

YOUTH YELLOW PAGES

A self-referral directory for youth

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INTRODUCTION

As a teenager in the Waverly-Shell Rock area, you are faced with many questions and decisions. The *Youth Yellow Pages* is a resource guide written just for you. It focuses on the kinds of problems teens face and offers information and contact numbers so you can find the answers or services you need. The *Youth Yellow Pages* will let you make individual choices and help you reach intelligent decisions.

This directory is not just for emergencies. It also contains information which may be useful in everyday situations including where to go for help, what your rights are, and how to find support.

Whether your needs are physical, emotional, educational or recreational, someone can help. Just call any of the resources listed in the directory.

There are many people in your life that can listen and be helpful to you. Your parents, family members, family friends, religious leaders, teachers or counselors all want you to have the information you need to make good decisions.

This directory is here to remind you that you are not alone. There are people who care. Don't be afraid to turn to them.

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ABOUT THE YOUTH YELLOW PAGES

This directory was prepared under the direction of the Waverly-Shell Rock Area United Way. W-SR Area United Way has made every effort to compile accurate information from service providers and is not responsible for the accuracy or current status of their information.

The following agencies were involved in preparing this publication – Allison Area Foster Parents, Big Brothers Big Sisters of Northeast Iowa, Bremer County Juvenile Court Services, Cedar Valley Friends of the Family, Inclusion Connection, Iowa Legal Aid, Lutheran Services of Iowa – Bremwood Campus, Pathways Behavioral Services, The Larrabee Center, Together for Youth – Allen Hospital, Visiting Nursing Association, Waverly Health Center, Waverly-Shell Rock Area United Way, Waverly-Shell Rock Community School District,

If you have any comments or suggestions to share, please call the United Way office at 319-352-2582. We will be happy to hear from you!

Additional copies of the Youth Yellow Pages are available from the W-SR Area United Way office at 805 West Bremer Ave., Suite 4, Waverly, IA.

**24-Hour
CRISIS and EMERGENCY NUMBERS**

FIRE, POLICE or AMBULANCE

911

ALCOHOL or OTHER DRUG ABUSE

Pathways Behavioral Services

319-352-2064

Waverly Law Center

(before 8:30 a.m. or after 5:00 p.m.)

319-352-5400

FAMILY VIOLENCE

Cedar Valley Friends of the Family

319-352-0037 or 1-800-410-7233

POISONING

Poison Information

1-800-222-1222

RAPE

Cedar Valley Friends of the Family

319-352-0037 or 1-800-410-7233

RUNAWAYS

National Runaway Switchboard

1-800-786-2929

SUICIDE

Pathways Behavioral Services

319-352-2064

AIDS/HIV

Anyone can become infected with HIV and develop AIDS. It doesn't matter who you are, but what you DO. It's important for everyone to know the facts about HIV and AIDS.

HIV is a virus—the human immunodeficiency virus. If HIV enters a person's bloodstream, it can damage the body's immune system, weakening the body's ability to fight off infections and diseases. When the immune system is severely weakened, a person may be diagnosed with AIDS—Acquired Immunodeficiency Syndrome—which is the late stage of HIV disease.

HIV can be spread by sexual contact with an infected person, by contact with infected blood, by sharing needles and syringes used to inject drugs, or by transfusions of contaminated blood. Babies of women who have been infected with HIV may be born with the infection because it can be transmitted from the mother to the baby before or during birth or through breast-feeding. HIV is NOT spread by casual contact in homes, schools, gyms, swimming pools, stores, or the workplace. You can't become infected with HIV by hugging, shaking hands, sharing clothes or dishes, or simply being near a person who is infected with the virus. Insects like mosquitoes do not spread HIV.

There is no cure for HIV disease. While current medications can improve the health of persons with HIV and slow the progression of the disease, they must be taken daily for the rest of the infected person's life, they must be closely monitored, they are costly, and they come with potential side effects.

HIV/AIDS can be prevented. By making smart choices about your personal behavior, you can avoid becoming infected with HIV.

Stay away from drugs and the people who use them.
NEVER share needles used to inject drugs.

ABSTINENCE—not having sex—is surest way to avoid sexually transmitted diseases like HIV. Remember, it's OK to say NO to sex. If you do choose to become sexually active, use a condom during any kind of sex. Condoms are not foolproof or 100% safe, but a condom can help to stop the spread of HIV/AIDS when used properly from start to finish. Having a mutually monogamous relationship with a non-infected partner will prevent you from contracting HIV.

Become informed of the facts about HIV/AIDS. Ask questions. Learn all you can. Educate others. It may make a difference in your life or the life of someone you care about.

For more information about HIV/AIDS including available supports, testing sites, and prevention programs--

- Cedar AIDS Support System (CASS) Phone: 319-272-2437
- Black Hawk County Sexually Transmitted Disease Program Phone: 319-291-2413
- Center for Disease Control and Prevention:
www.cdc.gov/hiv/

See Also **SEXUALLY TRANSMITTED DISEASES**

ALCOHOL AND OTHER DRUGS

Today, everyone is exposed to the temptation to try alcohol or drugs. Some people experiment for curiosity, wanting to have fun, wanting to fit in with friends, kick-back and relax, or to escape problems in their lives. Alcohol and drugs can gradually begin to control your daily life. Addiction can sneak up on you!

There has been a national focus on saying no to alcohol and drugs. It is important for everyone to know the risks. When used in large amounts, or over a long period of time, or in the wrong combination, alcohol or drugs can kill – EVEN THE FIRST TIME YOU USE IT.

The dangers are:

- Saying/doing things you regret later
- Legal violations
- Loss of trust with parents/friends/school
- Long-term physical or mental illness
- Causing harm to others.
- Overdose
- Addiction
- Accidents
- Death

You have a choice about using alcohol or drugs. Sometimes it may be necessary to make a choice for yourself that is different from the choices others make. You, not others, are in charge of your choices.

You can't be sure how you and your body will react to using drugs or alcohol. Permanent damage can happen at any point – even with the first use.

ALCOHOL is a liquid drug. It affects all of your body functions. It slows down the heart rate and breathing, and it affects the brain. For example, alcohol can make an angry person angrier, a sad person sadder, and even make a happy person angry. Alcohol is the most abused drug for

all age groups. It is illegal to drink alcohol if you are under 21 years of age.

WARNING: Games that involve “chugging” – drinking large amounts in a short time – **CAN KILL YOU.**

WARNING: Mixing alcohol with downers or other drugs is especially dangerous. Wrong combinations **CAN KILL YOU.**

MARIJUANA (Pot) affects memory and interferes with thinking and coordination. It can cause you to feel depressed and anxious. Marijuana, like alcohol, medicates your feelings and can interfere with the ability to learn and making decisions. Marijuana increases the appetite.

AMPHETAMINES/METHAMPHETAMINES, COCAINE and CRACK are stimulants. They increase blood pressure and pulse rate and cause sleeplessness. They work by depleting the brain’s natural, pleasure-producing chemicals, leaving a person feeling tired and depressed after use, which leads to more use. These drugs have a high potential of psychological addiction and possible physical dependence.

LSD and OTHER HALLUCINOGENICS cause hallucinations, poor perception of time and distance, violent or bizarre behavior, psychosis, and death. Some hallucinogenics, such as PCP and Angel Dust carry a high risk for psychological addiction.

INHALANTS are breathable depressants found in household solvents, aerosol sprays or anesthetic agents. Most are toxic as well as intoxicating, meaning that they can poison you as well as make you high. If you sniff, huff or bag these poisons, you are at risk for three types of harm:

- Accidental Injury, because you are more likely to have a serious accident when huffing has impaired your judgment.

- Physiological Harm, because the active ingredients in most inhalants can cause nausea, fatigue, loss of coordination, changes in pulse and respiration, and even damage the nervous system.
- Death, because your heart or breathing may stop

PRESCRIPTION DRUGS are drugs ordered by a doctor to treat a specific condition, or a specific illness or disease a person might have. Taking more than the prescribed amount can increase tolerance to the drug making it ineffective. Also increased tolerance equals increased demand. Taking prescriptions the wrong way is dangerous – for example - Snorting ADHD medications instead of ingesting them. Taking someone else’s prescription drug is also illegal.

ALCOHOL

Alcoholism and chemical dependency are diseases. Like many other diseases, they can be passed from one generation to another. If someone in your family has had a problem with drugs or alcohol, it is even more important that you carefully consider your choices. Saying no to drugs or alcohol could be the best choice for your own health.

Checklist for alcohol or drug use:

Someone whose use of alcohol or drugs creates problems for him or her may not be able to recognize the problem. This list of questions can help you determine if your use (or someone else’s use) of alcohol or drugs is a problem. Answer YES or NO -

Do you or does someone you know:

- Drink/do drugs because of problems? Feeling bad?
- Drink/do drugs when mad at others?
- Find grades or work habits are starting to slip?
- Try to decrease use of drinking or drugs and fail?
- Drink/do drugs even when you don’t mean to?
- Drink/do drugs in the morning? Before school or work?
- Have blackouts or times when you cannot remember?

- Lie about drinking/drug use?
- Ever get in trouble because of drinking/drug use?
- Think it's cool to drink or get high?

If you answered YES to ANY of these questions, ASK FOR HELP!

For an alcohol-related or drug-related emergency, get to a hospital emergency room or call 911.

For help dealing with alcohol/drugs call:

Pathways Behavioral Services

Allison..... 319-267-2629

Waverly..... 319-352-1353

or, in Waterloo..... 319-235-6571

Covenant Horizons in Waterloo..... 319-291-3542

Allen Recovery Center in Waterloo..... 319-235-3550

Alcoholics Anonymous, www.aa.org

4th District Headquarters (Waterloo).... 319-232-4117

Alanon/Alateen, www.al-anon.alateen.org

Waterloo, contact for meetings..... 319-291-3660

Allison, contact for information..... 319-267-2351

Alcohol & Drug Abuse Crisis Line,

Counselors available 24/7..... 1-800-234-0420

Narcotics Anonymous.....www.na.org

ANGER MANAGEMENT

Anger is normal! It is usually a healthy human emotion. However, anger can get out of control. Out of control anger can lead to problems in school, problems with friendships, and problems with your overall happiness.

What is anger?

Anger is an emotional state that can vary from feeling mildly irritated to intense rage. When you get angry, your heart rate, blood pressure, and energy hormones go up. Many things can cause you to feel anger. You might be angry at a specific friend or angry about a specific event such as your sister borrowed your shirt without asking. Memories of traumatic events can also trigger angry feelings.

There are three main approaches to dealing with feelings of anger. Some approaches come naturally while others take conscious effort.

1. EXPRESSING YOUR ANGER.

An assertive non-aggressive manner is the healthiest way to express anger. The trick is learning how to be assertive without hurting someone's feelings while also making it clear what your needs are.

2. SUPPRESSING YOUR ANGER

Redirecting your energy in a positive way. Unfortunately this method of managing your anger can lead to things such as passive aggressiveness, or getting back at a person in an indirect way or without telling them why. This method can also lead you to taking your anger out on an undeserving person.

3. CALMING YOUR ANGER

Giving yourself a time-out and allowing your angry feelings to subside.

You cannot get rid of, or control, the things that make you angry, but you can learn to control your reactions. What works for you may not work for someone else. Here are some techniques that may help you to manage your anger.

- Exercise
- Listen to music with headphones
- Write down your emotions
- Draw
- Meditate or practice deep breathing
- Talk to someone you trust
- Distract yourself
- Stop and think before you react
- Tune into your feelings
- Weigh your options and the consequences of your actions.

Once you've tried one of these techniques, go back and evaluate how it worked. Feel free to try several techniques until you find the one that works for you.

BULLYING/HARASSMENT

What is it?

- Punching, shoving and other acts that hurt people physically
- Spreading bad rumors about people
- Keeping certain people out of a “group”
- Teasing people in a mean way
- Getting certain people to “gang up” on others

Bullying also can happen on-line or electronically. Cyber bullying is when children or teens bully each other using the internet, mobile phones or other cyber technology. This can include:

- Sending mean text, e-mail, or instant messages
- Posting nasty pictures or messages about others in blogs or on Web sites:
- Using someone else’s user name to spread rumors or lies about someone

Most effective thing to do for kids who are being bullied:

- Tell an adult at school
- Tell an adult at home
- Tell a friend
- When the child is older what helps is if a child reminds themselves that the other person is being mean and you have a choice, it is not about me. The child can make a joke about it, which will make them feel better.

Least Effective thing for a child being bullied to do:

- Hit the bully
- Plan for revenge
- Do nothing
- Tell the bully to stop

*** It really matters how a child reacts/ handles the bully on how the child feels

Best thing for an adult to do for a child being bullied:

- Listen!!!!
- Tell what the bully did was wrong/ the child did not ask for it
- Talk through it in a way that did not make the child feel bad or want to hurt others
- Check in at a later date to see how the child is doing
- Be sensitive to the circumstance of the bullying incident
- Give advice

How to help the child who is the bully

- Role Play- so the child can experience what behavior looks like to others
- Positive praise when learn new skill
- Work on verbal behavior skills
- Teach how to calm their body
- Practice is key!
- Use thinking skills rather than emotional

*** When a child has a friend things, are not so bad*

*** Bullies are responsible for their actions.*

*** Exclusion is the most painful form of Bullying.*

What should the parents do?

- Always call the school first
- Do not encourage Parent to talk to other (Bully's) parent unless they know them extremely well and feel safe sharing the information

Want More? Try the following web sites:

www.stopbullying.gov

www.youthvoiceproject.com

<http://americalearns.net/cyberbullying/>

<http://www.olweus.org/public/index.page>

<http://pbskids.org/itsmylife/friends/bullies/>

<http://www.pacerteensagainstabullying.org/#/home>

<http://www.pacerkidsagainstabullying.org/>

CONFLICT RESOLUTION

Conflict resolution means finding ways to deal with your peers when you disagree. If you disagree with someone – even someone you really like – you might both be confused or angry at first. It’s smart to know ahead of time how to deal with conflict so that when the time comes, you act out of wisdom, not out of confusion or anger.

Conflict resolution is often about “middle-grounding” – finding an area somewhere between your needs and the other person’s needs. Through middle-grounding, each of you may not have all your needs met, and needs may be delayed, which can be hard to do. However, if it means preventing even bigger problems from happening, middle-grounding techniques can be useful and beneficial.

Here are four middle-grounding techniques that may help you next time conflict arises.* The examples used are simple, just to give you an idea of how middle-grounding works:

COMPROMISE

Using this method, you both give up something to gain something good for either. Compromise may involve delaying one need to meet both.

For example, if the conflict involves a choice between two activities – going to a movie and going rollerblading, for instance – a compromise might mean doing one activity now and the other one another time.

The hardest part about compromise is that someone has to take a leadership role and be the first to give something up.

FIND A THIRD

This technique is a lot like compromise, only instead of delaying one need to meet the other; both needs are shelved and replaced by a third.

For instance, in the example above, instead of going to the movies or rollerblading, you both drop your ideas and agree to play video games instead.

Finding a third option guarantees that both of your needs are met equally.

GET HELP

This technique involves finding someone to act as a neutral third party, such as another friend, parent or teacher. This person must be neutral and fair to both parties.

Using the same example, a third party can suggest that it would be better to go to a movie than rollerblading, because the weather forecast isn't good for being outdoors. That's just one of the benefits of getting help from others – they may know something that the two of you don't.

The hardest part about getting help from someone else is reaching an agreement to follow that person's advice. That's where honor comes in: If both of you agree to turn the decision over to a third party, then you must both stick to your word.

PUT IT IN PERSPECTIVE

The final middle-grounding technique is by far the hardest to do. Using this technique, one of you agrees to abandon your needs to prevent things from getting out of hand.

If the two of you can't make a decision, one of you can agree to put it in perspective and drop your preference about which activity to do. It's a big sacrifice – and it can't be a sacrifice that compromises your values – but it's often better than some alternatives, like a big fight over a movie.

The problem with this technique occurs if one of you continues to do more sacrificing than the other, which is a sign of other problems. You both have a right to have your needs heard and understood, and neither of you should be made to do something that violates your principles.

Movies or blading make a simple example, just to give you an idea of how these techniques work. But remember – these 4 techniques work when you and your peers face

larger issues, too. Whose turn is it to drive? Will you work for me next Friday? I don't want to go if she's going too. Try conflict resolution techniques whenever there's a chance a disagreement will get in the way of your relationships.

Here are some other healthy things to remember the next time you feel conflict in your relationships:

- **Be aware that everyone handles conflict differently.** Some people get angry quickly and others simmer slowly. Some want to talk about what's bothering them, find a solution and move on. Others want to think it over and prepare a response.
- **Weigh the conflict.** What is a small issue for one person may be a large one for another. Figure out if the situation is a difference of opinion or a major disagreement.
- **Pinpoint the real issue.** Many conflicts grow larger when old hurts are stored up and emerge unexpectedly during a disagreement.
- **Don't talk around the problem.** Relationships are often stronger than we think, and most of them grow stronger, not weaker, when we communicate honestly about how we feel.
- **Look for areas of agreement.** Conflicts often get worse when you think the gap between you and the other person is widening. Identify areas where you agree, then move on to work out your differences.
- **Search for options.** Explore together possible solutions to the conflict. Be creative. Try to find a solution that is acceptable to everyone.
- **Give each other credit for caring enough to engage in respectful conflict.** Resolving conflict can be hard work. Stick with it, and then give each other a pat on the back for making the effort.

COUNSELING

Today, more than ever, it seems like pressure is hard to escape. You may feel stress building at home, at school, at work, and most of all, within yourself. Bottling up your feelings can bring you farther “down”, leaving you drained and depressed. Sometimes it may be difficult to sort through feelings and really understand the cause of your anxiety, fear, anger, sadness, or confusion. It may be hard for you to share your thoughts with others, especially those who are close to you. That’s when counseling can help.

Almost everyone experiences a time in their life when talking to a mental health professional is the best choice they could possibly make. By expressing your feelings to someone who is objective, concerned, caring, trustworthy, and trained in the mental health profession, the solutions to your problems may seem easier to find.

You might also talk with your school counselor or clergy and see what assistance she or he can provide. Once you contact a counseling center, you might want to ask whether your parent’s permission is required for services and how much the counseling costs. Some counseling centers base their fees on your ability to pay (called a “sliding fee scale.”)

Don’t turn away from yourself. Turn to counseling for assistance.

WARNING SIGNS

If you, or someone close to you, are experiencing one or more of these warning signs, counseling can help:

- Sudden changes in mood or behavior
- Depression – feeling unhappy for a long time
- Anxiety – strong feelings of fear or nervousness
- Losing your temper over small things
- Dropping grades
- Talking about suicide

Not every problem is a crisis problem. You don't have to be in crisis for counseling to help. Sometimes you just want to feel better, or be less confused. For information about counseling programs call:

Pathways Behavioral Services..... 319-352-2064
Psychiatric Associates of NE Iowa..... 319-352-2108
Lutheran Services in Iowa..... 319-233-3579

IT'S IMPORTANT TO REMEMBER...

If you, or a friend, ever consider committing suicide, you can get immediate information and help 24 hours a day by calling the places listed above.

CULTURAL DIVERSITY

We live in a very culturally diverse world! That means it is made up of many different ethnic groups, races, languages, religions and living styles with all deserving respect. We need to embrace this diversity and learn from each other.

How do you respond to groups or individuals who are different than you? You can benefit so much by getting to know others. Some positive responses include:

- **RESPECT**
- **FAIRNESS**
- **GENEROSITY**
- **FRIENDSHIP**

Negative responses are not helpful. They include:

- Racism - False belief that race causes a person to be better or worse than someone of a different race
- Discrimination - Treating someone unfairly because of their group.

Rather than fear the differences, learn to appreciate the differences in people. Get to know and befriend the foreign exchange students in your community. Find out about other religions or study another language. This will help you understand those who are different than you.

DEALING WITH PARENT CRISIS

Sometimes it can be very difficult to know what to do when your parents are not behaving in a healthy manner.

If anyone is in immediate danger..... CALL 911

If you want to talk to someone immediately

CEDAR VALLEY FRIENDS OF THE FAMILY

Crisis Line..... 319-352-0037

The following are some behaviors you might observe:

Child Neglect: Based on the age of children in the home, this includes parents or caretakers not being there to prepare meals, get children off to school or leaving young children without caretakers for extended periods of time. It can also include unsanitary living conditions.

Physical Abuse: Any shoving, hitting, slapping or action that causes, or could cause physical harm.

Verbal/Emotional Abuse: This type of abuse includes serious name calling, outburst of anger directed at you or another, putting down, criticizing and intimidating.

Iowa Department of Human Services

Bremer/Butler..... 319-267-2594

Toll-free..... 1-800-873-1340

Cedar Valley Friends of the Family..... 319-352-0037

or.....1-800-410-7233

Iowa Legal Aid..... 319-235-7008

Substance Abuse: Social or responsible drinking is 0-3 drinks at one episode and no more than one an hour. If a parent, or both parents, are drinking more than that, there may be a concern. Any use of illegal drugs can cause serious problems in a family unit. Abusing prescription medication can be dangerous and harmful to the family.

Call:

Pathways Behavioral Services..... 319-352-2064

Allen Memorial Hospital..... 319-235-3550

Mental Problems: If you have concerns about a parent appearing depressed or exhibiting unusual behavior, call:

Pathways Behavioral Services..... 319-352-2064

Psychiatric Associates of NE Iowa..... 319-352-2108

If you need to talk to someone, go to a friend's parent, another trusted adult, or confide in your pastor, priest, or rabbi.

DEPRESSION

One of the scariest emotional experiences a person will ever suffer during their lifetime is to experience a form of depression. Depression is one of the most common mental health problems facing people today.

Many people still carry the misunderstanding that depression is a character flaw, a problem that happens because you are weak. This is completely **untrue**. Depression is not a character flaw, nor is it simply feeling blue for a few days. Most importantly, **depression is not your fault**. It is a serious mood disorder which affects a person's ability to function in everyday activities. Many things can cause it. Most commonly, it is related to some recent event which occurred in your life, such as a death of a loved one, or a broken relationship. Depression can also result from a chemical imbalance in your body. This can affect behavior, moods, feelings, skills, attitudes, motivations, and physical health. A physician can prescribe medication to help you.

Before puberty, boys are more likely to be depressed than girls. But after puberty, girls become twice as likely to be depressed and boys turn to delinquency.

There are many factors that are involved with depression. They include low self-esteem, "acting out" anti-social behavior, over-involvement with peer groups and less with parents, over-involvement with parents and less with peers, authoritarian parents or "do-what-you-want" parents, and depressed parents.

Signs of depression:

- Behavioral excesses: Acting out, running away from home, rebellious behavior, aggression, obsessed with guilt and concern about doing wrong, being irresponsible, concern about the welfare of others, crying, suicidal threats or attempts.

If you know someone who is considering suicide, please go to a trusted adult immediately. If anyone is in immediate danger....CALL 911

- **Behavioral Deficits:** socially withdrawn, doesn't talk, indecisive, difficulty communicating...loss of appetite, weight change, and poor personal grooming.
- **Emotional Reactions:** feels sad, feels empty or lacks feelings of all kinds, tired, nervous or restless, angry and grouchy, irritable, overreacts to criticism, bored.
- **Attitudes and Motivation:** low self-concept, lack of self-confidence and motivation, pessimistic or hopeless, feels helpless or like a failure, expects the worse, self-critical, guilt, and self-blaming.
- **Physical Symptoms:** difficulty sleeping or sleeping excessively, hyperactivity or sluggishness, loss of appetite, weight loss or gain, indigestion, headaches, dizziness, and pain.

No one has all these signs, and depression is not determined by having only one or two of these signs. Depression is associated with being sad consistently, over a two-week period. It is also possible to be clinically depressed and not really have a sad mood but a irritable mood or lack of interest in things you enjoy instead. If you think you are depressed, or you are concerned about a friend, there are people you can talk to. Go to your school counselor, your parents, a friend's parents, a trusted adult, or clergy.

Also, see **COUNSELING**

If you want more information or talk to someone anonymous, call:

- Seeds of Hope-Domestic Violence and Sexual Assault**..... 1-888-746-4673
- Youth and Shelter Services**..... 1-800-600-2330
- Iowa Concern Counseling Line**.....1-800-447-1985
- Pathways Behavioral Services**..... 319-352-2064

INDI DISABILITIES

A child or young adult who experiences sensory, physical or mental challenges is frequently said to have a disability. It would be better stated if we used words like, “differently abled”, as this is more accurate. Children and adults with disabilities have many abilities, teach others many things and make valuable contributions. Remember, a label should not define who someone is. It is also important to recognize we are all more alike than we are different. Everyone has multiple types of intelligences and everyone experiences feelings of happiness, sadness, disappointment, pride, fear, anger, being valued or being rejected. Some people think individuals with disabilities need to “overcome” their disabilities. The truth is people with disabilities are okay just the way they are. They only need to “overcome” the barriers that keep them from participating in all of life’s activities, just like other children and adults do.

If you do not have a disability

You probably know someone who does or may even have a classmate who does. When someone does things differently from us, we can sometimes feel a little uncomfortable around them and that’s okay. It is fine to ask questions and even share your feelings openly, but *never make fun of someone or be disrespectful towards them*. Words do matter. Your words have the power to hurt someone deeply or help someone be accepted and belong. Your words have the power to crush someone’s hopes or create dreams and help someone succeed. Children and adults with disabilities can deal with your honest admission of discomfort, but being avoided, rejected or pitied is not easy for anyone to deal with. Be courteous and respectful of the children, men and women in your school, in your neighborhood and in your community. Just like we have five different fingers on one hand, there are different people in our society. Tasks are easier to do when our fingers work together, and life is better when we all work together without focusing on disability.

If you have a disability

Know that you have the power within you to feel good about yourself. The way you appear to others on the outside has a lot to do with how you feel about yourself on the inside. You have many talents and abilities, some very unique from your peers. You make valued contributions at home, at school and in your community. Remember, self-esteem isn't bragging about how great you are. It's more like quietly knowing that you're worth a lot (priceless, in fact!) It's knowing that you're worthy of being loved and accepted.

Agencies that provide services for people with disabilities:

- Area Education Agency 267 (AEA)**..... 319-273-8250
- Bremer County CPC**..... 319-352-1919
- Butler County CPC**.....319-267-2663
- Child Health & Specialty Clinics**..... 319-272-2315
- Community Based Services**..... 319-352-2990
- Covenant Clinic Psychiatric**..... 319-352-9606
- Easter Seal Soc, of Iowa (Des Moines)**...515-289-1933
- Exceptional Persons, Inc.**..... 319-232-6671
- Inclusion Connection**..... 319-215-8423
- Iowa Department of Human Services**
 - Bremer/Butler..... 319-267-2594
 - Toll-free..... 1-800-873-1340
- Iowa Legal Aid**..... 319-235-7008
- The Larrabee Center**..... 319-352-2234
- North Star Community Services**..... 319-352-1425
- Pathways Behavioral Health**..... 319-352-2064
- UNI Speech & Hearing Clinic**..... 319-273-2542
- For special phone services, call**.....1-800-223-3131

EATING DISORDERS

Eating is directly linked to our body's health and image. If a person is making positive lifestyle choices such as getting good nutrition, enough exercise and sleep; the person generally looks and feels good. If a person is not properly taking care of him/herself then a negative body image can develop and result in serious health and emotional problems.

Our culture is preoccupied and obsessed with having a perfect body. For those who are dissatisfied with their body, it could mean feelings of inadequacy, depression, anxiety, loneliness, lack of control.....all of which could contribute to the development of an eating disorder. Most often an eating disorder occurs due to a combination of psychological, interpersonal, and social conditions in a person's life.

The definition of an eating disorder is a disturbance in normal eating habits. Once started, eating disorders may become self-perpetuated. Dieting, binge eating and purging may help some people cope with painful emotions and make the person feel in control of their life. Yet at the same time, the behaviors undermine the person's physical health, self-esteem, and sense of competence. Realize that no particular diet, weight or body size automatically leads to happiness and fulfillment.

There are three different categories of eating disorders. They are all serious and can threaten an individual's health and life.

Anorexia Nervosa is characterized primarily by self-starvation and excessive weight loss

- Loss of at least 15% of body weight
- Intensive fear of weight gain
- Distorted body image
- Excessive exercising

- In females, loss of three consecutive menstrual periods
- Insistence on keeping weight below a healthy minimum

Bulimia is characterized primarily by a secretive cycle of binge eating followed by purging

- Repeated episodes of binge eating and purging
- Feeling out of control during a binge
- Purging after a binge (vomiting, use of laxatives, diet pills, diuretics, fasting)
- Excessive exercising
- Frequent dieting
- Extreme concern with body weight and shape

Compulsive Overeating is characterized by period of impulsive or continuous eating. A person may fast (eat no food at all) or go on diet after diet. Body weight may vary from normal to mild, moderate, or severe obesity.

If someone has an eating disorder, professional help is almost always needed. Many times it involves the combination of a doctor, psychologist, psychiatrist, and/or dietitian.

Local Resources

Waverly Health Center – Outpatient Nutrition

Therapy..... 319-352-4902

Psychiatric Associates of NE Iowa – Outpatient

Counseling..... 319-268-1922

Covenant Medical Center Treatment

Program..... 319-272-8031

Pathways Behavioral Services – Outpatient

Counseling..... 319-352-2064

Websites

<http://www.nationaleatingdisorders.org>

<http://www.eating-disorder.com>

<http://www.concernedcounseling.com/eatingdisorders/eatingdisorders.htm>

EATING RIGHT

You have probably heard the saying “You are what you eat!” This statement is true. Foods supply nutrients for our bodies to grow, maintain energy and stay healthy. Below is the MyPlate depiction of healthy meals.



Energy and nutritional needs are higher during the teen years than any other stage of life. Boys don't stop growing until the age of 21 and girls stop growing around 18 years of age. The more active you are, the more you will need good nutrition, especially protein, to build muscles. That's why eating right and having proper exercise and sleep help you look and feel your best and stay healthy. It is important to also drink plenty of water to keep your vital organs functioning properly.

Dieting is not normally recommended for adolescents unless it is supervised and recommended by your physician or a nutritionist.

Resources:

Waverly Health Center –
Nutrition Department..... 319-352-4902
Allen Hospital Wellness Center..... 319-235-3617
Bremer County Extension Office..... 319-882-4275
Covenant Medical Clinic..... 319-352-9500

Homes with Healthy Children..... 319-235-6201
Food Pantry..... 319-352-4532
Share Iowa..... 1-800-344-1107

EDUCATION

“Cauliflower is nothing but cabbage with a college education”

Mark Twain

The best thing you could ever do for yourself is to become educated. Staying in school and graduating is the path to your best future. According to the latest statistics from the United States Department of Education, people who have dropped out of high school have a much lower income. Simply put, the more education means more money for you.

If you are having trouble with your grades in school, get help. Ask your teachers for extra assistance. Talk to your school counselor about tutoring. Some Wartburg College students are willing to tutor students in most subject areas.

If you wish to contact a Wartburg student, call:

Wartburg College Switchboard.....319-352-8200

OR the Center for Community Engagement (CCE) at 319-352-8701

Alternative Education Opportunities

If things are happening in your life that make staying in regular school seem difficult or impossible, you don't have to give up. Alternative schooling is available to help you finish your education. Waverly-Shell Rock High School's alternative school is called Greenview and is located in the education building on the Bremwood campus. The high school guidance office can provide information about Greenview, or you can call:

Greenview.....319-352-9273

(Ask for your call to be forwarded to Greenview)

Students can receive a high school diploma through Greenview by completing coursework in a self-paced, independent study program. Much of this work is now done on-line. Students who failed classes at the high

school can also repeat some courses at Greenview and remain a regular student at W-SR Senior High.

GED

Students who have turned 16 years of age have the option of taking General Educational Development (GED) sometimes referred to as a General Education Diploma. Classes are offered through Hawkeye Community College at the Willow Lawn Mall, 215 20th Street NW in Waverly.

For information, please call the *Hawkeye Community College Metro Center* at 319-234-5745.

GO FOR IT!

“Genius without education is like silver in the mine.”

Benjamin Franklin

GANG RESISTANCE

A gang is a group of people whose members regularly engage in criminal activities. There have probably always been gangs, but they are more organized these days, and their crimes are becoming more violent.

What hasn't changed is the reason people join gangs. They join because they're looking for a sense of belonging, respect, and safety. They think a gang can give it to them.

Some people say being part of a gang feels like being part of a family. **But there's a big difference:** families don't regularly break the law. Families don't ask you to shoplift, write graffiti, do drugs or assault other people. Gangs do.

Gang members form relationships that sometimes look like true friendship. But they're really just using you to create fear and intimidation in your community.

There are ways to tell if a friend or relative is getting involved in gang activity:

- Listen for changes in how they talk and the words or expressions they use
- Look for hairstyles, clothes, jewelry or markings on their bodies that are the same for everyone in their group
- Know who their other friends are – especially new friends – and be aware of changes in their attitude about old friends and activities

There are also ways for you to avoid getting involved with gangs:

- Avoid hanging out with or acting like a gang member
- Don't write graffiti or hang around graffiti-marked walls
- Learn to make up your own mind (See **Peer Pressure** section)
- Practice positive ways to solve differences.

- Build on the good things in your life (See **Self-Esteem** section)

If you still have questions about gangs, you can call:

Bremer-Butler Juvenile Court Service...319-352-0003

Speak with the JCS officer about any questions you may have on Monday – Friday, 8 a.m.-4 p.m.

School Liaison Officer319-352-2087

(When school is in session)

Ask to talk with the officer about ways you and your friends can avoid gangs and gang activities. He/she can also talk to you confidentially about how to help someone if you think they're involved with a gang.

Clarksville Police Department..... 319-278-4531

Denver Police Department..... 319-352-5400

Janesville Police Department..... 319-987-2905

Nashua Police Department..... 641-435-2068

Readlyn Police Department..... 319-279-3999

Shell Rock Police Department..... 319-885-4434

Sumner Police Department..... 563-576-3241

Tripoli Police Department..... 319-882-3400

Waverly Police Department..... 319-352-5400

Officers can also help with your questions about gang activity, 24 hours a day, everyday. You do not need to leave your name.

GRIEF

Adolescence is perhaps one of the most difficult and confusing stages in life. It is a time of change and with every change, comes a grieving process.

A few grief issues that you may experience as a natural part of growing up include:

- Loss of a loved one
- When a brother or sister moves out of the house to get married or go to school
- Divorce – when a parent leaves the home
- Children who have been abused or sexually molested will experience the loss of innocence and control of their bodies – this is also a grief issue
- Death of a pet
- Abortion: Whether you are in agreement or disagreement with issues of abortion, when it occurs, there is a very real loss that is experienced by both parents.
- Because grief can be very complex and unique to each individual, there are many different reactions to those who are grieving. Below are signs that the grieving may not be aware of. If you have a friend who is experiencing some kind of loss; these are signs that may become evident to you. As a friend you should not try to fix their pain, but rather listen carefully and be aware of behavior that is dangerous to themselves. If you or someone you know is grieving, you may contact a trusted adult, clergy or school counselor.
- **Shock/Disbelief** – knowing intellectually, that someone has died does not always mean that the death seems real, especially in the early days and weeks of mourning. This
- **Denial** - a normal part of the grieving process, and signs of grief may not occur until months after the death.
- **Anger** – when we have been abandoned through death, anger can become very powerful. There are healthy options other than violence to express

yourself: screaming into a pillow; pounding a mattress; ripping Kleenex out of a box until it is empty; throwing ice cubes at a wall or a nearby tree. All of these expressions of anger release the physical energy that words alone cannot, and these expressions are harmless to you.

- **Tears** – are a natural and necessary part of grief. If you do not see the tears, do not assume they are not there.
- **Guilt** – most people who grieve experience some level of guilt or take on the responsibility in some way.
- **Thoughts of Suicide** – it is not uncommon for a grieving teenager to have thoughts of suicide as a way of escaping pain or joining their loved one. Wanting to escape the pain is a normal response, and if someone is sharing this pain with you, don't panic, just listen. If the person is describing to you a method of how they plan to take their life, this is a "RED FLAG" and you should contact an adult immediately.

If you are considering suicide, please contact a trusted adult, a clergy person, or

Youth and Shelter Services..... 1-800-600-2330

Pathways Behavioral Services..... 319-352-2064

Offers 24-hour crisis intervention for teenagers who are considering suicide, or those who know someone who is considering suicide.

If someone you know is in immediate danger...

CALL 911

Self-Destructive Behavior – when going through the grieving process, it is natural to numb the pain. Drinking, doing drugs or becoming sexually active is a way many people try to lose themselves in the moment. Something to remember is that the pain is not healing if it is just being buried, and you are only hurting yourself.

For more information, see **ALCOHOL AND OTHER DRUGS**

If you have a friend who is exhibiting some kind of destructive behavior, and you truly care about them, it is important to go to the appropriate adults that are trained in this area. Go to your parents, another trusted adult, clergy person, or call:

- Seeds of Hope-Domestic Violence
and Sexual Assault**..... 1-888-746-4673
- Cedar Valley Friends of the Family**..... 319-352-0037
- Pathways Behavioral Services**..... 319-352-2064

Offers suicide and crisis intervention 24 hours a day for people who are in crisis, or for people who are afraid a loved one is in crisis.

For more information, see **SUICIDE**

HEALTH

Good health is no accident. Sometimes, if you get sick or hurt, it goes away by itself, so you might think you don't have to worry about your health. Unfortunately, this is false. It's important for you to take good care of yourself. Good nutrition and exercise help a lot. So do other smart lifestyle choices (like not smoking or doing drugs, and always wearing a seat belt in the car).

Routine care, like immunizations and routine physical exams are important even when you feel good. And when you have a serious illness or injury, you need professional health care. Some health care for minors requires a parent or guardian's permission. Many times there is a fee. Often you need to make an appointment ahead of time.

When you call for an appointment with any health care provider, be sure to ask them if they can care for you, and what the costs will be. If you don't have a family doctor, you can get help choosing one by calling:

Christophel Clinic	319-483-1390
Covenant Clinic	
Waverly.....	319-352-9500
Shell Rock.....	319-885-4363
Tripoli.....	319-882-3534
Denver Family Practice	319-984-5645
Family Practice Center	319-272-2112
Peoples Community Health Clinic	
Waterloo.....	319-272-4300
Clarksville.....	319-278-9020
Rohlf Memorial Clinic	319-352-4340
Shell Rock Family Health	319-885-6530
Walk in Clinic	319-483-1400
(Waverly Health Center)	

HEALTHY RELATIONSHIPS

Friendships can be very fulfilling. Friendships should include forms of caring, concern, happiness, and a shoulder to cry on. Friendships take time to build. They don't always easily exist. There are many key characteristics involved in having a healthy friendship.

Friendships are Built on a Foundation of:

- Trust – be courteous and honest – friends confide in one another.
- Acceptance – be willing to compromise, consider your friend's opinions, don't be overly critical, and reach out to those who are different.
- Support – support your friend's decisions, but be willing to warn them of danger.

Resolve Conflict in a Friendship

- If you're wrong, apologize.
- Try not to hold a grudge – it will strain your relationship.
- Let friends be themselves, not who you want them to be.
- Remember it's okay to have different opinions.
- Value your friend's strengths – the things he/she does well most of the time.

Toxic Friendship

Sometimes a friendship is more harmful than good. Look out for the following warning signs of an unhealthy relationship.

- An imbalance –only one person's needs are getting met.
- Your friend is constantly putting you down.
- Your friend is over-demanding.
- Your friend drains you physically and emotionally.
- You feel bad about yourself after spending time with your friend.
- Your friend is overly critical of you.

If you are in a toxic friendship:

- Recognize it.
- Take responsibility by not allowing the friend to hurt you anymore.
- Set boundaries by saying “no” to the friend.
- Talk to your nontoxic friends.
- Possibly end the friendship.

Who Might Make A Good Friend?

- Classmates
- Neighbors
- People whose advice you value
- People in the extra curricular activities you’re involved in – band, sports, clubs
- Someone from your church
- Relatives

Remember, friends are people who are concerned about you and can help comfort you. They are caring people who are there if you need help. They will listen to you and encourage you.

INTERNET SAFETY

Keep Your Identity Private: Giving out information over the internet like your name, address, school, phone number, age, sports teams you play on, or places you hang out, could put you, your friends, and family members in danger. Remember to keep your social networking site, like Facebook, on a private setting so only your friends can see the information. Only accept people you already know as friends on your sites.

Don't Meet In Person: We can never be sure that what someone tells us over the internet is true or false. There are predators on the internet that pretend to be someone else so they can gain children's and teenagers' trust. Once they have your trust they will try to meet you privately, and this could be dangerous. So, never meet someone in person that you have first met online. If you want to meet with someone, discuss it with your parents or guardians first, and never go to the meeting by yourself. Arrange to meet in a public place like a coffee shop or mall you are comfortable with. Have your parents or guardians talk with the parents or guardians of the other person. Both of you should bring your parents or guardians along on the first meeting.

Respond Wisely: Never respond to posts, E-mails, chat comments, instant messages, or newsgroup messages that are inappropriate or make you feel scared, uncomfortable, or confused. A response back could encourage the other person and make things worse. Delete friends who continue to post inappropriate things or use the internet as a way to bully and harass you. Exit out of any websites that pop up that make you feel uncomfortable or scared.

Tell your parents or guardians right away. It is not your fault that things like this happen, and they need to be reported. Together with your parents or guardians, report the incident to the internet service provider

Talk To Your Parents or Guardian: They are people in your life you can trust to help keep you safe. Communicate with them about rules and guidelines while being on the internet. Parents and guardians should know what you are doing online. You don't lose your privacy; it means parents should know the basics of what you are doing. If you are not doing anything wrong, this shouldn't be a problem. Keeping the computer in the living room or a room with a lot of foot traffic will also help you not to wander to place you shouldn't be. Sometimes you may know more about the internet than your parents - use this as a time show off and teach them what you know!

Online enticement of children for sexual acts is a serious offense. If you are approached in this way, immediately report it to the **Cyber Tip line at www.cybertipline.com** or call **1-800-843-5678**. You can also contact your local police department (see below). If you are approached on school property report it to your principal.

Clarksville Police Department..... 319-278-4531
Denver Police Department..... 319-352-5400
Janesville Police Department..... 319-987-2905
Nashua Police Department..... 641-435-2068
Readlyn Police Department..... 319-279-3999
Shell Rock Police Department..... 319-885-4434
Sumner Police Department..... 563-576-3241
Tripoli Police Department..... 319-882-3400
Waverly Police Department..... 319-352-5400

THE LAW and YOU

Each state has particular laws that deal with acts usually committed by young people. Just because someone is **under** the age of 18 (considered a juvenile) does not mean that laws do not apply to them. In Iowa, juveniles 16 or 17 charged with the commission of a forcible felony may be tried as adults. Further, juveniles can be tried as adults for serious or repeated offenses if they are fourteen years of age or older.

Sometimes, students wonder if they have any say in the judicial system. Usual questions are:

- What can I do when the school board and I disagree on discipline?
- What is emancipation?
- Do I have a say when the juvenile court decides who I will live with?
- What protection do I have if the police stop me?

Legal rights are sometimes hard to figure out, even for adults. For any questions regarding your legal rights and responsibilities, you can call or e-mail the agencies below to obtain the list of local attorneys or possibly to receive free legal assistance.

Attorney Referral Service of Iowa State Bar

Association..... www.iowafindalawyer.com

Iowa Legal Aid..... 800-532-1275

ALCOHOL, DRUGS and DRIVING

More than half of all fatal car accidents involve alcohol or drugs. No one can tell in advance how they will be affected by alcohol, prescription and non-prescription drugs, or street drugs.

Driving ability is reduced greatly with only a small amount of alcohol or drugs. It is important to ask the doctor or pharmacist about side effects of any prescription or

medicine. Drugs, including over-the-counter medications, can also affect a person's driving ability.

Anyone under the influence of alcohol or drugs must not attempt to drive. It is very dangerous to get into a car driven by someone under the influence.

ALCOHOL LAWS

In Iowa, you do not have to be guilty of "drunk driving" to have your license suspended or revoked. If you are a juvenile, you risk losing your driving privileges if you violate any of the following laws.

1. UNDERAGE POSSESSION OR USE OF

ALCOHOL/DRUGS - The juvenile court in Iowa is authorized to suspend or revoke a driver's license if the individual is guilty of:

- a. Consuming an alcoholic beverage in a public place.
- b. Possessing an alcoholic beverage on school property or at school functions.
- c. Being intoxicated in public.
- d. Purchasing or attempting to purchase an alcoholic beverage under the age of 21.
- e. Possessing any illegal drugs. This includes prescription drugs not prescribed for your use.
- f. Two or more acts of possession of alcohol under legal age.

2. ZERO TOLERANCE (0.2)VIOLATION/OPERATING WHILE INTOXICATED – OWI

"Zero Tolerance" is not a crime but an administrative action by the Department of Transportation against under-age drinking and driving. Iowa law states that anyone under the age of 21 can not operate a vehicle having a blood alcohol content equal to or greater than .02% The penalty is a revocation of your driving privileges for 60 days on the first offense and 90 days on your second violation. *People who refuse to give a breath test will lose their license for at least one year.* If your blood alcohol content is found to be equal to or greater than .08%, you

may be charged with “Operating while intoxicated” or “O.W.I.”

O.W.I. is a crime.

If you are under the age of 18 and you are charged with this offense, your driving privileges could be revoked for at least 180 days or until your eighteenth birthday (whichever is a longer period of time). *People who refuse to give a test will lose their license for at least one year.* Re-instatement of your driver’s license and higher insurance rates will cost you more than \$1,000 once you are eligible to drive again!

ARREST

Actually, juveniles aren’t “arrested” in Iowa, they are “taken into custody”. You could be taken into custody if you are suspected of a *criminal offense* (breaking the law, like stealing) – just like an adult would be arrested. For these offenses, you will be referred to Juvenile Court Services and possibly the juvenile detention facility for punishment. You may also be taken into custody if you commit a *status offense*. Status offenses include truancy, running away, or being uncontrolled, and apply only to juveniles.

If the police stop you, you have many of the same rights and obligations as adults. If this happens, here are some important things to know:

- Do not resist being taken into custody. Your attitude and cooperation have a direct effect on how the police treat you.
- Police expect people to cooperate when they are questioned, regardless of age. You should give the police your name, address, phone number, date of birth and your parent’s name and phone number. If you want a lawyer before any further questions are asked, you have the right to do so.

THEFT

Taking things that do not belong to you without permission of the owner is theft. Willfully possessing property that you know (or should believe) to be stolen is also a form of theft. When items stolen are taken from a store, this is called “shoplifting”. There is no difference between shoplifting, theft of someone’s property, or possession of stolen property. The penalties are the same.

WHAT TO DO IN CASE OF A CAR ACCIDENT

- Be calm!
- If there are any injuries, **Call 911** at once.
- The drivers of the cars should exchange names, addresses, phone numbers, names of insurance companies, and driver’s license numbers. **Remember that all accidents involving damage or injuries must be reported to the police. Never leave the scene of an accident without permission from police!**

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, computer software and on-line subscriptions, audio and video cassettes, compact discs, and artwork.

Allison Public Library	319-267-2562
Cedar Falls Public Library	319-273-8643
Clarksville Public Library	319-278-1168
Denver Public Library	319-984-5140
Hawkeye Community College Library	319-296-4006
Janesville Public Library	319-987-2925
Nashua Public Library	641-435-4635
Plainfield Public Library	319-276-4461
Readlyn Community Library	319-279-3432
Shell Rock Public Library	319-885-4345
Tripoli Public Library	319-882-1223
University of Northern Iowa Library	319-273-2838
Wartburg College Library	319-352-8500
Waterloo Public Library	319-291-4521
Waverly Public Library	319-352-1223
Waverly-Shell Rock Community High School Library	319-352-2087
Waverly-Shell Rock Middle School Library	319-352-3632

MENTORING

Growing up is not easy for many young people because of family separations and other stressful circumstances going on in their lives, but there are people willing to be a present help and support. These people are called mentors.

Mentoring consists of spending one-to-one time with an adult or child. Mentors are friends who can guide you through attaining goals and making decisions. A mentor is a person that listens, but is not a counselor.

There are times when everyone needs a mentor in their life, someone to confide in and trust, and someone who will simply be there for them. Please seek out a mentor if this is one of those times in your life.

Those who have mentors tend to get along better with peers, do better in school and stay out of trouble. Mentoring is an important part of all of our lives.

For more about mentoring, contact:

Big Brothers Big Sisters of Northeast Iowa

www.iowabigs.org.....319-352-2813

Inclusion Connection..... 319-984-5154

Or your SCHOOL COUNSELOR

PEER PRESSURE

People of all ages care what others think and want to fit in. When you are just starting to think for yourself, 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 pressure from your peers might lead you to play sports, study hard, or join clubs. But there are often negative pressures, too – to make fun of someone, to tell a lie, or to cheat on a test. Sometimes the pressure may be about actions that have more serious results like skipping school, using alcohol or drugs, shoplifting, or having sex.

- REMEMBER-

Make up your own mind,
even if your peers don't agree with you.

Respect your friends' choices,
even if you don't agree with them!

It is important to think about what could happen if everyone just “goes along with the crowd” without thinking about their CHOICES.

Young people make choices every day. Some are more important than others. There is a big difference between deciding what to wear to a party and deciding whether or not to do drugs.

The choices you make say a lot about what kind of person you are. When you feel unsure, try talking to someone you trust: your parents, another adult who cares, or maybe a close friend you respect.

-REMEMBER-

YOU CAN MAKE YOUR OWN DECISIONS

It's Okay To Say “NO”

Some decisions, like those about drinking, drugs or sex, are difficult to make and have serious consequences. Be prepared to feel peer pressure and be aware that there are different kinds of pressure. It can be disguised as friendly teasing, for example. If so, you can respond in the same way. Other pressure may be more direct.

Plan to say NO if you think you might be tempted by peer pressure. Saying NO is not always easy. Saying NO to friends is especially hard, because you don't want to lose their friendship.

It's important to remember that you are in control of your choices. You do not have to explain your reason.

Try these ways to say NO: change the subject, avoid the situation, have something else to do, leave, or make it clear that you don't have to go along with other people.

If you have to say NO more firmly, here are some ways to keep in mind:

- No! No way!
- I'm not ready for that yet.
- That's not for me.
- It's not my style.
- What's your problem?
- Are you kidding? You've got to be kidding!
- My parents won't let me.
- Sorry, I'm driving.
- Your parents would ground you for the rest of your life!
- I don't do drugs.
- I have to get up early for work.

Show your friends you have a mind of your own. When your peers see you stand by your good decisions, it may help them make better decisions in the future.

Sometimes it's easier to say NO if you are involved with other people who think like you.

It's Okay To Say "YES"

It's also okay to say YES to many activities in your life. Your time as a young adult should be enjoyed. Say YES to:

- Positive friendships
- Volunteering
- Family relationships
- Setting goals
- School and religious activities
- Taking positive steps to help yourself when in trouble

For more information, see **THINGS TO DO**

PREGNANCY

If you or someone you know thinks she is pregnant, and is uncertain about what to do, it is important to find out immediately. There are places that offer help. It's important to have a pregnancy test in a medical setting as soon as possible. Tests done with kits at home are not always accurate. You also need to talk to your parents, family doctor, school nurse, or someone you can trust and get medical attention right away.

Pregnancy testing and counseling are available even if you haven't told your parents yet.

Allen Women's Health	319-235-5090
Allen OB/Gyn	319-235-5050
Alternatives Pregnancy Center	319-232-5683
Birthright	800-550-4900
Iowa Department of Human Services	
Bremer/Butler	319-267-2594
Toll-free	1-800-873-1340
Catholic Charities	319-272-2080
Covenant Prenatal Clinic	319-272-8200
Family Practice Center	319-272-2112
OB/Gyn Specialist	319-234-5764
Partners in Obstetrics & Gynecology ..	319-233-8865
Planned Parenthood of Greater Iowa ..	866-721-5034
Waverly Health Center Women's Clinic	319-483-4074

RUNNING AWAY

It's not unusual to think about running away from home at some time. When you're feeling bad about your life – when you want most of all to do something – anything to change the way things are going – that is a time when it's hard to think very clearly. Talk it out with someone you trust. Your school counselor, minister, a special adult friend, or a trusted relative might be able to help you deal with the problems that are causing you to consider running away.

It's harder than you think to make it on your own. Even streetwise people risk being used, getting ripped off, or being hurt

If you or a friend try talking it out and staying at home still seems impossible, call for help. A number of local agencies provide services for adolescents who are in crisis.

Iowa Department of Human Services

Bremer/Butler..... 319-267-2594
Toll-free..... 1-800-873-1340
Iowa Legal Aid..... 319-235-7008

They can arrange for temporary emergency out-of-home placement for teenagers who are unable to remain in the home because of safety risks.

United Way First Call for Help.....2-1-1

Youth and Shelter Services –

Rosedale Shelter (Ames)..... 1-800-600-2330

Free 24-hour crisis hotline provides information and crisis counseling. Temporary emergency shelter is also available for runaways.

National Runaway Switchboard..... 1-800-786-2929

Website.....www.nrscrisisline.org

This is a free service that can arrange emergency shelter in most areas of the country, will provide counseling to teenagers who have run away or are considering running away, and can relay anonymous messages to your family and/or arrange for assistance in returning home. The services also provide conference calls between parents and youth.

SELF-ESTEEM

Do you like you? If you are unsure of the answer, it is time to kick the endorphins into action. Turn off the TV, get off the couch or out of your bedroom, and try some physical activity like walking, biking, swimming, running, whatever! Just get your body moving. Why? Exercise releases natural chemicals in your body called “endorphins”. The endorphins race into your bloodstream and make you feel good.

Remember, what makes a person wonderful are the things you can't see. Find the beauty inside of you that nothing on the outside can touch!

WAYS TO BUILD SELF-ESTEEM

- **List Your Good Qualities** - Part of developing a good self-image is learning to feel good about your skills as well as personal traits. Even the simplest things can make you feel good like spending time thinking about things you are good at or past successes you have experienced.
- **Compliment Others** - By making other people feel good about themselves, you'll get a positive feeling in return.
- **Offer Someone Help** - A great way to feel better about yourself is to help others in need – tutor a friend, help an elderly neighbor with their lawn, etc.
- **Set Personal Goals** - Set goals for yourself and find ways to achieve them. You will become good at what you spend your time on.
- **Make Friends With Positive People** - The people you hang around with can have a big impact on the way you think and feel. You can help each other feel positive.

- Be Yourself - As simple as it sounds, people will respect you most for being yourself and making decisions you're comfortable with. No one likes a phony.

If you need to talk to someone about self-esteem, try a trusted friend, pastor, a favorite teacher, or school counselor.

Persistent poor self-esteem, even though you may be succeeding, may be a sign of depression. In that case, you need to talk to your parents and ask them to take you to a counselor, or contact any of the following counselors yourself.

- Boy Scouts of America – Winnebago...** 319-234-2867
- Girls Scouts of E. IA & W. IL.....** 319-232-6601
- Lutheran Services in Iowa.....** 319-233-3579
- Pathways Behavioral Health.....** 319-352-2064
- Psychiatric Associates of Northeast IA** 319-352-2108

SEXUAL ABUSE

If someone is giving you physical attention (unwanted touching or forcing you to have sex) and you are not sure how you feel about it...If you are being touched by a family member, adult friend, or someone else, and it makes you uncomfortable, unhappy, or confused...You may be the victim of sexual abuse.

It is not your fault.

You don't have to keep this secret anymore. If this is happening to you now or has happened in the past, it will help you to talk to someone you trust who will listen to you.

Your feelings about the person who is abusing you might be all mixed up. You might sometimes feel angry, sometimes afraid, and possibly even guilty – or you might not know what to feel.

This is especially scary if the person who's abused you is someone you care about and depend on. It's hard to believe someone you love is doing something so wrong. But sexual abusers are wrong. You may be afraid to tell anyone about it, but "telling" could be the only way you – and your abuser – can get the help you need.

Talking with SOMEONE – relative, or a friend's parents – can help you sort out your feelings and start finding ways to help yourself. To get more support and help, call:

Cedar Valley Friends of the Family..... 319-352-0037

Or..... 1-800-410-7233

Seeds of Hope..... 1-888-746-4673

Domestic Violence & Sexual Abuse They can help those who are affected by sexual harassment, assault and abuse, free of charge. To report sexual abuse, call:

Iowa Department of Human Services

Bremer/Butler..... 319-267-2594

Toll-free..... 1-800-873-1340

SEXUAL ASSAULT OR RAPE

Rape is sex without someone's consent. It doesn't have to involve physical force. Pressuring someone to have sex, wearing that person down until they finally give in and say "Yes", or having sex while they're drunk or high can also be rape. One person's size or weight pushing against another person can make them fearful and feel trapped. The bottom line is, if that person didn't want to have sex (or couldn't agree to sex), it's rape.

You have the right to say NO
to anyone who tries to touch you in
any way which makes you feel
uncomfortable.

Since 80-85% of sexual assaults happen between people who know each other, here are a few important things to remember:

- Know and communicate your intentions, feelings and limits. Talk it over! Communication is the key to a relationship that is free of misunderstandings.
- Understand that "NO" means NO! Believe what you are hearing. If someone tells you no to sex, you must stop. Respect another's decisions.
- Stick with friends you trust, and avoid using alcohol or other drugs. They interfere with your ability to think, act and communicate clearly.
- TRUST YOUR INSTINCTS! If something feels strange, it probably is. Make a scene if you feel threatened.

Some additional tips on avoiding sexual assault:

- Avoid walking alone at night, or where streets and parking lots aren't clearly lit.

- Tell someone where you are going and what time you will be home.
- Walk confidently and keep alert for signs of trouble.

CALL OUT FOR HELP if the situation looks dangerous. Again, trust your instincts.

If you are sexually assaulted, you should go to the hospital immediately. The doctor can diagnose internal injuries which you may not know about, and may prescribe medications to prevent infection, sexually transmitted diseases or pregnancy. To report a sexual assault or rape, call your local law enforcement center:

Clarksville Police Department	319-278-4531
Denver Police Department	319-352-5400
Janesville Police Department	319-987-2905
Nashua Police Department	641-435-2068
Readlyn Police Department	319-279-3999
Shell Rock Police Department	319-885-4434
Sumner Police Department	563-576-3241
Tripoli Police Department	319-882-3400
Waverly Police Department	319-352-5400

Sexual assault is an act of violence; it is important that you understand it is NOT your fault if you've been raped. *You* are the victim, not the criminal. Don't let anyone try to convince you that you are to blame because of what you wore, or how you acted.

Victims of sexual assault need to have people to talk with about their feelings...people who will listen for as long as it takes. There is always someone who can help at:

Cedar Valley Friends of the Family	319-352-0037
Or.....	1-800-410-SAFE (7233)
Seeds of Hope	319-272-1400

For more information, see **VIOLENCE/ABUSE**

SEXUALLY TRANSMITTED INFECTIONS

Anyone who is sexually active can get sexually transmitted infections (STI's), also known as venereal diseases (VD). Most kids today don't know what this is. The main way to get an STI is through sexual intercourse or through any other sexual contact with someone who already has it. Included in these diseases are the AIDS virus, syphilis, gonorrhea, herpes, urethritis, chlamydia, and genital warts.

Sexually transmitted infections are not shameful or punishing – they are simply infections that, if not treated, can seriously damage your health.

FACTS ABOUT STI'S

You do not catch STI's from toilet seats, door knobs, or through "casual" contact like handshakes. You can get STI's at any age. AIDS/HIV and herpes you get once, and have always; other STI's you can get rid of if you get treatment, but you can get them again and again if you are exposed to them.

SEXUALLY TRANSMITTED INFECTIONS ARE CONTAGIOUS

Most STI's are treatable. Herpes can be controlled but is not curable. At the present time, AIDS/HIV can be treated, but not cured. It is believed to be fatal in all cases. For more information, see **AIDS/HIV**.

PROTECTING YOURSELF

The best way to prevent STI's is to have no sexual contact at all. If you choose to have sex, there are ways to protect yourself:

- Use a latex condom during intercourse –
- EVERY time, with EVERY partner, whether or not you feel you know your partner well.
- As your number of sexual partners increases, so does your risk of contracting STI.

- Avoid having sex with people who have sores, discharges, or blisters around their mouth or sex organs.

WARNING: Latex condoms can provide significant protection against many STI's when used properly and consistently. However, some STI's are not preventable by condom use.

WARNING: If not treated, STI's can result in serious damage (even if the outward symptoms disappear) including sterility (inability to have children), heart disease, damage to unborn baby, blindness, deafness, non-healing skin sores, paralysis, and even death.

TESTS

STI tests are confidential. Your parent's permission is not required. If you are concerned about STI's, go to a doctor or clinic and ask them to test you for STI's. You will have a medical exam and a lab test.

It is possible to have STI's without feeling sick or noticing any changes in your body. If you think you may have an STI, do not be embarrassed to see a doctor. The longer it goes untreated, the more damage it will do to your body. Remember: most STI's can be treated, and most can be cured.

If you do find out that you have an STI or AIDS/HIV, you need to tell any sexual partners because they have been exposed to the disease as well. They deserve to know of your condition so they can seek appropriate medical attention.

For more information about preventing or treating STI's, see your family doctor, or call:

- Allen Women's Health**..... 319-235-5090
- Black Hawk County Health Department.** 319-291-2413
- Covenant Family Health Center**..... 319-352-3180
- Integra Health**..... 319-352-4340
- Planned Parenthood of Greater Iowa**..... 319-277-3333
- Waverly Health Center**..... 319-352-4120

SMOKING/TOBACCO

NICOTINE is more addictive than heroin or cocaine. Tobacco-related deaths are America's number one killer, killing more people each year than alcohol, cocaine, crack, heroin, car accidents, homicides, suicides, fires and AIDS combined.

The temptation or pressure to smoke is likely to be the first temptation among harmful chemical use (before alcohol or other drugs). Nicotine/tobacco is called a gateway or stepping stone drug because you are more likely to:

- Look more favorably upon other types of chemical use because you've already broken the law to smoke cigarettes. Violating the law won't stop you from using.
- You are more likely to run into other teens drinking and using drugs if they are first smoking cigarettes.

For help dealing with smoking/tobacco call:

National Network of Tobacco Cessation Quitters

..... 1-800-QUITNOW (1-800-784-8669)

Youth Tobacco Prevention Program

Waverly Health Center..... 319-352-4120

Additional Resources:

www.smokefree.gov
www.tobaccofreekids.org
www.notontobacco.com

STEROIDS

WHAT ARE STEROIDS?

Drugs commonly referred to as “steroids” are classified as anabolic (or anabolic-androgenic) and corticosteroids. Anabolic steroids are drugs that resemble the chemical structure of the body’s natural sex hormone testosterone. Anabolic steroids increase the level of testosterone in the blood and stimulate muscle tissue to grow larger and stronger. However, the effects of too much testosterone in the body can be harmful over time. Anabolic steroids are illegal and can damage your health. Doctors never prescribe anabolic steroids to young, healthy people to help them build muscles. Without a prescription from a doctor, steroids are illegal.

Corticosteroids, like cortisone, are drugs that doctors typically prescribe to help control inflammation in the body. They are often used to help control conditions like swelling, asthma or lupus. They are not the same as the anabolic steroids that get media attention for their use by some athletes and body builders. Street names include roids or juice.

How are they taken?

They may be swallowed as a pill or taken by a needle injection into the muscle. When users take more and more drug, over and over again they are called “abusers.” Most teens are smart and stay away from steroids.

Common Effects:

Pimples, hair loss, males can grow breasts and females can grow beards, decreased growth in teens, can mess with your head and cause violent or angry rampages. Damage to the heart and liver to the point of death

The bottom line is: Science proves the serious risks of steroid use. DO NOT USE THEM!

STRESS

Stress is different for everyone. What is stressful for one person may not be stressful for another. We each respond to stress in a different way. Stress is a natural part of life; the trick is managing your stress. For example, a little stress can improve your performance on a test, but too much can prevent you from being able to concentrate on the test.

Physical Symptoms of Stress

- Tiredness/fatigue
- Easily startled
- Headaches
- Sweating
- Bowel/gastrointestinal problems

Psychological Symptoms of Stress

- Fear
- Anger
- Guilt
- Anxiety
- Reduced awareness
- Feeling like you are numb
- Hopelessness
- Helplessness

When is it time to ask for help with your stress?

1. When you feel stuck, like there is no where else to turn.
2. When you worry a lot and you cannot concentrate.
3. When the way you feel affects your schoolwork, sleep, eating habits & your friendships.

Mental health professionals can help people deal with their stress. They may be able to help you find the cause of your stress. The earlier you get help, the faster you can get back to being able to manage your stress.

Things To Try On Your Own

- Healthy eating – less sugar, less caffeine (candy, pop)
- Exercise
- Deep breaths
- Make time for fun
- Get adequate sleep
- Manage your time – refrain from procrastinating
- Don't strive to be a perfectionist.

Remember that everyone's stress is different and what works to help you manage your stress might not work for someone else. Try different ways to manage your stress until you find one that works for you.

SUICIDE

If someone talks about suicide, take it seriously. Friends may tell you they are thinking of killing themselves and ask that you keep it a secret.

THIS IS A SECRET YOU CANNOT KEEP

You can be a better friend by telling someone – a parent, teacher, counselor, minister, or someone else you trust. You might also encourage the person talking about suicide to talk to an adult whom he or she trusts.

If you think someone may be suicidal, don't be afraid to ask. Mentioning suicide will not give someone the idea or push them over the edge. Talking about it can prevent it from happening. A suicidal person is not beyond help. The crisis period usually lasts only a short time. A suicidal person needs and deserves professional help.

WITH PROFESSIONAL HELP A SUICIDAL PERSON CAN GET BETTER

Some of the warning signs of suicide are:

- Talking about committing suicide
- Giving away prized possessions
- Significant change in behavior.
- Preoccupation with death
- Having a “plan” to commit suicide

If you or a friend show any of these warning signs, you must be concerned and tell someone who can help. Also remember that the first step in stopping suicide is to have the person promise:

“If I feel like I'm going to hurt myself, I will call a trusted friend or a hotline first.”

If you, or a friend, is thinking about suicide, someone at these numbers can help you day or night:

Seeds of Hope..... 1-888-746-4673

Domestic Violence & Sexual Assault

Offers suicide and crisis intervention 24 hours a day, for people who are in crisis or for people who are afraid a loved one is in crisis.

Youth & Shelter Services..... 1-800-600-2330

Offers 24-hour crisis services for teenagers who are considering suicide or those who know someone who is considering suicide.

Iowa Concern Counseling Line..... 1-800-447-1985

Provides telephone counseling for persons in crisis.

Area mental health agencies offer help to teens who are experiencing feelings of depression, hopelessness, and pain. For help, call -

Pathways Behavioral Services..... 319-352-2064

24-Hours

Psychiatric Associates of NE Iowa..... 319-233-3351

24-Hours

TAKE LIFE ONE STEP AT A TIME

Most people don't think of suicide "out of the blue." Most people usually consider it as an option when their problems keep stacking up and they feel unable to solve them. One way to stop feeling hopeless and overwhelmed is to learn how to solve your problems one at a time and find ways to cope with the ones you can't solve. It's called creative problem-solving and here's how to do it:

- Identify one problem you may be having at school, home or work.
- Think about and accept how this problem is making you feel (angry, scared, embarrassed, confused, etc.)
- Write down all of the possible solutions to the problem. (List everything you can think of, even if it seems silly or impossible!)

Evaluate your solutions by answering “yes” or “no” to the following questions:

- Is it safe?
- Will the situation be improved?
- Will the outcome further my self-respect?

Cross out those solutions in the “no” category; they will only add more problems to your life.

Circle those solutions in the “yes” category.

Chose one of the solutions with “yes” answers and try it! Remember, if a solution does not work, you can always try another.

If someone talks about suicide,
take it seriously

TEEN SEXUALITY

Remember when you were younger and learned about “puberty”?

Did you understand *everything* you were taught at that time?

If you’re like most kids, you probably had more questions than you were given answers for about puberty, dating or sex. That’s OK! Sex is a big subject! You’re not going to learn everything there is to know about sex through one talk with your family or one lesson at school. (P.S.: If any of your friends tell you they know everything about sex, don’t believe them!) The following pages won’t answer all of the questions you might have about sex, but they **will** give you helpful information – including phone numbers and websites for safe places to go to get your questions answered.

Dating, Relationships and Sexual Decisions

You’ve probably been told by now that abstinence – not having sex – is the healthiest choice for teens. No worries about pregnancy, disease, or the emotional hurt that can come with having sex. But saying “no, I won’t have sex” and sticking to that plan – can be two different things. Sexual feelings can be strong. Alcohol and drugs can interfere. Friends sometimes tease. Boyfriends or girlfriends might pressure. And, of course, TV, movies and music make teen sex **appear** *so glamorous*. The reality for most sexually active teens is quite different than what’s shown in the media: In reality, nearly 3 out of 4 teens that have sex, later say they regret their decision.

Contrary to rumors, at least half of all teens in Iowa high schools are **not** having sex. While, it’s not always easy to “just say no” or to stop having sex, if it has already become part of the relationship, it is possible. Ask yourself the following questions:

- If I have sex with this person and we're not in a relationship after that, how will I feel about myself? About the other person? Will it seem weird to be around him/her?
- If pregnancy happens, what will I do? Do I want this person to be the mother or father of my child? Am I ready to be a parent?
- If I get a sexually transmitted disease, how will I get to a doctor to get tested or treated?
- Can I talk to this person about sex? Will I feel embarrassed if this person sees me with no clothes on?
- If we're not together after having sex, what will he or she tell people about what happened between us?
- What if my family finds out? Will this hurt them?
- Do I know enough about my own body and what happens during sex that I'm ready to do this with my body?
- Is it important to me to wait until my wedding before having sex?
- What are my family's values and faith beliefs about teen sex?
- Am I having sex to keep my boyfriend or girlfriend?
- Am I having sex to impress my friends?
- Am I having sex because all my friends are having sex?

It's also important to think about situations that can lead to sex and how you will handle these situations. Think about being alone with someone you're really attracted to – you're holding hands...kissing...at what point will you stop? And **how** will you stop the physical activity?

Will you say something? What will you say? When will you say it? What if you, or the person you're with is using alcohol or drugs? How will that affect your decision?

One of the most common reasons teens give for having sex is "It just happened...I wasn't planning to do it, but I just got caught up in the moment." Don't let sex "just happen" to you. Make a plan for abstinence and discuss it with your

boyfriend/girlfriend. Talk it over with your family. Get support from friends. Find strength in your family values and faith beliefs. If you've had sex before, it does **not** mean you need to keep having sex – know that you **always** have the right to say no – at any time – to anyone.

There are phone numbers and websites at the end of this section where you can get more information about abstinence and sexual decision making. These numbers also include information about pregnancy testing, testing and treatment for sexually transmitted infections, and where teens can get information about birth control. (All together, these are known as “reproductive health services.”)

If abstinence is the healthiest choice, then why are we giving teens information about birth control? First, for teens who are sexually active, birth control can **lower** - not eliminate – but **lower** the risk for pregnancy. Second, teens hear a lot of MISINFORMATION about birth control from friends, TV, movies, etc. Check out some of the examples of myths at the end of this section and then ask your parents about them – some of these have been around for a long time! Third, not all teens have a choice about sex.

Sexual assault can happen at any age, to anyone, anywhere – even in nice small towns in Iowa. If a young woman is coerced, manipulated or forced to have sex, she may want to use “emergency” birth control pills that can help prevent pregnancy after sex has happened. Fourth, research shows that teens who are educated about sex – including birth control, make healthier decisions about sex and relationships in their personal lives.

Sometimes the “what if” happens. Pregnancy. Sexually Transmitted Disease. Sexual Assault. This can be a confusing time, but help is out there. A good starting point is getting medical care. (See phone numbers at the end of the chapter.) Generally, teens will not have to tell their parents if they get a pregnancy test, STD test, birth control,

or medical care following a sexual assault. However, many teens find it a relief - and a great source of support - to talk with a family member. If teens want help talking to a parent, they just need to ask. Caring doctors, nurses and counselors are there to help.

If you're helping a friend who's in a "what if" situation, here's some tips to help him or her out:

Homosexuality and Bisexuality

There are a lot of misunderstandings about homosexuality and bisexuality. These misunderstandings often lead to teasing, bullying, and stereotyping of "who is" and "who isn't" gay, lesbian or bisexual. Because of this, many teens who are gay, lesbian or bisexual, find it helpful to meet with other teens who are going through a similar experience. Too often, "straight" friends of gay, lesbian and bisexual teens are also harassed because of this friendship. These friends, too, can benefit through support systems - such as gay - straight alliance groups in Iowa. To find out more, check out the resource page at the end of this section.

RESOURCES

Pregnancy Testing, STD Testing, Emergency Contraception and Birth Control.

Allen Women's Health...313-235-5090, 1-800-435-2640

Black Hawk County Health Department

(STD testing only).....319-291-2413

For teens 17 years and older, Emergency Contraception can be purchased at stores and pharmacies without having to see a doctor and without needing a prescription. For teens 16 years old and younger, Emergency Contraception is available through Allen Women's Health. They may also check with their family doctor to see if their family doctor offers emergency contraception.

Sexual Assault

Police.....911

Cedar Valley Friends of the Family.....319-352-0037

Gay, Lesbian, Bisexual or Questioning Youth

Together For Youth, 319-274-6768 Ext. 2 or

www.togetherforyouth.net

www.thetrevorproject.org

www.pflag.org

Websites

www.advocatesforyouth.org

www.allenwomenshealth.org

www.stayteen.org

www.teenpregnancy.org

www.teenwire.org

www.togetherforyouth.net

THINGS TO DO

“I’m so bored!” Every say that before? Looking for something fun to do? Here is the section for you! There are many great places to go and do different things. From churches to clubs, there are many things to do!

Events and Activities

Check your school calendar to find out about school activities you can join. Area churches also have activities to come to. Just give them a call, or look them up on the internet.

Cultural Opportunities

Waverly has two museums and an art gallery that show our local history and other exciting topics from around the world.

Bremer County Historical Museum.....319-352-4486
402 W. Bremer Avenue

Waldemar A. Schmidt Art Gallery
Wartburg College.....319-352-0082

If you are looking for music, Wartburg College frequently has band, choir and jazz concerts. The Wartburg Community Symphony and the Artist Series offer quality musical entertainment. You can check the Waverly Newspaper or the Wartburg Trumpet for events, or call Wartburg College at 319-352-8200 for more information.

Parks

There are many parks in Bremer and Butler County. Cedar Bend County Park, north of Waverly, has hiking, camping and fishing. Other parks include Seven Bridges County Park southeast of Readlyn, Woods Park and Sportsman Park in Clarksville, and the Shell Rock Park near Shell Rock. Check your local city offices for a listing of the many local city parks.

Bike Trails

There are two bike trails in our area that are wonderful places to spend an afternoon. The Rail Trail runs seven miles and connects Denver to Waverly and the Rolling Prairie Bike Trail runs for 13 miles and connects Shell Rock to Allison.

Disc Golf

Brookwood Park and the Wartburg Campus both have challenging courses for you to try out.

Groups to Join:

- Boy Scouts/Explorers**..... 319-234-2867
- Cedar Valley Youth Soccer Association**... 319-266-2821
- 4-H (Bremer County Extension Office)**... 319-882-4275
- 4-H (Butler County Extension Office)**..... 319-267-2707
- Girl Scouts**..... 319-232-3942

Other Activities in the Area:

Canoe Rental

- Crawdaddy Outdoors..... 319-352-9129
- Bremer County Conservation..... 319-882-4742

Golf 319-352-1530

Palace Theatre (Movie Theatre)..... 319-352-1318

Public Libraries (see **Libraries** section)

Swimming..... 319-352-6249

The W – Wartburg/Waverly Health and

Wellness Center..... 319-352-8311

Waverly Area Volunteer Center..... 319-352-2582

Waverly Bowl Inn (Bowling alley)..... 319-352-4724

Waverly Parks & Recreation..... 319-352-6263

VIOLENCE/ABUSE

Everybody gets angry sometimes, but there are times when some people get so angry that they totally lose control. They may throw things, punch the wall, or hit somebody. They may even be sorry afterward. If you, a family member or a friend has been beaten up, or your own behavior is out of control or violent, it is time to seek help. No one deserves to be hurt!

WARNING SIGNS OF ABUSE:

The following are some of the actions and physical signs that are considered abuse:

ABUSIVE ACTIONS

- Punching, kicking, or beating
- Burning, choking, or suffocation
- Confinement or restraint with rope, wire, cord, etc.
- Mental injury such as ridicule, harassment, and belittlement

PHYSICAL SIGNS OF ABUSE

- Bruises, burns, welts, or broken skin
- Cuts, punctures, or bites
- Bone or skull fractures or internal injuries

If you or someone you're with is hurt or in danger, get away and get help from a friend or neighbor. **Call 911 for police assistance.**

If there is no emergency but you are afraid of being hurt by a friend or family member, talk about it with someone you trust. It is common to have mixed feelings about someone who is violent towards you. Talk to someone who will believe you. It helps.

If you try talking about it, but it doesn't seem to take care of the problem, call for help:

Cedar Valley Friends of the Family..... 319-352-0037

Or..... 1-800-410-7233

They offer one-on-one and group support for the victims of both emotional and physical violence.

If there are times when you feel like you're losing control, and are at risk for becoming violent, you can learn good ways to deal with stress, tension and anger through counseling.

For information about counseling programs in Bremer or Butler County that specialize in helping teens, call:

Cedar Valley Friends of the Family's Crisis Line

..... 319-352-0037

Or..... 1-800-410-7233

Pathways Behavioral Services 319-352-2064

Lutheran Services in Iowa..... 319-352-2630

Psychiatric Associates in NE Iowa..... 319-352-2108

They offer information & referral to community services that can help on your ability to pay.

VOLUNTEERISM

Volunteering is a way to use your gifts and talents to help other people. You always get more out of helping others, than you give. Plus it's fun!

Everyone, no matter the age or experience, can do this. Everyone has something to offer!

Volunteering is a good way to:

- Have fun
- Meet new people
- Help others
- Learn something new about yourself
- Help build a better world
- Make someone's day a little brighter
- Enjoy life more

To volunteer today, visit the Waverly-Shell Rock Area United Way website volunteer page – www.wsrUnitedWay.org/volunteer.php – and click on “Search Volunteer Opportunities”.

You may also try calling the volunteer office, Waverly Shell Rock Area United Way..... 319-352-2582

UNITED WAY 2-1-1

Who do you call when you need food for your family? Where can you turn when your electricity is shut off and you can't pay the bills? What do you do now that you're unemployed? What affordable housing options are available for your family? Now more than ever, people are finding themselves in need of help because of the recent economic crisis and natural disasters

United Way 2-1-1- is a free 24-hour information and referral service connecting people to resources that can help them improve their lives. All calls are confidential. This number is not for emergencies, but to help the caller find the human services and resources that they need.

Area residents can call 2-1-1 to find support groups, rent assistance, legal help, counseling, food pantries, child care, protective services, drug and alcohol intervention, clothing, and many other services. Just call 2-1-1 for help.

United Way 2-1-1 is an easy-to-remember telephone number that connects individuals and families to community resources and the services they need. When you dial 2-1-1, a trained professional will listen to your situation, access a comprehensive database of health and human services and then give you information about the most appropriate resources available.

NOTES

NOTES