

FRONT OF BOOKLET

S.W.I.F.T



**Spreading Wise
Information For
Teens Booklet
2008-2009**

(Inside Cover left)

Dear Teen,

The Spreading Wise Information for Teens (SWIFT) booklet is a resource created especially for you, to help with your everyday problems or concerns. Being a teen can bring forth many perplexing issues, and although your parents or guardians are usually your best resource, some issues may be difficult to approach with them. That is why this booklet was created, to be a reference and resource for resolving your problems or concerns.

Contact information is available in the SWIFT booklet for organizations that have someone with whom you may discuss your problems or concerns. Information about numerous local agencies and organizations that can help you work through issues fills the pages of the SWIFT booklet. Through the SWIFT booklet, you will have access to resources that may provide you relief from your problems or concerns.

Spalding Collaborative partners made the SWIFT booklet possible. Local school system students contributed to the artwork in the SWIFT booklet. Spalding County Board of Health provided funding through their Adolescent Health Youth Development Program.

Sincerely,

Exzayvious Williams, President
Spalding County Youth in Action

(Inside Cover right)

Dear Teen,

This TEEN INFORMATION booklet, a self-help referral directory, is made possible by many people in our community. Many services and resources are available to help youth deal with issues and problems. Teen years can be very difficult but do not have to be. This booklet hopefully will provide answers to questions you may have.

If you run into problems, ask someone who can help you. We strongly recommend that you start by talking to your parents and family. This booklet will help you become aware of agencies or organizations in your community which can provide the services you need and tell you where assistance can be found. We hope this directory will help you.

Will Doss

Executive Director,

Spalding Collaborative

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BANKING TIPS

Insert Banking Train and add use following text underneath
Yusuke Pai Taylor Street Middle School

How to Open a Bank Account

Here are some tips that might help you open a banking account. If you are under age 15 you may open a Minor savings account for \$5.00. This will be a custodian account and at least one of your parents or guardian must be on the account. For age 15 and up the opening deposit is \$50.00. You will need the following documents to open your account:

- A Social Security Card, and
- A School identification Card, or
- A Georgia Identification Card or Driver's License

Bank On Your Future, Be a Smart Saver

It is important to start saving early. Develop an attitude to pay yourself first by saving a small portion of the money that you receive from your job, gifts, allowances, spare change, or money from chores.

Create a Savings and Spending Plan

Know what you have coming in (income) and what must go out for essentials (expense). Determine what you have left for savings. Remember that it is important to look at your needs versus your wants. Look for alternatives to spending. Saving some money in the bank will cause it to grow (interest)

The key is to save some, spend some, and share some. Savings is an important, practical concept that students need to learn.

Savy Saving “Beginning to Budget”

Split any money that you earn, receive, or even find. Find four (4) clear jars that you can label. On each jar write the following: Charity, Quick Cash, Medium – term Savings, and Long-term Savings.

Use the Following percentages:

- 10% Charity – Take 10% off the top to share;
- 30% Quick Cash – Use this 30% for instant gratification;
- 30% Medium-term Savings – Save 30% for 1 – 6 months to purchase something special;
- 30% Long-term Savings – Use this 30% for important purchases in the future such as a car or pay for college expenses.

For example, if you plan to save \$7.00 from the money you earn, or find you would put the following in your savings jars.

Charity	\$0.70
Quick Cash	\$2.10
Medium-term Savings	\$2.10
Long-term Savings	\$2.10
Total	\$7.00

When your Medium-term Saving and your Long-term Savings Jars are full, or when you save at least \$50.00, you may want to open a savings account so that your money will be safe and you can earn interest.

DRIVING LAWS

The Driver’s Manual

If you are 15 years or older and want to drive, you must show proof you have lived in Georgia more than 30 days and have a valid Georgia learner’s permit or driver’s license. You will also need proof of your home address. The Georgia Driver’s Manual is a useful source of information for getting a learner’s permit or license. You can pick

up this manual at the Griffin Post of the Georgia State Patrol Office at 1313 Arthur K. Bolton Parkway, 770-229-3410.

The Learner's License

A learner's license may be issued at age 15 and is valid for two years. You must pass a vision and written test to receive a learner's license. A valid learner's license must be held for one year and one day from its issuance before obtaining a driver's license. It must be surrendered at the time of testing. If you are under 18 and have only a learner's license, a licensed driver (at least 21 years of age with a valid license in hand) must ride beside you at all times.

The Driver's License

You must be at least 16 years old to obtain a driver's license. Effective January 1, 2007, sixteen year olds must be in compliance with Joshua's Law, which requires a Georgia approved Driver's Education before license issuance. At age 17, Driver's Education is not required. For classes completed before July 1, 2007, a completion certificate for the driver's education course must be presented at the time of the road test. Applicant will be required to pass both an eye and a driving test before obtaining a driver's license.

Before taking the road test, you must check with your school to get a copy of your Certificate of Attendance, signed and notarized from your school. It is only valid for 30 days. Applicants under the age of 18 not enrolled in school must provide a GED diploma, high school diploma, or an attendance form from your local Board of Education if you are enrolled in an approved home school program. You must also have the Alcohol and Drug Awareness Program (ADAP) Card and know your social security number.



Appointments for on-the-road tests are highly recommended and may be scheduled up to 90 days in advance. Walk in road tests cannot be guaranteed and may involve lengthy wait time. Have the driver's permit number available when calling. Reservation numbers are: (678) 413-8400 select option 4 or Toll-free (866) 754-3687 if dialing from an area code outside the metro-Atlanta area but within Georgia.

At the time of the road test examination, a parent or legal guardian must sign an affidavit that the applicant has completed at least 40 hours of on-the-road driving experience, including at least 6 hours of night driving, with a parent or guardian. The 40 hour requirement is in addition to driving completed with an instructor during an approved driver education class. If driver's education was completed with an approved school/instructor, the 40 hour affidavit must be signed by the parent/guardian in addition to any driving completed with the driving instructor. The DDS examiner will provide the affidavit for parent/guardian signature at the time of the teen's road test.

If driver's education was completed with an approved internet/online class, the parent/guardian must also complete the Parent Teen Driving Guide. The last page of this guide is the 40 hour driving affidavit. It may be signed and notarized prior to the teen's road test, or the parent/guardian may wait to sign in the presence of the DDS examiner, who will notarize the form.

A parent or legal guardian must also sign your driver's license application with you. If your application will be signed by your legal guardian rather than your parent, your legal guardian must bring with him/her a certified copy (with an embossed seal from the court) of the court order granting guardianship.

The vehicle to be used for the road test must be properly insured; the insurance card and registration must be presented. The license plate (tag) must be valid (not expired). The vehicle must pass a safety inspection. A rental car may be used only if the person testing is listed as an authorized driver on the rental agreement. A Georgia official dealer tag (silver strip containing date) may be used for the road test within thirty days of purchase date, and original bill of sale papers must be presented.

The Driver's License fee is \$10.00 cash, money order, check, or credit/debit card.

Lost License

If you need a new license you must go to a local Georgia Department of Driver Services with proper identification to get a replacement. A fee is required.

Driving and Emotions

If you are extremely upset, angry, frightened, or grieving, DO NOT get behind the wheel of a car. You need some time to "cool off" before you drive. Driving when you are emotionally upset can be a dangerous and expensive way to express your emotions.

Seat Belts

Georgia law requires that "each occupant of a vehicle traveling on Georgia road and highways must be secured by a safety belt". This includes both front and rear seats.

*Auto Accidents are the Leading Cause of Teenage Deaths.
Fasten Your Seat Belt Each and Every Time and Get Others to do the Same!*

If a Police Officer Stops You

- Be ready to show your driver's license and proof of insurance. Always have these items while driving.
- Do not argue. It is very important to cooperate with the officer. Remain calm and be prepared.

If You Have an Automobile Accident

- Do not panic
- Remain as calm as you can
- Stop at once in a safe place
- Send for help if anyone is hurt
- Call for police (or have someone else call)
- Exchange the following information with the other drivers involved;
 - Name, address, phone numbers
 - Driver's License number
 - License Plate numbers, year and model of the car
 - Name of insurance company

If you damage an empty vehicle, locate the owner or leave the following information where the owner of the damaged care will find it: your name, address, and phone number. You should call the police to fill out an accident report in order to document the extent of the damages.

*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.

Fake ID and Driver's License

You can go to jail if you change or alter a driver's license or ID. Also, it is unlawful to use a driver's license or ID belonging to someone else.

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.

Middle and high school students shall have no more than seven (7) absences per semester. Middle and high school students who are absent more than seven (7) days per semester will receive credit if the student adheres to the makeup work provisions described in Policy JBD. In the event a reasonable suspicion exists that prolonged absences are not due to illness, medical documentation may be requested before it can

be determined whether or not to excuse the absence. Submission of appropriate documentation may be requested for absences due to extenuating circumstances or any absence listed under excused absences (Policy JD) prior to validating that the absence is an excused absence.



Academic Support

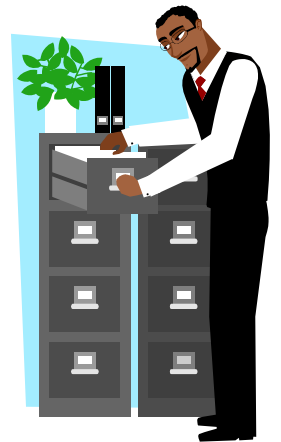
Middle school is a difficult time for many students. Students often struggle with grades, bullying, and peer pressure. Resources available to you at school include the counselor, school nurse, and school resource officer, teachers, principal and assistant principals.

JOB HUNTING

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 when finding a job. Here are some tips that might help you find a job.

Papers You Need

- 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

- For a Social Security Card call 1800-234-5772.
- You will need a certified copy of your Birth Certificate, which is available at the County Health Department where you were born. Otherwise you will need to contact Vital Statistics in Atlanta or in the state of your 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 not related to you.

How to Apply for a Job

You may want to call employers first to see if they are hiring; don't be shy. When you are looking for a job, be sure to dress neat and clean. Dress as though you were hired

and ready to go to work. 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.

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

- School Guidance Counselor
- Goodwill Industries of Atlanta (job training for disabled / disadvantaged)
404-377-0441
- West Central Georgia Workforce Development (work programs for youth)
770-229-3220

MENTAL HEALTH

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 stay cool 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.

Learn to Control Stress

- Be aware of stressful situation in you life.
- Take steps to reduce the causes of harmful stress.
- Find a stress-reduction technique you enjoy and stick with it.

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, like 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 near by. 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.

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

Crobsy Mitchell Counseling Services 770-233-2809
Keystone Counseling Center 770-474-8400

Options for Family	770-229-3460
Personal Growth	770-229-3000
Vista Family Relations	770-358-8602
Help-Line Georgia	(800) 338-6745

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.

PERSONAL SAFETY

At Home

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

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. If you are expecting company look through a window or peephole to see who it there. If the person is requesting to use your 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 DON'T HAVE TO OPEN YOUR DOOR TO ANYONE
UNLESS YOU WANT THEM INSIDE.***

When 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 911.
- 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 911.
- 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 PEOPLE AROUND YOU!!

Using 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 911.
- 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 floor.

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 ways is clear – and then go through the 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.

***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!***

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.

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

PHYSICAL HEALTH

As a teenager you go through many changes and you are probably becoming more independent and making more of your own choices. One of the biggest choices you face is regarding your health. Maintaining good physical health during the teen years is very important. Why? Because healthy habits, including eating a well balanced healthy diet and being physically active can help you feel good, look good and do your best in school, work or sports. They might also prevent diabetes, high blood pressure, heart disease, osteoporosis, stroke and some cancers.



Now is the time to take charge of your health. Making even small changes such as decreasing the amount of fast foods and sugar will help you look and feel your best.

Dental Health

A visit to your dentist every six months for examination and cleaning will also contribute to a healthy lifestyle and avoid most mouth problems. Brush after each meal, floss daily and avoid sugar, chewing tobacco, and smoking. If you need dental care talk with your parent to contact a private dentist; talk with your school nurse or contact the School Nursing office at 770-229-3710 ext. 350.

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”.
- 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 records in a safe place for future reference and update. You can get immunizations through your county health department or private physician. Spalding County Health Department 770-467-4740

RECREATION AND THE ARTS

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

- 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 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 friends 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 Resources

Camelot theater	404-232-7654
Curtains up for kids theater	770-228-3372
Flynt river writer group	770-228-5356
Griffin music club	770-227-2018
Griffin school for the arts	770-227-0775
Griffin Spalding art association	770-228-5424
Main street players	770-229-9916
Spalding County Parks and Recreation	
spaldingparksandrec.com	770-467-4750

SEXUALITY & SEXUAL HEALTH

Sexual Feelings

Sexual feelings are natural and normal. Learning to handle our sexuality in a responsible way is part of growing up. Decide for yourself what your limits are before the situation arises. 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 is right for each of them. If you don't agree, 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 do not know how to say NO without breaking up the relationship? It is 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:

- Say “NO.” You do not have to give a reason.
- If your partner persists, keep saying “NO.”

- If that does not 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.
- Once you have made yourself clear, refuse to talk about it anymore. (You may have to end the relationship.). PRACTICE saying “NO” before the situation arises.

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 is your body! There are risks to sexual activity, like becoming pregnant, emotional or social problems, contracting AIDS or other sexually transmitted diseases (STDs). When you have sex with someone, it is like having sex with everybody which that person has ever had sex.

Consider the Risks

Before you make a decision, get the facts and sort out your feelings. Think before you act because if you have sex, even once, it can result in a pregnancy, sexually transmitted disease (STD), emotional and social problems. 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? Are you willing to risk contracting a STD? Are you prepared to handle social isolation? Are you emotionally prepared to accept any or all of the risks?

Unplanned Pregnancy

Males and females alike have responsibilities in sexual relationships. These include responsible decision making, respecting the limits set by a partner, and properly using protection with all sexual partners. It is uncomfortable to think about, but more uncomfortable to become a parent before you are ready. As a parent you are responsible to support and care for your 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, STDs, emotional and social problems is by not having sex. Talk to someone who is responsible and mature.

Sexual feeling can be confusing. 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 teacher, minister, doctor, or adult family friend. All of the agencies listed below have someone available to help you sort out your feelings:

Caring House	770-229-4474
Girls & Boys Town National Hotline	1-800-448-3000
www.boystown.org/hotline	

National Youth Crisis Hotline	1-800-442-4673
Teen Talk Line	1-800-244-5373
Youth in Action	770-229-3116

Think You Are 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. Or, you may have another responsible and caring adult to whom you may turn. There are agencies that can help and give guidance. They have trained people who understand your feelings and needs. Don't put off finding help!! It is 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 the places listed below. Services are confidential.

Caring House	770-229-4474
Youth in Action	770-229-3116

If you have a positive pregnancy test, you must get early medical care. Seeing a doctor early in pregnancy, following a healthy diet, being physically active, avoiding alcohol, tobacco, and other drugs will help assure a safe and healthy pregnancy for you and your baby. Many agencies provide counseling, medical care, and/or linkage to resources. They can help you access affordable health care. The places listed below have someone who can talk with you:

Caring House	770-229-4474
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Right from the Start Medicaid @ Spalding County Health Department	770-229-3296
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Youth in Action @ Spalding County Health Department	770-229-3116
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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.

Adoption Advantage, Inc.	1-877-349-9334
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An Open Door Adoption Agency, Inc.	1-229-228-4726
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Bethany Christian Service 6654 Peachtree Dunwoody, NE Atlanta, GA 30328	1-800-238-4269
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Birthright International 1-866-576-2764

Caring House
127 North 13th Street
Griffin, GA 30223 770-229-4474

Catholic Charities of Atlanta
680 West Peachtree Street, NW
Atlanta, GA 30359 404-978-2777

Are You Hiding Your Baby?

Don't panic – you are not alone. There is a Safe Place for Newborns. You may leave your unharmed baby, up to 7 days old, with an employee at any licensed medical facility in Georgia without fear of legal prosecution of abandonment. The mother must give the medical facility proof of her identity and address, if available. Your baby will be given needed medical attention and placed in foster care for adoption. Newborn Lifeline Network 1-877-440-2229.

Teen Parenting

Being a parent is one of life's longest, toughest, and most important jobs. While giving love to your baby is important, your child's physical, mental, and emotional needs for proper growth and development are equally important. Many places offer practice sessions in infant care and safety or important parenting and childcare information. Call the following agencies for more information on parenting:

Spalding County Department of Family & Children Services
770-228-1386
Save Our Children Academy 770-228-9650
Youth in Action 770-229-3116
Teen Talk Line 1-800-244-5373
First Steps 770.885.6038

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 and continuing education or job training for you. Call for more information.

Spalding County Department of Family & Children Services
770-228-1386
Compassionate Services 770-227-7847
One Stop Career Center 770-227-7226
Southern Crescent Technical College 770-228-7348

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, blind, 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.

Treatment

STDs are treatable. Do not be ashamed or embarrassed to seek help! 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 tested and/or treated, too.

There are STDs that cannot 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 STDs

The only sure way to avoid STDs is to NOT HAVE 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.

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.

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 do not 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 are 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. The vaccine is available at your local health department.

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 skins (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.

Testing and Treatment

There are separate tests and treatments for each of the STDs and AIDS. Parental approval is not required. Services are confidential. Contact one of the following places for additional information:

CDC AIDS Hotline 1-800-232-4636

ASHA STD Hotline 1-919-361-8488

Spalding County Health Department 770-467-4740

Youth in Action @ Spalding County Health Department 770-229-3116

SPIRITUALITY

When you hear the word spirituality, what comes to your mind? Do you think of ghosts? Do you think of people who are crazy and spend a lot of time doing chants and burning candles? Understanding spirituality may be a bit confusing, but at its core, it is simply ***your relationship to the world beyond your five senses***. Spirituality is about how you experience life beyond seeing, touching, tasting, hearing, and smelling.

In order to experience the world beyond your five senses you must first believe that there is some greater spiritual being. Some people call that being, the Creator or a Higher Power, but most people call it God. God has created you in His likeness and in His image. You were created, not simply made. Being created means that God took time to make sure that all you needed to be your best was in place. He did not just throw some junk together and say, “Bam, there you go.” He did the exact opposite. He took time. He formed, knitted, shaped and molded you, not to be like anyone else, but to be like YOU and to be an image of Him on earth. That is why you have a spirit and your spirit is always seeking to be connected with the One that created it, God.



Spirituality is the journey that allows your spirit to make and maintain a connection with God.

Spirituality is not a religion, but can be found in the structure of religion. Often times, seeking to understand yourself and God in the structure of a church, synagogue, temple, or mosque can be helpful. Learning about God and spirituality can be done best in a community of people. We learn and grow through our relationships and experiences with other people on their spiritual journey. There are many places of faith in Griffin where you can start or continue your spiritual journey. Be wise in seeking those places. You may want to start out by going to a religious service with a friend or family member you trust. Below are five simple tips on how to move forward in your spiritual journey.

- ***Talk to people you respect.*** Seeking out people that you trust to support you and your spiritual journey is important. Look for someone that is open and honest and is willing share with you their experiences. Perhaps you may want to go with that person to their place of faith to learn more.
- ***Ask questions.*** As you learn more about yourself and God, many questions will arise. Ask them and keep asking until you are able to understand. Ask people you trust. There will be times when the only answers to some of your questions come from God. At those times, prayer is most important.
- ***Pray.*** Prayer is simply talking to God as if He were a friend sitting next to you. It does not require huge words or tons of time. Ask God questions and then listen. You may not physically hear an answer. The answer might “pop” into your head. Or after praying, someone might tell you something and what they say could be the answer. Or you may be reading a book and the answer is in the book. God

speaks in many ways. Your spirit will let you know what is true. Listen. If you are still unsure, talk with someone you trust about it for guidance.

- **Keep a journal.** Writing or typing in a journal can be helpful. It shows the progress you have made in your spiritual journey. You can see how far you have come and can see areas where you may want to improve. The journal is just a reflection of your thoughts about your life. Nothing is off limits. You can write your prayers in the journal and make note when your prayer is answered. You can write about the crappy day you had at school and how you felt. You can write about how proud of you are for improving your grades or for not snapping at your little brother.

Some people have trouble writing in journals. Start slow. Write a few lines each day. As you get more comfortable, you may start writing more. Some days, you might write more than others. Some days, you may write nothing at all. There is no set way to do it or no set amount of time or pages you should write. You decide. Just write and when you are done, put down the pen. Simple as that.

- **Share.** Our spiritual journey is both private and public. Your prayer time and journals may be private, but you learn and grow through your relationship with others, which is public. So just as you learn from others, others can learn from you. Share your experiences with your family and your peers. You may be the answer to their prayers and not even know it. Sharing helps you become more confident about your experience and it helps others not feel like they are all alone on their journey. It is a win-win for all.

SUBSTANCE ABUSE

Insert Substance Abuse Graphic add use following text underneath

Yusuke Pai Taylor Street Middle School

Any medication whether prescription or over the counter, when taken in amounts above the recommended dosage or that are taken for the purposes of getting “high” can be considered illegal and dangerous. Alcohol and tobacco are also considered “drugs”. At some point you may have to decide whether or not to try them. 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

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. If you drink a six-pack 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 depended on alcohol-even if they drink small amounts. If there is an alcoholic in your family you are at special risk.

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.

OTHER DRUGS

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.

SIDE EFFECTS OF DRUG USE

- Reduces learning ability
- Impairs memory, concentration and judgment
- Affects motor skills and can cause a decline in driving skills
- Causes a strong dependence
- Causes brain changes similar to those in old people when used over a period of time
- Alters your mood so you feel anxious and fearful
- Interferes with your ability to get along with others

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
- Confusion, anxiety, and depression
- Violent, erratic or paranoid behavior
- Blaming other people for things that happen in your life
- Poor school attendance
- Loss of interest in food, friends, family, sports, hobbies, school and other activities
- Losing touch with reality
- 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
- Coke/Meth bugs- the imaginary sensation of insects crawling on the skin.

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

A New Tomorrow	404-663-0601
Alcohol/Substance Abuse Services	770-358-5252
Alcoholics Anonymous	770-228-4357
Georgia Drug Abuse Helpline	1-800-338-6745
ICM-City of Hope	770-233-5114
Mothers against Meth	770-229-4020
McIntosh Trail CSB	770-358-5252
Midway Recovery	770-227-8975
National Drug Hotline	1-800-662-HELP
Pathways	770-229-3407
Surrender to Live	678-468-8536
Teen Challenge	770-567-8180
Tomorrows Woman	404-663-0601
Women of Excellence	770-707-0043

THE LAW AND YOU

Types of Offenses

Felony is the most serious offense with punishment up to one year imprisonment or longer, fine and/or other penalty such as community service. Examples of felony include murder, armed robbery, rape, drug dealing, car theft, and shop lifting.



Misdemeanor is less serious than a felony with punishment of up to 12 months imprisonment, fine, and/or other penalty such as community service. Examples include driving under the influence, criminal trespass, physical violence or threat of violence and shop lifting.

Violations may require fines or other penalties, but are not punishable by imprisonment. Failure to pay a fine or appear in court may result in jail time. Examples include traffic violations, playing the car stereos and littering the roadways.

*You Future Can Ruin Your Life If You Are Convicted of a Felony!!
Think Before You Act!!*

Juvenile Court

Juvenile Courts in Georgia were established for the protection, supervision, treatment and rehabilitation of children in need. Children “in need” are those who have been found to be “delinquent”, “unruly” or “deprived”.

A delinquent child is one who has committed an act which, if committed by an adult, would be considered a crime. An unruly child is one who commits an act which is not unlawful for an adult, but which is unlawful for those under the age of 17. Examples include running away, truancy, and habitual disobedience. A deprived child is one who has no parent, guardian, or custodian; one who is abandoned; or who is not receiving proper care of physical, mental, emotional health or morals.

Superior Court

Superior Courts in Georgia have exclusive jurisdiction over juveniles ages 13-16 who are alleged to have committed any of the following offenses:

- Murder
- Voluntary manslaughter
- Rape
- Aggravated sodomy
- Aggravated child molestation
- Aggravated sexual battery
- Armed robbery with a firearm

This means juveniles who are charged with the above offenses will be tried, and if convicted, sentenced as adults.

Rights of a Minor

If a minor gets in trouble with the law, he or she has the right to seek legal help from a private lawyer; if not, the court will appoint a lawyer.

Pranks

A simple prank, mischief, or something you may think is fun, can lead to serious charges in Juvenile or Adult Court. Examples include:

Prank Using firecrackers or “blow up” mailboxes
Charge Malicious destruction of property

Prank Rolling a house with toilet paper
Charge Trespassing or prowling

Prank Accessing any computer system, program or data, causing damage/loss o
data
Charge Theft

Prank Making obscene, harassing or prank telephone calls
Charge Harassment

TEEN DATING VIOLENCE

Violence is an epidemic affecting children and adults in all communities, regardless of economic status, race, religion, nationality, or educational background. The impact can cause feelings of helplessness and worthlessness, depression, fear, aggression, serious disruptions at home and school, severe injury and even death.

Domestic Violence is defined as a pattern of physically, psychological, sexually, and//or emotionally abusive behaviors used by one individual to assert power or maintain control. Domestic Violence can include both criminal and non-criminal acts. Typically, abusers have low self-esteem and blame others for their actions. They have a difficult time expressing themselves and are emotionally dependent on their partners.

If you are in a relationship and your partner

- Wants you to change basic things about yourself
- Takes charge of you and your social situations
- Does not approve of your friends
- Makes you frightened by their temper
- Makes threats and/or is verbally or physically abuse towards you
- Insists on sex and intimacy even when you don't want to
- Claims it is your fault when they verbally/physically abuse you
- Always says “I'll never do that again”
- Seek help immediately!

In a healthy relationship, you are entitled to having your own opinions. You should

- Go where you choose and not be followed or questioned by your partner

- Be able to spend time with family and friends
- Be treated with respect
- Be able to change your mind and fall out of love or break up without feeling threatened or harassed
- Be free from any responsibility for your partner's behavior and live without fear.

If you know someone who is in an abusive relationship

- Recognize the signs
- Ask questions that do not judge or blame
- Do not force them to get help or take advice, but do offer to go with them to seek help
- Call the police if you witness an assault!

For more information on Domestic Violence, Teen Dating Violence and Sexual Assault, contact the Victim Service Unit, Spalding County Sheriff's Department, at 770-467-1012 or Promise Place, the local Domestic Violence Shelter, at 770.460.1604.

WHERE TO TURN IN TIME OF NEED

Insert Butterfly Graphic and use following text underneath
Yusuke Pai Taylor Street Middle School

Child and Elder Protection

Advo-Kids CASA	770-719-0008
Prevent Child Abuse GA	800-244-5373
Safe Place for Newborns	877-440-2229
Spalding County Department of Family Children Services	770- 228-1386

Domestic Violence

Christian Women Center	770-227-3700
Community Intervention Resources	770-783-1499
Promise Place 24/7	866-780-3718
Sheriff's Victim Services	770-467-1012

Food Assistance

Abundant Life Soup Kitchen	
132 N. 10th St	
Mon-Thurs 11AM-1PM & Fri 11AM-12PM	
Angel Food Ministry:	
Church on Fire	770-412-7010
Mt. Zion Baptist Church	770-228-0310
Eagles Way Church	770-228-4699
Commodity Food Distribution	770-567-8116
First Baptist Church /	

Scout Lodge 308 8th St.
Monday only 8:30-10AM
Five Loaves & Two Fish 770-228-1260
Harvest Temple Church of God 770-227-3895
Call Tuesday only by 10AM
Salvation Army 770-412-6561
Spalding Co DFCS (SNAP) 770-228-1386
WIC Nutrition Program 770-228-7394

Housing

Affordable Housing 770-412-0595
Chance House for Men 770-412-1491
Christian Women’s Center 770-227-3700
Dept of Community Affairs 770-838-2600
(DCA -Section 8 Rental)
Griffin Housing Authority 770-227-7657
Griffin Habitat for Humanity 770-227-2943
House of Hope (4PM- 8AM) 770-227-2336
Surrender to Live 678-468-8536
Women of Excellence 770-707-0043

Medical Services

Emergency Assistance 911
Amedisys Home Health 770-229-4962
American Cancer Society 770-631-0625
Children with Special Needs 800-847-4262
Christian Ministries Hospice 770-233-9526
GeorgiaCares (Prescription Info) 800-669-8387
Heritage Healthcare 770-228-4517
Hope Health Clinic 770-412-1053
McIntosh Trail CSB 770-358-5252
PeachCare for Kids 770-427-3224
Partnership for Caring 800-982-4723
Poison Control Center 800-222-1222
Powerline (medical referral) 770-451-5501
Right from the Start Medicaid 770-229-3296
Spalding Co DFCS (Medicaid) 770-228-1386
Spalding County Health Department 770-467-4740
Spalding Regional Medical Center 770-228-2721
Youth in Action Teen Center 770-229-3116
United Home Care 770-228-0525
United Hospice 770-254-8612

Utility Assistance

Energy Assistance Program 770-567-8116
First United Methodist Church

2nd Tues of Month 1:30—3PM
Pike Neighbor Service Center 770-567-8116
Salvation Army 770-412-6561
Spalding Samaritans 404-784-4455
3rd Tuesday of Month, 1-2 PM

Miscellaneous

American Red Cross 404-876-3302
Child Support Enforcement 404-921-1490
Community Intervention Resources 770-783-1499
Georgia Legal Services 404-894-7707
G/S County School System 770-229-3700
Parks & Recreation Dept 770-467-4750
Project Life Saver 770-467-4210
Public Transportation- COATS 770-229-4885
Suicide Hope Line 800-784-2433
Trauma Resolution 770-227-2308
United Way 770-229-4212

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Department of Juvenile Justice
District 4 Health Services Adolescent Health Youth Development Program
Spalding Collaborative Healthy Youth Committee
Spalding County Board of Health
Spalding County Parks and Recreation
Spalding County School System
Spalding County Sheriff's Department
Spalding Regional Medical Center
Spalding Youth Advisory Council
WellCare Health Plan
Yusuke Pai Taylor Street Middle School
Youth in Action Teen Center

BACK OF BOOKLET
Center of back...

**Spalding Collaborative
PO Box 701
Griffin, Georgia**

**For more information visit our website @
www.spaldingcollaborative.com**