

Plano Independent School District

Student/Parent Awareness Line

Call 469-752-5385

When you need information on any of these topics, press the four digit message number you want when you are asked. Instructions follow each message. The Awareness Line is not to be used for emergency help.

ALCOHOL

- 1100 Alcohol and Drugs Don't Mix
- 1101 Alcohol and Health
- 1102 Alcohol Facts for Young People
- 1103 Alcoholism: A Family Disease
- 1104 Alcoholism: Do I Have A Problem?
- 1105 Alcoholism: What Is It?
- 1106 Alcoholics Anonymous & Other Groups
- 1107 ALATEEN: Help for the Young Person
- 1108 Being A Responsible Party Giver
- 1109 Codependency: What Is It?
- 1110 Drinking and Driving

COCAINE

- 1111 Crack Cocaine
- 1112 Facts About Cocaine
- 1113 Your Money/Your Life: Cocaine Takes Both

MARIJUANA

- 1114 Are There Medical Uses For Marijuana?
- 1115 Is Marijuana Harmful To My Body?
- 1116 Marijuana: Fact & Fiction
- 1117 Marijuana: Often Asked Questions
- 1118 Marijuana: High Lasts Longer Than You Think
- 1119 Marijuana: The Mental Effects

TOBACCO

- 1120 Are You Ready To Quit Smoking?
- 1121 Why Should I Quit Smoking?
- 1122 How To Quit Smoking
- 1123 Cigarettes, Pipes & Snuff
- 1124 Smokeless Tobacco
- 1125 Clove Cigarettes
- 1126 Effects of Cigarette Smoke on Non-Smokers

OTHER DRUGS

- 1127 Anabolic Steroids
- 1128 Barbiturates and Other Downers
- 1129 Caffeine: Friend or Foe?
- 1130 Crank: Concern of the Town
- 1131 Designer Drugs Aren't Fashionable
- 1132 Heroin and Other Opiates
- 1133 ICE: Smokable Methamphetamine
- 1134 Inhalants . . . Sniffing and Huffing
- 1135 LSD and Other Hallucinogens
- 1136 MDMA: A Drug Called Ecstasy
- 1137 PCP . . . It Really Is That Bad
- 1138 Speed Still Kills
- 1139 Valium, Librium & Sleeping Pills

JUST SAY NO

- 1140 Good Reasons For Saying "No"
- 1141 Saying "No" To Drugs Is The Adult Thing To Do
- 1142 Three Steps To Say No
- 1143 Ways For A Young Adult To Say "No"
- 1144 When Its Hard To Say "No"

MENTAL HEALTH AND WELL-BEING

- 1145 Coping With Stress
- 1146 Eating For Less Stress
- 1147 Exercise: A Stress Control Tool
- 1148 Relaxation Techniques
- 1149 Stress: What Is It?
- 1150 Stress: Do I Have A Problem?
- 1151 Stress Management
- 1152 Understanding Stress In Children
- 1153 Understanding Stress In Adolescents
- 1154 Your Mind As A Stress Manager
- 1155 Depression: What Is It?
- 1156 Depression: Do I Have A Problem?
- 1157 Depression in Children & Adolescents
- 1158 Helping Someone Who Is Depressed
- 1159 Effects of Anxiety
- 1160 Suicide Warning Signs
- 1161 Suicide: Facts & Myths
- 1162 Teenage Suicide
- 1163 Suicide and the College Student
- 1164 Suicide: Helping Those Left Behind
- 1165 Fears & Phobias
- 1166 Shyness

NUTRITION & WEIGHT CONTROL

- 1167 A Well Balanced Diet
- 1168 Anorexia Nervosa: What Is It?
- 1169 Overweight or Over Fat?
- 1170 Bulimia: What Is It?
- 1171 Causes of Obesity
- 1172 What Is Compulsive Overeating
- 1173 Diet and Cancer
- 1174 Dietary Fat & Cholesterol
- 1175 Exercise and Fluids
- 1176 Fast Foods: Consider Your Choices
- 1177 Fiber In Your Diet
- 1178 Fight Osteoporosis
- 1179 Lasting Habits For Weight Control
- 1180 Need To Lose 10-15 Pounds?
- 1181 Nutrition For Athletes
- 1182 Preventing Diet Relapse
- 1183 Sensible Weight Loss
- 1184 Sports Nutrition: Energy Sources
- 1185 Your Blood Cholesterol Level
- 1186 Using Food Labels
- 1187 Wise Weight Management

HEALTH & FITNESS

- 1188 Aerobic Fitness
- 1189 Finding Time For Fitness
- 1190 Head Lice Information
- 1191 Head Lice Treatment
- 1192 Healthy Skin
- 1193 Heart Disease Prevention
- 1194 Setting Health Goals
- 1195 High Blood Pressure

AIDS & STI's

- 1196 What Is AIDS?
- 1197 AIDS: Answer For Teens
- 1198 Am I At Risk For AIDS?
- 1199 How Don't You Get AIDS?
- 1200 What Is A Sexually Transmitted Infection?
- 1201 STI's: How To Protect Yourself
- 1202 The "Other" STI's

PARENTING (General)

- 1203 Child Abuse: Emotional
- 1204 Child Abuse: Neglect
- 1205 Child Abuse: Physical
- 1206 Child Abuse: Sexual
- 1207 Am I A Good Parent?
- 1208 Talking With Your Children
- 1209 Talking With Your Teenager

- 1210 A Teenage Party Guide For Parents
- 1211 Children of Divorce
- 1212 Good Use of TV in the Home
- 1213 Household Responsibilities
- 1214 Single Parenting
- 1215 Child Day Care: Questions To Ask
- 1216 Call the Teacher: Questions To Ask
- 1217 Helping Your Children In School
- 1218 Who Can Help Your Child In School?
- 1219 Homework: Skills For A Lifetime

PARENTING (Child Behavior)

- 1220 Making Your Child More Independent
- 1221 Common Sense Parenting : Dinner Time
- 1222 Common Sense Parenting: Bedtime
- 1223 Helping Children With Morning Routines
- 1224 Parent-Child Interaction & How To Improve It
- 1225 Discipline Part I: Attention, Ignoring, Punishing
- 1226 Discipline Part II: Using Time Out
- 1227 Giving Effective Commands To Your Child
- 1228 Children and Two Parent Working Families
- 1229 Children and Stepfamilies
- 1230 Children and Household Chores
- 1231 Children and Divorce
- 1232 Controlling Temper Tantrums

PARENTING (Child Development)

- 1233 Hurried Children - Growing Up Too Fast
- 1234 Self Control
- 1235 Anger Control Problems
- 1236 Shyness
- 1237 Children and Temperament Styles
- 1238 Attention Deficit Hyperactivity Disorder
- 1239 Children and Reactions To Death
- 1240 Children and Moving
- 1241 Encopresis/Soiling
- 1242 Wetting/Bedwetting
- 1243 Stealing
- 1244 Fears & Phobias
- 1245 Children and Depression
- 1246 Children and Anxiety
- 1247 Children and Thumbsucking
- 1248 Children and Television

PARENTING (School Issues)

- 1249 When Should My Child Begin School?
- 1250 Children and Grade Retention
- 1251 Children and Giftedness
- 1252 Children and Study Skills
- 1253 Children and Grades
- 1254 Children and Reading
- 1255 Understanding Standardized Tests & Scores
- 1256 Assessment of Your Child's Educational Progress
- 1257 The Parent-Teacher Conference
- 1258 Helping With Homework

PERSONAL GROWTH

- 1259 Achievement: Words of Wisdom
- 1260 Are You Tired Of Being A Teenager?
- 1261 Being A Role Model
- 1262 Belonging to the Community
- 1263 Building Self-Image
- 1264 But Not Everyone's Doing It
- 1265 Cooperating
- 1266 Decision Making
- 1267 Friends: People I'm Proud Of
- 1268 Gangs or Groups
- 1269 Goal Setting
- 1270 How To Follow Directions
- 1271 I'm A Winner
- 1272 Leadership: We All Have It
- 1273 Needs and Wants

SAFETY

- 1274 Feeling Safe At School
- 1275 Feeling Safe At Home
- 1276 Latchkey Safety For Parents
- 1277 Running Away
- 1278 Seat Belts: Getting It Together
- 1279 Car Safety For Teens

SELF-ASSESSMENT & SELF-HELP

- 1280 Can I Spot A Drug User?
- 1281 Do I Have A Chemical Problem?
- 1282 Drug Abuse Information For Parents
- 1283 Drug Addiction: Do I Have A Problem?
- 1284 How Do You Know If You're Hooked?
- 1285 Is My Child At High Risk?
- 1286 Is Our Home Part of the Problem?
- 1287 Is There A Chemical Problem In Our House?
- 1288 What To Do If Your Child Has A Drug Problem
- 1289 What If A Loved One Has A Chemical Problem?
- 1290 Self-Help Options
- 1291 What Is A "Self-Help" Group?

SOCIAL ISSUES

- 1292 What Is Conflict?
- 1293 Resolving Conflict
- 1294 Anger Management
- 1295 Ways Not To Handle Anger
- 1296 Youth Gangs: Fiction vs. Fact
- 1297 HIV: Talking With Your Teens
- 1298 Self Esteem
- 1299 Sexuality Education & Family Values

PARTNERSHIP FOR A DRUG-FREE AMERICA

- 1325 Important Phone Number
- 1326 You!
- 1327 Mirror
- 1328 Ledge I
- 1329 Ledge II
- 1330 Michael Jordan's Mother Says
- 1331 Numbers and Memory
- 1332 Stupid I Said
- 1333 Just Say Nah
- 1334 Just Say Nah
- 1335 It's the Copa Dude
- 1336 It's the Copa Dude
- 1337 Heroin and HIV
- 1338 Heroin and First High
- 1339 Heroin and Convulsions
- 1340 Heroin and Prostitution
- 1341 Heroin - Sex and Stealing

For Additional Info & Help:

Assistance Center of Collin County
972-422-1850

Collin County Substance Abuse Program
972-424-1460 ext. 5570

Collin Intervention to Youth, Inc.
972-423-7057

Teen CONTACT Hotline
972-233-TEEN (8336)

Practical Parent Education Program
469-752-6180