

* **ABOVE THE INFLUENCE**

<https://abovetheinfluence.com/>

Every teen's life is filled with pressure, some of it good, some of it bad. Our goal is to help teens stand up to negative pressures, or influences. The more aware you are of the influences around you, the better prepared you will be to face them, including the pressure to use drugs and alcohol.

* **BAM (BODY AND MIND - CDC)**

<https://www.cdc.gov/bam/index.html>

BAM! Body and Mind will tell you everything you need to know about all of the stuff that matters. Whether it's nutrition, physical activity, stress, safety, or diseases, we've got you covered! We designed this specifically for you—kids 9–12 years old—and even have some awesome games and quizzes to test your skills!

* **GIRLSHEALTH.GOV**

<https://www.girlshealth.gov/about/>

Girlshealth.gov is committed to empowering girls to create strong, positive relationships and happy, healthy futures.

* **OK TO TALK - NATIONAL ALLIANCE ON MENTAL HEALTH**

<https://ok2talk.org/>

OK2TALK is a community where teens and young adults struggling with mental health conditions can find a safe place to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope

* **PACER CENTERS KIDS AGAINST BULLYING**

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

PACER Kids Against Bullying is a creative, innovative and educational website designed for elementary school students to learn about bullying prevention, engage in activities and be inspired to take action.

* **PACER CENTER'S TEENS AGAINST BULLYING**

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

Teens Against Bullying was created by and for teens, this website is a place for middle and high school students to find ways to address bullying, to take action, to be heard, and to own an important social cause.