

Quick Guide to Teen Health & Wellness

Overview

An extensive resource for 10-18 year olds about all aspects of teen health and wellbeing issues. Features include:

- Guides arranged into 14 different health and wellness categories, including drugs and alcohol, nutrition and fitness, and family life.
 - Google translation of articles into over 50 languages.
 - Videos and social media tools.
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Details

Browsing

1. Featured content is available on the front page, including videos, links to the Dr. Jan's Corner advice column, and news and facts related to teen health.
2. The 14 main health and wellness categories are listed in a column on the far left side of the main page.
3. You can also browse all subjects in alphabetical order by clicking on the [A-Z] box.
4. A search box is available to look for a specific term. Results can be organized based on the 14 main categories.
5. RSS feeds are available for the In the News, Dr. Jan's Corner advice column, and the Did You Know? fact of the day features.

NOTE: The telephone hotlines listed on the site are geared to Americans.

Articles

1. Each article is divided into sections and includes videos, a glossary, related resources, and materials for further reading.
 2. Click **Cite this Article** to get an MLA citation.
 3. You can also **Translate** the article by selecting one of over 50 languages from the Google dropdown menu.
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More Information

- Teen Health and Wellness
 - <http://www.teenhealthandwellness.com/static/publicabout>

