

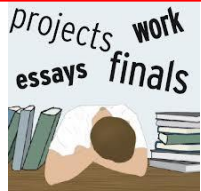


Don't Text And Drive!

YOUR ACTION
Lamar County
YLL
Youth Leadership
Lamar
BRINGS CHANGE



“ IT'S TIME TO TALK ”
ESTABLISHED BY LIZ CLAIBORNE INC.



Dear Teen,

This Teen Resource Directory, a self-help referral directory, is made possible by the Lamar County Family Connection Collaborative.

Many services and resources are available to help you deal with most common problems. This resource directory will help you become aware of people, agencies and organizations available in Lamar County and surrounding communities that can provide the services you may need and provide answers to questions you may have.

When you have concerns, issues and/or problems, ask someone who can help you. We strongly recommend that you start by talking to your parents.

Knowledge is Power! I encourage you to also READ your School Agenda. Lots of valuable information is included in Your School Agenda that will help you to Succeed in School.

Dorothy Carter, Director
Lamar County Family Connection Collaborative

ACKNOWLEDGEMENTS

Thanks to the LCFCC Administrative Assistants
for suggesting, researching and updating the resources listed.

Lamar County Family Connection Collaborative (LCFCC)

LCFCC Administrative Assistants

Spalding Collaborative

<u>TABLE OF CONTENT</u>	<u>PAGE NUMBERS</u>
BULLYING	5
COMMUNITY SERVICE	7
DRIVING LAWS	13
EDUCATION	20
EMERGENCY NUMBERS	29
JOB HUNTING	32
LEADERSHIP OPPORTUNITIES	35
MENTAL HEALTH	39
PERSONAL SAFETY	52
PHYSICAL HEALTH	58
SEXUALITY	63
SEXUALLY TRANSMITTED DISEASE	77
SOCIAL MEDIA	72
SPIRITUALITY	74
SUBSTANCE ABUSE	87
THE LAW AND YOU	95
VIOLENCE	100

BULLYING

WHAT IS BULLYING?

1. Any willful attempt or threat to harm or hurt another person.
2. Any physical act which would give someone reason to fear or expect harm.
3. Harassment, intimidation or threats which are verbal, written or physically directed.

DID YOU KNOW?

- As cell phones and other use of social media have increased so has the trend of using them to hurt (bully) others.
- 50% of all teens have been victims of cyber bullying.
- 40% of teens have been bullied on-line. Online bullying occurs more often among girls. Boys who bully tend to bully face to face.
- Only 10% told a parent and only 18% of those 10% were reported to Law Enforcement.
- It's important for anyone who feels like they are being bullied in any way to report it to a parent or teacher. If it's happening at school, talk to a teacher or staff member who in turn is obligated to report it.

- Those who are doing the bullying need to understand that there are **serious** and perhaps legal consequences for their actions.
- **Hurtful words, name calling, teasing and threats do hurt... some have even lost their lives over it!**

If you have been a victim of bullying or have been a part of doing the bullying it is important to know that school systems and communities are actively working together to put an end to it! New laws (Senate Bill 250) will require every local Board of Education to have policies in place that prohibit bullying and it should be included in the Student Code of Conduct for middle and high schools.

COMMUNITY SERVICE

Do you have a passion for involvement in community service? Are you interested in the betterment of our society? Participating in community service is one way to give back, not a way to pad your resume. Start by thinking about your values and your interests.

Many students are involved in community service every day. Here are some reasons they found service to be of value:

- A sense of human compassion
- Provide support to others
- Affects someone's life
- Builds a stronger community
- Utilize strengths to have a beneficial impact on our society
- Positive impact on someone's life
- Way to experience diversity to enhance mind and spirit
- Help others with struggles
- Make a difference
- Collaborate with community
- Builds bond between those who are working together for a common goal
- Investment in the future and the well being of those around you
- An act of responsibility, not just generosity

- Learn lessons in life about people, culture and society around us
- Learn about reality of what is going on in the world
- Can change your life in unexpected ways; learn to be humble and grounded



Volunteer Opportunities

AD Smith/EP Roberts Center

188 Mill Street

Barnesville, GA 30204

770-358-3311

April Smith, Director

Dolly GoodPuppy Society, Inc.

P.O. Box 361

Barnesville, GA 30204

770-468-2626

For assistance in volunteer opportunities contact by email: dollygoodpuppy@gmail.com

Write "Volunteer" as the subject, or visit the website: Dollygoodpuppy.org

First Works Child Development Center

619 Old Milner Road

Barnesville, GA 30204

678-359-1616/678-544-3058

Renee' English, Director

Hope Tree

118 Academy Drive
Barnesville, GA 30204
678-359-1363
Jimmy Fambro

Impact Ministries

116 Zebulon Street
P.O. Box 786
Barnesville, GA 30204
678-603-0831
Ken Page
<http://www.impactchristianministries.com/>

Lamar County Humane Society

P.O. Box 626

Barnesville, GA 30204

770- 358-4569

blchumanesoc@bellsouth.net/ <http://www.blchs.org>

Lamar County Primary School

Bingo for Books & Village Readers

154 Burnette Road

Barnesville, GA 30204

770-358-8661

<http://www.lamar.k12.ga.us/webpages/lcps/index.htm>

Loving Hands After-School Program

702 Johnstonville Road

Barnesville, GA 30204

770-358-1720

Linda Olivier, Director

Otis W. Butler Youth Foundation

450 High Falls Park Road

Barnesville, GA 30204

770-358-1119

James Butler

Trojan Learning Center

#1 Trojan Way

Barnesville, GA 30204

770-872-2409

Women of Excellence, (WOE), Inc.

Treasure Chest Thrift Store

230 Main Street

Barnesville, GA 30204

770-358-9809



Words of Wisdom

"Never be bullied into silence. Never allow yourself to be made a victim: accept no one's definition of your life; define yourself"
~ Harvey Fierstein

DRIVER'S LICENSE

- Intermediate License is granted to drivers between the ages of 16 and 18 years. You must have held an Instructional Permit for 12 months and pass the driving test.
- At age 18, drivers who hold the Intermediate License may be granted a Full License if there have been no major traffic convictions for the previous 12 months.

- No one under 18 can get a driver's license or instructional permit unless he or she is attending school, home school or can show proof of completing secondary education or is enrolled in post-secondary education.
- You will lose your license under the following conditions:
 - If you have dropped out of school without graduating and have remained out of school for 10 consecutive days
 - If you have more than 10 school days of unexcused absences in any semester or combination of two consecutive quarters
 - Or if you have been suspended from school
- If under the age of 18, you will need parental or guardian consent. Identification (ID) will be required of parents or guardians. You must show some acceptable form of personal ID, such as certified birth certificate, immigration card, naturalization records or a copy of school records. See the Georgia Driver's Manual for additional information.
- Applicants under the age of 18 will be required to show they have completed a course on alcohol and drugs before they are issued a driver's license. The course is taught in the school system. Instructors are from the Department of Public Safety.

DRIVER'S MANUAL

You can pick up this manual at:

**Griffin Post of the Georgia State Patrol
1313 Arthur K. Bolton Pkwy
Griffin, GA 30224
770-229-3410**

DRIVING LAWS

Driving and Cell Phone Use

It is now illegal for drivers under the age of 18 to use a cell phone in any way while operating a motor vehicle. This includes making or receiving phone calls. This law also includes phone use while at stop lights or in traffic... plus absolutely NO writing, sending or reading any text based communication! (HB 23/AP and SB 360/AP)

IF YOU HAVE AN AUTOMOBILE ACCIDENT

1. Do not panic
2. Remain as calm as you can
3. Stop at once in a safe place
4. Warn other drivers (use flares, if available)
5. Send for help if anyone is hurt
6. Call the police or have someone else call
7. Exchange the following information with all other drivers involved in the accident:
 - ✓ Name, addresses, phone numbers
 - ✓ Driver's license number
 - ✓ License plate numbers; year and make of car
 - ✓ Names of insurance companies

If you damage an empty vehicle, locate the owner or leave the following information where the owner of the damaged car will find it: your name, address and the name of

the owner of the vehicle you were driving. You should call the police, who will fill out an accident report in order to document the extent of damages.

NEVER, NEVER, NEVER, LEAVE THE SCENE OF AN ACCIDENT THAT YOU ARE INVOLVED IN. NEVER TRY TO ESCAPE FROM OR GIVE A FALSE NAME TO A POLICE OFFICER.

DRAG RACING AND RECKLESS DRIVING

Drag racing is unlawful in Georgia. Penalties for drag racing and reckless driving may include a fine and/or imprisonment and will result in a license suspension.

AUTO ACCIDENTS ARE THE LEADING CAUSE OF TEENAGE DEATHS!!

DRIVING UNDER THE INFLUENCE

If you are drinking or taking drugs, DON'T DRIVE. (It doesn't make any difference if the drug has been prescribed.) By law, you are under the influence when one eighth of one percent (0.08 gm %) or more of alcohol is present in your blood. This is determined by chemical testing. Penalties are severe!! **Any person under age 18** with a blood or breath alcohol concentration of .04% or above will be charged with DUI.

An Alcohol Possession Conviction of anyone under age 21 may suspend a person's license. They do not have to be operating a motor vehicle. A drug possession conviction will suspend a person's license for a period of 180 days for the 1st offense, three (3) years for the 2nd offense, and five (5) years for the 3rd offense. The person does not have to be operating a motor vehicle at the time of the drug offense to lose his/her license.

If found guilty of Driving Under the Influence (DUI), you may have to go to jail as well as perform community service and attend AA (Alcoholics Anonymous) meetings. Your driver's license may be suspended or taken away.

After a 4th conviction, your vehicle will be taken away. If anyone is found with an open container of alcohol in his/her possession, it is a criminal offense

SOMETHING TO REMEMBER ABOUT ALCOHOL

- It is a depressant, not a stimulant
- It slows down normal reaction, and interferes with good judgment
- You can get physically and mentally impaired on beer or wine

- For the average person, it takes an hour for the effect of each drink to wear off

COFFEE, FOOD AND MILK WILL NOT SOBER YOU!

HELPFUL NUMBERS

Driver's License

Georgia State Patrol 770-229-3410
Griffin Post
1313 Arthur K. Bolton Pkwy
Griffin, GA 30224

Tag Agent's Office 770-358-5162
Barnesville Police 770-358-1234
Lamar County Sheriff 770-358-5159
Milner Police 770-358-1640



EDUCATION

ATTENDANCE REQUIREMENTS

Under the laws of Georgia, school attendance is compulsory for all children from age six (6) to age sixteen (16). Schools must provide 180 days instructional activity per year in accordance with Georgia law and Georgia Board of Education Policy.

Students with an accumulated absence record of more than 15 days in any academic year will not receive credit for that course. Parents will be notified in writing on or before a student has missed five(5) days, ten(10) days, fifteen(15) days, etc., from school. After the School Social Worker provides interventions and if the student's attendance does not improve, the School Social Worker and the principal may refer the student to the Attendance Task Force, which is a function of the Lamar County Juvenile Court.

School Attendance

- Any student absent for illness more than five consecutive days must provide a doctor's excuse upon their return to school.
- Contact the School Social Worker and/or the School Principal if you need help getting to school.
- **REGULAR SCHOOL ATTENDANCE ENABLES YOU TO BENEFIT BEST FROM ALL SCHOOL PROGRAMS.**

Words of Wisdom

"Education breeds confidence. Confidence breeds hope.

Hope breeds peace."

~Harvey Fierstein

EVERYONE CAN GO TO COLLEGE

Helpful Tips

1. Start doing research on the colleges that you are interested in. Visit each college's website and if possible, visit the campus. Find out if the college offers classes and programs that interest you.
2. Take the SAT and/or Act as soon as possible! Most colleges require one of these tests for admission. Check out your colleges of choice and find out what the requirements are. Remember that you can retake these tests until you are satisfied with your scores!
3. Check your **SCHOOL AGENDA**
4. Apply to college early! It is never too soon to begin completing applications. Sometime during your junior year of High School is a great time. Even if you aren't sure which college is for you, the application process can help you make your decision.

Scholarship Info

There is an important form that every college-bound student should complete. It is the **FAFSA**. This form can recommend you for scholarships and grants, such as the Pell Grant, the HOPE Scholarship and other scholarships. Most of these scholarships and grants don't have to be repaid! The FAFSA can also help you qualify for loans and other financial aid.

Hints when looking for Financial Aid

1. **Check with your Guidance Counselor.** He/she is a wealth of information about scholarships and college opportunities. A list of available local scholarships is in the Counseling Center.
2. Check with the Admissions Office or the Financial Aid Office of the College you are interested in.
3. Check with your Church. Several religious organizations (like the Georgia Baptist Association) offer scholarships.
4. Check with the Local Library. There is a Resource Book at Barnesville Public Library that has lots of info on scholarships and grants.

5. REMEMBER: Scholarships and grants are free money. If the organization giving the money asks for a fee or payment, IT IS NOT FREE and is not a legitimate scholarship or grant!

Scholarships

HOPE (Helping Outstanding Pupils Educationally)

It awards students with good grades with financial assistance in Georgia public colleges as well as many private and vocational colleges and institutions in the state. Students are eligible for this grant if they maintain a "B" average in their academic curriculum classes. It's administered by the Georgia Student Finance Commission. More information is available at www.georgiacollege411.org.

Barnesville Housing Authority Residents

Georgia Association of Housing and Redevelopment Authorities, Inc. Scholarships

Requirements: Current resident, with at least two years of residency (not required to be consecutive), of federally assisted housing or as a recipient of assistance through the Community Development Block Grant Program, graduating during the current year, and application must be completed in its entirety. Applicant must submit: a transcript, a copy of SAT/ACT scores, source and amount of other scholarship awards, (received or pending), and 3 letters supporting character, achievements and advancement. Executive Director must submit a sponsorship letter. Deadline is usually early March. For more information, contact Barnesville Housing Authority 770-358-3935.

Stephen J. Bollinger Memorial Scholarship

\$7,000 scholarship requirements: Applicant must be a high school senior and reside in a PHADA member agency owned or managed unit throughout the entire senior year, must have at least a B average, must provide a transcript and application must be completed in its entirety. Applicant must submit: 2 recommendations and a typewritten essay between 300-500 words. Sponsoring housing authority must pay the application fee. Executive Director of the sponsoring housing authority must submit a letter of recommendation. Deadline is usually late February.

For more information, contact your local housing authority, 770-358-3955

Farm Bureau

Write a letter to Farm Bureau. In the letter, include what you plan to use the money for and how much (within reason) is needed. The Board of Directors meets the 2nd Tuesday of the month and will review your letter at that time. Send the letter to:

Farm Bureau
820 College Drive
Barnesville, GA 30204
770-358-2298

Kiwanis Club

The application deadline is around April 1. Requirements: completed Kiwanis scholarship application, high school transcript with a GPA of 2.5 or higher, a resume of student activities, U.S. citizen, GA resident, show promise of continued academic achievement (counselor or teacher's written recommendation) and a short essay (100-200 words) about a significant educational or life experience. Include also a 300 word maximum essay describing the most challenging and significant personal or community

project that you have been involved in during the last five years. All applications must be delivered to:

Kiwanis Club of Barnesville

Chad Williams

P.O. Box 223

Barnesville, GA 30204

Rotary Club

P.O. Box 303

Barnesville, GA 30204

770-358-4579

Check out the website at: [www.barnesville rotaryclub.com](http://www.barnesville.rotaryclub.com)

Southern Rivers Energy

Go to the website at <http://southernriversenergy.apogee.net/website/>

Click on "My Community" then click on "Walter Harrison scholarship." To apply for the Walter Harrison scholarship, you must reside in the household of a Southern Rivers Energy member or employee. Recipients of the scholarship are based primarily on

academic achievement. Scholarships are usually \$1,000 and may be used for undergraduate studies at any two-year or four-year college or university in Georgia. Contact Southern Rivers Energy Communications Specialist at 770 358 1383 ext. 332 for more info.

Wal-Mart Inc.

Wal-Mart and Sam's store Inc. offer several scholarships. One in particular is the Sam Walton Community Scholarship. Wal-Mart gives two \$1,000 scholarships for any High School Senior that is not an employee of Wal-Mart or the child of an employee. This scholarship is used for the student's freshmen year in college and goes towards tuition, books, fees, and room and board. Check out how to apply for this scholarship as well as others by logging onto: www.walmartfoundation.org

DEWAINÉ T. BELL

To be considered for this scholarship you have to complete the application in the counselor's office. You must submit a short essay describing what you've done and what you will do in the future to help the Barnesville community. You also have to have an interest in fine arts, be a LCCHS senior, have three teacher recommendations, and lastly have at least a 2.5 GPA on a 4.0 scale.

EMERGENCY NUMBERS

Fire, Police, and Ambulance 911

For your information, there is a charge for emergency medical services and ambulance transportation.

ABUSE/VIOLENCE

Children's Protective Service	770-358-5170
Domestic Violence Hotline	770-460-1604
Pathways	1-888-247-9048

AIDS

Information Line of Georgia	1-800-551-2728
National AIDS Hotline	1-800-232-4636

ALCOHOL AND DRUGS

Alcohol Abuse Helpline & Treatment (Recovery Connection)	1-800-930-9329
	1-800-671-0929
	1-800-771-5009

Alcohol & Drug Helpline	1-800-274-2042
DARE	770-253-1502
Georgia Drug Abuse Helpline	1-800-338-6745
I CARE	1-800-338-6745
National Drug Hotline	1-800-622-HELP
National Substance Abuse Hotline	1-800-622-4357
Midway Recovery System	770-227-8975
Spalding Substance Abuse Center	770-412-4767
Alcohol and Drug Addiction Resource Center	1-800-390-4056

LAW ENFORCEMENT

Barnesville Police Department	770-358-1234
Georgia State Patrol	770-229-3410
Lamar County Sheriff	770-358-5159

POISON CONTROL

Poison Control Center	1-800-282-5846
-----------------------	----------------

PREGNANCY

Bethany Service	1-800-238-4269
Lamar County Health Department	770-358-1483
Safe Place for Newborns	1-877-440-2229
Melba's Manor	770-233-4771
Prodigal Sons and Daughters	770-473-6333

RAPE/SEXUAL ASSAULT

Emergency Room	770-228-2721
----------------	--------------

RUNAWAYS

Covenant House Nine Line	1-800-999-9999
Department of Human Resources	1-800-869-1150
National Runaway Hotline	1-800-RUNAWAY



JOB HUNTING

Here are some tips that might help you find a job. If you are under 17, you can get a work permit from your school office. Friends, relatives, neighbors, teachers, counselors and past employers are your best resources in finding a job.

PAPERS YOU NEED

- A Social Security Card
- An Offer of Employment/Work Permit (after you get a job)
- References
- A Driver's License (for some jobs)

HOW TO GET THESE PAPERS

- If you need to replace your Social Security Card visit <http://www.ssa.gov/ssnumber/> and follow the given steps
- You will need a certified copy of your Birth Certificate, which is available at the health department in the county of your birth. Otherwise you will need to contact vital statistics in Atlanta or in your state of birth
- Work Permit from your school office
- References: Find three people who know your abilities. Ask if you may name them as references. Write down their job titles, addresses, and phone numbers. References can come from former employers, teachers, counselors, and other adults who are **not related** to you

HOW TO APPLY FOR A JOB

Call employers. Don't be shy. Ask for an application and/or an interview and end with a thank you response.

HOW TO ACT AT THE INTERVIEW

- BE ON TIME! Better yet, be five minutes early.
- Look interested and alert.

- Don't slouch in the chair.
- Look at the employer, not at the floor.
- Talk clearly without slang.
- Don't smoke or chew gum.

WHAT TO WEAR WHEN JOB HUNTING

- Be neat and clean. Dress as though you were hired and ready to go to work.

WHEN YOU GET THE JOB

- Come to work on time. Work until quitting time.
- Avoid absences.
- Be cheerful.
- Try to do your best; work hard.
- Ask questions when you don't understand

Job Resources for Youth

Lamar County Comprehensive High School Youth Apprenticeship Program (YAP)
Mrs. Donna Andrews/770-567-8770

Workforce Investment Services/Workforce Development Corporation
770-229-9799
Toll Free: 1-877-633-9799

LEADERSHIP OPPORTUNITIES

Southern Rivers Energy Washington Youth Tour:

The Washington Youth Tour is a leadership opportunity and educational experience like no other. Sponsored by local electric cooperatives like Southern Rivers Energy, this trip is awarded to exceptional high school juniors who compete for a \$250 scholarship and a chance to tour Washington, D.C. along with over 100 other teens from across the state and more than 1500 teens from across the country!

The Renaissance Hotel is where the adventure begins with a kick-off banquet featuring a slide show that introduces all of the delegates from across the state, a testimonial from last year's Youth Leadership Council representative, teambuilding exercises and of course no Youth Tour kick off is complete without Brooks Coleman's inspiring message! The next day is spent touring the Little White House in Warm Springs followed by more teambuilding exercises. With newly formed friendships in tow, the group heads to the airport to begin the rest of their journey.

Once they arrive in D.C. the rest of the week is spent meeting with Georgia's legislators, seeing history up close, learning about our government and the principles on which this nation was founded and making new, lifelong friends. Along with more than 100 of their new friends, they will visit such national monuments as the Lincoln, FDR and Jefferson memorials and tour the Smithsonian Institution of museums. They will visit Arlington National Cemetery and stand solemnly as four of Georgia's delegates lay a wreath at the Tomb of the Unknown Soldier.

Highlights include visits to:

- The Little White House in Warm Springs, GA
- Teambuilding activities at Camp Calvin in Hampton, GA
- Mt. Vernon
- Arlington National Cemetery
- Ford's Theatre
- Smithsonian Institution Museums
- Lincoln, FDR and Jefferson Memorials
- Holocaust Museum
- World War II, Korean and Vietnam Memorials

Upon returning home, the two delegates are featured on the cover of the *Georgia Magazine* with a feature story about their adventure on the tour.

The contest consists of a written test comprised of 50 multiple choice, True-False; fill in the blank and essay questions covering topics such as the history of rural electrification, Southern Rivers Energy, the basics of how electricity works, electrical safety and the cooperative business model. Students are given a study packet of material three weeks before the contest and the highest scoring individuals on the written test go on to participate in an interview where the winners are then chosen based on personality, leadership qualities, school activities, community service and academics.

Applications are available online at southernriversenergy.com starting January 1.

Youth Leadership Lamar

Youth Leadership Lamar (YLL) is a leadership program sponsored by the Lamar County Family Connection Collaborative. The purpose of the program is to prepare youth to be leaders in their community. YLL is designed for students in 10th, 11th and 12th grade. It is an 8-10 week program that covers the following topics: Understanding Leadership, Building Teams, Communicating Effectively, Accepting Differences, Taking

Charge, Exercising Community Leadership, Managing Conflict and Setting Goals and Making Differences.

For more information regarding YLL, contact Ms Dorothy Carter at 678-572-8286 or lamarcountyfcc@gmail.com.

Local Leadership Programs:

4-H	770-358-5163
Boy Scouts	770-358-3501
Girl Scouts	770-227-2524/770-584-1512
JROTC (LCCHS)	770-358-8641

Words of Wisdom

"The price of greatness is responsibility"
~Sir Winston Churchill

MENTAL HEALTH

Good mental health means feeling reasonably good about yourself and others. It doesn't mean feeling good all the time. No one does. Teen years are not easy. Tough choices or decisions have to be made. Parents, friends, school and other activities make demands on time and energy. These pressures can lead to stress.

WHAT IS COUNSELING?

Counseling is a time to talk to somebody you like and trust about something that is bothering you. Your family and friends can help sometimes, but other times, it's hard to talk about personal stuff. That's when a counselor can help you. You can talk to your teacher or your doctor. They will help you find somebody who will listen and understand, and not tell you what you have to do.

HOW A COUNSELOR CAN HELP

Counselors will respect your privacy. You can discuss anything you want: family, friends, drugs, sex and feelings. If they need for you to tell others about certain things, for instance, if you are planning to hurt yourself, they will still help you.

WHERE TO FIND COUNSELING?

You are lucky there are a lot of places to get help nearby. All the places listed have people who will talk to you and see you with no one else knowing. Some have groups for kids with the same problems you have.

IF you call, they will tell you their policies, and when and how to get there. They will also tell you if you will need to pay anything.

Need To Talk?

The Helpline (1-800-CHILDREN) is great for information on community resources, referrals to agencies and services throughout Georgia, and support for any issue. It is CONFIDENTIAL and toll-free. The trained staff and volunteers are available to answer questions and provide information Monday through Friday from 8:00 a.m. to 8:00p.m. Questions also can be e-mailed to the Helpline at help.line@preventchildabusega.org.

**IF YOU NEED HELP, GET IT. DON'T GIVE UP!!
THERE ARE PEOPLE WHO CAN HELP YOU!**

COUNSELING

24-HOUR HOTLINE	1-800-548-4221
Help-Line Georgia	1-800-338-6745
Keystone Counseling Center	770-474-8400
McIntosh Trail	770-358-8602
Options for Family	770-229-3460

DEPRESSION

Depression is a mood that can be brought on by a painful experience or stress. It may appear for no clear reason at all. It is normal to have mood swings. Some days you feel happy - other days you may feel blue, or depressed. Feeling depressed can make you feel low. There are some things you can do to help you feel better.

- Try to exercise every day.
- Get plenty of sleep.
- Eat healthy foods and eat on schedule (especially breakfast).
- Try to stay busy - at home, school and work!

Depression that won't go away can be serious - it can affect your judgment. Some signs to be aware of are:

- A sad, anxious, or empty mood that hangs on
- Loss of interest in the way you look or in favorite activities
- Withdrawing and avoiding people - even your friends
- Feeling helpless, hopeless and worthless
- Having a hard time making decisions, concentrating, or remembering
- Trouble falling asleep, or waking up too early
- Eating too much or losing your appetite completely
- Using drugs, alcohol, sex or gambling to change the way you feel
- Not caring about doing well in school, sports or at work
- Crying or "blowing up" for minor reasons
- Complaining about feeling tired - no energy
- Thinking a lot about sickness, death or suicide

SEVERE DEPRESSION IS A SERIOUS MEDICAL PROBLEM!

If you are deeply depressed, don't try to tough it out. **GET HELP!!**
Most people treated for depression **CAN** and **DO** get better!!

DIVORCE

Divorce or separation affects all members of a family, and can create major changes in your life. You and/or your sisters/brothers may feel confused, frightened and angry.

You may miss a parent who has left your home, or be unhappy about custody and visitation arrangements. If your parent/parents find new partners, you may have to adjust to new step- families.

If you would like to talk with someone about how you feel or how you can help when your family is having difficulty, you can call any of the agencies listed at the end of the section on counseling.

EATING DISORDERS

If you want to change the way you look, you aren't alone! One way to shape up is to exercise regularly and to choose foods that are low in fat and high in fiber. Some healthy foods are fresh fish, poultry, fruits, vegetables, low-fat dairy products, whole grain cereals, and bread.

You may think you need to lose weight. Talk to a nurse, dietitian, or your doctor to see what they advise. They can tell you if you are overweight and suggest a diet to fit

your needs. Self- designated diets can easily get out of control and lead to an eating disorder!

WHAT IS AN EATING DISORDER?

An eating disorder is an unnatural, unhealthy relationship with food. Some of the most serious eating disorders are anorexia nervosa, bulimia and compulsive overeating.

ANOREXIA NERVOSA

People with anorexia starve themselves. They may take laxatives or over-exercise. They feel they are never slender enough! They wind up with a very thin body and serious medical problems. In extreme cases they may die from starvation or problems related to the heart.

BULIMIA

People with bulimia secretly "pig out" all of the time. Then they may make themselves vomit, over-exercise or use lots of laxatives to get rid of the food.

COMPULSIVE OVEREATING

Compulsive overeaters eat constantly for reasons other than hunger. They use food to help face upsetting events in their lives. The cause is not always psychological, though.

Eating problems can make you sad, anxious and exhausted, and usually do not “just go away”. Your family, doctor or school counselor can help you find an eating disorder specialist.

RUNNING AWAY

Almost everyone thinks about running away at some time. You may want to run away to change the way things are going, such as:

- Pressures and conflicts at home
- Abuse (physical, verbal, sexual)
- Drugs, gambling or alcoholism in your family
- Unhappiness about choices your parents are making (separation, divorce or remarriage)
- Being turned out of your home, and not knowing where to turn

DANGERS YOU MAY FACE

Running away can only make life worse. You may have to beg for food on the street. You may find you are lonely and scared. A very real danger is catching AIDS, or other diseases. Because you can easily become a victim of drugs, suicide, pornography or prostitution, your best choice is to find help with the problems that may be causing you to want to run away.

FIND A SAFE PLACE AND CALL FOR HELP!

If you, or a friend, feel you must run or have to run, at least try to find a safe place. Contact a local runaway shelter. Shelters have staff members who are trained to help young people.

If you are being abused and feel you can't remain at home, there are agencies that can find a safe place for you. Call for help. You can talk to someone on the phone that is trained to help people who are in trouble. He/She will listen and help you make the best choices about what to do.

**THE FOLLOWING NUMBERS ARE OUT OF TOWN, BUT ARE FREE CALLS.
THEY CAN HELP ARRANGE TELEPHONE CALLS TO FAMILIES, OR LEAVE
MESSAGES FOR THEM**

24-HOUR HOTLINES

National Runaway Hotline

1-800-786-2929

Covenant House Nine Line

1-800-999-9999

STRESS

Stress can give you energy, or can cause problems with your physical or mental health.

Some ways to try to relieve stress are:

- Don't get upset about things you can't change.
- Decide what your values are and stick by them.
- Tackle one problem at a time. Do the most important job first.
- If something bothers you, discuss it. Don't hide your feelings.
- Eat healthy foods and exercise regularly.
- Learn to relax. Save time every day to do something you enjoy.
- Avoid making too many major changes at once.
- Try to remain calm and keep your reactions under control.

Stress can affect your feelings and emotions. If these feelings begin to get in the way of your normal activities, they may be warning signs that you need help.

Talk with your family, teacher, friends or employer. They may be able to suggest ways to relieve some of your pressures. Counseling can also help you solve your problems and make you feel better about yourself.

SUICIDE

Being a teenager can be tough! There are so many changes, pressures and crises to face. You may reach the point where you feel you just can't take any more. You may feel sad, hopeless or alone. You may think no one really cares and that suicide is the only way out.

SUICIDE IS PERMANENT. YOUR PROBLEMS ARE NOT. THEY CAN BE FIXED.
IT'S IMPORTANT TO TRY TO GET HELP BEFORE IT'S TOO LATE!

There are people who care. There are people who can help. Try to take the first step. **Talk to somebody.**

DANGER SIGNS

You may have a friend who has talked about suicide. Many people who commit suicide will give clues about what they intend to do. Some of these clues are:

- Talking about suicide
- Extreme depression
- Sudden loss of interest in work, favorite people, or activities
- Making a will or giving away possessions
- Saying goodbye
- Changes in personality or behavior
- A sudden lift in spirits

**SUICIDE THREATS ARE CRIES FOR HELP.
PEOPLE WHO HAVE ATTEMPTED SUICIDE
ARE MORE LIKELY TO TRY IT AGAIN.**

HELPING A FRIEND

A friend who has talked to you about suicide may ask you to promise you won't tell anyone. Listen, listen, and listen! Ask concerned questions. Show you care. Show you take the person seriously, and that you want to help. But... Explain that being a TRUE friend means you **MUST** tell someone - someone who can offer help and support. With the right kind of help, your friend can get through this painful time.

NEVER TRY TO HANDLE THIS KIND OF SITUATION ALONE!!

DON'T try to shock the person by saying, "Go ahead and do it"! DON'T try to figure out why. DON'T try to argue, or think up reasons. **DO GET HELP AT ONCE!!** If you or a friend has thoughts of hurting yourselves or ending your lives, please talk to someone. There are people you can talk to on the phone at any time. They care about you. They can listen to your problems and try to help.

**YOU CAN CALL ANY HOUR OF THE DAY OR NIGHT - 7 DAYS A WEEK!!
IF THE LINE IS BUSY KEEP TRYING!!**

Lamar County Mental Health Crisis Line	770-358-5252
(Nights, Weekends & Holiday)	
Suicide Prevention Hotline	404-730-1600
Help-Line Georgia	1-800-338-6745

IF YOU OR SOMEONE YOU KNOW HAS TAKEN AN OVERDOSE CALL

Emergency Medical Services	911
Poison Control Center (Grady)	1-800-282-5846



PERSONAL SAFETY

Don't take chances with your safety. Know how to prevent a problem before it occurs. The following safety tips may come in handy!

AT HOME

Have good locks. Use them when you are home and when you are away. Before you open the door, identify the caller. Don't open the door for anyone you don't know or are not expecting.

Company - If you are expecting company, look through a window or peephole to see who is there.

Salespeople - Ask salespeople or callers to identify themselves through the locked door. Check their ID through the window or peephole.

Request to use telephone - Take the number and make the call yourself. Don't let someone fool you just because they look harmless (i.e. little old woman)

**YOU DO NOT HAVE TO OPEN YOUR DOOR TO ANYONE
UNLESS YOU WANT THEM INSIDE.**

- Do outside chores before dark; jog, walk the dog or take the trash out during daylight
- Report all harassing phone calls to the police and the telephone company. Do not talk to the caller. Just hang up!

**IF YOU APPROACH YOUR HOUSE, AND THINK SOMEONE MIGHT BE OR HAS
BEEN INSIDE, DO NOT GO IN!
GO TO THE NEAREST HOUSE AND CALL THE POLICE.**

AT NIGHT

- Be extra careful after dark!
- Use well-traveled and well-lit highways, streets, and parking areas.

- Know your route and tell someone where you are going, and what time you'll return.
- On routes you travel often, know the places open all night.

AWAY FROM HOME

- If you have a cell phone, carry it at all times.
- Be aware. If any person or place makes you feel uneasy, leave at once!
- If people in a car bother you, turn around and go the other way. If the driver follows or harasses you, get the tag number and call the police!
- If someone follows you on foot, cross the street and walk/run faster. If the person does the same, go to the nearest open store/business or home that looks occupied, and call the police!
- When you call for help, yell "Fire"! You'll get more attention!
- Avoid walking alone, especially at night.
- If you must walk alone, stay away from doorways, bushes and alleys (possible hiding places), empty lots, parks, beaches, or unpopulated areas (no one can hear you call for help).

ALWAYS BE AWARE OF THE PEOPLE AROUND YOU!!

CAR TROUBLE

- Signal for help by putting on your flasher. Tie a white cloth to your antenna mirror or raise the hood of the car.
- Don't get out of your car!! If somebody stops to help, lower the window just a crack, just enough to ask the person to call the police. (Keep extra quarters in the car to pass them through the window slit.)

STAY INSIDE YOUR CAR WITH DOORS LOCKED AND WINDOWS UP UNTIL IDENTIFIED HELP ARRIVES!!

Emergency	911
Barnesville Police	770-358-1234
Sheriff's Office	770-358-5159
Georgia State Patrol (Griffin Post)	770-229-3410
Road Conditions	770-229-3410
Highway Emergency	911

**ALWAYS FASTEN YOUR SEAT BELT AND GET OTHERS TO DO THE SAME!
HAVE AT LEAST A HALF TANK OF GAS!
LOCK YOUR CAR WHILE YOU'RE IN IT!
LOCK YOUR CAR WHEN YOU LEAVE IT!**

IN YOUR CAR

- Take note if someone is sitting or standing around when you approach or get ready to leave your car.
- Have your car keys handy so you can open the door right away, when going to your car.
- Check the back seat and under the car before you get in.
- Keep your car windows closed while waiting at intersections or for a traffic light.
- Blow your horn if someone tries to enter your car while you are stopped.
(Look all ways to be sure the way is clear - and then go through the light or stop sign!)

- Never let anyone force you to stop. A person may try by pointing at your tire or indicating a problem. If you are in a lonely area or feel afraid, don't stop! Go to a well-lit area around other people.
- Never leave your keys in the car - Not to run in to pay for gas...Not to make a pickup...Not at home when you warm up your car in the morning (keep an extra key handy so you can lock the car while it is running). This will keep surprise visitors out of your car and help prevent car theft.

PUBLIC TRANSPORTATION

- Wait in well-lighted areas, near other people.
- Travel with somebody else.
- Sit near the driver.
- If someone follows you off, hurry to the nearest group of people or well-lighted area and call the police!
- If someone follows you into an elevator, or if you feel uneasy about another passenger, stand near the control panel. Be ready to push the emergency button and **GET OFF** at the next stop.



PERSONAL HEALTH

Many health care services are free or are based on how much you can pay. Most services are confidential. Permission from your parents is not necessary in order to be tested for AIDS, STDs (Sexually Transmitted Diseases) or pregnancy. Parental consent is also not necessary in order to be treated for STDs, alcohol, or drug problems. Usually, however, it is a good idea to talk with your parents and/or family about these health care needs.

Lamar County Health Department

770-358-1483

DENTAL

A visit to your dentist every six months for examination and cleaning will avoid most mouth problems.

Brush after each meal, floss daily and avoid sugar, chewing tobacco and smoking.

If you need dental care, call:

Georgia Dental Association

647-441-9590

Lamar County Dental Clinic

770-358-7047

IMMUNIZATIONS

Teens and adults need immunizations to protect them from dangerous diseases. Your first adult tetanus-diphtheria booster is due between ages 14 and 15. You should have a booster shot at least every 10 years after that. Tetanus (lockjaw) and diphtheria are rare but deadly diseases.

Young women should be immune to rubella, known as "German Measles", before they become pregnant. Rubella infection during pregnancy can result in birth defects. A simple blood test will let you know if you need a "booster shot".

Ages 13-18 are recommended to receive the Tetanus, Diphtheria, Pertussis (Tdap), Human Papillomavirus (HPV Series), Meningococcal (MCV4). For college, military service or travel overseas other vaccinations may be advised. Workers in the health fields, prisons and pre-schools should receive Hepatitis B immunizations. Keep your immunization record in a safe place for future reference and update. You can get immunizations through your county health department or private physician.

Studies consistently show that those who enjoy recreational activities and community parks are mentally and physically healthier people!

PHYSICAL ACTIVITY PAYS OFF!

Q. Why are chronic diseases on the rise in our nation?

A. Because many choose activities that require little movement of the body and we choose fast, convenient and highly processed foods!

Many chronic diseases can be avoided simply by choosing to be physically active on a regular basis and by making healthier choices.

Q. Do young people need to think about chronic disease?

A. Yes! The habits you choose in your younger years often will remain with you as you get older! Healthier habits reduce your risk for chronic disease.

Even Busy People Can Make Healthy Choices Like These!

- Ride a bike
- Take a walk... with the dog
- Enjoy a nature trail
- Take a dance class
- Take part in a local drama or music production
- Participate in a school or community drama
- Watch less television
- Put on some music and dance
- Run or jog
- Pick a school or locally organized sport
- Learn karate or a martial art

- Skate board at the Grind Skate Park
- Help with the yard work or house work
- Be physically active at least 30 minutes every day
- Eat a variety of whole foods like fresh veggies and fruits, whole grains and low fat milk products
- Walk to a friend's house instead of just "texting" them
- Drink less sodas... more water
- Be smoke and drug free
- Be positive - be a friend and make a friend

Connect With Local Youth Resources:

4-H	770-358-5163
Boy Scouts	770-358-3501
E.P. Roberts Center	770-358-3311
Girl Scouts	770-227-2524
	770-584-1512
Harpo Family Youth Association	770-358-3671
Lamar Arts	770-358-5888
Latch Key Learning Center	678-359-1121

Loving Hands Youth Development Corp.
Lamar County Parks and Recreation

770-358-1720
770-358-5800



SEXUALITY

SEXUAL FEELINGS

Everyone has sexual feelings. Learning to handle our sexuality in a responsible way is part of growing up. Decide for yourself what your limits are and how far you want to go. Don't let someone force you to do things you don't want to do. A couple should talk honestly about their feelings and what seems right to each of them. If you can't agree, maybe you need to find someone else who thinks like you do.

HOW TO SAY NO TO SEX

What do you do if someone YOU care about wants to have sex and you don't know how to say NO without breaking up the relationship?

It's hard to say **NO** to someone you really like, but if someone really cares for you, they will listen to you. Here are four steps to help you say **NO**.

- 1) Say "**NO**". You don't have to give a reason.
- 2) If your partner persists, keep saying "**NO**".
- 3) If that doesn't work say, "It really bothers me that you are pressuring me in this way."

BE SURE THAT YOUR BODY LANGUAGE IS SENDING THE SAME MESSAGE.

- 4) Once you have made yourself clear, refuse to talk about it anymore. It may be in your best interest to end the relationship if your partner still persists.

It is harder to say **NO** if you are using alcohol, marijuana, or other drugs because the drugs affect the way you think, feel and act. Remember, it's your body! There are risks to sexual activity, like becoming pregnant or contracting AIDS or other sexually transmitted diseases (STDs). When you have sex with someone, it is like having sex with everybody that person has ever had sex with.

SHARING THE RISK

Before you make a decision, get the facts and your feelings sorted out. **Think** before you act-because **if you have sex, even once, it can result in a pregnancy.** That would put your future on hold. Even the best birth control **does not** always work. Are you ready to accept the responsibility of an unplanned child?

Males need to know that they have responsibilities in sexual relationships. These include decision-making, accepting the limits set by a partner and using protection with all sexual partners. It's uncomfortable to think about, but you could easily become a parent before you are ready, and as the father you would have to pay to support the mother and child.

Are you prepared to handle the emotional and financial strain of an unplanned pregnancy??

**BEFORE YOU HAVE SEX, CONSIDER ALL THE RISKS!
THE ONLY SURE WAY TO
AVOID PREGNANCY, AIDS AND STDs IS BY NOT HAVING SEX.**

UNPLANNED PREGNANCY

TALK TO SOMEONE. Sexual feelings can be confusing for some people. If you need help concerning your sexuality, talk to someone you like and trust. Usually, parents care the most about you. But, if you are having a hard time talking with your parents, there are some other people who can help you. You can talk with your counselor, a favorite teacher, minister or doctor. All the agencies listed below have someone available to talk to you on the phone, and/or can make an appointment to see you personally.

Lamar County Health Department

770-358-1483

Caring House
Spalding Regional Medical Center
Upson Regional Medical Center

770-229-4474
770-467-6136
706-647-8111

THINK YOU'RE PREGNANT?

If you think you may be pregnant, you may wonder where to turn at this difficult time. Your parents can be helpful and may be able to offer good advice and support. There are a lot of agencies that can help and give guidance. They have trained people who understand your feelings and needs.

**DON'T PUT OFF FINDING HELP!!
IT'S IMPORTANT TO GET A PREGNANCY TEST AS SOON AS POSSIBLE,
TO TALK ABOUT YOUR SITUATION WITH SOMEONE YOU
TRUST AND TO GET MEDICAL ATTENTION RIGHT AWAY!!!**

You can get a pregnancy test at all the places listed below. Most will see you without anyone knowing.

Call until you find the place that is best for you.

Lamar County Health Department
Caring House

770-358-1483
770-229-4474

**IF YOU HAVE A POSITIVE PREGNANCY TEST, YOU MUST GET EARLY
MEDICAL CARE.**

Seeing a doctor early in pregnancy, following a healthy diet, avoiding alcohol, smoking and drugs will help assure a safe and healthy pregnancy for you and your baby.

Many agencies are ready to offer advice and guidance. They will help you find medical care you can afford. The places listed below have someone who can talk with you:

Lamar County Health Department
Right from the Start Medicaid

770-358-1483
770-567-8771

PREGNANCY COUNSELING

The following agencies offer counseling and will help you get medical care. If you need a place to live, many will place you with a family who can share their home with you. Adoption services are also available.

Bethany Christian Service
1852 Century Pl., Suite 165
Atlanta, GA 30345

1-800-BET-HANY
(238-4269)

Catholic Social Services
680 West Peachtree St., N.W.
Atlanta, GA 30359

404-888-7840

Caring House
127 North 13th Street
Griffin, GA 30223

770-229-4474

ARE YOU HIDING YOUR BABY?

Don't panic - you are not alone. There is a Safe Place for Newborns. You can leave your unharmed baby, up to 7 days old, with an employee at any licensed medical facility in the state. Your baby will be given any needed medical attention, and then placed in foster care for adoption.

Safe Place for Newborns

1-877-440-2229

TEEN PARENTING

Being a parent is one of life's longest, toughest and most important jobs. While love is the most important thing, you also need to know about your child's physical, mental and emotional needs and growth. Many places offer practice sessions in infant care and safety or important parenting and childcare information. Call for the times when parenting courses are given.

As a young parent, you may find it difficult staying at home with a new baby while your friends are in school or out having fun. There are people who can help you arrange daycare for your child or job training for you.

Call for advice:

Southern Crescent Technical College

770-228-7348

Lamar County DFCS

770-358-5170

Total Victory

770-473-6333

Your family may be eligible for assistance with food, such as baby formula, milk and cheese for young families like yours. Nutrition education is provided for women who are pregnant or have just had a baby, plus infants and children under age 5. Call the numbers below if you need help with food.

Salvation Army	770-412-6561
Lamar County DFCS	770-358-5170
Lamar County Health Department	770-358-1483
WIC	1-866-636-7942

SOCIAL MEDIA

WHAT IS SOCIAL MEDIA?

- The best way to define social media is to break it down. Media is an instrument on communication, key word technology. The most common social media are cell phones and the internet.

WHAT "NOT" TO PUT IN YOUR SOCIAL NETWORK?

- Social networks like Facebook and Twitter are for all ages. Everyone is posting on them and it's hard not to get caught up in the excitement of

them. Face, it. Socializing is fun. But in all honesty, there is some information that you simply should not put in your social network profile.

1. Don't advertise when you're going on a trip. While it's fine to post pictures on the social network site when you get home and tell all about it, don't post it in advance on your profile. Of the hundreds of people on your profile, some are bound to be unscrupulous and may decide to check your place out while you're gone.
2. Don't post information about your job on a social site. Don't tell the world that you hate your job, you're bored with it or that you're looking for a new one. Bosses read Facebook too and even your "friends" can point out the posts to your management. So, keep all posts about the company positive, if you must post about them at all. Additionally, be careful what groups you join as these post to everyone too, from Aunt Sally to your boss.
3. Don't put your cell phone number in your social site profile unless you have unlimited minutes and love to receive spam texting. People will call it and do you truly want everyone in the universe to have that kind of access to you?

Just remember that everyone on the Internet can see what you post and whatever you write can be printed and shown to those who don't have a computer. Have fun with social network sites, but be smart too. Keep your spicy pictures at home and keep your comments positive.

Inappropriate Texts and Messages

- "Sexting" - Taking inappropriate pictures or movies of yourself or others and sending them to friends on their cell phones or posting them online can be a serious crime punishable by Child Pornography Laws.
- Sending explicit emails, text messages or voice mails to a person under 18 is illegal and you may be prosecuted. OCGASS16-12-100,100.1.
- If you're texting a boyfriend or girlfriend in another state or chatting on a social networking site, beware that other states may have even stricter laws.

Consider this...

- Once you've sent something from your phone or computer you can't get it back and you don't know where it will end up!
- You can never permanently erase what you've sent. It can be retrieved even if you have deleted it!

SPIRITUALITY

It is widely acknowledged that teenagers who have a clear belief system and participate in organized or personal spiritual activities are much less likely to "go off the rails" during adolescence.

Most churches and religious organizations have clear beliefs and values that are shared by a majority of members. Teens who belong to faith communities are more likely to have peers and adults in their lives who encourage and model behaviors that are consistent with their stated religious beliefs.

For more information:

<http://understandingteenagers.com.au/blog/2010/08/teenage-spirituality-does-it-matter/>

Words of Wisdom

"Live one day at a time and make it masterpiece."

~Dale West



SEXUALLY TRANSMITTED DISEASES (STD'S)

A Sexually Transmitted Disease (STD) or Venereal Disease (VD) is a disease that is passed during intimate sexual contact with an infected person. If not treated some of these diseases may cause severe damage.

STDs include gonorrhea (clap), Chlamydia, non-gonococcal urethritis (NGU, molluscum contagiosum, genital herpes and HIV infection (AIDS virus). Crabs and scabies may also be sexually transmitted. Genital warts are the result of a virus passed through

sexual contact. If not treated, they could lead to genital cancer. Warts and herpes are very contagious.

HIV/AIDS

AIDS stands for Acquired Immune Deficiency Syndrome. It is an illness that leaves the body too weak to fight off other diseases. AIDS is caused by the human immune deficiency virus (HIV).

The HIV virus attacks and destroys the body's immune system. As the immune system gets weaker, the body is left unprotected against other infections and cancers. People with AIDS become ill and often die from diseases that do not affect healthy people. **THERE IS STILL NO CURE FOR AIDS.**

There are no symptoms with early stages of the HIV infection, and many people do not know that they have it. They may look and feel normal. You can be infected with the HIV virus without having AIDS. AIDS may develop in time. The virus can spread to all sexual partners even before the person knows he/she is infected.

HOW DO YOU GET AIDS?

- Having sex with an infected person. During sex, the HIV virus enters the body through the vagina, penis, mouth or rectum.
- Sharing any sharp object that punctures the skin (Razors, ear piercing, tattoo paraphernalia, etc.).
- Babies born to infected mothers. An infected mother may pass the virus to her baby during the pregnancy.
- Blood transfusions from infected blood donors. Today all blood is tested for the AIDS virus when it is donated.

YOU CAN BECOME INFECTED AFTER ONLY ONE CONTACT WITH THE VIRUS!

AIDS CAN BE PREVENTED

Being safe from AIDS is up to you. The best ways to avoid getting AIDS are not having sex and not sharing needles and syringes.

OTHER WAYS TO PROTECT YOURSELF FROM AIDS

- If you do have sex, have sex with just one lifetime partner who is not infected and who is faithful to you.
- Before you have sex, you and your partner should get an AIDS test at your local health center. You may be saving your life and that of someone you love.
- Limit your sexual partners.
- Do not have sex with people who have the AIDS virus or who test positive for HIV.
- Do not have sex with people who are at risk to have the AIDS virus. These include IV drug users, people who have many sex partners, or have a history of STDs, those who trade sex for drugs or money, men who have sex with other men and women who have sex with IV drug users.
- Do not use IV drugs; IV drug use is a major factor in the spread of AIDS.

ONCE YOU ARE INFECTED, YOU ARE INFECTED FOR LIFE...

There are no vaccines that prevent the disease, but there are medicines available to help people with AIDS stay well longer. There are separate tests for each of the

STDs and AIDS. Parental approval is not required. Anyone at the following places can help you.

HOTLINES

AIDS Hotline	1-800-232-4636
AIDS Information	1-800-551-2728
Line of Georgia	
STD Hotline	1-800-227-8922
Lamar County Health Department	770-358-1483

SYMPTOMS

If you are sexually active and have any of the following symptoms, you may have a Sexually Transmitted Disease:

- Discharge of pus from penis or vagina
- Painful burning sensation while urinating
- Soreness inside the penis
- Unusual discharge or odor from vagina
- One or more painful sores or blisters in or around the lips, mouth or sex organs
- Intense itching in or around penis or vagina

- Cramping or unexpected pain in the lower abdomen
- Rectal irritation
- Unusual bleeding in the vagina
- Swelling or redness of the throat (if you had oral sex)
- Patchy hair loss from the scalp
- Some STDs may not have any symptoms

Because women have internal sex organs, they have a hard time noticing early signs of STDs. Infections may be more serious by the time it is found. You are more likely to get HIV if you have another STD.

**STDs MUST BE TREATED!
THEY DO NOT GO AWAY BY THEMSELVES.**

If untreated, some infections may spread throughout your body and the body of your sexual partner. They may permanently damage your sex organs and make you unable to have children. People who have genital warts and herpes have a higher risk of getting cancer of the cervix and penis. With other diseases, like syphilis you could become insane, paralyzed or could die. Many women and some men have no symptoms at all for

Chlamydia and gonorrhea. If these two diseases are left untreated, they can cause sterility in men and women (the person will be unable to have children). If you are pregnant, an undetected STD can seriously damage or even kill your unborn child.

STDs ARE TREATABLE.

DO NOT BE ASHAMED OR EMBARRASSED TO SEEK HELP!

TREATMENT

See a doctor or contact the health department as soon as you notice something unusual. It is important to tell your doctor all of your symptoms, and what types of sex you have had. Make sure you follow all of the instructions the doctor gives you. All help is confidential!!

You want to avoid giving the disease to someone else. If a doctor tells you that you have an STD, be sure to provide the names of all your sex partners. These people need to know that they may be infected so they can be treated too.

THERE ARE STDs THAT CAN'T BE CURED!!

The virus that causes genital herpes produces painful blisters usually on or around the male or female sex organs. Herpes is a highly infectious disease that can be spread by an infected person even before the painful blisters appear.

ONCE YOU GET THE HERPES VIRUS, IT REMAINS IN YOUR BODY FOREVER.

It cannot be cured! If you have active herpes infection, medicine will help you feel better and may help prevent the spread to your unborn child.

PROTECTION FROM STD'S

The only sure way to avoid getting an STD is to NOT HAVE INTIMATE SEXUAL CONTACT WITH ANYONE. This method is 100% foolproof.

Warning: Since condoms can have a 20% failure rate for pregnancy prevention, they are not foolproof in stopping the spread of a disease.

Warning: The younger a woman is when she has intimate sex, the higher her risk of cervical cancer.

- Have a yearly physical exam, to include a pelvic exam for women
- Know your partner and his/her life style

- You and your partner should be tested for STDs BEFORE you become sexually active

HEPATITIS B

Hepatitis B is a virus that can destroy the liver. Some individuals who become infected with Hepatitis B die of cirrhosis of the liver or liver cancer or become carriers (people who don't die of the disease, but can transmit it to others). About 10% of adults, 25-30% of young children and youth, and 90% of infants who become infected with Hepatitis B become carriers or die.

Hepatitis B is more infectious than HIV. The virus is transmitted through sharing of infected body fluids (blood, semen, vaginal fluids, breast milk, tears, saliva and open sores). Hepatitis B is not spread through casual contact (holding hands, dry kissing, eating food prepared by a carrier, etc.). Although it can be a fatal disease, fortunately there is a preventive vaccine (it only works if given before infection occurs). The vaccine is given in a series of three (3) shots over a period of six (6) months and is available at the health department. Medical experts recommend that all newborn babies be vaccinated for Hepatitis B.

HUMAN PAPILLOMAVIRUS (HPV)

Gardasil is the only cervical cancer vaccine that helps protect against 4 types of human papillomavirus (HPV): 2 types that cause 70% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. Gardasil is for girls and young women ages 9 to 26. Vaccination is recommended for girls as young as 9 because Gardasil works when given before there is any contact with HPV Types 6, 11, 16, and 18. About 30 types of HPV are known as genital HPV since they affect the genital area. If you are already sexually active, you may still benefit from Gardasil. That's because even if you have been exposed to HPV, it's unlikely that you have been exposed to all the types of the virus covered by this cervical cancer vaccine. That means Gardasil could still help guard you against HPV types you haven't been exposed to. Gardasil is given in 3 doses over 6 months. Your doctor or healthcare professional can help you understand more. Gardasil is available at your local health department.



SUBSTANCE ABUSE

ALCOHOL

Alcohol and tobacco are types of drugs. At some point you may have to decide whether or not to try them.

DRUGS ARE NOT HARD TO GET, THEY ARE HARD TO GET RID OF...

Drugs are chemicals that are taken into the body. They change your moods and sensations and harm your body. They affect your body's immune system and its ability to fight disease. Most drugs act directly on the brain. They may cause mental disturbances, which reduce your overall ability to function.

You can become dependent on drugs. You are physically addicted when your body gets so used to taking it that it craves more. You feel sick and miserable without it. If you use drugs as a crutch, you are psychologically addicted to them. Users need drugs to get them through the day.

Alcohol is the most commonly used drug. It is a depressant. It can cause slowed reactions and slurred speech. It makes you do foolish things. When you drink more alcohol than your body can handle, your body tries to get rid of it by vomiting. Alcohol can cause a hangover, which is usually a headache and fatigue. The only cure for a hangover is time. On average, it takes one hour to get rid of the alcohol in one mixed drink, one beer or one glass of wine, but it could take longer depending on body size and gender. If you drink a six-pack of beer in an hour, it could take your body six hours to become completely sober. Games that involve "chugging" - drinking large amounts of alcohol in a short time can kill you.

You can become addicted to alcohol if you drink too often. Some people become dependent on alcohol-even if they drink small amounts. If there is an alcoholic in your family you are at special risk.

DRUGS

MARIJUANA

Marijuana ("Pot") harms your body, even in small amounts. It can:

- Impair memory, concentration and judgment
- Affect motor skills and can cause a decline in driving skills
- Cause a strong dependence
- Decrease the level of the male hormone, testosterone
- Cause brain changes similar to those in old people when used over a period of time
- Alter your mood so you feel anxious and fearful
- Interfere with your ability to get along with others

COCAINE

Cocaine is one of the hardest habits to "kick". It is so addictive that every time you use it, you need more to get the same "high".

Cocaine in any form can cause seizures, strokes, heart attacks, lung damage and death - no matter what the age of the user.

Snorting coke destroys the inside lining of your nose. Crack is the most dangerous form of cocaine. Users become addicted the first time they smoke it. It causes violent and erratic behavior.

MYTH - Crack cocaine enhances sexual pleasure.

FACT - It makes a person unable to function sexually.

CRYSTAL METH

Crystal methamphetamine use is associated with numerous serious physical problems. The drug can cause rapid heart rate, increased blood pressure and damage to the small blood vessels in the brain--which can lead to stroke. Chronic use of the drug can result in inflammation of the heart lining. Overdoses can cause hyperthermia (elevated body temperature), convulsions and death.

Individuals who use crystal methamphetamine also may have episodes of violent behavior, paranoia, anxiety, confusion and insomnia. The drug can produce psychotic

symptoms that persist for months or years after an individual has stopped using the drug.

Crystal methamphetamine users who inject the drug expose themselves to additional risks, including contracting HIV (human immunodeficiency virus), hepatitis B and C and other blood-borne viruses. Chronic users who inject methamphetamine also risk scarred or collapsed veins, infections of the heart lining and valves, abscesses, pneumonia, tuberculosis, and liver or kidney disease.

OTHER DANGEROUS DRUGS

Heroin, PCP, LSD and amphetamines are other highly addictive drugs. The use of a needle not only puts the drug directly into the blood, it also puts germs into the blood. Sharing needles is deadly; it can spread AIDS and Hepatitis.

Mixing alcohol with narcotics, tranquilizers, barbiturates, antihistamines or other chemical substances can be lethal.

Marijuana ("Pot, Weed, Grass") is by far, the world's most commonly used illicit drug and far more dangerous than most people realize. Even in small amounts, marijuana can harm your body.

Cocaine and Methamphetamine are two of the hardest habits to "kick". It is so addictive that every time you use it, you need more to get the same "high". Cocaine and Methamphetamine in any form can cause seizures, strokes, heart attacks, lung damage and death-no matter what the age of the user. Crack is the most dangerous form of cocaine. Users become addicted the first time they use it and it causes violent and erratic behavior. Other dangerous drugs include heroin, PCP and LSD. Mixing alcohol with narcotics, tranquilizers, barbiturates, antihistamines or other chemical substances can be lethal.

Crystal methamphetamine use is associated with numerous serious physical problems. The drug can cause rapid heart rate, increased blood pressure and damage to the small blood vessels in the brain--which can lead to stroke. Chronic use of the drug can result in inflammation of the heart lining. Overdoses can cause hyperthermia (elevated body temperature), convulsions and death.

Individuals who use crystal methamphetamine also may have episodes of violent behavior, paranoia, anxiety, confusion and insomnia. The drug can produce psychotic symptoms that persist for months or years after an individual has stopped using the drug.

Crystal methamphetamine users who inject the drug expose themselves to additional risks, including contracting HIV (human immunodeficiency virus), hepatitis B and C and other blood-borne viruses. Chronic users who inject methamphetamine also risk scarred or collapsed veins, infections of the heart lining and valves, abscesses, pneumonia, tuberculosis and liver or kidney disease.

Tobacco

Tobacco contains nicotine, one of the hardest substances to quit using. Smoking causes lung disease, cancer, heart disease and other illnesses. Your smoking not only hurts you, but it also harms the people around you who breathe in your smoke. Chewing tobacco and snuff causes bad breath, bad teeth and cancer of the mouth.

SIGNS OF SUBSTANCE ABUSE

You may not recognize that you or someone you know is a substance abuser. Here are some signs to look for:

- Hallucinations or seizure
- Dependent on other people (do others make excuses for your actions or cover up for you?)

- Stealing money from your family or friends in order to buy drugs
- Denial; addicts cannot admit that they depend on drugs; they can't see what their behavior is doing to other people
- Blaming other people for things that happen in your life
- Violent, erratic, paranoid behavior
- Confusion, anxiety, and depression
- Losing touch with reality
- Loss of interest in food and/or sex
- Loss of interest in friends, family, sports, hobbies, school and other activities
- Coke bugs - The imaginary sensation of insects crawling on the skin (a symptom of cocaine addiction)

WARNING!! IF YOU ARE PREGNANT, USING ALCOHOL, DRUGS OR TOBACCO CAN SERIOUSLY HURT YOU'RE BABY. THE BABY CAN BE BORN WITH ILLNESSES, BIRTH DEFECTS AND ADDICTION TO THE SAME DRUG!!

If you need help, talk to your parents, your counselor, religious leader or any adult that you can trust. There are also agencies to assist you. Listed below are a few of these agencies:



THE LAW AND YOU

A MINOR IS DEFINED AS ANYONE UNDER THE AGE OF 18, AND...

- will be treated as an adult with respect to traffic laws
- can be charged as an adult in serious or violent crime

ALCOHOL

IF YOU ARE UNDER AGE 21, IT IS AGAINST THE LAW:

- to drink alcohol
- to buy or have in your possession any liquor, wine or beer

- for any adult (anyone over 21) to BUY or SERVE liquor, wine or beer to you anywhere

ARREST

If arrested, do not resist. The most important thing to do is to cooperate. Your attitude could determine how you will be treated.

SOME THINGS TO REMEMBER:

- you have the right to remain silent
- anything you say can be used against you in a court of law
- the authorities will give you a chance to contact your parents and /or an attorney at the earliest opportunity
- you have the right to a lawyer and to have him/her present with you while you are being questioned

STAY CALM AND KEEP YOUR EMOTIONS UNDER CONTROL

DANGEROUS WEAPONS

- To take or use illegal drugs.
- To have anything to do with illegal drugs (Transport, sell, etc.).
- To inhale any chemical substance for the purpose of becoming intoxicated.

There are penalties for possession of drugs including marijuana. They are harsh. For instance, if you are found with more than one ounce of marijuana or other hard drugs, **YOU COULD BE SENT TO FEDERAL PRISON!!!**

TYPES OF OFFENSES

FELONY: Most serious offense. Punishment can be one (1) year imprisonment or longer, fine and/or other penalty such as community service.

Example: Murder, armed robbery, rape, drug dealing, car theft, shoplifting.

MISDEMEANOR: Less serious than felony. Punishment can be up to twelve (12) months imprisonment, fine and/or other penalty such as community service.

VIOLATION: No term of imprisonment but may require a fine or other penalty. Failure to pay the fine or to appear in court may result in being jailed.

Example: Driving Under the Influence (DUI), criminal trespass, physical violence or even threats of violence and shoplifting.

Example: Traffic violation, playing car stereo too loud and littering the roadways.

YOUR FUTURE CAN BE RUINED IF YOU ARE CONVICTED OF A FELONY!!

- You will be unable to get a license to work in certain jobs.
- You will destroy your chances of getting into college.
- You will not be eligible for a career in the Armed Forces.

THINK BEFORE YOU ACT!!

PRANKS

A simple prank, mischief, or something you may think is fun, can lead to serious charges in Juvenile or Adult Court. Some pranks that can possibly lead to criminal charges are:

Prank: Using firecrackers to "blow up" mailboxes

Charge: Malicious destruction of property.

Prank: Removing hubcaps from a car.

Charge: Theft

Prank: Rolling a house with toilet paper.

Charge: Trespassing or prowling.

Prank: "Trenching" lawns, damaging trees or shrubs.

Charge: Criminal Trespassing lawsuit for cost of damages.

Prank: Accessing any computer system, program or data, causing damage/loss of data.

Charge: Theft

Prank: Making obscene, harassing or prank telephone calls.

Charge: Harassment

A "SIMPLE PRANK" COULD SEND YOU TO JAIL!

RIGHTS OF A MINOR

A minor who gets into trouble with the law has the right to seek legal help from a private lawyer. The court will appoint a lawyer, if needed.

SEARCH WARRANTS

A search warrant is a paper signed by a judge giving permission to search a house, car, store or other property for specific things.

The police can search without a warrant under certain circumstances. For example, a search warrant is not required to search a school locker.

**IF YOU ARE APPROACHED WITH A SEARCH WARRANT BY THE POLICE,
DO NOT DEBATE OR DISCUSS THE SITUATION...OR RESIST THEIR SEARCH!!**

If you think there has been an illegal search and seizure, check with a lawyer.

SHOPLIFTING

Shoplifting is **STEALING**, AND **STEALING CAN BE A MISDEMEANOR OR FELONY**.
The price you pay can be high. Shoplifting could seriously affect your future!!

VIOLENCE

ABUSE

Have you ever been injured, beaten up or verbally abused by someone in your family or someone close to you? Is your own behavior out of control sometimes? Have you ever forced anybody to do something they didn't want to do?

Most violence happens between people who know each other. According to the FBI, about a third of the women murdered in this country are killed-not by strangers but by their husbands and boyfriends. Young people who have known violence may grow up to be brutal themselves.

If your behavior, or that of a friend, is violent or out of control you can be helped through counseling. No one should be hurt physically, verbally or emotionally. Physical abuse often starts as normal punishment, but it gets out of control. If someone has bruises 24 hours after a spanking, broken bones or internal injuries, it is abuse. Other examples include punching, burning, shaking, hair pulling, incest (sex between family members) and/or improper touching.

Verbal/emotional abuse may cause you to feel bad about yourself most of the time. This includes constant yelling, put downs, name calling and cursing. Discipline without love or praise is also abuse.

NEGLECT

Neglect is when parents or guardians fail to furnish education, food, shelter, clothing or medical care.

Some parents simply walk out on their children, do not enroll them in school, or let them become truant from school.

Most parents do not want to hurt their children. They may not know the best way to train them. Once abusive parents start punishing a child, they may hurt the child in their rage.

**IF YOU ARE A VICTIM OF ABUSE, IT IS NOT YOUR FAULT!!!
DON'T BE AFRAID TO GET HELP!!**

RAPE/SEXUAL ABUSE

When rape, sexual abuse or assault occurs, it is never the fault of the victim. An offender selects victims who appear helpless. Your body belongs to you! If anyone touches you or asks you to touch them in a way that makes you feel uncomfortable, confused or afraid, you have the right to say NO!

The abuser may be a family member, a friend, someone you have known and respected for years or a stranger. If a person will not leave you alone, try to get away as soon as possible and tell a trusted adult such as your parents, doctor, teacher, minister or school counselor. They can put you in touch with the people who work to help children and families.

DATE/ACQUAINTANCE RAPE

Date or acquaintance rape is forced sexual intercourse between two people who know each other. They may already have some kind of relationship-either good friends or romance. Date rape usually results from not understanding what the other person wants and an unwillingness to respect the other person's limits.

Even when two people are dating and have a relationship, if one of them forces the other to have sex that is rape! The force does not have to be physical. Shame, guilt, bribery and strong coaxing are samples of force. Date or acquaintance rape is a crime!!

If you think you are a victim of neglect, abuse, rape or sexual assault, please tell someone!! You will need help. Don't be afraid to call for Help!

DATE RAPE DRUG

There is also a "Date Rape" drug. Also called "Predator" drugs, they are virtually undetectable, being odorless, tasteless, and colorless. Common in nightclubs, parties and other gatherings, these drugs cause you to be incapable of protecting yourself and can be used to commit rape. Rendering you unconscious but responsive, you will have no memory of what happened. These drugs cause you to think unclearly and unable to make appropriate decisions for yourself.

Therefore, you should **NEVER** accept an open beverage from anyone. **NEVER** leave your drink unattended. These drugs are extremely dangerous, so be very aware and cautious at all times.

If it happens to you:

If you have been physically harmed or emotionally upset by a date rape experience, contact a doctor, your local rape crisis center, a law enforcement agency, your parents or a school counselor. Keep trying until you get the help you need. Remember, you are not the blame.

Set your limits regarding sexual activity and stick to them!!

REDUCING YOUR RISK OF DATE OR ACQUAINTANCE RAPE

- If you or your date have been drinking or using drugs, you are at risk for date rape.
- Plan dates with another couple or a group of friends.
- Avoid isolated places such as empty beach, a lonely road, empty home or motel room, dark street or alley.
- Tell your partner what your limits are. Make sure your partner understands what you mean!
- Say what you mean and do not "give in". Be sure your body gives clear messages, too. Move away if you are not comfortable.
- Even if you have had sex before, or have talked about having sex together, you still have the right to say NO!

- Pay attention to things that are not respectful to you, even if they seem like joking or teasing.

PORNOGRAPHY OR PROSTITUTION

You can easily become a victim of pornography and prostitution. A simple offer for a free photographic modeling session could be a cover for a trap. Other types of traps you should know about are:

- Suspicious job offers (too good to be true!)
- Isolated interview situations
- Questionable travel opportunities
- Unusual attention from an adult

Words of wisdom

"Follow the three R's: Respect for yourself, Respect for others, and Responsibility for all your actions."

~Dalai Lama

**YOU CAN CALL THE FOLLOWING NUMBERS
ANY HOUR OF THE DAY OR NIGHT - 7 DAYS A WEEK!**

Abuse/Violence

Boys Town National Hotline	1-800-448-3000
Children's Protective Service	770-358-5170
Christian Women's Center	770-227-3700
Georgia Council on Child Abuse	1-800-532-4208
Promise Place	866-780-3718
National Child Abuse Hotline	1-800-4-A-CHILD

Crime Reports

Emergency Services	911
Georgia Crime Victim Assistance Helpline	1-800-338-6745
Lamar County Victim Assistance	770-358-5159

Domestic Violence

Christian Women's Center	770-227-3700
Domestic Violence Hotline	1-800-33-HAVEN

Georgia Crime Victim Assistance Helpline	1-800-338-6745
Lamar County Victim Assistance	770-358-5159
Domestic Violence Hotline	770-468-1790

Rape

Griffin Sexual Assault Center	770-636-0088
24-Hour Crisis Line Crisis Intervention	770-954-9229
Rape, Abuse, Incest National Network	1-800-656-4673

Runaways

National Runaway Hotline	1-800-621-4000
Nine Line Covenant House for Runaway Children	1-800-999-9999
Youth Crisis & Runaway Hotline	1-800-448-4663

Abuse Services

Phoenix House	1-800-378-4435
Action Helpline & Treatment	
Alcohol/Substance	770-358-5252
Alcohol Abuse A AAA 24 Hour Access	
Helpline & Treatment	1-800-930-9329
	1-800-671-0929
	1-800-229-7708
Alcohol & Drug Helpline	1-800-274-2042
Drug Abuse Resistance Education	770-253-1502
Helpline	1-800-338-6745
I Care	1-800-338-6745
McIntosh Trail CSB	770-358-5252
Midway Recovery System	770-227-8975
National Drug Hotline	1-800-662-HELP
National Substance Abuse Hotline	1-800-662-4357
Pathways Center	770-229-3407
Substance Abuse Hotline	1-800-548-4221

Lamar County Family
Connection Collaborative
122 Westgate Plaza
Barnesville, Georgia 30204

For more information, call 678-572-8286
and check our website at
<http://www.gafcp.org/fcnetwork/lamar>