



Substance Use Prevention Resources

Resources for Youth:

[National Institute on Drug Abuse \(NIDA\) – For Teens: Drug Use and the Brain](#) - Get the latest on how drugs affect the brain and body, featuring videos, games, blog posts and more.

[King County Public Health](#) - Youth marijuana and vaping prevention resources, guides, and videos.

[Not a Moment Wasted](#) - Resources and educational materials, for young adults (18 to 20) who live and attend college in Washington State, covering health risks and other consequences associated with underage recreational marijuana and alcohol use.

[Above The Influence](#) - Drug facts, resources, and educational materials 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.

[You Can WA.org](#) - You Can is a prevention campaign by the Washington State Department of Health to educate 12 to 17-year-olds about the risks and consequences of marijuana use.

[Youth Now - For Youth & Teens](#) - Offers resources, campaigns, research and other supports for youth, parents, educators and providers.

Resources for Parents and Caregivers:

[NIDA - For Parents: Facts on Teen Drug Use](#) - Get information to help you talk with your teens about drugs and their effects, and learn where to go to get help.

[Changes Parent Support Network](#) - A structured, peer-led program that provides support to parents struggling with children who are engaging in oppositional and self-destructive behaviors.

[King County Public Health](#) - Youth marijuana and vaping prevention resources and guides for parents and caregivers.

[Partnership for Drug-Free Kids](#) - National nonprofit committed to supporting the whole family as they address every aspect of substance use and addiction, from prevention to recovery.

[Prevention Works in Seattle \(WINS\)](#) - Tips, tools, guides, and resources to help prevent underage drinking, substance abuse, and associated problems through education, advocacy, and networking with students, families, and the community.

[Start Talking Now](#) – Conversation guides, drug and alcohol facts, and resource materials for parents and caregivers to help address underage marijuana and alcohol use.

[Youth Now - For Parents](#) - Offers resources, campaigns, research and other supports for youth, parents, educators and providers.

[Locks Save Lives](#) - A collection of rack cards, lock box cards, pledge to lock your meds cards, posters, stickers, theater ads, social media posts and a website; where visitors can learn more about the importance of locking up prescription medications.

[Know This About Cannabis](#) – Educational information for adults 21 and over about the risks, rules, and responsibilities of retail, or non-medical, cannabis use in Washington state.

Resources for Adult Influencers (counselors, teachers, etc.):

[ADAI Clearinghouse](#) - A resource center for Washington State residents with print and online resources about drugs and alcohol.

[NIDA – For Teachers: Classroom Resources on Drug Effects](#) - Lessons, activities, and drug facts to educate teens about the effects and consequences of drug use.

[King County Public Health](#) - Youth marijuana and vaping prevention resources and guides for teachers and community organizations.

[The Athena Forum](#) - The site for substance abuse prevention and mental health promotion professionals and volunteers.

[Public Health Insider Blog – Category: Marijuana](#) - Timely, interesting, behind-the-scenes news about efforts to protect the health and well-being of all people in Seattle and King County.

[Stop Over Dose.org](#) - Resources and education to help individuals, professionals, and communities in Washington State respond to prevent opioid overdose, to find treatment options, and support for families.

[WA Health Care Authority Substance Use Prevention](#) - Substance abuse prevention and mental health promotion, detailing statewide prevention programs, current projects, and community involvement.

[WA Substance Abuse and Violence Prevention](#) - WASAVP’s mission is to unite prevention advocates in Washington State in order to create environments that support safe and healthy communities through prevention of substance abuse and violence.

[Youth Now - For Schools](#) - Offers resources, campaigns, research and other supports for youth, parents, educators and providers.

[Prevent Coalition](#) – Prevent is a youth substance abuse prevention coalition working for healthy, thriving, and substance-free communities in Clark, Klickitat and Skamania counties.