

# Father Michael Goetz Resource Center

## Resources by Subject

### Religion Study



### Body Image



#### **Nonfiction Books**

Use the Library Catalogue to look for nonfiction titles. See below for suggested subjects.

- Alcoholism
- Body image in adolescence
- Body Piercing
- Drug abuse
- Eating disorders
- Personal appearance
- Self-perception in adolescence
- Sleep disorders
- Tattooing



#### **Database Program:**

- [Teen Health & Wellness](#) 
- ESBCO Host  > Canadian Student Research Centre
- [Gale CENGAGE Learning](#) 



#### **Internet Websites:**

- Health Canada > Healthy Living > [Just for you-Youth](#)
- [DrugFree Canada](#)
- [Teen Challenge Canada > Drug abuse facts](#)
- [Healthy Canadians > Health > Drugs of abuse & addiction](#)
- [Healthy Canadians > Health > Smoking and tobacco](#)
- [Ontario Ministry of Health & Long Term Care: Stupid.ca](#): Select [Tech Room](#), or [Science Lab](#) on the menu for interactive presentation on tobacco commercials, and effects of smoking on your body.
- [BodyWhys Youth Canada, on eating disorder, for both boys and girls](#)
- [Self-help Resources](#) from BC Mental Health and Addiction Services; facts on eating disorders, self-harm, alcohol and other drugs.
- [Teen Issue Help Guide](#) from [Helpguide.org](#). Information on healthy life styles, mental & emotional health, family issues, etc.
- [National Eating Disorders Information Centre](#) > Know the Facts
- [Teens Health > Body](#); Other topics include drugs & alcohol, mind (mental health), cutting (self-harm), binge drinking, and sleep.
- [Teens and Sleep](#) from National Sleep Foundation
- [Teens and Sleep](#) from Canadian Paediatric Society
- [Body Piercing](#) from Family Health Online; Check for other topics as well.
- [Media and Body Image](#) from [Media Smarts](#)