

# USER'S GUIDE

## Teen Health & Wellness

real life • real answers

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### Introduction

**Teen Health & Wellness: Real Life, Real Answers** is a comprehensive database that allows teens (and those who care about them) to research health-related issues important to their well-being. It's both a research and report tool and a self-help resource. If you do not find the answer to your question in our extensive help section, please contact us for further assistance.

Contact us via email at [customer\\_support@teenhealthandwellness.com](mailto:customer_support@teenhealthandwellness.com).

Contact us toll-free by phone at (800) 237-9932.

Contact us by mail at:  
Teen Health & Wellness  
Rosen Publishing  
29 East 21<sup>st</sup> Street  
New York, NY 10010

## System Requirements

**Teen Health & Wellness: Real Life, Real Answers** is supported by the following browsers/operating system combinations: IE5.5/Windows, IE6/Windows, Netscape 7/Windows, Mozilla 1/Windows, Firefox 1/Windows, Opera 7/Windows, IE5.5/Macintosh, Netscape 7/Macintosh, and Safari 1/Macintosh. Pages will display on Lynx.

## Accessing the Site

**Teen Health & Wellness: Real Life, Real Answers** is a subscription-based Web site. You can log on to the site in three ways: via username and password, referring URL, and IP authentication.

If you have trouble accessing the site, please contact the person inside your school, library, or institution in charge of database access. If you need further help, please contact us. When contacting us, please have ready your account information, including the name of the institution or individual on the account.

## Editorial Philosophy

Authoritative content from Rosen Publishing—the most trusted name in guidance resources for over fifty years—is available online for the first time, in **Teen Health & Wellness: Real Life, Real Answers**.

In keeping with Rosen tradition, all content in **Teen Health & Wellness: Real Life, Real Answers** is created for teens with their unique concerns and perspective in mind. Information throughout is presented using a sensitive, respectful, and age-appropriate approach. Teen-friendly articles make complex topics understandable. They also give insight into the teen experience—crucial for parents, teachers, librarians, therapists, and others who are part of teens' lives and who support them.

**Teen Health & Wellness: Real Life, Real Answers** provides comprehensive curricular support. Developed with a team of experienced health and wellness writers, educators, librarians, and expert reviewers, it contains critical information for research and reports, and is closely aligned to curriculum standards. You can view state and national curriculum correlations here: <http://www.teenhealthandwellness.com/static/educatorresources>

**Teen Health & Wellness: Real Life, Real Answers** is for educational purposes only. While our goal is to provide comprehensive, up-to-date information on teen health and wellness issues, we cannot provide health and wellness advice or send a personal reply to health-related questions. If teens have a question on a health or wellness issue, we strongly encourage them to speak to a qualified medical professional or a trusted adult, such as a parent, teacher, or guidance counselor.

## Award-Winning Content

**Teen Health & Wellness: Real Life, Real Answers** draws on Rosen's award-winning series, including *Coping*, *Need to Know*, and others.

This resource includes material adapted from an extensive library of more than 500 new and backlist Rosen books from its most trusted and respected series. Through a rigorous editorial process, all content is thoroughly revised and updated for online use.

To ensure its accuracy and relevance, all content is reviewed and updated on an ongoing basis. Our standards of editorial integrity mandate that each entry includes the date it was last updated.

In addition, all content strives to be inclusive in terms of race, sex, religion, economic status, and other teen experiences.

**Teen Health & Wellness: Real Life, Real Answers** does not accept advertising.

View the full list of Rosen books that have contributed to the database at:

<http://www.teenhealthandwellness.com/static/titlelist>

## Expert Review Board

All content in **Teen Health & Wellness: Real Life, Real Answers** is reviewed by a team of leading professionals across fields including medicine, mental health, nutrition, substance abuse prevention, guidance, and career counseling.

Find out more about the members of the **Teen Health & Wellness: Real Life, Real Answers** Expert Review Board and read their biographies at:

[http://www.teenhealthandwellness.com/static/expert\\_review\\_board](http://www.teenhealthandwellness.com/static/expert_review_board)

## Accessibility

At **Teen Health & Wellness: Real Life, Real Answers**, we are committed to ensuring that our products are accessible to all users, including persons with disabilities.

**Teen Health & Wellness: Real Life, Real Answers** meets all level-one guidelines of Section 508 of the Rehabilitation Act. It is also designed to meet Priority 1 and 2 of the Web 3 Content Accessibility Guidelines 1.0. Compliance with each of these guidelines has also been documented and reviewed during the visual design build phase.

If you have trouble accessing or reading any part of this site, please contact us.

## External Links and Resources

All recommended Web sites and organizations are annotated and reviewed by Rosen's team of editors, professionals experienced in creating content for teens.

However, since Web content is constantly changing, the Rosen Publishing Group recommends that young adults and children check with their parents or teachers before visiting any linked Web sites.

Recommended fiction and nonfiction books are based on selections from leading experts in their fields as well as from young adult librarians.

The homepage includes several high-interest, topical features that are updated on an ongoing basis. To reach the homepage from anywhere in the site, simply click the **Teen Health & Wellness: Real Life, Real Answers** logo on the upper left of any page.

## In the News

This section highlights current events, news, and research in health and wellness. It will direct you to a featured article via a link at the bottom of the section.

## Ask Dr. Jan

This section features questions and answers provided by a licensed psychologist. The profiled question, submitted by members of our teen advisory board, appears on the homepage. To read Dr. Jan's response, simply click the link "Read Dr. Jan's Answer." From here, you can click to an article related to the topic or read past question and answers.

If you would like students from your library to participate on our teen advisory board, please contact customer\_support@teenhealthandwellness.com.

## Personal Story

This section features an authentic, first-person account from a teen who shares a personal experience dealing with a health or wellness-related issue. These stories have been accepted for submission via Rosen Publishing's Personal Story Project. Personal Stories are part of the permanent article content of the site. Personal Stories can be linked to via the table of contents in the articles in which they appear.

If you are interested in having students from your library participate in Rosen Publishing's Personal Story Project, please contact customer\_support@teenhealthandwellness.com for more information.

## Cast Your Vote/Test Your Knowledge

Cast Your Vote allows you to share your opinion on a topic. After voting, you will see the poll results, which will include your vote. You can then click to read an article about the topic. Test Your Knowledge allows you to test your knowledge. After choosing an answer, you'll see if you are right and find more information about the correct answer. You can also click to view an article about the topic.

## Did You Know?

This section highlights interesting, little-known facts and statistics about an issue. You can also click to read an article about the topic.

**Teen Health & Wellness**  
real life • real answers

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online

Hotlines | Glossary | Site Help | Logout

Search:  GO

Body Basics  
Developmental Disabilities and Disorders  
Diseases, Infections, and Conditions  
Diversity  
Drugs and Alcohol  
Eating Disorders  
Family Life  
Friendship and Dating  
Grief and Loss  
Mind, Mood, and Emotions  
Nutrition, Fitness, and Appearance  
Safety  
Sexuality and Sexual Health  
Skills for School, Work, and Life

**HOTLINES**  
Get help now.

**in the news**  
**Fast Food Says Farewell to Trans Fats**  
From Wendy's to KFC to Taco Bell, fast food just got a little bit better for you. These restaurants are now using oils that are free of artery-clogging trans fats. And you'll probably never even taste the difference.  
> Find out more about fat, oil, and good nutrition here.

**dr. jan's corner**  
**Dear Dr. Jan,**  
Recently I told my Dad that I was feeling stressed out. He said that I'm too young at 17 to be stressed. Is that true?  
-John  
> Read Dr. Jan's Answer.

**personal story**  
**Faced With a Sudden Death**  
What do you think in the instant before death? Do you see your life flash before you? Do you feel suffering or pain? Do you see the light of God? How do you preserve a life, so precious?  
> Read Nicki's story.

**cast your vote**  
**If you were going to break up with a boyfriend or girlfriend, how would you tell them?**  
 By email  
 By instant message  
 By letter  
 By phone  
 By text message  
**VOTE**  
> Find out more about rejection, break-ups and moving on.

**? did you know?**  
Studies show that on average, vegetarians live longer than those who eat meat.  
> Find out more about vegetarianism and veganism.

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# Search and Browse

You can find articles on the site by using Search or Browse.

## Search

You can search for an article from any page using the search box on the top right of the page. Simply type in your search term(s) and click Go.

On your search results page, results are ranked in order of relevance. Each result also shows the search term(s) as it appears in context in the article. In each result, the search term(s) is highlighted to make it easier to find. You can narrow your search by subject using the pull-down menu at the top of the results page. You can also click the numbers at the bottom of the results page to see additional pages of search results.

Advanced users can search using the Boolean operators AND, OR and NOT as well as the wildcard operators \* and ?.

To select a result, simply click it to go to the article page. Your search term(s) will be highlighted on the article page to make it easy to find.

If your search does not return any results, the site will try to suggest other search terms that will return better results for you. Your results page will display "Did you mean" with up to three choices of alternate searches. Click any of those terms to start a new search with the selected term. Or click the link to browse subjects by A-Z.

If your search does not return any results, and the site is unable to identify other search terms to suggest, it will offer some tips for better searching and urge you to try to find what you're seeking in alternate ways.

The screenshot shows the 'Teen Health & Wellness' website interface. At the top, it says 'real life • real answers' and 'ROSEN PUBLISHING online'. The search bar contains 'asthma' and 'GO'. Below the search bar, it displays 'Results 1-10 of 37 for "asthma."' and a 'Narrow your search for "asthma" by subject.' section with a 'Select a Subject' dropdown menu and a 'GO' button. The results list includes: 1. Asthma, 2. Lungs, 3. Allergies, 4. Respiratory System, 5. Marijuana, 6. Natural Stimulants, 7. Eczema, Rashes and Irritations, 8. Food Allergies and Sensitivities, 9. Colds and Flu, and 10. Chickenpox and Shingles.

The screenshot shows the 'Teen Health & Wellness' website interface. At the top, it says 'real life • real answers' and 'ROSEN PUBLISHING online'. The search bar contains 'diabeetees' and 'GO'. Below the search bar, it displays 'No results were found for "diabeetees."' and a 'Did you mean:' section with suggestions: 'diabetes', 'guarantees', and 'diabetic'. Below that, it says 'If this is not what you're looking for, try Browse A-Z.' At the bottom, there are links for 'About Us', 'Editorial Policy', 'Educator Resources', 'Subscribe', 'Privacy Policy', 'Terms of Use', and 'Contact Us', along with the copyright notice '© The Rosen Publishing Group, Inc. 2007.' and the 'ROSEN PUBLISHING' logo.

# Browse

## Browse by Subject

To browse by subject, simply click on the Subject button in the top navigational bar anywhere in the site. You will then see a listing of the major topics the site covers. Clicking any of these will show a listing of subcategories with articles listed below them.

The screenshot shows the 'Teen Health & Wellness' website with the tagline 'real life • real answers'. The top navigation bar includes links for 'Hotlines', 'Glossary', 'Site Help', and 'Logout'. The 'Browse by:' section has 'Subject' and 'A-Z' buttons. A search bar is present on the right. The main content area is titled 'Browse Subjects' and lists several categories with expandable arrows: 'Body Basics' (Circulatory System, Heart, Respiratory System ...), 'Developmental Disabilities and Disorders' (ADD/ADHD, Cerebral Palsy, Stuttering and Other Speech Impairments ...), 'Diseases, Infections, and Conditions' (Allergies, Diabetes, Mononucleosis ...), 'Diversity' (Being an Immigrant or First-Generation-American Teen, Being Part of an Interfaith Family, Sexism ...), and 'Drugs and Alcohol'.

## Browse by A-Z

You can also browse for topics using an alphabetical list. Simply click the A-Z button in the top navigational bar anywhere in the site. From the Browse A-Z page, select a letter at the top of the page to see topics that begin with that letter.

The A-Z browse displays all articles alphabetized by the article name. It also contains all key topics found within articles, alphabetized by the key topic name. The name of the article that the key topic appears in is displayed in parenthesis after the key topic.

The screenshot shows the 'Teen Health & Wellness' website with the tagline 'real life • real answers'. The top navigation bar includes links for 'Hotlines', 'Glossary', 'Site Help', and 'Logout'. The 'Browse by:' section has 'Subject' and 'A-Z' buttons. A search bar is present on the right. The main content area is titled 'Browse A-Z' and features a 'Go To:' section with a horizontal list of letters from A to Z. Below this, it states 'Articles and topics beginning with A in alphabetical order. [reverse order]' and 'Click on any link to read the article.' A list of topics is shown with expandable arrows: 'Abduction', 'Abstinence', 'Abusive Relationships', 'Academic Anxiety', 'Academic Pressures (found in Being Gifted)', 'Accidental Death', 'Accutane (found in Acne)', and 'Acne'.

For example, the article on Anemia appears in the A-Z browse under the letter A. The key topic Blood, which is found within the Anemia article, appears in the A-Z browse under the letter B. It appears as "Blood (found in Anemia)."

Click the name of an article to go to the first section of the article. Click the name of the key topic to go to the page that the key topic appears on within the article.

All articles are laid out in the same format to allow for easy reading and navigation. The left side of each page features buttons that allow you to print or email the article. The Cite This Article button lets you view the article citation in MLA (Modern Language Association) format.

The article table of contents appears below these buttons. Click on any section in the table of contents to navigate to that section. You can also click on the title of a Related Article to read about topics similar to the current article.

Links to Previous Section and Next Section allow you to navigate backward and forward through the sections of the article.

At the end of each section you can find the names of both the author and reviewer, as well as the date on which the article was last updated and the article citation in MLA format. The name of the reviewer links to that reviewer's biography.

Last, all articles contain visual elements, including call-outs, images, and icons. To view an image in a larger format, click the "View Larger Image" link. A new window will open with a larger version of the image. This is especially useful for viewing images that contain labels. From this window, you can print the larger version of the image. If you wish to email the larger version of the image, simply use the Email button on the left navigation bar and check the "Attach Article Images" box.

## Icons

**Teen Health & Wellness: Real Life, Real Answers** includes a group of icons that highlight key information in all articles. An example of each icon, along with its description and use, is included below.

**Teen Health & Wellness**  
real life • real answers

ROSEN PUBLISHING  
online

Hotlines | Glossary | Site Help | Logout

Home | Browse by: Subject | A-Z | Search: [ ]

Print | Email | Cite this Article

**article sections**

- What Is Asthma?
- How to Identify an Asthma Attack
- Ten Great Questions to Ask Your Doctor About Asthma
- Meds, Inhalers, Shots, and More
- Myths and Facts About Asthma
- Life, School, Family, and Asthma
- Living With Asthma
- Kaley's Story

Resources | For Further Reading | Glossary

**related articles**

- Allergies
- Immune System
- Lungs
- Respiratory System
- Stress

**HOTLINES**  
Get help now.

**Diseases, Infections, and Conditions**

### Asthma

Previous Section | Next Section

#### What Is Asthma?

For lots of people—maybe even you—asthma is a fact of life. One in every fifteen Americans suffers from asthma. And nearly five million of those are under age eighteen.

People are diagnosed with asthma at every stage of life—from infants to teens to the elderly. Sometimes people live with asthma throughout their lives. Other times young people outgrow the condition by the time they reach adulthood. Some infants outgrow asthma by early childhood. But no matter who you are, and when you develop asthma, it's always treatable. With proper treatment and the right information, asthma can be managed, and you can live a healthy life.

#### Asthma Defined

First things first: You're probably asking yourself, what exactly IS asthma? Asthma is a chronic condition that affects the lungs and bronchial tubes and impairs the ability to breathe. Scientists believe that asthma is likely an inherited condition, caused by one or more genes. A gene is a part of your DNA that controls the physical traits you inherit from your parents. The fact that children born into families with a history of asthma have a greater likelihood of developing asthma themselves supports this theory. Many scientists also think that environmental factors (like living in an urban area with lots of dust) can help trigger asthma.

#### The Respiratory System

To understand asthma, first you have to understand how the respiratory system works. Think of a person's airway as an upside-down tree. The windpipe (called the trachea) is like the trunk of the tree. The bronchial tubes extend into the right and left lungs and represent the tree's largest branches. The bronchioles are narrower tubes that branch off the bronchial tubes, like smaller branches of the tree.

Now let's add more detail to the tree: The alveoli are the smallest parts of the lungs (the air sacs) where the exchange of oxygen and carbon dioxide takes place. The alveoli are like leaves on a branch and are surrounded by millions of tiny blood vessels. Small blood vessels called capillaries take the oxygen you breathe from the alveoli and transfer it to larger blood vessels (pulmonary veins). This oxygenated blood is pumped back into the heart and then distributed throughout the rest of the body. At the same time, the tiny blood vessels exchange the used air (carbon dioxide) for fresh, oxygenated air. Then the carbon dioxide is expelled when you exhale. You wouldn't survive for long if you weren't able to get rid of the carbon dioxide in your blood.

Here's where the muscles come in. The trachea (or windpipe) is the long tube extending from the back of the throat to the entrance of the lungs. The trachea is made up of bands of muscle and cartilage. Muscle can do two things: tighten (constrict) or relax and open up (dilate). Ordinarily, when you take a breath, the air moves through the mouth or nose and travels down the windpipe to the bronchial tubes. Eventually, after being exchanged across the alveoli, the inhaled oxygen is added to the blood. This is how your body obtains the oxygen it needs to survive.

When a person has asthma, however, the trachea and bronchial tubes are overly sensitive. When irritated, the muscles and the lining constrict more easily and make it difficult to breathe. This phenomenon is called an asthma attack. If you've ever had an attack, you know what this feels like.

Several things can trigger an asthma attack. The most common triggers are allergens (substances that cause an allergic reaction). People with asthma have bronchial tubes that are far more sensitive to allergens and irritants in the air than people who don't have asthma. When an allergen enters the body, the bronchioles can sometimes overreact. Tissues in the airway swell up, and the production of mucus increases. The flow of air in and out of the lungs is decreased or even blocked. If you've suffered an asthma attack, you may have felt as if an invisible hand were tightly squeezing your windpipe or chest.

#### What Triggers an Asthma Attack?

Unlike many lung conditions, asthma is episodic, meaning it comes and goes. People have asthma attacks, recover, and then at a later point might suffer another attack. Some people have attacks very frequently, even multiple times a day, while other people might go for months before suffering another attack.

To understand asthma, you need to know how an attack occurs in the body. There are three main components: The immune system, histamine, and allergens/irritants.

**Respiratory System**  
View Larger Image

### Icons

**Teen Health and Wellness: Real Life, Real Answers** includes a group of icons that highlight key information in all articles. An example of each icon, along with its description and use, is included below.

**Report Worthy**

**Report Worthy.** What this icon indicates: A key fact or important statistic that students would want to include in a school report. Example: Children born into families with a history of asthma have a greater likelihood of developing asthma.

**Call Your Doctor**

**Call Your Doctor.** What this icon indicates: A note to a user to follow up with a doctor. Example: You can still play sports, even if you have exercise-induced asthma. You have to choose your sport carefully, and a doctor's input might be helpful.

**Checklist**

**Checklist.** What this icon indicates: A list of items to remember. Example: You can help your doctor by noting all your symptoms and when they occur. You should also record when and where your attacks happen.

**Helping Hand**

**Helping Hand.** What this icon indicates: A note on where to go for help. Example: If you don't feel like you can talk to your parents about their high expectations, consider talking to a favorite aunt or uncle, or family friend.

**Med Speak**

**Med Speak.** What this icon indicates: Medical terminology or jargon. Example: Immunoglobulin E (IgE) is found on the surface of circulating white blood cells called basophiles and on mast cells (a type of cells that line the walls of the nose, bronchial tubes, intestines, and skin).

**You're Not Alone**

**You're Not Alone.** What this icon indicates: A reminder that others are going through this same experience. Example: Nearly 5 million people under age 18 suffer from asthma.



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**Quick Tip**

**Quick Tip.** This icon indicates: A practical, memorable tip that users should keep in mind. Example: Float your inhaler in a bowl of water to see if it's almost empty.



**Reality Check**

**Reality Check.** This icon indicates: Information that's surprising or contradictory to popular belief or that users just plain don't want to accept. Example: If you have severe asthma, avoid going to the home of someone who has a pet.



**Number Crunching**

**Number Crunching.** This icon indicates: An interesting or useful statistic or a quantifiable fact. Example: Each day 40,000 Americans miss school or work due to asthma.



**Talk to a Trusted Adult**

**Talk to a Trusted Adult.** This icon indicates: A suggestion of whom a teen can confide in or ask for help. Example: If you feel like your anger or depression about your asthma is serious and talking to your family doesn't help, confide in an adult you trust, like a family friend or a guidance counselor.

## Print

In all articles, the Print button on the left navigation bar will open a new window that allows you to either print the current section of the article you are viewing or to print the entire article. Images and the article citation will be printed.

You can also print the current section by going to your browser's File menu and selecting the Print option. If you have difficulty printing, please check your printer setup.



## Email

Click the email button on the left navigation bar to email an article to yourself or someone else. When you click this button, a new window containing a form will open. You must enter your name, your email address, and the recipient's email address. If you wish to send the article to yourself, put your own email address in the field for the recipient's email address.

You may also enter an optional greeting/message to the recipient and attach images from the article to your email if you wish. The article citation will also be included in the email in MLA (Modern Language Association) format. Email messages, in rare cases, take up to an hour to be received after they are sent. If you have trouble receiving email sent from the site, please check your email junk mailbox or filter, or check the spelling of the email address to which you are sending.

## Citation

Click the Cite This Article button to see the article citation in MLA (Modern Language Association) format. A new window will open to display the citation.

## Hotlines

You can reach the Hotlines section from any page of the site in two ways: the link in the top right of the page or the link in the left navigation bar. Hotlines contains important hotlines and helplines—as well as the names, addresses, and Web sites of organizations that deal with critical health and wellness topics. Teens in crisis can find national hotlines, available 24 hours a day, seven days a week here.

## Glossary

You can access both a global site glossary or individual glossaries for each article on the site. The global glossary contains all key terms that appear on the site. To view the global glossary, click the Glossary link on the upper right of any page.

Each article also has a glossary that features key terms found in that article. To view the glossary for any article, click the Glossary link that appears in that article's table of contents.

Both the global glossary and the article glossaries have been custom-created by Rosen editors to be age-appropriate and relevant to health and wellness issues.

The screenshot shows the 'Teen Health & Wellness' website with the tagline 'real life • real answers'. The page is from ROSEN PUBLISHING online. At the top right, there are links for 'Hotlines', 'Glossary', 'Site Help', and 'Logout'. Below the navigation bar, there is a search box and a 'GO' button. The main content area is titled 'Hotlines' and features a prominent warning box: 'If you are experiencing a medical emergency, are in danger, or are feeling suicidal, call 911 immediately. Suicide Hotline: 800-784-2433. Immediate Medical Assistance: 911'. Below this, a disclaimer states: 'Teen Health & Wellness: Real Life, Real Answers is for educational purposes only. If you have a question on a health or wellness issue, we strongly encourage you to call one of the hotlines below to speak to a qualified professional or speak to a trusted adult, such as a parent, teacher, or guidance counselor.' A list of hotlines is provided, organized by subject. The 'AIDS and HIV' section is highlighted, listing 'AIDSinfo' (800-HIV-0440), 'National AIDS Hotline' (800-CDC-INFO), 'Project Inform: National HIV/AIDS Treatment Infoline' (800-822-7422), and 'The Teen AIDS Hotline' (800-440-TEEN).

## Usage Statistics

You can view your account information and usage statistics from any page of the site. First, log into the site as a subscriber. Then click the link to the Librarian/Educator Resources in the footer of any page. From the Librarian/Educator Resources page, click the link to Usage Statistics in the left navigation bar. Then simply log in with your administrative user-name and password to access your account information and usage statistics.

## Contact Us

If you need further site help, you can contact the **Teen Health & Wellness: Real Life, Real Answers** support team in several ways.

Contact us via email at [customer\\_support@teenhealthandwellness.com](mailto:customer_support@teenhealthandwellness.com)

Contact us toll-free by phone at (800) 237-9932

Contact us by mail at **Teen Health & Wellness, Rosen Publishing, 29 East 21<sup>st</sup> Street, New York, NY 10010**