

MERCER COUNTY TRAUMATIC LOSS COALITION

TEEN CONNECTIONS

"Help is just a phone call away"

Thanks to following sponsors of " Teen Connections III "

County Executive Brian M. Hughes
Mercer County Traumatic Loss Coalition
Mercer County Traumatic Loss Prevention Services
NJ Division Of Mental Health Services
NJ Department of Health and Senior Services

Special Thanks to Our Past Contributors

Mercer County Youth Services Commission
Don Cox
Monica DiMattia
Alfred Frederico
Mark J. Ferrante
Judy Donohue Hutton, Anchor House
Lois Krause
Alexandera Lawrence
Donna Nardini
Susan Palsir
Pittsburgh Area Teen Connections
Joan Sigafoos
Steinert 12th grade G & T Class (1990-1991)
Graphic Arts Students at Sypek Vocational School
& Harry Hampton, Instructor

Special Acknowledgments to:

Roseanne Biddulph
Mary Helen Diskin
Fran Harrington-Dix
Craig Hutton
Jenifer Williams

Produced By:

Mercer County Traumatic Loss Coalition
Adrienne Fessler, Coordinator of Traumatic Loss
Prevention Service

YOU HAVE CONNECTIONS!

Friends are there to help you out. Some you may not even know about yet. But they are there.

This book is a list of YOUR CONNECTIONS by name and by phone number.

So you can call them.

They are easy to reach. All you have to do is pick up your phone and call . Someone will be there to listen, and to answer any of your questions. EVERYTHING YOU SAY IS PRIVATE.

This book may also help you understand yourself and your friends better.

- Maybe you feel depressed , anxious or angry and you don't understand why.
- Maybe you don't know why a friend is acting strangely and you don't know how to help him or her.

It's normal to have worries- most people do. But you can begin to figure out your problems and do something about them because **you have connections, and this book**. You can also use your connections to help you make your life more fun and to get it going somewhere.

Teens have connections. Why not call yours?

HOW TO CONNECT

CRISIS CONNECTIONS: If you are concerned about:

- Alcohol and other Drugs
- Emotional, Physical, Sexual Abuse
- Rape or Sexual Assault
- Dating Violence
- Depression
- Running Away
- Suicide

LEGAL CONNECTIONS: If you:

- Are Arrested
- Want to know more about Search Warrants
- Are in a Car Accident

HEALTH CONNECTIONS: If you are concerned about:

- Sexual Responsibility
- Pregnancy Prevention
- You Think You are Pregnant
- Your Partner Being Pregnant
- A Healthy Pregnancy
- Being a Good Parent

MORE HEALTH CONNECTIONS: If you are concerned about:

- AIDS
- STD
- Sexual Identity
- Staying in Shape
- Eating Disorders
- Weight and Nutrition

CAREER CONNECTIONS: If you are concerned about:

- Education and Career
- Employment

SOCIAL CONNECTIONS

- Having Fun

HOW TO CONNECT

Phone Tips

1. **Write down your questions ahead of time.** Try to be as clear as you can when describing your problem.
2. When you call, keep a pencil and paper handy.
3. **If you're put on hold, please wait.** The connections listed in this directory want to help, but sometimes phones get busy.
4. If you can't wait, give your name and a phone number so that someone can call you back or call back later when you have more time.
5. To help you, your connections may need information about you - things like your **age and birth date** and how you found out about the agency. It helps to have this information ready if you are asked. **Everything you say is private.**
6. Ask any questions. **All your questions are important.** Your connections want to help.

Please tell agencies that you saw their name in: Teen Connections

CRISIS CONNECTIONS FIGURING THINGS OUT...ABOUT ALCOHOL AND OTHER DRUGS

Alcohol and other drugs change how you feel about things and how you act (in ways you can't control). Even if you feel good at first, alcohol and other drugs are unpredictable and dangerous. Everyone gets burned by them sooner or later.

If you are thinking about trying alcohol or drugs to see what it feels like, to please your friends, or to escape some problems, you need to know that:

- Its against the law to serve or permit liquor to be served to minors anywhere, including your own home. It is also illegal for minors to have alcohol in their

possession at any time.

- It's against the law to possess or deal marijuana or hard drugs.

If you are already doing alcohol or drugs, have they taken control of your life?

- Do you drink or use other drugs...

- Alone?
- To improve your social life?
- Because you have a problem?
- When you get mad at people?
- Before you go to school?

Crisis Connections

- Do you ever try to stop "using" and fail?
- Do you lie about drinking or using?
- Do you get drunk or high often, even when you don't mean to?
- Are your grades starting to slip?
- Do you often forget things because of your drinking or using?

IF YOU ANSWERED "YES" TO EVEN ONE OF THE QUESTIONS, it means that:

1. Alcohol or other drugs are taking control of your life and...
2. It's time to STOP and call for help. Don't be afraid to say you want to stop, because you can stop.

Continued use can lead to:

- Dependency
- Physical illness and disease
- Overdose
- Death

The effects of alcohol and other drugs are charted on pages 10 & 11.

IF YOU ARE HAVING A PROBLEM with alcohol or other drugs, call your connections or see the student assistance counselor (SAC) at your school. ALL schools have at least a part-time SAC.

YOUR CONNECTIONS

**For more information about alcohol and other drugs or to get confidential help for a drug or alcohol problem:
Information about alcohol and other drugs:**

Anchor House	396-8329
Carrier Clinic	1-800-933-3579

Corner House	924-8018
Family And Children's Services Of Central NJ Hightstown Office	448-0056
Family And Children's Services Of Central NJ Princeton Office	924-2098
Family Guidance Center	1-800-813-0555
Greater Trenton Community Mental Health Center	1-888-866-9565
Mercer Council On Alcoholism And Drug Addiction	396-5874
Mercer Street Friends	989-7466
Princeton House	497-3300

Hotlines and meetings Information:

Alcoholics Anonymous	888-3333
Ala-Call	1-800-322-5525
Compulsive Gambling Hotline	1-800-GAMBLER
Compulsive Gambling Council Of New Jersey	599-3299
Narcotics Anonymous	1-800-992-0401

Crisis Connections

DRUG	EFFECTS ON YOUR BODY AND MIND
Alcohol	Causes disorientation, lack of judgement. "Chugging", or drinking in large amounts of alcohol in a short time, can kill you. Alcohol and other drugs during pregnancy can be dangerous to the unborn baby and cause

	birth defects. Mixing alcohol with "uppers", "downers" narcotics, antihistamines, and inhalants can be fatal.
Amphetamines (Uppers)	Causes agitation, seizures, hallucinations, depression. Heavy use leads to malnutrition, frequent infections, death.
Barbiturates (Downers)	Causes sleep withdrawal, mental confusion, drunken behavior, convulsions, coma, possible death.
Caffeine (Coffee, Tea, Colas)	Heavy use can lead to kidney, heart problems.
Cocaine/Crack (Snow, Lady)	Causes agitation, seizures, hallucinations, depression, strokes, heart attacks, premature birth and birth defects. One-time use can be fatal.
Hallucinogens & Angel Dust	Causes hallucinations and violent behavior, may lead to permanent brain damage or death.
Heroin (Smack, Horse)	Can cause depression, convulsions, tremors, cramps, panic attacks and death.
Inhalants (whipped cream propellant, type writer correction fluid, paint thinner)	Causes dizziness, headaches. Can cause permanent brain, lung & kidney damage. Can cause violence or sudden death.
Marijuana (Grass, Weed, Pot, Cess)	Causes mental confusion, paranoia. Long-term use can cause lung damage and permanent mental illness.
Nicotine (Cigarettes, Snuff, Chewing Tobacco)	Long term use can cause cancer (mouth and lung), Heart disease, premature babies.
Steroids	Causes mood changes ("roid rage"), heart attacks, liver cancer. Stunts growth. Can Cause impotence. Damage is long term.

Crisis Connections

**FIGURING THINGS OUT...ABOUT
EMOTIONAL, PHYSICAL, AND SEXUAL ABUSE**

EMOTIONAL ABUSE

Does an adult, even someone you know or live with, call you bad or obscene names, always tells you that you're stupid or keep putting you down in other ways? This emotional abuse hurts you, sometimes as much as physical abuse. No one has the right to treat you this way, not even a parent.

PHYSICAL ABUSE

If anyone, even someone you know or live with, hits you in a way that leaves bruises or causes injury, you are a victim of physical abuse. No one, not even a parent, has the right to do this. PHYSICAL ABUSE IS AGAINST THE LAW.

SEXUAL ABUSE

If someone - a family member, friend or relative, or someone else - touches your private parts in a way that makes you unhappy, uncomfortable or confused...you may be the victim of sexual abuse.

Incest is sexual abuse within families, and it happens a lot. It may include sexual intercourse. It may involve parents, or brother and sisters; sometimes even grandparents. The person will usually be told that unless you keep "our secret," something bad will happen. Even if fear rather than force is used to get you to agree, INCEST IS AGAINST THE LAW.

It may be very hard to know what to do if any of these things are happening to you. You may love your parents or the adult involved, and you don't want them to "get in trouble." Or you may be ashamed. But you are very important! HELP IS AVAILABLE FOR YOU AND THE ADULT.

Remember: YOU ARE NOT GUILTY. You have done nothing wrong! ONE OUT OF FIVE YOUNG PEOPLE WILL SUFFER SOME SORT OF SEXUAL ABUSE. YOU ARE NOT ALONE.

WHAT TO DO

- Try to avoid situations where the abuse usually happens.
- TELL SOMEONE, even if you think the abuse has stopped.

Crisis Connection

If you talk to a teacher, school counselor, nurse, doctor or youth leader, they must report the abuse to authorities who will investigate so they can take steps to protect you.

However, if you need help deciding what to do, talk to a trusted adult, or call your connections. You don't have to give them your name to get advice.

YOUR CONNECTION

If you, a family member or someone you know is the victim of emotional, physical or sexual abuse, call the State Division of Youth and Family Services (DYFS) 1-800-792-8610

Anchor House	396-8329
Carrier Clinic	1-800-933-3579
Catholic Charities, Family Growth Program	394-5157
Domestic Violence Hotline	1-800-572-7233
Family And Children's Services Of Central NJ Princeton Office	924-2098
Greater Trenton Community Mental Health Center	1-888-866-9565
Jewish Family And Children's Services	987-8100
HITOPS Teen Health Center	683-5155
Parents Anonymous	1-800-843-5437
Prevention Education	695-3739
Princeton House	497-3300
Womanspace Emergency Shelter	394-9000

FIGURING THINGS OUT...ABOUT RAPE OR SEXUAL ASSAULT

Sexual assault, including rape, is forced sexual intercourse, and other forced sex acts. Both men and women can be forced to have sex with persons of the same or opposite sex. Some types of sexual assault - rape, anal, and oral sex - are first degree felony crimes.

Things you should know:

- YOU ARE A VICTIM, NOT A GUILTY PARTY.
 - **Rape is a crime of violence and hate. It is sexual only in it's method.**
 - In most sexual cases, the victim and the offender know each other.
 - **Rape can occur on a date. Any type of forced sexual intercourse is rape.**
- Ways to protect yourself against rape or sexual assault:**
- Always make sure a parent or someone you trust knows where you are, how to reach you, and when to expect you.

- Be careful who you trust - check out dates and babysitting jobs carefully.
- Crisis Connections
- Share in deciding what to do on your date.
 - Remember: Drugs and alcohol make you an easy target.
 - **Trust your instincts.** When something doesn't "feel" right, get out of the situation. It's both your right and your responsibility to say NO.
 - Try to avoid dark, deserted areas, try to be with a friend, be alert, walk with authority, and carry a loud whistle.

WHAT TO DO

If You Are Raped:

- Call your local police department at 911; wait for assistance before going to a hospital emergency room.
- Do not bathe, wash, douche or change clothes before going to the hospital.
- Call your connections! They will send someone to meet you at the hospital emergency room. This person will give you information about your rights. It is YOUR CHOICE whether or not to press charges.

After being raped, you may have very confused feelings, so the sooner you begin talking to someone, the better.

HELP IS AVAILABLE

If you need help or counseling following a rape or sexual assault, call:

Catholic Charities, Family Growth Program	394-5157
Family And Children's Services Of Central NJ Hightstown Office	448-0056
Family And Children's Services Of Central NJ Princeton Office	924-2098
Greater Trenton Community Mental Health Center	1-888-866-9565
HITOPS Teen Health Center	683-5155
Womanspace	394-2532
YWCA Rape Crisis	989-9592
YWCA 24 Hour Hotline	989-9332

FIGURING OUT...ABOUT

SEXUAL HARASSMENT- Sexual Harassment is conduct of a sexual nature that is unwelcome. Blatant sexual harassment is obviously wrong and should be dealt with properly. Any time sexual

harassment creates a hostile environment for students of either sex, it should be reported to a teacher, counselor, or administrator. If the situation persists, there is legal recourse. For more information about sexual harassment, contact the Office of Equal Education Opportunity at 292-8777 or speak to a parent, teacher or counselor.

DATING VIOLENCE- Dating violence is physical, sexual or verbal abuse between partners in any situation. One in three teens who are dating experience some form of dating violence. Dating experiences shape our expectations for behavior in future relationships. It is important not to begin or continue a cycle of accepted violence from anyone.

If you are a victim of dating violence call your local police at 911 or:

Catholic Charities, Family Growth Program	394-5157
Family And Children's Services Of Central NJ Hightstown Office	448-0056
Family And Children's Services Of Central NJ Princeton Office	924-2098
Greater Trenton Community Mental Health Center	1-888-866-9565
Womanspace	394-2532
YWCA Rape Crisis	989-9592
YWCA 24 Hour Hotline	989-9332

FIGURING THINGS OUT...ABOUT

DEPRESSION

Being healthy means feeling good most of the time about yourself, other people and what's going on in your life. It's normal to sometimes feel sad, alone, depressed, confused, or angry.

Everyone has strong, sometimes uncomfortable feelings about things that happen. But you begin to have these feelings **most** of the time and don't know why, and if they begin to mess up your daily activities, you may have a more serious problems.

Warning Signs:

- Feeling like you're worthless, and nobody cares about you.
- Avoiding friends.
- Lack of interest in school, sports and other things you enjoy doing.
- Losing your temper easily and picking fights.
- Strong feelings of uneasiness or fear.

Crisis Connections

WHAT TO DO

If you have any of these feelings, help is available. Call your Connections!

YOUR CONNECTIONS

If you feel depresses:

Anchor House	396-8329
Carrier Clinic	1-800-933-3579
Catholic Charities, BRIDGES	394-5157
Catholic Charities, Guidance Clinic	394-9398
CONTACT Of Mercer County 24 Hour Hotline	896-2120
Family Guidance Center	1-800-813-0555
Family And Children's Services Of Central NJ Hightstown Office	448-0056
Family And Children's Services Of Central NJ Princeton Office	924-2098

Greater Trenton Community Mental Health Center	1-888-866-9565
Jewish Family And Children's Service	987-8100
Princeton House	497-3300
Youth Emergency Services (YES)	396-6722

FIGURING THINGS OUT...ABOUT

RUNNING AWAY

Sometimes things may get very bad at home and you feel trapped with no where to turn. You may be abused or neglected, or perhaps you just can't get along with your parents. Everything you do seems wrong. Maybe you're having big problems at school. You want to do something-anything-to change the way things are going.

Sometimes running away from home seems to be the only answer. But where will you sleep? Get money to buy food? How will you survive? **Running away is a last resort.** Even the most street-wise people can get ripped off and seriously hurt while trying to make it on their own. It could be more dangerous than what you ran from.

WHAT TO DO

Before you run away, try to find another way to solve your problem. If you've already left home, don't rely on strangers you meet on the street. Call your Connections!

Crisis Connections

YOUR CONNECTIONS

If you're thinking of running away:

In the United States 1.5 million youth run away from home each year, finding that leaving home is easier than living there.

Anchor House is located in Trenton and works with runaway, homeless and abused youth. You can drop in or call anytime, day or night.

Anchor House	396-8329
Family Crisis Intervention Unit Legal Issues	989-6082
Greater Trenton Community Mental Health Center	1-888-866-9565

Runaway Hotline	1-800-231-6946
Runaway Switchboard	1-800-621-4000

FIGURING THINGS...ABOUT

SUICIDE

Sometimes the pain you feel may seem unbearable and you think it will never end. If you feel that suicide is the only way out, talk to someone. Ask for help. **You CAN be helped, and you DESERVE to be.** Call your Connections!

If a close friend talks to you about ending their life, take it seriously. **Don't keep it a secret!** Get help. Go to a trusted adult and have them call your connections.

YOUR CONNECTIONS FOR 24/7 HELP!

Y.E.S.	396-6722 or 989-7297
---------------	-----------------------------

In Mercer County you can call Youth Emergency Services (Y.E.S) 24 hours a day, 7 days a week. Y.E.S. is a crisis intervention service, available up to 30 days and will connect a youth for longer term counseling if it is required.

CONTACT Of Mercer County	896-2120
---------------------------------	-----------------

This hotline can be reached 24 hours a day, 7 days a week.

LEGAL CONNECTIONS

FIGURING THINGS OUT...IF YOU ARE ARRESTED

If you are arrested, that means you are in the custody of the arresting officer(s). The police have the right to check if you are carrying a weapon. **The police need to read you your rights ONLY if they try to get you to make a statement.**

A person 14 years or older who is charged with committing a certain offense, which would be a crime if committed by an adult, like burglary or arson, can be tried as an adult. The punishment would be the same as what an adult would receive.

Before a court decides to treat a juvenile offender as an adult, it will consider such things as:

- Age
- Background
- Record (previous offenses)
- Seriousness of offense

Even if a person is tried as a juvenile, the punishment can be harsh. What to you may seem like "no big deal" could hurt your whole life.

Legal Connections

WHAT TO DO

If you are arrested:

- Do not resist arrest or "mouth off" to the police.
- Call, or ask the police to call, your parents or another adult.
- Calmly tell the police you can not say anything without advice from an attorney.
- Everyone is allowed a lawyer. If you can not afford one, the court will appoint one for you.
- Do not sign anything without advice from an attorney.

YOUR CONNECTIONS: Legal

Family Crisis Intervention Unit (FCIU)	989-6082
Lawyer Referral Services Of Mercer County	585-6200
Legal Aid Society Of Mercer County	695-6249
Mercer County Public Defender's Office	777-0114

FIGURING THINGS OUT...ABOUT

SEARCH WARRANTS

A search warrant is a paper signed by a judge allowing police to search a house, car, store, locker or other property.

If you are served with a search warrant:

- You do not have to say anything.
- Ask to see the warrant before letting the police in.
- Request a receipt for anything taken.
- Ask for a copy of the warrant before they leave.
- DO NOT HASSLE THE POLICE.

There are some situations where your property can be searched without a warrant:

- Parents can search their children's property at any time.
- Teachers and principals can search any student's property on school grounds without a warrant.
- If any adult resident of the house gives permission, the police can search the house.
- If the police believe a weapon is in the car, they may search unlocked parts of the

car. If there has been a crime, any part of a car may be searched.

- If the police are chasing someone who goes into a house, the police can search the house for that person.

If you think there is an illegal search and seizure, check with a lawyer or call your Connections.

YOUR CONNECTIONS: Legal

Lawyer Referral Service Of Mercer County	586-6200
Legal Aid Society Of Mercer County	695-6249
Mercer County Public Defender's Offices	777-0114

**FIGURING THINGS OUT...IF YOU ARE IN A CAR ACCIDENT
WHAT TO DO**

- Stay at the scene. Do not panic.
- Exchange names, addresses, phone numbers, names of insurance companies, and driver's license numbers.
- Try to get names and addresses of any witnesses.
- Call the police at 911.
- Call your parents or an adult you trust.

Whatever you do, do not run away from the scene of the accident.

HEALTH CONNECTIONS

FIGURING THINGS OUT...ABOUT

SEXUAL RESPONSIBILITY

You may feel that you care very much about someone and that you are ready to have sex. Sexual feelings are normal. **But are you ready to accept what may come after?**

Some things you might think about are:

- Are you willing to risk pregnancy, AIDS, a sexually transmitted disease (STD) or infertility?
- If the relationship breaks up, will you be sorry you had sex with this person?
- Will it make you feel guilty to have sex?
- What would people you care about say?

DECISIONS YOU MAKE NOW ABOUT SEX MAY BE THE MOST IMPORTANT ONE YOU WILL EVER MAKE. SO THINK BEFORE YOU ACT! NOT EVERYONE IS "DOING IT."

There are many levels of touching and affection before sexual intercourse. **Set your limits and stick to them.**

Health Connections

WHAT TO DO

- If you are feeling pressure to have sex, talk to your partner about your feelings and what seems right for you. If your partner really cares about you , your partner will respect your feelings.
- Talk to your parents, or someone you trust.
- For additional Health Connections, contact **Robert Wood Johnson @ Hamilton at 584-5900.**

FIGURING THINGS OUT...ABOUT PREGNANCY PREVENTION

One risk of having sex is an unplanned pregnancy. Becoming pregnant means facing hard decisions during a time filled with emotional stress. **Chances are, it will affect the rest of your life.**

Did you know that:

- Teen mother experience chronic unemployment and remain on public assistance for long periods of time.
- 1 in 8 births in the USA is to a teenager.
- You have the right to say no to sexual intercourse and other sexual behaviors.

Health Connections

WHAT TO DO

The only 100% sure way to prevent pregnancy is not to have sex. It makes sense to postpone sexual activity until you and your partner are able to deal with the emotional and physical consequences of your actions.

No other method of preventing pregnancy is foolproof, but some are better than others. Preventing pregnancy is a shared responsibility. You and your partner

can get good advice from a doctor or family planning clinic. Call your connections.

YOUR CONNECTIONS: Family Planning

Alpha Pregnancy Center	989-1616
Birthright	1-800-550-4900
Family Health Line	1-800-328-3838
Healthy Mothers, Healthy Babies	1-800-206-6988
Henry J. Austin Health Center	989-3394

HITOPS Teen Health Center	683-5155
Operation Fatherhood	695-3663
Planned Parenthood	599-4881
The Children's Home Society Of NJ 24 Hour Pregnancy Help Line	1-800-247-6365
Union Industrial Home For Pregnant Teens	695-1492

Health Connections

FIGURING THINGS OUT...IF

YOU THINK YOU ARE PREGNANT

The most common sign of pregnancy is being late for a period. Some other signs might be:

- Frequent need to urinate
- Tender/enlarged breasts
- Light-flow period
- Nausea (morning or evening sickness)
- Feeling more tired than usual

WHAT TO DO

If you think you are pregnant, **find out for sure.**

Have a pregnancy test by a qualified medical professional immediately. For your own health and the health of the fetus, **proper care during the first three months of pregnancy is very important.** The earlier you know, the earlier you can begin taking care of yourself and making plans.

Many hospitals, clinics and agencies provide free pregnancy testing. If the test is positive, you are pregnant and you should get medical attention right away.

Remember: Don't smoke, drink, or take drugs or medication.

This can be a very confusing time. You will immediately face very difficult decisions.

Should you:

- Have the baby?
- Keep the baby?
- Choose adoption for the baby?

Your family may be upset at first, but **parents usually end up being the strongest source of support.**

If you can't talk to your parents right away, talk to another adult-someone who can talk to your parents for you. You should talk to someone you trust.

You may want to make a decision.

If you are not pregnant, decide right away how you are going to prevent a pregnancy in the future, the only **sure** way is not to have sex. But if you decide to remain sexually active, you and your partner can get good advice from a doctor or family planning clinic.

Health Connections

YOU DO HAVE CHOICES

Counseling about options, decision-making, feelings, and how to deal with pregnancy is available. Call your connections.

YOUR CONNECTIONS

For a free pregnancy test and counseling:

Family Health Line	1-800-328-3838
--------------------	----------------

Or call the numbers listed in the Family Planning chart.

FIGURING THINGS OUT...IF

YOUR PARTNER THINKS SHE IS PREGNANT

What if your partner thinks she may be pregnant? What do you do now?

Some people think that the father can "walk away." A mature and caring partner accepts the responsibility for his actions and the results.

WHAT DO YOU DO

First encourage your partner to get a pregnancy test as soon as possible from a qualified medical

professional. Some clinics and agencies provide this services free of charge. Go with her, if she wishes.

If she is pregnant, the two of you have some important decisions to make. Don't put them off.

Talk with your parents. Even if they are upset, they can usually provide the most support. Or seek out an adult who you trust. There are also other people who will talk with you, help you keep your confidence. Call your connections.

If the decision is to have the baby, talk to your partner and her family about how you can be involved and helpful. **Being a father begins before the baby is born.** Your help is needed throughout the pregnancy and birth.

As the father you have legal rights to be involved in the decisions about adoption.

YOUR CONNECTIONS

Alpha Pregnancy Center	989-1616
Birthright	1-800-550-4900
Family Health Line	1-800-328-3838
Henry J. Austin Health Center	989-3394
Operation Fatherhood	695-3663
Planned Parenthood	599-4881
The children’s Home Society Of NJ 24 Hour Pregnancy Help Line	1-800-247-6365
Union Industrial Home For Pregnant Teens	695-1492

FIGURING THINGS OUT...ABOUT

A HEALTHY PREGNANCY

If you are going to have a baby, it’s important to take special care of yourself early.

WHAT TO DO

- See a doctor as soon as you know you’re pregnant and set up regular visits. **Medical care during the first three months of pregnancy is critical for your health and the health of the baby.**
 - Take only medications ordered by your doctor.
 - Eat a well-balanced diet. If you’re not sure what to eat, ask your doctor.
 - Exercise every day. Ask your doctor about how much and what kind.
 - Get 8 to 10 hours of sleep every night.
 - Drink 6 to 8 glasses of water a day.
 - Report all illnesses to your doctor, **even if they don’t seem important.**
 - Report any vaginal bleeding, discharge or contractions to your doctor immediately.
- Health Connections

WHAT NOT TO DO

- DON'T listen to street talk. Get information from your doctor or a health professional.
- DON'T take any drugs. Your baby could die, be born addicted, or suffer birth defects.
- DON'T smoke. If you must, smoke as few cigarettes as possible.
- DON'T drink alcoholic beverages-beer, wine, whiskey. Even the smallest amount can be harmful to your baby.
- DON'T take medications, including over-the-counter, without checking with your doctor first.
- DON'T have an x-ray unless the doctor, dentist or x-ray technician knows that you are pregnant.
- DON'T eat junk foods.

Learning what to expect during pregnancy and child birth will make it easier for you. Classes for both you and your partner are available and teach you about what will happen to the mother's body during pregnancy and the birth process.

YOUR HEALTH CONNECTIONS

Alpha Pregnancy Center	989-1616
Birthright	1-800-550-4900
Family Health Line	1-800-328-3838
Healthy Mothers, Healthy Babies	1-800-206-6988
Henry J. Austin Health Center	989-3394
Operation Fatherhood	695-3663
Planned Parenthood	599-4881
The Children's Home Society Of NJ 24 Hour Pregnancy Help Line	1-800-247-6365
Union Industrial Home For Pregnant Teens	695-1492

Health Connections

FIGURING THINGS OUT...ABOUT

BEING A GOOD PARENT

Being a good parent takes special skills and understanding.

Babies can't talk so they cry. They cry when they are sleepy, hungry, wet or when they want attention. Don't ignore their cries. Picking up your baby when the baby cries will not spoil the baby. A baby needs your touch and your attention.

WHAT TO DO

- Be sure your baby gets good medical attention.
- Learn how to diaper and feed your baby and how to hold it properly.
- Find out what to expect: when will your baby sit up, walk and talk.
- Hold, talk and play with your baby often - from the day your baby is born.

There are parenting classes that help you to be a good parent. They can also help you deal with the changes that having a baby has made in your life. There are also places you can call for advice about day-to-day kinds of questions and problems that come up while caring for your baby. Call your local YMCA or YWCA for more information.

MORE HEALTH CONNECTIONS

FIGURING THINGS OUT...ABOUT HIV AND AIDS

HIV- Human Immuno-Deficiency Virus.

AIDS- Acquired Immune-Deficiency Syndrome- is a killer virus with no known cure. **Anyone can get AIDS - gay or straight - male or female.**

In most cases, the HIV virus is passed by having sex with an infected person, sharing IV needles and syringes (works) with an infected person, and from an infected mother to her unborn child.

HIV is not spread by casual contact. You won't get HIV from:

- Hugging
- Shaking hands
- Dishes or silverware
- Eating in a restaurant
- Getting "cough" or "sneezed" on
- Toilet seats

Can you get HIV by "French", "tongue" or "deep" kissing? That's a hard question to answer. Doctors have not found anyone who has gotten the HIV virus from "French" kissing. However, it might be risky if you or the person you are kissing has an open sore in or around the mouth.

More Health Connections

Fact About HIV and AIDS

- The HIV virus is found in concentrated levels in semen, vaginal secretions, breast milk, or blood of infected persons.

- It passes directly from an infected person to somebody else through an exchange or sharing of these body fluids.
- This almost always happens either during sexual intercourse (vaginal, oral or anal) or by sharing needles and syringes used for IV drugs.

Caution should be taken for all needles used. You should not use anyone else's needles, including needles used for tattoos, ear piercing, and steroid injections.

- In the United States at the present time most HIV and AIDS involve homosexual or bisexual men and needle drug users. However, the spread of HIV and AIDS is growing through sex between men and women and from infected mother to child. The number of HIV and AIDS infected teens has increased dramatically during the last five years. HIV and AIDS is the second leading killer of persons between the ages of 15 - 29 in many U.S. cities.
- Most people with the HIV virus will become sick. BUT it is possible to have the virus and not have any symptoms or feel sick. You can spread the infection to another person without either of you knowing it.
- Recent statistics indicate approximately 1.5 million Americans are now infected with the HIV virus. Nearly 300,000 have full blown AIDS.

WHAT TO DO

DON'T DO INJECTION DRUGS!

DELAY HAVING SEX. Wait until you are older and ready to make a commitment of love and faithfulness to one person.

If you're sexually active you can reduce the risk of AIDS if you:

- Use a condom correctly during every act of sexual intercourse.
- Avoid casual sex. People who carry the Aids virus may not know they have it, but they COULD give it to you.
- Don't have sex with people who have had many partners or used "needle" drugs or have had sex with a needle drug user. Be sure needles used for anything (tattoos, steroid injections, ear piecing) are clean.

More Health Connections

If you've had risky sexual or drug contacts, find out if you have AIDS. If you think you should be tested, it is available free of charge and is conducted in a confidential manner. Call your Connections!

YOUR CONNECTIONS: AIDS

Family Guidance Centers	1-800-813-0555
Henry J. Austin Health Center	989-3394
HITOPS Teen Health Center	683-5155

Hyacinth Foundation	1-800-433-0254
Center For Disease Control National Prevention Information Network	1-800-458-5231
New Horizon Treatment Services	394-8988
Planned Parenthood	599-4881
Rick Rednor AIDS Library	393-4858
Mercer County HIV Consortium	278-9555

FIGURING THINGS OUT...ABOUT

SEXUALLY TRANSMITTED DISEASES (STD)

If you are sexually active, you could get sexually transmitted disease (STD), also known as venereal disease (VD). STD's include syphilis, gonorrhea, herpes, chlamydia, and other less commonly know diseases. These diseases are passed from one person to another through sexual intercourse or other intimate body contact.

STD is dangerous if left untreated. The only sure way to know if you have STD is to go to the doctor, family planning or public health clinic for a special test. **All STD services are confidential.**

Facts

- You do not catch STD from toilet seats.
- You can get STD at any age.
- Anyone can get STD...people of all races, ages and incomes.
- No vaccine can prevent STD; while some sexually transmitted diseases cannot be cured, all of them can be treated.
- If you have STD, the infection will continue to damage your body until it is treated. Even if the symptoms go away, as they often do, the infection is still in the body and can cause permanent damage.

Symptoms

One or more of the following may mean that you have STD:

- Discharge of pus from the penis or vagina.
- Painful burning while urinating.
- Sores or blisters on or around the lips, mouth or sex organs.
- Itching or swelling in the crotch area.
- Unusual discharge, bleeding or odor from the vagina.

Warning

If not treated, STD can cause permanent damage including: inability to have children, heart disease, damage to an unborn child, paralysis, blindness, deafness, arthritis, deformity, and death.

WHAT TO DO

If you think there is any chance you may have STD, go to the doctor or public health clinic in your neighborhood. Call your Connections. You will be given a simple medical exam and lab test to determine if you have STD.

YOUR CONNECTIONS: STD

Henry J. Austin Health Center	989-3394
HITOPS Teen Health Connection	683-5155
National Sexually Transmitted Diseases Hotline	1-800-227-8922

More Health

FIGURING THINGS OUT...ABOUT

SEXUAL IDENTITY

Sexual identity includes what's masculine or feminine, sexual orientation (gay, lesbian, heterosexual, transgender), and sex roles (sex specific behaviors).

"Coming Out" often is one of the most difficult experiences for gay, lesbian, bisexual or transgender persons of any age. Teenagers may need special assistance. Support does exist.

YOUR CONNECTIONS: SEXUAL IDENTITY

Carrier Clinic	1-800-933-3579
Greater Trenton Community Health Center	1-888-866-9565
The Hetrick-Martin Institute	1-212-674-2400
HITOPS Teen Health Center	683-5155
Planned Parenthood	599-4881

FIGURING THINGS OUT...ABOUT

STAYING IN SHAPE

Regular, sensible exercise is vital to being fit and alert. Exercise strengthens your muscles, heart, and lungs. It also relieves anger, tension and depression.

Walking, running, bike riding, dancing, rollerblading and various sports are some good types of exercise. Find which ones you enjoy and get physical!

More Health Connections

FIGURING THINGS OUT...ABOUT

EATING DISORDERS

Anorexia is an eating disorder that can lead to malnutrition, starvation and death.

Warning signs:

- Constant concern about your weight.
- Feeling you must lose weight even though people say you look thin.
- Combining too much exercise with extreme dieting.

In advanced stages of Anorexia:

- There is an obsession with thoughts of food and weight.
- Menstrual periods usually stop.
- You feel nervous, anxious and irritable.
- You may feel depressed.

Bulimia, a related eating disorder, is also very damaging to your health.

Many bulimics have anorexia first, but their overwhelming urge to eat makes them go on food "binges", eating as much as 3 large pizzas at one sitting. Then make themselves vomit and often take laxatives, water pills, and diet pills. They may binge several times a week or even several times a day.

Binge eating is done in secret and is always serious. Loss of vitamins and minerals through vomiting, laxatives, and water pills can damage your kidneys, throat, or stomach, and lead to heart attacks and death.

WHAT TO DO

If you or a friend suffers from anorexia or bulimia you need to get help immediately. **You can't work this out alone.** Call you Connections.

YOUR CONNECTIONS: ANOREXIA BULIMIA

Anorexia/Bulimia Association Of New Jersey	1-800-522-2230
Center For Treatment Of Eating Disorders Hotline	1-973-740-0234
Eating Disorders Program At Princeton Medical Center	497-4000
Family And Children's Services Of Central NJ Hightstown Office	448-0056
Family And Children's Services Of Central NJ Princeton Office	924-2098
Family Guidance Center	1-800-813-0555
Greater Trenton Community Mental Health Center	1-888-866-9565
Jewish Family And Children's Service	987-8100
Princeton House	497-4490

More Health Connections

FIGURING THINGS OUT...ABOUT

WEIGHT AND NUTRITION

Most healthy people don't look like models or pro athletes. Everyone's body is different. **The right weight for your body is just as personal as you are.** It has to do with build, bone structure, muscle vs. fat, and muscle tone. It's important to watch your weight, eat the right foods, and get enough exercise. **But it can be dangerous to overdo dieting and exercise.** When you're young and changing and developing, you need more proteins, calories, calcium and iron than at any other time. This requires a diet that includes food from the four basic food groups: milk, meat, vegetable/fruit, and grain.

MYTHS AND FACTS

MYTH: A candy bar gives you "quick energy".

FACT: Eating food with a lot of sugar might make you feel more tired.

MYTH: You have to stop all snacks to lose weight.

FACT: Snacks like fruit and cheese are good for you.

MYTH: It doesn't matter what you eat, as long as you take vitamins.

FACT: Vitamins don't supply everything your body needs, and too much of certain vitamins can be harmful.

MYTH: Taking protein supplements can be expensive and it won't build muscles.

OBESITY

if you are 20% or more above your normal body weight, you may be obese, although the amount of muscle and fat on your body, your height and bone structure are also factors.

Obesity is not completely understood. One cause is taking in more calories than you burn off. Lack of exercise also plays a part. But there may be other reasons.

Most overweight people know or suspect that they have a weight problem. What they may not know is how harmful it can be to their health.

WHAT TO DO

- See a doctor for a complete medical examination.
- Follow a healthy eating plan and exercise program.
- Contact a clinic or support group to help you stick to your program and meet your goals.
- Talk to your Physical Education/Health teacher.

CAREER CONNECTIONS

FIGURING THINGS OUT...ABOUT

EDUCATION AND CAREERS

Staying in school until graduation is the most direct route to controlling your own life. Even if you feel tired of it all, remember that a **high school diploma is a must for all, but the lowest paying, jobs.**

Choices/Alternatives

What you must do with your life depends on making the most of your educational opportunities. Your school district may offer you choices about your high school and the programs that best meet your interests and needs. Call your Connections.

If you drop out of school, there are other ways to earn a diploma. A General Educational Development (GED) test is available through Mercer County Community College or your local adult school.

Career Potential

A college, either a Bachelor's or Associate's degree, or technical training is a tremendous advantage in getting the kind of job you can turn into a career.

- The number of job and career openings in Mercer County area is expected to increase for:

- ‘ Health and dental care assistants and technicians
- ‘ Speech and hearing clinicians
- ‘ Tractor trailer driver
- ‘ Food preparation and services
- ‘ Teachers
- ‘ Air conditioning and service
- ‘ Data entry
- ‘ Child care
- ‘ Construction
- ‘ Electronics
- ‘ Computer Graphics and Programming

- **There will be fewer jobs for:**

- ‘ Factory workers
- ‘ Unskilled labors
- ‘ Telephone operators
- ‘ Stenographers and clerks
- ‘ Computer repair
- ‘ Bank tellers

WHAT TO DO

- Talk to your school counselor about careers.
- Go to the library and read about different kinds of careers.
- Ask people you know about their jobs.
- Find out what education or training you'll need for the career that interests you.
- Ask your school counselor about requirements, scholarships and financial aid.
- Try to get work or volunteer experience in jobs/careers you think you'd like.

YOUR CONNECTIONS: EDUCATIONAL OPPORTUNITIES

Mercer County Community College	586-4800 ext. 3397
Mercer County Vocational Technical Schools	586-2121
Princeton University	258-3000
Rider University	896-5000
The College of New Jersey	771-2161

FIGURING THINGS OUT...ABOUT

EMPLOYMENT

Before you are 16 and old enough to get a regular job, there are some things you can do to earn money and get experience. You may even meet adults who may help you find employment later. You can:

- Babysit
- Mow lawns
- Wash cars
- Volunteer to do things at church, at school, or in your community

Before you take a part-time job, **think about how it might affect your other responsibilities at home and at school.**

Some questions to ask yourself:

- How will I get to and from my job?
- How many hours and days a week can I work?
- Am I willing to give up some of my spare time?
- Do I have any special skills - typing, auto repair, photography, etc?

WHAT TO DO

- Look for job openings in the classified section of your local newspaper; ask your guidance counselor, parents, or friends or contact the local Job Service office at the N.J. Department of Labor. Call 292-0602

YOUR CONNECTIONS: EMPLOYMENT AND TRAINING

Challenge Youth	1-800-997-5587
Workforce Investment Board	989-6827
Job Corp-Edison	1-800-634-0267
Mercer County Office Of Training & Employment Services	989-6523
New Jersey Employment Services (16 and over)	633-2410

SOCIAL CONNECTIONS

FIGURING THINGS OUT...ABOUT

HAVING FUN

Finding activities that are fun, healthy, and relaxing is an important part of life. You can find new interests, develop your talents and meet new friends at the same time.

Day to day hassles are much easier to deal with if you spend some part of every week doing things that you enjoy. Just being with people who like the same thing you do can make you feel good about yourself.

Whether you prefer vigorous activity like sports, or something quieter and more personal, Mercer County offers many choices and programs that are often free.

Have fun and stay healthy.

For more information about healthy lifestyle alternatives, consult your local Municipal Alliance Committee for the Prevention of Alcohol and Drug Abuse (989-6897). For recreational/sports related activities consult the front section of your New Jersey Bell Telephone Directory.