

## The High School Student's Guide To Finding Information about Alcohol, Tobacco, Other Drugs (ATOD) & Gambling

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### This Guide offers:

- Tips for researching ATOD and Gambling related topics, and
- A selection of websites for young people to use for school projects and interactive learning.
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See the online version of this resource for hotlinks to the Internet Sites @ [http://www.camh.net/camh\\_library](http://www.camh.net/camh_library) - Bibliographies & Guides.

### Tips for School Projects

- Explore** the resources at your school or local public library, both the print and electronic library collections, which include 'licensed' resources the library has purchased for your use. The public Internet should not be your only source of information.
- Plan** the terms to use when searching a topic. Use more than one way of expressing a topic. Think of synonyms, the singular & plural, different spellings, and broad and narrow terms. **Examples:**
- Marijuana or Cannabis
  - Impaired Driving or Drinking and Driving
  - Hallucinogen(s) (broad) or LSD (narrow)
  - Opiate(s) or Opioid(s) (broad) or Heroin (narrow)
  - Fetal Alcohol Syndrome or Fetal Alcohol Spectrum Disorder or Pregnancy and Alcohol
- Search** for articles through periodical and magazine collections, which may include databases like CBCA (Canadian Business and Current Affairs), Expanded Academic Index and the Canadian Periodical Index at your school or local public library. Often the full text will be available.
- If you use the Public Internet for research, be sure to:**
- Examine** websites exhaustively! Many web sites have full text documents, but it's easy to miss them. Always check out site maps, hyperlinks to publications and listed links to related organizations and resources.
- Select** 'Fresh' web pages and documents that are dated, sourced and referenced.
- Avoid** Websites produced by individuals or on-line stores.  
Websites where there is no or incomplete information about the producer. The name, contact information and mission/purpose of the organization should be easy to find.

### How to cite electronic documents:

For tips and FAQs on citing electronic references according to APA Style, see: <http://www.apastyle.org/elecref.html>

**Also check out:**

**CAMH's Curriculum Guide:** Educating Students about Drug Use and Mental Health  
<http://www.camh.net/curriculum>

**Ramp** (Toronto Public Library) <http://ramp.torontopubliclibrary.ca/#Home>  
See **School Stuff** for homework help.

**Other CAMH Library Resources** [http://www.camh.net/camh\\_library](http://www.camh.net/camh_library)

## Key Websites

These sites are a good starting point. Look for fact sheets on ATOD and/or gambling, as well as other information sources ideal for school projects:

Position Papers, Media Releases, Research Reports, Statistical Summaries, and Newsletter / Journal Articles.

**AADAC** (Alberta Alcohol and Drug Abuse Commission)

<http://www.aadac.com>

For research documents, go to the Corporate section. Includes gambling.

**CCSA** (Canadian Centre on Substance Abuse)

<http://www.ccsa.ca>

CCSA, Canada's national addictions agency, provides a resource rich website, including information about legislation and key policy issues. Explore **Topics** to find information about specific substances and populations. The FASD (Fetal Alcohol Spectrum Disorder) information service is in the **Population** section. Data from the most recent national population survey, the Canadian Addiction Survey (CAS), are available. For additional statistical information, check out the CCENDU reports, under **Networks**.

**CHN** (Canadian Health Network)

<http://www.canadian-health-network.ca>

The focus is consumer information published by major health organizations across Canada. See Topics: **Substance Use/Addictions**, which includes **Gambling**, and **Tobacco**.

**CAMH (Centre for Addiction and Mental Health) Canada**

<http://www.camh.net>

Access CAMH's Journal of Gambling Issues and selected articles from CrossCurrents through <http://www.camh.net/publications/index.html>.

For **Ontario Statistics** check out the CAMH Population Studies eBulletins.

Also see **Information About Drugs and Addiction**, readily accessible from the CAMH main page.

**Canadian Council for Tobacco Control**

<http://www.cctc.ca/>

Statistics (Under **Fundamentals**), Legislation, Industry Information, Prevention, Treatment

**DrugScope** UK

<http://www.drugscope.org.uk>

See the **Resources** section for access to informative **FAQs** and an online encyclopedia of drug terms. Check out **Research Aids** for Reading Lists and Pathfinders.

**Join Together Online** US

<http://www.jointogether.org>

Explore key issues from a community, grass roots approach.

**Mood Disorders Society of Canada**

<http://www.mooddisorderscanada.ca>

Access the book Quick Facts: Mental Illness and Addiction in Canada online.

**Motherisk** Canada

<http://www.motherisk.org>

For information about the risk of drug use during pregnancy and lactation.

Includes Journal of FAS International.

**National Inhalant Prevention Coalition** US

<http://www.inhalants.org>

**NIAAA** (National Institute on Alcohol Abuse and Alcoholism) US

<http://www.niaaa.nih.gov>

See **FAQs** and **Publications** – Alcohol Alert and Alcohol, Research and Health for useful research summaries.

**NIDA** (National Institute on Drug Abuse) US

<http://www.nida.nih.gov>

See **Information for Students**, including Mind over Matter, and Research Reports, under **Parents and Teachers**. Also, explore the many topical NIDA web sites such as **clubdrugs.gov**.

**PREVLIN**E (Prevention Online) US

<http://ncadi.samhsa.gov/>

The primary U.S. drug and alcohol information resource.

**ProblemGambling.ca**

<http://www.problemgambling.ca>

Information for both the public and professionals including Statistics and Economic Data.

**Policy and Government Organizations**

**Canadian Centre on Substance Abuse** (See page 2.)

**Canadian Foundation for Drug Policy**

<http://www.cfdp.ca>

Monitors drug policy in Canada, provides an open forum for discussion and makes recommendations.

**Drug Policy Alliance** US

<http://www.drugpolicy.org>

Known for its harm reduction approach and coverage of controversial topics.

**Health Canada**

<http://www.hc-sc.gc.ca>

This is a complex site. Go to the A-Z Index and select **Alcohol and Drugs**. This will link you to many of the Drug Strategy reports.

**RCMP**

<http://www.rcmp.ca>

See Drug Situation Report through A-Z Index.

### **Statistics Canada**

<http://www.statcan.ca>

This is a complex site and difficult to navigate. However, find the **Product Main Page** for the periodical Health Reports and scroll through the **Chronological Index** to find many relevant articles.

### **Transport Canada: Road Safety**

<http://www.tc.gc.ca>

See **Drinking and Driving** through the A-Z index for Smashed and statistical reports. Also check **Road Safety**.

**Industry Sites:** Good sources for economic data: Sales, Production, Taxation, etc.

### **Association of Canadian Distillers**

<http://www.canadiandistillers.com>

See **Info Centre** for Statistics.

### **Brewers Association of Canada**

<http://www.brewers.ca>

See both **Statistics** and **Publications** for data reports.

### **Web Sites for Young People**

These sites may include interactive resources, content developed by young people for peers, and/or a harm reduction approach.

#### **AADAC 4 Kids**                      Alberta

<http://www.aadac4kids.com>

#### **Cyberisle**                      Canada

<http://cyberisle.org>

#### **D-World (DrugScope)**      Great Britain                      Ages 11-14

<http://www.drugscope-dworld.org.uk/wip/24/index.htm>

#### **Girl Power**                      US                      Ages 9-14

<http://www.girlpower.gov>

#### **Go Ask Alice!**      US

<http://www.goaskalice.columbia.edu>

The health question and answer Internet service produced by Columbia University's Health Education Program.

#### **Ramp** (Toronto Public Library)      Canada

<http://ramp.torontopubliclibrary.ca/>

Select **Life Stuff**.

#### **Urge: Drugs, Sex, Stress, Stuff**                      New Zealand

<http://www.urge.co.nz>

#### **Virtual Party**                      Ontario

<http://www.virtual-party.org>