

Healthy Futures Companion Websites

The *Healthy Futures* companion websites for students provide resources and serve as a virtual community for students exploring or pursuing abstinence and other healthy relationship choices. During *Healthy Futures* classroom programs students can find additional information and activities that expand on topics covered in class on the websites. The websites are also an initial point of contact for additional teens through media campaigns or referrals.

For 8th graders and high school students: Doin' It Right (www.doinitright.org)

Website components include: An Ask the Expert section where teens write in their questions about relationships and sexuality, and responses are posted on the site and/or e-mailed to the teen; a Love Story section where teens can share with each other about their experiences; a worksheet helping teens know and decide their own personal relationship limits; an interactive space where teens both give and assertively respond to sexual pressure lines; a Great Date section where teens suggest creative, fun alternatives to physical/sexual activity; and fact sheets about important relationship and sexual health topics.

For 6th and 7th grade students: On My Level (www.onmylevel.org)

Website components include: Interactive video segments with local teens discussing relevant relationship, puberty and identity issues; an Ask the Expert section where students can ask questions of a Healthy Futures staff person; and a Get the Facts section where students learn about friendship, romance, puberty, peer pressure, identity and decision making.

The Healthy Futures companion website for parents of young teens provides parents with resources to help them navigate the sometimes challenging adolescent years, and support their teens in making smart choices about their health and future.

For parents: On Their Level (www.ontheirlevel.org)

Website components include information about: Teaching responsible relationship and sexual behavior; communicating with and supporting teens; and understanding the developmental/neurological changes that take place in teens throughout adolescence.

Questions about Healthy Futures' companion websites can be e-mailed to tellmore@doinitright.org.