

# *Youth Yellow Pages*

*A self-referral directory for today's youth*



*Published by  
Waverly-Shell Rock Area United Way*

*June 2018*

*Cover design created by  
Cally Hamm, University of Northern Iowa*

## INTRODUCTION

As a teenager in the Waverly-Shell Rock area, you are faced with many questions, problems, pressures, and decisions to make. The *Youth Yellow Pages* is a resource guide written specifically for teens, to provide you the resources you may need to navigate adolescence. The directory focuses on problems teens may face, and offers information/ contact numbers so you can easily find the answers, supports, and services you need. *Youth Yellow Pages* will help you make individual choices and reach intelligent decisions that fit your own situation.

***This directory is not just for emergencies.*** It also contains information which may be useful in everyday situations including: where to turn for help, what your rights are as an individual, and how to find support you can count on.

Whether your needs are physical, emotional, educational or recreational, ***someone can help.***

There may already be people in your life who are willing to listen, talk, and assist you. Those people in your life may be: parents, family members, family friends, religious leaders, teachers or counselors. However, this directory can be used in case you do not feel that you have anywhere to turn or are embarrassed with your situation.

This directory is here to remind you that you are not alone; there are people who care. When life feels like it is a whirlwind of emotions, setbacks, and overall difficulties, *Youth Yellow Pages* is here to help.

## TABLE of CONTENTS

Acknowledgements .....	5
About the Youth Yellow Pages .....	6
Crisis and Emergency Numbers .....	7
AIDS /HIV .....	8
Alcohol and Other Drugs .....	10
Anger Management .....	14
Bullying/Harassment .....	16
Conflict Resolution .....	18
Counseling .....	21
Cultural Diversity .....	23
Dealing with Parent Crisis .....	24
Depression .....	26
Disabilities .....	28
Drugs - See Alcohol & Other Drugs	
Eating Disorders .....	30
Eating Right .....	32
Education .....	34
Gang Resistance .....	35
Grief .....	37
Gun Violence and Safety .....	39
Health .....	40
Healthy Relationships .....	41
Internet Safety .....	43
The Law and You .....	45
LGBTQ* .....	48

Libraries .....	50	
Mental Illness .....	51	
Mentoring .....	52	
Peer Pressure .....	55	
Pregnancy .....	57	
Running Away .....		58
Self Esteem .....	60	
Self Harm/ Injury .....	62	
Sexual Abuse .....	63	
Sexual Assaults or Rape .....	64	
Sexually Transmitted Infections .....	66	
Smoking/Tobacco .....	68	
Steroids .....	69	
Stress .....	7	0
Suicide .....	7	2
Teen Sexuality .....	75	
Things to Do .....	78	
Violence/Abuse .....	80	
Volunteerism .....	8	2
United Way 2-1-1 .....	8	3

This publication was modeled after the *Youth Yellow Pages* published by:  
United Way 211, 137 River Drive  
Wausau, Wisconsin 54403; 715-848-2927.

The inclusion of agencies in the *Youth Yellow Pages* does not constitute endorsement by the Waverly-Shell Rock Area United Way, nor does omission constitute disapproval.

Funding for the *Youth Yellow Pages* was made possible  
by grants from:



**Bremer County Community Foundation**

*And*



**Lincoln Savings Bank Foundation**

Waverly-Shell Rock Area United Way, Inc.  
805 West Bremer Ave., Suite 4  
P.O. Box 271  
Waverly, IA 50677  
319-352-2582

[director@wsrunityway.org](mailto:director@wsrunityway.org)



Waverly-Shell Rock  
Area United Way

## **ABOUT THE YOUTH YELLOW PAGES**

This directory was created under the careful 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 would 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

Mental Health Center: **319-352-2064**

Substance Abuse Center: **319- 235-6571**

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

Mental Health Center: **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, and prevention methods 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, contact with infected blood, 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, as it can be transmitted from the mother to the baby before or during birth, or through breast milk while breast-feeding. HIV is NOT spread by casual contact in homes, schools, gyms, swimming pools, stores, or the workplace. You cannot 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, such as mosquitoes, cannot spread HIV, despite popular belief.

Unfortunately, there is no cure for HIV disease. While current medications can improve the health of individuals with HIV and slow the progression of the disease a cure has not been discovered. While taking medications for HIV, they must be taken daily for the rest of the infected person's life, they must be closely monitored, the medications are costly, and they come with potential side effects that may affect the health of the infected person.

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

Steer clear of drug/ substance abuse. *NEVER* share needles that have been 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 (vaginal, oral, or anal). Dental dams are also type of condom that can be used while participating in oral sex. Condoms are not always 100% effective or safe, but a condom can help to stop the spread of HIV/AIDS when used properly from start to finish.

Discussing sexually transmitted diseases and infections, as well as getting you and your partner(s) regularly tested will help prevent you from contracting HIV.

Become informed of the facts about HIV/AIDS. Ask questions. Learn and 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; Confidential HIV/STD education, testing and treatment are generally offered on Thursdays from 9:00 -11:30 a.m. and 12:30 –4:45 p.m.**
- Center for Disease Control and Prevention: <https://www.cdc.gov/hiv/basics/index.html>

See Also **SEXUALLY TRANSMITTED DISEASES**

## ALCOHOL AND OTHER DRUGS

Alcohol and drugs are everywhere in our world. They appear on different forms of social media, T.V. shows, and more importantly, in your personal social life. For some, experimenting with drugs can be out of curiosity, wanting to have fun, feeling the need to fit in with friends, or to "kick-back and relax". For others, they may have the idea that it an easy escape from problems in their lives. However, drug and alcohol abuse are serious problems within today's society and are rapidly threatening our youth. Alcohol and drugs can gradually begin to control your daily life, and easily become a form of addiction.

Throughout you school career, there have been statements said to you such as, "Say no to drugs!". There have also been programs put in place to teach youth about drug and alcohol abuse within the school setting. *It is important for everyone to know the risks. When used in large amounts, over a long period of time, or in the wrong combination, alcohol or drugs can be lethal.*

The dangers of substance abuse are:

- Saying/doing things you may regret later
- Legal violations
- Criminal punishment
- Loss of trust with parents/friends/school, or people you care about
- Long-term physical or mental illness
- Long-term physical or mental disabilities caused by the substance
- Causing harm to others through your actions when using
- Overdose
- Addiction to substances
- Death

**You have a choice regarding using alcohol or drugs. Sometimes it may be necessary to make a choice for yourself that is the opposite of the choices others make for themselves. *You are in charge of your own choices, body, and well-being.***

**ALCOHOL** is a liquid drug; it affects your bodily functions. It slows down the heart rate and breathing, as well as negatively affecting 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. Alcohol consumption before the age of 21 can cause slowness and even halted development of the brain. It is illegal to possess and 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 severely affect your brain and **CAN KILL YOU.**

**MARIJUANA** (Pot/Weed) 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 may also interfere with your perception of time. Taking "edibles" (food that contains marijuana) can be dangerous, as the drug needs to pass through the digestive system before the effects are noticed, resulting in people consuming more of the drug than they had intended to. The use of marijuana is legal in some states; however, *Iowa is not one of them!* Within Iowa, only *medical marijuana* is legal for substance use, and requires prescriptions and paperwork.

**AMPHETAMINES/METHAMPHETAMINES, COCAINE and CRACK** are stimulants. They cause increased blood pressure and pulse rate, loss of appetite, rapid breathing, and lack of sleep. 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. Long term stimulant use can also cause violent behavior, intense itching/ skin sores, paranoia, dental problems ("meth mouth"), and hallucinations. Stimulants can be found in various physical forms such as crystals, pills, powders, etc.

**LSD and OTHER HALLUCINOGENS** cause hallucinations, poor perception of time and distance, violent or bizarre behavior, psychosis, and death. Some hallucinogens, such as PCP/ Angel Dust, Saliva, and Ketamine/ Ketalar are known to carry a high risk for psychological addiction. Hallucinogens can be found in different plants and mushrooms, as well as be man-made using different substances.

**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 all three types of harm:

- Accidental Injury, because you are more likely to have a serious accident, as 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 due to breathing in the inhalant.

**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. 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.

### **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 someone you know:

- Drink/do drugs because of problems? Thinks it is a mental escape?
- Drink/do drugs when mad or upset with others?
- Find grades or work habits are starting to slip?
- Try to decrease use of drinking or drugs and fail?
- Drink/do drugs finding yourself using before thinking about the consequences?
- Drink/do drugs in the morning? Before school or work?
- Have blackouts or times when you cannot remember after using?
- Lie to others about drinking/drug use?
- 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, please consider asking 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**

**Allen Counseling Center in Waterloo.....319-235-3550**

**Alcoholics Anonymous..... [www.aa.org](http://www.aa.org)**

4<sup>th</sup> District Headquarters 12 Step Recovery (Waterloo).....**319-232-4117**

**Alanon/Alateen (Teen AA Meetings) .....[www.al-anon.alateen.org](http://www.al-anon.alateen.org)**

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

**Alcohol & Drug Abuse Crisis Line,**

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

**Narcotics Anonymous..... [www.na.org](http://www.na.org)**

**Substance Abuse Hotline 24/7 ..... 1-800-487-4889**

# ANGER MANAGEMENT

Anger is a normal human emotion and is experienced by everyone! However, sometimes anger can get out of hand. Out of control anger can lead to problems in school, problems with relationships, and problems with your overall happiness/ well-being.

## **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 increase. Many things can cause you to feel anger. You might be angry at a specific friend or angry about a specific event that has happened. Memories of traumatic events can also trigger angry or resentful feelings.

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

### **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. While talking to someone and telling them why you are angry or what upset you, it allows your point to get across without anyone getting physically hurt.

### **2. SUPPRESSING YOUR ANGER**

This tactic is known for 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. This approach is can also cause depression and anxiety within someone who is suppressing their anger instead of releasing it in a healthy way.

### **3. CALMING YOUR ANGER**

Giving yourself a time-out and allowing your angry feelings to subside. This can be a great time to reflect on what the situation is, and if there are any other underlying factors to you being upset. This also gives you a chance to plan out what you will say when explaining why you are upset to the person you are upset with.

You cannot get rid of, or control, the elements 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
- Positive self-talk and reassurance
- Change your environment- go somewhere to chill out
- Use humor to break your anger and tension
- Talk to someone you trust
- Take a nap
- 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. *Only you are in charge of the way you decide to handle and release your anger.*

For more information contact:

**Pathways Behavioral Services**

Allison..... **319-267-2629**  
 Waverly..... **319-352-1353**  
 or, in Waterloo..... **319-235-6571**

## **BULLYING/HARASSMENT**

### **What is it?**

- Actions that physically hurt others
- Spreading bad rumors about people
- Teasing someone to emotionally hurt them
- Inappropriate sexual comments
- Threatening to cause harm to someone
- Purposefully humiliating someone
- Breaking someone's belongings
- Inappropriate hand gestures

*There are several other definitions, but these are just a few.*

Bullying also can happen on-line or electronically. Cyberbullying is when an individual or group of people bully each other using the internet, mobile phones, or other technology. This can include:

- Sending mean texts, e-mails, or messages
- Posting rude pictures or messages about others on social media
- Posting inappropriate pictures of someone on social media
- Using someone else's user name to spread rumors or lies about someone
- Commenting hurtful statements towards others on social media statuses or videos

*This is just a small list! There are several other actions of bullying!*

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

- Walk away in a calm and positive matter- You can let your steam off once you leave the bully!
- Use your voice- not your body!
- Stay near adults or friends you feel safe with
- Tell someone you trust who will help you

### **Least Effective thing for a child being bullied to do:**

- Physically or emotionally harm the bully
- Reciprocate the bully's actions
- Not tell anyone/ not do anything about the issue
- Continue to be around the bully

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

- Listen to what they child has to say
- Explain that the child being bullied is not at fault
- Encourage the child to use their words, not their fists
- Allow their feelings to be validated
- Suggest ways to avoid the bully
- See through with consequences for the bully
- Check on the child after time has passed to evaluate if there is still a bully situation

**How to help the child who is the bully**

- Role play to show the child how it feels to be bullied
- Explore reasons for the displayed behavior
- Teach importance of compassion, empathy, and respect
- Make clear expectations about stopping the bullying behavior
- Provide consistent consequences when the child engages in bul

**What should the parents do?**

- Avoid assumptions
- Ask teachers and school officials for help
- Begin to problem solve with your child
- Reassure your child
- Steer clear of talking to the parents of the bully

**Want More on Bullying and Anger?**

*Try the following web sites:*

[www.stopbullying.gov](http://www.stopbullying.gov)

[www.youthvoiceproject.com](http://www.youthvoiceproject.com)

[www.olweus.org/public/index.page](http://www.olweus.org/public/index.page)

[www.pacerteensagainstbullying.org/#/home](http://www.pacerteensagainstbullying.org/#/home)

[www.pacerkidsagainstbullying.org/](http://www.pacerkidsagainstbullying.org/)

[kidshelpline.com.au/teens/issues/bullying](http://kidshelpline.com.au/teens/issues/bullying)

# CONFLICT RESOLUTION

Conflict resolution means finding ways to deal with others when you disagree. If you disagree with someone – even someone you really like – you might both be confused or angry. 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 activity next 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 dropped 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 INTO 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 rollerblading 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 to give.
- **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 hurt feelings 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 and stressors are 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 further “down”, leaving you drained and depressed. Sometimes it may be difficult to sort through feelings and really understand the causes 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 where counseling can help.

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

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

***Counseling is not about having someone take control of your life; it is about taking control of your own life and making the necessary changes.***

### WARNING SIGNS

If you, or someone close to you, are experiencing one or more of these warning signs, counseling may be able to 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
- Loss of sleep
- Inflicting harm on someone or themselves
- Risky behaviors
- Substance/ alcohol abuse
- No longer feel enjoyment on things once loved
- Avoiding social situations
- Strain of relationships

**Not every problem is a crisis problem, however, 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, and even make great friends along the way! 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 the group they identify with

### **Practice cultural competency!**

*"Cultural competence is the ability to understand, communicate with and effectively interact with people across cultures. Cultural competence encompasses being aware of one's own world view, developing positive attitudes towards cultural differences, gaining knowledge of different cultural practices and world views."*

Rather than fear the differences, learn to appreciate them. Get to know and befriend the foreign exchange students in your community. Find out about other religions or study another language. Introduce yourself to people you know are not from your cultural background. This will help you understand those who are different than you.

## DEALING WITH PARENTAL 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 is considered substance abuse. Abusing prescription medication can be dangerous and harmful to the family as well.

If you need assistance with parental substance abuse, 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, youth group leader, or rabbi.

## DEPRESSION

One of the scariest emotional experiences a person can ever suffer from during their lifetime is to experience a form of depression. Depression is one of the most common mental health problems our world faces 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 brain. 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 experience depression than girls. But after puberty, girls become twice as likely to become depressed, and boys are more likely to 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.

*These are just a few of the factors, there are many more that could be listed.*

### **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, self-harm- such as cutting or burning themselves, and suicidal threats or attempts.

*These are just a few of the behavioral excesses, there are many more that could be listed.*

**If you know someone who is considering hurting themselves, or thinking about attempting 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, anxious, or 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, difficulty remembering things, and pain.

Not everyone experiences each of 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

## DISABILITIES

Anyone 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" or "having varying abilities", as this is more accurate. Children and adults with disabilities have many abilities, are capable of teaching others many things, and make valuable contributions to the world. ***A label should not define who someone is.*** It is 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.*** Your words have the power to hurt someone deeply or help someone be accepted and feel that they belong. 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.

### **If you DO have a disability:**

Know that you have the power within your mind 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 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 knowing that you're worthy of being loved and accepted.

Agencies that provide services for people with disabilities:

<b>Bremer County CPC</b> .....	319-352-1919
<b>Butler County CPC</b> .....	319-267-2663
<b>Child Health &amp; Specialty Clinics</b> .....	319-272-2315
<b>Community Based Services</b> .....	319-352-2990
<b>Covenant Clinic Psychiatric</b> .....	319-352-9606
<b>Easter Seal Soc., of Iowa (Des Moines)</b> .....	515-289-1933
<b>Exceptional Persons, Inc.</b> .....	319-232-6671
<b>Human Services</b>	
Bremer/Butler.....	319-267-2594
Toll-free.....	1-800-873-1340
<b>Iowa Legal Aid</b> .....	319-235-7008
<b>The Larrabee Center</b> .....	319-352-2234
<b>North Star Community Services</b> .....	319-352-1425
<b>Pathways Behavioral Health</b> .....	319-352-2064
<b>UNI Speech &amp; Hearing Clinic</b> .....	319-273-2542

# 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, then 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, intrapersonal, 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. It is imperative that we begin to 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 overall 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, after feeling guilty about the amount of food they have consumed. Body weight may vary from normal to mild, moderate, or severe obesity.

*The three categories are umbrella terms; there are more specific disorders that may be placed within one of the three.*

*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/eatinfo.htm>
- <https://www.eatingdisorderhope.com/recovery/self-help-tools-skills-tips>

## EATING RIGHT

You have probably heard the saying “You are what you eat!” This statement rings to be true. The various foods that we consume supply nutrients for our bodies to grow, maintain energy, and stay healthy.



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. It is extremely important for a teen's growth to practice healthy eating habits, exercise routines, and sleep schedules! **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 –**

<b>Nutrition Department</b> .....	319-352-4902
<b>Allen Hospital Wellness Center</b> .....	319-235-3617
<b>Bremer County Extension Office</b> .....	319-882-4275
<b>Covenant Medical Clinic</b> .....	319-352-9500
<b>Northeast Iowa Community Action Food Pantry</b> .....	319-352-4532
<b>Share Iowa</b> .....	1 -800-344-1107
<b>Waverly Shell-Rock Area United Way</b> .....	319- 352-2582

## EDUCATION

***"Education is a progressive discovery of our own ignorance."***

**— Will Durant**

*The best thing you can ever do for yourself is to become educated- regardless of where the education comes from.*

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 events are happening in your life that make staying in regular school seem difficult or impossible, you don't have to give your education up. Alternative schooling is available to help you finish your education. Waverly-Shell Rock High School's alternative school, Greenview, 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 20<sup>th</sup> Street NW in Waverly.

**For information, please call the *Hawkeye Community College Metro Center* at 319-234-5745 or visit <https://www.educateiowa.gov/pk-12/learner-supports/alternative-education>**

## GANG RESISTANCE

A gang is a group of people whose members regularly engage in criminal activities. Individuals join gangs for a sense of belonging, power, safety, and to give themselves an identity.

Some people say being part of a gang feels like being part of a family. Being in a gang is very different from being a part of a family. Families do not regularly participate in delinquency, harmful acts, and putting others in danger.

Gang members form relationships that sometimes look like true friendship, however, their main concern is to use vulnerable people in order to get what they want, without doing any of the work.

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 Officer .....**319-352-2087

**(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, every day. 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 agree or disagreement with issues of abortion, when it occurs, there is a very real loss that is experienced by both parents.
- Parent being incarcerated
- Injury that causes loss of body function

Because grief can be very complex and unique to everyone. There are many different reactions to those who are grieving. Below are signs that individuals who are grieving may not be aware of. If you have a friend who is experiencing 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 or to others around them. If you or someone you know is grieving, you may contact a trusted adult, clergy or school counselor.

- **Shock/Disbelief** – knowing intellectually, that something traumatic has happened, but unable to imagine that it has happened.
- **Denial** – Refusing to believe or acknowledge the traumatic event has happened/ the loss has happened.
- **Anger** – allowing yourself to feel mad about the traumatic event, as well as its effect it has had within your life.
- **Tears** – 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 for the traumatic event, thinking it is their fault 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. Teens may also want to join their loved one in death, if they have lost someone close. 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.**

- **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 are considering suicide, please contact a trusted adult, a clergy person, or

**National Suicide Prevention Lifeline**..... 1-800-273-8255

**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**

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**.....319- 272-1400

**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**

## Gun Safety and Violence

Gun safety and violence has become a large problem within the world we live in- guns are easily accessible to youth, which can sometimes be a threat. However, with the proper training, education, and background checks, guns can be safe to use in certain situations such as hunting or trap shooting. Guns should not be used against other people as a threat, show dominance, or be used to "look cool". ***Guns are a weapon and should be taken seriously.***

If you or someone you know would like to use a gun for different activities such as hunting, trap shooting, or target shooting, then a class on how to work a gun should be taken. There are also shooting ranges that individuals can visit and use a gun responsibly, under the supervision of an adult who knows gun safety!

Guns should never be used as a threat to someone. ***If you are threatening someone and decide to point a gun at someone, you can be charged with aggravated assault with a deadly weapon.***

*If you know someone who is planning to harm anyone with a gun, you need to TELL SOMEONE IMMEDIATELY.*

**The following are some resources that may be helpful to understand Gun Safety and Violence:**

<http://www.waverlyizaakwalton.com>

<http://www.cedarvalleyfirearmstraining.com/>

## 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, that is not the case. It's important for you to take good care of yourself- hygienically, nutritionally, emotionally, and physically. Good nutrition and exercise can help a lot in most aspects of being overall healthy.

Routine care, like immunizations and routine physical exams, are important *even when you feel healthy*. Some health care for minors requires a parent or guardian's permission. Many times, there is a fee for the services and treatments being provided.

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 for their services will be. If you don't have a family doctor, you can get help choosing one by calling:

<b>Christophel Clinic</b> .....	319-483-1390
<b>Covenant Clinic</b>	
Waverly.....	319-352-9500
Shell Rock.....	319-885-4363
Tripoli.....	319-882-3534
<b>Denver Family Practice</b> .....	319-984-5645
<b>Family Practice Center</b> .....	319-272-2112
<b>Peoples Community Health Clinic</b>	
Waterloo.....	319-272-4300
Clarksville.....	319-278-9020
<b>Rohlf Memorial Clinic</b> .....	319-352-4340
<b>Shell Rock Family Health</b> .....	319-885-6530
<b>Walk in Clinic</b> .....	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 when hard times happen. Friendships take time to build. They don't always easily exist, and sometimes may experience hardships throughout the life of the friendship. 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 put strain on 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.

### **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 using you for money or other personal gain
- Your friend is overly 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, emails, 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 or other people. 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 the 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](http://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 laws that deal with acts committed by young people. It is important to remember that 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](http://www.iowafindalawyer.com)

Iowa Legal Aid.....1-800-532-1275

### **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 should not attempt to drive. It is very dangerous to get into a car driven by someone under the influence of any substance.**

### **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 an administrative action by the Department of Transportation against under-age drinking and driving. Iowa law states that anyone under the age of 21 cannot 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 breath test will lose their license for at least one year.*** Reinstatement 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.**

## LGBTQ\* Community

More and more young people are realizing that it is okay to be themselves- whoever they are meant to be. *You are not alone.* You or a friend may be having trouble figuring out the feelings you are going through, and it can be scary. What will your friends and family think? Do your feelings interfere with your beliefs? What exactly *ARE* these feelings that you are having? It is perfectly okay to go through your feelings and try to realize what you actually want out of your life- who you love, who you want to be, and who you are attracted to- if anyone! ***There is nothing wrong with you, or the way you are.***

If you are ever feeling down about yourself because of these changes and thoughts you may have, try to remember to do some of these suggestions:

- Talk to a friend, parent, or trusted adult about your feelings and what they may mean.
- See if there is a LGBTQ\* club or Gay/Straight Alliance (GSA) at your school.
- Do research! Go online- google what you are feeling.
- Watch YouTube videos about people within the LGBTQ\* community- there are some awesome Youtubers to check out!
- Call an LGBTQ\* hotline- they're perfect for when you feel like no one else will understand your feelings (See resources below for number!)

If you are NOT part of the LGBTQ\* community, but someone you care about IS, please remember the following:

- ***DO NOT OUT THEM-*** it is their choice on who to tell and who not to tell. It can damage their coming out process and even their mental health!
- There is nothing wrong with the way they feel- try to be understanding of their situation, regardless of how you feel about it.
- Listen to them and the things they are expressing to you.
- They may be going through mental or physical changes and it may change their behaviors or actions.
- Practice unconditional love with them whenever you can- they will need a non-judgmental person to go to as a safe space.

***If you or someone you know is being bullied or harassed for their sexual or gender identity, tell someone.***

**Resources that may be helpful:**

<http://point5cc.com/chest-binder-donation/> (This site allows you to request a free chest binder- Remember to bind *carefully!*)

<https://www.thetrevorproject.org> - This website is great for knowing you're not alone! It allows you to get more education about the LGBTQ\* Community, as well as has a lifeline (1-866-488-7386), text line, and online chat!

<https://www.trevorspace.org> - This is a sister website of the Trevor Project. It allows you to create a profile and meet LGBTQ\* youth across the globe.

<https://www.pflag.org/> - This site is a great ally site!

**Unity Point LGBTQ Health Care Services.....319-222-2710**  
**Together for Youth.....319-274-6768 (Extension 1)**

## 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 online subscriptions, audio and video cassettes, compact discs, and artwork.

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

## MENTAL ILLNESS

Youth and teens may experience some form of negative mental health, of a mental illness. A *mental illness is nothing to be ashamed of!* A mental illness is a disorder in the brain that does not allow the brain to function properly. *Having a mental illness is not a choice.* Having a mental illness can happen to anyone at any time in their life. Dealing with a mental illness should be no different than treating a physical illness. Mental illness can make going through life hard- waking up and going to school can seem like the most challenging thing you'll ever do. If you or someone you know thinks they have a mental disorder, *talk to a professional immediately.* Mental illnesses don't just go away- it is important to have knowledge on coping skills, medication, and getting the support that is needed.

**Anxiety:** One in five teens experience an anxiety during their adolescent years. Anxiety can be in the form of having different "what if" thoughts, as well as your brain worrying about the worst-case scenario. It may also feel like everyone around you is talking about and judging you for every move you make. Anxiety can also be excessive worry about physical aspects, such as having a cut that you think will inevitably get infected, or having a headache, and telling yourself it is probably a brain tumor. These different thoughts can make it difficult to get through life without a lot of worry- which can be stressful. However, the thoughts are just thoughts. They cannot tell the future. *Feel them, assess the thoughts, and let them go.*

### **When dealing with anxiety you may experience:**

- Fearfulness or excessive worry
- Having a feeling that things are out of control
- Feeling of dread and something bad will happen
- Racing heart
- Sweaty palms
- Tightening in the chest
- Butterflies in the stomach
- Dizziness or lightheadedness
- Urge to cry
- Anger
- Nausea
- Difficulty sleeping
- Nail biting
- Avoiding social situations and people

### **Ways to Cope:**

- Being mindful that the feeling will pass
- Slow and steady breathing
- Exercising
- Meditation
- Talking to someone you trust
- Rule of 5 to keep you grounded- look for 5 things you can touch, 5 that you can see, 5 that you can taste, 5 that you can hear, and 5 that you can smell. This allows your brain to focus on the here and now!

### **Depression- See "*Depression*"**

**Bipolar Disorder:** Bipolar Disorder is characterized by having extreme to mild mood swings uncontrollably. The mood swings can range from being elated to be the saddest or maddest you have ever felt. The mood swings can come on suddenly or take their time to initiate. There are two types of Bipolar Disorder- Bipolar I and Bipolar II. Bipolar I is characterized by the more intense highs and lows of mania and depressive behaviors. Bipolar II is characterized by a milder expression of mania, called "hypomania", but still experiences depression. *The cause of Bipolar Disorder is not your fault; it is a chemical disorder in the brain.*

### **When dealing with Bipolar Disorder, you may experience:**

- (Hypo)mania and depressive episodes
- Racing thoughts and/ or speech
- Increased physical and mental activity
- Less of a need for sleep
- Excessive irritability or frustration
- Increased sexual thoughts or behaviors
- Risky behaviors
- Loss of interest
- Feelings of guilt or worthlessness
- Increased need for sleep
- Loss or appetite or eating
- Inability to concentrate
- Thoughts of death or suicide

**Post-Traumatic Stress Disorder (PTSD):** PTSD happens when someone has gone through a very traumatic event in their life. Examples of this could be losing a parent, being in a

car crash, being a victim of sexual, physical, or mental abuse, rape, school shootings, etc. PTSD can happen to anyone. PTSD can dramatically change an individual's behaviors and moods while they are working through their disorder, and the event that caused it.

**When dealing with PTSD, you may experience:**

- Loss of interest of things once enjoyed
- Regression
- Irritability
- Anger outbursts
- Reckless behaviors
- Anxiety disorder
- Depression
- Uncontrollable crying
- Low self-esteem
- Feelings of guilt
- Flashbacks of the event
- Nightmares/ Night Terrors
- Stomach or Head aches
- Trouble with physical contact

*Having any of these disorders is NOT YOUR FAULT. IF you are feeling SUICIDAL, please get help immediately. You are not alone, and there is always someone who can help you through it.*

**For more information or help with mental disorders, check out the following resources:**

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

## 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 present and support those individuals. 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 important life decisions. A mentor is a person that listens to you but is not a counselor or therapist.

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 with those around them. 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.

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

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.**

<b>Allen Women's Health</b> .....	319-235-5090
<b>Allen OB/Gyn</b> .....	319-235-5050
<b>Alternatives Pregnancy Center</b> .....	319-232-5683
<b>Birthright</b> .....	1-800-550-4900
<b>Iowa Department of Human Services</b>	
Bremer/Butler.....	319-267-2594
Toll Free .....	1-800-873-1340
<b>Catholic Charities</b> .....	319-272-2080
<b>Covenant Prenatal Clinic</b> .....	319-272-8200
<b>Family Practice Center</b> .....	319-272-2112
<b>OB/Gyn Specialist</b> .....	319-234-5764
<b>Partners in Obstetrics &amp; Gynecology</b> .....	319-233-8865
<b>Planned Parenthood of the Heartland</b> .....	1-877-811-7526
<b>Waverly Health Center</b>	
<b>Women's Clinic</b> .....	319-483-4074

## RUNNING AWAY

It's not unusual to think about running away from home at some time in your life. 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, an adult friend, or a trusted relative might be able to help you deal with the problems that are causing you to consider running away.



*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.*

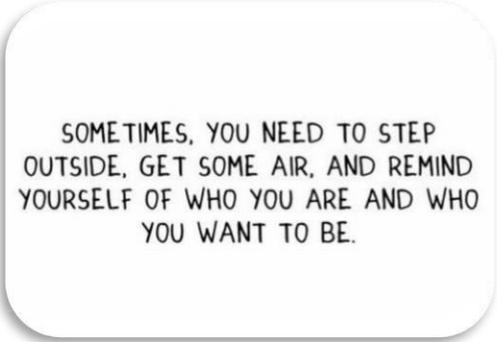
**National Runaway Safeline.....1-800-786-2929**

Website.....[www.1800runaway.org/parents-guardians/](http://www.1800runaway.org/parents-guardians/)

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.



SOMETIMES, YOU NEED TO STEP  
OUTSIDE, GET SOME AIR, AND REMIND  
YOURSELF OF WHO YOU ARE AND WHO  
YOU WANT TO BE.

### 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.
- Make Friends With Positive People - The people you hang around with can have a huge 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; *be the authentic you.*

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.

**Lutheran Services in Iowa.....319-233-3579**  
**Pathways Behavioral Health.....319-352-2064**  
**Psychiatric Associates of Northeast IA....319-352-2108**

## **SELF HARM/ INJURY**

Self-harm is trying to get rid of an unbearable feeling by causing harm or injury to one's own body. There are several methods that individuals use to harm themselves such as cutting, burning, scratching, etc. Although it may feel like a release of feeling to gain control over something, self-harm gets more and more dangerous each time it is done. Self-injury is also known to cause low self-esteem, anxiety, or guilt because of what they are doing to their bodies. Self-harm is a very dangerous habit to get into. It can cause serious injuries, and even death.

*Please remember that you are not alone, and the pain of self-harming is **only a temporary relief.***

### **Coping methods when having the urge to self-harm:**

- Confide in someone you trust and has your best interest at heart
- Create something- painting, pottery, poems, music, drawing, etc.
- Listen to music
- Take a bath or shower
- Hang out with your pet
- Write your feelings down in a journal
- Visit a self-help website or hotline
- Exercise
- Punch a cushion or pillow
- Scream into a pillow
- Squeeze a stress ball or play dough
- Make some noise- bang on drums or pots and pans

### **If your friend is self-harming:**

- Educate yourself on self-harm/ injury
- Don't ignore it
- Talk to your friend with compassion
- Encourage them to get help
- Don't put them down for self-injuring
- If it's an emergency- *GET HELP*

### **For more information or help with self-harming/ injuring:**

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

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

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

**Lutheran Services in Iowa**..... 319-233-3579

<http://sioutreach.org>

<https://suicidepreventionlifeline.org>

## SEXUAL ABUSE

If someone is giving you physical attention (unwanted touching, grabbing, kissing, 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.*

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, may be all over the place. You may 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. 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, friend, school counselor, 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

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 is also 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.



**Since 85-90% 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 or other unwanted touching, ***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 and find a way out.

### **Some additional tips on avoiding sexual assault:**

- Avoid walking alone at night, or where streets, alleys, 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: *Rape and sexual assault can happen to everyone- it does not discriminate.*

- 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 sexually assaulted or 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 regardless of their own thoughts, feelings, and obligations. 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. STIs of 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 repeatedly.

### **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.
- If you are using anything to further pleasure of sexual experiences, make sure you wash them well and do not share them.
- Always ask new sexual partners about their sexual history and if they have been tested.
- Avoid having sex with people who have sores, discharges, or blisters around their mouth or sex organs.
- Get you and your partner tested regularly for any STI or diseases
- Do not rely on the other person to take care of protection- always practice a form yourself

**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
- Planned Parenthood of the Heartland**.....1-877-811-7526
- Planned Parenthood of Cedar Falls**.....319-277-3333
- Waverly Health Center**.....319-352-4120
- Unity Point Health**.....319-352-4340

## SMOKING/TOBACCO

**NICOTINE** is one of the most addictive substances known to our world. 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 AS A TEEN/ YOUTH, 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/ youth 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-QUIT NOW(1-800-784-8669)**

**Youth Tobacco Prevention Program**

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

### **Additional Resources:**

[www.smokefree.gov](http://www.smokefree.gov)

[www.tobaccofreekids.org](http://www.tobaccofreekids.org)

[www.notontobacco.com](http://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 amounts of the drug repeatedly, they are called “abusers.”

## Common Side Effects:

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

**The bottom line is: Studies have been conducted that prove the serious risks of steroid use. DO NOT USE THEM!**

For additional information and help visit: [www.samhsa.gov](http://www.samhsa.gov)

# 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.

## **Physical Symptoms of Stress**

- Tiredness/fatigue
- Easily startled
- Headaches
- Loss of sleep
- Chronic pain
- 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 nowhere 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 relationships.

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, soda, fast food)
- Exercise
- Deep breaths
- Make time for breaks/ fun activities
- 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 them about it. 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.** 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
- Reckless behavior
- Seeking out weapons or pills
- 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.

If you, or a friend, is thinking about committing 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 and go on dealing with 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.*

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



## 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 okay! 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 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?
- Does my partner also want this?
- Do I know the proper protection measures to take if I do have sex?
- What happens if it isn't what I thought it would be?

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 about whether or not you will engage in sexual actions and discuss it with your boyfriend/girlfriend. Talk it over with your family. Get support from friends. 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. 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:

## **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

### **Websites**

[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

[www.allenwomenshealth.org](http://www.allenwomenshealth.org)

[www.stayteen.org](http://www.stayteen.org)

[www.teenpregnancy.org](http://www.teenpregnancy.org)

[www.teenwire.org](http://www.teenwire.org)

[www.togetherforyouth.net](http://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 lots of 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 online!

### 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

Shell Rock also has a historical museum!

**Shell Rock Historical Museum** .....319-885-4478

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

**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
- Melanie's Dance Academy**.....319-427-0505

## VIOLENCE/ABUSE

Everybody gets angry sometimes, but there are times when some people get so angry that they 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 harmed because of someone's anger, 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 – <http://www.wsrunityway.org/volunteer-0> – and click on “Want to be a volunteer? Click to get started”.

**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? Are you in need of personal hygiene products and have no way to afford them? 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.