

YOUTH
YELLOWBOOK



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Inclusion of services in this booklet does not imply endorsement. You are encouraged to find out as much as possible about an organization before making a decision to use their services.



Introduction

The Youth Yellow Pages is:

- A service directory for youth in Olmsted County
- A place to find resources to help yourself, or someone you know, deal with problems and answer questions
- A place to find information on topics important to youth

Tips When Calling an Agency:

- Have a pencil and paper ready to write down information
- Identify yourself as a youth and ask if the conversation is confidential

Questions to Ask the Agency:

- What county do you serve?
- Who can receive your services?
- What is the cost of your service?
- What are your hours?
- Where are you located?
- What documents do I need?
- What do I need to bring with me?
- Do I need permission from a parent of legal guardian?
- Are your services confidential?

Before You Hang Up, Be Sure You Know:

- Name of agency and the person you spoke to
- Date and time of call
- The steps/advice suggested to handle your situation

Minor's Consent to Health Services Act:

- Section 144.343 Pregnancy, venereal disease, alcohol or drug abuse, abortion
 - Subdivision 1. Any minor may give effective consent for medical, mental and other health services to determine the presence of or to treat pregnancy and conditions associated therewith, venereal disease, alcohol and other drug abuse, and the consent of no other person is required.
 - This law has limitations, for more details ask your provider or go to www.mpha.net/MNConfidentialFinalGuide.pdf

Confidentiality

- By law, the health care provider must keep all information confidential unless the provider believes that failure to provide such notification would seriously jeopardize the health of the minor patient. More information on this can be found in the Minnesota Statutes Chapter 144 section 346 (144.346) at www.mpha.net/MNConfidentialFinalGuide.pdf

24 Hour Emergency Numbers

-  Ambulance, Police, Fire.....911
-  Connections and Referral Unit.....281-6248
(formerly Crisis Receiving Unit) *24 hour detox facility*
-  Girls and Boys Town National Hotline.....1-800-448-3000
24-hour crisis, resource and referral line. Help with suicide prevention, depression, school issues, parenting troubles, runaways, relationship problems, physical abuse, sexual abuse, emotional abuse, chemical dependency, anger and more.
-  Minnesota Poison Control.....1-800-222-1222
-  National Domestic Violence Hotline.....1-800-799-SAFE
(1-800-799-7233) TYY: 1-800-787-3224
-  National Runaway Switchboard.....1-800-RUNAWAY
(1-800-786-2929)
-  National Youth Crisis Hotline.....1-800-448-4663
-  Olmsted County Law Enforcement Center.....285-8580
-  Sexual Assault Program.....289-0636
-  Suicide Hotline.....1-800-SUICIDE
(1-800-784-2433)
-  United Way 211.....211 or 1-800-543-7709
-  Women’s Shelter.....285-1010 or 1-800-438-6439

Addictions

Alcohol, Tobacco, and Other Drugs

Today, everyone is exposed to the temptation to try alcohol or other drugs. The dangers of experimenting can be physical illnesses, injuries, addiction, overdose, and even death. Decisions you make while under the influence of alcohol or drugs could put you in a dangerous situation that may cause harm to you or others.

Using prescription or over-the-counter medication to get high or “self-medicate” is drug abuse. Never share medication, mix medication, or take it in any other way than how it is intended. Many pills look the same, but depending on the drug and the dosage the effects can vary greatly from mild to lethal. Misusing medication can be as dangerous and addictive as using street narcotics and other illicit drugs.

YOU CAN choose to avoid alcohol and drugs. It may be necessary to choose to do something that is different from the choices others make. Do what is best for you, even when you are feeling pressure to do otherwise.

For more information see:

PEER PRESSURE

Alcohol Poisoning

Every year, young people die from alcohol poisoning. Alcohol is a depressant, which means it slows body functions like heart beats, breathing, and the gag reflex (which prevents choking after vomiting). If a person drinks too much, these functions may stop altogether. An alcohol overdose can also lead to irreversible brain damage. Drinking a lot of alcohol in a short amount of time is especially dangerous because the person can ingest a fatal dose before falling asleep or passing out.

Critical Signs for Alcohol Poisoning

- Difficult to awaken, passes out
- Vomiting
- Slow, shallow breathing
- Hypothermia (low body temperature), bluish skin color, paleness

Addictions continued

Alcohol Poisoning continued

What to do if you suspect someone has alcohol poisoning:

- Do not wait for all symptoms to be present. Be aware that a person who has passed out may die.
- Turn the person on their side and do not leave them alone.
- If there is any suspicion of an alcohol overdose, call 911 for help.
- Don't try to guess the level of drunkenness.

Don't be afraid to seek medical help for a friend who has had too much to drink. Don't worry that your friend will be embarrassed or mad at you when he or she wakes up. At least your friend will wake up! It is always better to be safe than sorry.

Addiction Resources:

Chemical Addiction Evaluation/Counseling/Education

	Mayo Clinic Adolescent Intervention Program.....	255-4065
	Zumbro Valley Mental Health Center.....	289-2089
	Adolescent Jumpstart Program	281-0023
	Fountain Centers Adolescent Outpatient Program	252-0818
	Olmsted County Social Services	328-6400
	Adolescent Behavioral Health	
	ART (Addiction Recovery Technologies).....	280-8826

Addictions continued

Addiction Resources continued

Self Help/12 Step Programs

-  Alateen281-4729
www.rochrecovery.org
For teens concerned about a family member's or friend's chemical use.
-  Alcoholics Anonymous.....281-1747
www.rochrecovery.org
-  Alcohol and Drug Use National.....1-800-252-6465
*Help & Referral Line
-  Narcotics Anonymous.....281-2227
*24 hour help-line

Tobacco Cessation Programs

-  Mayo Nicotine Dependence Center.....266-1930 or 1-800-344-5984
-  Mayo Nicotine Research Center266-1944
-  Nicotine Anonymous.....266-1930
-  MN Quitplan1-888-354-PLAN
www.quitplan.com (1-888-354-7526)
-  Good Samaritan Medical Clinic.....288-3663

Addictions continued

Gambling

Gambling can be an addiction just like an addiction to alcohol or other drugs. Youth may turn to gambling as excitement and entertainment, a way to relax, for attention, and to deal with negative feelings. Gambling may interfere with personal relationships, school or work, and finances.

This list of questions can help you determine if you or someone else's gambling is a problem. Do you or someone you know:

- Gamble because you/they have problems or feel bad or mad?
- Find your/their grades or work habits are starting to slip because of gambling?
- Go to extremes in order to gamble?
- Try to gamble less and can't?
- Gamble even when you/they don't mean to?
- Lie about or deny your/their gambling?
- Struggle with financial problems because of your/their gambling?
- Ever get in trouble because of gambling?

Someone dealing with an addiction may not be able to see they have a problem. It is important to seek information about how to help them or to get help for yourself. Talk with an adult you trust or someone who has special knowledge about the problem such as parents, relatives, school counselor, school nurse, or teachers.

Gambling Resources:

- ☎ Gambling In-treatment – Project Turnabout.....1-800-862-1453
- ☎ MN Problem Gambling Help-line.....1-800-333-HOPE(4673)

Attention Deficit Hyperactivity Disorder

Attention Deficit Hyperactivity Disorder (ADHD) is a developmental disorder which is characterized by inappropriate degrees of inattention, impulsivity, distractibility and hyperactivity. ADHD must be diagnosed by a doctor and a prescription is needed for the medication. If you are concerned you might have ADHD or are having problems getting your medication please contact your school public health nurse.



Body Art: Tattoos and Body Piercing

Getting tattoos and body piercing are popular among young people, but there may be risks involved. Make good choices and protect yourself from hepatitis, HIV, and other infections.

If you are thinking about getting a tattoo or body piercing, consider these things: How will it look? What will your family think? Will you want to live with it the rest of your life? Today's fashion statement may not be tomorrow's.

These tips can help you stay healthy and safe:

- Recognize the risks - an unsterilized needle can lead to serious infections like hepatitis B & C and HIV
- Use only a professional tattooist or piercer (certified by the Alliance of Professional Tattooists)
- See that practitioners wash hands with antibacterial solutions and wear sterile surgical gloves
- Make sure that the tattooist or piercer sterilizes all equipment
- Needles are sterile and disposable; piercing guns should not be used
- Tattoo inks should not be shared or reused
- After-care directions should be in writing and explained before departure
- Work place is always sanitized with disinfectant between each client
- Contaminated materials are disposed of properly
- Avoid getting a tattoo or piercing during stressful times or under the influence of alcohol/drugs

Body Art: Tattoos and Body Piercing

Think it over:

Because of the risks, getting a tattoo or piercing is a big decision. Before you decide, make sure that you are ready to take the steps you need to protect yourself from hepatitis, HIV, and other infections. Dermabrasion and laser carry their own risks, are expensive (\$750-\$1000), and are not completely successful in removing the art. Tattoos should be considered permanent.

- Tattooing can cause pain, bleeding, allergic reactions to pigments used, keloids, and scarring.
- Body piercing can cause pain, bleeding, allergic reactions to solution/metals, keloids, and Staphylococcus, Streptococcus, and Pseudomonas bacterial infections.
- Oral piercing can cause receding gums, gum tissue injury, chipped/cracked teeth, excessive saliva production, tongue swelling, altered speech, chewing problems and choking (if studs become loose). Sites too risky to pierce: back of throat, cheeks, lower back.

Proper Care of a Tattoo

Care Afterwards

- Wash tattoos frequently with soap and water and apply antibiotic ointments for the first 2-3 days.
- Until area is completely healed, keep tattoo moist with lotion/sunscreen (to prevent scabbing) and avoid swimming, saunas, steam rooms, or sunlight.
- Contact a health care provider if there are signs of infection.

Signs of Infection

- Green/yellow pus
- Pain, swelling at tattoo site
- Redness
- Fever

Car Accidents & Safe Driving

Car accidents sometimes happen. It is important to know what to do if you are in an accident. It is also important to know how to prevent an accident.

If you are involved in an accident, stay calm and remain at the scene of the accident. Make sure you are okay and then check to make sure the other driver is okay. Call 911 immediately. Exchange names, addresses, phone numbers, proof of insurance, drivers license and license plate numbers. If you have any aches or pains following the car accident, you should contact a health care provider immediately. Contact your insurance company regarding the accident and consider consulting a lawyer.

Following these tips may help prevent an accident:

- Do not drive while talking on the phone, while texting or searching the internet, it's a violation of the law
- Do not drive while under the influence of alcohol or drugs or choose to ride with someone who is under the influence
- Scan the road ahead of you and watch for car brake lights
- Beware of blind spots- look before you change lanes
- Wait a moment after the stoplight has turned green in case people are trying to run a yellow light
- Limit additional activities while driving such as brushing hair, putting on makeup, shaving, using radios, iPods, etc.
- Drive with both hands on the wheel
- Keep your car in good shape by doing the recommended maintenance
- Always wear your seatbelt- it could save your life!
- Limit the number of passengers during your first two years of driving
- Take a defensive driving class. Classes are offered by Minnesota Department of Transportation, driver's license bureau and by various insurance companies or car dealerships.

 Emergencies.....	911
 Police (non-emergency).....	328-6800
 Road Conditions.....	1-800-542-0220
 Legal Assistance of Olmsted County.....	287-2036
 Drivers License Bureau.....	328-7640

 MnDOT defensive driving class
<http://www.dot.state.mn.us/transit/rtap/rtaptrng.html>

Clothing/Household

If you or someone you know is in need of clothing or other household items, there are places you can go in Rochester. These locations offer affordable alternatives to the mall and discount stores.

-  Community Clothesline.....282-8050
-  Goodwill Industries.....281-9651
-  Salvation Army Thrift Store.....282-8050

Maternity and Children’s Clothing

-  Birthright.....288-9374
Not affiliated with any religious organization.
-  Children’s Maternity Exchange.....289-6637
-  The Lower Room (Margie).....282-9025
-  New Life Family Services.....282-3377
This non-denominational faith-based service has a teen pregnancy program called First Care.
-  Once Upon a Child.....252-5090

Your school public health nurse or counselor can also help you locate resources for additional clothing and household items.

For more information see:
FINANCIAL/MEDICAL AND OTHER ASSISTANCE

Crime Prevention and Reporting

Remember that most crimes are crimes of opportunity. Lock your doors and do not leave personal possessions lying around where others can easily see or get to them. Safe neighborhoods and schools are everyone’s business. If someone or something looks suspicious, report the activity to the Rochester Police Department, Olmsted County Sheriff’s Office or to the school Police Liaison Officer.

- ☎ Emergency Number.....911**

- ☎ Rochester Police Department.....328-6800**
Use to report crimes within city limits.
101 4th St. SE
Rochester, MN 55904

- ☎ Project Safe City – Anonymous Crime Tips.....328-6888**

- ☎ Olmsted County Sheriff’s Office.....328-6800**
Use to report crimes outside of city limits.

- ☎ Victim Services.....328-7270**
24-hour Crisis Line.....289-0636



Cultural Diversity

Beliefs and attitudes about others can affect how we get along with each other. It is important to work at understanding and appreciating how each of us is unique, such as in the areas of religion, race and ethnicity. This will help us learn to treat each other with respect and kindness.

Schools have policies based on state law to help protect students from discrimination on the basis of areas as race, religion and national origin.

If you would like information about diversity issues, please contact any of the following agencies:

 Olmsted County Human Rights Commission (message line)...287-1347
<http://www.co.olmsted.mn.us/departments/rights/index.asp>
Offers information and resources for concerns dealing with employment issues, housing, business arrangements and mediation services for individuals or groups.

 Diversity Council.....282-9951
<http://www.diversitycouncil.org/>
Provides education to create an inclusive and welcoming community and reduce prejudice.

 IMAA289-5960
Intercultural Mutual Assistance Association
<http://www.imaa.net/>
Services include health care access information, professional language services and support and information for job development.

If you think you have been discriminated against in any way talk to your principal or guidance counselor.

Decision-Making

Decision-Making and Problem Solving

- Identify and define the problem
- Brainstorm possible options and alternatives
- Evaluate the options
- Choose one option
- Make a plan and do it
- Evaluate the problem and the solution

Time Management

Time management is a difficult skill to accomplish, but one you will need throughout your life. Now is a great time to start making good choices about how to manage your time.

- Use a calendar/planner to keep a schedule of your day including school, activities, homework, chores, and work.
- Keep as much routine as possible in your day. Knowing what you need to do and when you need to do it will help you accomplish more.
- Prioritize your daily activities. Do the more important activities first.
- Once your schedule is organized,
 - Make sure you aren't over-scheduled. If you find that you are burned-out, too busy to enjoy the things you are involved in, or constantly rushing from one place to another, consider dropping an activity.
 - Before adding a new activity, find out how much time and energy will be expected of you and make sure the new activity fits into your schedule.
- Set goals for what you want to accomplish.
 - Short term goals: Things you want or need to do that can be accomplished in hours or days.
 - Long term goals: Dreams and aspirations that may take months or years to accomplish.
- In addition:
 - Break the task into manageable pieces.
 - Take the time to complete a task correctly the first time.
 - Use lists to prioritize your tasks and cross each off as you finish.
 - Don't procrastinate.
 - Set a time limit for watching TV, playing video games, surfing the internet and talking on the phone.

For help with decision-making and time management dilemmas, talk to your school social worker, school public health nurse, guidance counselor, religious leader, parents or teachers.

Disabilities

If you or a family member have a physical or mental condition and would like to see if it's possible to get help, please contact Olmsted County Public Health Services (number listed below) and ask for an intake nurse. Be prepared to answer questions about the condition so the nurse can provide you with information about possible programs.

Resources:

-  Olmsted County Public Health Services.....328-7500
2100 Campus Dr. SE
Rochester MN, 55904
-  Ability Building Center.....281-6262
-  ARC SE Minnesota/Family Liaison Project.....287-2032
1-888-732-8520
-  Blind & Visually Handicapped Services.....285-7282
-  Children's Mental Health Resource Center.....287-1522
-  Early Intervention-Child Development Concerns.....287-1585
-  Minnesota Children with Special Needs (MCSHN).....285-7289
-  NAMI Olmsted County.....287-1692
(National Alliance of the Mentally Ill)
-  Parents with Special Needs Children Support Group.....328-4020
(PAIR)
-  PossAbilities of Southern Minnesota.....281-6116
-  Rochester Early Intervention Program – birth-age 2.....287-1679
-  Rochester Early Intervention Program – age 3-age 7.....287-8745
-  SE Regional Deaf and Hard of Hearing Services.....TTY-285-7172
or 285-7295 (Voice)
-  Zumbro Education District (ZED) – birth – age 6.....775-2037

Discrimination

Racism and Stereotypes

Our identities are important to us. We identify easily with people that have qualities and interests similar to our own. Every person is different and unique. Our differences do not have to separate us. By appreciating and including people who are different from us, we learn about each other and ourselves. Do not encourage discrimination or racism by making jokes or laughing at jokes that make fun of a certain group of people. Do not make discriminatory remarks, and tell others you don't appreciate it if they do. Saying nothing is like agreeing with what others are saying. Racist or discriminatory pranks and acts are very serious offenses. Stand up for victims of discrimination and do everything you can to discourage it in your school and community. YOU can make a difference.

For more information see:

CULTURAL DIVERSITY

How do you treat people who are different from you?

Positive responses include:

- Friendship
- Fairness
- Generosity
- Respect

Negative responses are:

- **Racism**- false belief that race causes a person to be better or worse than someone of a different race.
- **Prejudice**- basing judgment or disapproval on unsupported information about a group.
- **Stereotyping**- broad, oversimplified beliefs about a person or group without regard for individual differences.
- **Discrimination**- treating someone unfairly because of their group (age, race, gender, etc.)
- **Labeling**- identifying a person by certain characteristics and "assigning" them to a group.

Discrimination continued

Labeling

How do you describe yourself? If you can't capture your entire personality in just one word, then you shouldn't let others do it for you. Your school may have groups or cliques, and you likely belong to one whether you choose to or not. "Labeling" places limitations on people. It limits who we can be friends with, what activities we can be involved in, and who we can become. Don't sell yourself or others short by allowing yourself to be categorized by someone else, and don't label others. Make an attempt to break down the boundaries that labels create by including everyone and accepting people for who they are.

If you are having trouble dealing with labeling in your school, or you have witnessed discrimination, tell a parent, teacher, your school principal, or school guidance counselor. They can help you with your trouble. Your school likely has a policy about discrimination and will be glad you brought the situation to their attention so they can solve it.



Divorce

If your parents are separated, going through a divorce, or recently remarried you may be feeling many emotions. You are not alone. In this country, nearly half of all marriages end in divorce. This means that there are many families, teens, and children dealing with this difficult and often hurtful situation.

Common Effects of Parental Divorce

- Denial- avoidance of the issue
- Shame- feeling like something is wrong with the family
- Guilt- feeling like divorce is your fault
- Anger- about disruption of normal life
- Fear- uncertainty about the future
- Relief
- Grief and/or depression
- Loneliness- feeling betrayed or estranged by one or both parents

Remember, your parent’s divorce is NOT YOUR FAULT and is not within your power to change. Even if your parents no longer love each other, that doesn’t change their love for you. Talking to someone you trust will help you deal with your feelings.

Parent Dating

After your parents are separated, they may begin dating other people. Youth often have mixed feelings about this. It can be difficult to see your parent with another man or woman, and to accept that person into your life. Be open, honest, and respectful with your parents and let them know how you feel.

Stepfamilies

When a parent remarries someone who also has a family, the two families become one. This “new family” can be an enjoyable one. Youth may find it difficult to accept their new family, or may feel that they are not accepted. Talk to your parents about this, or someone else you respect and trust.

There are a variety of counseling services available to help you deal with your feelings.

For more information see:

EMOTIONAL AND MENTAL HEALTH COUNSELING

 Y Resource Center Counseling.....287-2265
8-week support group/educational groups, sliding fee, offered by the Y Resource Center

Draft/Military Service Registration

All male U.S. citizens or non-citizen immigrant males born after December 31st, 1959, who are 18, but not yet 26 years old, must register for the draft within 30 days of their eighteenth birthday. Men who do not register before turning age 26 could face strict penalties. Women are not required to register.

☎ Selective Service System.....847-688-6888
Registration Information Office
P.O. Box 34638
Palatine, IL 60094-4638

www.sss.gov



Eating Disorders

It is common for youth to be concerned about how they look. Bodies come in all shapes and sizes. It is important to maintain a healthy weight for your height and age by choosing well-balanced meals and exercising regularly. Pressures to be thin and having an extreme concern with one’s weight can lead to unhealthy and dangerous behaviors with food. Eating disorders include anorexia, bulimia, and compulsive overeating.

Possible signs of an eating disorder:

- Extreme dieting or exercising
- Extreme concern with body weight and shape
- Uncontrollable eating
- Use of laxatives or vomiting to avoid weight gain
- Weight changes
- Depression or mood swings

Eating disorders are illnesses that can cause severe harm to the body and death. If you are concerned that you or a friend may have an eating disorder, talk with a parent, friend, relative, doctor, school counselor, school nurse, teacher or coach. It is important to get help because these disorders are treatable.

Counseling/Education

 Mayo Clinic Eating Disorders.....	266-5100
 Olmsted Medical Center.....	288-3443
 Overeaters Anonymous.....	888-540-1212
 Associates in Psychiatry and Psychology.....	288-8544
 Consultants in Psychological Health.....	289-5110

Education

Education/GED/Homework Help

Getting an education is important to your future. You have a legal right to stay in school, even if you are pregnant, working to support your family, or have special needs. If circumstances in your life make staying in school and graduating seem impossible, don't give up! Ask your guidance counselor or a teacher you trust for assistance. They will connect you with a tutor, help you with your schoolwork, or find another way for you to complete your education.

Alternative options for education

 Adult Diploma Program.....	287-2642
 Continuing Education Center.....	281-6115
<i>Secondary school for pregnant students</i>	
 Rochester Area Learning Center.....	285-8813
 Rochester Off Campus Alternative School.....	282-3325
 Studio Academy.....	529-1662
 Valley View Learning Center.....	932-5930
 Zumbro Education District ALC.....	775-2083

GED (General Education Development)

A GED is an alternative equivalent to a high school diploma. This program is for students who have not graduated from high school. If you have dropped out, the GED can open doors to jobs, colleges, trade schools, or apprenticeship programs.

For more information on the GED call:

 Hiawatha Valley Adult Basic Education.....	281-6021
 Rochester Adult & Family Literacy Program.....	287-1475
Hawthorne Education Center	or 529-4638
700 4 th Ave. SE	
Rochester, MN 55904	
<i>Adult literacy, GED preparation and testing, High School diploma, English classes, College preparation</i>	

Education continued

Tutoring

Remember to talk to your counselor or teachers if you are struggling with your school work, or if you are in a situation that makes learning difficult. There may be someone right in your own school that can tutor you.

-  Boys and Girls Club of Rochester.....287-2300
-  Hand in Hand Family Literacy.....328-4020
For parent(s) who have not completed high school or passed the GED, and have a child aged newborn to 7 years.
-  Huntington Learning Center.....424-1220
-  Jane’s Educational Services.....292-9353
-  Reading Center/Dyslexia Institute of Minnesota.....288-5271
-  Rochester Kumon Center.....287-0867
-  Sylvan Learning Center.....292-9270

Remember to ask if the tutoring service is free or if there is a charge.

Life after high school (college, technical school, or other training programs)

You can start preparing for a career before graduating from high school. Talk to your guidance counselor about the different options available to you. You can also contact area higher educational institutions to find out what programs they have to offer.

-  University Center Rochester.....285-7210
-  Rochester Community and Technical College (RCTC).....285-7210
-  Winona State University.....1-800-366-5418
-  University of Minnesota.....1-800-947-0117

Emotional and Mental Health: Counseling Resources

Emotional Concerns

Conflict

Conflict and disagreement are common in all relationships. People will often see things from different perspectives and/or have different ideas. The key is in how this conflict and disagreement are dealt with and resolved. The goal isn't to eliminate conflict, but to come up with ways to resolve it that meet the needs of everyone involved.

Typical ways that people resolve their conflicts include:

- Open-minded listening
- Compromise
- Negotiation
- Mutual problem solving

Sometimes people are not able to resolve the conflict or disagreement on their own. This may require the help and mediation of a third party. A trusted person that both parties can agree on, such as a school counselor, school public health nurse, church leader, or parent, might be of great assistance.

Depression

Depression is a health condition that affects your thoughts, feelings, behaviors, physical health and appearance. Depression is diagnosed by a medical provider and can be treated using medication, counseling, or a combination of both. Sometimes depression plays a role in eating disorders, alcohol and drug abuse or dangerous behaviors.

Signs of depression in youth may include:

- Constant unhappiness, negativity or irritability
- Uncontrolled anger
- Loss of interest in activities
- Loss of energy and feeling worn out
- Physical symptoms including headaches and stomachaches

If these symptoms occur longer than 2 weeks, tell a parent, relative, school social worker, school counselor or school nurse. They can assist in locating resources and medical care.

Emotional and Mental Health: Counseling Resources continued

Grief and Loss

Grief and loss can range from having someone we know move to a different town to the death of a close family member. We all experience grief and loss in different ways and to different degrees. It is normal to experience sadness, disappointment, and perhaps anger when dealing with any kind of loss. One might also experience physical symptoms such as sleep disturbance, appetite changes, and lack of energy. Sometimes the grief and sadness can be overwhelming and we don't know what to do.

The most important factor in coping with grief and loss is having the support of other people. Even if you aren't comfortable talking about your feelings it is important to talk about them when you're grieving. Knowing that others are aware and understand your loss and grief will make you feel better, less alone with your pain, and may help you cope.

Support can come from a number of different sources:

- Friends
- Family
- Faith community
- Support groups
- Counselors and other professionals

Self-Injury/Cutting

There are no simple explanations for why youth engage in cutting and other self-injury behavior. Some youth may injure themselves to take risks, rebel, reject their parents' values, state their individuality or merely be accepted. At other times, youth may show their emotional tension, physical discomfort, pain and low self-esteem with self-injury. Still others may injure themselves out of desperation or anger to seek attention, to show their hopelessness and worthlessness, or because they have suicidal thoughts.

Emotional and Mental Health: Counseling Resources continued

Self-Injury/Cutting continued

Some helpful ways for youth to avoid hurting themselves include learning to:

- Find ways to make the present moment more tolerable.
- Identify feelings and talk them out rather than acting on them.
- Distract themselves from feelings of self-harm (for example: counting to ten, waiting 15 minutes, saying “NO!”, “STOP!”, practicing breathing exercises, journaling, drawing, thinking about positive images, using ice and rubber bands).
- Stop, think, and evaluate the pros and cons of self-injury.
- Soothe themselves in a positive way that does not include self-harm.
- Practice positive stress management.
- Become involved in extra-curricular or social activities to develop better social skills.

Any self-injury/cutting should be viewed as serious. Contact with a trusted adult, counselor, mental health professional, or doctor should always be considered.

For more emotional/mental health information contact:

 Mayo Clinic.....	266-5100
 Olmsted Medical Center.....	288-3443
 Catholic Charities.....	287-2047
 Family Service Rochester.....	287-2010
 Zumbro Valley Mental Health Center.....	281-6240
 Children’s Mental Health Resource Center.....	287-1522
	(After Hours Crisis Phone) 281-6248

Emotional and Mental Health: Counseling Resources continued

Counseling Resources

-  Associates in Psychiatry and Psychology.....288-8544
 Ironwood Square Bldg., Suite 405
 300 3rd Ave SE
 Rochester, MN
www.appmn.com
*Services offered for adults, children, adolescents, couples and families.
 Provides services for depression/anxiety, learning disabilities/ADHD,
 eating disorders,
 anger/stress management, psychiatric consultation, addictions, family
 issues, psychological testing, gender/sexuality issues, abuse, divorce, fears,
 grief, loss*

 - Accepts Medical Assistance, insurance, and ability to pay
-  Bluestem.....282-1009
 124 Elton Hills Lane NW
 Rochester, MN
www.bluestemcenter.com
*Services include child and adolescent psychiatry, family, individual and in-
 house therapy, behavior therapy, psychological testing, therapy for the deaf*

 - Accepts insurance and Medical Assistance
-  Consultants in Psychological Health.....289-5110
 421 1st Ave SW, Suite 200 E
 Rochester, MN
*Services for adults, children, and adolescents. Depression/anxiety/panic,
 relationship, grief/loss/divorce, obsessions/compulsions/sexual
 abuse/physical abuse, drug and alcohol abuse, sexual problems, post
 traumatic stress disorder, eating disorders*

 - Accepts most insurances, does not accept Blue Plus, Medical
 Assistance, or UCare
-  Family Service of Rochester.....287-2010
 1110 6th St NW
 Rochester, MN
*Services include individual, family counseling, case management,
 psychological assessments, family violence*

 - Accepts Medical Assistance, insurance, and ability to pay

Emotional and Mental Health: Counseling Resources continued

Counseling Resources continued

-  Marriage and Family Wellness Center.....288-3118
 2801 55th St NW Suite 2
 Rochester, MN
Services include marriage and family therapy, pre-marital preparation, grief/loss/depression, sexual abuse

 - Accepts Mayo and other insurance
-  Mayo Clinic Department of Psychiatry and Psychology.....266-5100
 200 1st St SW
 Rochester, MN

 - Accepts Medical Assistance, insurance, and ability to pay
-  OMC Psychiatric and Psychological Services.....287-2766
 210 9th St SE
 Rochester, MN
Services offered for children and adults including anger management, anxiety/phobias/panic, ADHD, behavior and conduct disorders, bipolar/compulsive disorders, coping with medical illness, depression, grief, insomnia, marriage/divorce issues, learning problems, obesity, parenting, stress, trauma, sexual abuse

 - Accepts Medical Assistance, insurance, and ability to pay
-  Psychological Consultants.....252-9292
 1210 ½ 7th St NW Suite 216
 Rochester, MN
Specialize in teen/young adults/families/couples/individuals. Services include psychological testing, emotional issues, chemical dependency, family/relationship/parenting/abuse issues, spirituality/grief

 - Accepts Mayo, Blue Cross/Blue Shield, and most other insurances
-  Transitions.....288-5818
 975 34th Ave NW Suite 315
 Rochester, MN
www.transitionstherapies.com
Services offered for individuals, couples, families. Specialize in marriage/relationship counseling, sexual issues, mediation, parent/child/teen concerns, grief/loss, adjustment, psychological testing, anxiety, depression, stress, anger

 - Mayo and most other insurance accepted

Emotional and Mental Health: Counseling Resources continued

Counseling Resources continued

☎ Zumbro Valley Mental Health Center.....289-2089
343 Woodlake Drive SE
Rochester, MN

Services for parents, children, adolescents and adults including depression, anxiety, stress, marital/relationship counseling, physical/sexual abuse, chemical dependency emotional/behavioral problems of children and teens, psychiatric consultations



Employment

Employment/Job Experience/Career Counseling

If you are under 14 years old and want a job, there are many things you can do to earn money or gain experience that will help you later. You can baby-sit, mow lawns, or do odd jobs. You can volunteer in a variety of religious, school or community programs.

If you are under age 18, you must show proof of age to get a steady job in Minnesota. Acceptable proof of age is one of the following documents:

- Copy of a birth certificate
- Copy of a driver's license
- Age certificate issued by a school
- United States Department of Justice Immigration and Naturalization Service "Employment Eligibility Verification Form I-9"

To start working, you need a social security number. Call the Social Security Office to request one if you do not have one already.

☎ Social Security.....1-800-772-1213
1401 16th Ave NW or 289-1667
Rochester, MN

You must bring a birth certificate for ID and complete an application that will be processed on site.

State and Federal laws govern when and where a minor (teen under the age of 18) can work and how many hours they can work.

☎ MN Department of Labor and Industry651-284-5005
www.doli.state.mn.us/laborlaw.html or 800-342-5354

For more information see:

THE LAW AND YOU

There are many opportunities for youth of any age to gain some job experience and learn some new skills. Some of these jobs will pay a salary, some will not. The important thing is to get some valuable experience. Before you apply for a job, make a list of your work experiences, volunteer activities, odd jobs, and people who agree to recommend you.

For more information see:

VOLUNTEERING

Employment continued

Whether you are looking for a summer job or a part time job during the school year, some questions you might want to ask yourself are:

- What do I like to do and what am I good at doing?
- What skills do I have (i.e. computer skills, good with people) and what hobbies or extra-curricular school activities do I participate in that might help me in a job?
- How will I get to and from work?
- How many hours and days of the week can I work while in school?

Summer youth employment: Contact your local city or town hall, and/or high school career center.

If you are looking for job training assistance or to learn how to complete an application, write a resume, and interview for a job, talk to your school guidance counselor or contact the agencies listed below.

-  United Way 211 information and refer.....211 or 1-800-543-7709
www.uwolmsted.org/211.html
211 can only be called from a non-business land line. If you are calling from a business or cell phone, you will need to use the 1-800 number.

-  Work Force Development Inc.....292-5152
www.workforcedevelopment.ws
Minnesota Youth Program: Short term employment and training services are provided to economically disadvantaged young men and women. These services are available to both out-of-school and in-school youth.

-  MN Work Force Center/Job Services Division.....285-7315
www.workforcedevelopment.ws

-  Youth Employment Program (YEP).....287-2313
Vocational training for 14-18 yr. olds

-  Y Resource Center-LINK.....287-2260
www.rochfamy.org
LINK (Living Independently with Knowledge) is an organization that works with youth ages 16-21 on things such as independent living skills and connections with community resources.

Entertainment and Recreation

Having fun is important! Sports, social clubs, school or church activities are just a few examples of ways you can meet new friends, learn skills, and have fun too. There are places in your community that offer programs especially for young people. Listed below are some organizations, youth leadership programs, and area attractions. Call them or visit their websites for more information.

☞ **Youth Serving Organizations Directory**
For an extensive listing of programs in the Rochester area visit:
<http://www.wickreconsulting.com/MAP/Youth.htm>

Sports and Recreation

- ☎ **Rochester Amateur Sports Commission**.....280-4701
www.rochsports.org

- ☎ **Rochester Area Family Y**.....287-2260
709 1st Ave SW
Rochester, MN 55902
www.rochfamy.org

Provides activities for youth that will help you become an involved and influential member of your community. Here are some of the programs offered:

- “Y Space” A fun after-school program
- Youth & Government
- Teen Fitness
- Teen Leaders
- Karate
- LINK/Transitional Housing Program
- Y Mentors

☞ **Rochester Events**
<http://www.rochestercvb.org/visitors/sportsandrecreation.asp>
This website has lots of information on things to see and do including tours, museums, music, drama, parks, places to eat, shopping, theatres, community events, and sports teams.

☎ **Rochester Parks & Recreation**.....328-2525
www.rochestermn.gov
Call for a complete listing of parks, trails, activities, and group sports.

Entertainment and Recreation continued

- ☎ Rochester Recreation Center**.....328-2500
 21 Elton Hills Drive
 Rochester, MN
<http://www.ci.rochester.mn.us/departments/park/facilities/recreationcenter/index.asp>
- Youth sports
Baseball, football, hockey, wrestling, swimming, soccer, cheerleading, skating, basketball, fast pitch, volleyball
 - Adaptive Recreation Program
Year-round therapeutic sports and leisure program for youth with developmental disabilities and physical challenges.

Things To Do

These are just a few fun venues in Rochester:

- ☎ Oxbow Park and Zollman Zoo**.....775-2451
 5781 County Road 105 NW
 Byron, MN
www.co.olmsted.mn.us/parks/
- ☎ Chateau Theatres**.....536-7469
 971 East Circle Drive NE,
 Rochester, MN
- ☎ Cinemagic Stadium 12**.....280-0306
 2170 Superior Drive NW
 Rochester, MN
- ☎ Wehrenberg Rochester Galaxy 14 Cine**.....529-1730
 4341 Maine Ave SE
 Rochester, MN
- ☎ Apache Mall**.....288-8056
 Hwy 52 South & 14 East
 Rochester, Minnesota

- 🔗 To find out more about what Rochester has to offer visit these websites:**
- www.rochestercvb.org
 - www.rochester.mn.gov
 - www.rochester.mn.com

Environment: Going Green

Each of us generates an estimated 6 pounds of garbage every day. In Olmsted County, there are several disposal options to manage waste. The bulk of the waste generated here is recycled or converted to usable energy. More and more people are getting excited about caring for our Environment. Young people also have an important part to play in conserving our resources. Every bit you do helps save natural resources and landfill space.

Things you can do to help are:

- Recycle paper, cardboard, aluminum, plastic and glass
- Use less hot water
- Buy reusable items instead of disposables
- Start a recycling program at your school
- Use the recycling bin (blue box) to recycle
- Donate unwanted items to charitable outlets such as Goodwill, Salvation Army and many others. Shop at the same charitable outlets for items you need at great prices.

Materials to recycle in Olmsted County are:

- Corrugated cardboard
- Aluminum cans
- Newspaper
- Glass bottles and jars
- Plastic bottles
- Tin/steel cans
- Magazines
- Cereal, cake and cracker boxes
- Old computers and electronics

Everyday choices can make a difference. Reducing, reusing, and recycling are three great ways you can eliminate waste and protect your environment. Walking, bicycling, carpooling and riding the bus reduce car trips.

Environment: Going Green continued

Recycling of all waste

☎ Olmsted County Recycling Center Plus.....328-7020
305 Silver Creek Road NE
Rochester, MN
Open 8 a.m. -5 p.m. Monday through Saturday (except for holidays)

☎ Garbage and Recycling Information Line.....328-7077 (24-hours)

🌐 Learn more about recycling at www.olmstedwaste.com

Charitable clothing and household item recycling outlets

☎ Community Clothesline.....282-8050

☎ Goodwill Industries.....281-9651

☎ Salvation Army Thrift Store.....281-1561

☎ Savers.....536-3954



Exercise

You have probably heard countless times how exercise is “good for you,” but did you know that it can actually help you feel good, too? Getting the right amount of exercise can rev up your energy levels and even help improve your mood. Regular exercise is any planned physical activity done to increase physical fitness. Exercise at least five days a week for 30 minutes each day. When you are physically fit, you will feel better and stay healthier.

Here are some of the reasons exercise is so important everyday!

- Exercise benefits every part of the body, including the mind. Exercising causes the release of endorphins, chemicals that can help a person to feel more peaceful and happy. Exercise can help you sleep better. It also can give you a real sense of accomplishment and pride.
- Exercising can help you look better. People who exercise burn more calories and look more toned than those who don't. Exercise is one of the most important parts of keeping your body at a healthy weight.
- Exercise helps people maintain and/or lose weight and lower the risk of some diseases. Exercising to maintain a healthy weight can decrease a person's risk of developing certain diseases, including heart disease, diabetes, and high blood pressure. These diseases are becoming more common in teens. Exercise also helps keep your bones strong.

Even if you are not as active as you would like to be, you can begin now to increase your activity and improve your physical fitness. Medical research has shown that your risk for developing heart disease as an adult begins in childhood and adolescence. A lack of physical activity is a major risk factor for heart disease, high blood pressure, diabetes, and other medical illnesses.

It's never too late to start exercising. Even small things can count as exercise when you're starting out! You will be taking the first step towards a lifetime of better health!

🔗 www.kidshealth.org

🔗 www.mypyramid.gov

🔗 www.eatright.org

For more information see:

ENTERTAINMENT AND RECREATION

Financial/Medical and Other

If you would like to know if you qualify for any assistance from the government (i.e. financial assistance, medical assistance, food stamps, etc.) please contact your school public health nurse or

 Olmsted Community Action Program.....328-6341
Food Support and Housing Coordinator
2116 Campus Drive SE
Rochester, MN 55904

Minnesota and Olmsted County have government programs that help disadvantaged people for short-term or long-term. Some of the supports may include financial assistance, healthcare, food support, child care assistance, child support services, refugee services, and employment services. To find out more, contact your school nurse or the Olmsted Community Action Program at the above number.

For more information visit the Minnesota Department of Human Services website at

 www.dhs.state.mn.us

Food Resources

Food and Free and Reduced Lunch Program

If you or someone you know is in need of food there are places you can go in Rochester.

Many students are also eligible for free or reduced cost lunch at their school. Sometimes students don't know they are eligible, or they or their families may feel embarrassed to ask about the program. Talk to your school public health nurse or counselor to find out if you are eligible. No one needs to know you are using the program unless you tell them. Your school public health nurse or counselor can also help you locate additional resources for food.

Free and reduced lunch income guideline information can be found at:
www.fns.usda.gov/cnd/governance/notices/iegs/iegs.htm

Food Resources

-  Channel One Food Shelf.....287-2350
-  Food Stamps.....328-6500
-  MAC (Mothers & Children Program).....287-2350
-  Meals on Wheels.....287-2010
-  Salvation Army – 20 1st Ave NE.....288-3663
 Food Shelf – Tues & Friday 10am-4pm
 Noon Lunch – M-F
-  Women, Infants, & Children (WIC) Nutrition Program.....328-7555

For more information see:

FINANCIAL/MEDICAL AND OTHER ASSISTANCE

Health Care

Obtaining regular and emergency health care is important to everyone. The list below will provide you with the options available in the area.

Hospitals

-  Olmsted Medical Center Hospital.....529-6600
1650 4th St. SE
Rochester, MN
-  Rochester Methodist Hospital.....266-7890
201 W. Center St.
Rochester, MN
-  St. Mary’s Hospital.....255-5123
1216 2nd St. SW
Rochester, MN

Walk-In Clinics/Urgent Care

-  Jay Clinic.....424-0175
3257 19th St. NW
Rochester, MN
Walk-ins only
Hours: Mon.-Thurs. 8:00am-5:30pm
Friday 8:00am-1:00pm
Closed weekends
Every office visit is \$75 and is paid that day or processed through insurance. Lab services offered at additional charge.
Flu shots available for \$20.
-  Migrant Health Services.....529-0503
1926 College View Rd. SE
Rochester, MN
Call for appointment
Hours: Mon.-Fri. 8:00am-11:30am and 1:00pm-4:00pm

Health Care continued

Walk-In Clinics/Urgent Care continued

If you have insurance, bring your insurance card with you to the clinic.

 Olmsted Medical Center FastCare at ShopKo North.....No phone
3708 Hwy 63 N.

Rochester, MN

Walk-ins only

Hours: Mon.-Fri. 8:30am-8:30pm
Sat. 8:30am-5:00pm
Sun. 10:00am-5:00pm

Closed Holidays.

Every office visit is \$45 and is paid that day or processed through insurance. Lab services offered at additional charge.

 Olmsted Medical Center Hospital Urgent Care.....529-6600

1650 4th St. SE

Rochester, MN

No appointments, walk-ins only

Hours: Mon.-Fri. 8:00am-8:00pm
Sat. and Sun. 8:00am-4:00pm
Holidays 8:00am-4:00pm

 Planned Parenthood.....288-5186

1202 ½ 7th St. NW

or 1-800-230-PLAN

Rochester, MN

Walk-ins and appointments taken

 Target Clinic.....206-5020 and press “6”

Target South

4611 Maine Ave. SE

Walk-ins only

Hours: Mon.-Fri. 9:00am-8:00pm
Sat. and Sun. 9:00am-4:00pm

Every office visit is \$49 and is paid that day or processed through insurance. Lab services offered at additional charge.

Flu shots available for \$29, will accept Medicare.

 The Salvation Army Clinic.....288-3663

20 1st Ave. NE

Rochester, MN

No appointment necessary.

Hours: Mon.-Thurs. 5:00pm-7:00pm

Health Care continued

Clinics

-  Mayo Clinic Baldwin Building.....284-5300
-  Mayo Family Clinic NE.....538-8500
3041 Stonehedge Dr. NE
Rochester, MN
-  Mayo Family Clinic NW.....538-8555
4111 Hwy 52 N
Rochester, MN
-  Olmsted Medical Center Main Clinic.....288-3443
210 9th St. SE
Rochester, MN
-  Olmsted Medical Center North West Clinic.....292-7070
4303 Hwy 52 N.
Rochester, MN

Clinics in Surrounding Areas

-  Mayo Family Clinic.....634-7011
411 W Main St.
Kasson, MN
-  Olmsted Medical Center Byron.....775-2128
846 High Point Dr. NE
Byron, MN
-  Olmsted Medical Center Chatfield.....867-4925
207 Twiford St. SW
Chatfield, MN
-  Olmsted Medical Center Pine Island.....356-4929
111 County Rd. 11 NW
Pine Island, MN
-  Olmsted Medical Center Plainview.....534-3885
20 2nd Ave. NE
Plainview, MN

Health Care continued

Clinics in Surrounding Areas continued

-  Olmsted Medical Center St. Charles.....932-3810
403 W. 4th
St. Charles, MN

-  Olmsted Medical Center Spring Valley.....346-7373
302 W. Tracy Road
Spring Valley, MN

-  Olmsted Medical Center Stewartville.....533-4727
208 Centertown Plaza
Stewartville, MN

-  Olmsted Medical Center Wanamingo.....824-2217
217 Main St. Suite B
Wanamingo, MN

Dental Services

Check local telephone directory yellow pages for a list of dentists in your area. Olmsted County families with no dental health care insurance coverage can call the following providers for appointments:

-  Children’s Dental Services.....273-7257
Serves children ages 14 and younger

-  Good Samaritan Dental Clinic.....529-4100
1027 2nd St. SW
Rochester, MN
Call for appointments/availability
Emergency dental care only

-  Main Street Dental.....583-2141
Blooming Prairie, MN
Call ahead for an appointment.
Accepts medical assistance

Health Care continued

Dental continued

- ☎ Rochester Community and Technical College.....280-3169
1926 College View Road SE
Rochester, MN
Services include cleanings, x-rays, fluoride
Hours vary, call for an appointment.
Accepts insurance and have a sliding fee scale

To identify local dentists accepting MA/UCare call:

- ☎ Doral Dental Service.....1-800-896-2372

Vision

If you are concerned about your vision or about paying for an eye exam or glasses, contact your school public health nurse or Olmsted County Public Health Services. They have many resources to assist you.

- ☎ Olmsted County Public Health Services.....328-7500

For more information see:

IMMUNIZATIONS
SEXUAL ACTIVITY

For information about birth control and pregnancy testing see:

SEXUALLY TRANSMITTED INFECTIONS

Immunizations

No one likes shots but no one likes being sick either. Immunizations are a medical success story because they help prevent many serious & deadly diseases. For school your parents have probably gotten you many immunizations: DTaP (to protect against diphtheria, tetanus & pertussis – a booster named Tdap is due at age 11 or 12), Polio, MMR (measles, mumps & rubella), Chickenpox (if you didn't have the disease) and Hepatitis B. There are some new vaccines that are available to you that are not required for school but may be important to consider.

Hepatitis A:

This is a serious liver disease that is caused by a virus that is usually spread by eating food or drinking water that is contaminated by the Hepatitis A virus. Good hand washing after you go to the bathroom and before you eat can decrease your chance of infection. There is an excellent vaccine for preventing the disease. It requires 2 doses separated by at least 6 months. It is very well tolerated.

Meningitis:

This is a rare but very serious bacterial infection that can cause severe swelling of the brain and spinal cord. It can be treated with antibiotics but one out of every ten people who get meningitis dies from it. There is a higher incidence of meningitis in the high school & college age populations. A vaccine called Menactra offers long term protection against 4 types of meningococcal disease, including 2 of the 3 most common types in the United States. Only 1 dose is required and it is recommended for those 11-18 years old.

Human Papillomavirus:

This is the most common sexually transmitted virus in the United States. There are about 40 types of HPV. It is spread through sexual contact. Most HPV infections don't cause any symptoms and go away on their own. HPV infections can cause cervical cancer. Cervical cancer is the 2nd leading cause of cancer deaths among women around the world. HPV can also cause genital warts and warts in the upper respiratory tract. There is no treatment for HPV infections, but the conditions it causes can be treated. This new vaccine protects against 4 major types of HPV. It is only available to females ages 10-26 years of age. It requires 3 doses over a 6 month period and is most effective when gotten before sexual activity is initiated. It is still recommended after a woman has had some sexual activity.

Immunizations continued

Resources:

-  Olmsted County Public Health Services.....328-7500
Information & low cost immunizations
Hours: 8:00-11:30 am Tuesday, Thursday, Friday
1:00-4:30 pm Monday-Friday
Closed Holidays
-  Travel Clinic at Mayo Clinic.....255-7763
-  Planned Parenthood Rochester.....288-5186

Also check with your healthcare provider

These websites will provide you with more information on immunizations.

-  www.immunize.org
-  www.cdc.gov/vaccines



Influences

We live in a culture that uses sex to sell. Sex is used to increase ratings and to increase sales, at our expense. That continual exposure we have to sexual messages makes sex and sexual violence seem “normal” and we become desensitized. We receive many messages everyday from the media and our culture in general. Whether you like to watch TV, surf the web, go to movies, listen to music or play video games, read magazines or shop at the mall, it’s important to be aware of the effect these messages may have on you and what you believe and choose to do. We often receive the message that everyone is having sex. They’re not. Remember, they make money by entertaining you and selling you things, not helping you make good choices about sex.

It’s difficult, if not impossible, to live in our country and isolate yourself from these influences. Here are some tips to help you avoid being a victim of sex-ploitation.

- Think about the messages you are receiving from lyrics or images. Are you hearing or seeing messages that are disrespectful? Be careful not to treat people you care about that way. Think about how important love and respect are to a good relationship.
- Always question what you see, read, or hear. They are not always telling the truth. Does the message fit with your values? Is the message reality or fantasy?
- Sexy models and images are used to sell. Don’t let those images pressure you to dress or act in ways that are not right for you.
- Media messages make it seem like “everyone” is having sex – and that having sex is not a big deal. But in real life, sex is something to take seriously. TV and movies don’t always show the potential consequences of sex.
- Be a leader. Make your friends aware of these messages and the effects they have. Don’t let peer pressure impact your decisions.
- Turn it off - don’t buy it, watch it, or listen to it. Make a conscious effort to avoid media and businesses that use sex and violence to sell. There are many positive choices you can make as a consumer that don’t use sex and violence to sell products.

Internet Safety

The internet can be a wonderful resource for youth. It opens doors to an enormous amount of information from around the world that can be accessed with the click of a button. People can access movies, books, and social networks, shop, listen to music, watch video clips, and learn more about nearly any topic. However, the internet also poses risks and dangers, including identity theft, internet predators, scam artists, and violent, sexually explicit, or hateful images and messages. By following some simple guidelines, you can enjoy all the internet has to offer in a safe environment:

- Never give out personal information online. Choose a screen name that doesn't identify you or your gender.
- Tell your parent, guardian, or teacher right away if you come across or are sent any information that makes you feel uncomfortable.
- Report sexual or violent images or messages by calling your internet service provider.
- Never agree to a face-to-face meeting with someone you met online. People are not always who they say they are, and it is easy to disguise your true identity online.
- Never post anything on the internet that you wouldn't want known to the public at large, and never reveal anything about other people that might get them in trouble.
- Do not accept for fact anything that you read or see on a website, unless you can verify that the website is legitimate.
- Don't fall for internet schemes. Scams may include "freebies", promises to help you earn lots of money, lose weight quickly, or enhance your appearance. If it sounds too good to be true, it probably is.
- Be aware of copyright laws. They can be quite confusing, but it is generally illegal to download copyrighted music or videos via peer-to-peer networks or websites without paying for them. Some "free" downloads are legitimate, but not all. Usually a fee is required to download media lawfully.
- Do not plagiarize information you find online to use for homework or school papers.

Internet Safety continued

Internet Safety Resources:

- ☎ Recording Industry Association of America
http://www.riaa.com/physicalpiracy.php?content_selector=piracy_online_the_law
For information on copyright laws and how to acquire media lawfully.
- ☎ CyberTipline.....1-800-843-5678
www.cybertipline.com
To report if content of an email you receive contains threats to your life or safety, threats to others, pornographic images of children, and evidence of other crimes. The report will be referred to the appropriate law-enforcement agency.
- ☎ Rochester Police Department Crime Prevention Unit.....328-6890
www.coptalklive.com
- ☎ National Crime Prevention Council
www.ncpc.org
- ☎ Wired Safety
www.wiredsafety.org
- ☎ Wired Teens
www.wiredteens.org
- ☎ Rules in Cyberspace
www.cybercrime.gov/rules/kidinternet.htm

The Law and You

Each state has particular laws that deal with acts committed by youth and adults. Just because someone is a minor (under the age of 18 in MN) does not mean that laws do not apply to them. A criminal record can affect you later in life. If you have a record, some schools or employers may not accept you. What you might think is a harmless prank or “no big deal”, could hurt your future.

Pranks

A simple prank, such as removing hubcaps or spraying graffiti, can bring a serious charge of theft or vandalism against you. You may be arrested. Penalties can include a fine, payment for damages, probation, or jail time.

Theft

Taking things that do not belong to you without permission of the owner is theft. When items are taken from a store, it is often called “shoplifting”. There is no difference between shoplifting and theft.

Alcohol, Tobacco, & Drug Laws

Alcohol Laws

It is against the law to serve or permit liquor to be served to minors (under 21) anywhere, including in the home. It is against the law for minors to have alcohol in their possession in a public place or in a car at any time. Any adult who helps a minor obtain alcohol can be charged with a felony crime punishable by imprisonment and/or fine.

Tobacco

It is against the law for any person under 18 to buy cigarettes/tobacco products.

Drugs

The possession or use of marijuana is against the law and penalties include fine, probation, or jail. The selling of any illegal drug is a very serious offense.

The Law and You continued

Arrest

If you or someone you're with is arrested, you have many of the same rights as adults. Here are some things you need to know:

- Do not resist arrest. Your attitude and cooperation will have a direct effect on how you are treated.
- You do not need to say anything to the police in answer to their questions without your parent present and advice from an attorney. You should, however, give the police your name, address, date of birth, and phone number.
- You do not need to sign anything without advice from your parents or an attorney.
- If you give permission to search, you are allowing police to fully search you.
- You have the right to a lawyer.
- Ask the police to call your parents or another adult.

Child Labor Act- Employment Laws

A minor under 14 years of age may not be employed, except:

- As a newspaper carrier, if at least 11 yrs.
- In agriculture, if at least 12 yrs. w/ parental consent
- As an actor/actress
- As a youth athletic program referee, if at least 11 yrs.

Minors under 16 may not work:

- Before 7 am or after 9pm (with the exception of a newspaper carrier)
- For more than 40 hrs/wk, or more than 8 hrs in a 24 hr period
- During school hours on school days

Special rules during the school year- Minors may not work:

- Later than 7pm
- More than 3 hours a day
- More than 18 hours a week

16 and 17 year olds may not work:

- Later than 11pm on evenings before school days.
- Before 5 am on school days.
- With written permission from a parent/guardian these hours may be expanded to 11:30 pm and 4:30 am.

The Law and You continued

Driving Laws

- If a teen is found to be under the influence of drugs or alcohol while driving, his/her license will be revoked until the age of 18. Offenders must completely retake driver’s education and tests to regain his/her license. The perpetrator will face fines, may be required to enter a drug or alcohol treatment program, may have increased insurance rates, or other additional consequences. Anyone under the age of 21 who operates a motor vehicle after consuming *any* amount of alcohol will lose their license for three months. Driving while under the influence, or riding with someone who is under the influence, can cause injury or death to you, someone you care about, or another driver. If you are driving while intoxicated and injure or cause the death of another person (manslaughter), you may be charged with a felony crime. If convicted, you may be fined and/or imprisoned.

- Drivers under the age of 18 are prohibited from talking on a cell phone while driving, except in emergencies. Teenagers are not allowed to use a wireless phone, handheld or hands free, when the vehicle is in motion.

Emancipation

Emancipation gives a minor most of the legal rights and responsibilities of an 18 year old. A minor can be emancipated by a legal marriage, by parental consent or by court order. To get emancipated a youth must go to court and prove to the judge that he or she can take care of him/herself.

Talk to a trusted adult or school counselor, school public health nurse or contact the agencies listed below for additional guidance regarding emancipation.

-  Olmsted County Adolescent Services.....328-6400
-  LINK.....287-2260

The Law and You continued

Weapons

Schools have a zero tolerance policy regarding having anything that could be used as a weapon in school. A student who brings a firearm to school must be suspended for at least one year. A student who brings a firearm to school may be subject to adult criminal charges. A young person who is stopped by the police and found to have a gun or other weapon can be arrested and charged with possession of a concealed weapon. It is always against the law to have possession of a concealed weapon without the proper permit.

If you have questions regarding a legal situation, these resources may be of help to you:

-  Legal Assistance of Olmsted County.....287-2036
1812 2nd St SW
Rochester, MN 55902

-  Olmsted County Public Defender.....285-7370

-  Olmsted County Juvenile Division.....328-2494

-  Immigrant Law Center of Minnesota.....651-641-1011
450 North Syndicate St. Suite 175
Saint Paul, MN 55104

Libraries

Public Libraries provide many free services to young people. There are books available on everything from basketball to romance, college catalogs, books on building self esteem, fashion and beauty, and job hunting skills. Libraries also have magazines, newspapers, computers, software and online subscriptions, audio and video cassettes, compact discs and artwork. Visit your local library or call for more information.

- ☎ Chatfield Public Library.....867-3480
- ☎ Pine Island Public Library.....356-8558
- ☎ Rochester Public Library.....328-2300
www.rochesterpubliclibrary.org
- ☎ Stewartville Public Library.....533-4902



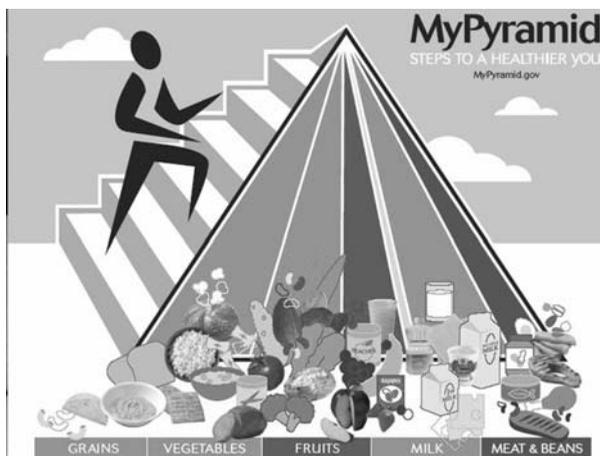
Nutrition

What you eat effects how you look, how your body grows, how you feel and how much energy you have. Only you can take charge of your eating habits.

It's important to:

- Eat a wide variety of foods every day.
- Remember to eat breakfast.
- Eat only when you are hungry and not when you are bored.
- Choose snacks such as fresh fruits and raw vegetables, yogurt, low fat milk, whole-grain bread, low fat popcorn and high fiber cereals.
- Drink water instead of pop and make sure you drink at least 8 cups of water everyday.
- Avoid “super-sized” portions while eating out and at home.
- Learn to read food labels.
- Don't make a habit of eating while watching TV, talking on the phone or using a computer. You will be more likely to overeat.
- Learn as much as you can about healthy eating.
- Learn to cook! You will save money and eat healthier.

Use the food pyramid as a guide to how many servings you should have from the different food groups.



For more information on Nutrition see:

- ☞ www.kidshealth.org
- ☞ www.MyPyramid.gov
- ☞ www.eatright.org

Nutrition continued

Energy Drinks

Energy drinks are heavily marketed to youth. These products can be harmful if consumed in excess. Energy drinks should only be consumed occasionally and should not be part of one's daily routine. These beverages contain lots of sugar and caffeine, which can hook youth on an unhealthy jolt-and-crash cycle. Too much sugar and caffeine can lead to tooth decay, weight gain, mood swings, high blood pressure, stomach ulcers and acid reflux, dehydration, and addiction. It is possible to become poisoned by too much caffeine. Many energy drinks also contain B vitamins, which when taken in megadoses can cause rapid heartbeat, and numbness and tingling in the hands and feet.

The combination of ingredients in energy drinks and the effects they may have are not well understood. Don't get pulled into the edgy and appealing advertisements. These products are not good for you, so only use them in moderation. Never mix energy drinks with alcohol, medication, or other drugs.



Peer Pressure

No matter how old they are, people care about what others think of them and want to fit in. The influence of your friends and people your age, your peers, can be powerful. It can affect how you feel, dress, and act. This is called “peer pressure.” Peer pressure can be good and bad. Good peer pressure can help you do better in school or sports, achieve your goals, and try new things that help you grow as a person. Negative peer pressures may encourage you to make fun of someone, to tell a lie, or to cheat on a test. Sometimes the peer pressure may be about actions that have more serious consequences like skipping school, using drugs or alcohol, shoplifting, or having sex before you’re ready. Think about what’s best for you- Make up your own mind and stand up for what you believe in.

The decisions you make say a lot about who you are and who you want to be. When you are faced with pressures from your peers and you are unsure of what to do, try talking to someone you trust. You can turn to your parents, a close friend, school counselor, teacher, or coach for help.

Saying “No” to friends can be tough. The set of skills below will help you refuse activities you don’t want to take part in while:

- Keeping your friends
- Staying out of trouble
- Having fun

Refusal Skills

1. Ask questions
Determine if the situation sounds like trouble.
2. Name the trouble
Tell your friend the real or legal name of the trouble. This helps them realize how serious the trouble could be.
3. State the consequences
4. Suggest an alternative and invite that person along
5. Leave the situation
You won’t always be able to convince your friends to do the right thing. True friends will respect your decisions. Don’t follow the group if it will get you in trouble.

Be a leader.

Personal Safety

Personal Safety Tips

- Make sure entries to the home are properly secured. Lock doors at night, or when home alone.
- Do not give out personal information over the phone, through the mail, or over the Internet unless you have initiated the contact or know with whom you are dealing.
- If you notice someone following you when you're driving, head for the nearest busy, brightly lighted area. Write down the license number and make and model of the car. Call 911 or your local emergency number.
- Always lock car doors and take the keys when you leave your car, even if you'll be gone "just for a minute."
- Don't leave valuables in view in the car. Leave them in the trunk or, better yet, take them home immediately.
- As you walk down the street or through the parking garage, walk alertly and assertively. Be observant of your surroundings.
- If you carry a purse, hold it close to your body; if a wallet, keep it in a front pocket.
- Always take the safest routes to and from school, stores, and the homes of friends by sticking to well-traveled streets and avoiding short cuts. Use the "buddy system."
- Don't display your cash or any other inviting targets such as pagers, cell phones, hand-held electronic games, or expensive jewelry and clothing.
- Trust your instincts. If something doesn't feel right, leave and go to a safe place.
- If someone approaches you and you feel uncomfortable, or they ask you to go somewhere with them- say no, get away, and tell someone right away. Never accept a gift or ride from someone you don't know.
- Obey traffic laws and drive safely.

Personal Safety continued

Automobile Safety

All-Emergency Kit

- flashlight & extra batteries
- disposable camera
(in case of damage due to accident)
- pencil and paper
- jacket or blanket
- spare tire
- car jack
- lug wrench
- jumper cables
- important phone #'s

Winter Kit

- Shovel
- tow and tire chains
- bag of salt or cat litter
- tool kit
- ice scraper and snow brush
- matches
- scissors and string/cord
non-perishable, high energy
foods
- extra clothing
- water

First Aid

First Aid Kit

- latex gloves
- sterile dressing
- cleansing agent/soap & antibiotic towlettes
- antibiotic ointment
- adhesive bandages
- eye wash solution
- scissors
- tweezers
- pain reliever medication
- antacid
- anti-diarrhea medication
- laxative

Personal Safety continued

Emergency Preparedness

Emergencies happen all of the time. Being prepared is very important on how we handle the emergency. Be informed about the types of emergencies that could impact you. It could be a tornado, ice storm, pandemic flu, school shooting or motor vehicle accident. Planning for emergencies should be done by everyone, including individuals and families. Even schools do emergency planning. Having your family make plans for fires or communication when the phones go down may help keep you and your family calm.

Make a kit: Keep supplies in your home and car that will help you in an emergency. To find out exactly what to include in your emergency preparedness kit, visit the following website. You can use this resource to customize a plan for yourself or your family.

Emergency Planning and Education

📄 **Code Ready**
www.codeready.org



Pregnancy and Parenting

Pregnancy Testing and Counseling

If you or someone you know thinks that they might be pregnant and is uncertain what to do, it is important to find out immediately. Go to a health care facility for a pregnancy test and talk to a trusted adult about the situation. Tests done with kits at home are not always accurate.

The earlier you know if you are pregnant, the earlier you can begin to take care of yourself by beginning pregnancy care and especially by avoiding alcohol, cigarettes and drugs. Everything you put into your body, all that you eat, drink, or breath, goes to your baby.

Confidential pregnancy testing and counseling are available at the following agencies. Parental permission is not required. Call first for hours, cost, if any, and to find out if you need an appointment.

Pregnancy Testing and/or Counseling Services:

-  Birthright of Rochester.....288-9374
Not affiliated with any religious organization.
-  Catholic Charities.....287-2047
-  Mayo Clinic.....284-5135
-  New Life Family Services.....282-3377
This non-denominational faith-based service has a teen pregnancy program called First Care.
-  Olmsted County Public Health.....328-7500
-  Olmsted Medical Center.....288-3443
-  Planned Parenthood.....288-5186
www.plannedparenthood.org/mn-nd-sd

Pregnancy and Parenting continued

Pregnancy Care

Pregnancy medical care should begin during the first three months of pregnancy.

The following health care facilities offer prenatal care:

☎ Olmsted Medical Center.....288-3443

☎ Mayo Clinic.....284-5135

If you don't have health insurance, financial coverage for prenatal care is available under the state's Medicaid programs.

For more information see:

FINANCIAL/MEDICAL AND OTHER ASSISTANCE

For more information on pregnancy care, go to:

📄 www.marchofdimes.com

Adoption

Making a decision regarding your unplanned pregnancy may be one of the most difficult decisions you will ever make. It is important to take the time to learn about all of the options available to you so you can make the best, most informed decision possible. Speak with a parent, school public health nurse, counselor, or a trusted adult.

Other resources for pregnant and parenting teens are:

☎ Birthright.....288-9374
Not affiliated with any religious organization.

☎ Catholic Charities.....287-2047

☎ Lutheran Counseling and Family Services.....800-466-0401

☎ New Life Family Services.....282-3377
This non-denominational faith-based service has a teen pregnancy program called First Care.

☎ Olmsted County Social Services.....328-6400

Pregnancy and Parenting continued

Additional Support Services for Pregnant and Parenting Teens

There are a number of other agencies that offer services for pregnant and/or parenting teens. Parenting skills and nutrition programs are among the services offered. Check with your school for programs to help you stay in school or call the following agencies for information.

- **Safe Haven or Safe Place for Newborns Law:** A mother may bring her unharmed newborn, up to 3 days old, to any hospital in the state of Minnesota anonymously and free from the fear of prosecution. The hospital must not inquire regarding the identity of the mother or call the police, provided the newborn is unharmed when presented to hospital staff. When an infant is left at a hospital using the Safe Haven Law, the staff will provide any needed medical care. They will contact the local county Social Services office, who will assume custody of the baby, and place the child into foster care.

Olmsted Community
Hospital
1650 4 Street SE
Rochester, MN 55904
285-8485

Methodist Hospital
201 West Center Street
Rochester, MN 55902
286-7004

St. Mary's Hospital
1216 2 Street SW
Rochester, MN 55902
285-5123

- ☎ **Crisis Nursery of Olmsted County.....287-1499**
Crisis Nursery of Olmsted County is an immediate, family-centered child abuse and neglect prevention service. Crisis Nursery provides temporary, safe, nurturing care for children and support for parents.

Pregnancy and Parenting continued

Resources for pregnant or parenting teens continued

-  Bright Futures.....328-7500/529-4960
www.co.olmsted.mn.us/health (click on Healthy Children and Families)
Bright Futures is a support program for teens that are pregnant or parenting. Bright Futures promotes healthy pregnancies and parent child relationships. Families receive support and information regarding:
- *Healthy pregnancy*
 - *Child development*
 - *Housing/adoption options*
 - *Finances/budgeting*
 - *Health care*
 - *Child care*
 - *Education or work goals*
 - *Parenting*
 - *Goal setting*
 - *Decision making*
 - *Community resources*
 - *Resources for fathers*

Bright Futures also offers visits by a caring public health nurse and social worker, fun parent group activities that provide opportunities for parent and child activities and development of new friendships while learning about yourself and your child. In addition, you'll receive connections to community resources including financial services and assistance. Bright Futures also offers team meetings to answer questions about finance, school, health care, paternity, child support, and other concerns of the teen or their family.

-  WIC (Women, Infants, and Children).....328-7555
www.co.olmsted.mn.us/family
WIC provides nutritious foods and education for pregnant moms and their infants and children up to age five.

-  Teen MOPS (Mothers of Preschoolers).....282-5569 Ext. 301
teenmops@cccrochester.org
This non-denominational faith-based program offers a support group for pregnant and parenting teens.

-  Golden Hill Child Care Center.....328-3999
Golden Hill Child Care Center offers child care for teen parents who attend school at CEC (Continuing Education Center) or any other high school program. Care is also offered for children whose parents work during the day and attend night school. Open 7:15 am – 3:15 pm during the school year.

Pregnancy and Parenting continued

Resources for pregnant or parenting teens continued

-  Child Care Resource and Referral (CCRR).....287-2020
www.c2r2.org
CCRR delivers information, child care referrals, and training for parents and child caregivers. CCRR's primary goal is to ensure that all children have access to a quality, nurturing environment. Programs are designed to serve all income levels and diverse backgrounds.
-  "Hand in Hand" Adult and Family Literacy.....287-2366
www.rochester.k12.mn.us
Hawthorne Education Center
700 4 Ave SE
Rochester, MN 55904
Hand in Hand Family Literacy combines Early Childhood Family Education and Adult Literacy to provide a comprehensive family literacy program for families with children ages birth to seven years old.

Early Childhood Family Education in Olmsted County:

-  PAIIR/ECFE/Rochester.....328-4020
- Early Childhood Family Education (ECFE) is a public school program available to all families with children birth to kindergarten enrollment.
 - PAIIR stands for Parents are Important in Rochester. It is the Rochester District ECFE program.
PAIIR offers education, support and fun for parents with young children, ages birth to kindergarten enrollment.
-  Byron.....775-2336
-  Chatfield.....867-3265
-  Dover/Eyota.....932-4870
-  Pine Island Elementary School.....356-8581
-  Stewartville Tiger Time.....533-1599

Relationships

Friendships are very important to youth. They can be wonderful and complicated all at the same time. Being a good friend takes time, commitment, trust, and respect. Relationships, whether with friends, family, teachers, classmates, or coaches, are not always easy. People all have different perspectives, opinions, priorities, and interests. Our differences make us unique and interesting. They can also cause disagreements and conflicts. Conflicts happen in all relationships and that's okay! You can resolve conflicts by being open, honest, and willing to listen. By practicing your communication skills you will grow as a person, and your relationships will become stronger.

Dating and Love Relationships

Dating relationships should be fun and make you feel good about yourself. It is important that you be able to talk honestly and freely. Make decisions about activities you do as a couple, together. Determine your limits and values and communicate those with your boyfriend or girlfriend. You have the freedom to be yourself, and should respect one another's independence and ideals. You do not have to stay in an unhealthy relationship! **YOU DESERVE BETTER.** Talk to a trusted adult immediately and get help if you or a friend is in an unhealthy relationship.

For more information see:

VIOLENCE PREVENTION- RELATIONSHIP/DATING VIOLENCE

<u>Healthy Relationship</u>	vs.	<u>Unhealthy Relationship</u>
<ul style="list-style-type: none">• Have fun together more often than not• Each enjoy spending time separately, allow 'space'• Feel safe with each other• Trust each other• Support each other's goals and interests• Respect each other's opinions, even when they are different• Solve conflicts without putting each other down or making threats• Accept responsibility for actions• Apologize when wrong• Have equal decision-making power• Have some privacy- diaries, journals, cell phones• Close friends and family are happy about the relationship• In a dating relationship, communicating about opinions on sexual activity. Never feel pressured for sex.• Always treat each other with respect		<ul style="list-style-type: none">• Gets extremely jealous• Makes the other feel bad about him or herself• Doesn't take the other person's goals or interests seriously• Doesn't listen when the other talks• Frequently criticizes the other's friends or family• Uses threats• Has ever grabbed, pushed, hit, or physically hurt the other• Blames the other for bad behavior• Embarrasses or humiliates the other• Tells the other how to dress• Plays mind games• Goes back on promises• Acts controlling or possessive• Uses alcohol or drugs as an excuse for hurtful behavior• Makes all the decisions• Pressures the other for sex• Depends completely on the other to meet social or emotional needs.

Religion/Spirituality

Many individuals believe in the mind, body, and spirit connection. They believe that to be truly healthy, we must intentionally take care of not only our body and mind, but also our spirit. The way you choose to do this will depend on your cultural and religious beliefs. Olmsted County is a community rich in practicing faiths. There are too many to list in this resource. Check the yellow pages of your phone book or talk to a trusted adult to locate the best option for your unique spiritual needs.

For a listing of faith communities in Rochester visit the following website:

☎ Rochester411
www.rochester411.com/worship/

Runaway/Shelter

Sometimes running away from home feels like the only thing that will make things better. Unfortunately, the problem you may be running from does not go away and may even become worse. It is hard to think clearly when you are feeling bad about life. Before you run away, talk it over with someone you trust. So who can you talk to? Teachers, school counselors, your parents or other family members, reliable friends, or a religious leader are some suggestions.

If you (or a friend) have tried to solve the problem and are still determined that running is the only answer, find a safe place. Even the strongest, smartest, most streetwise people are taken advantage of, ripped off and seriously hurt while trying to make it on their own.

If it becomes impossible to stay at home, discuss with a caring adult other places you could stay temporarily like a relative, friend, neighbor, teacher, or clergy person. There are places you can go to be safe, to talk things out and to decide what to do next.

Running away may make you feel better at first. Talk about it first. Your safety is what's most important.

Here are some numbers to call if you or a friend are considering running away or has run away:

-  Bridge for Runaway Youth (24 hours).....612-377-8800
www.bridgeforyouth.org
-  Crisis Line (Rochester/24 hours).....328-6400
-  Crossroads Shelter (Owatonna).....455-3863
Provides short term emergency shelter care for teens and children.
-  Safe Zone (St Paul).....651-772-5555
www.face2face.org
-  Youth Link/Project Offstreets.....612-252-1200
www.youthlinkmn.org
-  National Runaway Switchboard (24 hours).....800-621-4000
-  Home Free.....800-621-4000
Allows runaway youth, 12-18 to return home free. To initiate the process, the runaway must contact the National Runaway Switchboard.
-  Runaway and Youth Services800-924-7238
A 24-hour helpline for emergency shelter or to talk anonymously with a caring adult.

Self Esteem

Self Esteem is about how much we value, love and accept ourselves and about how much we feel valued, loved, accepted and thought well of by others. Having good self esteem helps us to have better relationships, ask for help or support when we need it, do well in school, accept ourselves and live life to the fullest. Everyone experiences problems with self esteem during certain times in their lives, especially the teenage years. The good news is that self esteem can be changed. If your self esteem is not as high as it could be try the steps below:

- Try to stop thinking negative thoughts about yourself
- Aim for accomplishments, not perfection
- View mistakes as learning opportunities
- Try new things
- Recognize what you can change and what you can't
- Set goals
- Take pride in your opinions and ideas
- Volunteer
- Exercise
- Do things you enjoy

If you would like to speak with someone about your self esteem contact your school counselor or public health nurse.



Sexual Activity

You get lots of message about love and sex. Parents, friends, church, television and magazines send different ideas about being in love or being sexually active. It is important that you get the facts and sort through your feelings. You are the one who must make choices and be willing to live with the consequences, good or bad. The more you know about and like yourself, the more likely it is that you will make decisions that are right for you.

Lots of people have sex for reasons that have nothing to do with intimacy and love such as:

- Curiosity about sex
- Hoping to become more popular
- Getting pushed into sexual intimacy by their partner or peer pressure
- Thinking sex is glamorous as it is shown on TV, movies and magazines

You should not feel pressured into doing something you don't want to do. The most important thing to remember is **YOU HAVE THE RIGHT TO CHOOSE!** Keep in mind that sexual experience can result in lifelong consequences: pregnancy, sexually transmitted infections (STIs) or AIDS. The only way to prevent this from happening is to say no to sex or to be abstinent.

Talk with your parents or others whom you trust and respect. If you need more information or you would like to talk to someone about your feelings, your school counselor, school public health nurse, or your health care provider are good people to listen and help.

For more information see:

EMOTIONAL AND MENTAL HEALTH COUNSELING

Birth Control Methods

There are many different types of birth control or contraceptives:

Abstinence

Abstinence is the clear decision to not have sexual intercourse. If you are sexually abstinent it means you are not having sex. It's important for you to be clear with yourself regarding what 'having sex' means to you. Every person's definition of "having sex" is different. If "having sex" means you are going to abstain, or not have vaginal sex, you will reduce your chances of unplanned pregnancy. If you don't believe that having oral or anal sex is "having sex", you need to remember that if you engage in these activities, you are still at risk for STIs, HIV/AIDS, and emotional harm if the relationship doesn't work out as you hoped.

Sexual Activity continued

Abstinence

People choose not to have sex for many reasons:

- Don't feel ready
- Moral and/or religious values
- Parents would be upset if they knew
- Want to wait until marriage
- Avoid getting STIs or HIV/AIDS
- Had sex already but felt it was a mistake
- Fear of getting pregnant

If abstinence is the birth control method you have chosen, you need to plan how you will make it work for you. Abstinence, like any other birth control method, needs to be used perfectly 100% of the time in order to prevent pregnancy. In other words, you need to plan how you will make abstinence work for you or it won't be effective.

When you feel pressured to have sex, consider these tips.

- Set your personal limits-what you will and will not do
- Discuss your feelings with your partner
- Learn to say NO and mean it
- Don't use alcohol or other drugs that make it hard to say NO or stay in control
- Avoid situations where you may be tempted or are able to have sex.

Some partners WANT to become pregnant. It's important to remember that studies show between 20-30% of teen pregnancies are planned. Becoming a mother or a father is a great goal, however babies need mothers and fathers prepared to care for them emotionally and financially. Very few teens are ready to do this. Think about what is best for a child before intentionally becoming pregnant.

Other Birth Control Methods

If you are sexually active, you risk becoming pregnant. You are also at risk of getting STIs. Talk to someone you trust and respect about your decision to be sexually active. The best way to prevent pregnancy or an STI is to not have sex (vaginal, anal, oral). If you choose to have sex, be responsible and protect yourself and your partner. There is no such thing as safe sex, only safer sex.

Sexual Activity continued

Birth Control Methods continued

You should be aware of the following statistics. Birth control methods are only effective if used consistently, properly and according to instructions. The rates listed below show a success rate ranging from typical use of the birth control method to actual use of the birth control method. It refers to the percent of women likely to not become pregnant while using a birth control method for one year.

Birth control method	Success Rate
Abstinence (not having sex)	100%
Pill	92-99%
Depo	97-99%
Condom	85-98%
Spermicide	71-82%
Withdrawal	72%

There are many different kinds of birth control. For more information about starting on a birth control method contact the agencies listed below. For youth, it is usually best to talk to your parents about your health concerns. However, you may want your health care visits and the advice you get to be confidential (private). In Minnesota, youth are able to receive birth control without notifying parents. Ask your health care provider when you are scheduling your appointment to be sure your visit will be kept confidential.

Sexual Activity continued

Plan B /Emergency Contraception/Morning After Pill

Emergency Contraception is a way to protect against pregnancy after unprotected sex or after birth control failure. Plan B is more effective preventing pregnancy the earlier it is taken, however it can be taken up to 5 days after unprotected sex. Plan B Works the same way the birth control pill does to prevent pregnancy. Plan B will not end or harm an already established pregnancy. Plan B is available through your health care provider or Planned Parenthood. Plan B can be purchased at drug stores by individuals 18 and over without a prescription. Plan B is safe to use more than once but you should talk to your clinic about starting a regular method of birth control following the use of Plan B for greater protection against pregnancy

Birth Control Resources:

Condoms and spermicides may be purchased at many drug stores by persons of any age. Birth control pill, patches, rings, depo and other methods usually require a visit to a health care provider, or for affordable, confidential services:

 Planned Parenthood.....288-5186
www.plannedparenthood.org/mn-nd-sd

For more information on the risks of being sexually active see:

- HIV/AIDS***
- PREGNANCY AND PARENTING***
- SEXUALLY TRANSMITTED INFECTIONS***

For pregnancy testing see:

- PREGNANCY AND PARENTING***

Sexual Orientation

Gay/Lesbian/Bisexual/Transgender and Questioning Youth

Teenagers receive many messages regarding love and sex from the media that may conflict with messages they receive from their family and place of worship. It is important that you get the facts and sort through your feelings. Know your values and limits before a situation comes up.

Questions about sexual thoughts, feelings, behaviors, and sexual orientation can occur during teenage years and are normal. Talk with adults you trust and respect such as relatives and parents, religious leaders, and adults you trust at school, such as your school guidance counselor, school social worker, or school public health nurse.

Other resources include:

Abstinence and Safer Sex Support Groups

-  Planned Parenthood.....288-5186
-  Olmsted County Public Health Services.....328-7500

Sexual Orientation Information and Support Services

-  Gay Lesbian Youth Services.....289-6329
www.gayyouthrochestermn.org
glysroch@juno.org
-  Professional AIDS Network
professionalaidnetwork@charter.net
-  Program in Human Sexuality at the University of Minnesota
www.fm.umn.edu/fm/phs/home/html

Many schools have a Gay Straight Alliance; talk with the school guidance counselor or school social worker to learn if your school has one.

Sexually Transmitted Infections

If you think you might have a sexually transmitted infection, formerly known as sexually transmitted disease (STD), it is important to talk to your parents or someone you trust and to get medical attention immediately. Anyone who is sexually active can get a sexually transmitted infection (STI). The main way to get an STI is through sexual contact, (vaginal, oral or anal) with someone who is infected. Included in these diseases are chlamydia, gonorrhea, herpes, syphilis, trichomonas, Human Papilloma Virus (HPV)/genital warts and HIV/AIDS.

Facts

- The only way to be 100% sure you will not get an STI is NOT to have sex (This includes vaginal, oral and anal sex)
- If you have sex, (vaginal, oral, anal) use a condom or a dental dam. Condoms will protect you from most, but not all, STIs.
- You do not catch STIs from toilet seats.
- You can get STIs at any age and get them again and again.
- Birth control does not protect you from STIs
- Be aware that some infections can be treated but not cured – you will have them for the rest of your life.
- Anyone can get STIs even if you've had sex only once.
- The only way to know for sure if you have an STI is to get tested.

Symptoms

It is possible to have an STI and not have any symptoms. One or more of the following may indicate that you have an STI:

- Discharge of pus from the penis or vagina
- Painful burning sensation while urinating
- Painless sores or blisters on or around the lips, mouth or sex organs
- Itching or swelling in the groin area
- Unusual discharge or odors from the vagina or penis
- Patchy hair loss from the scalp

If an STI is left untreated, it will continue to damage your body, even if you have no symptoms or they disappear. Untreated STIs can lead to sterility (the inability to have children), heart disease, paralysis, blindness, deafness, non-healing skin sores, arthritis and complications in newborns including deformity, blindness and death.

Sexually Transmitted Infections continued

Remember...most STIs can be treated and most can be cured! Do not be embarrassed to see a doctor to see if you have an STI. The longer it goes untreated, the more damage it will do to your body. STI testing is not painful! Depending on the test the doctor orders, a simple urine specimen, mouth and vaginal swabs or blood tests are all that is required.

All STI services are confidential. Your privacy is respected. Teenagers do not need parental consent for testing and treatment of STIs. For more information about testing, preventing or treating STIs talk to your health care provider or call:

 Olmsted County Public Health Services.....328-7500
 Planned Parenthood.....288-5186

HIV/AIDS

HIV (Human Immunodeficiency Virus)/AIDS (Acquired Immune Deficiency Syndrome) is a sexually transmitted disease that leads to death. There is treatment but no cure for HIV/AIDS at this time.

HIV/AIDS is spread by sexual contact or sharing needles with intravenous drug users. HIV/AIDS is transmitted through contact with blood, semen or vaginal fluid infected with the HIV virus.

Your best protection against HIV/AIDS is to not use intravenous drugs and not to have sex (vaginal, oral, anal). If you do have sex, use condoms.

If you have questions about HIV/AIDS and want confidential information call:

 American Red Cross AIDS/HIV Teen Hotli.....800-440-8336
 Minnesota AIDS Project.....800-248-2437
www.mnaidsproject.org TTY 888-820-2437
 National AIDS Hotline.....800-342-2437
 National AIDS Hotline (en Espanol).....800-344-7432
 Olmsted County Public Health Services (OCPHS).....328-7500
 Planned Parenthood.....288-5186

For free confidential testing and counseling contact Olmsted County Public Health Services or Planned Parenthood (Phone numbers listed above).

Sleep Disorders

Youth are known for staying up late at night and having a hard time waking up. Most youth need about nine hours of sleep a night. Few actually get that much sleep regularly. Part time jobs, homework, school activities and friends often compete for sleep time. Sleep deprivation can have serious consequences. Daytime sleepiness makes it difficult to concentrate and learn, or even stay awake in class. Too little sleep may contribute to mood swings, behavioral problems and car accidents.

Catching up on sleep during the weekends seems like a good solution, but it doesn't help much. So what can you do?

- Stick to a schedule. Try to go to bed and get up at the same time every day, even on weekends. Limit working hours and late night social and school activity time.
- No long naps. If you are sleepy during the day, taking a nap during the day can be refreshing, but it can also make it harder to fall asleep at night.
- Avoid caffeine. Too much caffeine can interfere with a good night's sleep.
- Establish a bedtime routine. Wind down at night with a warm bath, book or relaxing activity. Avoid loud music, video games or phone/computer use in the half-hour before bed. Keep the TV out of your room and off at night. Encourage your family to help keep the house quiet so you will be able to sleep.
- To make the switch to a healthier sleep schedule a bit easier, begin by falling asleep at your natural bedtime for a few nights, but get up at a fixed wake up time. Then move your bedtime back by 15 minutes each night until you reach a reasonable bed time.
- Avoid sleeping pills or other medications unless specifically prescribed by a physician.
- Be patient. For some youth, poor sleep habits have been practiced since childhood and will take time to change.
- In some cases, daytime sleepiness can be a sign of something else. Sometimes medications affect sleep. Depression can cause a person to sleep too much or too little. Sleep apnea can interfere with breathing and disrupt sleep. If you are concerned about your daytime sleepiness or sleep habits, contact your doctor or see your school public health nurse or counselor.

For more information see:

HEALTH CARE

EMOTIONAL AND MENTAL HEALTH COUNSELING

Stress

Stress is a common experience for all of us and can be felt at varying degrees.

Signs of stress:

- Upset stomach
- Headache, backache
- Insomnia
- Eating too much or too little
- Crying
- Frustration with things that normally don't bother you.

Youth encounter stress from many different sources, including:

- Breaking up with boy/girl friend
- Trouble with parents
- School demands and frustrations
- Trouble with brother or sister
- Increased arguments between parents
- Serious illness or injury of family member
- Trouble with classmates
- Taking on too many activities or having too high expectations
- Caffeine
- Not enough sleep
- Negative thinking

In addition, multiple issues can build up and feel overwhelming. If unresolved, stress can result in depression, anxiety, sleep and appetite changes, as well as other emotional and physical complications.

Ways to Relieve Stress

- Talking with friends and family
- Exercise
- Increase fresh fruits, vegetables, fiber and lean meat in diet
- Decrease salt, fat, caffeine and refined sugar in diet
- Hobbies
- Breathing exercises and relaxation techniques

At other times, we might need to talk to a professional (e.g. counselor, social worker, doctor) to help deal with and/or alleviate the stress.

For more information see:

EMOTIONAL AND MENTAL HEALTH COUNSELING

Suicide Prevention

There may be times when feelings of sadness or hopelessness won't go away. These feelings begin to affect many areas of a teen's life, and they may wonder if life is worth living.

Most people, including youth, give clues and warning signs that they are thinking about suicide.

Possible clues and warning signs:

- Comments such as "I'm going to end it all" or "I wish I were dead."
- Giving favorite possessions away
- Talking or writing about death/suicide
- Risky behaviors such as self-cutting, reckless driving or use of alcohol and drugs.
- Isolating and withdrawing from friends, family and favorite activities.

What you should do:

- **TELL A TRUSTED ADULT IMMEDIATELY**, such as a parent, school social worker or guidance counselor, teacher, or coach.
DON'T KEEP IT A SECRET!!!
- Be willing to listen.

-  **For immediate assistance, call..... 911**
-  Crisis Receiving Unit.....281-6248
-  Crisis Connection.....1-866-379-6363

If you have lost a friend or loved one to suicide, there is support for you:

-  Rochester Area Support Group - contact Nancy.....281-5588
-  SOS (Survivors of Suicide Loss) - contact Karen.....288-5605
Meets the third Thursday of the month
7:00p.m.
Evangelical United Methodist Church
2645 N. Broadway
Rochester, MN 55906

Tanning

Before you put on your bathing suit and head for the pool or into a tanning booth, make sure you are informed about your skin and sun exposure.

The sun's rays contain ultraviolet radiation that reaches your skin. A tan may be fashionable, but it's also visible proof that your skin has cellular damage. Continued exposure to the sun and UV radiation can cause wrinkles, brown age spots and leathery, older looking skin.

So how do you practice sun smarts? Staying out of the sun altogether may seem to be the only logical answer. The key is to enjoy the sun sensibly.

- Wear sunscreen with an SPF of at least 15 every day, even on cloudy days. Sunscreens or sunblocks, which block the sun's harmful rays, are one of your best defenses against sun damage. The higher the number the greater the protection. Use a sunscreen that blocks both UVA and UVB rays.
- Apply sunscreen thickly and frequently every 2 to 3 hours and after swimming or sweating.
- Avoid tanning "accelerators" or tanning pills that claim to speed up the body's production of melanin or darken the skin.
- Wear a hat with a brim and sunglasses that provide protection against UV rays.
- Avoid tanning beds as they have been linked to cancer in teens and young adults.

Even if you are serious about protecting your skin, you may still want the glow of a tan. Luckily, many products on the market will let you tan safely and sun free. Sunless self tanners and airbrush tanning are two safe and healthy options.

For more information about sun safety:

 www.cancer.org

Transportation

Olmsted County has a variety of transportation resources. Some areas of the county have more than others. Remember to plan ahead how you will get to and back from your activities and appointments. Try hooking up with nearby friends or neighbors if you need a ride. Encourage your parents to develop car pools with other parents, or check out school and community resources for ride options. If you are working, talk to your co-workers about sharing rides.

Community Resources:

- ☎ Drivers License.....328-7640
- ☎ Kids on the Go.....289-1944
www.rochestercitylines.com
- ☎ Rochester City Bus Route Information.....288-4353
- ☎ R&S Transport.....289-5080
- ☎ Yellow Cab.....282-2222



Violence Prevention

Anger Management

Anger is a feeling that can be displayed in many different ways: from resentment to rage and fury. Anger can be a very frightening emotion to have. If it is displayed in an unhealthy way it can take the form of physical and verbal violence, prejudice, malicious gossip, antisocial behavior, sarcasm, addictions, withdrawal and psychosomatic disorders. Anger can be a healthy emotion if it is handled in a healthy way. Your anger may be a signal that something in your life is not working; it may be masking an underlying problem such as: abuse, depression, anxiety grief, alcohol abuse, substance abuse or trauma. If you are frequently angry and have acted in any of the unhealthy ways listed above you may want to contact one of the professional counselors listed in this book.

For more information see:

EMOTIONAL AND MENTAL HEALTH COUNSELING



Violence Prevention continued

Bullying/Harassment

No one deserves to be bullied. Bullies come in all shapes, sizes and ages; they are so insecure or jealous they need to put others down to feel good about themselves. Bullying is a sign of weakness; the bully is so out of control they need to control others, make others scared or sad. Bullies need to be stopped.

Types of Bullying:

- **Verbal:** the most common, can take the form of name-calling, taunting, belittling, cruel criticism, personal defamation, racist slurs and sexually suggestive or sexually abusive remarks.
- **Physical:** this type of bullying can include slapping, hitting, choking, poking, punching, kicking, biting, pinching, scratching, twisting limbs into painful positions, spitting and damaging or destroying clothes and property belonging to the bullied person.
- **Relational:** the most difficult to detect, is the systematic diminishment of a bullied persons sense of self through ignoring, isolating, excluding, or shunning.
- **Extortion:** stealing someone's money or belongings
- **Cyberbullying:** using computers, the Internet, cell phones etc. to bully others.
- These types of bullying can be used together or one can lead to another.

All schools have a policy regarding bullying and harassment. Check your school website or Rights, Rules, and Regulations booklet.

Violence Prevention continued

Bullying/Harassment continued

Tips for the bullied:

1. Stay calm, bullies love a reaction.
2. Ignore the bully.
3. Walk away from the bully.
4. Think of things to say ahead of time.
5. Use humor with the bully.
6. Try to be with a group of friends when you know the bully will be around.
7. Stand up for yourself, believe in yourself, and tell the bully what you think about what they are doing.
8. Do not fight back or stoop to the bullies level; don't tease, threaten or hurt them.
9. Tell someone you trust, get help; no one deserves to be bullied.

Tips to keep from getting bullied:

1. Try not to be alone - hang out with a group of friends, and walk to school with someone.
2. Avoid the bullies or places where bullies are.
3. Stay within sight of teacher/grownups
4. Sit near the driver when taking the bus.
5. Don't bring expensive belongings or a lot of money to school.
6. Act confidently; don't slouch, look at the ground, or fidget, don't act scared.

What to tell others if you have been bullied:

1. What happened?
2. What you did about it.
3. Where, when and how often it happened.
4. Keep a record of everything; don't forget to mention who witnessed the situation or what they did.
5. If you have wounds (bruises, scrapes), go to the doctor or school nurse so it can be written down.

 www.pacer.org/bullying

Violence Prevention continued

Gang Violence/Resistance

Young people join a gang because they're looking for a sense of belonging, respect and safety. Other reasons include; pressure from others, excitement, boredom, money, feelings of insecurity, need to be a part of a group, or lack of attention at home. Some people say being part of a gang feels like being part of a family. But there's one difference. Families don't ask you to shoplift, write graffiti, do drugs or assault other people. Gangs do. There are ways for you to avoid getting involved with gangs. Learn to make up your own mind.

For more information see:

PEER PRESSURE

Practice positive ways to solve differences. Build on the good things in your life. Joining a gang does not solve your problems. It could make things worse.

If you or someone you know is troubled by a gang, seek advice and help from a trusted adult or call:

High School Guidance Offices

-  Mayo High School.....328-5570
-  John Marshall High School.....328-5340
-  Century High School.....287-7950

High School Police Liaison Officers

-  Mayo High School.....285-8833
-  John Marshall High School.....328-5300
-  Century High School.....287-7927
-  Your Local Police Department.....328-6800
-  www.coptalklive.com

Violence Prevention continued

Neglect and Abuse

All families and friends have disagreements. In most families, there are times when punishment or discipline, like removing privileges, grounding, or being sent to your room, are used. Punishment becomes abuse when it is physically or emotionally damaging.

Abuse can also happen in friendships and dating relationships. Abusive relationships are not always physical. Humiliation, intimidation, extremely controlling behavior, or excessive jealousy can all be signs of abuse in friendships and dating relationships.

Abuse by a family member or friend can be physical, emotional, sexual or through neglect.

- Physical Abuse may involve hitting, shaking, burning, choking or other actions that cause physical injury, leave marks, or cause physical pain.
- Emotional Abuse is difficult to see because there are no physical signs, but it may include constant put-downs, or threatening an individual.
- Sexual Abuse occurs whenever someone is forced or tricked into being touched or touching someone else, or sexual contact that makes them feel uncomfortable, unhappy and confused.
- Neglect happens when a parent/guardian does not provide adequate food, housing, clothing, medical care or supervision. It can also be the lack of emotional support by a parent/guardian, and deliberately and consistently paying little or no attention to the child.

If you are suffering from neglect or abuse (physical, emotional, or sexual) in the home or at school, IT IS NOT YOUR FAULT! You don't have to keep this a secret. Talk to an adult you trust, such as a parent or relative, religious leader, teacher, school counselor, school nurse, or coach, to help you sort out your feelings and find ways to get help.

Incidents of suspected abuse should be reported to:

-  Child Abuse/Neglect Reporting.....328-6400
-  Police.....911
-  Victim Services.....328-7270

Violence Prevention continued

Counseling and Neglect/Abuse Support Services:

 Catholic Charities.....	287-2047
 Child Care Resource and Referral.....	287-2020
 Crisis Nursery.....	287-1499
 Family Service Rochester.....	287-2010
 United Way 211.....	211 or 1-800-543-7709
 Women’s Shelter.....	285-1010
 Y-Resource Center – Teens Deserve Better.....	287-2265

Relationship/Dating Violence

If you find yourself feeling scared, humiliated, pressured or controlled by a boyfriend or girlfriend your relationship may be abusive. Relationship violence can take many forms including:

- Physical violence such as hitting, pushing, slapping, pinching, kicking, etc.
- Sexual violence such as pressuring or forcing you into sexual activity that you are not comfortable with.
- Emotional violence such as keeping you from seeing friends or family, extreme jealousy, attempting to control your activities, making accusations and acting suspicious, calling you names, putting you down, calling or texting you excessively on your cell phone or internet.

Being in a violent relationship can have many negative effects. You may find yourself feeling inadequate and blaming yourself for the problems in the relationship. Relationship violence often escalates over time and can become extremely dangerous for the victim. If you are concerned that you or a friend are in a violent relationship talk with a parent, friend, relative, school counselor, school nurse, teacher, coach or school liaison officer.

Violence Prevention continued

Date Rape

Sexual perpetrators often use date rape drugs to help them commit a sexual assault. Sexual assault is any type of sexual activity that a person does not agree to. It can include inappropriate touching, vaginal penetration, sexual intercourse, rape, and attempted rape. The effects of these drugs may cause victims to be physically helpless, unable to refuse sex, and unable to remember what happened. The drugs often have no color, smell, or taste, and are easily added to flavored drinks without the victim's knowledge.

What can you do to protect yourself?

- Don't accept drinks from other people
- Open containers yourself
- Keep your drinks with you at all times, even when you go to the bathroom
- Don't share drinks.
- Don't drink from a punch bowl or other large, common, open containers. They may already have drugs in them.
- Don't drink anything that tastes or smells strange.
- Have a non-drinking friend with you to make sure nothing happens.
- If you think that you have been drugged and sexually assaulted, go to the hospital or police right away.

See Violence/Sexual Assault

While GHB (Gama Hydroxybutyric Acid), rohypnol, and ketamine are considered "date rape drugs," there are other drugs that affect judgment and behavior and can put a person at risk for unwanted or risky sexual activity. Alcohol is one of those drugs.

When a person is drinking alcohol:

- It is harder to think clearly and evaluate a potentially dangerous situation.
- It is harder to resist sexual or physical assault.
- Drinking too much alcohol can also cause blackouts and memory loss.
- Remember: even if a victim of sexual assault drank alcohol, they are not at fault for being assaulted.

Violence Prevention continued

Relationship/Dating Violence continued

Crisis Intervention: If you or a friend is in imminent danger call **911**. Tell your parents or guardian what is happening and seek safety. Emergency shelter is available. Ask for help in getting a restraining order from the courts. If you are a minor an adult or guardian can file the restraining order on your behalf.

- ☎ Rochester Women’s Shelter (24- hours).....285-1010
- ☎ Victim Services (24-hours).....289-0636
- ☎ National Teen Dating Abuse Hotline.....1-866-331-9474



Violence Prevention continued

Sexual Harassment

- Flirting between youth is common and healthy. But, there is a difference between fun, respectful flirting and unwanted attention. Sexual harassment is any unwanted physical or verbal advance that is sexual in nature. If someone sends sexual pictures of you or starts sexual rumors about you through the internet or cell phone this is also a form of sexual harassment.
- Harmful, unwelcome comments about your body, your sexuality or your sexual orientation can damage your self-esteem. Sexual harassment leaves the person feeling demeaned and threatened. Many youth experience sexual harassment. You have the right to confront the person who is harassing you and report their behavior.
- Talk with your parent or guardian about what is happening and have them help you talk with others who can take action to make the harassment stop. Talk with your principal, guidance counselor, school liaison officer, social worker, school nurse, teacher or coach. You can ask to see your school's sexual harassment policy.

 Victim Services (24-hours).....289-0636

Sexual Assault

Sexual assault is being manipulated, pressured, coerced or forced into sexual activity without your consent. Sexual assault includes rape (oral, anal or vaginal penetration) or other unwanted touch of sexual parts of your body (over or under clothing).

Keep in mind:

- Youth are at increased risk of sexual assault when alcohol is involved. If someone takes advantage of you when you are unable to give consent to sexual activity, its sexual assault.
- Sexual violence is an issue that affects both boys and girls. Boys are sexually assaulted too.
- Dating is a healthy part of being a teenager, but things can get complicated when age differences come into play. In Minnesota, sexual activity between someone under 16 years old and someone two years older (if there is penetration) or four years older (if there is sexual touching) is commonly referred to as statutory rape and is against the law.
- Sexual assault is often a betrayal of a trusted relationship. Some youth are pressured into sexual activity by a family member or person in a position of authority (teacher, coach, minister, etc).

Violence Prevention continued

Sexual Assault continued

If you or a friend is sexually assaulted:

It is important to know it is not your fault. The person who abused you is responsible for their actions. Sexual assault victims need someone who will believe them and listen to them. You can call the **sexual assault crisis line** to talk about your options. Try to talk with your parents about what happened to you. If you need help talking with your parents ask another trusted adult, a friend, counselor or advocate to help you.

A victim of sexual assault should receive medical attention. In order for the nurse to collect evidence, it is best that the victim not eat/drink, shower, urinate, or change clothes before going to the emergency room. Medical care is also important to prevent pregnancy and sexual transmitted infections.

In most cases, services to teen sexual assault victims will be free and confidential. If you were abused by a family member or a person who has authority over you (teacher, coach, etc) the nurse or counselor will be required to report the abuse/assault to the authorities.

Resources:

-  Victim Services – Sexual Assault Crisis Line.....289-0636
-  RAINN – Rape, Abuse, Incest National Network.....1-800-656-HOPE

Violence Prevention continued

Sex Offenders

Sex offenders can be adults or juveniles, male or female. Most often the person who abuses another person sexually is a friend, acquaintance, or family member of the victim. Sexual predators also use the internet to meet youth with the intention of having a sexual relationship.

Because many sex crimes are not reported to police, there are many sex offenders who continue to commit offenses and don't come to the attention of authorities. In Minnesota penalties for sex offenses are serious including prison, jail and probation. Most often the person will also be offered treatment to help them stop their sexual offending behavior and to understand the effect it has had on others. Sex offenders who receive probation and treatment are less likely to re-offend than those that do not.

If you are concerned that someone you know might be a sex offender contact the police at **911** or talk with a parent, relative, counselor, teacher or school liaison officer.

Resources:

-  Stop It Now! Helpline (M-Fri 8:00 – 5:00).....1-888-PREVENT
-  CyberTipline.....1-800-843-5678
-  Olmsted County Probation Department.....328-7200
-  Victim Services – Sexual Assault Crisis Line.....289-0636

Volunteering/Community Services/Mentoring

Whether you're looking for ways to use your skills, develop new ones, or would like a mentor, there are opportunities for you in Olmsted County. There are age and supervision requirements at some agencies. Besides the resource listed below your church, synagogue or mosque would certainly enlist your help and energy. Remember helping others is one of the best ways to make you feel good.

For volunteer opportunities in Rochester (please use website if able):

📄 www.volunteersolutions.org

☎ United Way of Olmsted County Inc.....287-2000
903 Center St. W
Rochester, MN 55902
Volunteer and Community Engagement Specialist

📄 www.211.org



YOUTH YELLOW BOOK

Prepared by



Public Health Services 2008