

**YOUTH  
YELLOW  
PAGES**

**5TH EDITION**

**WAUKESHA COUNTY**



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## **5th Edition Youth Yellow Pages**

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A self-referral directory for youth  
developed by:



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

Thank you to the Addiction Resource Council, Community Memorial Hospital and Waukesha County Community Development Block Grant for their assistance in producing this publication.

## **ABOUT YOUTH YELLOW PAGES**

This is the 5th Edition of the Youth Yellow Pages (YYP). It began as a partnership among the 1997 Class of Leadership Menomonee Falls, Community Memorial Hospital, Mental Health Association in Waukesha County, Inc. and YWCA of Waukesha. YYP was designed to provide information and referral services for Waukesha County youth.

We are very interested in hearing what you have to say about the YYP. If you have any comments or suggestions or would like additional copies, please call the Mental Health Association in Waukesha County, Inc Community Prevention Education Program at (262) 547-0769.

The inclusion of agencies in the Youth Yellow Pages does not constitute endorsement by any of the agencies who were included in this booklet, nor does omission constitute disapproval.

The text used in this edition is a revised version produced by FIRST CALL, a program of the United Way of Marathon County in Wausau, Wisconsin. If you are interested in reproducing this version, please contact:

United Way's FIRST CALL

137 River Drive

Wausau, WI 54403

(715) 848-2927

# 24 HOUR EMERGENCY NUMBERS

## Emergency

FIRE, POLICE or AMBULANCE.....911

## Alcohol and Other Drug Abuse

Addiction Resource Council

Helpline.....262-524-7920

.....www.arcouncil.net/main.asp

Prohealth Care Behavioral Medical Centers- Waukesha &  
Oconomowoc Memorial Hospitals

Assessment & Referral Service.....(262) 928-4036

.....(800) 326-2011

.....www.waukeshamemorial.org

## Child Protective Services

Waukesha County Dept. of Health and Human Services

Access/Intake.....(262) 548-7212

.....TTY/TDD (262) 548-7311

.....www.co.waukesha.wi.us

## Family Violence or Abuse

The Women's Center Crisis Line..... (262) 542-3828

..... (888) 542-3828

## HIV/AIDS

AIDS Resource Center of WI

WI HIV, STD, Hepatitis C Information and Referral Center

..... (414) 273-2437

..... (888) 334-2437

.....www.arcw.org

# 24 HOUR EMERGENCY NUMBERS

## **HIV/AIDS, continued**

American Social Health Association

National STD & AIDS Hotline..... (800) 342-2437  
.....Spanish (800) 344-7432  
.....TTY/TDD (800) 243.7889

## **Rape/Sexual Assault**

The Women's Center Crisis Line..... (262)542-3828  
..... (888) 542-3828  
.....www.twcwaukesha.org

## **Poison Control**

State Poison Center..... (414) 266-2222  
..... (800) 222-1222  
.....TTY/TDD (414) 266-2542  
Children's Hospital of WI.....www.chw.org

## **Runaway Issues**

Children's Service Society of Wisconsin

Serving TeenAge Runaways (STAR).....(262) 547-7707  
.....www.cssw.org

## **Suicide/Emotional Support**

Hopeline Network.....(800) SUICIDE  
..... TTY/TDD (800) SUICIDE  
.....www.hopeline.com  
Mental Health Association in Waukesha County, Inc.  
211/First Call For Help..... 2-1-1 or (262) 547-3388  
.....TTY/TDD 2-1-1 or (262) 547-3388  
.....www.mhawauk.org

## INTRODUCTION

As a teenager in Waukesha County, you are faced with many questions and decisions. The Youth Yellow Pages is a resource guide written just for you. It focuses on the kinds of issues youth face and offers information and contact numbers so you can find the answers or services you need. The Youth Yellow Pages will help you make individual choices and informed decisions.

Whether your needs are physical, emotional, educational and/or recreational, someone can help. There are many people in your life who can listen and be helpful to you. Your parents, family members, family friends, religious leaders, teachers or counselors all want you to have the information you need to make good decisions. If you need immediate assistance or information, call 211/First Call For Help for free, confidential, anonymous assistance 24 hours, 7 days a week.

This directory is here to remind you that you are not alone. There are people who care. Don't be afraid to turn to them.

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## ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS)

AIDS can happen to anyone! AIDS stands for Acquired Immune Deficiency Syndrome and is caused by a virus called HIV (Human Immunodeficiency Virus.) HIV may live in the human body for many years before a person becomes sick. HIV attacks the body's immune system, leaving the body defenseless and unable to fight off infections and diseases. Without the immune system's protection, the body is defenseless against serious and potentially life-threatening diseases which can lead to the development of Acquired Immune Deficiency Syndrome (AIDS), the later stage of HIV infection. It is important to know the facts about HIV and AIDS. People are often afraid to be tested in fear of finding out they have HIV, but the sooner you find out the better chance you have at living a longer life. There has been many advancements in the treatment of HIV disease.

**Fact:** AIDS is a leading cause of death among people age 15-24.

**Fact:** HIV can be spread by sexual contact, blood-to-blood contact, sharing needles and syringes when using illegal drugs, or by transfusions of contaminated blood. In addition, babies of women who have been infected with HIV may be born with the infection because it can be transmitted from the mother to the baby before or during birth and through breast-feeding.

**Fact:** HIV is not spread by casual contact in schools, at parties, in swimming pools, stores or the workplace.

**Fact:** You cannot contract HIV/AIDS by hugging, shaking hands, or simply being near a person.

## AIDS, continued

How can you protect yourself? By making smart choices about your personal behavior, you could save your life. Most people get HIV/AIDS from drug use or sexual contact.

- **DON'T DO DRUGS.** Stay away from drugs; especially needle drugs and people who use them. **NEVER SHARE A NEEDLE** with anyone.
- **REMEMBER** it is OK to say **NO** to sex. Not having sexual intercourse is the surest way to avoid HIV/AIDS. **ABSTINENCE**, not having sex, is the only **RISK-FREE** way.

If sex becomes part of your life, ANY kind of sex, including oral sex, use latex condoms. Condoms are not 100% safe. The only way that is 100% safe is abstinence, and not having sex. However, if a person is going to have sex, a latex condom can help stop the spread of HIV/AIDS when used properly from start to finish.

### **For more information, call:**

AIDS Resource Center of WI, Inc.....(414) 273-1991  
.....(800) 359-9272  
.....TTY/TDD (414) 291-2799  
.....www.arcw.org

*Offers HIV/AIDS counseling and testing as well as community education and support services to those infected with HIV/AIDS.*

WI HIV, STD, Hepatitis C Information & Referral Center  
.....(414) 273-2437  
..... (800) 334-2437  
.....www.irc-wisconsin.org

*Anonymous 24-hour information and referral center.*

## AIDS, continued

American Social Health Association

National Sexually Transmitted Diseases (STDs) & AIDS

Hotline.....(800) 342-2437

.....Spanish (800) 344-7432

.....TTY/TDD (800) 243-7889

.....www.ashastd.org

*Answers basic questions about AIDS/HIV prevention, transmission, testing, and health care.*

### **For confidential HIV/AIDS testing, call:**

AIDS Resource Center of WI, Inc..... (414) 273-1991

..... (800) 35-9272

.....TTY/TDD (414) 291-2799

.....www.arcw.org

*Offers free, anonymous and confidential testing. Pre and post-testing counseling, prevention information is also provided.*

Waukesha County Department of Health & Human Services,

Public Health Department

AIDS/HIV Program..... (262) 896-8450

..... (800) 540-3620

.....TTY/TDD (262) 896-8234

.....www.waukeshacounty.gov

*Ask for the Public Health Nurse, who will explain how to get confidential, free, anonymous HIV/AIDS testing.*

For more information on Sexually Transmitted Diseases (STDs), see page 66

## ALCOHOL & OTHER DRUGS (AODA)

The information in this section was taken from the U.S. Department of Health and Human Services, National Institute on Drug Use. For more information, visit the web site at [www.nida.nih.gov](http://www.nida.nih.gov).

**ALCOHOL** is considered a drug, even though its use is legal for those over 21. Alcohol, just like any other drug can be fatal. It affects all of your body functions, slows heart rate and breathing and affects the brain. It also affects your behavior and ability to make decisions. Alcohol is the most abused drug across all age groups and consuming any alcohol before the age of 21 is illegal. For more information about the law and underage drinking see page 33.

**Warning:** *Many popular drinking games can be fatal due to the amount of alcohol consumed. The body is unable to metabolize alcohol this quickly and can result in brain damage or death. Also, combining alcohol with other drugs is EXTREMELY dangerous.*

**CRACK & COCAINE** is a powerfully addictive stimulant drug that interferes with the re-absorption process of dopamine, a chemical messenger associated with pleasure and movement. Physical effects of cocaine include constricted blood vessels, dilated pupils, and increased temperature, heart rate and blood pressure. Cocaine can cause feelings of restlessness, irritability, anxiety and paranoia. Other complications include disturbances in heart rhythm and heart attacks, chest pain and respiratory failure, strokes, seizures, headaches, and gastrointestinal complications such as abdominal pain and nausea.

**GHB** (Liquid Ecstasy, soap, easy lay, vita-G, and Georgia home boy) is abused for its euphoric, sedative, and anabolic (body building) effects. Coma and seizures can occur following abuse

## AODA, continued

of GHB. Using it with other drugs like alcohol can result in nausea and breathing difficulties. Withdrawal effects, including insomnia, anxiety, tremors, and sweating. GHB has been involved in poisonings, overdoses, date rapes, and deaths.

**HEROIN** (Smack, H, Skag, and Junk) is an addictive drug associated with serious health conditions, including fatal overdose, spontaneous abortion, collapsed veins, HIV/AIDS, and hepatitis. Mental functioning becomes clouded. Long-term effects of heroin appear after repeated use for some period of time, including collapsed veins, infection of the heart lining and valves, abscesses, cellulitis, and liver disease. Pulmonary complications, including various types of pneumonia, may result from the poor health condition of the abuser, as well as from heroin's depressing effects on respiration. The use of heroin can result in clogging the blood vessels that lead to the lungs, liver, kidneys, or brain. This can cause infection or even death of small patches of cells in vital organs.

**INHALANTS** are breathable chemicals found in household solvents, aerosol sprays or anesthetic agents. Most are toxic as well as intoxicating. They poison you as you experience a brief high. If you sniff, huff or bag these poisons, you are at risk of:

- Accidental injury, because you are more likely to have a serious accident when huffing has impaired your judgment,
- Physiological harm, because the active ingredients in most inhalants can cause nausea, fatigue, loss of coordination, changes in pulse and respiration, and permanent damage to the nervous system; or
- Death, because your heart or breathing may stop entirely.

## AODA, continued

**KETAMINE** (Special K or vitamin K) is an anesthetic that has been approved for both human and animal use. Certain doses can cause dream-like states and hallucinations and in high doses delirium, amnesia, impaired motor function, high blood pressure, depression, and potentially fatal respiratory problems.

**LSD** (acid) is a crystalline compound, derived from lysergic acid and is a powerful hallucinogenic drug. The effects of LSD are unpredictable and can include dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, loss of appetite, sleeplessness, dry mouth, and tremors. Sensations and feelings also change. You may feel several different emotions at once or swing rapidly from one emotion to another. If taken in a large enough dose, the drug produces delusions and visual hallucinations. Some LSD users experience severe, terrifying thoughts and feelings, fear of losing control, fear of insanity and death, and despair.

**MARIJUANA** (pot, weed) affects your memory and interferes with thinking and coordination. It can cause you to feel depressed, anxious, can interfere with feelings, the ability to learn, and make decisions. The more you use marijuana the more you are likely to fall behind in school, work, or social skills. Marijuana use can interfere with family, school, work, and recreational activities. Smoking marijuana increases your risk of a heart attack more than 4 times in the first hour after smoking it, and can lead to addiction.

**MDMA** (Ecstasy, XTC, and Hug Drug) is a synthetic, psychoactive drug. It can interfere with the body's ability to regulate temperature, leading to a sharp increase in body temperature (hyperthermia), resulting in liver, kidney, and cardiovascular system failure. Potentially harmful levels can be reached by

## AODA, continued

repeated drug use within short intervals and can lead to changes in brain function, affecting thinking and memory. MDMA can lead to symptoms of depression several days after use.

**METHAMPHETAMINE** (Speed, Meth, and Chalk) is an addictive drug stimulant. It causes symptoms like those of Parkinson's disease, a severe movement disorder.

Methamphetamine causes increased heart rate and blood pressure and can cause irreversible damage to blood vessels in the brain, producing strokes. Other effects of methamphetamine include respiratory problems, irregular heartbeat, and extreme anorexia. Its can result in cardiovascular collapse and death.

**NICOTINE** is found in cigarettes, chewing tobacco, snuff, and other tobacco products. It is hard to quit using and is harmful to your health. It can cause mouth and/or throat cancer, lung cancer and heart disease, and other health problems.

**PCP (Phencyclidine)** (Angel dust, Ozone, Wack, and Rocket Fuel) is a white crystalline powder that is readily soluble in water or alcohol. At low to moderate doses, physiological effects of PCP include a slight increase in breathing rate and a pronounced rise in blood pressure and pulse rate. Breathing becomes shallow, and flushing and profuse sweating occur. Generalized numbness of the extremities and loss of muscular coordination also may occur. At high doses of PCP, blood pressure, pulse rate, and respiration drop. This may be accompanied by nausea, vomiting, blurred vision, flicking up and down of the eyes, drooling, loss of balance, dizziness and can also cause seizures, coma, and death. High doses can also cause symptoms that mimic schizophrenia, such as delusions, hallucinations, paranoia, disordered thinking, a sensation of distance from one's environment, and catatonia.

## AODA, continued

**ROHYPNOL** (Rophies, Roofies, Roach and Rope) can incapacitate victims and prevent them from resisting sexual assault. It can produce "anterograde amnesia," which means individuals may not remember events they experienced while under the effects of the drug and may be lethal when mixed with alcohol and/or other depressants.

**STEROIDS** are man-made substances related to male sex hormones. These drugs are available legally only by prescription. Abuse of steroids can lead to serious health problems, some irreversible. Aggression and other psychiatric side effects may result from abuse of steroids. Depression often is seen when the drugs are stopped and may contribute to the dependence. Use can cause paranoid jealousy, extreme irritability, delusions, and impaired judgment stemming from feelings of invincibility.

### **CHECKLIST FOR ALCOHOL OR DRUG USE**

This list of questions can help you determine if your use (or someone else's use) of alcohol or drugs has become a problem.

**Answer YES or NO**

**Do you or does someone you know:**

- Drink/do drugs because of problems?
- Drink/do drugs when mad at others?
- Find grades or work habits are starting to slip?
- Try to drink/do drugs less often and fail?
- Drink/do drugs even when you don't mean to?
- Drink/do drugs in the morning? Before school or work?
- Have blackouts or times when you cannot remember?
- Lie about drinking/drug use?
- Ever get in trouble because of drinking/drug use?
- Think it's cool to drink or get high?

**If you answered YES to ANY of these questions, ASK FOR HELP!**

## AODA, continued

Today, everyone is exposed to the temptation to try alcohol or drugs. Some people experiment for curiosity, peer pressure, or to escape problems in their lives. Alcohol and drugs can gradually begin to control your daily life. Addiction can sneak up on you! When used in large amounts, or over a long period of time, or in the wrong combination, alcohol or drugs can kill.

The dangers are:

- Long term physical or mental illness
- Causing harm to self and others
- Overdose

Alcoholism and chemical dependency are diseases. Like many other diseases, they can be passed from one generation to another. If someone in your family has had a problem with drugs or alcohol, it is even more important that you carefully consider your choices, because you may be at risk. Saying no to drugs or alcohol is the best choice for your own health.

Sometimes it may be necessary to make a choice for yourself that is different from the choices others make. You, not others, are in charge of your choices (also see Peer Pressure, page 44).

You cannot be sure how you and your body will react to using drugs or alcohol. Permanent damage can happen at any point, even with the first use of some drugs.

**For an alcohol or drug-related emergency, get to a hospital emergency room or call 911.**

**For information or treatment, call:**

Addiction Resource Council

Helpline..... (262) 524-7920

.....[www.arcouncil.net/main.asp](http://www.arcouncil.net/main.asp)

*Provides information on alcohol or other drug abuse and referrals to treatment options.*

## AODA, continued

ProHealth Care Behavioral Medical Centers- Waukeshsha &  
Oconomorow Memorial Hospitals

Assessment & Referral Service.....(262) 928-4036  
..... (800) 326-2011

*Offers free and confidential alcohol and other drug abuse assessment and  
treatment services.*

Lawrence Center.....(262) 928-4253  
.....www.waukeshamemorial.org

*Provides referrals to treatment resources and intervention planning for fam-  
ily members, as well as inpatient and outpatient care.*

Waukesha County Dept. of Health and Human Services

Mental Health/Alcohol and Other Drug Abuse Clinic.(262) 548-7666  
..... TTY/TDD (262) 548-7311

.....www.co.waukesha.wi.us/

*Alcohol and other drug abuse services available for adolescents and adults;  
outpatient treatment (including services for court-ordered individuals).*

La Casa de Esperanza, Inc.

Relapse Prevention Program..... (262) 928-4402  
.....www.lacasadeesperanza.org

*Offers assessments, primary for outpatient treatment for adolescents and  
adults. Also offers referrals to treatment programs.*

Norris Adolescent Center

Alcohol & Other Drug Abuse Clinic..... (262) 662-5900  
.....www.norriscenter.org

*Offers assessment and treatment services for substance abuse.*

Rogers Memorial Hospital

Assessment & Admission Services..... (262) 646-4411  
..... (800) 767-4411

.....www.rogershospital.org

*Admissions and needs assessment for substance abuse concerns.*

## AODA, continued

### **For self-help or support programs, call:**

Alcoholics Anonymous, Greater Milwaukee Central Office.....  
.....(414) 771-9119

.....www.aamilwaukee.com

*Provides information to individuals seeking help with alcoholism and related issues.*

Al-Anon Family Groups of Southeastern WI..... (414) 257-2415

.....www.al-anonteen.org

*Provides support for individuals who believe their lives have been affected by someone else's alcoholism.*

Cocaine Anonymous of WI..... (414) 445-LIFE

.....www.execpc.com/~cocaine

*Offers a 12-step program for individuals who desire to stop using cocaine and all mind altering substances.*

Families Anonymous- Southeastern WI Intergroup....(414) 384-8051

..... (800) 736-9805

.....www.familiesanonymous.org

*Offers a 12-step self-help group for individuals having difficulty coping with the alcohol/drug abuse and/or behavior problems of a loved one.*

Narcotics Anonymous- WI Regional Office..... (414) 390-5389

..... (800) 240-0276

.....www.wisconsinna.org

*Offers a 12-step group for individuals recovering from the disease of addiction.*

### **For other help on Alcohol & Other Drugs, call:**

Mental Health Association in Waukesha County, Inc.

211/First Call For Help..... 2-1-1 or (262) 547-3388

.....www.mhawauk.org

*Offers Information & Referrals to community programs as well as listen-*

## COUNSELING

Today, more than ever, it seems life pressures are hard to escape. You may feel stress building at home, at school, at work, and most of all, within yourself. Bottling up your feelings can bring you farther "down", leaving you drained, confused, and depressed. It may be hard for you to share your thoughts or feelings with others, especially those who are close to you. Almost everyone experiences a time in their life when talking to a mental health professional is the best choice. The solutions to your problems may seem easier to find by expressing your feelings to someone who is trained in the mental health profession.

In Waukesha County, 211/First Call For Help can help locate counseling options and help you to start sorting through your thoughts, feelings and problems. You can also talk with your school counselor and see what assistance is available. Once you contact a counseling center, you may want to ask whether parental permission is required for services and how much the counseling costs.

### **WARNING SIGNS**

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

- Sudden changes in mood or behavior
- Depression – feeling unhappy for a long time
- Anxiety – strong feelings of fear or nervousness
- Losing your temper over small things
- Dropping grades
- Talking about suicide
- Problems sleeping, or change in sleep patterns
- Change in appetite
- Isolation from friends and loved ones

## COUNSELING, continued

**If you or someone you know is considering suicide, immediate help and information is available, 24 hours a day by calling:**

Hope Network.....(800) SUICIDE  
*Offers suicide and crisis counseling 24 hours a day, for people who are thinking about suicide, or for people who are afraid a loved one is in danger.*

Mental Health Association in Waukesha County, Inc.  
211/First Call For Help.....2-1-1 or (262) 547-3388  
*Offers information & referral to community programs, as well as listening support and crisis intervention.*

**For more information about suicide, see page 68.**

**For more information about counseling programs in Waukesha County that specialize in helping youth, call:**

Mental Health Association in Waukesha County, Inc.  
211/First Call For Help.....2-1-1 or (262) 547-3388  
.....[www.mhawauk.org](http://www.mhawauk.org)  
*Offers information & referral to community programs, as well as listening support and crisis intervention.*

HELP Center.....2-1-1 or (262) 547-3388  
.....[www.mhawauk.org](http://www.mhawauk.org)  
*Offers short term counseling to assist in identifying problems and the resources available.*

## COUNSELING, continued

Children's Service Society of Wisconsin

Serving TeenAge Runaways (STAR)..... (262) 547-7707

.....www.cssw.org

*Free short-term crisis intervention/short term counseling for youth and families.*

ProHealth Care Behavioral Medical Centers- Waukesha &  
Oconomowoc Memorial Hospitals

Assessment & Referral Service..... (262) 928-4036

..... (800) 326-2011

.....www.waukeshamemorial.org

*Free and confidential mental health assessments. Includes screenings for anxiety, depression, eating disorders and other behavioral health issues. Referrals for treatment provided.*

Waukesha County Dept. of Health and Human Services

Mental Health/Alcohol and Other Drug Abuse Clinic

..... (262) 548-7666

.....TTY/TDD (262) 548-7311

*Offers individual, couple, group and family therapy; psychological assessments; consultation, community education, emergency assessments and crisis intervention services. Specialized services for children/adolescents with severe emotional disabilities and their families are also available.*

## **DIVERSITY ISSUES**

Attitudes and beliefs about others impact how people interact with each other. Some attitudes and beliefs are based on things such as religion, race or ethnicity, and sexual orientation. It can be extremely difficult for individuals who are treated in a way that is negative due to some "difference".

### **BECOME AWARE...**

It is important to realize that no matter what difference you see between yourself and others, everyone has feelings and thoughts and wishes and dreams. We all want to be treated with kindness and respect. The first thing that you can do is become aware of any pre-existing ideas that you may have, and try to change these beliefs.

### **WHAT DO I DO...**

Most schools have a diversity organization that you can become involved in. The activities put on by these organizations help to promote awareness and create an environment of acceptance. Contact your guidance counselor or other staff member to find out about diversity organization at your school.

Wisconsin law prohibits discrimination in public schools on the basis of race, religion, national origin or ancestry. The law requires local school boards to develop policies to help protect students in the classroom, during extra-curricular events, and while participating in school recreational programs. **IF YOU THINK THAT YOU HAVE BEEN DISCRIMINATED AGAINST IN ANY WAY, TALK TO YOUR PRINCIPAL OR GUIDANCE COUNSELOR.**

## DIVERSITY ISSUES

**If you would like more information about diversity issues, or feel you have been discriminated against, call:**

La Casa de Esperanza, Inc.....(262) 928-4402

*Offers counseling services that can meet the needs of individuals who have been discriminated against.*

Milwaukee Lesbian Gay Bisexual Transgender Community Center..... (414) 271-2656

*Offers a variety of support services for individuals who are lesbian, gay, bisexual or transgender.*

Wisconsin Coalition of Advocacy..... (414) 342-8700

*Protection and advocacy agency for individuals with disabilities.*

Equal Opportunities Commission.....(262) 524-3645

*Governmental organization that receives and evaluates all claims of discrimination in the areas of employment, housing, landlord-tenant and consumer issues.*

# DIAL HARMONY

**free...factual...anonymous information:**

Messages for Teens and Young Adults..... (262) 547-3826

Using your touch tone phone, select the message you want to hear by pressing the four-digit number next to the topic. You may use the service 24 hours a day, every day.

## **PRACTICAL CONCERNS**

0100 Tips On Finding A Part-Time Job

0103 Moving Out?

## **VOCATIONAL CONCERNS**

0200 Too Young To Know What You Want To Do For The Rest Of Your Life?

0201 Alternatives To Attending College

0202 Making A Career Choice That's Right For You

## **PHYSICAL HEALTH**

0302 Coping With Your Skin Problems

0303 How To Kick The Cigarette Habit

0304 Are You Becoming Anorexic?

## **SEXUALITY**

0400 Growing Up Female: What's Happening To My Body?

0401 Growing Up Male: What's Happening To My Body?

0402 How Does Someone Become Pregnant?

## **DIAL HARMONY, continued**

- 0403 Am I Pregnant?
- 0404 If You Just Found Out Your Girlfriend Is Pregnant...
- 0405 Telling Your Parents You're Pregnant
- 0407 Myths About Birth Control
- 0408 Abortion Information
- 0409 Are You Thinking About Keeping The Baby?
- 0410 Adoption Information
- 0411 VD/Sexually Transmitted Diseases
- 0412 AIDS - Acquired Immune Deficiency Syndrome
- 0413 Sex and Love: Is There A Difference?
- 0414 How Can You Tell If You're Really In Love?  
(by Dr. Sol Gordon)
- 0415 How Far Is "Too Far"?
- 0416 Sex - Are You Ready For It?
- 0417 It's OK To Say No
- 0418 Masturbation
- 0419 Homosexuality
- 0420 Rape and Rape Prevention
- 0421 If Someone Is Touching You In Ways That Make You  
Feel Uncomfortable

### **PROBLEMS WITH PARENTS**

- 0500 So You've Lost Your Parents' Trust, Can You Get It  
Back?
- 0501 Why Do I Sometimes Feel That I Hate My Mother  
Or Father?

## **DIAL HARMONY, continued**

- 0502 How To Help Your Parents Hear What You're Saying
- 0503 No Communication With Your Parents?
- 0504 Tired Of Being Compared? What To Do About It
- 0505 Problem With Parents Over Fighting With Your Brothers And Sisters.
- 0506 Problem With Parents Over Friends And Dates
- 0507 Problem With Parents Over Hours
- 0508 Problem With Parents Over Smoking (Cigarettes)
- 0509 Problem With Parents Over Drugs
- 0510 Why Can't I Do What I Want? Coping With Rules
- 0511 When Your Parents Complain About Your Attitude Or Lack Of Respect
- 0512 Expected To Act Like An Adult But Treated Like A Child?
- 0513 "When I Was Your Age..."
- 0514 Living With A Parent Who Has A Drinking Problem
- 0515 When Your Parents Separate Or Divorce
- 0516 When Your Parents Remarry

### **SOCIAL AND SCHOOL CONCERNS**

- 0600 Is Everybody Dating But You?
- 0601 Going Steady: What's In It For You?
- 0602 How Important Is It To Be Popular?
- 0603 Being A Woman In Today's World
- 0604 Dealing With Your Shyness

## **DIAL HARMONY, continued**

- 0605 Is Shoplifting Stealing?
- 0606 Lying
- 0607 Feeling Pressured To Cheat (In School)
- 0608 Handling Stress
- 0609 Better Communication With Your Teacher
- 0610 Ready To Begin Dating?
- 0611 Handling Fights With Friends
- 0612 Cults And The Occult
- 0613 Gangs And Violence

### **EMOTIONAL CONCERNS**

- 0700 Handling Your Anger (Jealousy, Hurt, etc.)
- 0701 Becoming The Person You'd Like To Be
- 0702 It's Not Easy Being A Teen
- 0703 Feeling Lonely?
- 0704 Feeling Really Down? How To Cope With It
- 0705 Do You Feel That Nobody Loves You Or Cares About You?
- 0706 Why Do I Always Feel So Guilty?
- 0707 Are You Unhappy With The Way You Look?
- 0708 Dealing With Rejection
- 0709 Why Do I Sometimes Feel That I Hate My Brother Or Sister?
- 0710 What To Do If You Hate Your Teacher
- 0711 How To Help A Friend Who's Thinking About Suicide

## **DIAL HARMONY, continued**

- 0712 Are You Thinking About Suicide?
- 0713 If You're Thinking Of Running Away From Home
- 0714 What To Do If You Think You're Being Abused
- 0715 Coping With The Death Of Someone You Love
- 0716 How To Survive Breaking Up
- 0717 How To Get More Of What You Want In Your Life
- 0718 Succeeding In Relationships
- 0719 Dating Violence And Abuse

### **DRUGS**

- 0800 Combining Alcohol And Other Drugs (Or, What You Don't Know Can Hurt You)
- 0801 Why Do You Drink?
- 0802 Are You Drinking Responsibly (Or Irresponsibly)?
- 0803 Some Facts About Drugs
- 0804 Drug Dependency
- 0805 Choices For The Future: Alcohol And Pregnancy

Dial Harmony also provides messages for parents. A listing of titles can be ordered by calling:

Mental Health Association in Waukesha County, Inc.

211/First Call For Help.....2-1-1 or (262) 547-3388

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

## EATING DISORDERS

There is a lot of pressure out there to look good. This may come from many sources, such as parents, friends, boyfriend/girlfriend or from ourselves. This pressure can be overwhelming in influencing how we feel about our weight especially since our culture is "thin obsessed" and focused on perfect bodies. People who wish to be "perfect" may fear that any loss of control means failure. Feelings of inadequacy, depression, anxiety, and loneliness, as well as troubled family and personal relationships, may contribute to the development of an eating disorder. Once started, eating disorders may become self-perpetuating. Dieting, binge eating, and purging may help some people cope with painful emotions and feel as if they are in control of their lives. Yet at the same time, these behaviors undermine physical health, self-esteem, and a sense of competence.

Some of the eating disorders that people struggle with are compulsive overeating, anorexia, and bulimia. Each of these disorders is characterized by different symptoms, but the underlying feelings are typically very similar.

### **Compulsive Overeating**

Characterized by periods of impulsive or continuous eating. Compulsive overeaters may continue to eat even after becoming uncomfortably full.

### **Anorexia**

Characterized by self-starvation and excessive weight loss, although the individual may not feel that he or she is skinny enough.

## EATING DISORDERS, continued

### **Bulimia**

Characterized by secretive cycles of excessive eating followed by purging the food. This may be done by self-induced vomiting, misusing laxatives, diet pills, and diuretics as well as excessive exercising.

**If you are concerned about your own or a friend's weight or eating behaviors, check with a doctor, or call:**

Roger's Memorial Hospital.....(800) 767-4411 (ext. 346)  
.....[www.rogershospital.org](http://www.rogershospital.org)  
*Provides information as well as intensive treatment for eating disorders.*

National Eating Disorder Association.....(800) 931-2237  
.....[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)  
*Toll-free nationwide help line.*

ProHealth Care Behavioral Medical Centers- Waukesha &  
Oconomowoc Memorial Hospitals  
Assessment & Referral Service..... (262) 928-4036  
..... (800) 326-2011  
.....[www.waukeshamemorial.org](http://www.waukeshamemorial.org)  
*Free and confidential mental health assessments. Includes screenings anxiety, depression, eating disorders and other behavioral health issues.  
Referrals for treatment provided.*

Mental Health Association in Waukesha County, Inc.  
211/First Call For Help.....2-1-1or (262) 547-3388  
*Offers information & referral to community programs, as well as listening support and crisis intervention.*

## EATING RIGHT

Lets face it, as you get older, you have more responsibilities and become much busier. There may be days when you're snacking on the go, in between practice, an after-school job, homework or hanging out with friends. Thinking about nutrition and how your diet is affecting you may be the last thing on your mind.

It is important to remember that these years are the most important for growing and developing. Men do not stop growing until they are around 21 and for females, it is closer to age 18.

If you're not really sure what is recommended, check out the Food Guide Pyramid, which we have all seen in Health Classes. The idea, though, is to find healthy foods that provide you with the energy you need from day to day.

This is especially true when it comes to dieting. There are many types of diets out there, from no carbohydrates to low sugar. Whatever it is that you decide to do, consulting a doctor or nutritionist first is a good idea, in order to find out what is the best plan for you.

### **For further information, contact one of the following resources:**

Waukesha Memorial Hospital

Nurse On Line.....(262) 544-2745  
*Free, confidential health care information service staffed by specially trained registered nurses.*

Waukesha County UW Extension

Nutrition/Education.....(262) 548-7882  
*Staff person available to offer nutritional instruction and information.*

## EDUCATION

In today's society, it is very important to have an education so you can earn a decent living and so your job is something that you enjoy doing. The first step is to finish high school. If you are having difficulty with school, it is very important that you know what options and possibilities exist.

If you are struggling in your classes and feel that you need help, contact your guidance counselor. There are other tutoring services available. Call to find out about cost and other information.

Brookfield Learning Center..... (262) 781-3634  
Educational Associates..... (262) 255-3700  
Huntington Learning Center.....(262) 785-8900  
Sylvan Learning Center.....(262) 796-0808

Literacy Council of Greater Waukesha County....(262) 547-7323  
*Provides confidential, one-on-one tutoring for individuals who need help with reading, writing, spelling, math or English as a second language (ESL).*

### REGULAR HIGH SCHOOL ISN'T FOR ME...

The best option for you to finish high school may be through alternative school. Contact your high school guidance counselor to get information on how to access these programs.

#### **For more information, contact:**

Waukesha County Technical College

JAWS & Senior Program..... (262) 521-5190  
*Open to high school juniors and seniors with difficulties in high school.*

GED Testing.....(262) 695-6215  
*Offers testing so students can receive their GED or High School Equivalency Diploma.*

## **GANG RESISTANCE**

Joining a gang or hanging out with gang members may seem to offer many of the things that are missing in your life. It can offer excitement. You might feel protected and loved. But the problems that you have in your life will become worse because you are not facing them. The activities that are associated with gangs will cause you trouble; at school, at home and with the police.

As we are growing older, several changes are going on inside of you that make you more prone to becoming involved in activities that are unhealthy. The first is that our brain structures are changing so that taking risks and seeking excitement is an important part of our lives. This is also compounded by the fact that there is a lack of time perspective, so that it seems that what we do now can be undone later, or that it will not influence the future at all. Finally, there are changes going on inside you that lead you to value your friendships or other relationships more than those that you have with your family. These changes are temporary. It is good to be aware of them, so that certain temptations can be seen from what it truly is...our minds working against us in a way that could get us into a lifestyle that is dangerous and practically impossible to reverse.

One way to ensure that you will not get involved in gangs or gang related activities is to get involved in activities that are good for you. Several area organizations offer services that you might find interesting.

## **GANG RESISTANCE, continued**

### **For more information on youth services, contact:**

Safe and Sound.....(262) 896-1911

*Offers safe places to hang out, as well as youth camps for sports.*

Safe Haven

Street Outreach.....(262) 770-5555

*Street based outreach, education, survival aid, assessment, counseling, intervention and follow-up support.*

The Medina Center..... (262) 524-9799

*Offers after school activities that center around learning how to kick box.*

One-2-One Teen Center..... (262) 521-2501

..... [www.one2oneteencenter.org](http://www.one2oneteencenter.org)  
*Safe place for teens to hang out.*

Mental Health Association in Waukesha County, Inc.

Waukesha Teens Online..... (262) 547-0769

*Offers information on a variety of topics for youth in Waukesha County.*

UW-Extension..... (262) 521-5460

.....[www.waukesha.uwc.edu](http://www.waukesha.uwc.edu)  
*Offer various personal growth and special interests: parenting, professional development, mental health improvement.*

For more activities, see Things To Do on page 70.

## HEALTH

Taking care of yourself and making sure that you are healthy and fit is an important part of getting older and becoming responsible for yourself. Going to the doctor and dentist regularly can help ensure that you are in good physical health. Other choices we make also impact our health. Smoking or doing drugs are unhealthy choices that have serious consequences on growing and maturing bodies.

### **For Your Information...**

If you are sexually active, this adds another dimension to your health that needs to be taken care of. For females, it is important to see a gynecologist once a year, who will conduct an exam to make sure that you have a healthy reproductive system (such as checking for cancer). For males, it is important to discuss with your doctor your sexual health. Sexually active males and females need to ensure that they are free of sexually transmitted diseases, which could be influencing your health. For more information about Sexually Transmitted Diseases, see page 66.

### **Confidentiality**

Most places require that you have parental consent for a doctor to examine you. However, there are places that offer confidential services to minors that specialize in sexual health. If you feel that this is an option for you, please contact:

For confidential sexual health services, call:

Planned Parenthood.....(262) 544-0708

## HEALTH, continued

### **Other Resources:**

Community Memorial Hospital

CareConnection..... (262) 251-1001

..... (800) 246-8332

*Nurse line that offers referrals to doctors within Community Memorial Hospital*

Covenant Healthcare

Call Center.....(414) 443-1000

*Nurse line that provides referrals to doctors within the Covenant network*

ProHealth Care Behavioral Medicine Center

Nurse Online.....(262) 544-2745

*Nurse line for Waukesha Memorial Hospital that offers referrals to doctors within the ProHealth Care network*

Waukesha County Public Health..... (262) 896-8430

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

*Offers a variety of program on health related services.*

Waukesha County Medical Society.....(262) 695-7412

*Physician referrals to doctors who are members of the Medical Society of Wisconsin and who have offices in Waukesha County.*

## **JOB EXPERIENCE**

Young adults find jobs for many reasons: for money, to build a resume, to gain experiences that will help when applying to college. Whatever the reasons behind getting a job, there are several important facts. The first is that the State of Wisconsin requires everyone under the age of 18 to have a work permit.

To obtain a work permit, you must have:

- Birth certificate or other proof of age;
- Social security card (to obtain a social security card, contact the Social Security Administration, (800) 772-1213;
- Hiring statement from employer;
- Written parents consent;
- \$5.00 fee

Most high schools in Waukesha County are able to issue permits. If you would like to verify the exact locations of permit issuing, you can call Equal Rights Division at (608) 266-6860.

Employers are also required to schedule minors for a maximum number of hours per day/week, which vary according to the age of the minor. Posters are typically displayed at the workplace, or you can check the Wisconsin State website to get further information:

**<http://www.dwd.state.wi.us/dwd/publications/erd/pdf/ERD-9212-P.pdf>**

Furthermore, you are allowed to have a lunch if you work more than six consecutive hours in a given day.

## **JOB EXPERIENCE, continued**

**If you are not sure where to start in the job search, several places offer help to teens. These include:**

Workforce Development Center

Community Career Center.....(262) 695-7848

*Services for youth and adults that include job counseling and job search assistance.*

Work Experience.....(262) 695-7880

*Employment opportunities for students who are economically disadvantaged, in foster care or disabled.*

La Casa de Esperanza, Inc.

Youth Programs.....(262) 547-0887

*Helps youth prepare for the future and offers employment opportunities.*

## THE LAW & YOU

In Wisconsin, the Juvenile Court has jurisdiction over persons between the ages of 10 and 17. Juveniles who violate the law are subject to the fines and penalties imposed by juvenile court.

For purposes of criminal prosecution, persons 17 years and older are considered adults and are subject to fines and penalties imposed by adult court, usually a circuit court. In situations where juveniles commit very serious offenses or repeatedly violate the law, they may be waived to the adult system and subject to fines and penalties of adult Circuit Court.

Legal rights can be hard to figure out. Sometimes juveniles wonder if they have any say in the judicial process at all; in many cases juveniles are allowed the same due process as adults.

### **For any questions regarding your legal rights and responsibilities, you can call:**

Legal Action of Wisconsin

Legal Services.....(262) 549-8726

.....[www.execpc.com/~ccwc](http://www.execpc.com/~ccwc)

*Provides referrals to other agencies that can help with legal needs.*

Lawyer Hotline.....(800) 362-9082

*Scheduled times for volunteer attorneys to return calls, provides general legal information or answer simple legal questions.*

State Public Defender..... (262) 521-5173

*Provides legal counsel in juvenile cases.*

Wisconsin Community Service..... (262) 544-4600

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

*Services are provided through various departments of Waukesha County government.*

## **THE LAW & YOU, continued**

### **UNDERAGE DRINKING**

The legal drinking age in Wisconsin is 21 years of age. If you are under 21 and you drink, are found to be in possession of, or attempt to purchase alcoholic beverages, you may be subject to paying a fine, attending education classes or having your driver's license suspended - even if you weren't driving at the time of the violation.

"Consumptive possession" means that you have consumed intoxicants in the recent past. Even through you no longer have an alcoholic beverage container with you, if you have alcohol on your breath or in you system, you will be issued a ticket and may be taken into custody.

### **DRUG LAWS**

The possession, use or sale of marijuana is against the law. The penalty for possession of a small quantity of marijuana can be up to one year in a juvenile commitment program.

Penalties for offenses involving drugs like cocaine, crack, heroin, amphetamine/methamphetamine, LSD, phencyclidine (PCP) or large amounts of marijuana can be very harsh. It is illegal for individuals under the age of 17 to be in possession of drug paraphernalia. The potential consequences for minors include suspension of driving privileges, a fine, and/or community service. Penalties can also include:

- requirement to attend a work program;
- six months to five years suspension of driving privileges.

The fines and penalties associated with possession of marijuana

## **THE LAW & YOU, continued**

or other controlled substances increase when the violations are committed in or near schools, parks, daycare centers or on school buses.

### **ALCOHOL, DRUGS AND DRIVING**

Nearly half of all fatal car accidents involve alcohol or drugs. No one can tell in advance how they will be affected by alcohol or drugs.

Driving ability is reduced greatly with only a small amount of alcohol or drugs. It is important to ask your doctor about side effects of any prescription medicines you may be taking. Over-the-counter medications can also affect a person's ability to drive.

Anyone under the influence of alcohol or other drugs should not drive. It is very dangerous to ride in a car driven by someone under the influence.

### **ABSOLUTE SOBRIETY LAW**

In Wisconsin, if you are under the age of 21, the law requires that you remain absolutely sober when operating a motor vehicle. That means you may not have a blood alcohol level over 0.00%. If you are found to have any alcohol in your blood, you are guilty of violating the Absolute Sobriety Law, which often carries a penalty of a 90-day suspension of your driving privileges.

### **OWI LAWS**

Should your blood alcohol level at the time of the test be at

## THE LAW & YOU, continued

0.08% or more, you will be subject to arrest and face the fines and penalties under the OWI laws (Operating While Intoxicated).

### **Penalties for the first offense are:**

- Up to \$749.00 fine
- 6 to 9 month revocation of driving privileges
- 6 demerit points assessed on your driving record
- Required "alcohol assessment" which will result in required attendance in 21 hour education, or outpatient or inpatient treatment.

**\* Above fines and penalties are doubled if there is a passenger under the age of 16 in the vehicle at the time of the violation.**

**\* Future convictions for an OWI result in a jail sentence.**

### OPEN INTOXICANTS IN A MOTOR VEHICLE

Both drivers and passengers can be ticketed and fined \$100 for the presence of an unsealed container of an intoxicating beverage in the passenger compartment of a vehicle.

Please see page 4 for more information on alcohol and drugs. If you feel that you need help with an alcohol or drug problem, see page 9 for information on how to get help.

### ARREST

Actually, juveniles aren't "arrested" in Waukesha County, they are "taken into custody". Like an adult, you can be taken into custody and detained if you are suspected of having committed a criminal offense or breaking the law. Police may take you into

## THE LAW & YOU, continued

custody without a warrant or *capias* (an order issued by a judge) if there is reason to believe that you have broken or are about to break the law. If they observe you committing a violation of the law, or if they have a reason to believe that a valid, outstanding warrant exists in Wisconsin or any other state, officers can and will take you into custody.

In addition, police may take juveniles into custody for committing other offenses such as truancy, running away from home, being uncontrollable, drinking, and violating curfew. These offenses are called "status offenses" and apply only to juveniles and their behavior.

### **If you are taken into custody, here are some important things to know:**

- Do not resist being taken into custody. The most important thing to do is to cooperate with the police; attitude and cooperation will have a direct effect on how you are treated.
- Ask the police to call your parents or another trusted adult.
- You have the right to a lawyer. In most cases, if you are charged with a crime, and do not have a lawyer of your own, one will be provided for you. One exception is if you are stopped for underage drinking. In Waukesha County, juveniles charged with underage drinking are not guaranteed a court-appointed lawyer, as this is considered a citation.

### SEARCH WARRANTS

A search warrant is a document signed by a judge giving permission to search a house, car, locker or other property. In the following situations, the police can search without a warrant:

## THE LAW & YOU, continued

- if a person gives permission for the search;
- if someone is taken into custody, a thorough search "incident to arrest" will be made to locate weapons and assure evidence will not be destroyed;
- if the driver is taken into custody, any part of a car may be searched (trunk, glove box, etc);
- if officers observe evidence of a crime in "plain view;"
- if the search is in an open field, or if police locate items that have been abandoned.

### THEFT

Stealing from a business and private property are viewed the same under law. The penalties are:

1st offense: \$102 citation

2nd offense: \$164 citation

However, if the property value is over \$1500, the crime becomes a felony and is sent to the District Attorney's office.

### WEAPONS LAWS

Check the city in which you live for laws about possession of weapons and firearms. Laws vary according to the city or state. Anyone under the age of 18 who is stopped by police and is found to have a gun or other weapon can be arrested and charged with possession of a concealed weapon. It is against the law for juveniles to possess a concealed weapon.

Toy guns can look just like real guns. If you possess a toy gun and are in a situation with the police and they feel threatened, they have the right to disarm you. Toy guns can be taken as seriously as real weapons.

## **THE LAW & YOU, continued**

### **What to do in case of a car accident**

- DO NOT PANIC! If there are injuries, call 911 at once.
- The drivers of the cars should exchange names, addresses, phone numbers, names of insurance companies and driver's license numbers.
- All accidents involving damage must be reported to the police. Do not move the vehicles until the police arrive.
- Do not run away from the scene of an accident!
- Contact your parent or guardian.

## LIBRARIES

Public libraries provide many free services to young people. There are books available on everything from romance to suspense, college catalogs, books on building self-esteem, fashion and beauty, job hunting skills and sports. Libraries also have magazines, newspapers, computers, computer software and on-line subscriptions, audio and video cassettes, compact discs, and artwork.

**For more information on your public library, contact:**

Alice Baker Memorial Library (Eagle)..... (262) 594-2800  
.....[www.wcfls.lib.wi.us/eagle](http://www.wcfls.lib.wi.us/eagle)

Barbara Sanborn Public Library (Pewaukee).....(262) 691-5670  
.....[www.start.at/thelibrary](http://www.start.at/thelibrary)

Big Bend Village Library.....(262) 662-3571  
.....[www.wcfls.lib.wi.us/bigbend](http://www.wcfls.lib.wi.us/bigbend)

Brookfield Public Library.....(262) 782-4140  
.....[www.brookfieldlibrary.com](http://www.brookfieldlibrary.com)

Butler Public Library.....(262) 783-2535  
.....[www.wcfls.wi.us/butler](http://www.wcfls.wi.us/butler)

Delafield Public Library.....(262) 646-6230  
.....[www.wcfls.lib.wi.us/delafield](http://www.wcfls.lib.wi.us/delafield)

Elm Grove Public Library.....(262) 782-6717  
.....[www.wcfls.lib.wi.us/elmgrove](http://www.wcfls.lib.wi.us/elmgrove)

## **LIBRARIES, continued**

- Hartland Public Library.....(262) 367-3350  
.....[www.constellation.lib.wi.us](http://www.constellation.lib.wi.us)
- Menomonee Falls Library..... (262) 532-8900  
.....[www.mf.lib.wi.us](http://www.mf.lib.wi.us)
- Mukwonago Community Library.....(262) 363-6411  
.....[www.mukwonago.lib.wi.us](http://www.mukwonago.lib.wi.us)
- Muskego Public Library.....(262) 971-2100  
.....[www.ci.muskego.wi.us/library](http://www.ci.muskego.wi.us/library)
- New Berlin Public Library.....(262) 785-4980  
.....[www.wcfls.lib.wi.us/newberlin](http://www.wcfls.lib.wi.us/newberlin)
- Oconomowoc Public Library.....(262) 569-2193  
.....[www.wcfls.lib.wi.us/opl](http://www.wcfls.lib.wi.us/opl)
- Pauline Haass Public Library (Sussex).....(262) 246-5180  
.....[www.wcfls.lib.wi.us/phpl](http://www.wcfls.lib.wi.us/phpl)
- Town Hall Library (North Lake).....(262) 966-2933
- Waukesha Public Library.....(262) 524-3680  
.....[www.waukesha.lib.wi.us](http://www.waukesha.lib.wi.us)
- Wisconsin Regional Library for the Blind and Physically  
Handicapped.....(414) 286-3045

## MENTAL ILLNESS

The information in this section was taken from the National Mental Health Association. For more information, visit the web site at [www.nmha.org](http://www.nmha.org).

Mental illness can strike anyone! It knows no age limits, economic status, race, creed or color. During the course of a year, more than 54 million Americans are affected by one or more mental disorders.

It is sometimes easy to forget that our brain, like all of our other organs, is vulnerable to disease. People with mental illnesses often exhibit many types of behaviors such as extreme sadness and irritability, and in more severe cases, they may also suffer from hallucinations and total withdrawal. Instead of receiving compassion and acceptance, people with mental illnesses may experience hostility, discrimination, and stigma.

### **What Is A Mental Illness?**

A mental illness is a disease that causes mild to severe disturbances in thinking, perception and/or behavior. If these disturbances significantly impair a person's ability to cope with life's ordinary demands and routines, then he/she should immediately seek proper treatment with a mental health professional. With proper care and treatment, a person can manage symptoms, recover and resume normal activities.

Many mental illnesses are believed to have biological causes, just like cancer, diabetes and heart disease, and some mental illnesses are caused by a person's environment and experiences.

## **MENTAL ILLNESS, continued**

### **Why does stigma still exist?**

Unfortunately, the media is responsible for many misconceptions, which persist about people with mental illnesses. Television news programs frequently sensationalize crimes where persons with mental illnesses are involved. Comedians make fun of people with mental illness, using their disability as a source of humor. Also, national advertisers use stigmatizing images as promotional gimmicks to sell products.

Ironically, the media also offers our best hope for eradicating stigma because of its power to educate and influence public opinion.

### **The five major categories of mental illness:**

**ANXIETY DISORDERS** are the most common mental illnesses. The three main types are: phobias, panic disorders, and obsessive-compulsive disorders. People who suffer from phobias experience extreme fear or dread from a particular object or situation. Panic disorders involve sudden, intense feelings of terror for no apparent reason and symptoms are similar to a heart attack. People with obsessive-compulsive disorder try to cope with anxiety by repeating words or phrases, or engaging in repetitive, ritualistic behavior such as, constant hand washing.

**MOOD DISORDERS** include depression and bipolar disorder (or manic depression). Symptoms include mood swings such as extreme sadness or elation, sleep, and eating disturbances, and changes in activity and energy levels. Suicide may be a risk with these disorders.

## MENTAL ILLNESS, continued

DEMENTIA is a group of disorders including diseases like Alzheimer's which leads to loss of mental functions, including memory loss and a decline in intellectual and physical skills.

SCHIZOPHRENIA is a serious disorder that affects how a person thinks, feels, and acts. Schizophrenia is believed to be caused by chemical imbalances in the brain that produce a variety of symptoms including hallucinations, delusions, social withdrawal, incoherent speech, and impaired reasoning.

EATING DISORDERS involves serious, potentially life-threatening illnesses that include anorexia nervosa and bulimia. People with these disorders have a preoccupation with food and an irrational fear of being fat. Anorexia is self-starvation while bulimia involves cycles of bingeing (consuming large quantities of food) and purging (self-inducing vomiting or abusing laxatives). Behavior may also include excessive exercise.

### **For more information contact:**

Mental Health Association in Waukesha County

.....(262) 547-0769

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

*Offers free, short-term counseling, advocacy, prevention and education.*

211/First Call For Help.....2-1-1 or (262) 547-3388

*Offers information and referral to community programs, as well as listening support and crisis intervention.*

Waukesha County Department of Health and Human

Services.....(262) 548-7666

.....[www.co.waukesha.wi.us](http://www.co.waukesha.wi.us)

*Offers counseling, AODA treatment, crisis intervention, and hospitalization services.*

## PEER PRESSURE

Peer pressure is the influence that others have on our thoughts, actions, or behaviors. Peer pressure can be good and bad. Good pressure from your peers might lead you to play sports, study hard, or join clubs. But there are often negative pressures: to make fun of someone, to tell a lie, or to cheat on a test.

Sometimes the pressure may be about actions that have more serious results like skipping school, using alcohol or drugs, shoplifting, or having sex.

### **What do I do?**

The most important part of growing up is finding what it is in life that appeals to you. Sometimes it can be confusing to figure out exactly what this is, especially when we receive different messages from different people on what to do. Your parents may want you to do one thing, yet your friends may be doing something completely different. The best way to deal with conflicting issues is to determine if you feel uncomfortable about any aspect of the situation. If you are uncomfortable, that could be a good indication that it is not something that you really want to be doing.

Most everyone is concerned that they are liked and respected. This is a fundamental part of being a human. When we stand up for what we believe in and show that we respect ourselves enough to follow what we believe is right, others cannot do anything other than respect our opinions, thoughts and actions.

## **PEER PRESSURE, continued**

### **It's okay to say "NO"**

Some decisions, like those about drinking, drugs or sex, are difficult to make and have serious consequences. Be prepared to feel peer pressure and be aware that there are different kinds of pressure.

Some types of pressure will be direct. You can respond in the same way as other kinds of pressure. Plan to say no if you think you might be tempted by peer pressure. Saying no is not always easy. Saying no to friends is especially hard, because you do not want to lose friends. It is important to remember that you are in control of your choices. You do not have to explain your reason.

It is possible to say no without directly verbalizing the word. Try these ways to say no:

- change the subject;
- avoid the situation;
- have something else to do;
- leave;
- make it clear that you do not have to go along with other people.

If you have to say NO more firmly, here are some statements you can make:

- No!
- No way!
- I'm not ready for that yet.
- That's not for me.
- It's not my style.

## PEER PRESSURE, continued

- My parents won't let me.
- Sorry, I'm driving.
- I don't drink/smoke/do drugs.

### **Getting support....**

Sometimes talking with someone about specific situations can be helpful, especially when you feel confused or unsure. You might approach:

- your parents (sometimes they really do understand);
- your guidance counselor; or
- a hotline that offers telephone counseling.

### **For additional support, call:**

211/First Call For Help.....211 or (262) 547-3388

*Provides telephone counseling, you can discuss your options and figure out what you can do in a particular situation.*

### **For information on teen peer support groups, contact:**

Safe and Sound.....(262) 896-1911

*Offers safe places to hang out, as well as youth camps for sports.*

One 2 One Teen Center..... (262) 521-2501

..... [www.one2oneteencenter.org](http://www.one2oneteencenter.org)

*Safe place for teens to hang out.*

Mental Health Association in Waukesha County, Inc

Waukesha Teens Online.....(262) 547-0769

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

*Offers information on a variety of topics for youth in Waukesha County.*

## PEOPLE WITH DISABILITIES

Being a teenager can be difficult enough, so when you have a physical, mental or emotional disability added to the mix, life can be really challenging. Dealing with people who treat you like you are different or somehow abnormal can make life situations complicated, so it can be especially nice to know that there are others out there who can relate to what you are going through and can help you on your path to adulthood.

**More information is available for those with disabilities, as well as services that are specific to your needs. For further assistance, check out:**

Association for the Rights of Citizens with Handicaps (ARCh)  
.....(262) 521-1120  
*Provides group activities to encourage socialization, adaptive recreation, community service projects, educational opportunities, and cultural events.*

Independence First.....(262) 521-1664  
*Offers community advocacy, benefits counseling, housing services, independent living skills training, as well as information and referrals to other resources.*

Wisconsin Facets.....(414) 374-4645 ext 111  
*Provides various services to teens with disabilities who are making the transition from high school to either college or a job. Peer mentorship is also offered.*

## **PEOPLE WITH DISABILITIES, continued**

**If there is a more specific disability that you would like resources on, contact:**

Mental Health Association in Waukesha County, Inc.

211/First Call For Help.....211 or (262) 547-3388

*Offers information and referral to community programs, as well as listening support and crisis intervention.*

Maybe you don't have a disability, but know someone who does. This gives you an opportunity to change stereotypes that others may have, or just show another human being the kindness and friendliness that you would want to have, regardless of a disability. You can contact the above resources for more information, or if you are interested in exploring ways that you can work to improve the lives of people who are potentially being discriminated against, see page 15 for more information on Diversity.

## PREGNANCY

Thinking that you or your girlfriend might be pregnant can be one of the scariest things to face when you are a teenager. You might be completely unsure what to do or where to turn, and you might feel that there isn't anyone who you can talk to.

The first thing to do in this situation is to get tested at a doctor's office to find out if you or your girlfriend are really pregnant. Counseling following the results is typically available as well.

**The following resources all offer free pregnancy testing if you do not feel that you can go to your regular doctor.**

Planned Parenthood.....(262) 544-0708  
*Information and advocacy for family planning and reproductive health-related issues.*

Catholic Charities

Pregnancy Counseling and Supportive Services....(262) 547-2463

Tomorrow's Choice Family Resource Center.....(262) 513-9590  
*Christian based, pro-life center offering free and confidential pregnancy testing, counseling, post-abortion counseling and abstinence education.*

Once you are determined that you are pregnant or going to be a father, you must determine what it is that you would like to do next. Talking this over with those close to you, especially your parents, can provide you with the support you need through this decision.

## PREGNANCY, continued

**Resources are also available to help you get through this decision, such as:**

### **Abortion Information:**

Planned Parenthood.....(262) 544-0708

Post-Abortion Helpline.....(262) 783-1976  
*Trained volunteers provide non-judgmental support and referrals to community resources, including information on post-abortion support groups.*

### **Adoption Information:**

Adoption Resources of Wisconsin.....(414) 475-1246  
.....www.wiadopt.com

*Helps birth parents make informed decisions and exercise their rights when interested in adoption options.*

### **Keeping the baby:**

National Life Center.....(800) 848-5683  
*Provides services for women and teens who choose to give birth.*

UP Connection, Inc.

Pregnancy Resource Line.....(262) 548-4000  
*Free and confidential service providing information on resources available to Waukesha County residents in regard to pregnancy and parenting.*

Planned Parenthood.....(262) 544-0708  
*Information and advocacy for family planning and reproductive health-related issues.*

If you find that you have given birth to a child, regardless of the reason, and decide that you cannot keep the baby, the state of Wisconsin allows you (the mother or the father) to take the

## **PREGNANCY, continued**

baby to any hospital and leave him or her with an employee within 3 days of the child's birth (if the baby is left unattended, it is still considered abandonment). You can also contact the police or EMT's who can take the child to a hospital for you.

### **For more information about maternal and prenatal care programs, call:**

Mental Health Association in Waukesha County, Inc.

211/First Call for Help.....211 or (262) 547-3388

*Offers information and referral to community programs, as well as listening support and crisis intervention.*

### **For information on parenting, contact:**

Tomorrow's Choice Family Resource Center.....(262) 513-9590

*Christian based, pro-life center offering free and confidential pregnancy testing, counseling, post-abortion counseling and abstinence education.*

Parent's Place.....(262) 549-5575

*Promotes strong, healthy families through support, education and shared experiences by building on family strengths.*

## RUNNING AWAY

Running away may seem like the only way to deal with an overwhelming situation. If you feel there is nothing else you can do, or you've already left, contact one of the following places for help. Anonymously and confidentially, you can talk about your situation and figure out your options. All are 24-hour crisis lines and offer emergency shelter for teens aged 12 to 17.

If you or someone you know is thinking about running away, please call:

Serving Teenage Runaways (STAR)..... (262) 547-7707

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

*Offers hotline for youth and family to receive telephone counseling, information and referrals. Crisis intervention/short-term counseling available for youth and families, a maximum of 8 free sessions. Temporary shelter arrangements can be made at volunteer foster homes for up to 14 days.*

Walker's Point..... (414) 647-8200

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

*Provides emergency shelter for youth ages 11-17 yrs. for up to 2 weeks with permission of a parent or guardian. Youth are required to attend school while staying at the shelter; transportation is not offered.*

National Runaway Switchboard..... (800) 621-4000

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

*Offers a 24-hour crisis hotline, provides free services that relays messages between runaways and their families, conference calling, and has information on free bus tickets home.*

# SELF-ESTEEM

The following information was taken from the National Association for Self Esteem. For more information about self-esteem, visit [www.self-esteem-nase.org](http://www.self-esteem-nase.org).

## **What is self-esteem?**

Self-esteem is "feeling good" or having positive feelings about yourself. Qualities that are attained by having positive self-esteem include:

- Respect for self and others
- Accepting responsibility and being accountable
- Having integrity
- Taking pride in accomplishments
- Self-motivated
- Willing to take risks and make our own decisions
- Capable of handling criticism and giving feedback to others
- Being loving and lovable
- Seek challenges of worthwhile goals
- Taking control of one's life

## **The importance of self-esteem**

The overall level of how you feel about yourself influences the choices you make in all areas of your life. People who have healthy or positive self-esteem thrive in life because they trust themselves to be life affirming, constructive, responsible and trustworthy.

## **The term "self-esteem"**

Unfortunately, there can be confusion over what is meant by the term "self-esteem." Others have gone so far as to compare positive self-esteem as egotism, arrogance, conceit, narcissism, a sense of superiority. Such characteristics cannot be attributed

## **SELF-ESTEEM, continued**

to positive, healthy self-esteem, because they are actually defensive reactions to the lack of self-esteem, which is sometimes referred to as "pseudo self-esteem."

### **The effects of low self-esteem**

Individuals with defensive or low self-esteem typically focus on trying to prove themselves or impress others. They tend to use others for their own gain, and act with arrogance towards others. They often have doubts about their own worth and acceptability, and therefore are reluctant to take risks or expose themselves to failure. They frequently blame others for their own shortcomings, rather than taking responsibility for their actions.

### **For more information on Peer Support Programs contact:**

Safe and Sound.....(262) 896-1911  
*Offers safe places to hang out, as well as youth camps for sports.*

One2One Teen Center..... (262) 521-2501  
..... [www.one2oneteencenter.org](http://www.one2oneteencenter.org)  
*Safe place for teens to hang out.*

### **For youth who would like more information, including counseling resources, contact:**

211/First Call For Help.....2-1-1 or (262) 547-3388  
.....[www.mhawauk.org](http://www.mhawauk.org)  
*Offers Information & Referrals to community programs as well as listening & support and crisis intervention.*

For more counseling information, see the counseling section, page 12.

# SELF-MUTILATION

The following information was taken from the Bio-Behavioral Institute. For more information, visit [www.bio-behavioral.com/selfmutilation.asp](http://www.bio-behavioral.com/selfmutilation.asp)

## **What is Self-Mutilation?**

Self-mutilation is repetitive behavior that results in minor to moderate self-inflicted physical injury. Individuals that self-mutilate may cut or burn their skin, bang parts of their bodies, pick at wounds or engage in other abusive behaviors that cause damage to their bodies. Self-mutilation may be a symptom that is part of an underlying psychiatric disorder.

Self-mutilation generally occurs in response to a triggering event. Individuals that self-mutilate often report the following experiences:

- Strong urges to commit the act;
- An increase in tension that they try to resist;
- A sense of relief following the act;
- High threshold of pain;
- A feeling of realness after the act.

## **Who Self-Mutilates?**

Self-injurers come from all walks of life and all economic brackets. People who harm themselves can be male or female, straight, gay or bisexual, rich or poor.

Reasons for self-mutilation may be to stop racing thoughts, to feel relaxed, to feel less depressed, to feel less lonely, or to feel “real”. The acts may function as self-punishment or as a way to allow a person to feel in control.

## **SELF-MUTILATION, continued**

**If you are self-mutilating, or concerned that your friend is hurting himself/herself, resources are available, contact:**

Mental Health Association in Waukesha County, Inc.

211/First Call For Help.....211 or (262) 547-3388

*Offers information and referral to community programs, as well as listening support and crisis intervention.*

Self Abuse Finally Ends (SAFE) .....(800) DONT CUT

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

For additional resources, see the counseling section, page 12.

## SEXUAL ABUSE

If you are being touched by a family member, adult friend, or someone else, and it makes you uncomfortable, unhappy, or confused, get help, talk to someone you trust. You are not over-reacting, and it is not your fault. This is not something to be kept secret, and needs to be discussed with an adult at once.

Your feelings about the person who is abusing you might be all mixed up; you might sometimes feel angry, sometimes afraid, and sometimes guilty - or you might not know what you feel.

This is especially confusing if the person who has abused you is someone you care about and depend on. It's hard to believe someone you love is doing something wrong and hurtful to you. However, the only way for things to get better is to talk to someone about how you feel.

### **For support, call your local police department or:**

Women's Center

Crisis Line.....(262) 542-3828

*Provide support to women and their families.*

Waukesha County Health & Human Services

Access Unit..... (262) 548-7666

*Provides investigative services and referrals for children who have been victims of sexual abuse to help that child and prevent future abuse from occurring.*

Mental Health Association in Waukesha County, Inc.

211/First Call For Help.....2-1-1 or (262) 547-3388

*Offers information & referral to community programs, as well as listening support and crisis intervention.*

## SEXUALITY

The adolescent years are an important part of growing up for many reasons. They include the development of your body and changes in your emotions. These changes are all a part of your developing sexuality. This can be an awkward time.

Many of the changes you are experiencing are sexual. Your body is developing into an adult, and your feelings can be very strong. Having good information and understanding these changes can make them less confusing.

The more you know about and like yourself, the more likely it is that you will make decisions that are right for you, especially the decisions that involve dating, relationships, and sexuality.

There are a lot of messages around about love and sex. Friends, parents, religion, television, and magazines may have different ideas about being in love or being sexually active. Furthermore, there are many conflicting messages out there on what it means to be a female or a male in our society.

It is important to get the facts and sort through your feelings. You are the one who must make choices and live with the consequences, good or bad.

Taking some time to think about what sex and sexuality means to you is important. It allows you to discover what is important to you and where your personal limits are - in other words, you are building a value system for yourself. Take some time to think about:

## **SEXUALITY, continued**

- What to do or say when talking to someone about sex;
- How having sex may change your feelings about yourself or the relationship that you are in;
- How to prevent pregnancy or disease;
- How to say "NO".

Two very important things to remember when thinking about being sexually active are:

- The way you get pregnant is through sexual contact;
- Anyone who is sexually active can get a sexually-transmitted disease.

You know how you feel when you're sexually attracted to someone. But do you know all the facts? Knowing the facts about sexual activity can help you decide what to do, and what not to do.

There are many levels of affection and touching before sexual intercourse occurs. You can stop at any level. Before you get into a difficult situation, talk about you're feelings with your partner. Be sure to be specific about what seems right to you.

If you can't agree, you can still say NO, even though it is hard to say NO to someone you really like. Only you know how much you can handle, and you are the one who must deal with the consequences.

It is important to be sensitive to your partner when it comes to the question of sexual activity. When someone is not ready for sexual involvement, it is insensitive and unfair to pressure him or her. Forcing someone to have sex is illegal.

## SEXUALITY, continued

It is also illegal for anyone under 16 to have sexual intercourse or any other sexual contact including oral sex. Be aware that teachers, school counselors, and health care workers have an obligation to report abuse whenever they suspect it has occurred, and that underage sex can be considered abuse.

**For more information about the risks of being sexually active, see:**

AIDS, page 1.

Pregnancy, page 49

Sexually Transmitted Diseases, page 66.

**If you're confused or uncomfortable about sex or sexuality, or need to talk to someone about issues you're facing, call:**

UP Connection

Pregnancy Resource Line.....262-548-4000

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

*There is no charge for an appointment to talk with someone confidentially about your sexual feelings or behavior.*

Youth Abstinence Hotline.....(262) 548-9086

*Free resources and professional referrals for youth interested in selecting sexual abstinence as a lifestyle choice until marriage.*

Planned Parenthood - Waukesha Clinic.....(262) 544-0708

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

*Education regarding sexuality, human growth and development, parents as sex educators, sexuality for special needs populations (cognitively disabled) and teen pregnancy.*

## SEXUALITY, continued

### Women's Center

Crisis Line.....(262) 542-3828

*Provide support to women and their families.*

### Mental Health Association in Waukesha County, Inc.

211/First Call For Help.....2-1-1 or 262-547-3388

.....www.mhawauk.org

*Provides Information and Referral to community programs as well as listening and support and crisis intervention.*

### GAY/LESBIAN/BISEXUAL FEELINGS

Sexuality can be especially confusing if you're feeling an attraction to someone of the same sex. An attraction to someone of the same sex does not automatically make you gay or lesbian. Mature sexual feelings are just forming in your adolescent years, and some confusion at this time of your life is not at all unusual. It is important to know is that if you are gay, lesbian, or bisexual, you are not alone.

**If you would like to discuss these feelings with someone that can address questions of sexuality, call:**

Gay Youth Milwaukee.....(866) 429-9688

.....www.gym.8m.com

*Social and support group for Milwaukee area gay, lesbian, bisexual, transgender and questioning youth providing a safe place to meet and discuss issues and concerns.*

## SEXUALITY, continued

Project Q.....(414) 223-3220

.....www.projectq.com

*Provides social and recreational activities, support groups, life skills, leadership skills development opportunities and prevention case management.*

Gay Youth Wisconsin Hotline.....888-GAY-TEEN

.....414-272-8336

*A hotline for and by gay youth to provide information on HIV/AIDS and questioning youth. Also provides young callers with information and referrals.*

## SEXUAL ASSAULT

Sexual assault is any forced or coerced sexual act. Sexual assault, rape or the attempt to do either is a crime. The rapist can be anyone...a neighbor, a date, a friend, someone you do not know, or a relative.

Here are some tips to protect yourself:

- Be alert. Walk with purpose and confidence.
- Be aware of your surroundings - know who is out there and what is going on.
- Don't let alcohol or other drugs cloud your judgment.
- Trust your instinct. If a situation or place makes you feel uncomfortable or uneasy, leave!

When you're out with friends, or on a date, there are additional tips to remember:

- No means NO! If someone tells you no to sex, you must stop! This is true even if you have had sex with that person before.
- Communicate your intentions with your date. Do not assume what body language might mean. Talk it over.
- Tell someone where you are going and what time you will be home.
- Trust yourself! Don't second-guess your feelings.

Sexual assault is an act of violence, not the result of an uncontrollable sex urge. A rapist chooses victims who are vulnerable, not because of what they might say or do or wear. If you have been raped, it is not your fault. You are the victim, not the criminal.

## **SEXUAL ASSAULT, continued**

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

**There is always someone who can help you at your local police department, or call:**

Women's Center

Crisis Line.....(262) 542-3828

.....(888) 542-3828

*Advocates for victims of sexual assault and domestic violence at hospitals or police stations. Advocates provide emotional support and information about the victims options.*

Sexual Assault Treatment Center.....(414) 219-5555

*Treats the medical, psychological and social needs of any person who is a victim of sexual assault or abuse. Immediate medical attention, crisis counseling, telephone counseling and referral to community agencies.*

### **Sexual Assault Law**

If you are under 18, be aware that teachers, school counselors and health care workers are "mandated reporters." That means they are obligated to report to Health & Human Social Services whenever they suspect a minor has been abused, assaulted, or raped.

### **Sexual Intercourse**

Sexual intercourse and/or sexual contact with persons under age 16 are considered to be a "felony", even if that person agrees to engage in sexual intercourse or allows you to have sexual contact with them. A felony is a crime punishable by a year or more in prison and having to pay a fine. Penalties and

## **SEXUAL ASSAULT, continued**

finer could include imprisonment up to 40 years, fines up to \$10,000 or both. Persons may also be charged with a "misdemeanor" (crime punishable by imprisonment up to a year, imposition of a fine, or both) for having sexual contact or sexual intercourse with persons who are ages 16 and 17. Anyone committing this offense could be required to pay a fine up to \$10,000 or be sentenced up to 9 months in jail.

For more information, see VIOLENCE/ABUSE page 75.

## **SEXUALLY TRANSMITTED DISEASES (STDs)**

Anyone who is sexually active is at risk for sexually transmitted diseases (STD's), also known as venereal diseases (VD). There are several important things to be aware of:

- The most common way to get a STD is through sexual intercourse, but STD's can also be transmitted through sexual contact, such as oral sex, with someone who already has it.
- You cannot catch STDs from toilet seats, door knobs, or through "casual" contact, such as shaking someone's hand.
- Most STD's can be treated with medication, but you can get them again if you are re-exposed. AIDS, HIV and herpes are not curable, but can be controlled with treatment.
- The best way to prevent STDs is to have no sexual contact at all
- If you choose to have sex, there are ways to protect yourself:
  - Use a latex condom during sexual contact, every time, with every partner, whether or not you know your partner well.
  - Do not have sex with people who have sores, discharges or blisters around their mouth or sex organs.

**Latex condoms can provide significant protection against many STDs when used properly and consistently. However, some STDs are not preventable by condom use.**

Being Tested:

- STD tests are confidential.
- Your parents permission is not required.
- You will need to have a medical exam and a lab test. A blood test determines the presence of HIV/AIDS.
- It is possible to have STDs without feeling sick or noticing any changes in your body.

## STDs, continued

If you think that you may have an STD, see a doctor. The longer it goes untreated, the more damage it will do to your body. Remember: STDs can be treated and most can be cured.

If you do find out that you have an STD or HIV/AIDS, telling all sexual partners is the best way to ensure that everyone can be treated, and cut down on others who may also get a disease.

**For more information about preventing or treating STDs, see your family doctor, or call:**

Waukesha County Division of Public Health.....262-896-8430  
.....www.waukeshacounty.gov  
*Offers a variety of programs on health related services.*

Waukesha Memorial Hospital  
Nurse On-Line.....(800) 544-2745

Wisconsin STD, HIV, Hepatitis C Information and Referral  
Line..... (414) 273-2437  
..... (800) 334-2437  
.....www.irc-wisconsin.org

La Casa de Esperanza, Inc.  
HIV/AIDS Risk Reduction Program..... (262) 928-4402  
*Offers STD screenings at no charge*

Planned Parenthood of Wisconsin, Waukesha location  
..... (262) 544-0708  
.....www.plannedparenthood.org  
*Offers confidential STD testing by appointment and on an ability to pay basis.*

Mental Health Association in Waukesha County, Inc.  
211/First Call For Help.....2-1-1 or (262) 547-3388  
*Offers information & referral to community programs, as well as listening support and crisis intervention.*

# SUICIDE

## **I'm feeling suicidal....**

Feeling suicidal is extremely painful. You may have lots of feelings inside you, such as being all alone, scared, confused, or angry. These feelings can be extremely hard to deal with, and it may seem there is little that can be done to feel better.

The first thing to do if you are feeling suicidal is to reach out and talk to someone. If you feel that there is no one that you can turn to, call a hotline, where you can talk about what is going on in your life. These are safe numbers you can call, with people who understand how you are feeling.

Mental Health Association in Waukesha County, Inc.  
211/First Call For Help.....2-1-1 or (262) 547-3388  
*Offers information & referral to community programs, as well as listening support and crisis/suicide intervention.*

Milwaukee County Crisis Hotline.....(414) 257-7222

National Suicide Hotline.....1-800-SUICIDE

## **I think someone I know might be suicidal....**

If someone talks about suicide, take it seriously. Friends may tell you they are thinking of killing themselves and ask that you keep it a secret.

## **THIS IS A SECRET YOU CANNOT KEEP!**

You can be a better friend by telling someone - a parent, teacher, counselor, minister, or someone else you trust. You should also encourage the person talking about suicide to talk to an adult that they trust.

## SUICIDE, continued

If you think someone may be suicidal, don't be afraid to ask. Mentioning suicide will not give someone the idea or push them over the edge. Talking about it can prevent it from happening.

Some of the warning signs of suicide are:

- Talking about suicide, death, and/or not having a reason to live;
- Has become preoccupied with death and dying;
- Has withdrawn from friends/social activities;
- Sudden behavior changes;
- Has no interest in hobbies, work, school, or other things that used to be important to them;
- Begins to give away personal possessions;
- Takes unnecessary risks;
- Loses interest in personal appearance;
- Increases use of alcohol or drugs.

If someone you know is showing these signs, talk to someone who can help. Talk to the person you think is suicidal and have him or her promise that if they feel that they are going to hurt themselves, they will call someone they can trust or a hotline.

### **For more information, contact:**

Mental Health Association in Waukesha County, Inc.

211/First Call For Help.....2-1-1 or 262-547-3388

*Offers information & referral to community programs, as well as listening support and crisis intervention.*

Milwaukee County Crisis Line.....(414) 257-7222

National Suicide Hotline.....(800) SUICIDE

## THINGS TO DO

**Not sure what to do with your time? Listed below are some local places to visit or contact.**

Association for the Rights of Citizens with handicaps (ARCh)  
..... (262) 542-9811  
.....[www.waukessaarch.org](http://www.waukessaarch.org)  
*Youth team for teens in any junior or senior high school in Waukesha County.*

Big Brother/Big Sisters..... (414) 258-4778  
.....[www.bbbsmagic.org](http://www.bbbsmagic.org)  
*Offers positive role models and friends to children in Milwaukee and Waukesha Counties. Mentoring program is mutually rewarding and a win-win for both the child and the volunteer.*

Boys and Girls Club..... (414) 267-8100  
.....[www.boysgirlsclubs.org](http://www.boysgirlsclubs.org)  
*To inspire and empower all young people, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible and caring citizens*

Boy Scouts/Explorers..... (262) 544-4881  
.....[www.bsapac.org](http://www.bsapac.org)  
*Variety of prevention services to help build moral and ethical values. Programs are family, career, personal growth and leadership oriented; and activities include sports, camping, crafts, and outdoor activities.*

City of Muskego Teen Advisory Board..... (262) 679-5625  
.....<http://www.ci.muskego.wi.us/minutes/minutes.htm>  
*Purpose is to provide valuable discussion and input concerning opportunities and resources that are meaningful to youth in a safe and supportive environment.*

City of New Berlin Youth Advisory Board..... (262) 797-2441  
.....<http://www.newberlin.org>  
*Purpose is to provide valuable discussion and input concerning opportunities and resources that are meaningful to youth in a safe and supportive environment.*

## THINGS TO DO, continued

4-H..... (262) 548-7774  
.....[www.uwex.edu/ces/cty/waukesha/4h/index.html](http://www.uwex.edu/ces/cty/waukesha/4h/index.html)

*Hands-on learning in projects, activities or special events. Youth are guided via adult interaction in their areas of interest by the teaching of life skills.*

Girl Scouts..... (262) 544-8777  
.....[www.girlscoutsgbh.org](http://www.girlscoutsgbh.org)

*Focuses on helping girls develop leadership, self-awareness, career exploration, and decision-making skills; can be adapted to meet special needs.*

Healthy Communities/Healthy Youth..... (800) 888-7828  
.....[www.search-institute.org/communities.hchy.htm](http://www.search-institute.org/communities.hchy.htm)

*Communities focus on the needs of youth by involving youth and adults alike in community initiatives or projects.*

La Casa de Esperanza..... (262) 547-0887  
.....[www.lacasadeesperanza.org](http://www.lacasadeesperanza.org)

*Tutorial services, recreational activities, arts and crafts, educational speakers, field trips and creative writing workshops for youth 6 yrs and older.*

Mental Health Association in Waukesha County, Inc.

Waukesha Teens on Line..... (262) 547-0769  
.....[www.waukeshateens.org](http://www.waukeshateens.org)

*Youth of Waukesha County can participate in designing a web site that can connect youth with resources, recreation, job, and volunteer opportunities. The site also has a calendar of events for Waukesha County.*

YMCA (Menomonee Falls).....(262) 255-9622

YMCA (Oconomowoc)..... (262)567-7251

YMCA (Waukesha)..... (262) 542-2557  
.....[www.ymca.net](http://www.ymca.net)

*Offers youth programs including water safety and swimming instruction, sports programs, values programs, parent-infant swimming programs, pre-school development, before and after school day care program, leadership training, and day camp.*

## THINGS TO DO, continued

Youth Board of United Way in Waukesha County..... (262)547-8459  
[www.unitedwaywaukesha.org/initiatives/youthadvisoryboard-page.htm](http://www.unitedwaywaukesha.org/initiatives/youthadvisoryboard-page.htm)

*Students' voices and opinions matter in striving to make a positive difference in the lives of Waukesha County residents.*

Youth Board of Volunteer Center of Waukesha County  
..... (262) 544-0150  
.....[www.volunteerwaukesha.com](http://www.volunteerwaukesha.com)

*Offers meetings for students in Waukesha County to promote volunteerism and plan projects throughout the year.*

### AREA ATTRACTIONS

Discovery World..... (414)765-9966

Milwaukee Art Museum..... (414) 224-3200

Milwaukee Public Museum..... (414) 277-8106

Milwaukee County Zoo..... (414) 771-5500

Old World Wisconsin..... (262) 594-6300

Waukesha County Historical Museum..... (262) 521-2859

Sharon Lynne Wilson Center for the Arts..... (262) 781-9470

### TEEN CENTERS

Menomonee Falls Teen Center..... (262) 250-8454  
..... [www.mftc.org](http://www.mftc.org)

*Fellowship, fun and leadership opportunities for teens. Activities include open gym, pool table, air hockey, big screen TV, computer, dances, basketball tournaments, and teen leadership programs.*

## THINGS TO DO, continued

One2One Teen Center..... (262)521-2501  
.....[www.one2oneteencenter.org](http://www.one2oneteencenter.org)  
*Educational, social and recreational programs including tutoring, computers with internet access, mentoring programs, billiards, video games, a coffee cafe, and a bible study program for middle and high school age youth*

### WAUKESHA TEENS ON LINE

Stay connected with other teens! Teens and adults work together to link its viewers with area information, resources, and recreation. Take a look at **[www.waukeshateens.org](http://www.waukeshateens.org)** and see for yourself. To learn more about the Waukesha Teens On Line (WTOL), call: (262) 547-0769.

### PARKS AND RECREATION

There are parks throughout Waukesha County that provide year round activities. To find out about a certain county park or recreation area, call:

Waukesha County Parks Department System Division  
.....262-548-7801  
.....[www.waukeshacounty.gov/parks/](http://www.waukeshacounty.gov/parks/)

**To find out about a local park, contact your local Park and Recreation department, or call:**

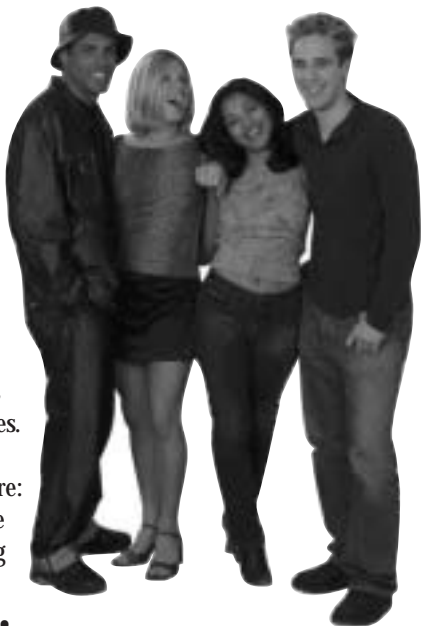
Mental Health Association in Waukesha County, Inc.  
211/First Call For Help.....211 or (262) 547-3388

**Didn't find what you want? Check with your local guidance counselor or church youth groups for more information.**

# Waukesha Teens On Line (WTOL)

Waukesha Teens On Line (WTOL) provides Waukesha County youth with a connection to community resources and opportunities through development and maintenance of a website for youth by youth.

Waukesha Teens On Line connects youth with safe locations in the community. It offers links to resources that are available for recreation, academics, job and volunteer opportunities. In addition to a calendar of events, youth can research agencies that serve youth. Accurate information helps youth to make better choices. Other things that are available through the web site are: college resources, teen issue of the month and shopping information.



**Check it out!**

**[www.waukeshateens.org](http://www.waukeshateens.org)**

## VIOLENCE/ABUSE

Everyone gets angry at times. However, no matter how angry a person may feel, they have no right to violate others in any way.

### WARNING SIGNS OF EMOTIONAL ABUSE

Some signs of being in an abusive relationship can have nothing to do with being physically assaulted. These may include:

- Calling you names, making you feel stupid or less than, or making fun of you.
- Making you feel that the abuse is your fault, or that abuse is all in your head.
- Puts you down in front of other people.
- Does not respect your rights, feelings, opinions.
- Will not let you see your friends.
- Destroys your possessions.

If someone is hurting you, help is available. There is NO acceptable reason for pushing, hitting and/or shaking.

If you are afraid of being hurt by a friend or family member, talk about it with someone you can trust. It is common to have mixed feelings towards someone who violates you.

**For further information, or to talk about with someone, call:**

Women's Center

Crisis Line.....(262) 542-3828

.....(888) 542-3828

*Advocates for victims of sexual assault and domestic violence at hospitals or police stations. Advocates provide emotional support and information about the victims options.*

## VIOLENCE/ABUSE, continued

Family Service of Waukesha

Center for the Prevention of Family violence.... (262) 547- 5567

.....www.fswaukesha.com

*Provides domestic violence and anger management treatment programs.*

**If you or someone you are with is hurt or in danger, get away and get help from a friend or neighbor. Call 9-1-1 for police assistance.**

If there are times when you feel like you are losing control, and at risk for becoming violent, you can learn positive ways to deal with stress, tension, and anger through counseling.

**For information about counseling programs in Waukesha County, that specialize in helping teens, call:**

Mental Health Association in Waukesha County, Inc.

211/First Call For Help.....2-1-1 or( 262) 547-3388

*Offers information & referral to community programs, as well as listening support and crisis intervention.*

# VOLUNTEERING

Volunteering is a way to spend your time, while benefiting others. Many places need help, such as churches, hospitals, nursing homes. Even the agencies listed in this booklet could possibly need help.

For volunteer opportunities, you can contact:

Interfaith Caregiving Network.....	(262) 549-3348
Menomonee Falls Teen Center.....	(262) 250-8454
Senior Advocate Youth Exchange.....	(262) 860-8720
The Volunteer Center of Waukesha County.....	(262) 544-0150
.....	<a href="http://www.volunteerwaukesha.com">www.volunteerwaukesha.com</a>

Everyone, no matter what their age or experience, has something to offer others. Volunteering is a good way to get involved with your community. A variety of youth volunteer positions are available throughout Waukesha County. The benefits of volunteering include:

- Having fun;
- Meeting new people;
- Learning marketable skills for your first or next job;
- Enhancing your resume and college or scholarship applications;
- Gaining new insights;
- Meeting new challenges;
- Building a better society.

## WAUKESHA YOUTH COLLABORATIVE

Communities focus on the needs of youth by involving youth and adults alike in community initiatives or projects. Strong bonds are formed as children, youth, and adults join together to build assets. It has been shown that the more assets (or positive experiences) a person has, the more likely they will grow up to be healthy, responsible, and caring adults.

Waukesha Youth Plan Collaborative is a group of approximately forty organizations dedicated to Helping Youth Succeed in the City of Waukesha. The collaborative work with youth that would benefit through receiving extra community support are connected to appropriate youth programs that help them develop into responsible young adults.

The Waukesha Youth Collaborative was formerly known as the Waukesha Youth Plan Collaborative, which began as a public-private partnership involving the City of Waukesha, Waukesha County Police Department, United Way in Waukesha County, Waukesha School District, University of Wisconsin-Extension and local businesses. The initial grant funds were utilized to develop, support and facilitate collaborative approaches to measurably reduce crime within a specific geographic area by blending law enforcement, neighborhood organizing, and youth development.

**For more information contact one of the following agencies:**

Waukesha County CDBG, Glen Lewinski  
United Way in Waukesha County, John Shiraq  
School District of Waukesha, Jim Hassely  
Safe & Sound, Michelle DuBord  
City of Waukesha, Mayor Carol Lombardi

# WISCONSIN GRADUATED DRIVER LICENSING

Becoming a licensed driver in the state of Wisconsin has changed a lot in the past couple of years. Here are some of the facts about being a young driver in Wisconsin:

## **Temporary License (Learner Permit)**

- Must be 15½; may only drive with adult sponsor.
- Must pass vision, highway signs and knowledge test.
- Enrolled in behind-the-wheel driver education course.
- No alcohol violations.
- Must wear seat belt.
- Need 30 hours of driving experience to get probationary license.
- Cannot receive any traffic tickets for 6 months prior to applying for probationary license.
- Must hold temps 6 months to get probationary license.
- Temps suspended for 6 months if receive 12 or more points in 12 month.\*
- Points doubled for every traffic ticket after the first.\*

*\*Applies to all new drivers, regardless of age*

## **Probationary License**

- Must complete driver education course and pass road test.
- Must be 16 years of age.
- Can drive alone without sponsor.
- Must wear seat belt.
- No alcohol violations.
- Points doubled for every traffic ticket after first.\*
- Probationary license suspended for 6 months if receive 12 or more points in 12 months.\*

*\*Applies to all new drivers, regardless of age*

# WISCONSIN GRADUATED DRIVER LICENSING

**The following restrictions are in effect the first 9 months of having a license, or until the driver turns 18, but can be extended.**

- Can drive alone, but passengers limited: only 1 passenger, immediate family members or qualified adult
- No driving between midnight and 5 a.m. (some exceptions)

*Note! Restrictions can be extended for traffic tickets; suspension or revocation of probationary license, or violation of these restrictions.*

## **Regular License**

- To obtain a regular license, you must hold probationary license 2-3 years;
- Must be at least 19 years of age;
- No doubling of points if receive traffic ticket;
- License can be suspended for two months - one year;
- Must wear seat belt;
- No alcohol violations;

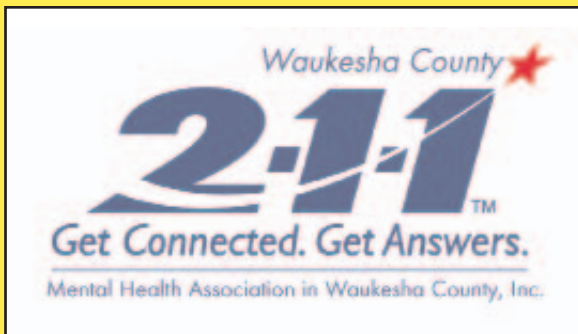
## **For more information, contact:**

Department of Transportation.....(608) 266-2353

.....[www.dot.wisconsin.gov/drivers/drivers/gdl/teengdl.htm](http://www.dot.wisconsin.gov/drivers/drivers/gdl/teengdl.htm)

.....Email [driverrecords.dmv@dot.state.wi.us](mailto:driverrecords.dmv@dot.state.wi.us)

*Motorist Handbook and Driving log available at web site*



Call 211/First Call For Help for free,  
confidential, anonymous assistance  
24 hours, 7 days a week.

**Dial 2-1-1 or (262) 547-0769**



A United Way Community Partner