

TEENS

CTRL Key + F will open a keyword search box

COLLEGE PREP:

AVID--Advancement Via Individual Determination--Legend High School

Program to close the achievement gap, especially for those students traditionally underrepresented in four-year colleges and first-generation college students.

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303-931-1268

[College Writing Camp](#)

Half of all incoming freshmen do not have the skills needed to research and write a research paper to college standards.

[College In Colorado](#)

This is a one-stop resource for Colorado teens to begin college and financial aid planning.

[Denver Foundation](#) has local and regional scholarships. *Instead of competing with thousands of students nationally, you might be competing with hundreds or even dozens closer to home.*

[FAFSA \(Free Application for Federal Student Aid\)](#)

The government provides more than \$150 billion in grants, loans, and work-study funds each year, but you have to complete the FAFSA to see if you can get any of that money.

[Repaying Student Loans](#) has everything parents and students need to know about repayment options. *Many students don't realize late payments can affect their credit after graduation.*

Gale Testing and Education Center, Douglas County Libraries

<http://douglascountylibraries.org>

Free ACT and SAT practice tests, scholarship, and financial aid information. Library card required for login.

[Life After High School](#)

It's no longer a given that children with intellectual challenges don't go to college! Life transition resources for students with cognitive disabilities and their parents

Peterson's Guide

Peterson's is the "Bible" of college admissions. Get information about colleges, financial aid and more.

<http://www.petersons.com/college-search.aspx>

Summer Bridge Program *Pre-freshman college readiness camp helps students with time management, study strategies, and other skills needed for a successful college career. High school seniors who have been accepted to college should contact the institution directly.*

TRIO Scholars is a program for students who are the first in their families to attend college and for

academically at-risk students. Mentoring, skills development, and extra support make a college degree possible for everyone. Contact the college directly for program information.

**COMMUNITY SERVICE/SERVICE LEARNING:
SEE: VOLUNTEERING**

DATING VIOLENCE:

1.5 million teens will experience dating abuse this year. Only 33% of teens report such incidents and 81% of parents believe dating violence is not a serious issue or don't know if it is.

[Coaching Boys Into Men](#) Because of these special relationships, coaches are poised to positively influence how young men think and behave both on, and off, the field. The Coaches Leadership Program equips coaches to talk with their athletes about respect for women and girls and that violence doesn't equal strength.

[Love Is Respect.Org](#) Does your teen have a safety plan in place in case a date or relationship goes wrong? Love also maintains a Teen Dating Violence **Hotline** call **1-866-331-9474** or text **"loveis"** to **77054**. Teens can also chat live online with a peer advocate.

[Project Pave](#) The mission of Project PAVE is to empower youth to end the cycle of relationship violence. The cycle of relationship violence is generational and affects people in every community. PAVE's approach to ending this cycle is through Intervention, Prevention Education, and Youth Leadership.

[Servicios de la Raza](#)

[That's Not Cool](#) helps teens prevent online dating intimidation. Excessive texting or calling to keep tabs on a dating partner, online stalking, checking their phone, or demanding passwords to check the person's email is not cool! Posting nude pictures or lies about the so-called "loved one" is definitely not cool!

[Women's Crisis & Family Outreach Center](#)

[Y.E.S.S. Program, Douglas County Sheriff's Office](#) has programs to help teens establish healthy and safe relationships. For immediate help call 911 or 303-660-7535 for non-emergency assistance.

DRINKING:

SEE ALSO: SUBSTANCE ABUSE

This year, 1,825 college students will die as a result of alcohol. There will be 97,000 sexual assaults and 599,000 injuries as a consequence of drinking.

[Blood Alcohol Calculator](#)

[College Drinking Prevention](#) has hard hitting information for students and parents

[The Cool Spot](#) has facts, reality checks, and advice on resisting peer pressure

DRIVING:

Alive at 25 *Check the schedule for an upcoming driving course near you.*
<http://aliveat25.us/co/find-a-course>

[Countdown To Driving](#) *is a pre-driving safety and readiness program for young teens and pre-teens. "Safe passengers today. Safe drivers tomorrow."*

[It Can Wait](#) *This site encourages teens to take a stand against texting and driving while also bringing more awareness to this epidemic.*

Mobile Apps *AT&T DriveMode, DriveSafe.ly, and Textecution are just a few apps to help prevent distracted driving.*

EMPLOYMENT/SUMMER JOBS:

[American Red Cross](#) *offers basic and advanced babysitter training.*

[State of Colorado Youth Employment & Governor's Summer Job Challenge](#) *This is a full-service site to help teens prepare for and find summer jobs or part-time employment.*

[Teen Start Up](#) *helps entrepreneurs start their own businesses.*

[Quintessential Careers for Teens](#) *has job ideas, advice, and more*

FOSTER YOUTH, AGING OUT:

[NFPA Scholarships](#) *are given to foster youth to attend college.*

[International Student Foundation](#) *provides financial aid and support to help foster youth go to college.*

GED:

GED Hotline 720-865-5541 *Call the Hotline for test dates, study information, fees, and more.*

[GED.com](#) *has test dates, registration information, study tips, and more.*

GLBT TEENS:

[Rainbow Alley](#) *sponsors an alternative prom and other events for GLBT teens.*

[Parents, Family, and Friends of Lesbians and Gays \(PFLAG\)](#) *offers parenting groups and more.*

Homeless Teens

In 2013, there were 700 homeless teens in Douglas County, Colorado.

[Fresh Harvest](#) serves weekend hot meals at DC Oakes Alternative High School and provides wellness packs.

MENTORS:

[Douglas County Partners](#) provides mentoring for at-risk youth.

[Heads Up Colorado](#) offers one-on-one mentoring and youth-oriented events.

[1 Liquid House](#)—mentors connect with teens through the creative arts.

[Young Life](#) (Parker/Franktown/Elizabeth) Christian organization provides role models and safe activities.

POSITIVE BODY IMAGE:

[About Face](#) equips girls with tools to understand and resist harmful media messages that affect their self-esteem and body image. Girls learn that the media is not reality—it's just the media.



[SPARK Counseling](#) Counselor Jenna Roe can help kids create positive feelings about themselves. Spark Counseling is a member of the Douglas County Parenting Coalition.

PREGNANCY: SEE: TEEN PARENTS SEE: SEXUALITY

PROFESSIONAL RESOURCES:

[Health and Learning Resource Center at RMC](#) Colorado Professionals and Colorado library card holders can access professional collections as well as elite research databases on substance abuse and other topics.

PROM:

[Prom Dress Exchange](#) allows teens to take home a worn-only-once prom dress. Admission to the exchange, which is held once a year in March, is \$10.

RUN-AWAYS

SEE ALSO HOMELESS, SEE ALSO SEXUAL TRAFFICKING

SERVICE LEARNING:

See: **VOLUNTEERING**

SEX TRAFFICKING

[Streets Hope](#) has residential and Non-Residential Programs which provide a variety of services for women escaping sex trafficking or the commercial sex industry. 303-433-2712

SEXUALITY:

[Alternatives Pregnancy Center](#) provides education, counseling, STD and pregnancy testing, and treatment. A 24-hour Helpline is available 303-295-2288 and there are Douglas County offices in Parker and Littleton.

Alternatives Mobile Testing Center—Call the number above for the mobile clinic schedule in your area.

[GirlsHealth.Gov](#) This excellent site created by the National Institutes of Health has age-appropriate, no nonsense information on sexuality and health. Appealing graphics, quizzes, and more make it kid-friendly.

[Promise Yourself](#) has downloadable materials for teens, parents, educators, and churches.

[Young Men's Health](#) Boston Children's Hospital has produced this site which covers topics of concern to many boys and young men.

[Planned Parenthood of Parker](#) 720.851.6606 offers healthcare and testing for **both** young men and women. The website has resources for teens as well as an Ask-an-Expert feature. [The Parent's Toolbox](#) covers an array of issues that parents face.

[Teen Clinic Tri-County Health Department](#) provides birth control and condoms, emergency contraception, pregnancy testing, sexually-transmitted infection testing (STI), and HPV vaccine. The Parent Portal has resources to keep lines of communication open between parents and teens. Call the Teen Clinic for an appointment at the clinic near you **720-236-2525**

SCHOLARSHIPS, LOCAL :

[Douglas County Sheriff's Scholarships](#) are available to Douglas County residents.

Mountain Pine Women's Club Educational and vocational scholarships, stipends for GED testing, Parker Fieldhouse and PACE Center scholarships. P.O. Box 2628 303-841-4491

[STARS](#) Art Scholarships for Castle Rock area students attending Douglas County Public Schools.

[Stars of Tomorrow](#) performing arts scholarships sponsored by the Castle Rock Kiwanis

[Zonta Club](#) provides scholarships for Douglas County high school students to attend college.

SPORTSMANSHIP:

[Colorado High School Activities Association](#) The website has articles, prep scores, game schedules, rules, and more.

[Ally's Playbook](#) (Video) As leaders and role models, athletes are in a unique position to advocate for respect and dignity for all people.

STUDY ABROAD:

[Smart Traveler Enrollment Program](#) *The Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens/nationals who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency.*

[Center for Global Learning](#) *provides support for students and parents with information about international learning, health, safety, and diversity.*

[Travel Clinics](#) *The CDC has directories of clinics that specialize in travel medicine to make sure teens have all the necessary inoculations.*

[Studying Abroad: a Family Guide](#) *This excellent free handbook produced by Purdue covers the important information parents need to know.*

SUBSTANCE ABUSE PREVENTION:

[Betty Ford Center's Children's Program](#) *This program is for children ages 7-12 whose families have struggled or are struggling with alcohol or substance abuse.*

[Douglas County Schools - Student Wellness](#)

[Douglas County Sheriff - Youth Education & Safety in Schools](#)

[Drug Abuse.Gov](#) *Peer chat and interactive materials for teens, as well as resources for parents and educators, make this a useful site.*

[Drug Free Partnership](#) *Parent Help Line 1-855-DRUGFREE (1-855-378-4373) English and Spanish*

[SpeakNow!](#)

Virtual Substance Abuse Resource Fair

[Start Talking](#) *is an interactive website designed to help parents talk to teens about alcohol.*

[StopAlcoholAbuse.gov](#) *has a wealth of information and resources for communities and individuals.*

[That Guy](#) *is a cool, interactive site for older teens and young adults. Young people can visit the "Comedy Club" starring comedian Chris Farley, "the Bar", and other features. The site combines entertainment with serious facts about alcohol.*

[Too Smart to Start](#) *is a site designed to help teens resist peer pressure regarding alcohol.*

SUICIDE PREVENTION:

[American Association of Suicidology](#)
[American Foundation for Suicide Prevention](#)
[Colorado Office of Suicide Prevention](#)
[Douglas County Schools - Student Wellness](#)
[Douglas County Sheriff - Youth Education & Safety in Schools](#)
[Douglas County Suicide Prevention Alliance](#)
[Jason Foundation](#)

[Second Wind Fund](#) *The Fund will pay for up to 12 therapy visits for financially strapped parents who have a child at risk of suicide.*

[Sibling Survivors](#) *This website is for everyone who has lost a sibling to suicide.*

TEEN HEARING LOSS:


Research shows that 1 in 5 teens in the United States has hearing loss, largely due to high-volume sounds in daily life, such as music streamed loudly into headphones. Most hearing loss among teens can be avoided if simple measures are taken.

[EarBud](#) *has a hearing simulator teens can test drive, contests, and videos on safe listening by Miley Cyrus and other pop stars.*

[Listen Carefully Video](#)

TEEN PARENTS:

Diaper Bank, serving northwest Douglas County (Highlands Ranch, Roxborough, etc.), provides free disposable diapers 303-946-7342 or doug@loveinlittleton.org

 [Families First](#) *has a hotline for questions and concerns as well as parenting support groups and classes. 1-800-CHILDREN Families First is a member of the Douglas County Parenting Coalition.*

[Florence Crittenton Services](#) *educate, empower, and nurture teen parents. Crittenton High offers girls a diploma while their children attend the early learning center. Counseling, support groups, and job readiness are just a few of the services offered.*

[Hope House](#) *offers teen parents housing, GED help, and mentoring.*

[Hope's Promise](#) *is a Christian, non-profit child placement agency licensed by the State of Colorado. They facilitate the adoption process for pregnant women who want to find good homes for their babies and families who want to welcome a child into their home.*

MamaTalk *is a free support group for new moms. The Douglas County group meets Tuesdays at 10:00 AM. Call Kim 303-749-4732. Sponsored by the Nurse Family Partnership.*

[Shannon's Hope](#) is a faith-based service providing a residential community for pregnant women age sixteen-plus who have no place to call home.

Young Fathers Program at [Parent Pathways](#) provides a comprehensive array of services to prepare young fathers for the responsibilities and joys of fatherhood. Serving young fathers and fathers-to-be aged 14-21 who live in the Denver metro area

[Nurse Family Partnership](#) offers care for vulnerable mothers and their babies as well as programs for fathers.

TOBACCO:

17% of Colorado teens will smoke by their 20th birthday. Middle Schoolers have the most successful quit rate.

[Colorado Quitline](#) The Colorado QuitLine is a FREE online service available to Colorado residents 15 years of age and over. When you become a member, you get special tools, a support team of coaches, information, and a community of others trying to become tobacco free. They also offer a free telephone service, so you can speak to a coach in person, if you would prefer. Call the QuitLine at **1-800-QUIT-NOW** or 1-800-784-8669.

VOLUNTEERING:

[DoSomething.org](#) Join a community service campaign or start one of your own.

[National Service Learning Clearinghouse](#) posts service learning opportunities around the nation as well as ideas to help kids and teens start their own volunteer projects.

[Youth Leadership Douglas County \(YLDC\)](#) is a high school program consisting of eight one day programs for high school students. One day each month, students actively participate in seminars and activities that engage and educate them about the community and their place in it. College credit via Arapahoe Community College.

[Youth Service America](#) has great projects and ideas to guide community-minded kids and teens.

[Volunteer Nation](#) helps teens connect with volunteer opportunities. There is grant information for teens wanting to start their own program as well as scholarships given for community service.

YOUTH AT RISK:

[Juvenile Assessment Center](#)--The Juvenile Assessment Center (JAC) is an early intervention program with the goal of identifying areas of risk and need and aligning those areas with appropriate services. The JAC offers screening and assessment services to adolescents ages 10 through 17 living in Arapahoe, Douglas, Elbert or Lincoln counties.