



BEST FRIENDS FOR THE BEST FUTURE



"Challenging boys to become men worthy of respect."

Welcome to the Best Friends Foundation Seminar

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Since 1987 the Best Friends model has been implemented in over 150 schools in Washington, DC and across the nation. Our staff takes great pride in the fact that research on the Best Friends/Best Men program has demonstrated significant reduction in risk behavior and increased positive peer relationships. However, we are alarmed at the recent resurgence in sexual activity, drug use, and relationship violence among pre-teens and teens. A recent front page article in the Washington Post stated that sexual violence is now occurring at an increased rate in the lower grades. In response to the current issue of adolescent violence and abusive behavior, the Best Friends Foundation has developed the Violence and Substance Abuse Prevention Seminar: **Stop the Silence, Prevent the Violence.**

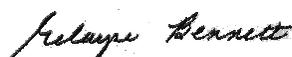
The Best Friends Foundation was a recipient of the US Department of Health and Human Services (HHS) Healthy Marriage/Healthy Relationships grant for middle and high school students. An important component of the grant is the focus on teen violence and abuse in intimate relationships. We would like to expand our program to offer our HHS approved curriculum and Violence and Abuse Prevention Protocol to more students and teachers in the Washington, DC metropolitan area and to extend the bullying prevention program to elementary and middle schools

It is estimated that almost 30% of youth in the United States are involved in bullying and abuse as either a perpetrator or a target. In addition, one out of every ten high school students has been a victim of relationship violence. Adolescents involved in violence and abuse tend to get in trouble more often and do more poorly in school than youth who do not experience such behavior. They are also more likely to fight, drink, use drugs, and smoke than their peers.

The Seminar agenda includes a performance by Best Friends Foundation leadership students entitled "Make Music Not Madness" which promotes positive decision making through music and dance. An original musical "Don't Mess With Me" is designed for middle school student engagement and interaction. These performances are followed by audience discussion led by educators with expertise in teaching risk avoidance and character education.

If you have any questions regarding the Best Friends Foundation seminar and your students' participation, please contact us at 202-394-4501 or Rita Burns at bffseminar@gmail.com or me at ebennett@bestfriendsfoundation.org for more information.

With best wishes for the best future for our youth,


Elayne Bennett
President and Founder

Best Friends Foundation

Best Friends, Best Men, Diamond Girl Leadership, and Best Men Leadership Programs

PO Box 42135, Washington, DC 20015

www.bestfriendsfoundation.org

"Don't Mess With Me"



Don't mess with me, (*no, no, no, nooo*)
Don't mess with me,
Don't mess with mež(*say it one more time*)
Don't mess with me

I **won't** let you put tears in my eyes,
I **won't** take it... anymore,
You just stop and... apologize,
You've **done** this to me before

Hear what I say-ay
Just, keep away-ay-ay, uh-uh-huh!

Don't mess with me, (*no, no, no, nooo*)
Don't mess with me, Just leave me alonež
Don't bul-ly me, Get a life of your own,
Don't bul-ly me

Now there's **something** I know, I know where to go,
I'll **tell** them all about you,
And **when** I do, they'll come after you...
The **bully** is gonna be through!

Hear what I say-ay
Just keep away-ay-ay, uh-uh-huh

Don't mess with me, (*no,no,no, nooo*)
Don't mess me, Just leave me alone,
Don't bul-ly me, Get a life of your own,
Don't bul-ly me

8 bar interlude - dance moves

We **gotta** new rule, no bullies at schoolž
No **bullies** allowed anymore!
It's **not** really cool... to be mean and cruel,
You **can be** more than you are

Hear what I say-ay
Just keep away-ay-ay, uh-uh-huh!

Don't mess with me, (*no,no,no, nooo*)
Don't mess with me, Just leave me alone,
Don't mess with me, Get a life of your own,
Don't mess with me, Report a bully and see,
Don't mess with me, How much better we'll be,
Don't mess with me, Don't be a bully and see,
Don't mess with me, Don't be a bully and see,
Don't mess with me, Say it one more time!
Don't mess with me, Yeah, yeah, yeah, yeah,
Don't mess with me, Yeah....YEAH!

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"Make Music Not Madness"



Chorus Make music, not madness
Make music...music
Make goodness, not badness
Make goodness, goodness

Verse1

Best Friends, they want you to know
Choosin' positive people is the way to go
No matter who you happen to be
Make the right choices and let others see...

Chorus Make music, not madness
Make music... music
Make goodness, not badness
Make goodness, goodness

Verse2

The way you act reflects who you are
Bullies pull us down
You've got to raise the bar
Choose the higher road
Don't poison your mind
Be with positive people, leave the madness behind

Chorus Make music, not madness
Make music... music
Make goodness, not badness
Make goodness, goodness

Rap

In the past we set the stage
Speaking about peace and love, not anger and rage
Today there are drugs, abuse, disturbing topics
We gotta change the track and bring about positive logic
No more degradation
No more fighting each other
Respect yourself and all your sisters and brothers
Gotta change the illusion the world is full of sadness
We've gotta make some goodness
Do away with the badness

Chorus (repeat)

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Best Friends Want You to Know



- The **best friend** to have is the one who makes you a **better person**.
- **No one deserves** to be picked on or **bullied**.
- It is **not cool** to be **mean**.
- Take a **stand against bullying**.
- Bullies win **when good kids do nothing**.
- Telling is **not tattling**.
- You should **not be afraid** of your **friends**.
- **Remember**, what you send in a **text lasts forever**.

National Domestic Violence Hotline

800-799-SAFE (7233)

video: "How do you tell?"



Discussion Questions

When answering the *Express Lane* questions, check as many answers that you think are correct.

1. What is a friend?



A friend is someone:

- You can depend on no matter what the situation.
- You like and respect.
- Who will let you do whatever you want, even if it is wrong.
- You can confide in.

2. What are the traits that you look for in a friend?

3. How would you help your best friend make a good decision?



How would you help a friend make a good decision?

- Be truthful about the situation.
- Share your feelings about the situation.
- Explain the negative consequences.
- Don't say anything.

4. Should you tell your friends when you think they are doing something wrong?

5. How can you tell a friend that you think he or she is doing something wrong?



How can you tell a friend that you think he or she is doing something wrong?

- I don't want you to hurt yourself.
- I like you and I can't let you break the law.
- I don't care what you do, it is your life.
- Let's go to the movie or to the park and have some fun.

6. What can you say to a friend who tries to get you to do something you know is wrong, like try drugs or alcohol?

7. What are some things friends should NOT do for each other?

8. How do friends support each other?



How do friends support each other?

- Friends do not turn their backs on each other.
- Friends stand by each other during difficult times.
- Friends will encourage you to seek help from a trusted adult.
- They don't care what you do.

9. What are some pressure situations in which you must tell a friend NO?

10. How do you say NO to your friends and mean it?

Best Friends and Best Men Know the Facts!

Bullying is being mean to another kid over and over again. Bullying often includes:

- Teasing
- Talking about hurting someone
- Spreading rumors
- Letting a kid know that he/she was left out on purpose
- Attacking someone by hitting them or yelling at them

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. It includes posting rumors on sites like Facebook, sharing embarrassing pictures or videos, and making fake profiles or websites.

Bullying can affect you in many ways. You may lose sleep or want to skip school. If you feel helpless or hopeless, call LIFELINE at: **1-800-237-TALK (8255)**

StopBullying.gov, <http://www.stopbullying.gov/kids/facts/index.html>. Accessed February 2016



Drug Free Me

When you look at me, what do you see?

A DRUG FREE ME!

When you look at me, what do you see?

A DRUG FREE ME!

Drug Free...

A DRUG FREE ME!

Drug Free...

A DRUG FREE ME!

Clear head, clear mind

Drug free, I'm fine!

Clear head, clear mind

Drug free, I'm fine!



Video: "Partnership for A Drug-Free America"

#1 Video Clip: "What I Need"

1. The boy tells the drug pusher that he does not need drugs. What does he say he needs?

2. Name two of your goals and what steps you are taking to achieve them.

Goal #1: _____

Steps: _____

Goal #2: _____

Steps: _____

3. How can taking drugs prevent you from reaching your goals?

#2 Video Clip: "Maria...Shield of Self-Respect"

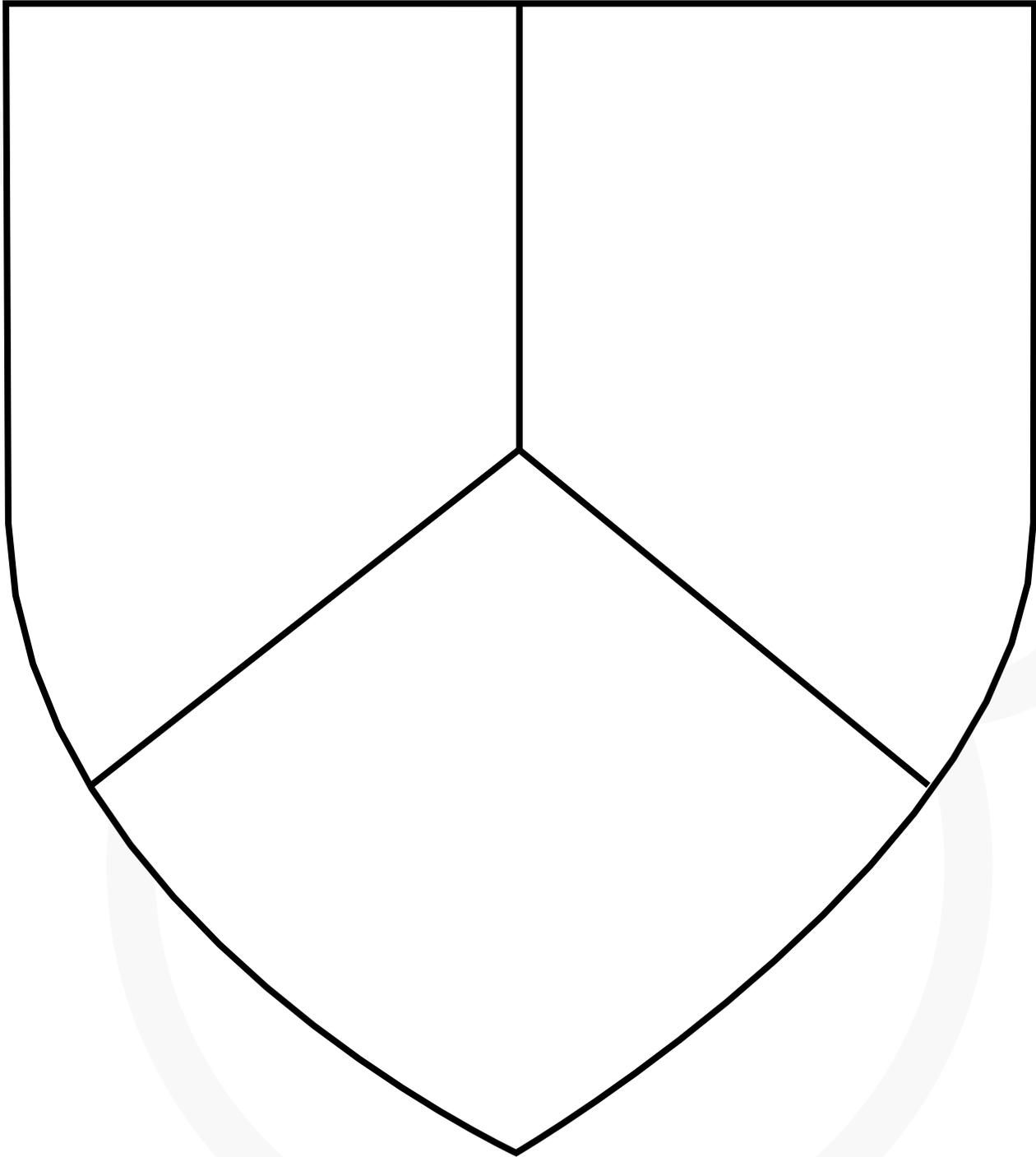
1. How can you tell Maria has self-respect?

2. How is Maria's self-respect like a shield that protects her?



My Shield of Self-Respect

Decorate the three areas of shield to express your self-respect.



3. Look at the drawing of the shield and in each of the three sections write a word or sentence that represents to others that you have self-respect. This is your “Shield of Self-Respect.”

#3 Video Clip: “Lisa...Higher Than Ever”

1. How does Lisa “get high?”



2. Name three things that you do in your life that bring you personal joy and contentment.

#4 Video Clip: “Chuck D”

1. What do you think about what Chuck D says?

2. What do Best Friends and Best Men say?

specific drugs and their effects

TYPE OF DRUG	DRUG NAME	STREET NAME
CANNABIS	MARIJUANA	Pot, grass, reefer, weed, Colombian hash, sinsemilla, joint, blunts, buddha, cheeba, Acapulco Gold, Thai Sticks, chronic, Texas tea, Maui wowie, fatty, ganja, Mary Jane
DEPRESSANTS (Depress the nervous system)	ALCOHOL	Booze, hooch, juice, brew, 40's, licks
	BARBITURATES Amyl, Seconal, Nembutal, Butisol, Tuinal	Barbs, downers, yellow jackets, red devils, blue devils
	TRANQUILIZERS Valium, Librium, Miltown, Xanax	V's, blues, downers, candy, tranks
	NARCOTICS Heroin, Morphine, Oxycotin	Dreamer, junk, smack, horse, OC
STIMULANTS (Stimulate the nervous system)	AMPHETAMINES Amphetamine, Dextroamphetamine, Methamphetamine	Speed, uppers, pep pills, bennies, dexies, crank, crystal, black beauties, white crosses, wide-eyed ice
	METHYLPHENIDATE	Ritalin, MDMA, Ecstasy, vitamin "R", R-ball
	COCAINE	Coke, snow, toot, white lady, crack, Vitamin "C", base, blow, bump, rocks
HALLUCINOGEN (Alters perceptions of reality)	PCP Phencyclidine	Angel dust, killer weed, supergrass, hog, peace pill, tic tac, zoot
	LSD (Lysergic Acid Diethylamide)	Acid, cubes, purple haze, white lightening, yellow sunshine, gel tabs, blotter, microdot, boomer
	MESCALINE (Psilocybin)	Mesc, cactus, magic mushroom, shrooms
INHALANTS (Substances abused by sniffing)	SOLVENTS & AEROSOLS Glue, gasoline, drycleaning solution, correction fluid, marking pens, air freshener	Glue, Kick, bang, huff, poppers, whippets, Texas shoe-shine, jac blaster
	NITRATES Amyl & Butyl	Poppers, locker room, rush, snappers
	NITROUS OXIDE	Laughing gas, whippets
CLUB DRUGS/DESIGNER DRUGS (Stimulants, Depressants and/or Hallucinogens)	MDMA, MDA, MDEA (Stimulant/Hallucinogens)	Ecstasy, XTC, X, Adam, Clarity, E, peace
	DATE RAPE DRUGS Rohypnol (Depressant)	Roofies, roche, love drug, forget-me pill, Spanish fly, Mexican Valium
	GHB (Depressant)	Liquid Ecstasy, Grievous Bodily Harm, G, Georgia Homeboy
	Ketamine (Hallucinogens)	K, Special K, Vitamin K, Cat Valium

DESCRIPTION	HOW IT'S USED	SIGNS AND SYMPTOMS OF USE
Like dried oregano leaves, dark green or brown	Usually smoked in hand-rolled cigarettes, pipes, cigars or eaten	Sweet burnt odor, neglect of appearance, loss of motivation, slow reactions, red eyes, memory lapses
Clear or amber-colored liquid	Swallowed in liquid form	Impaired judgment, poor muscle coordination, lowered ambitions
Variety of tablets, capsules, powder	Swallowed in pill form or injected into the veins	Drowsiness, confusion, impaired judgment, slurred speech, needle marks, staggering gait
White or brown powders, tablets, capsules, liquid	Swallowed in pill form or injected	Drowsiness, faulty judgement, disorientation
Variety of tablets, capsules, and crystal-like rock salt, powder	Injected, smoked, may be blended with marijuana, sniffed	Lethargy, loss of skin color, needle marks, constricted pupils, decreased coordination
Odorless, colorless, tasteless powder	Swallowed in pill or capsule form, or injected	Excess activity, irritability, nervousness, mood swings, needle marks, dilated pupils, talkativeness then depression
Tablet	Crushed, sniffed, and swallowed	Increased alertness, excitation, insomnia, loss of appetite
White odorless powder	Usually inhaled, can be injected, swallowed, or smoked	Restlessness, dilated pupils, talkativeness, euphoric short-term high, followed by depression, oily skin
White powder, tablet, liquid, capsule	Usually smoked, can be inhaled (snorted), injected or swallowed	Slurred speech, blurred vision, lack of coordination, confusion, agitation, aggression, panic, violence, unpredictability, "bad trips"
capsules, tablets, odorless, colorless, liquid, powder	Injected, or swallowed in tablets or capsules, licked off blotter paper or sugar cubes	Dilated pupils, illusions, hallucinations, disorientation, mood swings, nausea, flashbacks, increased body temperature/blood pressure
capsules, tablets, mushrooms (fried or dried)	Ingested in their natural form, smoked or chewed	Same as LSD above, nervousness, paranoia
Chemicals that produce mind-altering vapors	Inhaled or sniffed often with the use of paper or plastic bags	Poor motor coordination, bad breath, impaired vision, memory and thoughts, violent behavior, headache, depletion of oxygen, spots or sores around mouth or nose
Clear yellowish liquid	Inhaled or sniffed from gauze or single dose glass vials	Slowed thought, headache
Colorless gas with sweet taste and smell	Inhaled or sniffed by mask or cone	Light-headed, loss of motor control
Tablet or capsule, tasteless and odorless	Swallowed, can be added to beverages by individuals who want to intoxicate others	Agitated state, confusion, sleep problems, paranoia, hypothermia, anxiety, teeth clenching
Tasteless, odorless, dissolves easily in all beverages	Swallowed, can be added to beverages by individuals who want to sedate others, can be inhaled, snorted	1 mg can impair a victim for 8-12 hours, can cause amnesia, decreased blood pressure, urinary retention, unconsciousness
Clear liquid, tablet, capsule	Swallowed, dissolved in drinks	Can relax or sedate, drowsiness, loss of reflexes, headaches
Liquid, white powder	Inhaled by smoking or snorting, can be injected	High blood pressure, impaired motor function, respiratory problems, amnesia

Group Activity: “My Self-Respect”



- The group activity provides the opportunity for each student to say something positive and good about every other student in the group.
- The students get to know each other better.
- The activity helps build respect for fellow students.



Instructions for the Discussion Leader

Step One

Open the exercise by explaining that part of a good self-image is being aware of the impression you make on others and the things others like about you.

Step Two

Divide the group into smaller groups of no more than 10. Each small group should form a circle and have an adult leader who helps move the exercise along and reinforces the comments made by the students.

Step Three

Within each group, select a student to begin. Go around the circle asking each student to say something positive about each student in the group. As the remarks are made, encourage the student to write them down under #1 “What’s good about me.” Students may want to help each other spell some of the words. Each student must say something positive about every other student.

Discourage students from repeating what others have said or commenting about hair or clothes. Encourage comments about character traits, personality and abilities.

Then go to the next student for the others to say good things about them. Repeat the exercise until every student in the group has commented on all the other students and written the good things about him or herself.

Step Four

Ask each student to read aloud what was said about them.



1. What's good about me?

Students are to list the things the other students say about them.

2. Did you learn anything about yourself that surprised you?

The students should answer question numbers 2 - 8 alone.

3. How do the people I respect make an impression on me?

4. What are the traits of a person I would like for a best friend?

5. How do I feel when people talk about me? How do I feel when people say negative things about me? When people say good things about me, do I believe them?

6. How can I be a better friend?

7. How can I be a better person?

8. How can I be a better student?



video: "Respect: The Real Deal"



Discussion Questions

When answering the *Express Lane* questions, check as many answers that you think are correct.

- 1. When Tisha accidentally bumped into Harmony in the hallway, why did Harmony react the way she did?**



Harmony reacted negatively because:

- She had a bad day.
- She felt that Tisha had disrespected her.
- She wanted to let Tisha know who was in charge.
- Other: _____

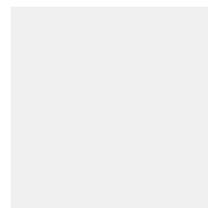
- 2. How could Tisha have shown more respect for Harmony after bumping into her?**



Tisha could have shown more respect by:

- Apologizing to Harmony.
- Saying nothing at first, then speaking to Harmony later.
- Yelling at someone else.
- Other: _____

- 3. Describe a conflict involving you and someone else that was caused by a misunderstanding. If you had shown more respect for the other person, how could the outcome have been different?**



4. How do you think Harmony would have reacted if Tisha had shown more respect for her? Why?



If Tisha had shown more respect for Harmony:

- Harmony might not have yelled at Tisha.
- Harmony might think less of Tisha.
- Harmony would still not respect Tisha.
- Other: _____

5. Some people try to earn respect by intimidating others. What is the real way to earn the respect of others?



The real way to earn the respect of others is:

- Being able to fight.
- Yelling at others.
- Apologizing when you are wrong.
- Standing up for what is right.
- Respecting others.

6. How did Tyrone disrespect Darius? How could he have handled the situation differently? How did Darius's respect for his uncle help him with this problem?



Tyrone should have:

- Supported Darius's feelings for Jamilla.
- Asked Jamilla out on a date.
- Told Darius that Jamilla does not like him.
- Other: _____

7. Even though Darius was feeling "down," how did he feel after he helped his friend?

8. Does someone else really have the power to make you feel worthless? Why?

9. What happened to Debbie’s friendship with Rob after she damaged his bicycle? Why?

10. Describe the ways you can become a person others respect.



Best Friends Theme Song

1st Verse

As You Walk This Road
You Will Feel The Load
Of Responsibility Beyond Your Years
Keep Your Wits In Tow
'Cause Inside You Know
What To Do To Keep Your Dreams Alive

Chorus

**Don't Give In To Wisdom From The Crowd
When They Pull You Down, Just Listen To...**

**Best Friends, Best Friends, Best Friends, Best Friends,
Best Friends, Best Friends, Best Friends, Best Friends**

2nd Verse

Don't You Believe That Lie
"Being Cool is Getting High"
You've Got Your Life Ahead of You
Cool Starts With Self-Respect
No One Can Give You That
Listen To The Voice That Says "Do What Is Right"

Chorus

**Don't Give In To Wisdom From The Crowd
When They Pull You Down, Just Listen To...**

**Best Friends, Best Friends, Best Friends, Best Friends,
Best Friends, Best Friends, Best Friends, Best Friends**

3rd Verse

You're Only A Kid One Time
Make It A Special Time
Save Your Growing Up For The Life Ahead Of You
Reach Out To A Friend
You Won't Be Alone, And Then
With Your Friends You'll Walk That Road With Pride

Chorus

**Don't Give In To Wisdom From The Crowd
When They Pull You Down, Just Listen To...**

**Best Friends, Best Friends, Best Friends, Best Friends,
Best Friends, Best Friends, Best Friends, Best Friends**

Best Men chant



Lead: **Best Men**
All: *Best Men*
Lead: **Best Men**
All: *Best Men*
Lead: **We are Best Men**
All: *We are Best Men*
Lead: **Best Men**
All: *Best Men*

All: **Striving to be the Best Men we can be**
Honoring the shield of manhood
The coat of arms to protect our souls
We're leaders...YES!
We are Best Men!
We are Best Men!

The gavel (stomp) – truth and justice
The eagle – foresight for the future
The lion (roar) – strength and courage
The anchor – we're taking a stand!

Lead: **Best Men**
All: *Best Men*
Lead: **Best Men**
All: *Best Men*
Lead: **We are Best Men**
All: *We are Best Men*
Lead: **Best Men**
All: *Best Men*

All: **The gavel (stomp) – truth and justice**
The eagle – foresight for the future
The lion – strength and courage
The anchor – we're taking a stand!

We are Best Men!
We are Best Men!

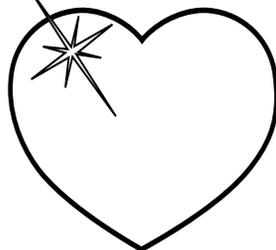


Traits of a Leader

leader: *n. one who guides or is in command; one in a position of influence or importance; a role model.*

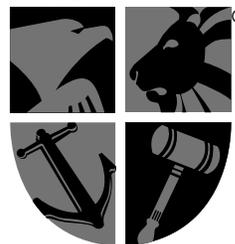
- ♡ **A Leader is honest and fair.**
- ♡ **A Leader listens and asks questions.**
- ♡ **A Leader develops a plan.**
- ♡ **A Leader has courage.**
- ♡ **A Leader has vision for the future and sets long term goals.**
- ♡ **A Leader sets objectives and follows them through to completion.**
- ♡ **A Leader can be assertive when needed.**
- ♡ **A Leader treats others with respect and dignity.**
- ♡ **A Leader admits to a mistake and takes responsibility for his or her actions.**
- ♡ **A Leader hears a problem and creates a solution.**
- ♡ **A Leader has integrity and can be trusted.**
- ♡ **A Leader inspires and motivates others to take action in pursuit of the common good.**

DIAMOND GIRL



LEADERSHIP

BEST MEN



LEADERSHIP



Leadership creed



Eagle: Foresight for the future

I will learn from my mistakes and strive to be a better person.
I will study and work harder to reach my goals.



Lion: Strength and Courage

I have not succeeded until I help someone else succeed.
I will be enthusiastic and ready to learn when I come to school.
I will be brave in facing life's challenges.



Anchor: Stability

I will control my actions, my emotions, and my words.
I will be ethical with my deeds and actions.



Gavel: Truth and Justice

I will take responsibility for everything I do.
I will be tolerant of those around me.
I will always be honest with myself.

Profile of Me



Name _____

Grade _____ Age _____ Date _____

School _____

1. My favorite food/snack is _____

2. I like to _____

3. What I like best at school _____

4. My favorite place to go is _____

5. The name of my best friend is _____

Why I like him/her _____

What I like most about him/her _____

6. What my mom/dad or guardian does that I like the most

7. Who I would most like to be _____

8. What I wish people knew about me _____

9. My goal is to _____

10. If I could do anything in the world, I would _____

11. Draw a picture.

Hotlines



Boys Town National Hotline
800-448-3000

Counselors answer questions and provide short-term crisis intervention and make referrals to crisis prevention centers in most cities for both adults and children.

Child Help U.S.A. National Child Abuse Hotline
800-4-A-CHILD

Stay on the line to talk with a professional crisis counselor who is available 24 hours a day, 7 days a week.

Covenant House Hotline
202-610-9600

A direct 24-hour crisis hotline for runaways providing counseling and assistance.

Teen Dating Abuse Hotline
866-331-9474

24/7 number to call for help with dating violence and abuse.

National Domestic Violence Hotline
800-799-SAFE (7233)

A referral service for battered women's shelters, support groups, counseling agencies, and legal consultants.

Alcohol Use and Abuse
800-ALCOHOL

Provides information and referrals regarding alcohol use and abuse.

Feeling helpless or hopeless? Call LIFELINE
800-273-TALK (8255)

Call goes to the nearest crisis center in our national network. These centers provide 24-hour crisis counseling and mental health referrals.

National Runaway Switchboard
800-786-2929

Confidential hotline for runaways and families – provides crisis intervention, gives area shelter listing for runaways, also serves as a resource for other agencies which can help in reuniting runaways with their families.

National Drug Helpline
1-800-662-HELP (4357)

Provides names and telephone numbers of treatment facilities for those dependent on drugs. Available 24 hours a day.

National STD Hotline
800-227-8922

A service of the National Centers for Disease Control which provides information and answers about transmission and symptoms of sexually transmitted diseases. Provides referral telephone numbers for clinics where you can be tested for STDs.