Child at Risk Hotline: 1-800-792-5200

MA Smoker's Helpline: 1-800-784-8669

MA Substance Addiction and Recovery Support: 1-800-327-5050

National Runaway Safeline

- 1-800-786-2929
- Chat at <https://www.1800runaway.org/>
- Email at <https://www.1800runaway.org/crisis-online-services/>
- Post questions at <https://bulletinboards.1800runaway.org/forum>

National Suicide Prevention Lifeline

- English: 1-800-273-8255
- Spanish: 1-888-628-9454
- Chat at <https://suicidepreventionlifeline.org/chat/>

National Teen Dating Abuse Hotline

- 1-866-331-9474
- Text "loveis" to 22522
- Chat at www.loveisrespect.org

The Network/La Red: 1-800-832-1901 (LGBTQ partner abuse)

New Hope, Inc.: 1-800-323-4673 (domestic violence or sexual violence)

SafeLink: 1-877-785-2020 (domestic violence or dating violence)

SAMHSA Disaster Distress Helpline (crisis counseling)

- 1-800-985-5990
- Text "TalkWithUs" to 66746

SAMHSA National Helpline: 1-800-662-4357 (mental or substance use disorders)

SmokefreeTXT for Teens: <https://smokefree.gov/become-smokefree/smokefreeteen-signup>

- Text "TEEN" to 47848

The Trevor Project: 1-866-488-7386 (suicide prevention for LGBTQ youth)

Victim Connect Resource Center: 1-855-484-2846 (confidential referrals for crime victims)

SUICIDE

About You Matter – Provides a safe space for youth to discuss and share stories about mental health and wellness, created and administered by the National Suicide Prevention Lifeline. You Matter blog posts are written by a rotating Blogger Council of individuals between the ages of 13-24 that are passionate about suicide prevention and mental health.

<https://youmatter.suicidepreventionlifeline.org/about-you-matter-2/>

VIOLENCE-RELATED BEHAVIORS

Loveisrespect.org - Provides comprehensive education on healthy, unhealthy and abusive dating relationships and behaviors. Highly trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships.

<https://www.loveisrespect.org/>

Youth.gov - Provides interactive tools and other resources to help youth-serving organizations and community partnerships plan, implement, and participate in effective programs for youth.

<https://youth.gov/>

CDC School Violence Prevention - Provides examples of school violence, data & statistics on its prevalence, and fact sheets that schools can use to address it.

<https://www.cdc.gov/violenceprevention/youthviolence/schoolviolence/index.html>

Child Welfare Information Gateway – Explains how to report suspected child abuse or neglect to local child protective services office or law enforcement agency.

<https://www.childwelfare.gov/topics/responding/reporting/how/>

BULLYING

Stopbullying.gov - Provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.

<https://www.stopbullying.gov/kids/what-you-can-do/index.html>

Stomp Out Bullying - Works to reduce and prevent bullying, cyberbullying, and other digital abuse, educates against homophobia, LGBTQ discrimination, racism and hatred, and deters violence in schools, online and in communities across the country. It teaches effective solutions on how to respond to all forms of bullying. <https://www.stompoutbullying.org/get-help/about-bullying-and-cyberbullying/>

STRESS

CDC - Provides information on what stress is and healthy ways to deal with it. Tips for kids and teens on how to deal with stress following a traumatic and/or violent event are also offered.

https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Fpub%2Fcoping_with_stress_tips.html

American Academy of Pediatrics – This tool provides a 10-point plan to help teens manage stress. The plan is divided in 4 parts (Tackling the problem, Taking care of my body, Dealing with emotions, Making the world better) with stress relieving ideas and suggestions for each. While none of these ideas are quick fixes, they will help lead you toward a healthy and successful life.

https://www.aap.org/en-us/professional-resources/Reaching-Teens/Documents/Private/Personal_plan_handout.pdf

ALCOHOL & SUBSTANCE USE

Learn to Cope – A network that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs.

<https://www.learn2cope.org/>

Smart Recovery – A leading self-empowering addiction recovery support group. The website provides resources for teens and youth support programs, meeting locations, and an online community. <http://www.smartrecovery.org/teens/>

Smokefree.gov – Offers support, tips, tools, and expert advice to help you or someone you love quit smoking. <https://smokefree.gov/>

Alateen - A fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking that provides support through group meetings, resources, etc. <http://ma-al-anon-alateen.org/about-alateen/>

Al-Anon Family for Teens - A group where teens can find understanding and support through group meetings, podcasts, and other resources. <http://www.al-anon.alateen.org/for-alateen>

Alcohol Anonymous - A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. http://www.aa.org/pages/en_US

- **A message to teenagers** - A 12-question quiz to help teens decide whether or not they may have a problem with their drinking. https://www.aa.org/assets/en_US/f-9_amesagetoteenagers-1.pdf
- **Too young?** - Shares 6 stories from teens in who have drinking problems. https://www.aa.org/assets/en_US/p-37_tooyoung.pdf

Narcotics Anonymous – A group that helps young people find NA meetings near them and provides resources for young addicts. <http://www.na.org/>

- **By Young Addicts for Young Addicts** - Literature developed by young members of Narcotics Anonymous who have stayed clean and found a new way of life. https://na.org/admin/include/spaw2/uploads/files/EN3113_2008.pdf

SEXUAL EDUCATION/COMMUNICATION

CDC: Sexual Risk Behaviors: HIV, STD, & Teen Pregnancy Prevention – Provides an overview of youth data from the 2017 YRBS and outlines CDC programs and initiatives that aim to prevent negative health outcomes from teen sexual behavior.

<https://www.cdc.gov/healthyouth/sexualbehaviors/index.htm>

HOMELESSNESS

HomeStart – An organization dedicated to ending homelessness in Greater Boston by assisting individuals in obtaining housing and settling into the community, and by developing strategies to prevent homelessness before it starts. <https://www.homestart.org/>

- Boston: 617-542-0338
- Cambridge: 617-234-5340

NUTRITION

USDA: Choose My Plate - Young people experience many changes during their tween and teen years. Building healthy food and physical activity habits will help them now and as they enter adulthood. The following resources, tips, and ideas can help them take charge and learn to make their own choices. <https://www.choosemyplate.gov/teens>

2015–2020 Dietary Guidelines for Americans - Guidelines designed to help Americans eat a healthier diet. It also outlines how people can improve their overall eating patterns — the complete combination of foods and drinks in their diet. https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf

PHYSICAL ACTIVITY

CDC Healthy Schools - Provides an overview of youth physical activity guidelines set forth by the U.S. Department of Health and Human Services.

<https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>

US Department of Health and Human Services: Physical Activity Guidelines for Americans - Complete physical activity guidelines for all ages. https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf

CONCUSSIONS

CDC: HEADS UP to Youth Sports – Provides concussion information and resources for youth athletes. <https://www.cdc.gov/headsup/youthsports/athletes.html>