

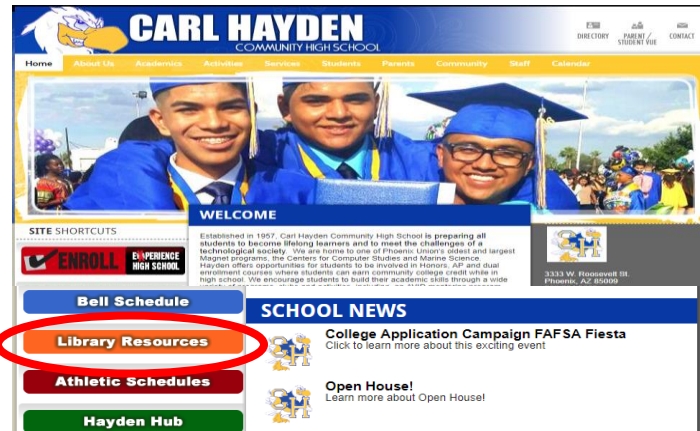
Carl Hayden Community High School Library

How to Access and Use Teen Health and Wellness

Falcons, use the Teen Health and Wellness website if you need information on teen issues like bullying, dating and friendships, depression, drinking, drugs, eating disorders, nutrition and fitness, stress, and so much more. . .

- Open a web browser and go to the **CARL HAYDEN COMMUNITY HIGH SCHOOL WEBSITE** - <http://phoenixunion.org/hayden>

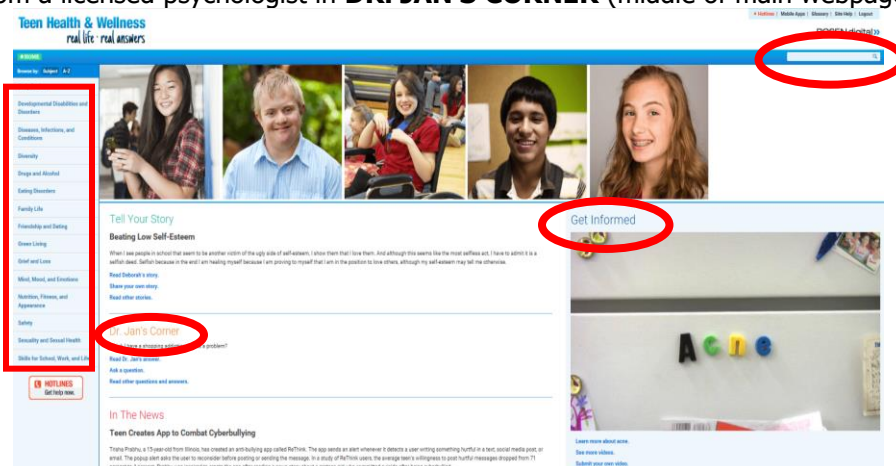
- Click on the orange **LIBRARY RESOURCES** icon on the left side.



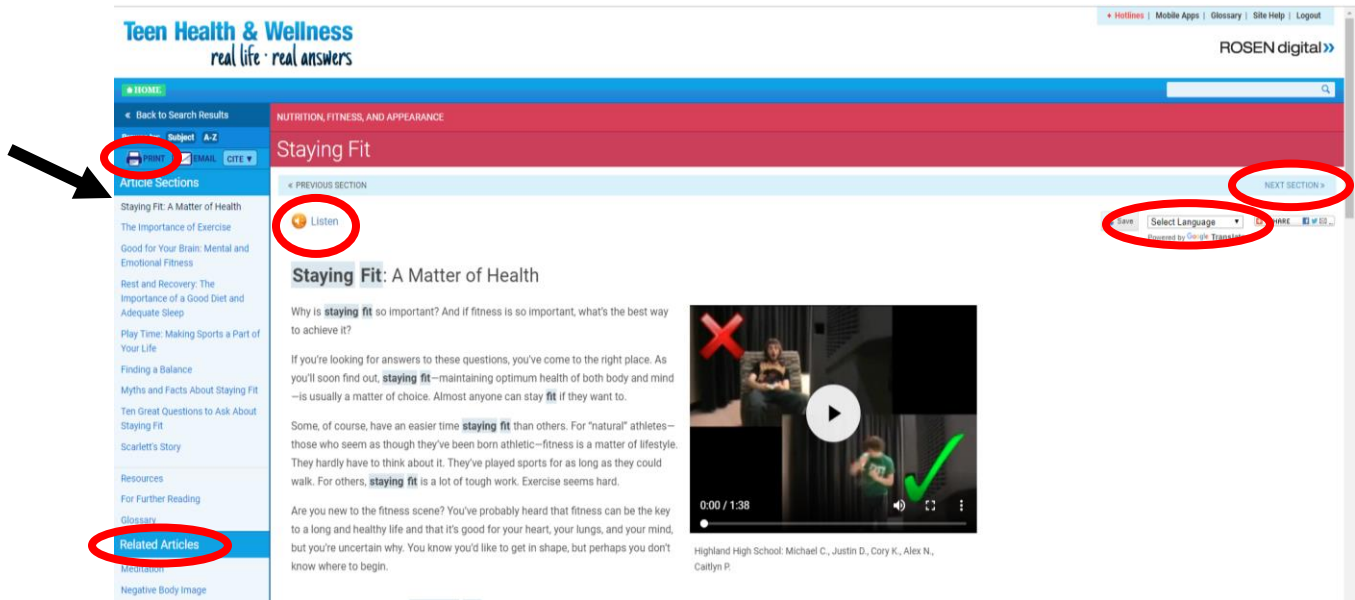
- Select **DATABASES** from the Library quick links menu on the left.
- Click on the **TEEN HEALTH AND WELLNESS** link from the list of databases.
- When working on PUHSD computers, there is automatic access to this website. Usernames and passwords are required when trying to access the resources remotely. **Visit the Hayden Library for all the login information required for remote access.**



- Information may be accessed by doing the following:
 - Type your topic of interest in the **SEARCH** box at the top, right side of the screen
 - Click on one of the **TEEN ISSUE LINKS** in the quick links section on the left side.
 - Videos** can be viewed from the **GET INFORMED** section on the right side of the screen.
 - Get **advice** from a licensed psychologist in **DR. JAN'S CORNER** (middle of main webpage).



- Once you have found an information article that interests you, look for the following features:
 - ARTICLE SECTIONS** – Many of the information articles in Teen Health and Wellness are long so remember to access all sections of the article by selecting them from the **quick links menu** on the left side or click on **"NEXT SECTION"** in the upper, right of the screen.
 - PRINT** – To get a hard copy of the article, select the **PRINT** icon in the upper, left side of the screen.
 - LISTEN (icon above article title)** – Click on **LISTEN** if you'd like to have the article read to you.
 - LANGUAGE TRANSLATION** – Information articles can be translated into over 50 languages by using the Google Translate feature at the top, right side of the screen.
 - Don't forget to look at the **RELATED ARTICLES** and **VIDEOS** available in most articles.



Always CITE your sources. . .

To cite an information article, click on the **CITE** icon at the top, left side of the screen.



Just highlight, copy, and paste the **MLA FORMATTED CITATION** into your Works Cited document. (APA formatted citations are also available.)

Note: MLA and APA formatted citations are also available at the **bottom** of information articles.

