



## Resources for Parents Regarding Substance Abuse and Teens

Many parents and guardians have concerns about their teens being exposed to alcohol, tobacco, and recreational drugs. Here are some resources that help parents talk to their teens about substance abuse. These websites also help parents identify risk factors and signs of teenage substance abuse problems.

MD Anderson has an informative website for parents about teens and tobacco. It includes advice for parents when talking about tobacco with their children and also points to risk factors amongst teens.

[MD Anderson Tobacco Information](#)

With the popularity of e-cigarettes on the rise, the Surgeon General has information for parents on the risks for teens.

[Surgeon General: E-Cigarette Facts](#)

The National Institute on Drug Abuse has advice for Parents on how to communicate with their children about the dangers of Marijuana.

[Marijuana: Know the Facts](#)

Learn the facts about Commonly Abused Drugs and how they affect the teenage brain.

[Common Drugs of Abuse](#)

The National Institute for Alcohol Abuse and Alcoholism offers information to parents about underage drinking and warning signs for teenagers.

[UNDERAGE DRINKING](#)

The National Institute on Drug Abuse has an informative website with various resources for parents who are concerned that their child may have a problem with drugs or alcohol.

[NIH Guide for Parents](#)