

Science at Home

Talk to your child about the different types of drugs and how they affect the brain and body. Revisit the issue regarding the reasons people would use drugs when they know how harmful they can be.

Additional Resources

National Institute on Drug Abuse (NIDA) — www.drugabuse.gov
301-443-1124

This Web site contains information about drug abuse and a section designed specifically for parents, teachers, and students. Publications and other materials are available free of charge.

National Institute on Drug Abuse (NIDA): Mind Over Matter —
www.nida.nih.gov/MOM/TG/MOMTG-index.html

This Web site was developed to educate children about the biological effects of drug abuse on the brain and body.

National Clearinghouse for Alcohol and Drug Information (NCADI) —
www.health.org
1-800-729-6686

NCADI is the world's largest resource for information and materials concerning substance abuse. Many free publications are available here.

Drug Abuse Sourcebook. Health Reference Series, Vol. 14. [Bellenir, K., ed.] Detroit, MI: Omnigraphics, Inc., 1996. Basic health-related information about the abuse of legal and illegal substances, such as alcohol, marijuana, and inhalants.

Focus on Drugs and the Brain. [Friedman, D. & Neuhaus, D.] Frederick, MD: Twenty-First Century Books, 1990. This book, part of the "Drug-Alert Book" series, describes the function of the brain and nervous system, and how drugs affect the body.

Inhalant Drug Dangers (Drug Dangers). [Monroe, J.] Berkley Heights, NJ: Enslow Publishers, Inc., 2002. This book explains the serious risks associated with abusing chemical substances, including sections on how these chemicals work on the human body and sections on societal pressures put on children that lead to abuse.

Bottled Up. [Murray, J.] New York, NY: Dial Books for Young Readers, 2004. This book is the story of a 16-year-old boy that has come into problems with alcohol and marijuana. The book describes the issues he faces as a result of substance abuse.

The Encyclopedia of Drugs and Alcohol (Reference). [Roza, G.] New York, NY: Franklin Watts, Inc., 2001. Written for ages 9 through 12, this book covers more than 250 commonly used and abused, legal and illegal drugs, including prescription and over-the-counter drugs.