

**Tip Sheet 5: Where is a safe web site for kids to read what other kids write about illness?**

- <http://www.experiencejournal.com>
- The Experience Journals are designed to promote the healthy coping of children and their families who must contend with significant physical and emotional illnesses. The Experience Journals are collections of stories, pictures, and personal experiences from families about what it has been like to live with their children's illnesses. They represent the "collective wisdom" of these children and their parents as well as their health care providers.
- We welcome family members to enter and explore any or all of the Experience Journals. The following Experience Journals are available:
  - ✓ ADHD
  - ✓ Asthma
  - ✓ Bereavement
  - ✓ Cardiac
  - ✓ Depression
  - ✓ Hearing loss
  - ✓ IBD
  - ✓ Overweight
  - ✓ Transplant
- Each story in the Experience Journal has been reviewed by parents and clinicians for appropriateness prior to inclusion on the site. Reviewers have made every effort to include contributions that will be helpful to families and that paint a realistic picture of an illness. We have tried to capture both the sadness and the goodness in families' experiences.

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