

TEEN HELP GUIDE

A resource booklet for youth
living in Palm Beach County

Produced and published by 211 HelpLine



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INTRODUCTION

As a teen in Palm Beach County, you are probably faced with many questions and decisions. The *Teen Help Guide* is a resource directory written just for you.

This booklet is designed to help you navigate through the information and services provided by local community resources. We hope that it will help you become more aware of the resources in Palm Beach County that can best assist you.

Almost all of the agencies listed guarantee your confidentiality when you call them. This means they will keep your conversations private. If you want to make sure the agency will keep your conversation private, simply ask them when you first call, “Will this conversation be confidential?”

It is important to remember that parents, family, friends, teachers, counselors, and religious leaders are also here to listen and help you along with this directory. Things to know:

- 211’s TEEN HOTLINE is free, confidential, and available 24/7
- When you call, you don't have to give your name or any information about yourself...so you can feel comfortable
- The TEEN HOTLINE staff do not give advice or judge your situation. Their job is to listen to your feelings and to help you make positive decisions
- No problem is too small, too large or too shocking for the caring TEEN HOTLINE
- Simply dial 2-1-1 or text your zip code to 898211



*Big problem or small...
Wanna Talk.. On the phone?*

Call 2-1-1

**or (866) 882-2991
for the Teen HotLine
Free, Confidential, 24/7**

*Or Chat Online... Everyday: 10am - 8pm
go to www.211palmbeach.org*

*Or Via Text Message... 24/7: text your
zipcode to TXT211 (898211)*

HOW TO USE THE TEEN HELP GUIDE

In the following pages of this book, you will find examples of problems that teens go through every day. If you or someone you know is dealing with one of these issues or just wants information about it, simply call the agency listed after that subject.

If you can't find a topic that you'd like information on, you can also reach the **Teen HotLine by calling 2-1-1, texting 211 (text your zip code to 898211) or online chatting or via the internet website www.teen211pbtc.org**

If you happen to call a number which is no longer working, don't give up! Call **2-1-1** to find updated information if needed.

Helpful Tips for Dealing with Agencies:

When you call an agency, it helps both you and the agency if you remember to ask the following questions

- **What area of the county do you serve?**
- **Who can receive your services?**
- **What are your hours and location?**
- **What papers should I bring with me?**
- **Do I need permission from a parent or legal guardian?**
- **Is there a cost for services?**

Remember to record all the information you gather.

- **The name of the agency, the name of the individual with whom you are speaking.**
- **The steps they advise you to take to handle your situation.**
- **The date you made the contact.**

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EMERGENCY NUMBERS

Medical or police emergency--Call 9-1-1!

POISONING/DRUG OVERDOSE

This is a MEDICAL EMERGENCY—Call 9-1-1!

**Save someone’s life-the “9-1-1 Good Samaritan Act”
Florida State Statute protects you from prosecution.**

SUICIDE PREVENTION

If you or someone you know has thoughts of Suicide...

or a Mental Health Crisis: It’s OK to reach out for help!

Teen HotLine..... 2-1-1

Mental Health Crisis Services (JFK North).... (561) 881-2671

South County Mental Health Center

Mobile Response (Glades)..... (561) 382-3555

Mobile Response (North) (561) 693-8681

Mobile Response (South) (561) 637-2102

Also available:

Trevor Project (Gay, Lesbian, Bisexual Youth)1-(866) 488-7386

SOMEONE TO TALK TO

Teen HotLine..... 2-1-1

EMERGENCY NUMBERS

Medical or police emergency--Call 9-1-1!

RAPE

Rape, Abuse and Incest National Network1-(800) 656-4673

Rape Crisis Violent Crime (561) 833-7273 or 1-(866) 891-7273

*** Note: if you are coerced, bullied or forced into having sex when on a date or with someone you are dating that's rape!**

FAMILY VIOLENCE

Abuse Hotline- Florida.....1-(800) 962-2873

Domestic Assault Shelter

Harmony House-PBC.....1-(800) 973-9922

North/Central (Ass. Abused Women).... (561) 586-1888

South (AVDA-Aid to Victims of DV) ...1-(800) 355-8547

Domestic Violence Program-PBC Victim Services

Central..... (561) 355-2383

North..... (561) 355-2383

South..... (561) 274-1500

Glades (561) 996-4871

RUNAWAY

National Runaway Safeline.....1-(800) 786-2929

National Ctr Missing & Exploited Children 1-(800) 843-5678

Safe Harbor/Safe Place ...1-(800) 433-0010 or (561) 868-4444

If you are in danger of being trafficked:

Human Trafficking Hotline1-(888) 373-7888

You can also text “BeFree” (233733)

MENTAL HEALTH HELP

Medical/ Suicidal or police emergency—Call 9-1-1!

**If you are looking for services...
or just need to talk, call 2-1-1**

You can also call:

**Center for Family Services.....1-(800) 404-7960
West Palm Beach..... (561) 616-1222**

Mental Health America of Palm Beach County (561) 832-3755

National Alliance on Mental Illness PBC (NAMI). (561) 588-3477

Youth Services Department PBC

**Delray Beach..... (561) 276-1340
Glades (561) 992-1233
North & West Palm Beach (561) 242-5714**

*Also refer to page 26 for additional counseling services.

ALCOHOL AND DRUG PROBLEMS

Alcoholics Anonymous (A.A.)

**North and Central..... (561) 655-5700
South..... (561) 276-4581**

Al-Anon & Alateen..... (561) 882-0308

Drug Abuse Foundation

**South..... (561) 278-0000
North..... (561) 732-0800**

Drug Abuse Treatment Association

(DATA).....1-(800) 253-8770

Narcotics Anonymous (N.A.)..... (561) 848-6262

PBC Behavioral Health Coalition..... (561) 374-7627

SAMHSA Treatment Referral Helpline.....1-(800) 662-4357

ALCOHOL AND OTHER DRUGS

You may think that most of Palm beach County teens are using alcohol and drugs. They are not! (FYSAS 2018).

Some young people tend to be pressured to try alcohol and drugs by their friends because of curiosity, or they think it is the popular thing to do.

★ **84% of PBC Teens are alcohol free!** ★

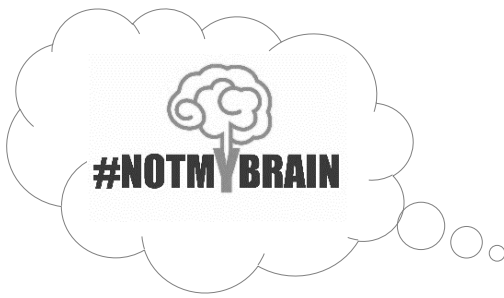
KNOWLEDGE IS THE KEY TO HEALTHY CHOICES!

FACT: While you're a teen (and even into your early 20's!), you're still growing. Using alcohol or other drugs while you're still developing will affect your brains ability: to grow and develop, to learn and remember things, and to make good judgments.

FACT: When it comes to drug use, there are different individual reactions, it is important to understand the usual risks and effects for both short and long term.

FACT: Permanent damage can happen at any point---even with the first use of some drugs.

Teens make a difference! There's so much you can do to reduce underage drinking in South Florida. Start with yourself...



-Get educated on alcohol's harmful effects @ www.NotMyBrain.com

-You are smarter than companies wanting to make money off you with their slick ads trying to get you to use their products.

-You are a leader: attend youth conferences to learn how to become a leader—even if just over yourself. Go to: www.riseaboveyouth.org and www.pbcYouthSummit.org

-Save someone's life: call 1-877-Means21 anonymously to report a house party with underage drinking or a store selling to teens. The life you save may be a friend or loved one!

>>> IT IS ILLEGAL TO DRINK IF YOU ARE UNDER 21 <<<

ALCOHOL is a liquid drug, it is the most common used by teens out of all the drugs. It affects all of your body functions. It slows down the heart rate and breathing. Alcohol can change your feelings. For example, alcohol can make an angry person more upset or a sad person more depressed.

WARNING: Death can result from drinking too much – also known as “binge drinking” or “binging”. Death can also result from mixing any type of medication with alcohol—example, alcohol and prescription drugs or alcohol and over-the-counter medications.

OTHER COMMONLY ABUSED DRUGS

MARIJUANA, also known as Pot, Grass, Weed, Reefer, Dope, Mary Jane, Joint, and Blunt (just to name a few), is a depressant that slows the body down. People under the influence tend to have problems with their memory, distorted perception, trouble thinking clearly, loss of coordination, paranoia, and anxiety. Wax or dab (also called 710), is a highly concentrated form of marijuana that in addition to the above symptoms, the user may also experience panic attacks, hallucinations and increased heart rates and blood pressure. Smoking marijuana deposits four times the tar into your lungs as tobacco.

COCAINE, is very addictive and following the high, drug withdrawal can cause irritability and fatigue as well as lead to major depression, aggression and even extreme paranoia.

PRESCRIPTION DRUGS Are medications prescribed by doctors to treat specific medical problems. Pain relievers, Stimulants, Sedatives and tranquilizers are the four types of prescription medications that are commonly abused. Overdoses are common with people who misuse these drugs and can often lead to death.

Sometimes People will use substances to self-medicate... that means they are not getting the professional care to help overcome or to learn to live with stress, anxiety, or other mental health concerns.

**CALL 2-1-1
AND LEARN HOW TO GET HELP TODAY!**

Other types of drugs abused include: **Hallucinogens** such as LSD and PCP; club/designer drugs such as Molly, Herbal Ecstasy, Rohypnol, GHB, Ketamine; **Anabolic Steroids; Amphetamine and Methamphetamine; and Inhalants.**



- **Beware of LOOK-A-LIKE DRUGS!**
You will not know how your body will react.
- **Beware of Synthetic Drugs!**
Spice and K2 often come in colorful packages...

Many of these dangerous substances are put together in very unsafe and unsanitary conditions- filthy spaces that include dirty garages, wet basements, and littered bedrooms in unknown countries.



No one really knows what's in these drugs or what they can do to you. Do you really want to be experimented on?

YOU ARE SMARTER THAN THAT!

Visit www.DontBeAGuineaPig.com

AND LEARN HOW TO GET HELP TODAY!

CALL 2-1-1

CHECK LIST FOR ALCOHOL OR DRUG USE

Using alcohol or drugs excessively creates problems that the user may not be able to recognize. The statements listed below can help you decide if you or someone you know has an alcohol or drug problem. If you agree with ANY of these statements, please call 2-1-1 for help.

DO YOU (OR SOMEONE YOU KNOW) IDENTIFY WITH ANY OF THE FOLLOWING STATEMENTS?

- When I have problems, I drink/do drugs.
- When I am feeling bad, I drink/do drugs.
- When I am mad at others, I drink/do drugs.
- My grades are falling and my work habits are slipping because of my drinking/drug use.
- I try to drink/do drugs less, but I can't do it.
- Even when I don't intend to drink/do drugs, I do it anyway.
- Before I go to school or work, I drink/do drugs.
- Sometimes I have blackouts and can't remember.
- I lie about my drinking/drug use.
- I have gotten in trouble because of my drinking/drug use.
- I feel accepted when I drink or get high.

WARNING SIGNS-HERE ARE SOME THINGS TO LOOK FOR IF YOU THINK SOMEONE HAS AN ADDICTION:

Physical warning signs (what's going on with their body):

- Bloodshot eyes
- Speech that's slurred or agitated
- Weight loss that's sudden or dramatic
- Skin with bruises or abrasions
- Appearance that is neglected and dirty
- Often sick
- Frequent accidents or injuries
- Breath odor that is unusual; odors and stains on clothing

Behavioral warning signs (the way they act):

- Unusual aggression and/or hyperactivity
- Secretive behavior, that includes lying and locking doors
- Hiding stashes of alcohol, drugs or drug paraphernalia
- Stealing alcohol or drugs-such as a parent's prescription medication
- Missing school or work, blowing off responsibilities
- Not making eye contact

If you're still not sure if you or someone you know has an alcohol or drug problem you can ***call 2-1-1*** to speak to someone who can help you find answers.

Alcoholism and chemical dependency are diseases, they too can be passed from one generation to the next.

It is up to YOU to STOP this vicious cycle.

REMEMBER THAT YOU ARE NOT ALONE!



Alcohol and drug abuse and addiction can hurt relationships in many ways, leaving the people involved feeling guilty, frustrated, confused, angry or powerless. You, your friends and family can find hope, help and healing.

You or the person you care about can get better, and there are lots of ways to get help.

Al-Anon or Alateen meetings help by providing support to friends and family of people with addictions.

THINGS THAT YOU MIGHT NOT THINK OF AS DRUGS THAT ACTUALLY ARE!

ENERGY DRINKS/CAFFEINE/AND TOBACCO

Each of these substances are known to be addictive and to have harmful side effects.

CAFFEINE is a popular stimulant that is found in foods and beverages such as coffee, Coca-Cola, Pepsi, tea, chocolate, etc. Unfortunately, as good as it may taste, it is also very addictive. Too much caffeine, especially found in popular energy drinks such as Amp, Red Bull, Monster, Rockstar, Full Throttle, or Vault can cause elevated heart rates, increased blood pressure, anxiety, panic attacks, headaches, interrupted sleep patterns, and dehydration. Caffeine content in energy drinks is not currently regulated by the FDA and therefore should only be consumed in moderation. Because of the increased risk of medical complications, energy drinks should absolutely not be consumed when exercising or when participating in strenuous physical activities. There is also ongoing research into a possible link between energy drinks seizures and epilepsy.

TOBACCO Every day nearly 4,000 kids under 18 try their first cigarette. 1,000 of those kids get “hooked” to become daily smokers. That's more than 1 million teens a year with **roughly one- third of them slated to die from a smoking-related illness.** In fact, smoking in the U.S. kills more people than alcohol, AIDS, car accidents, illegal drugs, murders, and suicides combined! **Nicotine is a highly addictive drug**, and is found in tobacco products such as cigarettes, cigars, pipes, smokeless tobacco (chew, dip, snuff), and the new “vapor” electronic cigarettes/pens w/without flavors. Due to the addictive nature of nicotine, quitting is extremely difficult.

Vaping products, cigars, and pipes are not less dangerous than regular tobacco products. Smoking any kind of tobacco product increases your risk of developing serious health problems, including lung cancer, heart disease and emphysema. Tobacco products that you don't smoke, like snuff, hookah, and chewing tobacco, are also very addictive and have been shown to cause gum disease and cancers of the mouth. **Smokeless tobacco products also contain many toxins**, as well as high levels of nicotine (**one Juual pod = one pack of cigarettes**). Many of the other ingredients are things we would never consider putting in our bodies, like tar, carbon monoxide, acetaldehyde, and nitrosamines. Tar causes lung cancer, emphysema, and bronchial diseases. Carbon monoxide causes heart problems, and is one reason smokers are at high risk for heart disease. **NOTE: e-cigarettes/vapor products-Indicators are that there may be higher concentrations of cancer causing chemicals and are known to cause seizures because of the high content of nicotine (FDA report). Inhalation of Harmful Chemicals Can Cause Irreversible Lung Damage & Lung Disease (NASEM)**

To learn more:

| | |
|---|------------------|
| Al-Anon/Alateen Family Groups | 1-(888) 425-2666 |
| American Lung Association- www.Lung.org | 1-(800) 586-4872 |
| Center for Family Services of Palm Beach County | (561) 616-1222 |
| Drug Abuse Foundation of Palm Beach County..... | (561) 278-0000 |
| Drug Abuse Treatment Association | (561) 844-3556 |
| Drug Testing & Counseling (Harmony Hlth) 18&older | (561) 433-0123 |
| Families First (Belle Glade) | (561) 996-8710 |
| Families First (West Palm Beach)..... | (561) 721--2887 |
| Hanley Center at Origins (18+) in-patient treatment.. | 1-(844) 249-7131 |
| Horses Healing Hearts..... | (561) 713-6133 |
| Narcotics Anonymous (North/Central/West)..... | (561) 848-6262 |
| Palm Beach County Intergroup (north county)..... | (561) 655-5700 |
| Palm Beach County Intergroup (south county)..... | (561) 276-4581 |
| PBC Behavioral Health Coalition & Youth Summit | (561) 374-7627 |
| Project Lift (Glades area) teens 14-19 | 1-(772) 221-2244 |
| SAMHSA Treatment Referral Helpline..... | 1-(800) 662-4357 |
| Spanish River Counseling Center (Boca Raton)..... | (561) 241-9014 |
| Targeted Outreach for Pregnant Women (TOPWA) .. | (561) 721-2887 |
| Tobacco Free Florida "Quit For Life" | 1-(877) 822-6669 |

Also Note: **Non-smokers** are also at risk from tobacco exposure, as second-hand smoke kills an estimated 50,000 Americans each year. When a person smokes, his or her body responds to the chemical nicotine and more than 4,000 other chemicals-40 of which are known to cause cancer in humans and animals. Learn more at ***Tobacco Free Florida.com***

***FOR AN ALCOHOL OR DRUG-RELATED EMERGENCY,
GET TO A HOSPITAL EMERGENCY ROOM OR CALL 9-1-1***

Save someone's life-the "9-1-1 Good Samaritan Act"
Florida State Statute protects you from prosecution.

BEREAVEMENT/LOSS

Sometime in your life, you will experience grief-the many thoughts, feelings and physical responses that come after loss or major life change. Everyone loses family members, close friends, pets and others that they love and respect.

Some teens have to deal with new life stressors, such as parents divorcing, a move, or an illness in the family that trigger responses similar to loss. The emotions that follow may be difficult.

SADNESS, ANGER, FEAR, STRESS, LONELINESS, and CONFUSION are common and normal feelings. These feelings can come from different thoughts or experiences like missing your loved-one, confusion about why or how they died, or being angry because they aren't here anymore or that getting and illness wasn't fair and that the family dynamics have changed.

There are some people who experience physical symptoms of grief, such as:

- Headaches and/or stomachaches
- Sleeping less or more
- Appetite loss or gain
- Feeling weak or shaky
- Difficulty focusing/concentrating
- Academic difficulties

The feelings and symptoms of grief may be frightening and often overwhelming, but they do not mean you are crazy . . . lots of people feel this way. There are groups out there that understand what it feels like to lose someone important, and what it is like to go on living without that person.

If someone is ***extremely depressed or overwhelmed*** with the pain of losing their loved one, they may become suicidal and/or unable to care for themselves. For more information on warning signs, see SUICIDE section. If you or someone you know feels this way,

Get Help Immediately by calling 2-1-1!!!

Helpful numbers:

| | |
|--|------------------|
| Alpert Jewish Family & Children's Service | (561) 684-1991 |
| American Foundation for Suicide Prevention-walks | (561) 392-7877 |
| Center for Family Services of Palm Beach County ... | (561) 616-1222 |
| Children's Healing Institute..... | (561) 687-8115 |
| Connor Moran Children's Cancer Foundation | (561) 741-1144 |
| Jupiter Vet Center- combat vet/family services | (561) 422-1220 |
| Palm Beach Vet Center-combat vet/family services... | (561) 422-1201 |
| Ruth & Norman Rales Jewish Family Service..... | (561) 852-3333 |
| Survivor of Suicide Support Group (AJFS) | (561) 965-8699 |
| Toby Center- Family Transitions (separation/divorce) . | 1-(855) 862-9236 |
| Tomorrow's Rainbow | 1-(954) 978-2390 |
| Trustbridge | 1-(888) 848-5200 |
| VITAS Innovative Hospice Care | 1-(800) 938-4827 |

BULLYING



What is Bullying? Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

Bullying is a problem that not only affects individual teens (or younger children) who are on the receiving end, but also those teens and others who witness bullying.

Parents, teachers, and other adults don't always see what is happening and may not understand how extreme bullying can get. Bullies pick on people for two main reasons, appearance and social status and also:

- Teens may be bullied because they don't seem fit in
- Because they look differently (also may dress differently)
- Because they act differently (teens who are shy and withdrawn etc.)
- Teens can be bullied because of their race or religion, or because they are thought to be gay or lesbian.

Research shows that people who are abused by their peers are at risk for mental health problems, such as low self-esteem, stress, depression, or anxiety and may also think about suicide more. Information taken from Kidshealth.org.

No one deserves to be bullied...ever!

Note: Adults can also bully other adults etc.

Note: teens or children with special needs or disabilities are bullied for the same reasons mentioned.

Bullying includes a wide variety of behaviors with bullies repeatedly trying to harm someone who is weaker or more vulnerable. This harm can involve:

Direct attacks-including hitting, threatening, intimidating, maliciously teasing or taunting, name-calling, making sexual remarks, and stealing or damaging belongings.

Indirect attacks- which are more subtle- spreading rumors or getting others to reject or exclude someone.

Bullying hurts everyone!

If you are the victim of bullying and you want to talk about it, **call 2-1-1** for the Teen HotLine. We care!

IF YOU ARE A TARGET OF BULLYING:

Bullies look for emotion: as hard as it may be...don't react, even if you are angry or upset, or scared.

Bullies look for silence: Tell an adult- teacher, guidance counselor and parents as soon as possible-this will help you build your case against the bully.

Bullies look for differences: if they make fun of some aspect of you, give them a factual response and walk away "I do have red hair."

Bullies look for a fight: if at all possible avoid fighting- it may get you in trouble and make the bullying even worse.

OTHER HELPFUL TIPS IF YOU ARE BULLIED:

- **Practice confidence:** Practice ways to respond to the bully verbally or through your behavior. Practice feeling good about yourself (even if you have to fake it at first).
- **Take charge of your life:** You can't control other people's actions, but you can stay true to yourself. Think about ways to feel your best — and your strongest. Exercise is one way to

feel strong and powerful. (It's a great mood lifter, too!) Learn a martial art or take a class like yoga. Or fine hone your skills in other things you like to do.

- **Talk about it:** It may help to talk to a guidance counselor, teacher, or friend — anyone who can give you the support you need. Talking can be a good outlet for the fears and frustrations that can build when you're being bullied.
- **Find your (true) friends.** If you've been bullied with rumors or gossip, all of these tips (especially ignoring and not reacting) can apply. But take it one step further to help ease feelings of hurt and isolation. Find one or two true friends and confide how the gossip has hurt your feelings. Set the record straight by telling your friends quietly and confidently what's true and not true about you.
- **Hearing a friend** say, "I know the rumor's not true. I didn't pay attention to it," can help you realize that most of the time people see gossip for what it is- petty, rude, and immature. (Information taken from Kidshealth.org.)

WHAT YOU SHOULD DO IF YOU SEE BULLYING HAPPENING:

Your involvement makes a difference. Don't just stand by and watch quietly.

Stand up for the person being bullied. If you feel safe, tell the bully to stop. Use phrases such as "Stop it!" "Don't fight!" "Leave him alone!" and "It's not funny!"

Don't join in. Don't laugh at the victim or participate in the teasing, harassing, or fighting. This encourages the bully to continue and can make the situation worse.

Help the victim walk away. A victim may be too afraid to leave on his or her own, but will do so with the help of a friend.

Encourage other bystanders to help the victim. Tell them not to join in the bullying.

Get help from a trusted adult. Report the bullying.

Afterward, tell the victim you feel bad about what happened.
Encourage victims to talk to an adult, and offer to go with them.

Include the victim in activities. Be a good friend.

Start your own awareness/support group. Look into the Safe School Ambassadors program or start a “We Dine Together” student led initiative (helping all students feel like they matter) at your school. Call (561) 982-0922 for more info.

Bullying can have devastating effects and is not a “normal” part of growing up. Many students and adults around the country are making commitments to stop bullying in their schools and communities.

The School District of PBC now has a new centralized

Bullying Hotline: (561) 434-8200 that you can call to anonymously report- abuse, mistreatment, bullying, harassment, threats & intimidation!

You can also scan the QR code to fill out form >>>



For other great tips and supportive resources visit:

www.stopbullying.gov

www.kidpower.org/bullying

www.pacerteensagainstbullying.org

www.kidshealth.org/teen/your_mind/problems/bullies.html

www.eyesonbullying.org teachers/parents- primary grades

LGBTQ youth can also visit www.compassglcc.com and www.thetrevorproject.org

Also available - Stop Bullying Now Foundation

www.stopbullyingnowfoundation.org



Also download the “**KnowBullying**” app from SAMHSA for Android & iPhones.

CYBER-BULLYING/ONLINE SAFETY

Socializing online can help you connect with friends, and even family members, but it's important to learn how to navigate these spaces safely. Among the pitfalls that come with online socializing are: sharing too much information or posting pictures, video or words that can damage a reputation or hurt someone's feelings. By using good judgment and sense, you can help lessen those downsides.

Though you may be totally comfortable socializing online, it is important that you understand that not everything you see on the internet is true, people may not be who they appear to be, and information, images, and anything else you share can potentially be seen far and wide. **Think before you post!!!**



Employers, college admissions officers, coaches, teachers and even the police may be able to view your posts. The words you write and the pictures you post can still have consequences offline.

Once your information is posted, even if you delete it from a site, you have no control over any version that still exists on other people's computers. Your posts will continue to be accessible online no matter how hard you try to remove them.

CYBER-BULLYING

The National Crime Prevention Council's definition of **cyber-bullying** is "when the Internet, cell phones or other devices are used to send or post text or images intended to hurt or embarrass another person." Cyber-bullying can happen through an email, text message, online game, or as comments on a social networking site.

"Mean-Spirited" hurtful messages not only make the teens receiving them feel bad, they can also cause mental and emotional harm- and sometimes physical harm with serious consequences. Authorities are starting to prosecute those teens or adults who send such messages.

Visit www.athinline.org for tips and for the latest research. Also go to www.cyberbullying.org. For schools/teachers/communities visit: <https://olweus.sites.clemson.edu/> for trainings/info.



Also visit Facebook's Safety Center at www.facebook.com/safety for instagram go to "Safety Tips" tab under Help Center- Privacy & Safety.



CYBER SAFETY

Avoid sex talk online!!!

Current research shows that teens who don't talk about sex with strangers online are least likely to come in contact with sexual predators. You may already have felt a little "creeped" out by contact from adults you didn't know. Don't hesitate to ignore or block them!

"Sexting" has consequences!!!

If you send or forward sexually explicit photos, videos, or messages from your phone, not only are you risking your reputation and friendships, you could be breaking the law. For more info go to: www.netsmartz.org/sexting or www.nsteens.org

*If you believe you have been inappropriately solicited online call or visit the Cyber Tipline above or www.SafeFlorida.net/SafeSurf
You can also call 1-800-The Lost (1-800-843-5678)*

CAUTION! If someone wants to meet you and or offers you a relationship and promises you things you want or need (online, through text, and in person) and it sounds too good to be true- this could be a predator or a human trafficker! You could be tricked and exploited or placed in a dangerous situation!

**If YOU are in immediate danger text "BeFree" (233733)
Call the Human Trafficking Hotline : 1-888-373-7888
www.traffickingresourcecenter.org/report-trafficking**

CAREGIVING YOUTH & GRANDPARENTS

(Also Relative Caregivers)

Do you help a family member who has a health condition or is frail from aging?

If so, you are not alone! There are more than 1.3 million important pre-teens and teens in the US who are caregivers.

About 10,000 caregiving youth live in Palm Beach County alone! They assist parents, grandparents, siblings or other family members who are ill, injured, elderly or disabled. Many youth caregivers provide personal and/or medical care, assistance with mobility, help with medications and support family members emotionally.



It's a challenge to juggle school plus these responsibilities! *The American Association of Caregiving Youth* (AACY) helps support student-caregivers in-school, out of school and at home to increase your ability to graduate from high school and help you become a healthy, productive adult.

To learn more about the support and resources available to help:

AACY's Caregiving Youth Project at..... (561) 391-7401
visit: www.aacy.org and "Like" AACY on Facebook too!

Relative caregivers or Grandparents raising grandkids: call Families First Kin Support Project (561) 721-2887, relative caregiver legal concerns: Legal Aid (561) 655-8944 ext. 275. Grandparents can also call MorseLife at (561) 289-8578.

You can also call 2-1-1...even if you just need to talk!

COUNSELING & MENTAL WELLNESS

Today, more than ever, it seems like pressure is hard to escape. You may feel stress building at home, at school, at work, and most of all, within yourself. Bottling up your feelings can bring you farther "down" physically and emotionally, leaving you drained and depressed.



Sometimes it may be difficult to sort through feelings and really understand the cause of your anxiety, loneliness, fear, anger, sadness, or confusion. It may be hard for you to share your thoughts with others, especially those who are close to you. That's when counseling can help.

It is normal to feel "down" once in a while, but almost everyone experiences a time in their life when talking to a mental health professional is the best choice they could possibly make.

Seeking counseling does not mean that you are “crazy” or “weird.” By expressing your feelings to someone who is objective, concerned, caring, trustworthy, and trained in the mental health profession, the solutions to your problems may seem easier to find.

If you contact a counseling center, you might want to ask whether your parent's permission is required for services and how much the counseling costs. The fees of many counseling centers are based on your ability to pay. Some services may be free of charge . Don't turn away from yourself. Turn to counseling for assistance.

WARNING

If you or someone close to you is experiencing one or more of these warning signs, counseling may be helpful:

- Sudden changes in the way you act or feel
- Feeling depressed or sad all of the time
- Feeling very nervous or afraid
- Having no control over your temper
- Loss of concentration
- Loss of interest in previously pleasurable activities
- Problems with sleep
- Big changes in appetite and/or weight

For agencies that provide free or low cost counseling, call:

| | |
|--|------------------|
| Alpert Jewish Family & Children's Service | (561) 684-1991 |
| Association for Community Counseling | (561) 638-0908 |
| Boys Town South Florida | (561) 612-6000 |
| Catholic Charities, Diocese of Palm Beach | 1-(844) 848-6777 |
| Center for Child Counseling | (561) 244-9499 |
| Center for Family Services of Palm Beach County | (561) 616-1222 |
| Chrysalis Health | (561) 533-6640 |
| Faulk Center for Counseling | (561) 483-5300 |
| CINS/FINS Non-Res. Services (Safe Harbor) | (561) 868-4444 |
| Counseling Services of Lake Worth (Spanish/English) | (561) 547-0303 |
| Jupiter Counseling at Stillwater Institute | (561) 575-0575 |
| Mental Health America of Palm Beach County | (561) 832-3755 |
| Multicultural Community Mental Health Center | (561) 653-6292 |
| National Alliance on Mental Illness of PBC (NAMI) | (561) 588-3477 |
| PACE Center for Girls Reach Counseling | (561) 472-1990 |
| Parent-Child Center (Community Partners) | (561) 841-3500 |
| Project Lift (Glades area) teens 14-19 | 1-(772) 221-2244 |
| Ruth & Norman Rales Jewish Family Service | (561) 852-3333 |
| South County Mental Health Center | (561) 495-0522 |
| Spanish River Counseling Center (Boca) | (561) 241-9014 |
| St. Mary's Institute for Mental Health | (561) 840-6040 |
| Teen HotLine | 2-1-1 |
| Youth Services Department of PBC | (561) 242-5700 |
| West Palm Behavioral (18 and over) | (561) 803-8221 |

If You Need Emergency Mental Health Care- dial 9-1-1 or:

Mobile Response Team (SCMHC) (Glades) (561) 382-3555

Mobile Response Team (SCMHC) (North)..... (561) 693-8681

Mobile Response Team (SCMHC) (South)..... (561) 637-2102

Note: Teens have a lot of different life experiences-good and bad. Sometimes tough and traumatic times or experiences can really get you down or keep you down...

You may be angry, moody or feel stupid because you can't sit still, think straight, or get things right, and find yourself "acting out" or full of anxiety. These ACEs (adverse childhood experiences) may be the reason.

Counselors can help you find tools to build resiliency-overcome these challenges- this can help improve your life and your health as you move into the future as an adult. **Get your ACEs score by scanning the 1st code.**



Here is a mobile app that helps you understand ACEs also >>>
Also check out the mobile app below:



"My Life My Voice" for Android and iPhone. Journal about your moods anytime to reduce stress, clarify thought, and solve problems. Also visit: www.yourlifeyourvoice.org



DRIVING RESOURCES

Countdown2Drive can help! C2D is a program that helps parents and teens work on establishing rules and safety habits early, helping teens reduce their crash risk during their first & most dangerous year of independent driving. Contact: Safe Kids PBC at (561) 841-3500 x 4010 or visit: www.safekids.org/getting-ready-drive

Square One also has a driving simulator: call (561) 868-7755.

DISTRACTED DRIVING INCREASES ACCIDENT RISK

Accidents- including “Texting While Driving”- are the leading cause of death amongst teens.

- **The Virginia Tech Transportation Institute found that texting while driving increases your chance of an accident by 23 times.**
- **As high as 50% of teens who were involved in an automobile accident and survived admitted they were sending or receiving texts when they crashed.**

Keep yourself and others on the road safe.



Go online to search for more phone applications that can help you fight the temptation to text/phone while you drive! Also research courses that can help you learn important driving tips and skills.



Dangers of Distracted Driving

Explores the consequences of distracted driving
iPhone, iPod Touch, and iPad



CDC – Centers for Disease Control & Prevention

Teen Drivers: Get the Facts. Proven strategies can improve your safety on the road.

*****DON'T BECOME ANOTHER STATISTIC*****

Avoid accidents by learning safe driving technique

WHAT TO DO IN CASE YOU HAVE A CAR ACCIDENT

Stay Calm!

Get info from other driver:



Name: _____

Address: _____

Phone number: _____

Insurance Company: _____

Driver's license number: _____

License plate number: _____

- 1. If someone has been hurt, call 911.**
- 2. If the cars have been damaged in any way, there must be a police report.**
- 3. DO NOT LEAVE THE SCENE OF THE ACCIDENT!**



EATING DISORDERS



Eating disorders involve serious disturbances in eating behavior with extremes such as unhealthy reduction of food intake or severe overeating. Also, there can be feelings of distress or extreme concern about body size, shape, and/or weight. Eating disorders do not discriminate between gender, class, race or age – no one is immune. The four most common eating disorders are Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and Other Specified Feeding or Eating Disorders (OSFED).

ANOREXIA NERVOSA is an eating disorder characterized by self-starvation with excessive weight loss and an intense fear of gaining weight. “Research tells us that Anorexia is a brain disease with severe metabolic effects on the entire body,” says Dr. Thomas Insel, Director of the National Institute of Mental Health. While Anorexia is the 3rd most common chronic illness among adolescents, eating disorders do not discriminate between age, gender, race or class – no one is immune.

Warning Signs of Anorexia Nervosa may include:

- Significant weight loss
- Distorted body image
- Feelings of guilt after eating
- Denial of low weight
- Low self-esteem
- Self-injury
- Food rituals and rules
- Fatigue/fainting
- Cold intolerance/hypothermia
- Intense fear/anxiety about gaining weight
- High levels of anxiety and/or depression
- Withdrawal from friends and activities
- Excuses for not eating/denial of hunger
- Intense, dramatic mood swings
- Pale appearance/yellowish skin-tone
- Thin, dull, and dry hair, skin, and nails
- Abuse of laxatives, diet pills, or diuretics
- Excessive and compulsive exercise

BULIMIA NERVOSA is an eating disorder characterized as bingeing (excessive or compulsive consumption of food in a short period of time) and purging (getting rid of food). Symptoms may include repeated episodes of bingeing and purging, eating beyond the point of fullness, feeling out of control during a binge, inappropriate compensatory behaviors following a binge, frequent dieting, and extreme concern with body weight and shape. Purging behaviors may include self-induced vomiting, abuse of laxatives, and/or excessive exercise.

Warning Signs for Bulimia Nervosa may include:

- Bingeing and purging
- Preoccupation with food
- Weight fluctuations
- Self-injury
- Sore throat
- Heartburn/acid reflux
- Feelings of shame and guilt
- Secretive eating and/or missing food
- Visits to the bathroom after meals
- Abuse of laxatives, diet pills, & or diuretics
- Swollen parotid glands in cheeks and neck
- Discoloration and/or staining of the teeth
- Broken blood vessels in eyes and/or face
- Self-criticism and low self-esteem
- Excessive and compulsive exercise

Also look for:

- Calluses on the back of the hands/knuckles from self-induced vomiting
- Excessive and compulsive exercise regimes - despite fatigue, illness, or injury.

BINGE EATING DISORDER (BED) is characterized as recurring episodes of eating significantly more food in a short period of time than most people would eat under similar circumstances, with episodes marked by feelings of lack of control. This disorder is associated with marked distress and occurs, on average, at least once a week over three months (American Psychiatric Association). **BED** is the most common eating disorder in the United States and is more than twice as prevalent as bulimia nervosa and anorexia nervosa combined. BED occurs at a similar rate in both men and women.

Warning Signs for BED may include:

- Eating large quantities of food, without any acting out behaviors

And also:

- Weight gain/fluctuations
- Preoccupation with food
- Hiding food
- Low self-esteem
- Feelings of shame and guilt
- Sense of lack of control over eating
- Eating until uncomfortably/painfully full
- Self-medicating with food
- High levels of anxiety and/or depression

AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID) is characterized as a clinically significant disturbance with eating/food; however, these symptoms do not match the criteria for traditional eating disorder diagnoses. Examples of ARFID include: an apparent lack of interest in eating or food, food avoidance based on sensory characteristics, or concern about adverse consequences of eating. Symptoms of ARFID typically show up in infancy or childhood, but they may also be present or persist into adulthood.

Signs and Symptoms may include:

- Significant weight loss not due to preoccupation with weight and/or size
- Fear-related aversion to certain colors and/or textures of food
- Persistent failure to meet appropriate nutritional and/or energy needs
- Avoidance of certain foods due to frightening episode of choking or vomiting
- Food neophobia- fear of eating new or unfamiliar foods
- Lack of interest in food
- Difficulty digesting certain foods
- High levels of anxiety and/or depression
- Social isolation

What May Contribute To An Eating Disorder?

Eating Disorders are complex biological, psychological, and socially based illnesses with a strong genetic component that makes up about 60% of the contributing factors. However, genes alone do not predict who will develop eating disorders.

Are Eating Disorders a “Girls” thing only?

Eating disorders are falsely perceived as affecting females only, often resulting in strong feelings of shame in males struggling with an eating disorder. While eating disorders are clinically similar across genders, males tend to be more concerned with body size, specifically building muscle, rather than weight loss.

Note: *the numbers of boys & young men experiencing eating disorders are increasing rapidly.*

If you or someone you know is struggling with an eating disorder- it's “OK” to reach out for help! There are caring people here to provide guidance and support...many who have had similar experiences just like you.

For Loved Ones...

What You Can Do to Help:

- Learn all you can about eating disorders.
- Be sensitive about the time and place before talking privately to your friend or loved one.
- Let your friend or loved one know about your concerns in an honest, caring manner using “I” statements.
- Stress the importance of professional, specialized help
- Be mindful of your words and actions
- Express your continued support and validate their feelings, struggles, and accomplishments

Don'ts Regarding Eating Disorders:

- Don't be scared
- Don't get into power struggles about eating or not eating
- Don't attempt to "fix" their problems
- Don't comment on calorie/food intake, weight, appearance etc.
- Don't expect recovery to be perfect
- Don't promise to keep it a secret

Healthy Relationships with Food and Body:

1. Avoid statements about weight, body shape, and size.
2. There are no "good" or "bad" foods. All foods are fine in moderation.
3. Focus on the functions of the body, not size or appearance.
4. Participate in physical activities for fun and join in them.
5. Compliment others on their talents, accomplishments, intelligence, and values.
6. Listen to your hunger. Eat when you are hungry and stop when you are full.
7. Discuss unrealistic media images and messages.
8. Understand that healthy eating does not mean dieting.

Know that help is available and recovery is possible!

If you or someone you know is concerned about eating disorders or weight struggles contact a doctor who specializes in this area, and or call these agencies for more info:

Alliance for Eating Disorders Awareness (561) 841-0900
Eating Disorders Anonymous (at Crossroads)..... (561) 278-8004
NEDA: National Eating Disorders Association..... 1-(800) 931-2237
Overeaters Anonymous (561) 820-9242

Also check out

Families Empowered and Supporting Treatment of Eating Disorders:
FEAST..... 1-(855) 503-3278

EDUCATION



Education is the key to success. Completing high school is the best way to reach your goals for the future. If you are having trouble with your school grades, don't be afraid to ask for help. Your teachers or school counselor can help you find available tutoring and assistance...they really do want you to succeed.

For help with your school work, you can also check the following websites: www.palmbeachschools.net/learning_tools/
www.pbclibrary.org/live-homework.htm

You can also call 2-1-1 to see if there are any tutoring programs or live homework assistance hotlines available in addition to the resources listed above.

If you are *homeless* or at risk for *homelessness* you can also get academic support- help in enrolling, attending and succeeding in school by calling PBC School District's McKinney-Vento Program.....(561) 494-1514

PBC School District also has a “**Welcome Center**” offering multicultural educational support (561) 434-8197.
(Immigrants, migrants, refugees & evacuees all welcome!)

ALTERNATIVE EDUCATION-

if things are happening in your life that make staying in a regular school seem impossible, you don't have to give up. Talk to a teacher or counselor. The Palm Beach County School System has services available to help you complete your education.

Some of the programs listed below have special requirements, so call for more information:

Alternative/Adult Education: www.palmbeachschools.org “Schools” tab
Communities in Schools(561) 471-9681
Exceptional Student Education (School District)(561) 434-8626
Highridge Family Center PBC(561) 625-2540
PACE Center for Girls of Palm Beach County.....(561) 472-1990

Feel stuck? Need help getting headed in the right direction? Check out “**Square One**” (Mandel Public Library- WPB): learn computer skills, do job search, prep for your GED & career exams, take online high school & earn your diploma, learn to drive and more...for free! (Youth ages 15 & up plus young adults) Call (561) 868-7755

CAREER & TECHNICAL EDUCATION- in today's job market, a high school diploma is necessary for almost any job. But it is also to your advantage to have an education/training beyond high school. Give serious consideration to attending college because it can open up many job opportunities for you. Your school counselor should have lots of information to share with you about different schools you could attend. You might also consider a technical trade or vocational school to learn skills which will help you qualify for a particular job.

Contact the places listed below for more information on vocational skills training:

- Choice and Career Options (School Board, PBC) (561) 434-8755
- Communities in Schools (561) 471-9681
- Inlet Grove High School (Riviera Beach)..... (561) 881-4600
- Riviera Beach Preparatory (Riviera Beach)..... (561) 881-4740
- South Technical Academy (Boynton Beach)..... (561) 369-7004
- West Technical Educational Center (Belle Glade)(561) 829-4620

Teens also check out: Suits for Seniors for college transitioning strategies & professional development programs to enhance career exploration opportunities. Professional attire is awarded to students that complete the programs. For more info call 305-459-3354 or info@suitsforseniors.com you can visit SuitsForSenior.org (middle & highschool students).

Project LIFT provides Glades area teens (14-19 yrs) with mental health & substance abuse counseling, vocational skills training, mentoring & life-skills education. Transportation and a family-style meal will also be provided. Call (561) 983-8496 for more information or visit www.projectliftmc.com.

FINANCIAL ASSISTANCE-attending college or a trade school of some kind requires money. There are many forms of financial assistance available to students in need.

Again, your school counselor should have lots of information on what kind of financial assistance is available to you.

If you are interested in a particular college/school, you can also talk to someone in that school's Financial Aid Office. They can tell you what kind of financial assistance their school can offer you.

Take Stock in Children can prepare qualifying 6-9 graders for scholarships-talk to your school guidance or call (561) 683-1704.

Also look into the **TRIO program with PBSC**- helping qualifying students succeed in college with guidance and supportive services
Visit www.palmbeachstate.edu/SSS

Serving in the U.S. Armed Forces may earn you a scholarship. If you think this is an option for you, call:

| | |
|---------------------------------------|--|
| US Air Force | www.airforce.com |
| US Army and Army Reserve | (561) 964-0714 |
| US Coast Guard..... | www.gocoastguard.com |
| US Marines..... | www.marines.com |
| US National Guard..... | (561) 531-9013 |
| US Navy Recruiting office (WPB) | (561) 689-9131 |

FINANCIAL LITERACY/MONEY MATTERS

MyMoney.gov- go to the website below to find games, fun activities, websites, video games, and information about money for youth. You will find links to information on how to save money, what to think about when shopping and buying, and how to a budget or a plan so you'll have enough money when you need it.



Learn more at MyMoney.gov/Pages/for-youth.aspx

FOOD/BASIC NEEDS



Many individuals and families are struggling during these hard economic times. Sometimes they do not have enough to eat, access to healthcare, money to pay rent or utilities, affordable childcare, employment, mental health care, & other essentials. **Calling 2-1-1** can be the starting point in finding help with these basic needs including Food Stamps (SNAP), low cost food co-ops, free food pantries and the *free* Summer Meals program. **Call 2-1-1 for essential services and more...**

FOSTER CARE/INDEPENDENT LIVING

Being removed from your home, and sometimes also separated from your siblings and friends, can be a difficult and stressful situation for any youth. Sometimes entering the foster care system can result in emotional, behavioral, and health-related problems. You may also experience social and academic problems at school. Most kids, however, show a remarkable ability and determination to move forward and find success as they transition to Independent Living (IL) at age 18. In 2014, the State of Florida implemented an option for foster care youth to continue receiving care through the age of 21, if they choose. After graduating high school, many foster youth receive college or vocational tuition support, Medicaid, housing and community agency assistance.



Today more than ever, if you want to travel successfully and safely to a life on your own, you need a plan for your trip.

In addition to your school Guidance Counselor, your case manager or IL Specialist, here are some other important contacts to help guide you in your travels:

| | |
|---|---------------------------|
| 4KIDS of South Florida | (954) 979-7911 |
| Best Foot Forward Foundation-support&guidance..... | (561) 470-8300 |
| ChildNet | (561) 352-2500 |
| Florida Department of Children & Families | (561) 837-5078 |
| Florida Youth Shine | www.floridayouthshine.org |
| Friends of Foster Children | (561) 352-2540 |
| Guardian ad Litem Program..... | (561) 355-2773 |
| Juvenile Advocacy Project (Legal Aid Society) | (561) 655-8944 |
| Place of Hope (ages 17 & under) | (561) 775-7195 |
| -Villages of Hope (18- 25 year olds) | (561) 667-4078 |
| School District Foster Care Contact | (561) 494-1449 |
| <u>Vita Nova & “The Spot”</u> | <u>(561) 689-0035</u> |

“The Spot” is located at 2724 N Australian Ave, WPB, FL 33407. Young adults, 18 & up are welcome to drop-in. Besides a warm and caring staff, there are lots of things available: computer lab, budgeting & life skills training, housing coordinator, resume help & job coaching/placement, health care, and more! For more info call Vita Nova: (561) 689-0035 or visit www.vitanovainc.org

Feel stuck? Need help getting headed in the right direction? Check out **“Square One”** (Mandel Public Library- WPB): learn computer skills, do job search, prep for your GED & career exams, take online high school & earn your diploma, learn to drive and more...for free! (Youth ages 15 & up plus young adults) Call (561) 868-7755

CAUTION: If someone is wanting you to get into a relationship (in person, online, through text) offering to give you love, things you want, food, cloths or a place to sleep, or a job and it sounds too good to be true- trust your gut instinct! This could be a human trafficker! Traffickers also use other teens (as bait) to make friends with you. They are slick masters at manipulation telling you what you want to hear! You could be tricked and exploited!

If YOU are in immediate danger text "BeFree" (233733) or Call the Human Trafficking Hotline : 1-888-373-7888

GANGS

There are many young people who have a group of friends they enjoy spending time with. They may dress alike, go places together, and hang out at one particular spot. Unfortunately, some of these groups engage in criminal activity and violence. These activities may include armed robbery, arson, vandalism, illegal drug distribution and sales, prostitution & human trafficking and murder.

The four major groups or gangs in the U.S. are the Bloods, Crips, Folk Nation and People Nation. These groups have been around since the 1960's and are spread out all over the U.S. There are also many new “non-traditional” neighborhood gangs.

Gang members are often detected by the colors they wear, tattoos of gang symbols, or any hand signs they use to depict gang symbols. Some of the graffiti you see in different areas may signify a certain gang's turf or territory.



Gang members often prey on vulnerable young people offering unrealistic promises such as protection or a sense of family. What gangs really offer is a life of crime, drugs, alcohol, violence, incarceration, and possibly even death. For more info visit: www.fgia.com & www.great-online.org

And once you're in, it's difficult to get out!!

Do you know of a friend who needs help getting out of a gang or who is being threatened or intimidated by gang members?

There are people who can help...

Get a fresh start:

PBSO Gang Tattoo Removal Program contact Marcia Bahia-Gang Prevention Coordinator by email at.....BahiaM@pbsso.org

Project LIFT provides Glades area teens (14-19 yrs) with mental health & substance abuse counseling, vocational skills training, mentoring & life-skills education. Transportation and a family-style meal will also be provided. Call (561) 983-8496 for more information or visit www.projectliftmc.com.

Feel stuck? Need help getting headed in the right direction? Check out **“Square One”** (Mandel Public Library- WPB): learn computer skills, do job search, prep for your GED & career exams, take online high school & earn your diploma, learn to drive and more...for free! (Youth ages 15 & up plus young adults) Call (561) 868-7755

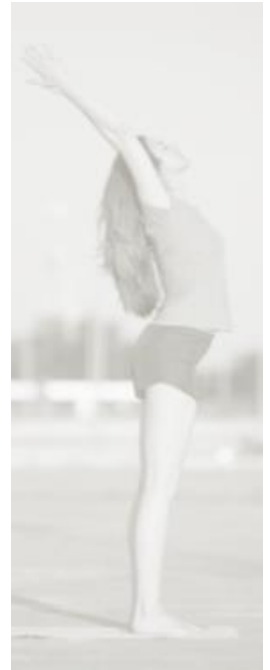
Make a difference:

- Black on Black Crime Prevention Program.....(561) 833-1461
 - Crime Stoppers of PBC-totally anonymous re tips 1-(800) 458-8477
 - Gang Unit (PBSO)(561) 688-3000
 - Mothers Against Murderers Association (MAMA).....(561) 249-7974
(MAMA offers support to families who have lost loved ones to violence)
 - Police Department (School District)(561) 434-8700
-

HEALTHY LIVING & HEALTHCARE

What you eat affects how you look, how your body grows, how your brain functions, how you feel and how much energy you have. If you are a male, your body will keep growing until you reach age twenty-one. Females' bodies usually reach their peak at eighteen. That's why eating right and proper exercise is the only way to "pump you up" into the best that you can be.

Eating right means balancing your food consumption with nutritious foods or combinations of foods. The five basic food groups --- grains, vegetables, fruits, milk, and meat/fish/beans can be a good starting point.



It is also important to drink plenty of water to keep your vital organs functioning properly. For more information on steps to healthy eating, visit the USDA website @ www.nutrition.gov/smart-nutrition-101/healthy-eating

Exercise is also important to healthy living. That does not mean spending all of your free time in a gym. You can get exercise by getting involved in sports in school or in your community. Keep moving: taking walks, yoga, biking, rollerblading, hiking, canoeing, surfing, swimming and skateboarding are examples of fun things that keep you active and healthy (remember to stretch!)



Don't forget the importance of a good night's sleep!

Sleep is vital to your well-being, and is as important as the air you breathe, the water you drink and the food you eat. It can even help you to make better food choices and manage the stress of being a teen. New research is showing the impact of LED lights and your sleep & body health. Go online to learn more and also visit: www.sleepfoundation.org/article/sleep-topics/teens-and-sleep

Also think mindfulness & meditation- these activities can help lower stress & help you perform better at just about everything you do!

*Also check out the School Districts Wellness Taskforce activities located under the School Food Service tab:

<https://www.palmbeachschools.org/sfs/wellness-promotion-taskforce/>

There are many health services that are free or based on your ability to pay. Many even offer confidential services. Confidential means that these services are kept private and no one but you will be contacted about your test results. Sexually transmitted infection tests/treatments and pregnancy tests are confidential.

Here are some questions that you can write down and then ask when you call providers- to help make your visit a little easier:



- What kind of services do you offer?
- Who is eligible for services?
- What is your payment plan?
- Is there a walk-in service?
- Is the service confidential?

When you are in school, your **School Nurse** is available for health services. School Nurses in Palm Beach County are qualified, trained individuals who are there to give aid to any student who needs them and are provided by The Health Care District of Palm Beach County.

The Palm Beach County Health Department also offers a variety of services free or on a sliding fee scale. Service include vaccinations, family planning, sexually transmitted infections, HIV, and pregnancy testing along with prenatal care. *You can also call the nearest health clinic or health center for more information or appointments...some also offer mental health care...*

For Dental:

- Caridad Center (migrant workers or the uninsured)(561) 737-6336
- FoundCare(561) 432-5849
- Genesis Community Health (plus mental health)(561) 735-6553
- HCD-CL Brumback Primary Care & Dental Clinics.....(561) 642-1000

For General:

- Caridad Center(561) 853-1634
- Children's Medical Services, Department of Health..... 1-(877) 822-5203
- Community Health Center of West Palm Beach(561) 840-8681
- FAU Community Health Center (plus mental health)(561) 803-8880
- Florida Community Health Centers (Pahokee).....(561) 924-6100
- FL Dept Health CL Brumback Health Center (Belle Glade)(561) 983-9220
- FL Dept Health Delray Beach Health Center(561) 274-3100
- FL Dept Health Lantana/Lk Worth Health Center(561) 547-6800
- FL Dept Health West Palm Beach Health Center.....(561) 514-5300
- FoundCare CommunityHealth Center(561) 432-5849
- Genesis Community Health (plus mental health)(561) 735-6553

Health Care Districe of PBC call (561) 642-1000 for any center:
CL Brumback Primary Care Clinics are located in Belle Glade, Lake
Worth, Lantana, West Boca, and West Palm Beach.

Also: MyClinic (Jupiter)(561) 203-7511

If you do not have health insurance or you are still not sure about
how to get health care *call 2-1-1*.

HIV

It can happen to YOU!

It doesn't matter who you are, but what you DO.

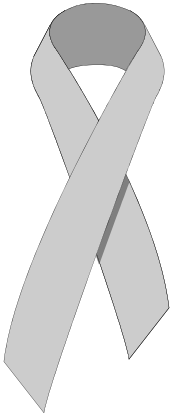
HIV (Human Immunodeficiency Virus) may live in the human body for many years before a person becomes sick. HIV gets into a person's bloodstream and attacks the body's immune system, leaving the body defenseless and unable to fight off infections and diseases. When a person becomes so sick that their body cannot fight off infections and diseases, the person then has AIDS.

It's important to know the facts about HIV!!

FACT: HIV can be spread by sexual contact with an infected person through sexual fluids.

FACT: HIV can be spread from blood to blood contact which means using the same needle as an infected drug user or using blood from an HIV positive donor.

FACT: Babies of women infected with HIV may be born with the infection because it can be transmitted from mother to baby before or during birth, and through breast-feeding.



FACT: HIV cannot be spread by any sort of casual contact such as touching, hugging, kissing, handshaking, being around someone, or even being in the same swimming pool.

YOU can avoid infection. HIV can be prevented. Making smart choices about your personal behavior could save your life.

How can you protect yourself?

Many people get HIV from drug use or sexual contact. Using drugs and or alcohol can also impair your judgment. You could do something that leads you to an HIV infection that you would never have done when you were not drunk or high. So it's quite simple to be safe:

- **SAY NO TO DRUGS & ALCOHOL.** Stay away from drugs, especially needle drugs and the people who use them. **NEVER** share a needle with anyone. **Avoid drinking and making unsafe decisions while drunk.**
- **SAY NO TO SEX.** Not having sexual intercourse or other forms of sexual activity is the best way to avoid HIV. **ABSTINENCE** (not having sex) is the only **RISK-FREE** way-but you must learn what activities are considered sexual and how they can put you at risk. Take charge of your decisions about sex and learn to respect your own feelings.
- **BUT** if you decide to have sex, use latex, polyurethane, polyisoprene or nitrile **CONDOMS** or “rubbers” with a **WATER-BASED or silicone-based LUBRICANT**. Because condoms could break or tear during sex, condoms are not 100% safe; but if used correctly and consistently with every partner every time, condoms could prevent you from getting HIV.

Learn all the facts about HIV... Ask questions!

This information may make a difference in YOUR life!!

Pre-exposure prophylaxis, or PrEP, is a way for people who do not have HIV but who are at high risk of getting it, to prevent HIV infection by taking a pill every day.

-When someone is exposed to HIV through sex or injection drug use, these medicines can work to keep the virus from establishing a permanent infection.

-When taken consistently, PrEP has been shown to reduce the risk of HIV infection in people who are at high risk by up to 92%. For more information on PrEP, check out www.cdc.gov/hiv/risk/prep.



Get Answers to Questions by calling the CDC Information Hotline 1– (800) CDC-INFO (232-4636) or by visiting www.cdc.gov/hiv.

For more local information call:

- Community Health Center of West Palm Beach (561) 840-8681
- Compass (Gay & Lesbian Community Center) (561) 533-9699
- Crossing Bridges of the Palm Beaches (561) 889-4815
- Drug Abuse Foundation (561) 278-0000
- Families First of PBC..... (561) 721-2887
- FAU Community Health Center (561) 803-8880
- FL Department of Health (Belle Glade)..... (561) 983-9220

HIV Information Continued:

| | |
|---|------------------|
| FL Department of Health (Delray Beach)..... | (561) 274-3100 |
| FL Department of Health (Lake Worth/Lantana) | (561) 547-6800 |
| FL Department of Health (West Palm Beach) | (561) 514-5300 |
| Florida AIDS Hotline | 1-(800) 352-2437 |
| FoundCare (Belle Glade) | (561) 996-7059 |
| FoundCare (Boynton Beach)..... | (561) 274-6400 |
| FoundCare (West Palm Beach)..... | (561) 472-2466 |
| Genesis Community Health | (561) 735-6553 |
| HCSEF Service/Supports-persons living HIV/AIDS ... | (561) 844-4220 |
| Heart, Health & Healing Ministries | (561) 766-1769 |
| Midway Specialty Care Center | (561) 249-2279 |
| PBC Behavioral Health Coalition- Teen ed. & testing | (561) 374-7627 |
| Planned Parenthood – West Palm Beach | (561) 683-0302 |
| Planned Parenthood – Wellington | (561) 296-4919 |
| Planned Parenthood – Boca Raton | (561) 226-4116 |



Search for an HIV test site at <http://gettested.cdc.gov>
Or text your zip code to 566948 (KNOW IT), a CDC program.



Search for an HIV test site at <http://www.testpalmbeach.com>
Or <https://knowyourhivstatus.com/>

HOMELESS/RUNAWAY TEENS

Homelessness has become more dangerous for teens. They are at greater risk for violence, sexual exploitation, pregnancies and substance abuse. Teens that are underage cannot seek employment and must do whatever they can to survive. They often go hungry and lack proper medical treatment and care. They also have a much greater risk of contracting HIV and other diseases. As a result of this risk they have a higher mortality rate than other populations. There is no one definition of teen homelessness nor are there any hard and fast statistics on the number of homeless teens. In general, teens have different reasons for landing in the streets. Some teens run away from home to escape neglect, abuse or violence.

There is no one definition of teen homelessness-

nor are there any hard and fast statistics on the number of homeless teens. In general, teens have different reasons for landing in the streets. Some teens run away from home to escape neglect, abuse or violence. Some teens have families that have fallen into homelessness during tough economic times. Other homeless teens turn 18 years old and may no longer be eligible for foster care. Some teens are forced out of their homes rejected by parents because they are gay or lesbian.



“Situational” runaways are said to make up a large portion of homeless teens. They are teens who leave their homes for a couple of days, after conflict or an argument with a parent. They resort to sleeping at friends’ homes also known as “couch surfing.” These teens usually do return home. However, a small number will continue to repeat this behavior and eventually stay away from home more frequently or for longer periods. They then become part of the chronic homeless population.

A growing number of teens are called “throwaways” because their parents no longer wish to care for them. Behavioral unruliness, parent/sibling conflicts, criminal behavior, and or lack of resources are contributing factors that have some parents abandon their duty to care for their children.

Most of the time, you cannot easily identify homeless teens. They blend in with other teens at school and participate in other social activities. They hang out at movie theatres, malls and even sporting events. Many teens stay with their families who are also homeless in shelters or at a family friend’s house at night, but during the day spend time like any other teen at school and may hang out with friends at the park. ***Some homeless teens who are runaways*** do not have the luxury of staying in shelters and can be found sleeping on park benches, under bridges and near buildings just to stay out of the rain and cold weather.

Don't judge. Some homeless teens may have a more tattered and/or dirty appearance, because they do not have easy access to facilities to stay clean or to wash their clothing. Teen HelpLine: available 24hours a day! Simply dial 2-1-1 or Text your zip code to TXT211 (898211) Homeless or at risk of becoming homeless teens **struggling with schooling** can get help enrolling, attending and succeeding in school with PBC School District's McKinney-Vento Program (MVP) (561) 494-1514. Vita Nova's "The Spot" is a safe place to hang out.



RUNNING AWAY

from home is one way that young people try to solve problems. 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. **Think before you run!**

Talk it out with someone you trust. If staying at home seems impossible, discuss with a caring adult or a friend about other places you might stay temporarily. If you or a friend try talking it out and it doesn't seem to help, and running still seems like the only answer, run to a safe place.

It's harder than you think to make it on your own.

Even streetwise people risk being used, getting ripped off, or being hurt. Keep safe! There are emergency shelters for runaways and displaced youth.



There are places where you can be safe, talk things out, and decide what to do next. These agencies are here to help:

- Children's Home Society (CINS/FINS) (561) 868-4444
- Covenant House Florida..... 1-(800) 683-8338
- National Center for Missing & Exploited Children . 1-(800) 843-5678
- National Runaway Safeline..... 1-(800) 786-2929
- Safe Harbor/Safe Place 1-(800) 433-0010 (561) 868-4444
- Teen HelpLine..... 2-1-1

CAUTION: if someone is offering you a job or wanting you to engage in a relationship (in person, online, through text) offering to give you love, things you want, food, cloths or a place to sleep- and it sounds too good to be true-trust your gut instinct! This could be a human trafficker! They are slick masters at manipulation telling you what you want to hear! You could be tricked and exploited!

*If YOU are in immediate danger text "BeFree" (233733)
Call the Human Trafficking Hotline : 1-888-373-7888
www.traffickingresourcecenter.org/report-trafficking*

JOB EXPERIENCE



At most places, you must be 16 years old to get a job. And once you turn 16, there's no automatic guarantee that you will get the job you want. However, there are many opportunities for teens to gain job experience and learn new skills. Volunteering is one way that can also lead to a possible paid position ...so whether volunteering

or starting a small part time job- always carry yourself in a very reliable and responsible manner. You never know who may be watching the great work that you do and where this might lead!

The important thing is to get valuable experience that will help you get a better paying job and show future employers that you have what it takes to be a mature and responsible employee.

Job experience can include: babysitting, cutting other people's grass, or doing other odd jobs in your neighborhood are excellent ways to earn extra money. If you have an adult friend or relative who owns a business, ask how you might help. Or even look for mentoring programs that work with job interns.

Also, at many schools there are **Positive Business Connections Clubs**. The following agencies can help you find a paying job:

CareerSource (Ask for the Teen program).....1-(800) 556-5627

Project LIFT provides Glades area teens (14-19) with mental health & substance abuse counseling, vocational skills training, mentoring & life-skills education. Transportation and a family-style meal will also be provided. Call (772) 221-2244 for more information or visit www.projectliftmc.com

Feel stuck? Need help getting headed in the right direction? Check out **“Square One”** (Mandel Public Library- WPB): learn computer skills, do job search, prep for your GED & career exams, take online high school & earn your diploma, learn to drive and more...for free! (Youth ages 15 & up plus young adults) Call (561) 868-7755.

The Youth Co-op of PBC provides vocational training, employment, tutoring, mentoring and other activities for refugee youth in a warm and friendly environment: call (561) 964-1693.



LEGAL HELP

The laws of the United States govern all people, old and young alike. Juveniles (someone under the age of 18) can be tried as adults for some serious crimes and repeat offenses. A juvenile as young as 14 who is arrested for a felony offense can be tried as an adult.

YES, YOUNG PEOPLE DO HAVE RIGHTS!



Many times, juveniles feel that they have no say in the judicial system and may be wondering:

- What are my rights if the School Board recommends that I attend an alternative school?
- What are my rights if the Department of Children and Families (DCF) decides I need to leave my family?
- What are my rights if my parents have kicked me out of my home or I have nowhere to live and am homeless?

There is a program called the ***Juvenile Advocacy Project***. Their goal is to represent young people who are in need of helpful support in order to obtain needed services from community agencies and the public school system. The legal services provided are in these areas: Public Education, Mental Health, Juvenile, Delinquency Court, Dependency Court, Family Court.

You will be eligible for assistance if you are under the age of 18. For any questions regarding your legal rights, call:

Juvenile Advocacy Project (Legal Aid Society)...(561) 655-8944

The Juvenile First Offender Program (PBSO) was developed to keep youths who have committed minor nonviolent misdemeanor crimes as their first offense out of the criminal justice system. Call (561) 688-3929 or (561) 688-4750 for info.

ALCOHOL LAWS: So many fatal car accidents have happened because the driver was under the influence of drugs (prescription, non-prescription, or illegal) and/or alcohol. It is important to know the side effects of any medication and whether it is safe to drive or not when taking it.

In the state of Florida, the penalty for a first offense conviction of driving while intoxicated may include: jail time, a fine of from \$500 to \$1,000 (depending on whether a city or state law has been violated), having your license taken away, and mandatory participation in a drug or alcohol treatment program. Also, your insurance rates may increase. If there is an accident, you or your parents may have to pay for any damages, fines, or penalties. It is against the law for minors to be served liquor anywhere, whether it is in the home or at a restaurant. Possession of alcohol in a public place or in a car is also against the law. Anyone 21 years or older who helps a minor obtain alcohol can be charged with a second degree misdemeanor.

ARREST: Just because you are young does not mean you do not have rights when it comes to arrests. If you ever get into a situation where you or someone you are with may be arrested, here are a few handy tips:

- Resisting arrest means more trouble. The most important thing to do is to cooperate. Your attitude and cooperation will have a direct effect on how you are treated.
- You do not need to answer questions without advice from an attorney. You should give the police your name, address, phone number, date of birth and your parent's name and phone number.
- If you give permission for any type of search, you are allowing the police to fully search you and your property.
- You have the right to a lawyer. If you cannot afford one, the court will appoint one for you.
- Ask the police to call your parents or another trusted adult.

DRUG LAWS: The possession, use or selling of marijuana is against the law. The maximum penalty for possession of a small quantity of pot can be up to one year in a juvenile commitment program. The penalties for offenses involving drugs like cocaine, speed, crack, or large amounts of marijuana can be very harsh.

PRANKS: Taking someone's hubcaps off their car or spraying graffiti may sound like a simple prank or something funny to do. But it is no laughing matter when you get put in a police car and are taken to a detention center or jail because you were "having a little fun." You can be prosecuted. Even after you have served your "time," all is not forgotten. You will have a juvenile record that will stay with you for a long time. If you have a court record, some schools or employers will not accept you. What you might think of as a prank could hurt your future.

SEARCH WARRANTS: A search warrant is a signed document that gives the police the right to search a car, house, or any other private property. However, there are times when the police can search a person's property without a warrant, such as:

- When they believe that a law is about to be or has been broken.
- When they believe a car has been involved in a crime.
- When they have permission to make a search.
- If a person has committed a crime, and that person goes into a house, that house may be searched.
- If an arrest has been made, a thorough search will be made to locate weapons and assure evidence will not be destroyed.
- If the police believe a weapon is in a car, they may search unlocked parts.
- When the driver is arrested, any part of a car may be searched (trunk, locked glove compartment). It is important that you are aware of what is going on around you and remember as much as you can. You may have to say what happened later in court.

& WEAPONS LAWS: Check with the city in which you live for the laws about the possession of weapons or firearms. Laws vary according to city or state. If ANYONE, young or old, has a gun on them without a permit for that gun, they can be arrested. Remember that a juvenile record may stay in your files for a very long time- perhaps the rest of your life!

THEFT: If you take something that belongs to someone else without permission, it is a theft. (WARNING: items that cost \$500 or more, such as phones, laptops, jewelry, and other items - you'll get felony charges!) If you take something from a store without paying for it, it is shoplifting. There is no difference between shoplifting and theft. A felony charge will make it difficult for you to go to college, get a job, join the arm forces, rent an apartment etc. Lesser charges can also create the same problems. All mean trouble! **A juvenile record may follow you for a long time- perhaps the rest of your life!**

TRUANCY: is defined as failure to attend school. That means, if someone is cutting classes or skipping school, he or she is truant.

IF YOU ARE UNDER THE AGE OF 16, YOU MUST GO TO SCHOOL IT'S THE LAW!

If you or someone you know chooses to cut class or skip school, these are the consequences according to State Law:

- The school will send your name to the state attorney's office.
- Your parents may face criminal prosecution.
- You can be sent to court and be court-ordered to attend school until you are 18.
- You may be sent to a staff secure facility.
- You will not be issued a driver's license.

For more information or if you know of a family that is struggling with a truant youth, please refer or call the following agencies:
Police Department (School District)(561) 434-8700
PBSO's Alternative Intervention Services.....(561) 688-5423

YOUTHFUL OFFENDERS/RE-ENTRY

Helpful programs:

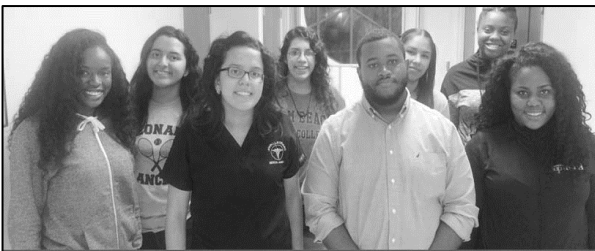
Project LIFT provides Glades area teens (14 -19) with mental health & substance abuse counseling, vocational skills training, mentoring & life-skills education. Transportation and a family-style meal will also be provided. Call (772) 221-2244 for more information or visit www.projectliftmc.com

Feel stuck? Need help getting headed in the right direction? Check out **“Square One”** (Mandel Public Library- WPB): learn computer skills, do job search, prep for your GED & career exams, take online high school & earn your diploma, learn to drive and more...for free! (Youth ages 15 & up plus young adults) Call (561) 868-7755.

Also WHEN of PBC (Women’s Health & Education Network) can provide re-entry resources and help with applications for food and housing assistance, connection with health resources & alternative education to obtain high school diploma- ages 15 & up: call (561) 510-0971 or email whenofpbc@gmail.com

LEADERSHIP

Want to make a difference... look up some of the national and global youth movements helping to make change! Join Palm Beach County Youth Service’s “Future Leaders United for Change”. You must be 11 to 24 years of age & reside in Palm Beach County to participate.



FUTURE LEADERS UNITED FOR CHANGE
Invites you to serve on the Youth Leadership Council

**For more info
call 561-242-5739
or email:
YSD-Future-
Leaders@pbcgov.
org**

Meeting location: Youth Services Department
50 S. Military Trail Suite 203, West Palm Beach, FL 33415

LIBRARIES

Public libraries provide many free programs, services and activities for young people. There are books available on everything from basketball to romance, college catalogs, building self-esteem, fashion and beauty, and job hunting skills. Libraries also have internet access, magazines, newspapers, computers, films, audio as well as, video cassettes, compact discs, and artwork. Some libraries also have special programs for teens, including employment resources. Also web surf for city libraries.

Palm Beach County Library System:

| | |
|--|----------------|
| Acreage Branch Library | (561) 681-4100 |
| Belle Glade Branch Library | (561) 996-3453 |
| Clarence E. Anthony Branch Library (South Bay) | (561) 992-8393 |
| Gardens Branch Library | (561) 626-6133 |
| Glades Road Branch Library | (561) 482-4554 |
| Greenacres Branch Library | (561) 641-9100 |
| Hagen Ranch Road Branch (Delray Beach)..... | (561) 894-7500 |
| Jupiter Branch Library | (561) 744-2301 |
| Lantana Road Branch | (561) 304-4500 |
| Loula V. York Branch Library..... | (561) 924-5928 |
| Main Library | (561) 233-2600 |
| Okeechobee Boulevard Branch Library | (561) 233-1880 |
| Royal Palm Beach Branch Library | (561) 790-6030 |
| Tequesta Branch Library | (561) 746-5970 |
| Wellington Branch Library | (561) 790-6070 |
| West Boca Branch..... | (561) 470-1600 |
| West Boynton Branch Library | (561) 734-5556 |
| Outreach Services / Annex & Bookmobile..... | (561) 649-5500 |

Also look for the “Research & Homework” section online at www.pbclibrary.org

MILITARY FAMILIES



There is no greater sacrifice made than that of the men and women who serve in our Armed Forces. Military families proudly support the efforts of their loved ones. However, as a service member is ordered to deploy, it is as if family members are called to duty as well. Each family has their own unique situation, complete with unique strengths and weaknesses in dealing with a service member's deployment. Children & teens involved sometimes have challenges of their own.

Challenges

Children and teens of a deployed parent, may have problems focusing on activities, concentrating at school, or socializing with others. Sometimes they may struggle with poor grades and participation at school. Teens may feel "left out" from school activities and having time with friends as they are asked to take on extra duties and responsibilities at home in addition to the work load they are carrying at school. Not only do they want to be supportive of the deployed parent or family member, but they also are put in the position of emotional support for the non-deployed parent.

Teens and Deployment

When a parent or other family member is deployed, you may have many different emotions that can include:

- Feelings of loss and sadness
- Missing the family member, and their participation in activities (like attending sports and significant school events, or just hanging out with each other)
- Worrying about their safety and wondering what they are doing
- Having mixed feelings, you may be angry that a parent had to leave, but sad that they are gone
- Or you may be feeling anxiety about separation from a parent or family member

Things that you can do:

- Help your family connect with resources (check out the following information)
- Reach out to extended family members, close friends or other military families for support
- Keep in communication with deployed family member
- Change the channel! If news from TV and internet upsets you-switch to something different or turn TV or computer off
- Look for a trusted source of information for you and your family

Return from Deployment

The return of a parent or family member from deployment can be just as stressful as their departure, causing you to experience mixed emotions. You are happy to have your parent back, but at the same time your family's household routine is changing and that may feel strange to you. Your returning parent most likely will have gone through changes of their own as have you. Be aware that you and your family are in this together. ***It takes time and a little effort and understanding to re-adjust.***

Some resources that may be helpful:

211's MYFLVET program/veterans & their families.....2-1-1

Big Brothers Big Sisters of PB & Martin Counties (561) 727-3450

(See a list of more mentoring programs on page 64)

First Stop Veterans' Resource Center (& families) (561) 968-1612

FL National Guard Family Assistance Center1-(305) 684-1092

Jupiter Vet Center -Vets/Family adjustment.....(561) 422-1220

Military One Source1-(800) 342-9647

Palm Beach Vet Center-Vets/Family adjustment ... (561) 422-1201

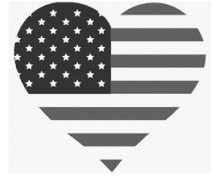
West Palm Beach VA Medical Center.....1-(800) 972-8262

Women Veterans Health Programs-VA Medical Ctr .(561) 422-1236

Also visit www.OperationHomefront.org for helpful programs.

Also view the 211's Veterans Resource Guide under the publications section at www.211palmbeach.org.

Forgotten Soldiers Outreach, Inc is a good organization to get involved with. They help make a difference to those serving abroad. You can volunteer to help put together care packages with inspirational notes and more for other service men and women overseas who may not have family support. You can also earn community service hours for school. Call (561) 369-2933 or visit www.forgottensoldiers.org



MULTICULTURAL DIVERSITY



People come in all shapes, sizes, and colors. They may have different ways of doing things. **However, no one person is better than another. We are all equal!** Choose to focus on our similarities and commonalities while celebrating diversity. Just imagine how boring the world would be if we were exact carbon copies of each other. Well, luckily, we are not clones.

Ultimately, for us to thrive as a happy and healthy society, we must move beyond our differences, borders and walls to work towards that which benefits us all...when you start to enjoy the the colors, tastes, sights and sounds of the world's peoples- it can add a layer of richness to life that you didn't even know existed!

What if you do not want to mix with other cultures? No one can tell you how to feel, and when it comes to change and things you are not used to, it can be uncomfortable.

Sometimes, learning what makes people different can be fun. Your attitude and feelings may change once you get all the facts. Accepting people's differences may not be easy, but the tossed salad is here to stay! Maybe it's time to add these ingredients: *Sensitivity, Understanding, and an Open Mind.*

Join the *All Peoples Day Diversity Festival* held each spring in Delray Beach. Colorful & traditional dances, activities, food and more! Visit www.allpeoplesday.org



Learn more about multicultural diversity & services contact:

| | |
|---|----------------|
| Guatemalan-Maya Center | (561) 547-0085 |
| Haitian Family Services (Church World Service) | (561) 266-0624 |
| Hispanic Human Resources Council..... | (561) 641-7400 |
| Intercultural Family Health Education Center | (561) 502-3838 |
| Milagro Center | (561) 279-2970 |
| Multicultural Community Mental Health Center..... | (561) 653-6292 |
| PBC School District-Project Transition English Classes..... | (561) 687-6370 |
| Refugee Taskforce. | (561) 227-6722 |
| Youth Co-op of PBC (Refugee Youth)..... | (561) 964-1693 |

Check out the PBC School District’s “Welcome Center” for multicultural educational support at (561) 434-8197.

Also think about starting a “We Dine Together” initiative at your school to encourage more unity among the community! (see page 22).

NON-TRADITIONAL FAMILIES

If you are not being raised in a “traditional” family with your biological mother and father, you are not alone. Many young people have “blended” families. Perhaps you are being raised by step-parents, grandparents or other relative, adoptive parents, a single parent, same sex parents or foster parents. They are still family.

There are many reasons why you may not be living with both of your biological parents. Parents could be very ill, and possibly die, or they feel they cannot give you the care you need. Parents may get divorced, separated, or remarried. Sometimes you may feel like it’s your fault, or that you had something to do with it, but that is not true. Remember that you are not to blame for any of these things happening.

The people that take care of you today are your family & you are now part of a family in a different way than just being born into it. What your family looks like to other people is not important. What's important is that your family is loving and supportive and meeting your needs as you grow into adulthood.

Living in a non-traditional family does not make you different from other teens. We all have been given the gift of life by a mother and father. We all have birthdays. We are all special parts of our unique families. Here are some agencies & programs that can help you and your family:

Big Brothers Big Sisters of PB & Martin Counties* ..(561) 727-3450
Cayuga Center-supportive foster-hard to place youth (561) 398-5330
Children's Home Society of Florida(561) 868-4300
Compass (Gay & Lesbian Community Center)(561) 533-9699
Families First- Kin Support (relative caregivers)....(561) 721-2887
Florida's Adoption Information Center1-(800) 962-3678
Friends of Foster Children.....(561) 352-2540
Grandparents raising grandkids.....(561) 233-1742
Relative Caregivers-Legal Aid Society ext(561) 655-8944

**See more mentoring programs listed on page 64.*

PEER PRESSURE

"Fitting in" is the name of the game when you are a teen. Everyone wants to be a part of something, whether it is a group that just hangs out together, an activity group, or both. Whatever group you are involved in, there's always pressure to do something to stay in that group, whether it is studying, playing a sport, singing, going to the mall, etc. This is called positive peer pressure.

REMEMBER -- THE CHOICE IS YOURS!



However, there are also times when a friend or friends may try to get you to do something that may not be good for you; such as stealing, lying, fighting, smoking, doing drugs, drinking, or bullying etc. This is called negative peer pressure.

Many people face negative pressure every day. For some, it may sound like a lot of fun, but it is important to think about the consequences and ask yourself

"Can I get in trouble for doing this?"

"Am I going to feel guilty for doing this?"

"Is this going to hurt me, or someone else?"

If your mind tells you "yes," you may want to think twice about going along with your friends.

Remember that it's OK to feel confused and upset when you experience negative pressures. It's not something that's easy to solve. Even adults have problems dealing with negative pressures. Therefore, do not think you are fighting this battle alone. Talk to someone you trust: friends, family, other adults, or call:

Teen HotLine..... 2-1-1

**YOU AND ONLY YOU ARE RESPONSIBLE FOR THE
CONSEQUENCES OF YOUR ACTIONS.**

So, if you ever find yourself being pressured to do something that you feel uneasy about, here are a few tips that may help:



- ***YOU CAN ALWAYS SAY NO.***
It may be tough to do, and you may be going against your friends, but it shows courage and individuality.
- ***WALK AWAY*** to show your inner strength.
- ***SUGGEST SOMETHING MORE CONSTRUCTIVE*** to do.
- ***TALK TO SOMEONE ELSE*** about the situation - another friend or trusted adult.

Show your friends you have mind of your own, and when they see you making positive choices, that may give them the courage to make positive choices as well. Sometimes it's easier to say no if you are involved with other people who think like you. If you would like more information on clubs and organizations in Palm Beach County that are committed to helping you resist negative peer pressure, talk to your guidance counselor or call:

- 4-H Youth(561) 233-1731
- Boy Scouts of America - Gulf Stream Council(561) 694-8585
- Boys & Girls Clubs of Palm Beach County.....(561) 683-3287
- Children's Home Society (**T**een **O**utreach **P**rogram).....(561) 868-4300
- Children's Services (Mental Health America)(561) 832-3755
- Communities in Schools(561) 471-9681
- Future Leaders United for Change (PBC)(561) 242-5739
- Girl Scouts of Southeast Florida.....(561) 427-0177
- Housing Partnership (**T**een **O**utreach **P**rogram) ext 2261 (561) 841-3500
- PBSO Explorers Program(561) 644-9649
- PBSO Explorers Program (Belle Glade).....(561) 996-4888
- Martin Luther King, Jr. Coordinating Committee(561) 832-4682
- Urban League (**T**een **O**utreach **P**rogram).....(561) 833-1461
- Xtreme Teens Youth Involvement Program.....(561) 375-6675
- Y-Girls (YWCA) group currently meeting-Belle Glades.....(561) 640-0050

Mentors: sometimes having an extra friend in your corner can help...Mentors can be someone you can talk to about things that are meaningful to you. Mentors can share important life skills advice to help guide you. They want to see you succeed.

Local Mentoring Programs:

| | |
|--|----------------|
| Big Brothers Big Sisters of PB & Martin Counties | (561) 727-3450 |
| Community Mentoring Program-south county youth | (561) 833-1461 |
| Compass-LGBT youth/family..... | (561) 533-9699 |
| Listen to Children Mentoring (MHA)various schools..... | (561) 832-3755 |
| Mentoring 4 Kids | (561) 238-0285 |
| My Brother's Keeper (PBC Youth Services Dept.)..... | (561) 242-5704 |
| Take Stock in Children* | (561) 683-1704 |
| United Way of PBC- Mentor Center..... | (561) 375-6638 |
| Urban League (CINS/FINS) | (561) 833-1461 |

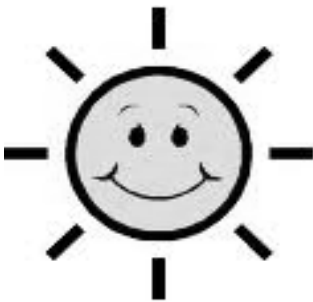
**Take Stock in Children can prepare qualifying 6-9 graders for their scholarship program.*

Also look for positive places to hang out- here are some youth centers that can make a positive impact on your life:

| | |
|--|----------------|
| “The Spot” (Vita Nova) 18 & up..... | (561) 689-0035 |
| Project LIFT (Glades teens 14-19)..... | (772) 221-2244 |
| Square One (Mandel Library WPB) (15 & up)..... | (561) 868-7755 |

Teens: Check out **SuitsForSeniors.org** for college transitioning strategies and the professional development programs to enhance career exploration opportunities. Professional attire is awarded to students that complete the programs-call (305) 459-3354 for info.

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:*



- **Healthy friendships**
- **Positive Family relationships**
- **School studies/ school activities**
- **Setting goals in your life**
- **Volunteer opportunities**
- **Taking positive steps to help yourself when in trouble**

PREGNANCY



If you or someone you know thinks they may be pregnant, and doesn't know 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. It is also important to talk to a parent or another trusted adult and see a doctor as soon as possible.

Pregnancy testing, counseling and services are available at the following locations. You may not need an appointment and these services may be kept confidential. Confidential means that these services are kept private and no one but you will be contacted about your test results. Call for cost and hours.

PREGNANCY TESTING

- Birthline/ Lifeline.....(561) 842-5301 or (561) 278-0880
- First Care Women's Center (Belle Glade) (561) 996-6888
- First Care Women's Center (Greenacres) (561) 649-4027
- Planned Parenthood (Boca Raton Health Center) (561) 226-4116
- Planned Parenthood (Wellington Health Center)..... (561) 296-4919
- Planned Parenthood (West Palm Health Center) (561) 683-0302
- Presidential Women's Center (561) 686-3859
- Targeted Outreach for Pregnant Women (TOPWA) .. (561) 721-2887
- Teen Outreach Program- Planned Parenthood..... (561) 472-9962

If you are confused or scared, you can also call the "Teen Hotline" by dialing 2-1-1 to talk to someone who will listen... and really care.

PREGNANCY SERVICES

There are a number of agencies that offer education, medical care and counseling services for pregnant teens.

To get started, call

Healthy Mothers Healthy Babies:

(561) 623-2801 or (888) 414-4642

or email teenservices@hmhbpbpc.org.

To speak with any of the other providers listed below:

Birthline/ Lifeline.....(561) 842-5301 or (561) 278-0880

Children's Home Society of Florida..... (561) 868-4300

Children's Medical Services, Dept of Health (561) 881-5040

The Children's Healing Institute..... (561) 687-8115

Family Health Line..... 1-(800) 451-2229

Florida Community Health Centers (Pahokee)..... (561) 924-6100

Healthy Beginnings 1-(888) 634-7900

Planned Parenthood (Boca Health Center) (561) 226-4116

Planned Parenthood (Wellington Health Center)..... (561) 296-4919

Planned Parenthood (West Palm Health Center) (561) 683-0302

Presidential Women's Center (561) 686-3859

Targeted Outreach for Pregnant Women(TOPWA) ... (561) 721-2887

Teen Outreach Program- Planned Parenthood..... (561) 472-9962

Having a baby? Feeling overwhelmed?

Don't know what to do?

There is a safe solution for you and your baby!

NOTE: The Safe Haven Law...

Allows a new mother to safely leave her newborn baby (less than 3 days old) at any hospital, fire station and/or emergency medical service station without the fear of arrest or prosecution.

Call 'A Safe Haven for Newborns'

1-877-767-BABY.

This 24 hour helpline will provide answers.

MATERNITY HOMES & SUPPORTIVE SERVICES

The following program provides maternity homes or shelter and supportive services for pregnant teens:

| | |
|---|----------------|
| Hannah's Home of South Florida (ages 18-26) | (561) 277-9823 |
| Holy Ground (ages 17-23) | (561) 355-5040 |
| Joann's Cottage | (561) 287-9070 |
| Transitions Home (CHS)..... | (561) 868-4381 |

EDUCATION FOR PREGNANT TEENS

There are special programs for pregnant or parenting students. To find out more about their services, call the numbers listed or check with your school counselor.

The following programs allow young mothers to continue their education:

| | |
|---|----------------------------------|
| Healthy Mothers/Healthy Babies ... | (561) 623-2801 or (888) 414-4642 |
| or contact by email | teenservices@hmhpbpc.org |
| Teenage Parent Program (SDPBC)..... | (561) 881-4711 |
| Targeted Outreach for Pregnant Women(TOPWA) ... | (561) 721-2887 |

PARENTING TEENS/ LEARNING TO BE A GREAT PARENT

Parenting is a very tough job and children don't come with instructions! Loving parents can end up abusing their kids because they never had the chance to learn how to take care of them.

When a parent is stressed out, what starts as discipline may get out of control and become child abuse. Other times, parents lack good information on what their kids can understand and accomplish at different ages. These inappropriate expectations can make a parent overreact when a child acts in a way that may be normal for his/her age. Call 2-1-1 and ask for the Help Me Grow program staff who can help you understand your child's stages of growth and development. Also reach out to the resources listed. ***Parenting can have its ups and downs.*** Simply being a learning, loving & caring parent can make all the difference in the world. **Hang in there!**

All parents have questions -- the best parents try to find answers:

- At what age can a baby understand what "NO" means?
- What's the best age to potty train a child?
- How can you get your child to behave without hitting or yelling?
- What is the difference between punishment and discipline?
- What exactly is child abuse?

Teen Parents: If you wonder about these and other parenting questions, you could benefit from learning more by contacting the following agencies:

211 Help Me Grow- child development concerns2-1-1
(also visit 211palmbeach.org/helpmegrow to create your baby's personalized well visit planner- guide before you go to the pediatrician)

211 Special Needs HelpLine-children with disabilities.....2-1-1
Alternative/Adult Education: www.palmbeachschools.org "Schools" tab
Boot Camp For New Dads(561) 622-4913
Boys Town South Florida(561) 612-6000
Bridges(561) 740-7017
Children's Home Society of Florida.....(561) 868-4300
Children's Medical Services, Department of Health.....(561) 881-5040
Early Learning Coalition-childcare & more(561) 514-3300
Family Health Line 1-(800) 451-2229
Healthy Beginnings- Triple P Program (CSC) 1-(888) 634-7900
Healthy Mothers, Healthy Babies 1-(888) 414-4642
Teenage Parent Program (School District) (561) 494-1588 or ..(561) 628-0340
Youth Services Department PBC (Belle Glade)(561) 992-1233
Youth Services Department PBC (Delray Bch).....(561) 276-1340
Youth Services Department PBC (WPB,Central, North) (561) 242-5714

At your fingertips with notifications:

Download the free **EveryParent PBC** phone app for tips and advice from local experts plus personalized parenting news and connections to people who can help and more from Children's Services Council.

SELF-ESTEEM

DO YOU LIKE YOU? If you answered "no" to that question, you probably need help with boosting your self-esteem. Feeling good about yourself, or having "self-esteem" is important. Your self-esteem or lack of it can be a huge influence on the choices you make.

Self-Esteem-sometimes it can be hard to feel good about yourself if others put you down because of your appearance, race/ethnic background, religion, physical disabilities, the clothes you wear, or how much money you have or don't have.

When people treat you differently based only on outside things --- it's their problem, not yours.

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

WAYS TO BUILD YOUR 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.
- **Compliment Others.** By making other people feel good about themselves, you'll get a positive feeling in return.
- **Treat Yourself To Something You Enjoy.** Get a new haircut, go to a movie, get a make-over, participate in sports, buy a small item, or go on a nature walk.
- **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 lawn care, etc.
- **Set Personal Goals.** Set goals for yourself and find ways to achieve them. You will become good at what you spend your time on.

- **Make Friends with Positive People.** The people you hang around can have a big impact on the way you think and feel. You can help each other feel positive.
- **Be Yourself.** As simple as it sounds, people will respect you most for being yourself.



Also check out this mobile app:

“My Life My Voice” for Android and iPhone. Journal about your moods anytime to reduce stress, clarify thought, and solve problems. Also visit: www.yourlifeyourvoice.org

The following agencies can help build your **Self Esteem**:

| | |
|---|----------------|
| 4-H Youth | (561) 233-1731 |
| Boy Scouts of America - Gulf Stream Council..... | (561) 694-8585 |
| Boys & Girls Clubs of Palm Beach County..... | (561) 683-3287 |
| Children's Home Society (Teen Outreach Program)..... | (561) 868-4300 |
| Children's Services (Mental Health Association) | (561) 832-3755 |
| Communities in Schools | (561) 471-9681 |
| For the Children | (561) 493-1190 |
| Future Leaders United for Change (PBC)..... | (561) 242-5739 |
| Girl Scouts of Southeast Florida | (561) 427-0177 |
| Housing Partnership (Teen Outreach Program) ext 2261 | (561) 841-3500 |
| Martin Luther King, Jr. Coordinating Committee | (561) 832-4682 |
| Police Athletic Leagues: | |
| PAL Boca Raton | (561) 750-5477 |
| PAL West Palm Beach..... | (561) 835-7195 |
| PAL Palm Beach County (PBSO) | (561) 687-6771 |
| PBSO Explorers Program | (561) 644-9649 |
| Urban League (Teen Outreach Program) | (561) 833-1461 |
| Xtreme Teens Youth Involvement Program | (561) 375-6675 |
| Y-Girls (YWCA) group currently active Belle Glade | (561) 640-0050 |
| Youth Empowerment Center (WPB) Pleasant City..... | (561) 804-4930 |

Also ask your school if they have a “Teen Zone” or YEC.

Sometimes having an extra friend in your corner can help...

Mentors can be someone you can talk to about things that are meaningful to you. Mentors can share important life skills advice to help guide you. They want to see you succeed.

Mentoring Programs:

| | |
|--|----------------|
| Big Brothers Big Sisters of PB & Martin Counties | (561) 727-3450 |
| Community Mentoring Program-south county youth..... | (561) 833-1461 |
| Federation of Families (Glades)..... | (561) 506-7144 |
| Listen to Children Mentoring (MHA)various schools..... | (561) 832-3755 |
| Mentoring 4 Kids | (561) 238-0285 |
| My Brother's Keeper of PBC | (561) 242-5702 |
| Take Stock in Children* | (561) 683-1704 |
| United Way of PBC- Mentor Center | (561) 375-6638 |
| Urban League (CINS/FINS) | (561) 833-1461 |

**Take Stock in Children can prepare qualifying 6-9 graders for their scholarship program.*

Great Places to Hang Out:

Visit your local **Youth Empowerment Center**: drop-in centers for middle and high school youth to chill or get involved in youth-selected programming that may include digital audio-visual, hip hop, zumba, career exploration and more. *Designed by teens for teens:*

| | |
|---|----------------|
| (PBC) Lake Worth YEC | (561) 557-1184 |
| (PBC) Riviera Beach YEC..... | (561) 840-0135 |
| Student Aces Center (The SAC*) to register- call..... | (561) 463-7110 |

*new home to the YEC- provides Glades Area teens with academics/tutoring, character, health, life & workforce skills (www.StudentAcesForLeadership.com).

Project LIFT provides Glades area teens (14-19) with mental health & substance abuse counseling, vocational skills training, mentoring & life-skills education. Transportation and a family-style meal will also be provided. Call (772) 221-2244 for more information or visit www.projectliftmc.com.

Check out **“Square One”** (Mandel Library WPB) “a comfortable place to do serious business!” Learn computer skills, do job search, prep for your GED & career exams, take online high school & earn diploma, learn to drive and more...for free! (Youth ages 15 & up plus young adults) Call 561-868-7755.

Teens also check out **Suits for Seniors** for college transitioning strategies & professional development programs to enhance career exploration opportunities. Professional attire is awarded to students that complete the programs. For more info call 305-459-3354 or you can visit SuitsForSenior.org (middle & highschool students).

SEXUAL ABUSE

If ANYONE hurts you, or touches you inappropriately---in a way that makes you feel uncomfortable . . . or if someone continually pressures or coerces you to do something sexually you don't want to do. This may be considered *sexual abuse*.

Whether the abuse is caused by a family member, close adult (friend), or a stranger, of either sex, find help.



If this is happening to you . . .

DO NOT BLAME YOURSELF!

It's not your fault

**If sexual abuse is happening
to you
or someone you know... *help
is available***

You may have mixed feelings about the person doing this to you, and you may be afraid to tell someone about this. However, the best thing you can do for yourself is to talk to someone you trust. Keeping these feelings secret will not help them go away. There are options available for you to obtain the help you may need. Services available are confidential and free.

You can call **Aid to Victims of Domestic Abuse, Inc. (AVDA)**
Intimate Partner/Dating Relationship at:

1-(800) 355-8547 or call the other services listed.

Sexual abuse is not your fault...

Call 1-(866) 891-7273 to speak to caring specialist who will guide you. You can also call:

Florida Abuse Hotline 1-(800) 962-2873
MaleSurvivor..... www.malesurvivor.org
Palm Beach County Victim Services SART Center ... (561) 625-2568
Palm Beach County Victim Services (Belle Glade) ... (561) 996-4871
Palm Beach County Victim Services (Delray Beach) (561) 274-1500
Palm Beach County Victim Services (PB Gardens) ... (561) 355-2383
Palm Beach County Victim Services (WPB)..... (561) 355-2383
Rape Crisis/Victim Hotline ..1-(866) 891-RAPE or 1-(866) 891-7273
SAFE Kids (Stop Abuse by Family Empowerment) .. (561) 616-1222
Sexual Predators and Sex Offenders (FDLE) 1-(888) 357-7332

SEXUAL ASSAULT/RAPE

Sexual Assault is unwanted sexual contact that includes touching, fondling and molestation.

Rape is also considered sexual assault- both are criminal acts that may be committed by ***someone you know*** (friend, dating partner, long-time partner or spouse, acquaintance, family member, or friend of the family) or ***someone you don't know***. ***Rapists can be male or female*** of any orientation.

Anyone can become a victim of rape, regardless of age, race, gender or sexual orientation. What you say or do or wear does not matter. If you have been raped, it is NOT your fault. You are the victim, not the criminal.

If someone pressures or coerces you, bullies or forces you into having sex when you really do not want to, that is rape.

You have the right to say “NO!”

Even if you freeze-up and can't say any words- and the actions are against your will...that is still considered rape!

***Anyone under the age of 18 cannot consent/agree to have sex or sexual activity with an adult. This is statutory rape.**

Date Rape:

The reality is that about half of the people who have been raped know the person who attacked them. This is also the case with date rape, which is forced sex that can happen on a date or also somewhere like a party with someone the victim may know, like, or even be interested in hanging out with.

Being good friends, talking to someone, dating, or hooking up usually *don't* lead to violence or rape. But it can happen, so it's best to be prepared. Also educate yourself about alcohol & date rape drugs: visit Kidshealth.org/en/teens/date-rape.html to learn more.

Here are three key things to know about rape:

1. The person who gets raped is not to blame. Rape is always the rapist's fault. People never "ask for it" because of the clothes they wear or the way they act. If sex is forced against someone's will, it's rape. That's true even when two people are dating or married — even if they've had sex before. You never "owe" someone sex, even if you're a couple.

2. Rape is not always violent. If you say "no," but the person doesn't respect your wishes and talks you into something that you don't want, it's rape.

3. Rape is not about sex or passion. Forced sex is an act of violence and aggression. It has nothing to do with love. Healthy relationships are about respect- ***Someone who really cares about you will respect your wishes and not force or pressure you to do anything sexual without your agreement.***

*Info taken from Kidshealth.org

Victim's Services Rape Crisis Center

Victims of rape/assault need to have people to talk with about their feelings . . . people who will listen for as long as it takes.

Victim's Services Rape Crisis Center is an organization of caring people, Advocates, who are trained to help victims of rape and assault. If you are a victim of rape or sexual assault, you should see a doctor right away. One of our Advocates can help you with this and can even meet you at the hospital to help you--- if you want. ***You can call anytime, day or night . . .*** Don't be afraid to call for help. ***They care*** about you!

Rape Crisis/Violent Crime(561) 833-7273 or 1-(866) 891-7273
MaleSurvivor..... www.malesurvivor.org
Palm Beach County Victim Services (Belle Glade) ... (561) 996-4871
Palm Beach County Victim Services (Delray Beach) (561) 274-1500
Palm Beach County Victim Services (PB Gardens) ... (561) 355-2383
Palm Beach County Victim Services (WPB)..... (561) 355-2383
Rape, Abuse and Incest National Network 1-(800) 656-4673

SEXUALITY



Your teen years are an important part of growing up for many reasons. Some of these reasons include the development of your body and the physical and/or emotional changes that occur. These changes are all a natural part of your developing sexuality, sexual orientation, and gender identity. As a result, this can feel like a confusing time for many young people.

Here is the good news- you are not alone!

There are people who you can talk with about what these changes are and why they are happening.

This is also the time when you may begin to make choices about love, relationships, and possibly sex. Feeling good about yourself is important when making these kinds of choices. It's important that you get the facts so you can **make the best decisions for yourself** and be able to sort through your feelings. Many people have different opinions about these issues, especially when it comes to love and sex. You may get conflicting messages from the media, things you view online, as well as family members and community leaders.

You should not be embarrassed or feel pressured into doing anything that you think is "too soon" or "too fast." There are many ways of showing someone you care about them or that you "fit in" without making yourself uncomfortable.

Talk with your parents or other adults whom you trust and respect. Check with your school counselor or school nurse for courses that cover growth and development. Many youth groups and organizations including churches or synagogues offer information and support to young people. ***If you need to talk to someone confidentially or to get more information, call:***

- Compass (Gay & Lesbian Community Center) (561) 533-9699
- Palm Beach Women's Clinic (Western Communities)...(561) 567-9200
- Florida Community Health Centers (Pahokee)..... (561) 924-6100
- Florida Dept of Health PBC (ask about teen services)(561) 840-4500
- Planned Parenthood (Boca Health Center) (561) 226-4116
- Planned Parenthood (Wellington Health Center)..... (561) 296-4919
- Planned Parenthood (West Palm Health Center) (561) 683-0302
- Presidential Women's Center (561) 686-3859
- Teen Outreach Program- Planned Parenthood..... (561) 472-9962



Also visit www.StayTeen.org





LESBIAN, GAY, BISEXUAL, TRANSGENDER & QUESTIONING...

adolescence can be a time when many youth question their sexual feelings. Becoming more aware of these feelings is part of normal development. Sometimes adolescents may have same-sex feelings or experiences that may cause them to question their sexual orientation.

Some young people have felt that they may be lesbian, gay, bisexual, transgender and questioning (LGBTQ) and want to seek resources. People come out at many different ages and only you can decide when the time is right. If you identify as LGBTQ, it is important to understand that these are natural expressions of gender and sexuality according to all major national mental health organizations (APA, APS, etc.) Regardless of negative messages you may have heard from family, faith communities, or society at large, you have a right to be who you are and to express yourself accordingly. Similarly, if you have LGBTQ parents or close family members you have the right to be proud of them.

Compass the Gay & Lesbian Community Center of the Palm Beaches

for more than 20 years, Compass has provided a safe space for lesbian, gay, bisexual, transgender and questioning youth in Palm Beach County. At Compass, LGBTQ youth and their allies engage in peer mentoring, social-support, education, guided discussions, community service, leadership opportunities, linkage to resources and fun!

Since its inception, Compass has hosted weekly youth group meetings with over 2,000 children, teens and their families having accessed services through the Compass Youth program - making it one of the longest running and largest LGBTQ youth programs in the southeast United States. Compass implemented:

Wyman's Teen Outreach Program® (TOP®), an evidence-based curriculum, which empowers youth to lead successful lives and build strong communities, Compass currently serves more than 100 youth per week, both in our Youth Drop In Center and in partnership with Palm Beach County schools.

Compass Gay & Lesbian Community Center hosts a weekly *Gay Straight Alliance (GSA)* Meeting for representatives from high schools and universities throughout Palm Beach County to provide an opportunity for young leaders to connect, network, and combine their advocacy efforts to achieve maximum success. **Compass** also works closely with PFLAG (Parents, Family and Friends of Lesbians and Gays) to provide support to parents and friends when a loved one comes out. You matter to all of us! Contact:

Compass (Gay & Lesbian Community Center) ..(561) 533-9699
PFLAG- peer support group & meetings (561) 716-9464
SunServe.....info@sunserve.org or call: 1-(954) 764-5150
Trevor Project (Crisis & Suicide Prevention) ..1-(866) 488-7386
(Also for 18 and up)The Pride Center in Broward..1- (954) 463-9005



National Suicide Prevention Lifeline
1-800-273-TALK(8255)

Or Call 2-1-1



SEXUALLY TRANSMITTED INFECTIONS (STI)

If a person engages in any sexual activity, she or he risks getting a sexually transmitted infection (STI) such as HIV, syphilis, gonorrhea, chlamydia, herpes, urethritis, and genital warts. In a study published by the Centers for Disease Control and Prevention (CDC), nationally at least 1 in 4 teenage girls has an STI.

FACTS ABOUT STIs

You cannot “catch” STIs from toilet seats, door knobs, or through casual contact such as handshakes. You can get STIs at any age. If you get HIV or herpes once, you will have it forever; other STIs you can get rid of if you get treatment, but you can get them again and again if you are exposed to them and are not protecting yourself.

SEXUALLY TRANSMITTED INFECTIONS ARE

CONTAGIOUS!!!

Most STIs are treatable. Herpes, HIV and genital warts can be treated, but are *not curable*.

You CAN NOT tell if someone has an STI just by looking at them.



REDUCING THE RISK

The best way to prevent STIs is to not have sexual contact at all. If you choose to have sex, there are ways to reduce the risk of infection.

Ways of reducing your risk include:

- Using **CONDOMS** or “rubbers” that are latex, polyurethane, polyisoprene or nitrile correctly and consistently each and every time, start to finish.
- Using condoms **with a WATER-BASED or silicone-based LUBRICANT** to prevent breakage.
- Not having sex with people who have sores, discharges, or blisters around their mouth or sex organs.
- Not having sex with someone you don't know well.
- Finding out your partner's sexual history

WARNING: Condoms do not protect against all STIs. If not treated, STIs can result in serious organ damage (even if the outward symptoms disappear) including sterility (inability to have children), heart disease, and damage to unborn babies, blindness, deafness, non-healing skin sores, paralysis, and even death.

TESTS

If you want to get tested for sexually transmitted infections, you may ask for a confidential test. This means that these services are kept private and no one but you will be given your test results.

All you have to do is contact your doctor or local clinic, and let them know you want to be tested. You will be given a medical examination and a blood test that determines the presence of HIV or other STI's.

There is a chance that you may not be able to tell when you have an STI because many of them do not show any symptoms.

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 STIs can be treated, and most can be cured.

If you do find out that you have an STI or HIV, it is extremely important to tell anyone with whom you have had sexual contact because he or she has also been exposed to the disease and must seek appropriate medical attention.



To learn more about preventing or treating STIs call:

- Belle Glade STD Clinic (561) 983-9220
- Compass (Gay & Lesbian Community Center)..... (561) 533-9699
- Delray Beach STD Clinic (561) 274-3100
- Florida HIV/AIDS Hotline 1-(800) 352-2437
- Lantana STD Clinic (561) 547-6800
- Midway Specialty Care Center (561) 249-2279
- PBC Substance Awareness Coalition-HIV (561) 374-7627
- Planned Parenthood (Boca Health Center)..... (561) 226-4116
- Planned Parenthood (Wellington Health Center) (561) 296-4919
- Planned Parenthood (West Palm Health Center) (561) 683-0302
- Presidential Women's Center..... (561) 686-3859
- Teen Outreach Program-Planned Parenthood (561) 472-9962
- West Palm Beach STD Clinic (561) 514-5300

SPECIAL NEEDS/DISABILITIES

One of the hardest things about having a disability is that you may at times feel left out from your peers and community.

Sometimes, dealing with a disability can involve social, emotional, sexual, and economic concerns...

Even if you do not have a disability, chances are that you may know someone who does.

Sometime you may not even realize that a person has a disability-remember that disabilities are not always visible.

With a little effort you can get to know someone who has a disability. If you feel a little uncomfortable in their company at first, that's okay. Just remember that they have the same wants and needs as you. We are all different but equal!

Call 2-1-1 for the *Special Needs HelpLine (0-22 years of age)*
Or contact the agencies listed that offer services for young people and or family members who have disabilities:

GENERAL ASSISTANCE

| | |
|---|------------------|
| Agency for Persons with Disabilities | (561) 837-5564 |
| ARC of the Glades | (561) 996-9583 |
| ARC of Palm Beach County | (561) 842-3213 |
| Coalition for Independent Living Options (CILO) | (561) 966-4288 |
| Disability Rights Florida | 1-(800) 342-0823 |
| Exceptional Student Education (School District) | (561) 434-8626 |
| Gulfstream Goodwill Industries | (561) 848-7200 |
| Habilitation Center | (561) 483-4200 |
| Jeff Industries | (561) 582-0650 |
| Legal Advocates-Seniors & People w Disabilities .. | 1-(866) 785-3328 |
| Legal Aid Society-Education Advocacy (ext. 285) ... | (561) 655-8944 |
| Medicaid (Medically Needy Program)..... | 1-(866) 762-2237 |
| Medical Equipment/Supplies-Clinics Can Help | (561) 640-2995 |

| | |
|---|------------------|
| National Alliance on Mental Illness of PBC..... | (561) 588-3477 |
| Palm Beach County Equal Employment Opportunity | (561) 355-4883 |
| Palm Beach Habilitation Center | (561) 965-8500 |
| Palm Tran Connection..... | 1-(877) 870-9849 |
| Seagull Industries for the Disabled | (561) 842-5814 |
| Social Security..... | 1-(800) 772-1213 |
| Special Needs Equipment Fund | (561) 375-6650 |
| Special Olympics/Therapeutic Recreation | (561) 966-7015 |
| Therapeutic Riding Centers (Equestrian)..... | 2-1-1 |
| Vocational Rehabilitation (VR) | (561) 650-6804 |
| Arts4All, PBC/ Therapeutic Recreation..... | (561) 966-7015 |

CHRONIC ILLNESSES

| | |
|---|------------------|
| American Diabetes Association | 1-(800) 342-2383 |
| Arthritis Foundation. | (561) 833-1133 |
| Crohn's & Colitis Foundation of America | (561) 218-2929 |
| Cystic Fibrosis Foundation - Palm Beach Office..... | (561) 683-9965 |
| Epilepsy Foundation of Florida..... | 1-(800) 940-6515 |
| Leukemia & Lymphoma Society | 1-(888) 478-8550 |
| Lupus Foundation of Florida Chapter | 1-(855) 905-8787 |
| Muscular Dystrophy Association | (561) 742-3748 |
| Sickle Cell Foundation of PBC and TC | (561) 833-3113 |
| United Community Options | (561) 357-7779 |

OTHER SERVICES

| | |
|---|-------------------------|
| Audiology with a Heart | (561) 366-7219 |
| CareerSource-Central Ctr. (561) 340-1060 West Ctr | (561) 829-2040 |
| CHADD (Attention-Deficit/Hyperactivity)-PBC | (561) 718-1884 |
| Division of Blind Services | (561) 681-2548 |
| FAU Center for Autism and Related Disabilities | 1-(888) 632-6395 |
| Florida Outreach Center for the Blind | (561) 642-0005 |
| Florida Relay Service-to get started..... | 1-(800) 676-3777 |
| Florida's Voice on Developmental Disabilities | 1-(954) 975-5159 |
| Gold Coast Down Syndrome Organization..... | (561) 752-3383 |
| International Dyslexia Association | 1-(410) 296-0232 |
| Lighthouse for the Blind of the Palm Beaches..... | (561) 586-5600 |
| <u>Stuttering Foundation of America.....</u> | <u>1-(800) 992-9392</u> |

Check out “project10” “transition education network” support for your transition into adulthood 1-(727) 873-4653 or visit www.project10.info

SUICIDE PREVENTION

Suicide is a very serious subject. It is not something that should be taken lightly, especially if a friend starts talking about it. A friend may say, "I'd be better off dead," or "I just want to kill myself." You can do something! Think **ACE!**



ASK

CARE

ESCORT

If you have a friend that you think is suicidal, it is **OK** to ask.

Talking about suicide lets the person know that you care about them. It doesn't give them any ideas or make them want to kill themselves even more.

Walk your friend over to talk to a favorite teacher, coach, counselor, or anyone who they trust and you think can help!

SUICIDE IS A SECRET YOU CANNOT KEEP!!!

A suicidal friend may ask you not to tell anyone of their intentions. It is **OK** to tell! You can be a better friend by telling someone --- a parent, teacher, counselor, school nurse, religious leader, or someone else you trust. They can then reach out to help.

Some of the warning signs of suicide are:

- Talking about suicide
- Giving away prized possessions
- Significant change in behavior
- Preoccupation with death and dying
- Having a suicide "plan"



WITH PROFESSIONAL HELP, A PERSON WHO IS SUICIDAL CAN GET BETTER.

Suicide is the second leading cause of death among teenagers. But it doesn't have to be!

If you or a friend show any of these warning signs, **tell someone who can help**. Also, remember that the first step in stopping suicide is to have the person promise, "If I feel like I'm going to kill myself, I will call a trusted friend or a hotline first."

Note: Most people don't think of suicide "out of the blue." People usually consider it as an option when their problems keep stacking up and they feel unable to solve them.

If you or a friend is thinking about suicide, call **2-1-1 Suicide Hotline** or one of these numbers:

If You Need Emergency Mental Health Care- dial 9-1-1 or:

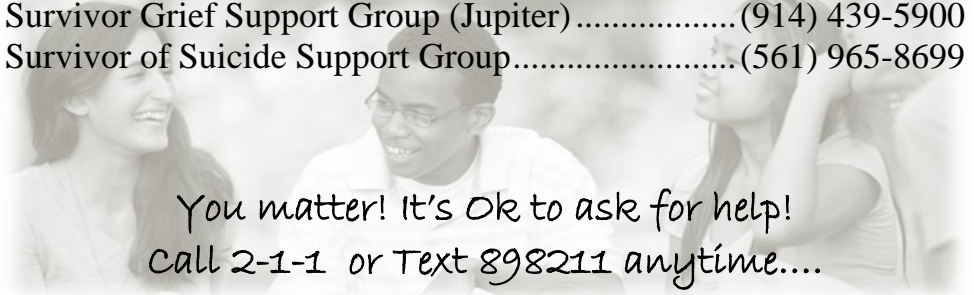
Mobile Response Team (SCMHC) (Glades)(561) 382-3555
Mobile Response Team (SCMHC) (North)(561) 693-8681
Mobile Response Team (SCMHC) (South)(561) 637-2102
Pavilion Behavioral Health Center (JFK North)(561) 881-2671
St. Mary's Institute for Mental Health.....(561) 882-9187
Teen HotLine..... 2-1-1
Trevor Project (Crisis & Suicide) (LGBT)1-(866) 488-7386

Counseling Services:

South County Mental Health Center.(561) 495-0522

***also see "Counseling" pages 26-28. Other Resources:**

American Foundation for Suicide Prevention.....(561) 392-7877
Survivor Grief Support Group (Jupiter)(914) 439-5900
Survivor of Suicide Support Group.....(561) 965-8699



You matter! It's Ok to ask for help!
Call 2-1-1 or Text 898211 anytime....

SELF-INJURY/CUTTING

Nonsuicidal self-injury, often simply called self-injury, is the act of deliberately harming your own body, such as cutting or burning yourself. It's typically not meant as a suicide attempt. Rather, this type of self-injury is a harmful way to cope with emotional pain, intense anger and frustration. (Following section: Mayo Clinic)

While self-injury may bring a momentary sense of calm and a release of tension, it's usually followed by guilt and shame and the return of painful emotions. Although life-threatening injuries are usually not intended, with self-injury comes the possibility of more-serious and even fatal self-aggressive actions.

**NOTE: Get Emergency Help if you've injured yourself severely or believe your injury may be life-threatening
Or if you attempt suicide, Call 9-1-1!**

Getting appropriate treatment can help you learn healthier ways to cope!

Signs and symptoms of self-injury may include:

- Scars, often in patterns
- Fresh cuts, scratches, bruises, bite marks or other wounds
- Excessive rubbing of an area to create a burn
- Keeping sharp objects on hand
- Wearing long sleeves or long pants, even in hot weather
- Frequent reports of accidental injury
- Difficulties in interpersonal relationships
- Behavioral and emotional instability, impulsivity and unpredictability
- Statements of helplessness, hopelessness or worthlessness

Causes- No single or simple cause but may result from: inability to cope in healthy ways to psychological pain; difficulty in regulating, expressing or understanding emotions; feelings of worthlessness, loneliness, panic, anger, guilt, rejection, self-hatred or questioning sexuality.

Risk factors include: having friends who self-injure; life issues; mental health concerns; alcohol or drug use.

Forms of self-injury

Self-injury usually occurs in private and is done in a controlled or ritualistic manner that often leaves a pattern on the skin. Examples of self-harm include:

- Cutting (cuts or severe scratches with a sharp object)
- Scratching
- Burning (with lit matches, cigarettes or heated, sharp objects such as knives)
- Carving words or symbols on the skin
- Self-hitting, punching or head banging
- Piercing the skin with sharp objects
- Inserting objects under the skin

Most frequently, the arms, legs and front of the torso are the targets of self-injury, but any area of the body may be used for self-injury. People who self-injure may use more than one method to harm themselves.

When a friend or loved one self-injures

If you have a friend or loved one who is self-injuring, you may be shocked and scared. Take all talk of self-injury seriously. Although you might feel that you'd be betraying a confidence, self-injury is too big a problem to ignore or to deal with alone. Here are some ways to help.

-Your child. You can start by consulting your pediatrician or other health care provider who can provide an initial evaluation or a referral to a mental health professional. Express your concern, but don't yell at your child or make threats or accusations.

-Preteen or teenage friend. Suggest that your friend talk to parents, a teacher, a school counselor or another trusted adult.

-Adult. Gently express your concern and encourage the person to seek medical and mental health treatment.

Becoming upset can trigger an urge to self-injure.
Many people self-injure only a few times and then stop.
But for others, self-injury can become a long-term, repetitive behavior.
Treatment can bring hope!

Through self-injury, the person may be trying to:

- Manage or reduce severe distress or anxiety and provide a sense of relief
- Provide a distraction from painful emotions through physical pain
- Feel a sense of control over his or her body, feelings, or life situations
- Feel something — anything — even if it's physical pain, when feeling emotionally empty
- Express internal feelings in an external way
- Communicate depression or distressful feelings to the outside world
- Be punished for perceived faults

Prevention: There is no sure way to prevent your loved one's self-injuring behavior. But reducing the risk of self-injury includes strategies that involve both individuals and communities. Parents, family members, teachers, school nurses, coaches or friends can help.

Identify someone at risk and offer help. Someone at risk can be taught resilience and healthy coping skills that can be used during periods of distress.

Encourage expansion of social networks. Many people who self-injure feel lonely and disconnected. Helping someone form connections to people who don't self-injure can improve relationship and communication skills.

Raise awareness. Learn about the warning signs of self-injury and what to do when you suspect it.

Encourage peers to seek help. Peers tend to be loyal to friends. Encourage children, teens and young adults to avoid secrecy and reach out for help if they have a concern about a friend or loved one.

Talk about media influence. News media, music and other highly visible outlets that feature self-injury may nudge vulnerable children and young adults to experiment. Teaching children critical thinking skills about the influences around them might reduce the harmful impact.

SOLVING PROBLEMS ONE AT A TIME

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. Here's how to do it:

- Identify one problem you may be having at home, school, work, or within a relationship. Identify and accept the way 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 that will add more problems to your life. Circle those solutions that fit the "yes" category in the questions above.
- Choose one of the solutions that fit the above guidelines and try it! Remember, if a solution does not work, you can always try another. Read Sean Covey's 7 Habits for Teens.

Don't be afraid to ask for suggestions from people you respect

THINGS TO DO

You deserve to have fun! Sports, social clubs, school or church activities or volunteering are just a few examples of how you can meet new friends, learn new skills, and have fun, too. Doing new things can be exciting and sometimes scary at the same time, but it gets easier once you get involved.

There are places throughout the county that offer programs especially for young people. Some of them are listed here. Call and ask for more information. If they don't offer what you're looking for, ask them if they know of someone who does.

Youth Activities:

| | |
|---|----------------|
| 4-H Youth | (561) 233-1731 |
| Adolph and Rose Levis Jewish Community Center | (561) 852-3200 |
| Boy Scouts of America - Gulf Stream Council..... | (561) 694-8585 |
| Boys & Girls Clubs of Palm Beach County..... | (561) 683-3287 |
| Children's Home Society (Teen Outreach Program)..... | (561) 868-4300 |
| Florida Fishing Academy | (561) 740-7227 |
| For the Children | (561) 493-1190 |
| Future Leaders United for Change (PBC)..... | (561) 242-5739 |
| Girl Scouts of Southeast Florida | (561) 427-0177 |
| Greenacres Cool Zone (homework help & activities)6-8 gr.(561) | 642-2193 |
| Greenacres Hot Spot Youth Center (volunteer ops) ... | (561) 642-2193 |
| HOPE Youth- (Compass)..... | (561) 533-9699 |
| Housing Partnership (Teen Outreach Program) ext 2261 | (561) 841-3500 |
| Lake Worth West & Bridges..... | (561) 649-9600 |
| Mandel Jewish Community Center-Boynton..... | (561) 740-9000 |
| Mandel Jewish Community Center- PBG | (561) 689-7700 |
| Police Athletic Leagues: | |
| PAL Boca Raton | (561) 750-5477 |
| PAL West Palm Beach..... | (561) 835-7195 |
| PAL Palm Beach County (PBSO) | (561) 687-6771 |
| Urban League (Teen Outreach Program) | (561) 833-1461 |
| Y-Girls (YWCA) group currently active Belle Glade | (561) 640-0050 |
| YMCA Oelsner Skate Park WPB & more | (561) 968-9622 |
| YMCA of South Palm Beach County-Boca Raton..... | (561) 395-9622 |
| YMCA of South Palm Beach County-Boynton..... | (561) 738-9622 |
| YMCA of The Palm Beaches-WPB..... | (561) 968-9622 |

Visit your local **Youth Empowerment Center**: drop-in centers for middle and high school youth to chill or get involved in youth-selected programming that may include digital audio-visual, hip hop, zumba, career exploration and more. *Designed by teens for teens:*

| | |
|---|----------------|
| (PBC) Lake Worth YEC | (561) 557-1184 |
| (PBC)Riviera Beach YEC..... | (561) 840-0135 |
| (SAC) Belle Glade YEC- *Student Aces Center | (561) 463-7110 |

* Academics/tutoring, leadership, health, wellness, life & workforce skills. Also look into your community rec center as many PBC cities like Delray Beach and West Palm Beach have programs geared towards teens or may have a Youth Empowerment program.

CULTURAL OPPORTUNITIES

| | |
|--|----------------|
| Armory Art Center | (561) 832-1776 |
| Children's Science Explorium | (561) 347-3912 |
| Dolly Hand Cultural Arts Center-Belle Glade | (561) 993-1160 |
| Flagler Museum..... | (561) 655-2833 |
| Kravis Center for the Performing Arts..... | (561) 651-4243 |
| Lake Worth Historical Museum (Through Library) ... | (561) 533-7354 |
| Loggerhead Marinelife Center | (561) 627-8280 |
| Morikami Museum Cultural/Educational Programs ... | (561) 495-0233 |
| Palm Beach Zoo at Dreher Park..... | (561) 547-9453 |
| South Florida Science Science Center & Aquarium... | (561) 832-1988 |
| VSA Arts Florida, PBC/Therapeutic Recreation | (561) 966-7015 |

*Also check out cultural arts offerings- neighboring universities

PARKS AND RECREATION

There are park departments all over the county that provide year-round activities. To find out about a certain park or recreation center's activities, call:

| | |
|--------------------------|----------------|
| Palm Beach County | (561) 966-6600 |
| Belle Glade | (561) 996-0100 |
| Boca Raton | (561) 393-7810 |
| Boynton Beach | (561) 742-6650 |
| Delray Beach | (561) 243-7250 |
| Greenacres | (561) 642-2181 |
| Jupiter | (561) 741-2400 |
| Lake Park..... | (561) 881-3338 |
| Lake Worth..... | (561) 533-7363 |
| Lantana | (561) 540-5000 |
| Palm Beach Gardens | (561) 630-1100 |
| Pahokee | (561) 924-2972 |
| Palm Beach..... | (561) 838-5485 |
| Riviera Beach | (561) 845-4070 |
| South Bay | (561) 996-1155 |
| Tequesta | (561) 768-0700 |
| Wellington..... | (561) 791-4005 |
| West Palm Beach | (561) 804-4900 |

VIOLENCE/ABUSE



Everybody gets angry sometimes, but this is not an excuse to become violent. People always have a choice as to how they react to any given situation. The use of violence, or to choose not to use

violence to solve problems are choices that you make. No one deserves to be put down, called names, cursed at, punched, kicked or hurt in any other way, regardless of their age, gender or sexual orientation.

If you or someone you know is being abused, or if you know an abuser, it is important that they get help as soon as possible because the wounds cannot heal until the abuse stops!

The following are some of the actions and physical signs that are considered abuse and should be reported to the

Florida Abuse Hotline1-(800) 962-2873

Warning Signs of Abuse

The abuser may be:

- Isolating you from friends, family or outside activities
- Calling, texting or emailing to constantly track your behavior and location
- Checking your phone and email to track who you are talking to and what you are saying
- Calling you names, putting you down
- Harassing, excessively bothering you with unwanted verbal or physical conduct
- Threatening physical injury or harm

These are also some of the same things that people experience when they are victims of Human Trafficking:

***If YOU are in immediate danger of HT text "BeFree" (233733)
Or Call the Human Trafficking Hotline : 1-888-373-7888***



If you ever find yourself in a dangerous situation, try to get away by going to a neighbor's or a relative's house--anywhere you feel safe. **Call 9-1-1 for police assistance.**

If there is no emergency, but you are afraid of being hurt by a friend, dating partner or family member, talk about it with someone you trust, or call 2-1-1 or text to TXT211 (898211) or call one of the numbers listed *on the next page*.



It is common to have mixed feelings about someone who is violent toward you.

Talk to someone who will believe you... It helps!

Committed Men: if there are times when you feel like you're *losing control* and resorting to the abusive behaviors, there are people who can teach you healthier ways to deal with your stress, tension, anger or need to control others.

Become an ally for women...you can make a difference.

You can break the cycle of violence: call 1-800-355-8547

also visit to learn more: www.avdaonline.org/committed-men



Physical Signs of Abuse that should be reported immediately to an adult

- Punching, kicking, beating,
- Burning, choking, or suffocating
- Physical restraint by another person or with rope, wire, cord, etc.
- Any other form of abuse that results in physical injury

If you are in immediate danger call 9-1-1

For help or more information, call:

Florida Abuse Hotline 1-(800) 962-2873

Aid to Victims of Domestic Abuse 1-(800) 355-8547

Association for Abused Women and Children..... (561) 586-1888

Palm Beach County Victim Services Offices:

Belle Glade- (Western Communities) (561) 996-4871

Delray- (South PBC) (561) 274-1500

Palm Beach Gardens- (North PBC) (561) 355-2383

West Palm Beach- (Central PBC) (561) 355-2383

Rape Crisis/Violent Crime Hotline (561) 833-7273

Rape Crisis/Violent Crime Hotline 1-(866) 891-7273

Rape, Abuse and Incest National Network 1-(800) 656-4673

Support Groups- 12 sessions (HomeSafe) ext. 1238 ..(561) 383-9800

Teen HotLine- if you want to talk..... 2-1-1

Using or not using violence is ALWAYS YOUR CHOICE.

Call 2-1-1 for **anger management** help or call:

Aid to Victims of Domestic Abuse 1-(800) 355-8547

Faulk Center for Counseling (18 & up)(561) 483-5300

Knowledge Is Power Charitable Foundation(561) 207-2080

New Hope/Anger Management *(youth & parent)..... (561) 832-3828

*Organizations can also sponsor an onsite class (10 or more youth)

VOLUNTEERISM

Volunteering is a way that you can use your special talents to help other people. Volunteering also promotes responsibility, trustworthiness, caring for others, and helps build stronger community ties. You can learn a lot, too! Acquiring new skills and increased exposure to leadership and career possibilities are just a few of the rewards. You might volunteer at a church, hospital, nursing home, or one of the agencies listed in this booklet. Volunteer are a graduation requirement at most high schools.

211 Community Awareness Volunteers welcomes teens interested in volunteering to help promote 211 as a valuable problem solving tool to other teens, teachers, administrators, family members, in school and out at community events. Email: info@211pbtc.org

Need to volunteer- **Communities in Schools** can help you find a volunteer opportunity that will be a good fit for you! Call their friendly staff @ (561) 471-9681.

The United Way of Palm Beach County maintains a listing of various volunteer projects and opportunities for people who want to give back to their community. For more information, visit:

www.unitedwaypbtc.org **Volunteering . . . Just Feels Good!**

YOUR RIGHT TO VOTE



If you are eighteen years old, a U.S. citizen, and legal resident of Florida you may register to vote. If you are sixteen years old you may **pre-register** and receive your card in the mail after your 18th birthday. Also note: if you get your drivers license at 16 or 17, you can check the box for voter registration & automatically be pre-registered or if you are 18 and older, you will be registered to vote. More info visit: www.pbcelections.org or call (561) 656-6200.

The League of Women Voters of PBC is a great place for anyone to get non-partisan information on candidates and public policy at www.lwvpbc.org or call (561) 276-4898 or [facebook.com/lwv](https://www.facebook.com/lwv)

USEFUL WEBSITES

- Adolph and Rose Levis Jewish Community Center
.....www.levisjcc.org
- Agency for Persons with Disabilities (Field Office 9)
.....www.apdcares.org
- Aid to Victims of Domestic Abuse
.....www.avdaonline.org
- Alanon/Alateen Family Groups
.....www.palmbeachafg.org
- Alliance for Eating Disorders Awareness
.....www.allianceforeatingdisorders.com
- Alpert Jewish Family & Children's Service
.....www.jfcsonline.com
- American Association of Caregiving Youth
.....www.aacy.org
- American Cancer Society
.....www.cancer.org
- American Diabetes Association
.....www.diabetes.org
- American Foundation for Suicide Prevention
.....www.afsp.org
- American Heart Association Greater Southeast Affiliate
.....www.heart.org
- American Lung Association in Florida - Southeast Area
.....www.lungfla.org
- American Sexual Health Association
.....www.ashastd.org
- Arc of Palm Beach County
.....www.arcpbc.org
- Arc of the Glades
.....www.arcglades.org
- The Armory Art Center
.....www.armoryart.org
- Arthritis Foundation
.....www.arthritis.org
- Association for Community Counseling
.....www.associationforcommunitycounseling.org

Audiology with a Heart
..... www.audiologywithaheart.com

Best Foot Forward Foundation
..... www.bestfoot.org

Big Brothers Big Sisters of Palm Beach & Martin Counties
..... www.mentorbig.org

Boy Scouts of America Gulf Stream Council
..... www.gulfstreamcouncil.org

Boys & Girls Clubs of Palm Beach County
..... www.bgcpbc.org

Boys Town National
..... www.boystown.org

Boys Town South Florida
..... www.boystown.org/locations/south-florida

Camelot Community Care
..... www.camelotcommunitycare.org

CareerSource Palm Beach County
..... www.careersourcepbc.com

Caridad Center
..... www.caridad.org

Catholic Charities, Diocese of Palm Beach
..... www.catholiccharitiesdpb.org

Center for Family Services of Palm Beach County
..... www.ctrfam.org

Centers for Disease Control and Prevention
..... www.cdc.gov

Child Find/FDLRS ALPHA
..... www.palmbeachschools.org/ese/FDLRS.asp

Children's Healing Institute
..... www.childrenshealinginstitute.org

Children's Home Society of Florida (Palm Beach County)
..... www.chsfl.org

Children's Services Council of Palm Beach County
..... www.cscpbc.org

City of Boca Raton
..... www.myboca.us

City of Boynton Beach
..... www.boynton-beach.org

| | |
|--|--|
| City of Delray Beach | www.mydelraybeach.com |
| City of Greenacres | www.ci.greenacres.fl.us |
| City of Lake Worth | www.lakeworth.org |
| City of West Palm Beach | www.wpb.org |
| Clinics Can Help Foundation | www.clinicscanhelp.org |
| Coalition for Independent Living Options | www.cilo.org |
| Communities in Schools of Palm Beach County | www.cispbc.org |
| Community Health Center of West Palm Beach | www.freehealthcarewpb.org |
| Compass | www.compassglcc.com |
| Comprehensive Alcoholism Rehabilitation Programs | www.carpinc.org |
| Connor Moran Children's Cancer Foundation | www.connormoran.org |
| Counseling Services of Lake Worth | www.cslkw.org |
| Covenant House Florida | www.covenanthousefl.org |
| Crime Stoppers of Palm Beach County | www.crimestopperspbc.com |
| Crohn's & Colitis Foundation of America Florida Chapter | www.ccfa.org |
| Cystic Fibrosis Foundation | www.cff.org/Chapters/palmbeach |
| Disability Rights Florida | www.disabilityrightsflorida.org |
| Division of Alcoholic Beverages and Tobacco | www.myfloridalicense.com/dbpr/abt |
| Division of Blind Services (State of Florida) | dbs.myflorida.com |

- Drowning Prevention Coalition of Palm Beach County**
..... www.pbcgov.org/dpc
- Drug Abuse Foundation of Palm Beach County**
..... www.dafpbc.org
- Drug Abuse Treatment Association**
..... www.drugabusetreatment.org
- Easter Seals Florida**
..... www.fl.easterseals.com
- Epilepsy Foundation of Florida**
..... www.epilepsyfla.org
- Exceptional Student Education**
..... www.palmbeachschools.org/ese
- Families First of Palm Beach County**
..... www.familiesfirstpbc.org
- Family Central**
..... www.familycentral.org
- FAU Center for Autism and Related Disabilities**
..... www.autism.fau.edu
- Faulk Center for Counseling**
..... www.faulkcenterforcounseling.org
- First Care Family Resources**
..... www.first-care.org
- Flagler Museum**
..... www.flaglermuseum.us
- Florida Community Health Centers**
..... www.fchcinc.org
- Florida Department of Children & Families**
..... www.dcf.state.fl.us
- Florida Department of Health Palm Beach County**
..... www.pbchd.com
- Florida Department of Law Enforcement**
..... www.fdle.state.fl.us
- Florida Diabetes Camp**
..... www.floridiabetescamp.org
- Florida Fishing Academy**
..... www.floridafishingacademy.com

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| Florida Outreach Center for the Blind | www.flblindcenter.org |
| Florida Poison Information Center | www.miamipoison.org |
| Florida Telecommunications Relay | www.ftri.org |
| Florida's Adoption Information Center | www.adoptflorida.org |
| Food Addicts Anonymous | www.foodaddictsanonymous.org |
| For The Children | www.forthechildrenfirst.org |
| FoundCare Community Health Center | www.foundcare.org |
| Friends of Foster Children | www.friendsoffosterchildren.com |
| Genesis Community Health | www.gencomhealth.org |
| Girl Scouts of Southeast Florida | www.gssef.org |
| Gold Coast Down Syndrome Organization | www.goldcoastdownsyndrome.org |
| Guatemalan-Maya Center | www.guatemalanmaya.org |
| Habilitation Center | www.habcenter.com |
| Hanley Center at Origins | www.originsrecovery.com |
| Healthy Mothers, Healthy Babies | www.hmhbpbpc.org |
| His Caring Place | www.hiscaringplace.org |
| Home Safe (The Children's Place at Home Safe) | www.helphomesafe.org |
| Horses Healing Hearts | www.horseshealingheartusa.org |

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| Hospice By The Sea | www.hbts.org |
| Hospice of Palm Beach County | www.hpbc.com |
| Housing Partnership | www.cp-cto.org |
| Inlet Grove Community High School | www.inletgrovehs.com |
| JDRF | www.jdrf.org/greaterpalmbeach |
| Jeff Industries | www.jeffindustries.org |
| Jerome Golden Center for Behavioral Health | www.goldenctr.org |
| Jewish Community Center of the Greater Palm Beaches | www.jcconline.com |
| Junior Achievement of the Palm Beaches & Treasure Coast | www.juniorachievement.com |
| Knowledge is Power Charitable Foundation | www.knowledgeispowerpbc.org/ |
| Lake Worth West Resident Planning Group | www.lakeworthwest.org |
| Let's Grow Well Together | www.letsgrowtogether.org |
| Leukemia & Lymphoma Society | www.lls.org |
| Lighthouse for the Blind of the Palm Beaches | www.lighthousepalmbeaches.org |
| Literacy Coalition of Palm Beach County | www.literacypbc.org |
| Loggerhead Marinelife Center of Juno Beach | www.marinelife.org |
| MaleSurvivor | www.malesurvivor.org |
| Martin Luther King, Jr Coordinating Committee of West Palm Beach | www.mlkcc-1444.org |

- Mental Health America of Palm Beach County**
..... www.mhapbc.org
- Milagro Center**
..... www.milagrocenter.org
- Mothers Against Murderers Association PBC**
..... www.mothersagainstmurderersassn.org
- Multicultural Community Mental Health Center**
..... www.multiculturalcmhc.com
- Muscular Dystrophy Association**
..... www.mda.org
- Narcotics Anonymous Palm Coast Service Area**
..... www.palmcoastna.org
- National Alliance on Mental Illness of Palm Beach County**
..... www.nami.org
- National Center for Missing & Exploited Children FL**
..... www.missingkids.com
- National Institute on Drug Abuse (NIDA)**
..... www.nida.nih.gov
- National Runaway Safeline**
..... www.1800runaway.org
- Overeaters Anonymous**
..... www.aa.org
- PACE Center for Girls**
..... www.pacecenter.org
- Palm Beach County Cooperative Extension Service**
..... www.pbcgov.com/coextension
- Palm Beach County Criminal Justice Commission**
..... www.pbcgov.com/criminaljustice
- Palm Beach County Intergroup of Alcoholics Anonymous**
..... www.aa-palmbeachcounty.org
- Palm Beach County Library System**
..... www.pbclibrary.org
- Palm Beach County Office of Equal Opportunity**
..... www.pbcgov.com/equalopportunity
- Palm Beach County Parks and Recreation Department**
..... www.pbcparcs.com

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| Palm Beach County Sheriff's Office | www.pbso.org |
| Palm Beach County Behavioral Health Coalition | www.pbcbhc.org |
| Palm Beach County Victim Services | www.pbcgov.com/PubSafety/victim |
| Palm Beach County Youth for Christ | www.yfcteens.com |
| Palm Beach Habilitation Center | www.pbhab.org |
| Palm Beach Photographic Centre | www.workshop.org |
| Palm Beach Regional Juvenile Detention Center | www.djj.state.fl.us/Detention/Facilities/PalmBeach.html |
| Parent-Child Center | www.cp-cto.org |
| Parents Without Partners Chapter 280 (WPB) | www.parentswithoutpartners.org |
| Parents, Families and Friends of Lesbians and Gays | www.pflag.org |
| PBC Division of Human and Veteran Services | www.pbcgov.com/communityservices/programs/humanservices |
| Planned Parenthood of South Florida and Treasure Coast | www.ppsoflo.org |
| Presidential Women's Center | www.presidentialcenter.com |
| Project Lift | www.projectliftmc.com |
| Rape Abuse and Incest National Network | www.rainn.org |
| Raymond F. Kravis Center for the Performing Arts | www.kravis.org/ |
| Rehabilitation Center for Children and Adults | www.rcca.org |
| Ruth and Norman Rales Jewish Family Service (JFS) | www.alesjfs.org |

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| School District of Palm Beach County | www.palmbeachschools.org |
| Seagull Services | www.seagull.org |
| Sickle Cell Foundation of PBC and TC | www.sicklecellpbc.org |
| South County Mental Health Center | www.scmhcinc.org |
| South Florida Science Center & Aquarium | www.sfsciencecenter.org |
| Spanish River Church | www.spanishriver.com |
| St Mary's Medical Center & Palm Beach Children's Hospital | www.stmarysmc.com |
| State Attorney's Office (15th Judicial Circuit) | www.sa15.org |
| Stop Bullying Now Foundation | www.stopbullyingnowfoundation.org |
| Stuttering Foundation of America | www.stutteringhelp.org |
| Substance Abuse and Mental Health Services Administration | www.samhsa.gov |
| Take Stock in Children Palm Beach County | www.takestockpalmbeach.org |
| The Gathering/USA Palm Beach County | www.gatheringpb.com |
| Town of Lake Park | www.lakeparkflorida.gov |
| Trevor Project | www.trevorproject.com |
| United Cerebral Palsy of Palm Beach & Mid-Coast Counties | www.ucpsouthflorida.org |
| United Way of Palm Beach County | www.unitedwaypbc.org |
| Urban League of Palm Beach County | www.ulpbc.org |

US Air Force
 www.af.mil

US Army and Army Reserve
 www.goarmy.com

US Coast Guard
 www.uscg.mil

US National Guard
 www.nationalguard.com

Vinceremos Therapeutic Riding Center
 www.vinceremos.org

Vita Nova
 www.vitanovainc.org

VITAS Innovative Hospice Care
 www.vitas.com

YMCA of South Palm Beach County
 www.ymcaspbc.org

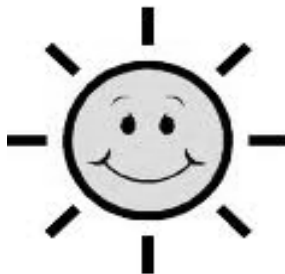
YMCA of the Palm Beaches
 www.ymcapalmbeaches.org

Youth Services Department (Palm Beach County)
 www.pbcgov.com/publicsafety/youthaffairs

YWCA of Palm Beach County
 www.ywcapbc.org

Zoological Society of the Palm Beaches (Palm Beach Zoo)
 www.palmbeachzoo.org

Inclusion does not imply endorsement
 nor does omission imply lack of endorsement.



ABOUT THE TEEN HELP GUIDE

This directory was prepared by 211 HelpLine and printed with the support of The Children's Services Council of PBC. Inclusion in the Teen Help Guide guide does not imply endorsement nor does omission imply a lack of endorsement by 211 HelpLine. For more information call 2-1-1.



Calls to 2-1-1 are free, confidential, 24/7

Services include:

- Telephone Counseling/Crisis Intervention
- Online Chat & Texting (Text zip code to 898211)
- Information, Assessment & Referral to Community Resources
- Community Education Presentations

Or for more information, also check us out on the web at

211PalmBeach.org

211 Teen Help Guide Scavenger Hunt

1. What is the name of the nearest library to your school?

2. What is the number to a sexual abuse hotline?

3. What is one symptom of anorexia?

4. Where can a person considering suicide can get help?

5. What is a phone number for homework assistance?

6. What is one of the dangers of using alcohol?

7. Name a warning sign of someone considering suicide.

8. What is the name and phone number of one of the fun “Things to Do” listed in this book- you may try?

9. What causes someone to do self harming behaviors?

10. What does HIV stand for?

11. Find an agency and their website.

12. What is truancy?

13. List a recommended way to improve self esteem?

14. How many ways can you contact the Teen Hotline?

USEFULL PHONE APPS



211 Palm Beach
Find helpful resources
iOS, Android



CDC Health IQ
Center for Disease Control & Prevention
Android



Fooducate
Eat healthier food, starting today!
iOS, Android



Health Hotlines
National Library of Medicine
iOS



KnowBullying
SAMHSA
iOS, Android



My Life My Voice
Boystown National Hotline
iOS, Android



quitSTART
National Cancer Institute
iOS, Android

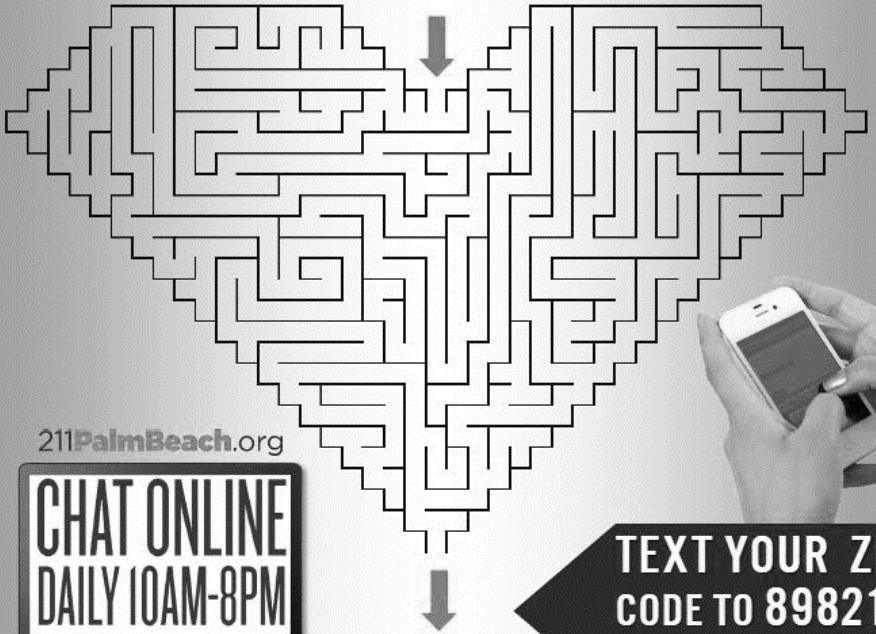


TextArrest
Disables texting and e-mail on
smartphones
Android

NEED TO TALK?

BULLIED • STRESSED • BREAK UP • PROBLEMS AT SCHOOL

WE ARE HERE TO LISTEN



211PalmBeach.org

**CHAT ONLINE
DAILY 10AM-8PM**

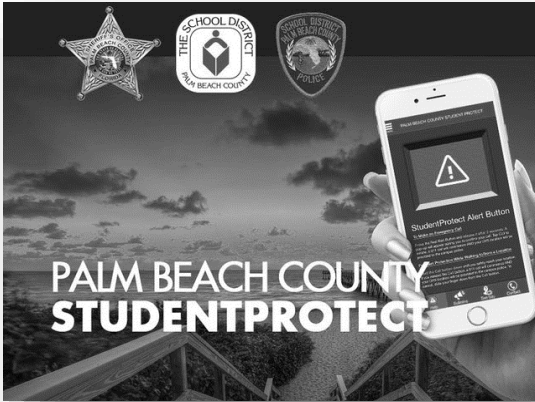
**TEXT YOUR ZIP
CODE TO 898211
TO CHAT VIA TEXT**

The information contained in this booklet is the most current available at the time of printing Jan 2020. Information included does not imply endorsement nor does omission imply a lack of endorsement by 211 HelpLine. If an agency has changed it's contact information- email help@211pbtc.org to get updated info.

Important Initiatives:

“See Something, Say Something!”

Locally:



Palm Beach County Sheriff & School District- Download the **StudentProtect** phone app to report activity of concern.



You can help. Anonymously share suspicious activity- no one will know your name. Visit CrimeStoppersPBC.com or call: 1-800-458-TIPS (8477)

Statewide:

FortifyFL

is a suspicious activity reporting app that allows you to instantly relay information to appropriate law enforcement agencies and school officials.



TO CHAT VIA TEXT MESSAGE
TEXT YOUR ZIP CODE TO:

"TXT211"

898211



Texting
Available
24/7!

Important Initiatives:




Community-Wide campaign to break the stigma surrounding mental health. Visit GetYourGreenOn.org



WE DINE TOGETHER

Making friends & building community- one meal at a time. Join the club or start a new club in your school. Learn more: 954-246-5807 Visit WeDineTogether.org.

“We’re All In”

If you see someone at school wearing  this badge- it means:

“People of all cultures, nationalities, orientations, and identities are *safe and welcome* in my office/classroom.”



we're All In
Palm Beach County School District

For info on “We’re All In” email: william.stewart@palmbeachschools.org