

IMPORTANT NUMBERS/HOTLINES

When you don't know where to call, **2-1-1/LIFE LINE** is available 24 hours a day, 7 days a week for information and referral to services in our community, as well as for short-term telephone crisis counseling about such things as depression, suicide and loneliness.

24 Hour Crisis and Emergency Numbers

2-1-1/LIFE LINE	2-1-1 or 275-5151 275-2700 (TTY*)
Alternatives for Battered Women Hotline	232-7353 (232-1741 TTY*)
Monroe County Department of Human Services Child Abuse Hotline	461-5690
National Poison Control Locator	1-800-222-1222 (273-3854 TTY*)
New York State Child Abuse and Maltreatment Register (Spanish-speaking also) M-F 9 am - 5 pm	1-800-342-3720 1-800-638-5163 (TTY*)
Police/Fire Emergency	911 (Also TTY*)
Rape Crisis/Safe Center Hotline M-F 9 am - 5 pm	546-2777 546-7582 (TTY*),

Information & Referral:

2-1-1/LIFE LINE (24 hours)	2-1-1 or 275-5151 275-2700 (TTY*)
CARE (a service of Catholic Charities USA) 8 am to 10 pm every day (pregnancy counseling)	1-800-CARE-002 275-2700 (TTY*)
City/County Drug Helpline (operated by 2-1-1/LIFE LINE)	275-0505 (24 hrs) 275-2700 (TTY*)
Monroe County Division of Children and Family Services Programs offered to children and families. Included are Early Intervention Services, Family Bereavement, Perinatal Home Visiting Program and Nurse and Family Partnership, Pediatric and Adult Immunizations, Lead Poisoning Prevention, WIC, Education for Children with Disabilities and Children with Special Health Care Needs. Call for more information.	(585) 530-KIDS (5437)
NYS Relay Center (free telephone relay for the deaf and hard of hearing)	dial 711 OR 1-800-662-1220 (TTY*) dial 711 OR 1-800-421-1220 (Hearing)
Planned Parenthood of the Rochester/Syracuse Region	1-866-600-6886
Volunteer Legal Services Project	232-3051

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

ABOUT THE ADULTS' GUIDE TO YOUTH SERVICES IN MONROE COUNTY

THE ADULTS' GUIDE TO YOUTH SERVICES IN MONROE COUNTY is produced by the Rochester-Monroe County Youth Bureau, a division of the Monroe County Department of Human Services with the support of community organizations, parents and youth volunteers in response to identified community needs.

Representatives from various service agencies, parents and youth, reviewed and provided input on the content of this ADULTS' GUIDE TO YOUTH SERVICES IN MONROE COUNTY to help ensure that it provides accurate information and appropriate resources. This directory is modeled after, and complements, the YOUTH YELLOW PAGES produced by the Rochester-Monroe County Youth Bureau.

Inclusion in THE ADULTS' GUIDE TO YOUTH SERVICES IN MONROE COUNTY does not imply endorsement, nor does omission imply disapproval. No claim for total accuracy is made, since community information changes.

HOW TO CALL FOR INFORMATION

This guide provides contact numbers for community services, but finding the right program can still be challenging. When calling for information about services, use this simple call guide. Have paper and pen or pencil ready to write down names, phone numbers and information that you need to know, such as when your appointment is, what you should bring with you, and exactly who you will be meeting with.

You can begin by saying "I would like to talk to someone about ..." and then state your need, whether you want information about a medical problem or housing, are seeking a source for jobs, or looking for other resources.

Things to ask:

- Who is the person I need to speak with?
- How much does it cost?
- When are you open?
- What services do you provide?
- Do I need an appointment?
- What do I need to bring? (birth certificate, medical insurance card)
- Where are you located? (address, room number)
- How do I get there?

If the person you need to speak with is unavailable, leave your name, telephone number and message or ask when you can call back. If you don't hear someone or you have difficulty getting in touch with the person you were told to call, keep trying or CALL ANOTHER AGENCY.

Whatever you do, DON'T GIVE UP TRYING TO GET HELP!

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**“Live so that
when children
think of kindness,
courage,
and compassion,
they think of you.”**

– Peter Benson, Ph.D.

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OVERVIEW OF THE YOUTH BUREAU

The Rochester - Monroe County Youth Bureau, a division of county government, develops, implements and evaluates a comprehensive system of services, supports and opportunities for youth and their families and provides coordination and technical assistance within the youth services system to support positive youth development.

The Monroe County Youth Bureau believes youth and their families deserve the best services possible. To make this happen, they:

- help plan and coordinate services for youth
- assess youth needs to determine funding priorities
- promote partnerships with agencies and funders to provide comprehensive services
- provide funding to youth service agencies
- monitor and evaluate Youth Bureau funded programs to ensure quality services
- coordinate Runaway and Homeless services for youth
- advocate for legislation, systems change, and funding to improve/assist the youth services system
- facilitates the Community Asset Initiative for Monroe County that promotes Asset Building through positive youth development throughout Monroe County
- oversees Youth As Resources (YAR), a youth-led philanthropy board that provides mini-grants to youth, designed and complemented civic engagement, and community service projects

For more information:

The Rochester-Monroe County Youth Bureau
a division of the Department of Human Services
435 East Henrietta Road
3rd Floor, Faith Wing West
Rochester, NY 14620

753-6455
753-6465 (fax)

www.monroecounty.gov (click on youth bureau)

* A copy of the guide can also be found online at the above website

COMMUNITY DIRECTORIES/RESOURCES

The following is a list of directories that you might find helpful. Check with your local library about other listings of resources.

Name	Author	Focus
<i>Child and Adolescent Mental Health Resource Guide</i>	www.plccare.org	Online guide to Monroe County Mental Health Practitioners
<i>Finding Your Way</i>	Mental Health Association 325-3145 (V/TTY*)	Free Guide to Mental Health Services - call for a copy
<i>Homeless Guide</i>	FOODLINK, Inc. 328-3380 available at libraries and on line: www.foodlinkny.org	Listing of Shelters and Emergency services
<i>Kids Out and About</i>	www.kidsoutandabout.com	Online Guide to Current Activities for Youth On line Guide to Mentoring
<i>Mentoring Directory</i>	Rochester Mentors www.rochestermentors.com	
<i>Parenting Resources</i>	Monroe Community College www.292baby.org	Online guide with parenting and health information
<i>Pediatric Nurse Line</i>	292-BABY (2229)	Reach a pediatric nurse from 7-12 Monday - Sat. and 8-8 on Sundays
<i>Student Volunteer Directory</i>	American Red Cross www.generationgiveback.org	Free online interactive guide to youth volunteer opportunities
<i>Support Group Directory</i>	Mental Health Association 325-3145 (also TTY*) Hard Copy \$15 www.mharochester.org/MHA	Describes local self-help and support groups and contact information. Free online.
<i>Through the Maze Mental Health</i>	Mental Health Association Better Days Ahead	Free guide for families of children with emotional or behavioral problems

40 DEVELOPMENTAL ASSETS

Listed here are the 40 Developmental Assets that the Search Institute has identified as the key building blocks essential for young people to grow up healthy and successful. Much of what you'll read seems like common sense; unfortunately, it is not always common practice.

Assets have a tremendous power to protect youth. Findings from the Asset Surveys for youth in 6th to 12th grades across the country show that:

- Youth who have the most assets are least likely to engage in high-risk behaviors such as drug use, violence and sexual activity.
- When youth have more assets, they have increased chances of having positive attitudes and behaviors, such as succeeding in school, valuing diversity, delaying gratification and maintaining good health.

While assets appear to have powerful influence in young people's lives and choices, too few young people have these benefits. This holds true across cultural and socioeconomic groups.

- On average, young people experience only 18 of the 40 assets.
- Assets decrease as youth get older.
- Boys have fewer of these assets than girls do.
- Currently, only 8% of young people can claim at least 31 of the 40 assets.

We all need to assist youth so they benefit from at least 31 of these essential supports. Everyone can be an asset-builder, including young people. It simply requires spending time together, building relationships, being intentional about nurturing positive values and reinforcing commitments. Asset-building needs to be continuous, reliable and consistent throughout a youngster's childhood and teen years.

Things you can do include:

- Get to know some of the kids who live around you and find out about their interests and skills.
- Eat at least one meal each day as a family. Take time to talk about what is going on in one another's lives.
- Volunteer as a tutor, mentor or youth leader in a youth-serving organization.
- Develop opportunities for youth to contribute to their community.
- Educate your colleagues and employees about becoming asset-builders.
- Take the time to acknowledge the youth around you – the teen checking out your groceries, your neighbors, the kid at the car wash – and greet them by name when you can.

EXTERNAL ASSETS

SUPPORT

1. Family support

Family life provides high levels of love and support.

2. Positive family communication

Young person and parents communicate positively, young person is willing to seek advice and counsel from parents.

3. Other adult relationships

Young person receives support from three or more non-parent caring adults.

4. Caring neighborhood

Young person experiences caring neighbors.

5. Caring school climate

School provides a caring, encouraging environment.

6. Parent involvement in schooling

Parents are actively involved in helping young person succeed in school.

EMPOWERMENT

7. Community values youth

Young person perceives that adults in the community value youth.

8. Youth as resources

Young people are given useful roles in the community.

9. Service to others

Young person serves in the community one hour or more each week.

10. Safety

Young person feels safe at home, school and in the neighborhood

BOUNDARIES & EXPECTATIONS

11. Family boundaries

Family has clear rules and consequences and monitors the young person's whereabouts

12. School boundaries

School provides clear rules and consequences.

13. Neighborhood boundaries

Neighbors take responsibility for monitoring young people's behavior.

14. Adult role models

Parent(s) and other adults model positive, responsible behavior.

15. Positive peer influence

Young person's friends model responsible behavior.

16. High expectations

Both parent(s) and teachers encourage the young person to do well.

CONSTRUCTIVE USE OF TIME

17. Creative activities

Young person spends 3 or more hours weekly in lessons or practice in music, theater or other arts.

18. Youth programs

Young person spends 3 or more hours weekly in sports, clubs or organizations at school or in the community.

19. Religious community

Young person spends one or more hours weekly in activities in a religious institution.

20. Time at home

Young person is out with friends with "nothing special" to do for two or fewer nights per week.

INTERNAL ASSETS

COMMITMENT TO LEARNING

21. Achievement motivation

Young person is motivated to do well in school.

22. School engagement

Young person is actively engaged in learning.

23. Homework

Young person reports doing at least one hour of homework every school day.

24. Bonding to school

Young person cares about his or her school.

25. Reading for pleasure

Young person reads for pleasure at least 3 hours a week.

POSITIVE VALUES

26. Caring

Young person places high value on helping other people.

27. Equality and social justice

Young person places high value on promoting equality and reducing hunger and poverty.

28. Integrity

Young person acts on convictions and stands up for her or his beliefs.

29. Honesty

Young person "tells the truth even when it is not easy."

30. Responsibility

Young person accepts and takes personal responsibility.

31. Restraint

Young person believes it is important not to be sexually active or to use alcohol or other drugs.

SOCIAL COMPETENCIES

32. Planning and decision making

Young person knows how to plan ahead and make choices.

33. Interpersonal competence

Young person has empathy, sensitivity and friendship skills.

34. Cultural competence

Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.

35. Resistance skills

Young person can resist negative peer pressure and dangerous situations.

36. Peaceful conflict resolution

Young person seeks to resolve conflict non-violently.

POSITIVE IDENTITY

37. Personal power

Young person feels he or she has control over "things that happen to me."

38. Self-esteem

Young person reports having high self-esteem

39. Sense of purpose

Young person reports that "my life has a purpose."

40. Positive view of personal future

Young person is optimistic about his or her personal future.

ABUSE & VIOLENT BEHAVIOR

Violence means using force to hurt or control someone or break or damage something. Some people get very angry and lose control. They may throw things, punch a wall or hit someone. They may even be sorry afterwards. If you, a family member or a friend has been slapped, hit or punched, or if your behavior is abusive and/or violent, it is time to seek help.

It is important to know that even if your partner has never "hit" you, you can still be abused. Emotional and psychological abuse creates fear in the victim through the abuser's use of controlling and intimidating behaviors. In these situations someone may be threatening you verbally or treating you in a way that makes you feel embarrassed, devalued, or fearful for your safety.

If you are in an immediately dangerous situation, call 911. If you are not in immediate danger, but you are afraid of being hurt physically or emotionally by a friend or family member, talk about it with someone who will listen and believe you, or call one of the numbers listed in this section or the counseling section. It is common to have mixed feelings about someone who is violent towards you. It is important to tell someone and not keep secrets, even if the person promises not to do it again. People who abuse or hurt others need to get help. By telling someone, you begin to take control of the situation and begin to help yourself. Remember - you are not to blame for what the abuser is doing.

You may have heard a lot about, or know someone, involved in domestic violence (family or household violence) and think this only occurs between married people or adults who are living together, but it also happens to teens in **abusive dating relationships**. These relationships can be very difficult to end. Talk with your teens if you have concerns about a dating relationship and encourage them to talk about it with you, a family member, someone they respect or seek counseling.

You or someone you love may be in an abusive relationship if:

- Your partner acts in ways that make you afraid.
- Your partner makes threats to harm family, pets, friends or you.
- You find yourself apologizing to yourself or others for your partner's behavior.
- You have been hit, kicked, shoved or had things thrown at you by your partner.
- Your partner is extremely jealous and possessive.
- You make plans/decisions based on how your partner will react.
- You are treated badly or embarrassed in front of others by your partner.
- You agree to have sex, even if you are uncomfortable about it.

Effects of Domestic Violence on Children

In homes where domestic violence occurs, children are at high risk of suffering physical abuse themselves. Regardless of whether children are physically abused, the emotional effects of witnessing domestic violence are very similar to the psychological trauma associated with being a victim of child abuse. Each year, an estimated minimum of 3.3 million children witness domestic violence.

The negative consequences for children living in violent homes often begin during the first year of life. These very young victims have been known to display such symptoms as excessive fears, poor sleeping habits, poor health and excessive screaming. As a child grows, so too does the impact of living with family violence. Preschool children who are only just beginning to define themselves and their place in the world, often respond to family violence by displaying lags or regressions in development, excessive anxiety and excessive aggression. Feelings of guilt and responsibility for the abuse may also become evident at this time. Older child victims may come to the attention of school authorities because of their behavior, truancy, poor self-esteem, aggression, learning problems and delinquent behaviors.

Research indicates that the symptoms of Post Traumatic Stress Disorder – sleep disturbances, traumatic nightmares, preoccupation, flashbacks and sensitivity to noise and touch – have been identified in children exposed to domestic violence. Perhaps most distressing are studies which indicate that these child victims often grow up to repeat the roles of abused and abuser.

How to Talk to Children About Domestic Violence

If violence is happening in the home, in most instances children know about the violence. Give kids the permission to talk about it with you or another adult who can help make them feel better. It is okay and important to talk about the violence and unlock the “family secret.”

Help kids to understand that other children are also in this situation, and that they are not the cause of or responsible for the violence.

Other ways to help children in this situation:

- Develop a safety plan for children in case another violent episode occurs. Tell children to stay out of the way. Encourage them to go get help and teach them to call 911 if it is safe for them to do so.
- Help build children’s self-esteem.
- Let children know it is okay to have mixed feelings about their family members.
- Encourage children to talk about how they can show their anger without hitting.

Seeking Help

Remember, no one deserves to be physically and emotionally abused. There are other ways to deal with stress, tension and anger than becoming violent and/or abusive. Seek help for you and your children; you deserve better. See COUNSELING and resources listed below.

2-1-1-/LIFE LINE	2-1-1 or 275-5151 (24 hrs) 275-2700 (TTY*)
Alternatives for Battered Women (information, counseling, & shelter; groups for teens)	232-7353 (24 hrs) 232-1741 (TTY*)
Bivona Child Advocacy Center	935-7800
Crisis Nursery of Greater Rochester	235-5750
Greece Police Victim Service	720-0822
Monroe County Sheriff’s Office, Victim Assistance – Zone A (East)	753-4389
Zone B (Henrietta and South)	753-4403
Zone C (West)	753-4455
RPD Family and Victim Services	428-7183
Rochester Safe Start for people affected by violence (2-1-1/Lifeline) 211 or 275-2700 (TTY*)	
Safe Journey (transition services)	425-1580
Society for the Protection and Care of Children	325-6101
Unity Domestic Violence Education Program	368-6901 x8990
Gates Police Domestic Violence	429-8274
Rape Crisis Service of Planned Parenthood	546-2777

To officially report child abuse, call these 24 hour numbers:

Monroe County Department of Human Services, Child Abuse Hot Line	461-5690
New York State Child Abuse and Maltreatment Register (Spanish-speaking also)	1-800-342-3720 1-800-638-5163 (TTY)

*To get information about an **Order of Protection** or **Restraining Order** to prevent additional domestic violence among adult family members, call:*

Legal Aid Society Domestic Violence Program	232-4090
Monroe County District Attorney Domestic Violence and Child Abuse Bureau	753-4780
Monroe County Probation Domestic Violence Intake for Family Court	428-5606
NYS Domestic Violence Intensive Intervention Court	428-5787

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

HIV/AIDS

HIV (Human Immunodeficiency Virus) is a virus. You may hear that someone is *HIV infected*, has *HIV infection*, or has *HIV disease*. There are all terms that mean the person has HIV in his or her body and can pass the virus to other people.

HIV attacks the body's immune system. The immune system protects the body from infections and disease, but has no clear way to protect it from HIV. Without treatment, most people infected with HIV become less able to fight off the germs that we are exposed to every day. Many of these germs do not usually make a healthy person sick, but they can cause life-threatening infections and cancers in a person whose immune system has been weakened by HIV. HIV treatments can slow this process and allow people with HIV to live longer, healthier lives.

People infected with HIV may have no symptoms for ten or more years. They may not know they are infected. An HIV test is the only way to find out if you have HIV.

AIDS (Acquired Immune Deficiency Syndrome) is a late stage of HIV disease. A person with HIV infection has AIDS when he/she has CD4 cell count that falls below 200 (a normal CD4 count is 500 or higher). Also, they develop any specific, serious conditions that are linked with HIV infection (also known as AIDS-defining illnesses).

Who is at risk for getting HIV?

A person of any age, sex, race, ethnic group, religion, economic background, or sexual orientation can get HIV.

- Those who are at risk are people who have "unprotected sex" with someone who has HIV
- People who share needles, syringes, or other equipment to inject drugs, steroids, or even vitamins or medicine with someone who has HIV
- Babies can potentially become infected during their mothers' pregnancy, during delivery, or after birth in the immediate post-partum period. They can also become infected through breastfeeding.
- Health care and maintenance workers who may be exposed to blood and/or body fluids at work sometimes get infected through on-the-job exposures like needle-stick injuries.

Talking with a Child About AIDS

Growing up in an era with HIV and other sexually transmitted diseases isn't easy. Parents and adults involved with youth need to communicate with them about sex in frank and accurate terms. HIV is a topic parents cannot avoid; children watch TV, read the paper, and hear about it at school.

Talking with children about HIV is not easy. Explaining the basics – that HIV can be spread through vaginal, anal and oral sex and by sharing needles – may make the most open person uncomfortable, but it is crucial we learn to do so.

Before you begin, be sure you understand what HIV is, how it is spread and how it can be prevented. If you are unsure, call or visit your local library, health clinic, doctor or AIDS program. Be clear about both the facts and values you want to communicate. Practice talking with your partner, family members or friends to get comfortable with the topic. You may be met with resistance and silence by a child, as they may see this as something you shouldn't talk about and sense your discomfort. A few good choices now can help a child avoid many serious problems later.

Here are some suggestions to help you talk to children about HIV:

- Keep your tone and words simple and direct. Ask questions to be sure the child understands what you are saying.
- If you feel uncomfortable or embarrassed, admit it, and let them know that no matter how uncomfortable you may feel, it is too important to not talk about. Talk about HIV/AIDS as a disease that we all need to be concerned with.
- Listen to their questions. You may be able to pick up on what they are afraid of and any misinformation they have about HIV and correct it. If you don't know an answer, tell them and plan together on how to find out the answer.
- Use your child's age, questions and your own feelings about HIV to determine how much information to share. Don't preach or use scare tactics, but be clear about your values.
- Watch for ways to start conversations about HIV.... a report on the car radio, a TV show, an article. Be sure to talk more than once about HIV.

Remember that you do not have to do this alone. There are a number of resources available to you to help you protect your child and yourself from HIV. Workshops for parents are available to help parents talk with their children about HIV, substance use, relationships and sexuality. For information, call **Family Talk, Family Resource Centers of Crestwood, 436-0370 x303**.

There are a number of peer education programs that engage youth to educate other youth about HIV/AIDS, STIs and making healthy choices. Information is available from **ABCs Action Front Center** or **PRYD's HIV/AIDS Services Program** at the numbers listed below.

For more information on preventing and treating HIV, call:

Action for a Better Community (ABC)	325-5116
AIDS Care	545-7200
Baden Street Settlement/AIDS Project	325-8130 x208
Catholic Charities/Community Services	1-866-902-4704 (339-9806 TTY*)
Centers for Disease Control National STD Hotline	1-800-342-2437
Community Health Center, Inc	244-9000
Gay Alliance of the Genesee - Youth Program	244-8640
IBERO, No Mas VIH (No More HIV)	256-8900
Men of Color Health Awareness Project (MOCHA)	420-1400
Youth Empowerment around HIV (YEAH)	
Monroe County Sexually Transmitted Disease Clinic	753-5481
NYS Dept. of Health - HIV Counseling and Testing	423-8081 (423-8120 TDD*)
Puerto Rican Youth Development & Resource Center (PRYD)	232-1670
Threshold Center for Alternative Youth Services (12 - 18 free services, 19+ sliding scale)	454-7530
Unity, McCree McCuller Wellness Center	368-3200
Westside Health Center – Brown Square	254-6480
Woodward Health Center	436-3040

There are a number of free or low cost STD/HIV clinics in Monroe County. No appointment is needed. If you want to find out more information about **clinic services** call **753-5481**.

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

ALCOHOL AND OTHER DRUGS

The use of alcohol and other drugs by youth is a serious problem in our society. Current information reveals that:

- Youth begin experimenting with alcohol and other drugs between the ages of 11 and 14.
- Alcohol is the number one drug problem among youth in the U.S. and more kids get into trouble with alcohol than with any other drug.
- Alcohol is considered a “gateway” or entry drug for youth; kids are more likely to use other drugs including over-the-counter drugs and cigarettes, if they use alcohol first.
- The three leading causes of death among youth – accidents, homicides and suicides – are all significantly related to alcohol use.
- In New York State, about 15% of students in grades 7-12 are heavy users of both alcohol and other drugs.
- Among teens, drug use is strongly related to having friends who use drugs; if your child has friends who use drugs, then your child probably does too.

Some Thoughts

Alcohol is such an accepted part of the American culture that it carries with it a sense of innocence for teenagers who “experiment” with it. But alcohol is a drug, and this reaction reflects a dangerous attitude that has gained wide acceptance. Although alcoholic beverages are legal for adults, they are ILLEGAL for children and teenagers. Parents who consider alcohol use by young people as “innocent, every-kid-tries-it” behavior are taking an unnecessary risk for their children and friends, not to mention their own liability.

Besides alcohol, youth use other drugs. Most commonly used are cigarettes, marijuana, cocaine and crack but there are many others, including over-the-counter drugs. Youth report relative ease in obtaining illegal drugs. There are many local and web resources that can assist parents in identifying and understanding the effect of drugs. See the list later in this section for help.

Setting Guidelines

A first step toward avoiding problems with alcohol and drugs is establishing guidelines for responsible behavior. Talking with parents of other kids can help you determine appropriate rules for your family. Alcohol and other drug experimentation can begin early, so it is important to start talking about alcohol and other drugs from the time your child enters grade school. The following are some suggestions:

- Be clear about and share your values; you are a role model for your child/teen. Remember, children do as their parents do, not as they say.
- Have your child/teen develop with you family rules (drugs, curfew, sharing chores, acceptable hangouts, calling in, homework, etc.).
- Involve your child/teen in coming up with the consequences of breaking family rules.
- Follow through with consequences of breaking family rules.
- Expect your child/teen to be responsible for his or her behavior.
- Share your expectations of your kids with neighbors and other family members.
- Discuss with your child/teen how to handle the situation if alcohol or other drugs are available at a party. Help your child/teen develop a comfortable way to refuse alcohol or other drugs.
- Provide opportunities for and encourage creative social activities without alcohol and drugs.
- Be aware of how your child/teen spends money.
- Do not leave teens unsupervised when you are away overnight.

When Your Teen is Giving a Party

1. Plan in advance. Discuss the party plans with your teenager. Know the guest list, so you can prevent an “open party” situation.
2. Set definite starting and ending times. Plan an activity such as swimming, skating, or renting movies. Consider a daytime party.
3. Agree to rules ahead of time:
 - No alcohol, other drugs or smoking
 - No leaving, then returning to the party
 - No gate crashers allowed
 - Lights will be left on
 - Some rooms are off limits
4. Know your responsibilities! Be visible and aware. You are legally responsible for anything that may happen to a minor who has been served drugs or alcohol in your home. Serving alcohol to a minor is a criminal offense.
5. Invite another parent or couple as company for you during a long evening, and to help if there are any problems. When parents deliver their teens to your house, invite them in to get acquainted, if only briefly.

When Your Teen is Going to a Party

- Make sure there will be parental supervision and that no alcohol will be served. Checking with the parent at whose home the party will be held may be helpful.
- Know where your teen is going and with whom. When taking your teen to a party, go to the door and introduce yourself. If you already know the family, at least wait to see that s/he is inside the house.
- Make it easy for your teen to leave a party. Agree that s/he can call you (or another adult) to come for her/him if there is any reason why staying is uncomfortable.
- Urge your teen NEVER to ride home with a driver who has been drinking or using drugs.
- Be awake to greet your teen when s/he comes home or request your teen awaken you.

Find Out More at Parents Who Host Lose the Most: www.nydas.org/parentswhohost.

When to Become Concerned

Some of the behaviors listed below may reflect the normal growing pains of adolescence, or they may indicate alcohol and drug use or abuse or signs of emotional problems. The more behaviors listed below that your child displays or continues over time, the more important it becomes to seek help.

General Behaviors:

- Switching of friends and activities
- Being defensive or blaming others
- Defying rules and regulations
- Lying or being secretive
- Manipulating friends and family
- Changing eating habits
- Changing sleeping patterns
- Losing interest or initiative
- Having problems at school, including a drop in grades and cutting classes
- Verbally or physically abusing others
- Withdrawing
- Encountering legal problems
- Emotional outbursts

Specific Behaviors:

- Coming home unusually giddy, drunk or high; slurring words, stumbling, appearing spaced out or hung over, being promiscuous, showing interest in witchcraft or the occult
- Being responsible for the disappearance of money, alcohol, prescription drugs, family possessions, or his/her own personal belongings; watering down of family liquor
- Possessing drug paraphernalia – rolling papers, pipes, clips, bongos, pills, drug magazines, drugs, bottles, drug-related jewelry or posters, baggies
- Drawing graffiti or doodling related to drugs; talking about drugs
- Wearing sunglasses and using eye drops to cover up red or glassy eyes or pupil changes
- Changing personal habits or appearance, showing less interest in appearance
- Being compliant and agreeable, but failing to follow through with promises made
- Saying they are going to a place or event parents approve of, but consistently going somewhere else
- Sustaining frequent injuries or exhibiting signs of illness such as nausea, abdominal pains, persistent cough, sniffing, runny nose
- Showing signs of emotional distress, including depression, overwhelming anxiety, paranoia, extreme highs and lows
- Talking or writing about life not being worth living or suicide
- Self-mutilation such as self-drawn tatoos, cigarette burns, writing on body
- Violent bursts of anger expressed by hitting family members and friends, punching walls, reckless driving at excessive speeds, promiscuous sex

Confronting the Problem

Kids who use alcohol and other drugs come up with all kinds of excuses to deny their use or explain their use. Parents also come up with excuses to deny their kid's alcohol and/or other drug use. When you suspect drug or alcohol abuse, confront the fact and then work to solve the problem. The following guidelines may be helpful, but you may need to seek outside help in preparing to address the problem. See COUNSELING, and resources listed at the end of this section.

- Take time to recognize your own feelings so that you can attempt to discuss the subject calmly.
- Discuss and agree on a plan of action with spouse/significant other.
- Keep a written record of your observations.
- Talk to friends, family, and school personnel to see if they have noticed changes.
- When you address the problem, choose a time when your teen is not high on alcohol or other drugs.
- If denial persists, involve other concerned persons, such as relatives, clergy or school personnel.
- Focus on your concern for your teen's well-being.
- Describe specific observations and concerns, avoid accusations which lead to denial.
- Let your teen know that you disapprove of her/his behavior, not of her/him.
- Be firm. Do not be intimidated or manipulated.
- Discuss the need for an evaluation with a chemical dependency counselor.
- Follow through! (See resources listed at the end of section)

Another Child's Use of Alcohol and Drugs

If you have factual information that a child other than your own is using drugs and you believe it is a potential health threat to that youth, take action to help that child by telling her/his parents or teacher or counselor. If you are concerned you will break a "trust," sometimes you need to "expand" the numbers of people that are part of the trust, to save a life. When we do nothing we support drug use and abuse among adolescents and give them a message that their behavior is OK. Everyone needs to get involved to stop drug abuse.

Effects on Youth of Family Alcohol and Drug Abuse

Children and teens are affected by the alcohol and drug use and abuse of a parent or other family member. One out of every five Americans is the child of a parent who has or had an alcohol or other drug problem. Children of alcoholics and other drug abusers are prone to a wide range of problems, including anxiety, depression, eating disorders and other stress related health problems. They often deal on a daily basis with fights, broken promises and inconsistent behavior by their parent(s). They also must deal with the fear, silence and shame that surrounds the "family secret." Many blame themselves for the problem.

It is extremely hard for the non-drug abusing parent to deal with their partner. They often feel the same embarrassment, frustration, confusion, and powerlessness as their children do. Workshops are available to parents to help them talk to their children about HIV, substance abuse, relationships and sexuality, including "Helping Our Children Make Healthy Drug-Free Choices" call **Family Talk, Family Resource Centers of Crestwood, 436-0370 x303.**

Alcoholism and chemical dependency are diseases that affect the whole family and professional help is necessary. Talking to your child and connecting yourself and family with professional help to address the problem is important. The situation has to be brought out in the open so that family members can receive information and support to deal with the situation. Special support groups and treatment programs for the abuser and family exist in our community. Treatment can include support groups, counseling, inpatient, outpatient, and half-way houses. The following resources may be helpful.

For an alcohol or drug related emergency, call **911** or get to a hospital emergency room. See HOSPITALS in the RAPE/SEXUAL ASSAULT section.

For more information about alcohol and other drugs, or about getting help with an alcohol or drug problem, call the agencies listed below or any treatment program:

City County Drug Helpline	275-0505 (24 hrs)
(Operated by 2-1-1/LIFE LINE)	275-2700 (TTY*)
(The) Center for Youth	271-7670
Toll free number: 1-888-617-KIDS (5437)	
Delphi Drug and Alcohol Council	467-2230
Delphi Prevention Program for Youth	697-5648
Huther-Doyle Memorial Institute	325-5100
DePaul's National Council on Alcoholism & Drug Dependence Rochester Area	719-3483
Pathways to Peace (City of Rochester)	428-6339
Puerto Rican Youth Development & Resource Center (PRYD)	232-1670
Recovery Network of New York, SWAN/the Bridge	328-8230
RPD Family and Victim Services/FACIT	428-6630
Threshold Center for Alternative Youth Services	454-7530

For specialized help you may want to call:

Al-Anon/Al-A-Teen Family Groups	288-0540
(groups for teenagers with an alcoholic family member or friend)	(taped message)
Alcoholics Anonymous	232-6720 (8 am -10 pm)
(special groups for young people who are alcoholic)	
Narcotic's Anonymous	234-7889
NYS Family Court, Juvenile Drug Court	428-1797
Substance and Alcohol Intervention Services for the Deaf (SAISD)	475-4978 (V/TTY*)

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

For drug-free youth programming and socialization activities and youth empowerment, check with your school for information about school sponsored activities or call:

HEART Coalition for a Drug Free Rochester 428-7371
DePaul's National Council on Alcoholism & Drug Dependence Rochester Area 719-3483

For Stop Smoking Resources:

American Cancer Society 288-1950
Lakeside Family Wellness Center 637-6044
New York State Smokers Quitsite www.nysmokefree.com
 or call 1-866-NY-QUITS (1-866-697-8487)
Smokers Health Project 530-2050
Unity Chemical Dependency (formerly Parkridge Chemical Dependency) 368-6900

For more information on drug identification, the effects of different substances on the human body, and general information go to your public library or one of the following:

The Partnership for a Drug Free America www.drugfree.org
National Clearing House for Alcohol and Drug Information (NCADI) 1-800-788-2800
 call for free information or go to their website www.ncadi.samhsa.gov
National Institute on Drug Abuse www.nida.nih.gov
www.stopdrugsnow, California Department of Justice www.stopdrugsnow.org
 online drug identification guide with pictures and advice

Treatment Programs

The agencies listed below are certified by New York State to provide chemical dependency treatment. Not all are able to serve youth under the age of 18, those who currently accept youth less than age 18 are marked with an *. Eligibility requirements differ with each agency. Be sure to check if your medical doctor needs to make a referral, the cost and issues related to health insurance.

For Treatment Information call:

Action for a Better Community, New Directions 325-5226 x3200
Baden Street Settlement 325-8130 x3200
***Catholic Family Center, Restart Substance Abuse Services** 546-3046
***Conifer Counseling Services** 442-8422
***Delphi Drug and Alcohol Council** 467-2230
***Huther Doyle** 325-5100
John L. Norris Treatment Center 461-0410
***Rochester Mental Health and Addiction Center** 922-2500
***St. Joseph's Villa of Rochester** 865-1550
***Strong Recovery** 275-7545
***Unity Chemical Dependency (formerly Parkridge Chemical Dependency)** 723-7723
***Westfall Associates** 473-1500

To report concern about criminal activity involving drugs call:

Drug Hotline (City of Rochester) 428-6000

BASIC NEEDS

The following lists resources available for obtaining information about basic needs (e.g., food, shelter, clothing.) If you need additional information or are unsure of what resource or agency to contact, please call 2-1-1/LIFE LINE at 2-1-1 or 275-5151 (275-2700 TTY*).

You can also contact:

Catholic Family Center, Community Resource Services 232-2050
SouthWest Area Neighborhood Assoc/the Bridge 328-1940
Montgomery Neighborhood Center 436-3090

Food

For information about obtaining food stamps, call:

Monroe County Department of Human Services 753-6000
New York State Food Stamp Hot Line 1-800-342-3009

For a referral to a Food Pantry and/or a Food Distribution Center or soup kitchen, call:

2-1-1/LIFE LINE 2-1-1 or 275-5151 (24 hrs), 275-2700 (TTY*)

For directories listing Food Pantries and Food Distribution Centers, call or go online:

The Homeless Guide 328-3380
FOODLINK, Inc. www.foodlinkny.org

Housing Information

For runaway or homeless emergency shelter programs for youth under 21 refer to RUNNINGAWAY/HOMELESS section.

For information on housing and sanitation complaints, call:

Monroe County Department of Public Health 753-5171

For information on home lead poisoning, call:

Monroe County Childhood Lead Poisoning Prevention Program 753-5087

Also see the Lead Hazard Control Grant Assistance application available on the Monroe County website at: www.monroecounty.gov.

For information on heating (fuel) costs and subsidized public housing for low income families and senior citizens, call:

HEAP (Home Energy Assistance Program) 753-6477

For information on home repair and rehabilitation programs and services, call:

City of Rochester, Grants and Loans for Homeowners 428-6827
ABC Community Building in Action 325-5116

For information on home buying, screening, and other related assistance, call:

City of Rochester Services for 1st Time Homebuyers 428-6888
The Home Store, Urban League 325-6530

For daily listings of available apartments and hotline information on landlord/tenant rights, call:

The Housing Council 546-3700

Emergency Shelters for Families

For more information call:

Alternatives for Battered Women 232-7353 (24 hrs) 232-1741 (TTY*)

Caters to women who have been physically abused, short term stay. Minimum age 18 years (exceptions considered). Children (through age 18) will be housed with mothers.

Bethany House	454-4197 (24 Hrs)
Forty-five (45) day limit, one time per year. Interview required. Women and women with children; boys up to age 12.	
Catholic Family Center, Homeless and Housing Department	423-9590
Shelters for men, women and women with children in conjunction with the Monroe County Department of Human Services.	
Mercy Residential Services	254-2175
Emergency and transitional housing for pregnant and parenting women age 16-21 and their children.	
Salvation Army Emergency Assistance for Homeless Families (24 hours)	987-9540
	After 5 p.m. call extension 2284

Financial Aid and Services

For information on Temporary Assistance, Food Stamps or Medicaid, call:

Monroe County Department of Human Services	753-6000
Customer Service Line	753-6440

For Assistance with financial management:

Consumer Credit Counseling Service of Rochester	546-3440
Urban League Financial Education Program	325-4663

Clothing

Refer to the "Homeless Guide", or call:

2-1-1/LIFE LINE	2-1-1 or 275-5151 (24 hrs), 275-2700 (TTY*)
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Heating/Utility Assistance

Before seeking help in meeting delinquent fuel and utility payments, debtors should contact the particular company and try to arrange an alternate payment plan. Many companies, like Rochester Gas & Electric, are required by law to continue service if debtors can arrange a fair and affordable payment plan with them. Ask about arranging such a plan by calling the Customer Service number of the fuel or utility company appearing on the fuel bill itself.

For help with heating (fuel) costs, call:

Action for a Better Community, Energy Conservation Program	442-4160
American Red Cross/RG&E Heating Fund	241-4474
HEAP (Home Energy Assistance Program)	753-6477
New York State Public Service Commission	
(NYSpsc) Hot Line	(Mon.-Fri. 7:30 A.M. -7:30 P.M.) 1-800-342-3355

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

Bullying

Bullying is unprovoked, repeated and aggressive actions or threats of action by one person or a group who have (or are perceived to have) more power or status than their victim in order to cause fear, distress or harm. Bullying is not a childhood rite of passage. Research shows that on any given school day, approximately 160,000 children decide to skip school to avoid being picked on or bullied by their peers. The numbers of children who suffer in silence is even higher.

Warning signs that a child may be the target of bullying

- Frightened walking or taking bus to school
- Unwilling to go to school
- Ill in morning and/or frequent contact with the school nurse
- Comes home hungry and/or with clothes, books, other belongings missing or destroyed
- Abrupt change or loss of peer group
- Behavior change – withdrawn, drop in grades, aggressive

What parents can do

If you suspect your child is being bullied, ASK.

Some questions to start the conversation include:

- "Who do you sit with at lunch?"
- "What is it like walking to school/taking the bus?"
- "Are there people at school/neighborhood/sport team who are bullies?"
- "Do kids ever call you mean names/spread rumors about you/push or trip you?"
- Let your child know that it is not his or her fault

Review options to address bullying with your child

- Talk with school personnel
- Keep records of incidents

Bystander action or inaction plays a crucial role in whether an incident of bullying stops or is reinforced. As adults, we have the responsibility to teach and support our children when they encounter bullying situations.

- Start an ongoing dialogue with your child about bullying and use teachable moments on TV or in the community to talk about your values and expectations.
- Connect with school proactively
- Does the school district have a policy on bullying? Is there a procedure for reporting bullying?
- Is there a comprehensive bullying prevention program in place? What training is staff receiving?

How much bullying takes place in our schools and other youth environments depends on the role that committed adults are willing play in their schools, their families, and their communities.

For more information or help:

Stop Bullying Now

www.stopbullyingnow.hrsa.gov

CHILDCARE

Choosing safe and affordable child care sets the stage for healthy growth and development in a child. Only parents know the best situation for their children. Asking the right questions, observing the caregivers in action, and checking references are only some of the steps to choosing care that is appropriate for the child. Whatever the setting, the key element is high quality care. The program should offer knowledgeable loving caregivers who understand and care about children, and who work with parents to offer the best possible care for each child.

Learn about different childcare options and visit sites before making a decision. Watch the interaction of caregivers to each other and the children in care.

Listed below are some things to think about and questions to ask:

- What is the fee for care? Are meals and snacks included? Are there late fees? When is payment due? Are subsidy payments accepted?
- Is the location of care near home, school or work? Does the caregiver offer transportation? What are the hours of operation?
- Is the program licensed or registered in the state? What is the history of the caregiver? What experience does the caregiver have in caring for children?
- Have you received references about the program?
- How many children are being watched by the caregiver? Are the children watched at all times including naptime?
- Is the location child-proofed and are dangerous materials stored locked and out of reach of children?
- Is there a fire or medical emergency plan in place?
- Is the setting clean? Are toys, furniture and floors washed frequently with a bleach solution? Do the caregivers wash hands before handling food? Are the children encouraged to wash their hands?
- Does the caregiver provide healthy meals and snacks?
- Does the staff read stories, sing songs and interact with the children? Are there books and puzzles to help children learn new words? Are the supplies for creative child driven activities?

Call, visit options, ask questions, and make a decision. (For a full check list of questions to ask and things to consider, see the resources below.)

For more information or help, call:

Child Care Council, Inc. (“Your premier resource”)	654-4720 or 1-800-743-KIDS www.childcarecouncil.com
Genesee Valley Parent.com, online provider guide and check list	gvparent.com
NYS Office of Children and Family Services (OCFS) “As you think about Childcare”- available on line or at NYS Parent’s Connection	www.ocfs.state.ny.us 275-2700 (TTY*) 1-800-345-KIDS

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

COUNSELING

No one feels good all the time. At times, everyone has strong, uncomfortable even angry feelings about things going on in their lives. For youth, this may be seen in emotional outbursts, isolating themselves from their friends and family or through “acting out” behaviors. Good listening and communication skills between parents and young people can be very helpful during these stressful times. When someone in your family has a problem or is hurting, everyone in your family is affected. If you are worried about a young person you care about, try talking with them, encouraging them to share their feelings and concerns. If talking doesn’t seem to help and/or your concern continues, counseling can be very helpful.

Counseling helps a young person and their family deal with uncomfortable feelings. Counseling also assists youth and their families in making decisions, solving problems and communicating with each other. Through counseling, you, your child and your family can strengthen relationships and improve communication.

When is Counseling needed?

You may want to explore the benefits of counseling if you see any of the following signs:

- Sudden changes in mood or behavior
- Being unhappy for a long time
- Strong feelings of fear or nervousness
- Losing temper over small things
- Aches and pains that have no known physical cause
- Drop in grades

Who does Counseling?

Sometimes friends, relatives, school counselors or religious leaders can help by listening to problems, making suggestions or suggesting a place to go for help. Sometimes problems are too personal to share with someone close and may require someone with a special expertise. In that case, it’s good to talk things through with a trained counselor.

Counselors understand how an individual’s problems affect all their relationships and want to, whenever possible, work with the whole family. They recognize that all family members are affected and must work together for change to occur. However, counseling can occur with individual family members or with the family together.

Where do I find Counseling?

It may be helpful to talk with your child’s school counselor or nurse, a clergy member, or your teen about where to go for help. The following provide counseling services, many of which are specifically for youth. Some services are free, but not all. When you call, please remember to ask about fees, health insurance coverage, how much you’re responsible to pay for, and how to make an appointment. You can also refer to MENTAL HEALTH.

For more information or help, call:

Baden Street Settlement House	325-8130
Dr George Simmons Counseling and Support Center	
Catholic Family Center, EAP and Counseling Program	546-3617
The Center for Youth	271-7670 or 1-888-617-KIDS (5437)
DePaul- NCADD	719-3483
Gay Alliance of the Genesee Valley	244-8640 x13
Greece Department of Human Services	723-2425
Henrietta Youth Bureau	359-2540

Hillside Children's Center, Crisis Counseling and Referral	256-7500 (24 hrs)
IBERO Family Support Unit	256-8900
*Jewish Family Service of Rochester	461-0110
Monroe County Fire Bureau	753-3750
Juvenile Firesetter Intervention Program (education, assessment and referral for youth who engage in fireplay or firesetting behaviors)	
*Oak Orchard Community Health Center	637-3950
Pathways to Peace, (City of Rochester)	428-6339
Pittsford Youth Services	248-6299
Puerto Rican Youth Development and Resource Center (PRYD)	232-1670
RPD Family and Victim Services/FACIT	428-6630
*Threshold Center for Alternative Youth Services, Inc.	454-7530
Urban League of Rochester - Family and Children Services Division	325-6530

*These agencies charge a fee based upon income.

CYBER SAFETY

Use of the internet, including e-mail, text messaging, instant messaging and social networking is a fact of life for many youth. Even if they don't have a computer or cell phone at home, they use them at school and with friends. Parents often feel they are at a disadvantage as their child may know more about this technology than they do, but keeping your child safe on-line is increasingly important.

Some Basics

- Use anti-virus, spyware filters and a fire wall on your computer and update regularly. See www.securitytango.com for information and instructions on how to keep your system safe.
- Keep computers in open areas of the house where you can see them, never in a bedroom.
- Keep lines of communication open. Talk about the dangers and empower your child to come to you if they ever feel unsafe on line. Let them know you will work together to see they are safe.
- Become part of their on-line experience. Know your child's screen name and work together on their user profile or a family profile. Get to know their on-line friends as you do their other friends.
- Teach children their on-line responsibilities - respect for others and the need for a critical eye.
- Talk to your child about the dangers of sharing personal information on-line. Not only can it create difficulties in the present, prospective schools and employers are often checking such information.

There are excellent resources available to assist parents and youth in internet safety. I-Safe has free, online courses for parents, youth, and educators at www.isafe.com, www.cyber-safety.com and/or www.safekids.com is a good source of safety information for the entire family.

DEATH AND LOSS

When someone close to you dies, you may be overwhelmed with feelings of anger, hurt, sadness and uncertainty. The problem of what to say and how to talk about your feelings is one of the most difficult that you can face. You may be afraid of saying or doing the wrong thing. If you must tell a child about death, you may want to protect him/her and help the child not to miss the person so much. You may say things like "he is sleeping" or "he has gone away" instead of talking openly about someone's death.

When someone dies, you and/or your child may have a lot of different feelings, many at the same time, including surprise, disbelief, anger, guilt, loneliness, depression and sadness. Each person reacts to death in his or her own way. Some cry, some get angry, some get quiet and go off by themselves and some act like nothing happened. How you grieve is a personal thing and does not measure how much you cared about the person, only how you handle or express your feelings. Children also need an opportunity to express their feelings and fears. They learn what is acceptable by watching you. Your ability to be open and honest with them will help them to better accept what has happened.

It is important to help your child talk about his/her feelings with someone who will listen. A child may be afraid that by talking about death, it will happen again. S/he may be afraid that you or s/he will die, and be afraid to go to sleep; or won't let you out of sight; or lose appetite, experience headaches, mood swings, loneliness, depression or anger. Anger at God is not uncommon.

If the death is of a parent, the child may feel isolated and unsure of the future. If the person was the primary source of income, there may be concerns about how the family will survive. The child may feel the need to take over the role of the dead parent. Try not to put your child in the position of behaving like an adult. If you are grieving yourself, and can't give the attention that is needed to the child, find someone – a family member, family friend, clergy – that can help the child to grieve and be there for that child.

If the person that died is a friend, neighbor or distant family member, children often feel left out of the grieving process and feel that there is little they can do. You could suggest that they might assist family or friends who have lost a loved one: run an errand; mow the lawn or take care of the garden; feed a pet or walk the dog; bring flowers; help with household chores—laundry, vacuuming, dusting; babysit the children or take a child for a walk; and wash the car.

Remember that there are people who can help you and your child as you struggle with a loss. Schools and religious organizations may have support groups that could help. Refer to the COUNSELING, MENTAL HEALTH and SUPPORT GROUP sections for more resources.

You can also call:

2-1-1-/LIFE LINE	2-1-1 or 275-5151 (24 hrs)
	275-2700 (TTY*)
Families and Friends of Murdered Children	472-3156
KATS (Kids Adjusting Through Support)	624-5555
a program of Camp Good Days (a support group for children who have lost (or have a seriously ill) family member	275-2700 (TTY*)
The Mental Health Association, Support Group Directory	325-3145(Voice/TTY)
(Online at www.mharochester.org)	368-6705
A Caring Place (Lifetime Care)	475-8800

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

DISABILITIES/HANDICAPPING CONDITIONS

If you are the parent of a child with a disability, or a worker involved with the child, you have to confront many myths about disabilities and continually advocate so that the child's needs are addressed. Federal and State laws and regulations have been passed and court decisions have provided directives that ensure disabled children and adults have the same rights and opportunities as non-disabled people. The most notable is the Individuals with Disabilities Education Act ("IDEA") formerly called the Education of All Handicapped Children Act, Section 504 of the Rehabilitation Act of 1973, Public Law 94-142 and the Americans with Disabilities Act of 1991.

General Classification

As a parent or advocate for children, it is important to know about classifications used by agencies to describe children with "disabilities." These are some of the more commonly used classifications:

- **AUTISTIC** - used when a person displays a great deal of difficulty in responding appropriately to people, events and objects. The person may demonstrate abnormal responses to sensations (sight, hearing, touch) and may have delayed speech and language skills. They may use toys and objects in ways they were not intended to be used. Difficulty may be exhibited in communication and social skills.
- **EMOTIONALLY DISTURBED** is used when a person displays specific behaviors over a long period of time and to such a degree that the person is unable to do well in school or a social setting, which cannot be explained by intellectual, sensory or health factors.
- **LEARNING DISABLED** is used when a person of average or above intelligence, has difficulty learning and demonstrates a significant difference between potential and actual achievement. The person may have difficulty in reading, math, speaking, writing, concentration, attention, listening skills and retaining information. The person learns differently, but they can learn.
- **MENTALLY RETARDED** is used when a person learns at a slower rate because of a significantly lower level of intelligence. Language or motor development is considerably slower than that of other people of the same age.
- **SPEECH IMPAIRMENT** is used when a person has difficulty speaking. S/he may substitute sounds, be unable to make certain sounds, omit sounds, make sounds that are garbled, stutter or have difficulty understanding or using words or sentences.
- **HARD OF HEARING** is used when a person has a hearing loss (from mild to severe), but can use the sense of hearing with or without a hearing aid. A person is considered **DEAF** when s/he has no hearing.
- **VISUALLY IMPAIRED** is used when a person is blind or unable to use vision in some situations. A person is partially sighted when some functional sight exists.
- **ORTHOPEDICALLY IMPAIRED** is used when a person's performance is being affected due to such conditions as cerebral palsy, amputations, fractures or burns which cause severe restriction of the muscles.
- **OTHER HEALTH IMPAIRED** is used when a person is physically handicapped and has limited strength, vitality or alertness due to chronic/acute health problems, including tuberculosis, asthma, sickle cell anemia, tourette syndrome, hemophilia, epilepsy, lead poisoning, leukemia, diabetes or AIDS.
- **MULTIPLE HANDICAPS** is used when a person has two or more primary handicaps.

LIVING WITH DISABILITIES

Being disabled is not a disease, it's not catching, it just is. People come in all shapes, sizes and abilities. Some people are born with their disability; others become disabled through accident or illness. No one chooses to be disabled and no one can predict if it might happen to them. If your child has a disability, help him/her to remember that s/he is not the disability. While it may affect his/her appearance on the outside, who s/he is on the inside is what really matters.

Your child may not be disabled, but you may be confronted with questions about disabilities that you are uncertain how to handle. Have you ever had a child ask "why is that person so fat" or "why is her skin darker than mine" or "why does that person walk funny?" You may be uncomfortable with responding to these questions, but when children ask questions, they leave you an opportunity to talk with them about the topic. Be open and honest with them, if you don't know the answer, tell them when and how you will get the information. It is important to help your child understand how "making fun" can really hurt someone and why that is something you don't want them to do. Children may be reluctant to make friends with someone who has a disability because they are afraid that their other friends will laugh at them or not want to be their friend. Help your child to not let someone's "outside" prevent them from discovering their "inside." Encourage them to reach out; they may discover a new friend.

There are many agencies that offer services to young people with disabilities and their families. To find out what specific programs or services are available, or to get more information, call:

The Advocacy Center	546-1700
AI Sigl Center	442-4100
Association for the Blind and Visually Impaired-Goodwill Industries	232-1111
ARC of Monroe County	271-0660
Baden Street Settlement	325-8130
Big Brother/Big Sister (Community Partners for Youth)	442-2250 (454-6329 TDD*)
Center for Disability Rights	546-7510
Community Place of Greater Rochester	288-0021
Compeer, Inc. (mentoring for people with mental illness)	546-8280, 546-7959 (TTY*)
CP Rochester (formerly United Cerebral Palsy Assn.)	334-6000
Easter Seals New York	292-5831
Family Resource Centers of Crestwood, Early Intervention Program	
Intake through Monroe County Dept. of Health	753-KIDS
Epilepsy Association of Greater Rochester	442-4430
LDA Life and Learning Services	263-3323
Legal Aid Society Youth Advocacy Program	232-4090
Lifetime Assistance, Inc.	426-4120
NYS Education Department., VESID	238-2900 (325-6278 TDD*)
Regional Early Childhood Direction Center	399-4617
Rochester Center for Independent Living	442-6470
Rochester Special Education Training and Resource Center (SETRC)	262-8646
Rochester City Schools	

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

DIVORCE

Separation, divorce and/or remarriage impact children as well as adults. Six out of ten marriages end in divorce today. Separation and divorce hurts... it hurts the parents and the children. It is hard for children to accept that no matter how good they are, how great their grades are, or how bad they act, they don't have any power to make their parents' relationship better or to bring them together. It is also hard for children to understand that even if their parents do not love each other or get along any more, that doesn't change their love for their children.

Reactions and Concerns

Some children react to a divorce with some, or all, of the stages of grief: shock and confusion, denial, anger, guilt, bargaining, and depression. Some children, especially the younger ones, believe that they are responsible for the separation; others blame one or both of the parents.

Children's initial concerns are usually about how their lives will be affected by the divorce: where and with whom they will live; whether their name will change; if they will have to take a job; if they can continue buying clothes at a favorite store; who will care for them if something happens to the custodial parent; whether they can still invite friends to their home; whether their friends will think less of them.

When and How to Tell Children

When both parents tell the children at the same time, there is a greater chance that the children will hear the same story. Telling the children separately may create an atmosphere of distrust and secretiveness, may result in children's "comparing notes," and runs the risk of a child being told by a brother or sister. Parents may not want such an open discussion because they are afraid of showing their feelings of hurt, anger, or bitterness. However, if they feel this way, the children have probably sensed it. If either parent is unwilling to speak to the children together, it is advisable that the other parent give the information. It is important that whatever their age, children be told. Even one-year olds will notice a change.

School Involvement

Some people question whether to tell their child's teacher about what is happening in the family. The teacher can be in a good position to provide support and identify a need for outside help.

Check with your child's school counselor to see if the school offers a support group for young people who are experiencing feelings about divorce, separation and/or remarriage.

Provide your child's school district a copy of any Order of Protection or other Court Order which restricts the non-custodial parent's contact with the child and/or his/her access to information about the child.

Children in the Middle

Using children as a source of information about the other parent, or asking children to pick sides in the parental conflict, poses a conflict for children. Children can feel caught in the middle and this is unfair to them. Out of fear or confusion they may go along with what the parent asks. Many children side with the parent they are with at the time, and then fear that their double-siding will be found out. Some children use the divorce as an opportunity to win favors, privileges, and presents. Some divorcing parents may be manipulated because they are still angry with one another or feel guilty about the situation.

Some Suggestions for Dealing with Children

Whether you are living with your child or not, you have a responsibility to be involved with your child and to help him/her adjust to the changed circumstances. Children need your support and reassurance that you still love them. Expect them to be angry with you at times and to have mixed feelings.

The following suggestions may be helpful for children whose families are splitting up.

- Talk to children about what is happening in ways they can understand and with information that is appropriate to their age level.
- Listen to, recognize, and accept the feelings children are experiencing. Encourage them to share their feelings.
- Allow kids to remain kids. Be careful not to put them in an adult role.
- Don't be afraid to seek help for you and your children if you or they are having difficulty with the separation or divorce and its consequences.
- It is important to set some time aside each day (if only 15 minutes) to be with each of your children, to share your child's day, listen to your child's feelings and give support.
- If at all possible, try to keep other changes in your child's life, such as school, house, neighborhood, peer group, to a minimum.
- As difficult as it may be, you need to find time for yourself and your own life, separate from the kids. Satisfaction with your personal life helps your relationship with your kids and their feelings about themselves.

Parent Dating

At some point, separated/divorced parents may start dating. Young people feel differently about this although many agree it's strange to see their mother or father with a different man or woman at first. Some youth want to see their parent(s) meet others and start dating; others may feel scared, jealous, angry or resentful of the person the parent is dating. Some youth believe that this new person may become more important to their parents than they are.

Often, it is just as difficult and strange for parents to start dating as it is for their children to see them dating. Remind children, just as they need friends their age, a parent needs someone his/her age to share and do things with. Share your feelings and thoughts with them.

Step-families

Many young people live in "step" or "blended" families. For some young people their "new family" is an enjoyable one; others struggle with getting used to the situation, and others feel they cannot accept or are not accepted by their new family. This can be a difficult adjustment. Counseling can help improve relationships and communication and help everyone talk about their feelings.

For help with separation/divorce/remarriage and its impact on youth and families, see COUNSELING. Workshops for parents are available to help parents talk with their children about relationships and sexuality. For Information call **Family Talk at the Family Resource Centers of Crestwood at 436-0370 ext. 303.**

Bill of Rights for Children whose Parents are Separated or Divorced

- The right not to be asked to “choose sides” between their parents.
- The right not to be told the details of the legal proceedings going on between their parents.
- The right not to be told “bad things” about the other parent’s personality or character.
- The right to privacy when talking to either parent on the telephone.
- The right not to be “cross-examined” by one parent after spending time with the other parent.
- The right not to be asked to be a messenger from one parent to the other.
- The right not to be asked by one parent to tell the other parent untruths.
- The right not to be used as a confidant regarding adult matters.
- The right to express feelings, whatever those feelings may be.
- The right to choose *not* to express certain feelings.
- The right to be protected from parental “warfare.”
- The right not to be made to feel guilty for loving *both* parents.

AUTHOR UNKNOWN

EATING DISORDERS

Eating, or not eating, to feel better about oneself or to avoid feelings is not healthy and can lead to serious medical problems. Approximately 20,000 individuals living within the Western New York service region have an eating disorder. Eating Disorders are not defined solely by weight. They may occur in people who can be normal weight, over weight, or under weight.

Facts/Warning Signs of an Eating Disorder:

- Preoccupation with body weight and size
- Significant loss in body weight that cannot be attributed to a medical condition
- Attempt to hide weight loss
- Thoughts of losing control and feelings of guilt and self loathing after eating. Binge eating followed by some compensatory behavior (self-induced vomiting, laxatives use and/or diuretic [water pills] use).
- Excessive exercising or exercising after eating or in anticipation of eating.
- Fainting or feeling light-headed when changing positions (from sitting to standing).
- Dental reports of excessive erosion of enamel on the front teeth.
- Swelling of the salivary glands.
- Muscle cramping, especially in the extremities
- Intense fear of gaining weight.

Self Assessment for an Eating Disorder

- Do you constantly worry about your weight and ask for reassurance from others that you are not fat? Do you do this to the point that others may be frustrated with you?
- Do you see yourself as fat even though others tell you that you are thin or too thin?
- Are you looking at foods in terms of safe vs. unsafe and are you avoiding the unsafe foods?
- Are you deliberately restricting your food intake to the point where you have lost a significant amount of weight?
- Do you find yourself in a pattern of restricting food intake followed by periods of overeating or eating large quantities and feeling guilty as a result?
- Do you feel emotionally uncomfortable after eating to the point where you feel compelled to do something about it?

If you answered yes, for yourself or someone you love, get help.

For more information contact your primary health care provider or:

Child & Adolescent Eating Disorder Program- Rochester	275-2964
This program provides comprehensive eating services at Golisano Children’s Hospital at the University of ROchester Medical Center.	
The Healing Connection LLC- Fairport	641-0281
This is a 35 hour/week Eating Disorders Partial Hospitalization Program	
Harmony Place- St. Joseph’s Villa	581-4626
www.stjosephsvilla.org/ProgramServices/EatingDisordersProgram/	

Information and support can also be found at:

Eating Disorders Recovery Center of Western NY	www.nyeatingdisorders.org
National Eating Disorders Association	1-800-931-2237
	www.nationaleatingdisorders.org

EDUCATION

Education is critical to our children's future and the future of our community. It is everyone's responsibility to support our children in order to help them realize their educational goals. As a parent or guardian, taking an active interest and encouraging your child in school takes time and energy. Recent studies have shown that youth who have parents that are interested and involved in their learning, do better in school. Being aware of your child's classes and teachers, helping with homework (see EDUCATION), encouraging them to take part in school activities, (i.e. sports, clubs, music) all help to reinforce the value you put on their education. Talk to school staff about your child's progress, attend school functions, and become a partner in your child's education, not just an observer. Talk to your child daily about their interests, dreams and goals.

The education system can be overwhelming for parents/guardians. Parents may feel uncomfortable or inadequate to question the education of their child. You have the responsibility to see that your child gets a good education. Contact your child's teachers and school administrators if your child is having problems. Also, ask questions, get involved in parent groups, read the school newsletter and notes that come home with your child, take advantage of opportunities to meet your child's teachers at an open house or a school event, or chaperone a school activity.

If you are a professional working with school age children, one of the most important roles you can play is to help build a bridge between the parent and the school. Parents often feel intimidated, and may need assistance in negotiating the education system. Help reinforce what youth are learning in school through activities and services you provide. Cooking can teach measurements and conversions.

As you help a child negotiate the educational maze, you come across terms and procedures that you may not understand. The following outlines a few of the more common ones:

- **Compulsory Education** requires children in NY State to attend a certified school program from ages 6 to 16. A child who turns 5 before December 1st may be admitted to any public school if s/he has proper immunization records, identification, and proof of residency. A child who will turn 6 between July 1 and June 30 must attend school during that school year. Youth who turn 16 during the school year must complete that school year, and those who turn 16 in July or August must attend school the entire following academic year. Youth can stay in school until they are 21 if they are residents of the school district, have not yet received a high school diploma, and are otherwise eligible.
- **G.E.D.** stands for a General Equivalency Diploma. This is granted to a person who has passed a written exam and meets other eligibility criteria prior to taking this exam.
- **Regents Diploma** is awarded once a youth has completed a specific number of courses/credit hours and has passed all regent exams.
- **Committee on Special Education (CSE)** ensures that youth identified as disabled and in need of a special education program and/or related services receive free and appropriate public education. The CSE process also applies to youth residing in a residential facility. The intent of the Education of All Handicapped Children Act of 1975 and Chapter 853 of the New York Law of 1976 is to ensure the rights of children, to establish a process to assess the needs of youth referred to the CSE, and to safeguard the rights of children to receive appropriate services in the least restrictive environment.
- **Suspension** – when a youth is prohibited from attending school due to his/her violation of the school rules. Suspension by a principal is short term (no more than 5 days). A student may not be suspended for more than 5 days without the opportunity for a superintendent's hearing. If the student is under 16, the school must provide alternative instruction to the student while suspended.

- **Residency** is the term used to determine whether a youth is entitled to attend a particular school district without payment of tuition.

Sometimes things happen in a child's life that impact on their ability to stay in school. There are many services available to help a youth finish their education. Talk to your child's guidance counselor or teacher or contact one of the resources below for information:

TUTORING ASSISTANCE

Baden Street Settlement	325-4910
Boys and Girls Club of Rochester (www.bgcrochester.org)	328-3077
Community Place of Greater Rochester	288-0021
LDA Life & Learning Services	263-3323
Puerto Rican Youth Development and Resource Center (PRYD)	232-1670
SouthWest Area Neighborhood Assoc (SWAN)/the Bridge	436-8201
Threshold Center for Alternative Youth Services	454-7530
Urban League of Rochester	325-6530

HOMEWORK HELP

Dial-A-Teacher	262-5000
Monday through Thursday, 3:30 to 7:00 p.m.	
Homework Hotline (WXXI, Channel 21 and Cable Channel 11)	
Monday through Thursday, 5:30 to 6:00 p.m.	
LDA Life & Learning Services	263-3323

GED AND ADULT EDUCATION

BOCES I (Eastern County) Continuing Education Dept. (18+)	377-4660
BOCES II (Western County) (18+)	352-2400
LDA Life & Learning Services (formerly Learning Disabilities Association)	263-3323
Monroe Community College STAGE Program	262-1683
Monroe Community College 24 Hr Program	292-2200
Rochester City School District Office of Adult Education	262-8000
SUNY Brockport, Rochester Educational Opportunity Center (REOC)	232-2730
Threshold Center for Alternative Youth Services, Inc.	454-7530

VOCATIONAL TRAINING

BOCES 1	
Continuing Education Program (18+)	377-4660

BOCES II 352-2400
N.Y.S. Education Department, Office of Vocational Rehabilitation 238-2900
Services for Individuals with Disabilities (VESID) 325-6278 (TDD*)
Rochester City School District
Apprenticeship Program and Office of Adult Education 262-8000
SUNY Brockport Rochester Educational Opportunity Center (REOC) 232-2730

This is only a partial listing of the services available to help your child continue his/her education. For individual educational needs, contact the school counselor in your school district. For more information on G.E.D., SAT, financial aid or vocational training, talk to your child's school counselor or call the library nearest you. (See LIBRARIES).

ADVOCACY AND LEGAL RIGHTS

If you are unsure of your child's educational rights, you feel s/he has been unfairly treated or discriminated against by the school, or for help with residency, enrollment, or suspension, call:

LDA Life & Learning Services 263-3323
Legal Aid Society Youth Advocacy Program 232-4090
Empire Justice Center 454-4060

If you want to get involved with other parents in your child's school, contact your local school district, for listing of local PTA Chapters. If you are in the Rochester City School District, you can also call the **Office of Parent and Community Involvement at 262-8000 x119.**

CITY SCHOOL DISTRICT IN-SCHOOL STUDENT AND FAMILY SUPPORT CENTERS

The Rochester City Schools have partnerships with many community-based agencies to deliver health and social services to students and their families so that youth can succeed in school. Listed below are the types of services that may be available to students. Please contact your school and ask to be connected to the appropriate office number. Phone numbers are listed under "C" for City School District in the White Pages of the local telephone directory.

- **City of Rochester Department of Youth Services** 428-6896
Rochester After School Academy,(in K - 12 schools)
- **Dental Clinics (in various K - 12 schools)**
- **Drug and Alcohol Counseling (in grade 7 - 12 Student and Family Support Centers)**
- **Health Clinics (in selected K - 12 schools)**
- **Infant Day Care Services (in grade 7 - 12 schools)**
- **Youth and Family counseling (in grade 7 - 12 Student and Family Support Centers)**
- **Other social services (in grade 7 - 12 Student and Family Support Centers)**

EMPLOYMENT

Taking on the responsibility of a job is a big step. Earning money is exciting for youth, but they may forget schoolwork. As a parent, you will need to help them balance schoolwork and a job. To help a youth get work experience or earn some money before they are ready to take on the responsibility of a job, encourage them to baby-sit, do yard work or odd jobs, or volunteer. (See VOLUNTEERING) Remember that any work they do – paying or nonpaying – can help build a work record that will help them get future jobs.

Getting Ready

Before a youth applies for a job, have him/her make a list of work experience, volunteer activities, odd jobs, and of adults who can give them recommendations. S/he will need a Social Security Card and a photo I.D. To get a Social Security Card, call **1-800-772-1213 or 886-964-2045 (TTY*)**. You may also visit www.socilasecurity.gov/ssnumber. A drivers license, a picture school I.D., or Department of Motor Vehicle's non-driver picture I.D. will be accepted as a photo ID.

If a youth is under age 18, s/he will need to get working papers/work permit. S/he can get the forms through their local high school. A physical will be required. The youth should check with the school to see if the school will do this or if s/he has to go to a private doctor.

Wages and Hours

Minimum wage is \$7.25 per hour. Some employers pay higher than minimum wage or may pay a shift differential (for example: persons working at night may get paid more per hour than those that work days). In some jobs like restaurants, employers can pay less than minimum wage. It is important that the youth ask about pay before taking the job. Youth have restrictions on work to protect them. The following chart tells what those limits are:

Age School in session	Job	Maximum Daily Hours	Hours/wk	Days/wk	Hours
14 & 15	All except farm, newspaper	3 hrs school days 8 hrs other	18	6	7am-7pm
16 & 17	All except farm, newspaper	4 hrs school days 8 hrs other	28	6	6am-10pm
Vacation/Summer					
14 & 15	All except farm, newspaper	8 hours	40	6	7am-9pm
16 & 17	All except farm, newspaper	8 hours	48	6	6am-12am
Not in School					
16 & 17	All except farm, newspaper	8 hours	48	6	6am-12am
Newspaper					
11-18	delivers or sells newspaper	4 hrs school 5 hrs other	no limit		5am-7pm
Farmwork					
12 & 13	Hand harvest fruit & vegetables	4 hours	no limit		7am-7pm 6/21 to Labor Day
14 +	all farm work		no limit		

Once a youth gets a job, s/he will have to fill out a form for the Federal and State governments called a W-4 form. The employer can assist in completing this form. At the end of the year, s/he will have to fill out a form for income tax. In most cases, a youth will get a refund of all or part of the money withheld. Forms can be picked up at the library. (See LIBRARIES. Also, see EDUCATION for a listing of vocational training programs.)

Getting Leads

Word of mouth is one of the best ways to learn about job openings, have the youth tell everyone that s/he is looking for a job. Then use other resources, such as the classified section of the newspaper, bulletin boards at schools, libraries, community centers, businesses or government offices, help wanted signs, websites, or the Red Cross Volunteer Directory. Fast food restaurants, car washes, movie theatres and stores typically hire youth. Once a teen has identified a lead, encourage him/her to contact the employment office of the company or the manager (if there's no employment office) to inquire about the job. Have him/her take to their job interview all the papers needed (Social Security Card, picture I.D., and work permit, if s/he is under 18).

Getting Help

As a parent or a person working with youth, you can assist by: sharing job leads, letting people know that a youth is looking for a job, helping complete a job application form, assisting in writing a resume, and practicing standard interview questions. It is also helpful to share with youth your experiences in seeking and maintaining employment. Youth model what they see. If a youth sees you as a responsible and conscientious worker, the youth will be more likely to be successfully employed. If a youth needs help in finding a job, suggest s/he start by contacting one of the following:

ABC Employment Services (Junior High and older)	325-5116 x3413
AmeriCorps (Age 17 and above)	262-1778
Baden Street Settlement – Jobs for Youth and ATTAIN	325-8140
(The) Center for Youth, Learn 2 Earn Program	271-7670 or 1-888-617-KIDS (5437)
City of Rochester Department of Recreation and Youth Services	428-6755
Job Corps	454-5130
For ages 16 - 24 (ages <18 if income eligible) GED preparation, vocational training and drivers training.	www.bostonregion.jobcorps.gov
Rochester Public Library Bookshelving (age 16 and older)	325-8140
Native American Cultural Center	442-1100
Rochester Works! Career Centers (2 locations) Career center for ages 14 - 21	258-3500
For job readiness skills, gaining & maintaining employment	www.rochesterworks.org
Rochester Fatherhood Initiative (fathers -ages 18-26)	235-3160
Urban League of Rochester, Youth Build and Youth Employment Services	325-6530

You can also contact the **School to Work Coordinator** in the Rochester City School District at each 7 - 12 grade school.

The **American Red Cross** offers a 7 hour, one-day certificate **Babysitting Course** for youth 11 years of age and older. There is a cost of \$40.00. The course covers, how to get a job, how to handle emergencies, and what to do while babysitting. The course is given in several locations. Call **241-4434** or go to **www.rochesterredcross.org** for information.

ENVIRONMENT/RECYCLING

You may have already heard children's views about saving our planet and our resources. Environmental concern and caring can be a community and family effort in which everyone can join. Young people have an important part to play in conserving our resources. Every bit we do helps save natural resources and landfill space. Encourage children and teens to become involved.

Blue Box Recycling Program

Clean Dry Paper Materials

Newspapers and inserts
Magazines and Catalogs
Cardboard and Clean Pizza Boxes
Junk Mail and Office Paper
Paper Boxes
Phone Directories and More

Clean Containers

Aerosol Cans (No Paint/Pesticides)
Metal cans and lids
Glass Bottles (remove and discard caps)
#1 and #2 Plastic jugs and bottles
(remove and discard caps)
Drink Boxes – Straw Removed
Gable Top Cartons

Recycling Patch Program

The Monroe County Department of Environmental Services has information on how you and your child can be environmentally active and aware. They provide tours of the recycling centers, and a wide range of suggestions on how you can help, for example:

- Start a Home Composting Project
- Organize a Reuse a Shoe Project
- Host a Clothing Drive
- Organize a Cell Phone Collection

For more information and projects, call the Environmental Educator at the Monroe County Department of Environmental Services at 753-7646.

For more information on what can be done to help, call Monroe County Department of Environmental Services at 753-7600 or visit: www.monroecounty.gov

For more environmental information contact:

City of Rochester 24-hour customer service line	428-5990
Center for Environmental Information	262-2870
Cornell Cooperative Extension	461-1000 x26
Healthy Home Program at SWAN/the Bridge	529-9957
Sierra Club	234-1056

HEALTH CARE/WELLNESS

Wellness means taking responsibility for one's own health by learning how to stay healthy, practicing good health habits and responding to your body's warning signs before something serious happens. While health depends on many factors you can't control like heredity, sex, environment and age, most people can be healthier, feel better, look better and live longer if they take care of things they can control like diet, exercise, rest, stress, bad habits and attitude. Children need to be introduced to practicing good health habits at an early age and then be encouraged to take responsibility for their own wellness.

Children may need health care services for a variety of reasons; a physical exam for sports, a checkup for school, to maintain healthy teeth or to get working papers. Children may just need to see a doctor or nurse practitioner when they have a cold, sore throat or other medical problem.

Immunization Law

Immunizing children prevents them from getting certain childhood diseases. New York State Public Health Law - Section 2164 requires that every child present proof of immunization upon entering a school. The chart on the next page identifies what immunizations are recommended at specific ages or see the New York State Immunization information at www.health.state.ny.us/nysdoh/immun/immunization.htm.

Monroe County Department of Public Health Immunizations

Wednesdays, 12:00 p.m. to 7:00 p.m., no appointment needed **753-5150**

Costs & Insurance

Most health care providers charge fees (some based on income), most health insurance plans cover part or all of the costs, but you need to check with your provider and insurance company. If you have no insurance coverage and are unemployed, you may be eligible for Medicaid and/ or Family Health Plus, call the Monroe County Department of Human Services at 292-3960 between 9 and 3 p.m. to get an application. If you would like help applying, you may contact the Appointment and Information Office at 613-7662.

Free or low cost health insurance is now available to children who do not have insurance coverage. New York State has implemented an insurance program that's designed to keep children healthy. The program, called Child Health Plus, provides essential preventive and outpatient services for children up to the age of 19. Children who are enrolled in Child Health Plus will be entitled to basic outpatient care that is covered in full, including such services as well-child visits, office visits, dental, vision, mental health, ambulatory surgery, laboratory testing, x-rays, emergency services and insulin. Prescription drugs are also covered. The cost of enrolling in Child Health Plus depends upon family income. For detailed enrollment information and specific costs based on your income and family size, contact Excellus Blue Cross and Blue Shield Child Health Plus at 1-800-650-4359, or call Healthy New York's toll free number, 1-800-698-4543. Representatives will answer questions you may have about Child Health Plus. For more information about Family Health Plus, please contact Healthy New York's toll free number, 1-877-934-7587 or see the website for more info at: www.ins.state.ny.us/hnyfhpcp.htm.

Parental Consent

Most clinics need parental consent to see a teenager for a medical problem. Parental consent is **not** needed for testing and treatment of curable sexually transmitted diseases, (i.e. gonorrhea, and syphilis), pregnancy tests, contraceptives (birth control), abortions, or for substance abuse treatment or testing for HIV. Parental consent is needed for treatment of HIV.

IMMUNIZATION SCHEDULE

Age	Vaccine	Age	Vaccine
Birth	Hep B	12-15 Mo	Hib, MMR, PCV, Var
1-4 Mo	Hep B	12-23 Mo	HepA
2 Mo	DTaP, Hib, IPV, PCV, Rv	15-18 Mo	DTaP
4 Mo	DTaP, Hib, IPV, PCV, Rv	4-6 Yrs	DTaP, MMR, IPV, Var
>6 Mo	Influenza	11 Yrs	MCV4
6 Mo	DTaP, Hib PCV, Rv	11-12 Yrs	HPV, Tdap
6-18 Mo	Hep B, IPV	College Bound	MCV4

HepB – Hepatitis B - dose and age depends on type of vaccine used

DTaP – Diphtheria, tetanus, and acellular pertussis vaccine for children

Hib – *Haemophilus influenzae* type b vaccine

IPV – Inactivated poliovirus vaccine

Rv – Rotavirus

MMR – Measles, mumps, rubella vaccine

Var – Varicella (chickenpox)

Hep A – Hepatitis A, 2 shots, six months apart

HPV – Human papilloma virus, recommended for girls 11-12, 3 doses, prevents most genital warts and cervical cancer

MCV4 – Meningococcal conjugate (Meningitis)

Influenza – given each influenza season, beginning at 6 months

Tdap- Tetanus, diphtheria and acellular pertussis vaccine for adolescents and adults

Your health care provider is your best reference for immunizations. Other vaccines may be needed depending on individual risk. Ages may vary depending on the vaccine used by your doctor. If your child has not been vaccinated, or vaccines have been delayed, talk to your doctor and catch up. For additional information, www.kidshealth.org is a good reference for child health subjects.

Health Emergencies

If you have an emergency at night or on the weekend, contact your doctor first (if you have one) or the hospital nearest you if you have no doctor. See HOSPITALS (RAPE/SEXUAL ASSAULT SECTION). In a life threatening emergency call: **911**

In case of accidental **poisoning** call:

**Strong Health, Finger Lakes Regional Poison
and Drug Information Center**

275-3232

Health Resources

Monroe County offers a variety of health services for children and families such as those listed below. Call for more information:

Monroe County Department of Public Health **530-KIDS (5437)**

Early Intervention Services, Perinatal Home Visiting Program, Nurse and Family Partnership Program, WIC, Pediatric and Adult Immunizations, School Health, Lead Poisoning Prevention, Education for Children with Disabilities and Children with Special Health Care Needs.

Most health care providers require that you be enrolled through your insurance company or pay a fee for service. Some have fees based on income, always ask. If you have a current health care provider, begin by talking to them. (If you do not have health insurance, see the beginning of this section for Medicaid, Child Health Plus and Family Health Plus information.)

The following provide health care for adolescents including some counseling services – ask about fees and enrollment.

Anthony Jordan Health Center, Teen Center **423-5800**

Highland Family Planning **279-4890**

Mercy Outreach Center **288-2634**

Orchard Street Community Health and Family Center **368-4500**

Planned Parenthood of the Rochester/Syracuse Region **546-2595**

Threshold Center for Alternative Youth Services, Inc. **454-7530**

Westside Health Services

Brown Square Health Center **254-6480**

Woodward Health Center **436-3040**

The places listed below provide dental health services. Call for more information:

Anthony Jordan Health Center **423-5887**

Eastman Dental Center (Strong Health) **275-5051**

MCC-Dental Hygiene Clinic **292-2045**

Oak Orchard Community Health Center (Brockport) **637-3950**

Westside Health Services

Brown Square Health Center **254-6480**

HOMework HELP:

12 TIPS FOR STUDENTS AND FAMILIES

1. Be prepared for school

Being prepared is the first step to success. Keep a supply of paper, pens and pencils at home so your child can bring them to school and use them for homework. Check with the teacher to see if there are specific supplies needed for the year.

2. Prepare a quiet space for homework

Set aside a quiet, well-lit place where your child can study and do homework without being disturbed. When this is not possible, your local library is the perfect spot.

3. Read!

Read to your children and encourage them to read every day. Make books a part of every holiday and birthday list. Set a good example: let your children see you reading.

4. Stay in touch with the teacher

Parents are welcome in every school. Make an appointment to visit or talk with your child's teachers– you don't have to wait for them to contact you. Ask for a copy of the school handbook or rules, and find out what is expected of your child. Many teachers post assignments on-line.

5. Know your School district

All school districts provide families with a calendar containing important dates and information on policies, procedures and more. Homework guidelines and parent involvement tips are often included. If you haven't received a copy, contact your child's school.

6. Visit your public library

The public library is your best source of information. Visit the one in your neighborhood. Most libraries have computers which students can use to do research and type assignments. And librarians are always willing to help point you in the right direction.

7. Take advantage of our city

Rochester and the surrounding area offer a variety of resources that can add a new dimension to learning. Take your children to local museums, historical sites, the zoo, parks, libraries and performance theaters to encourage an enjoyment and love of learning.

8. Learn from life

Younger children can learn a lot from the people and things around them every day. Call their attention to newspaper articles, street signs and billboards, and discuss what they mean or represent. Use one-on-one time to talk with your children and teach them new things. Share your excitement and interests.

9. Use after-school time productively

Find out about after-school homework programs at school, tutoring at church, recreation center activities and services offered by neighborhood associations and settlement houses.

10. Keep track of assignments

Encourage your child to write down each day's homework and to keep track of long-term assignments and their due-dates. Check to see that homework is completed each day. If your child does not have homework for more than a day or two, call the teacher.

11. Watch "Homework Hotline" on WXXI-TV

Students and parents can receive help with homework by watching this call-in show on WXXI (Channel 21, cable channel 11). The show is broadcast Monday through Thursday, 5:30 to 6:00 pm.

12. Call Dial-a-Teacher, 262-5000, Monday through Thursday, 3:30 to 7:00 p.m.

Need help with homework? Any subject, any grade? Call Dial-a-Teacher!

INCARCERATED PARENTS

Nationally more than one and a half million children have parents in state or federal prison. As of January 2006, it is estimated that almost 63,000 children had a parent in New York State prisons. Incarceration of a parent can prove to be extremely traumatic and disruptive in a child's life. They are often forced to move from their familiar surroundings to live with other family members, attend a different school, or enter into foster or group care. While some children with a parent in prison adjust well, others do not. Studies have shown higher rates of school academic and behavioral problems, substance use and abuse, and delinquency for many. It is important for the caretakers and the incarcerated parent, local agencies, schools and the faith community to do all they can to support families in this difficult situation.

Maintaining contact with an incarcerated parent is often difficult. Some prisons may not have family friendly visiting rooms and may be in locations which are costly to travel to. Inmates are frequently transferred with no notification to families and their ability to make phone calls home is very limited. Incarcerated parents, and the families they leave behind, may need assistance with the many issues and feelings they face. It is often helpful when a parent, child or caregiver finds help in the form of education, mentoring, linkage to the things they need, support services, and a community support network where they can share their feelings.

For general information, including a guide to finding out where an inmate is located in Federal and State Prisons, see, **Family and Corrections Network at www.fcnetwork.org**. For services refer to related sections in this guide, based on the type of need.

Locally, the following agencies offer mentoring to the children of incarcerated parents:

Compeer, Mentoring Children of Promise	546-8280 x118
Hope Initiatives, Project COPE	325-5307
Volunteer of America WNY, Mentoring Children of Promise	647-1150

Groups and workshops for incarcerated parents and their families, including after their release, are available at:

Cephas Attica	546-7472
Samaritan Women, Keeping Kids Connected (www.samaritanwomen-inc.org)	454-1870
Step by Step (www.stepbystep.org)	244-0763

Information on visitation and supervised visitation:

SPCC, Supervised Visitation and Exchange Program	325-6101 x220
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Information on advocacy and legal rights:

Empire Justice Center	454-4060
Judicial Process Commission	325-7727
Legal Aid Society, Youth Advocacy Program	232-4090
Rochester Fatherhood Initiative	235-3160

THE LAW AND YOUR CHILD

In New York State, youth over the age of 16 who are charged with criminal behavior (violations, misdemeanors and felonies) are prosecuted through the criminal justice system. In some serious cases, 14 and 15 year olds can also be prosecuted as adults, but the vast majority of youth under the age of 16 are charged through the Juvenile Justice system. In addition, youth under the age of 18 can be assessed as a Person in Need of Supervision for non-criminal offenses such as running away, truancy, drug and alcohol use, willful disobedience and curfew violations. If you are the parent of a young person (under the age of 21), you can be held liable for damages or injuries caused by your child.

JUVENILE DELINQUENCY

Criminal law differs from state to state. In NYS most youth under the age of 16 who are accused of a misdemeanor or felony are charged with Juvenile Delinquency. If a youth is picked up by the police, s/he can either be issued an appearance ticket (notice of when and where to appear, similar to a traffic ticket) or be taken into custody. If a youth is taken into custody, s/he will be taken to the Children's Detention Center (Secure Detention). This facility will hold (detain) the youth until s/he appears before a judge in Family Court on the next day that the court is in session. Police are required to contact the parent or guardian and will provide information on where and when to appear in court. The judge must decide whether to hold the youth in detention or return the youth to the parent(s) or guardian while the case is processed. If the youth is given an appearance ticket, s/he and the parent or guardian will receive a letter from the Monroe County Office of Probation and Community Correction's Family Services Intake Unit telling them when and where to appear (failure to appear may result in a court petition and possible warrant). The purpose of the probation intake interview is to determine if a youth is eligible for diversion services in lieu of court intervention. If a youth is determined eligible for diversion, the probation officer will conduct a more in-depth assessment, identify problem areas and services to address those areas, contact the victim for input and develop a plan. Diversion services can be provided for up to 4 months. If a youth is not eligible for diversion services, Probation will refer the case to the Presentment Agency for a possible petition to Family Court. Cases where the youth is found guilty may result in the youth being given a warning and/or conditions for behavior by the judge, up to 2 years Probation, home confinement or electronic monitoring, restitution, community service or out of home placement.

CRIMINAL COURT

If the individual is 16 or older, or in special circumstances for youth under 16, as noted above, the case will be handled in the criminal justice system. Depending upon where the alleged activity took place and the severity of the offense, the case may be heard in town or village court, City Court, County Court, Supreme Court or Federal Court. Penalties for adults include fines, community service sentencing, restitution, warnings, special conditions, electronic monitoring, probation, jail time, prison, or a combination of these.

IF A YOUTH IS ARRESTED

- Do not resist arrest. The most important thing to do is cooperate—attitude and cooperation will have a direct effect on how the youth is treated and the options available.
- A youth does not need to say anything to the police in answer to their questions without a parent present (if under 16) and/or advice from an attorney. A youth will be asked to give the police his/her name, address, phone number, date of birth, parent or guardian's name and how to reach them. Beyond this, a youth does not have to volunteer anything.
- A youth does not need to sign anything without advice from parents (if under 16) or an attorney.

- If a youth gives permission to any search, s/he is consenting to the police to fully search them.
- A youth charged as a juvenile delinquent has a **right to a lawyer**. Family Court will appoint a lawyer to represent the youth. A youth charged as an adult will be appointed a lawyer, if the family cannot afford one.
- A youth should ask the police to call his/her parents or some other adult.
- All legal charges should be taken seriously, even those you or your child may consider minor. Having a legal record can seriously affect your life and limit your future options.

STATUS OFFENSE (PINS)

In New York State, if a youth is under the age of 18 and shows a pattern of disobedience, running away, curfew violations, drug or alcohol abuse, or severe school truancy, s/he can be brought to the attention of the PINS system. The term used to describe these youth are Persons in Need of Supervision (PINS). Most PINS complaints are made by parents or school districts. To make a complaint you must have specific allegations, including information on when the behaviors occurred. You do not need police reports but may need school attendance records. In Monroe County a multi-disciplinary team of Probation staff, caseworkers and facilitators is available to assess PINS situations and assist. If you want more information about PINS, call the **Family Access and Connection Team (FACT) at 753-2639**. All PINS cases must be reviewed by FACT to ensure that they are eligible for service and to conduct assessment and planning. A wide range of services are available to youth and families through this process, including assessment, supervision, counseling, evaluation, advocacy, respite housing or other services – often free of charge. Although Family Court involvement is possible, New York State law requires that every effort be made to avoid court. In those cases which do go to court, the youth may be given a warning and conditions by the judge, be referred back to FACT or probation diversion, be placed on probation supervision, or placed out of his/her home. If a case does go to court, the law requires both parents be notified, even if they do not live together.

Legal advice cannot be given over the phone.

You can also call the following for more information:

Center for Dispute Settlement	546-5110
Genesee Valley Chapter of New York Civil Liberties Union	454-4334
Legal Aid Society of Rochester Youth Advocacy Program	232-4090
Monroe County Family Access Connection Team (FACT)	753-2639
Monroe County Office of Probation/Community Corrections	753-3674
Monroe County Public Defender's Office (Criminal Only)	753-4210
RPD Family and Victim Services/FACIT	428-6630
Volunteer Legal Services Project	232-3051

LEGAL RESPONSIBILITIES OF PARENTS AND YOUTH

Parenting brings with it a number of legal responsibilities to ensure the health, safety and care of your child. As a parent, you are legally responsible to provide for food, shelter, clothing, education and adequate medical care to ensure the safety and well-being of your child. The following outlines some of the key legal responsibilities.

Education

In New York State, the law requires that a youth be in attendance in an approved/licensed educational program from the beginning of the school year in which the student turns 6 to the end of the school year in which s/he turns 16 or 17. After completing the school year in which s/he turns 16 or 17, s/he has a right to decide whether or not to continue in school. If a child chooses to leave school, but a parent wants the child to remain in school, the child has the legal right to decide. A child is legally allowed to stay in school up to age 21 if s/he has not received a high school diploma or is otherwise ineligible. Attending school at age 5 is optional.

Alcohol

It is against the law to serve or permit liquor to be served to minors (under 21) anywhere, including in the home. Anyone who is over the age of 16 and helps a minor to obtain alcohol can be charged with a felony crime punishable by imprisonment and/or a fine.

Financial Responsibility

Parents are legally responsible for the financial support of their child until the child reaches their 21st birthday. If parents are unwilling or unable to financially support their child, they or the child may apply for public assistance. (See BASIC NEEDS).

If your child damages property or injures another individual, you can be held financially responsible for costs incurred by the victim and or the victim's family.

Leaving Home

Parents are legally responsible for the care of their child until his/her 21st birthday. Parents may initiate a PINS (Person In Need of Supervision) complaint on a son or daughter up to age 18 who is habitually away from home without permission.

Contracting

If a youth under the age of 18 signs a contract (i.e., to purchase a stereo, buy a car, rent an apartment) it may not be legally enforceable against the minor. It is for this reason that most people will require an adult co-signer when entering into a contract with a minor.

Draft

The law requires that all males register for the draft (Military Service) within 30 days of their 18th birthday. A young man may register for the draft at any United States Post Office. As of 1992 there is no draft. However, if there is one and a young man is drafted, he will have 10 days to appeal. If a youth thinks he has religious or moral objections to military service, he needs to understand what his rights and responsibilities are. Draft counseling is available through some churches.

For information and referral on the issues above, the following may be helpful:

Legal Aid Society of Rochester, Youth Advocacy Program	232-4090
Monroe County Legal Assistance Center	325-2520
(Public Benefits and Housing Issues only)	325-2547 (TTY)
Volunteer Legal Services Project	232-3051

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

NUTRITION AND FITNESS

There is a lot of talk about the need to develop a healthy lifestyle, but the number of overweight youth has doubled in the past 20 years. In the US it is estimated that 30% of youth 12-19 are overweight and 15% are obese, putting their health at risk. As parents we need to encourage children to eat a healthy diet and increase their physical activity, and model this in our own lives.

Create an Active Environment:

- Make time for the entire family to participate in regular physical activities that everyone enjoys. Try walking, bicycling or rollerblading. Plan special active family-outings such as hiking.
- Start an active neighborhood program. Join together with other families for group activities like touch-football, basketball, tag or hide-and-seek.
- Assign active chores to every family member such as vacuuming, washing the car or mowing the lawn. Rotate the schedule of chores to avoid boredom from routine.
- Enroll your child in a structured activity that he or she enjoys, such as tennis, gymnastics, martial arts, etc.
- Instill an interest in your child to try a new sport by joining a team at school or in your community.
- Limit the amount of TV watching, video games and internet use.

Create a Healthy Eating Environment:

- Implement the same healthy diet (rich in fruits, vegetables and grains) for your entire family.
- Plan times when you prepare foods together. Children enjoy participating and can learn about healthy cooking and food preparation.
- Eat meals together at the dinner table at regular times. Avoid rushing to finish meals. Eating too quickly does not allow enough time to digest and to feel a sense of fullness.
- Avoid other activities during mealtimes such as watching TV.
- Avoid foods that are high in calories, fat or sugar, limit processed foods.
- Have snack foods available that are low-calorie and nutritious. Fruit, vegetables and yogurt are some examples.
- Avoid serving portions that are too large.
- Avoid forcing your child to eat if he/she is not hungry. If your child shows atypical signs of not eating, consult a healthcare professional.
- Limit the frequency of fast-food eating to no more than once per week.
- Avoid using food as a reward or the lack of food as punishment.

The FDA has revised recommendation on what constitutes a healthy diet. The new food pyramid along with interactive nutrition tools can be found on their website at www.mypyramid.gov or visit the Greater Rochester Health Foundation's website at www.thegrhf.org- Healthy Hero Program.

OUT OF SCHOOL YOUTH Moving Forward

Quality of Life

Having an education – a high school diploma, an associate degree, vocational training, a four year college degree, business school skills, or computer training—is an important step in determining the quality of your children's lives, in opening opportunities for them to make the kind of life they truly want. The amount of education and training they have will directly effect how they live day to day, influencing the places they live, their clothing, friends and colleagues.

There are many reasons education can be interrupted – health problems, family concerns, untimely moves, new job demands, too many bills to pay, and simply drifting off track. These interruptions are not permanent. Encourage your out-of-school youth to reconnect!

Keep Moving Forward!

Help your teen to focus on moving forward, to sidestep past decisions and make fresh ones. Don't let the past get in the way! In order to return or re-register for middle school, you or your child must call the school last attended or the school closest in your neighborhood. If the school is a middle or high school, ask to speak to the guidance office. Leave a message with a number where you can be reached or ask for a time when you can call back. If you don't get a return call, try again. Be determined!

For help with employment and job training opportunities and referrals:

Rochester Works

258-3500

www.rochesterworks.org

For help with residency, enrollment or suspension, call:

Legal Aid Society Youth Advocacy Program

232-4090

If you live in the City of Rochester, for GED, pre-employment support, job training, work experience, and job placement, call:

City School District Office of Student Placement/Affairs

262-8277

Rochester City School District Office of Adult Education

262-8000

For help getting urban youth reconnected call:

Pathways to Peace, City of Rochester

428-6339

Urban League Urban Youth Empowerment and Youth Employment Programs 325-6530

For a listing of GED programs and vocational training, see EDUCATION.

Also see HOMELESSNESS.

PARENTING

Being a parent can be very rewarding and fulfilling, and the same time it can be one of the most challenging and demanding experiences that many of us will ever undertake. Although most jobs require training, there are no prerequisites for parenting. Most of us received our only “parenting training” from our own childhood, for better or worse. The media provides ample opportunities to make us fearful about all the negative things that our children could become involved with. It is more common to hear a list of negative things to watch for in your children than to learn about the positive behaviors and experiences required in order for them to grow up successfully. The Search Institute has identified 40 Assets (building blocks) that help children grow up healthy. (See 40 ASSETS) Take a few minutes to go through the list to see how many assets you think your child has. Talk with your child about these assets and ask which s/he is experiencing. Seek out opportunities, supports and services that can provide your child with these assets. Also, many organizations in the community provide seminars or workshops on parenting. Take advantage of opportunities that support your ability to parent effectively and positively.

Some Helpful Parenting Hints

1. Be positive! Tell children what they CAN DO instead of what they CAN'T DO.
2. Take advantage of every opportunity to praise, recognize and support your child in activities and positive behaviors. Let children know you appreciate them and the positive things they do in the family.
3. Know who your child's friends are, where your child is and what s/he is doing at all times.
4. Take advantage of “teachable moments” through TV shows, news reports or headline articles that provide an opportunity for you and your child to talk about real life situations, choices and values. Seek to understand your child's perceptions and ideas, and discuss the values, standards and beliefs that are important to you and your family.
5. Be available to your children when they want to talk, let them know you will make time.
6. Plan time to spend with each of your children on a regular and consistent basis. Build in family time and activities, no matter what age. Children and teens need the ongoing support and involvement of their families in their lives.
7. Provide children safe, clear limits and boundaries they can understand.
8. Be clear and consistent about the rules and expectations within your family. As children get older, revise rules and expectations so they are age-appropriate. Seek participation from older children and teens in setting expectations.
9. When children break the rules, allow them to experience logical and appropriate consequences for their actions. It is helpful when children know what the consequence is for breaking family rules.
10. Refrain from physical punishment and demeaning or cutting verbal language.
11. Protect and preserve children's feelings, self-respect, self-esteem, and sense of security and safety.
12. Listen to what your children say. Show them you are listening through body language and eye contact. Communication is key to staying in touch with their lives, viewpoints and experiences. Refrain from labeling their opinions and ideas as foolish, stupid or wrong. We cannot influence our children if we discourage them from talking openly with us.
13. Ask your children every day about what they are doing and thinking.
14. Limit time spent watching TV, playing computer games, or in Internet activities. Make use of parental control options for television and internet and monitor your children's use.

15. Encourage reading for pleasure.

16. Let your children know often that you love them. Show affection. If you have children at the age when gestures of affection are not “cool,” think of other ways to show affection, or arrange for a hug when peers and siblings are not around.

The following community resources offer a variety of parenting services. Please call for specific services offered, schedules and fees.

2-1-1/LIFE LINE	2-1-1 or 275-5151 (24 hrs)
	275-2700 (TTY*)
Baden Street	325-4910
Better Days Ahead Family Support	325-3145 (also TTY)
Big Brothers/Big Sisters of Rochester (Community Partners for Youth)	442-2250
	454-6329 (TDD*)
Catholic Family Center, Pregnancy and Parenting Counseling	262-7100
Catholic Family Center, Kinship Care	262-7048
(The) Center for Youth	1-888-617-KIDS (5437) or 271-7670 (24 hrs)
City of Rochester, Dept. of Recreation and Youth Services	
Strengthening the Black Family/Effective Black Parenting Training	428-6896
Cornell Cooperative Extension	461-1000
Equal Rights for Fathers of NYS - Rochester Region	621-3330
Family Resource Centers of Crestwood	
Peter Castle Family Resource Center	339-3200
Southwest Family Resource Center	436-0370
Fatherhood Resources Initiative	235-3160
Greece Department of Human Services	723-2425
Hillside Children's Center	256-7500 (24 hrs)
Ibero-American Action League Family Support Unit	256-8900
Jewish Family Service of Rochester, Inc.	461-0110
Mt. Hope Family Center	275-2991
Metro Council for Teen Potential	325-8123
National Center for Missing and Exploited Children	242-0900
Rochester Association for the Education of Young Children (RAEYC)	244-3380
Society for the Protection and Care of Children (SPCC)	325-6101
Strong Family Therapy Services	275-8321
Urban League of Rochester Parent Support Groups, Strengthening Families	325-6530
YWCA Young Parents Support Services	546-5820

In addition to the agencies listed, please contact your local school district, PTA Association, neighborhood community center, your pediatrician and/or family doctor, and/or your local church for parenting classes and/or support groups that may be available. There are also resources and links available on line - www.292baby.org is a good place to start.

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

PEER PRESSURE

No matter how old they are, people care what others think about them. When youth are just starting to make decisions for themselves, the influence of their friends and people their age – their peers can be powerful. As most parents are aware, it can affect how youth feel, dress and act. Peer pressure is when friends try to influence them to say or do something, even if they don't want to. They feel they need to do it so they can stay friendly with their peers, "fit in", or belong to a particular group.

Peer pressure can be positive or negative. Positive pressure from peers might lead a youth to play sports, study hard or join clubs. But there are often negative pressures too – 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, such as skipping school, using drugs or alcohol, shoplifting, having sex before they are ready, or joining gangs.

It is important to let youth know that you understand their need to have friends and feel like they fit in. At the same time, it is important to discuss the possible problems/consequences that going along with the crowd can cause. Encourage them to think about the possible consequences prior to joining in and reinforce their right to say to peers "that's not what I want to do." Young people who feel good about themselves are more confident about disagreeing with peers, and making up their own minds.

There are different kinds of peer pressure for youth. It can come across as friendly teasing or it can be more forceful. Help your child or youth to come up with a list of behaviors they can try to use to handle peer pressure. Some possible suggestions may include:

- change the subject
- avoid the situation
- have something else to do
- leave, or make it clear that you do not have to go along with other people to have a good time

Let youth know that when peers see them stand by their decisions, it may help their friends to better deal with peer pressure.

If you live in the city of Rochester and believe your child is having a serious problem dealing with peer pressure which includes violence, gang involvement or other serious behaviors, call:

City of Rochester, Pathways to Peace	428-6339
RPD Family and Victim Services/FACIT	428-6630
The Center for Youth	473-2464

If you're not sure what else to try, see COUNSELING and BULLYING.

PREGNANCY

It is very important for a young woman to have someone to trust and offer support when she is facing the possibility of being pregnant. This may be a parent, a counselor, an adult friend or a peer. If a young woman thinks she is pregnant, it is important to have a pregnancy test in a medical setting. The young woman will need to speak with someone who can support her to receive the medical attention she needs, and later to problem-solve with her if the pregnancy test is positive.

As a parent, it is important for you to be calm and supportive. This is not a time to place blame, be judgmental, seek sympathy, or punish. Counseling and support services are available whether the pregnancy test is positive or negative. Discussion and effective problem-solving can prevent an unwanted pregnancy in the future. (See SEXUALITY and BIRTH CONTROL).

For pregnancy testing and counseling contact your health care provider or call one of the following clinics. Parental permission is not required. Call for hours, cost (if any), and to find out if an appointment is needed:

Anthony Jordan Health Center, Teen Center	423-5800
Birthright of Rochester (to continue pregnancy)	East 385-2100
	West 328-8700
Catholic Family Center, Parenting Option Program (adoption planning)	262-7136
Healthy Start Rochester	368-3490
Highland Family Planning	279-4890
Hillside Childrens Center, (adoption planning)	256-7500 (24 hrs)
In-Control	328-3408
Planned Parenthood of the Rochester/Syracuse Region	546-2595 or 1-866-600-6886
Threshold Center for Alternative Youth Services	454-7530

Prenatal Care - For prenatal care, contact your health care provider. For additional information or support services contact:

Anthony Jordan Health Center, Teen Center	423-5800
Baby Love/REEP (Support services to help get medical care)	266-0021
Healthy Start Rochester (support services)	368-3490
Monroe County Department of Public Health, Perinatal Home Visiting Program and the Nurse Family Partnership	753-KIDS (5437)
Monroe County WIC (Supplemental Nutrition for Women, Infants & Children)	753-4942
Strong Health, Rochester Adolescent Maternity Program (RAMP)	275-2962
Unity Healthy Moms (support services)	368-3735

Pregnancy Counseling

CARE (a service of Catholic Charities USA) 8 am to 10 pm every day	1-800-CARE-002
Planned Parenthood of the Rochester/Syracuse Region	546-2595 or 1-866-600-6886

RAPE OR SEXUAL ASSAULT

Young people need to receive information about rape and sexual assault. There is still a great deal of misunderstanding about this topic. Rape, sexual assault or the attempt to do either is a violent crime against an individual. It is not an act of passion. The rapist can be anyone – a neighbor, a date, a friend, a relative or a stranger. If someone you know forces you to have sexual intercourse or other sexual contact against your will it is called acquaintance rape. When this happens in a date situation, it is also called **date rape**.

No one has the right to pressure or force anyone to have sex even if:

- his/her dinner or night out has been paid for
- s/he has had sex before with this person
- s/he flirts with the person
- s/he agrees to have sex and then changes his/her mind

Reinforce your teens' sense that they have the right to say no to anyone who tries to touch them in any way which makes them uncomfortable. If a person will not leave them alone, they need to try to get away as soon as possible. If someone is raped, it is not his/her fault. S/he is the victim, not the criminal. If someone is raped or sexually assaulted s/he needs to:

- Get to a safe place.
- Call his/her parents or a trusted friend, or call the **Rape Crisis Service, 546-2777**.
- NOT shower, bathe, douche, wash hands, brush teeth, use the toilet, change clothes or eat or drink anything. As hard as it may be not to clean up, important evidence may be destroyed by doing any of these things.
- Get medical attention as soon as possible to determine whether or not there are internal injuries. Also, there may be a need for follow-up medical care in case of sexually transmitted diseases or pregnancy. The best place to go to is the hospital emergency room since the staff has been trained to help rape victims.
- Try to remember or write down where it happened, when, what the person looked like, and what clothing was worn. This information will help in talking to the police.

The doctor can help involve the police if the victim wants to. Contacting the police does *not* mean the victim has to prosecute. It is important to make a police report in case the victim decides to take future action.

The victim of an assault needs to have people to talk with about feelings—people who will listen for as long as it takes. Support of family is important.

The following numbers can be called any time, day or night, for help or information about what to do. Don't be afraid to call for information or help for someone.

2-1-1/LIFE LINE 2-1-1 or 275-5151 (24 hrs) 275-2700 (TTY*)
Police Emergency 911
Rape Crisis Service 546-2777 (24 hrs) 546-7582 (TTY*)

The **emergency rooms (ERs)** of our local hospitals provide services to rape victims.

Highland Hospital Emergency 341-6880
Lakeside Memorial Hospital 395-6095 x4282
Rochester General Hospital–ViaHealth 922-2000
Strong Hospital Emergency Room and Safe Center at Strong 275-4551
Unity Hospital Emergency Department 723-7070

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

REFUGEE/IMMIGRANT RESOURCES

Respect for all people, no matter what their racial, ethnic or religious backgrounds, must be encouraged in our community among both adults and children. People may be frightened or uncertain with an influx of new neighbors. Many immigrants and refugees come from cultures that we may not know much about. Increasing intolerance of diversity is developing at an alarming rate in our society, in our neighborhoods. Few, if any, segments of our community do not feel the effect of prejudice and discrimination on a daily basis.

For recent immigrants and refugees, the struggle with American culture, employment, education, housing and food, is often overwhelming and frustrating. It is further complicated when there are language and culture barriers that affect their ability to successfully adjust.

Most immigrants and refugees will be involved with a program specifically targeted for them upon their arrival here. They may need to access existing community services for specific needs. In these situations, existing providers may not feel knowledgeable or comfortable enough to be able to work with this individual or family.

The following is a list of resources to either refer the child or family to or contact them directly for assistance in enabling you to work with the child or family.

Catholic Family Center's Refugee Assistance Project	232-7070
Program services primarily targeted to refugees/asylees. Language resources are not available for all situations; however, please contact them and they will meet your needs or refer appropriately.	
City School District, Family Learning Center	262-8000
This project provides bi-lingual counseling, support groups and English as a second language. They also assist with obtaining citizenship.	
IBERO New Hispanic Arrivals Program	256-8900
Assistance for hispanic families who are new to the area.	
Legal Aid Society, Youth Advocacy Program	232-4090
Assistance with school residency and enrollment.	
Oak Orchard Community Health Center, Migrant and Seasonal Farm	637-3950
Worker Outreach Program	
This program provides a range of services to migrant workers, including health care, in northern Monroe and Orleans Counties.	
Unity Children's Clothes Closet	368-3030
Clothing for children, call for information.	

RECURSOS PARA LA COMUNIDAD HISPANA

(RESOURCES FOR THE SPANISH SPEAKING COMMUNITY)

INTRODUCCION

Como padres y proveedores de servicios a nuestros jóvenes, continuamente estamos enfrentando los retos, las frustraciones y también las alegrías que trae consigo la responsabilidad de ser padres. Durante el transcurso de la vida de nuestros hijos, confrontamos situaciones de crisis e indecisión que de una manera u otra afectan la vida nuestra y la de nuestros hijos. Esta realidad la sentimos más cerca en un mundo como el de hoy, donde el cambio es rápido y drástico. La nueva tecnología y su influencia en varias áreas de la sociedad, especialmente en los medios de comunicación, ha traído una serie de retos para la familia moderna. El surgimiento de una diversidad de estructuras de familia es también producto de un mundo complejo en transición. Este ambiente social ha impactado enormemente el papel que desempeñamos como padres y la manera en que criamos a nuestros hijos.

La Guía para Adultos sobre los Servicios para Jóvenes en el Condado de Monroe es un recurso escrito especialmente para padres y adultos. Hoy, con los muchos conflictos que enfrenta la juventud, los padres y otras personas interesadas en ayudar a los jóvenes, tratan de buscar respuestas adecuadas para proveer un servicio efectivo.

La Guía para Adultos sobre los Servicios para Jóvenes en el Condado de Monroe se concentra en temas críticos y ofrece información sobre servicios importantes en nuestra comunidad. También provee los números telefónicos para llamar en casos de crisis o de emergencias.

Esta guía se originó con el propósito de brindar información que le ayude (como padre y adulto) a tomar decisiones apropiadas sobre el tema deseado.

Actualmente esta guía no ofrece información sobre todos los servicios que existen en la comunidad. Es más bien un inicio o comienzo para asistir a padres y personas interesadas en ayudar a jóvenes, en sus decisiones y retos en un mundo complejo.

Al final de la guía encontrará lugar para escribir nombres y números de personas que han sido de ayuda y que tal vez, quisiera usted llamar nuevamente.

RESUMEN INFORMATIVO SOBRE LA AGENCIA (BURO) DE JOVENES DE ROCHESTER Y DEL CONDADO DE MONROE

La Guía para Adultos sobre Servicios a Jóvenes en el Condado de Monroe, es producida por la "Agencia (Buró) de Jóvenes de Rochester y del Condado de Monroe". Esta agencia se encarga de planificar, coordinar y proveer fondos para servicios públicos a los jóvenes. La misión primordial del Buró es el desarrollo, implementación y evaluación de un sistema extensivo o general sobre los servicios brindados a la juventud.

Esta organización esta seriamente comprometida a brindar los mejores servicios disponibles, y por tal razón:

- Ayuda a planear y coordinar servicios para jóvenes.
- Evalúa las necesidades de los jóvenes para determinar la prioridad de fondos.
- Promueve la asociación con otras agencias para proveer servicios comprensivos.
- Evalúa y supervisa programas que reciben fondos del Buró con el propósito de asegurar servicios eficientes y de calidad para nuestros jóvenes.
- Coordina servicios para jóvenes que están sin hogar o han huido del hogar.
- Coordina Servicios de Justicia para jóvenes.
- Estudia/examina diferentes segmentos del sistema de servicios y áreas que afectan a los jóvenes.
- Aboga para legislación, cambios de sistemas y por fondos para mejorar el sistema de servicios a la juventud.

También auspicia el Proyecto de Jóvenes Como Recursos (YAR), cuyo propósito primordial es el desarrollar las destrezas de liderato y conocimiento en los jóvenes para ayudarlos en su involucramiento activo en asuntos importantes de la comunidad. A través de este proyecto, se provee la oportunidad a los jóvenes de contribuir ideas y sugerencias en comités de comunidad, en Juntas de Directores de diferentes agencias de servicios a jóvenes, y en actividades especiales de comunidad donde se comparte la perspectiva de los jóvenes.

Para más información llame: Buró o Agencia de Jóvenes de Rochester y el Condado de Monroe al 753-6455.

COMO LLAMAR PARA INFORMACION

Cuando llame para información acerca de los servicios use la siguiente guía. Tenga a la mano, papel, bolígrafo o lápiz para que apunte el nombre, teléfono y la información que necesite saber. Por ejemplo; cuando será su cita, o que necesitara llevar con usted a la cita.

Guía de preguntas básicas:

- ¿Quién es la persona con quien debo hablar?
- Si hay costo, ¿Cuánto cuesta?
- ¿Cuál es el horario?
- ¿Qué servicios proveen?
- ¿Necesito una cita?
- ¿Qué necesito traer? (certificado de nacimiento, tarjeta de seguro médico)
- ¿Dónde están localizados? ¿Número de la oficina?

Si la persona con quien usted necesita hablar no esta disponible, deje su nombre, número del teléfono y mensaje o pregunte cuando usted puede llamar otra vez. Si no le llaman o tiene dificultades en comunicarse con la persona interesada, siga tratando o LLAME OTRA AGENCIA.

NUMEROS IMPORTANTES

Cuando no sepa a quien llamar, **Línea de Vida (LIFE LINE)** está disponible las 24 horas, siete días a la semana, para información y referido sobre servicios en nuestra comunidad. También ofrece consejería confidencial -por teléfono sobre emergencias médicas, suicidio y control de envenenamiento.

Números de Emergencia (de 24 horas):

- **Línea de Vida/o control de Envenenamiento** 2-1-1 o 275-5151, 275-2700 (TDD*)
- **Policia/Fuego-Emergencia** 911 (TDD*)
- **Alternativa para Mujeres Maltratadas** 232-7353 (TDD*)
- **Abuso de Menores** 461-5690
- **o llame la línea nacional** 1-800-342-3720
- **Servicios de Crisis para Víctimas de Violación Sexual** 546-2777
- **(Lunes-Viernes 9am – 5 pm)** 546-7582 (TTY*)
- **Línea Nacional control de envenenamiento** 1-800-222-1222 (273-3854 TTY*)

Información y Referido:

- Intervención de Envenenamiento** 2-1-1 o 275-5151, 275-2700 (TDD*)
- CARE (Consejería de embarazo)** 1-800-227-3002
- Línea de Ayuda sobre Drogas del Condado de Monroe** 2-1-1 o 275-0505 (24 horas)
- (operado por la línea de vida)** 275-2700 (TDD*)
- Centro de Re-transmisión del Estado de Nueva York** 711 o 1-800-662-1220 (TTY*)
- (Retransmisión telefónica gratis para sordos)** 711 o 1-800-421-1220 (sordos)
- Proyecto Voluntario para Servicios Legales** 232-3051
- Planificación de Familia de la región de Rochester/Syracuse** 1-866-600-6886

*TDD es un sistema de comunicación para sordos.

CENTROS HISPANOS

IBERO: La Liga de Acción Hispana Americana le ofrece servicios a la comunidad hispana en varias áreas:

- Abogacía a personas en como obtener acceso de igualdad en servicios de gobierno, agencias, instituciones de salud y otros servicios.
- Servicios de familia y cuidado de niños 18 meses a 5 años de edad.

NUMERO A LLAMAR:	911 Main Street	256-8900
Servicios Para jóvenes y niños)	777 Avenida Clifford	454-1200

SIDA (AIDS)

SIDA es una enfermedad causada por un virus llamado **HIV** que afecta el sistema inmune del cuerpo y destroza ciertas células en la sangre que son necesarias para combatir influencias y enfermedades. Cuando la persona, se hace la prueba de AIDS y sale HIV positivo, tiene deficiencia de estas células y porque no tiene el sistema inmune lo suficientemente fuerte para combatir alguna infección que puede adquirir SIDA. El virus de HIV se transmite a través de personas que están contaminadas por el HIV, y se adquiere de tres maneras: por la sangre, semen, y secreciones vaginales. Las personas que tienen el riesgo más alto de obtener tal enfermedad son: personas que tienen relaciones sexuales con más de una persona y no usan condones, personas que son adictas a la heroína y se inyectan con jeringuillas que han sido usadas por otra persona que esta contaminada.

Para mas información sobre prevención y/o tratamiento del SIDA llame a su clínica, médico o a una de las siguientes agencias:

ACCION PARA UNA MEJOR COMUNIDAD	262-4330
DEPARTAMENTO DE SALUD CONDADO DE MONROE	753-5481
CENTRO DE DESAROLLO Y RECURSOS PARA JOVENES HISPANOS (PRYD)	232-1670
IBERO Liga de Acción Hispana Americana	256-8900
AYUDA DEL SIDA (AIDS Care)	545-7200

USO DE ALCOHOL Y OTRAS DROGAS CONTROLADAS

El uso de bebidas alcohólicas y drogas por nuestros jóvenes es un problema serio en esta comunidad. Estadísticas nacionales indican que la mayoría de jóvenes comienzan a experimentar con sustancias controladas entre los 11 y 14 años de edad. Para tratar de evitar que nuestros jóvenes se envuelvan con drogas y alcohol es importante tener conocimiento de los efectos que estas sustancias causan. Más importante es discutir este tema con sus hijos a una temprana edad.

En caso de una intoxicación con alguna sustancia llame al 911 o lleve a la persona a la sala de emergencia del hospital mas cercano. Si quiere romper con el uso del alcohol o drogas, o desea información acerca de los efectos de estas sustancias, debe de llamar a su clínica o a la agencia más cercana de su hogar. Use esta guía para números a llamar.

Línea de Vida	2-1-1 o 275-5151, 275-2700 (TDD*)
El Centro Para Jóvenes	271-7670
CENTRO DE DESAROLLO Y RECURSOS PARA JOVENES (PRYD)	325-3570
Threshold- Centro de Alternativas para Jóvenes	454-7530

NECESIDADES BASICAS

La siguiente lista es para ayudarle a obtener acceso a cierta información y recursos en la comunidad.

Línea de Vida (Si no sabe donde debe llamar con sus preguntas)	2-1-1 o 275-5151 275-2700 (TDD*)
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Cupones Para Alimentos, departamento De Servicios Humanos	753-6000
Centro de Desarrollo Y Recursos Para Jóvenes (PRYD)	232-1670
IBERO Liga de Acción Hispana Americana	256-8900

Las siguientes centros distribuyen alimentos a familias en caso de necesidad o emergencias:

Servicios de Alimentos de Genesee Valley (FOODLINKNY.ORG)	328-3380
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Para ayuda con el gas y energía, viviendas, seguro medico o quejas de alojamiento inadecuado, puede llamar a las siguientes agencias.

Concilio de Vivienda Para El Condado de Monroe	546-3700
Autoridad de Viviendas en Rochester	697-3600
Para Listas de Apartamentos Y Saber Sus Derechos De Inquilino	546-3700
Asistencia Para Ayudar A Pagar La Cuenta de Luz Y Gas (HEAP)	753-6477
Departamento de Salud E Inmunizaciones	274-6151
Seguro Medico para Niños (Child Health Plus)	1-800-698-4543
Seguro Medico Para Familias (Family Health Plus)	1-877-934-7587

Para Hospedaje de Emergencia llame a uno de los siguientes números:

Alternativa para Mujeres Maltratadas	232-7353 (24 horas)	232-1731 (TTY*)
(Hospedaje para mujeres y niños que han sido físicamente maltratados)		
Casa Bethany (Hospedaje temporero para mujeres y niños)	454-4197 (24 hrs)	
Departamento de Hospedaje y Refugio Del Centro Católico Familiar	423-9590	
Mercy-Servicios Residenciales	254-2175	
Ejercito de Salvación -Ayuda de Emergencia Para Familias	987-9540	

Después de la 5 p.m. llamar a la extensión. 2284

ENFERMEDADES VENEREAS TRANSMITIDAS SEXUALMENTE

La adolescencia es una etapa donde los jóvenes toman muchos riesgos con la actividad sexual. Los jóvenes tienen que ser educados sobre su sexualidad y los valores familiares al respecto. También es importante que se les hable claro sobre el riesgo de contraer enfermedades venéreas. Algunas enfermedades venéreas son tratables y curables, otras como el herpes y el virus del sida, son manejable pero incurables. La manera más efectiva de evitar contraer una enfermedad venérea es obtenerse sexualmente. La otra es de usar condones y limitar con quien y cuantos eres activo/a.

Para Más Información:

Highland- Planificación Familiar	279-4890
Departamento De Salud Clínica de Enfermedades Venéreas	464-5928
Planificación de Familia de la región de Rochester/Syracuse	1-866-600-6886, 546-7582
Threshold – Centro Alternativo Para Jóvenes	454-7530
Centro De Control	1-800-541-2437

SALUD

Usted es responsable por su salud y la de sus niños. La salud de una persona depende de muchos factores. Algunos factores no se pueden controlar pero otros, tales como hacer ejercicios, dieta, y descanso apropiado, se pueden. Tenemos que enseñarles a nuestros niños buenas costumbres y hábitos de salud. Si usted no tiene seguro médico, no esta trabajando o gana lo mínimo, puede calificar para el plan medico medicaid. Para una aplicación llame al **departamento de Salud del Condado de Monroe 292-3960**.

El Estado de Nueva York también ofrece gratuitamente servicios prenatales, planificación familiar, maternidad y mamografía. Para información llame al **1-800-522-5006**. En caso de una emergencia

de noche o durante el fin de semana llame a su médico o hospital más cercano.

ABUSO Y VIOLENCIA FAMILIAR

Vivimos en una sociedad donde la violencia familiar y abuso contra niños sigue en aumento. Es común tener sentimientos confundidos y hacer excusas para personas que son abusivas. Uno siempre piensa que no lo volverá hacer o que tal vez la otra persona provocó la situación. No se equivoque y busque ayuda profesional para esa persona. Las estadísticas demuestran que personas que son violentas continúan siéndolo, y cada arranque de violencia es peor que el anterior. Si usted, algún familiar o alguien que usted conoce/aprecia se encuentra en una situación o relación abusiva usted debe de actuar rápidamente, ya que puede salvar una vida, tal vez la de usted.

En hogares donde niños son testigos constantes de violencia entre sus seres queridos, el riesgo de que esos niños estén siendo maltratados o que lo sean en un futuro cuando sean adultos, es alto. Se ha estimado que en un año 3.3 millones de niños son testigos de actos de violencia en el hogar.

Recuerde, nadie merece ser abusado en ninguna forma. Hay otras maneras de arreglar las cosas sin necesidad de violencia. Busque ayuda, usted, sus seres queridos y mas que nada sus niños, se lo merecen.

Para ayudarle o para información llame a una de las siguientes agencias. Todas están entrenadas para ayudarle o referirle al sitio más apropiado para su necesidad.

Línea de Vida	2-1-1 o 275-5151, 275-2700 (TDD*)
Alternativa Para Mujeres Maltratadas	232-7353
Sociedad Para a Protección Y Cuidado de Niños (Programa de violencia Familiar)	325-6101
Para reportar casos de abuso llame:	
Al Departamento De Servicios Humanos del CONDADO DE MONROE	461-5690
O al Registro de Abuso y Maltrato Del Estado de Nueva York	1-800-342-3720
	1-800-638-5163 (Para sordos*)

ABUSO/ VIOLACION SEXUAL

Se calcula que antes de los 18 años de edad una de cada cuatro jovencitas y uno de cada siete varones son abusados sexualmente. Violación sexual no es un acto de pasión; es un crimen de violencia. Cualquier persona puede cometer esta clase de crimen. Estadísticas demuestran que son cometidos más frecuentes por un pariente, novio/a o un amigo/a que por un extraño. Tenemos que hablar con nuestros hijos acerca de lo que es abuso sexual y como ellos pueden hacer para protegerse en tal caso. Usted puede ayudar en la siguiente forma:

- Familiarícese con este tema para que pueda discutirlo con sus niños
- Si sus niños hacen preguntas de sexo contéstele francamente y aproveche para hablarle sobre los peligros y como protegerse
- Estimule a sus niños a que sean siempre francos con usted y le cuenten si alguien le ha tocado o intentado tocar alguna parte del cuerpo que les hizo sentirse incómodos.

En caso de un abuso o violación sexual:

- Manténgase tranquila/o
- Consiga algún refugio seguro y llame a alguien de su confianza.
- No se bañe, ni cambie de ropa, ya que haciendo esto puede borrar huellas o evidencia necesarias.
- Inmediatamente busque ayuda médica

- Llame al 911 o a alguien de confianza para asistencia de emergencia

También puede llamar a uno de los siguientes centros:

Línea de vida	2-1-1 o 275-5151, 275-2700 (TDD*)
Línea para reportar Abuso Sexual	546-2777 (24 horas) 546-7582 (TTY*)
Línea para reportar Abuso Contra Niños	461-5690
O llame la Línea Del Estado de Nueva York	1-800 - 342-3720, 1-800-638-5163 (TTY*)

Si eres víctima de un asalto puedes recibir asistencia llamando a:

Línea de vida	2-1-1 o 275-5151, 275-2700 (TDD*)
Centro de Violación Sexual (Rape Crisis)	546-2777
Policía/numero de emergencia	911
HOSPITALES Sala de Emergencia:	
Hospital de Highland	341-6880
Hospital de Lakeside	395-6095 x4282
Hospital de Rochester General	922-2000
Hospital de Strong	275-4551
Hospital de Unity Health	723-7070

SI PIENSA QUE ESTA EMBARAZADA

Si cree que esta embarazada, es importante que visite a su ginecólogo para un examen. Si no tiene un médico puede llamar a uno de los siguientes números para un examen. Para servicios prenatales, puede ir al mismo centro que le hicieron el examen o elegir otro. Recuerde que es importante que reciba tratamiento durante su embarazo. *Vaya a su médico o llame a uno de los siguientes centros:*

Centro de Salud para Jóvenes Anthony Jordán	423-5800
Planificación de Familia en el Hospital de Highland	328-2100
En Control (In-Control)	328-3408
Centro de Planificación de Familia de la Región de Rochester/Syracuse	546-2595
Threshold-Centro de Jóvenes para Servicios Alternativos	454-7530
Centro De Salud Brown Square	254-6480
Baby Love/REEP (Servicios de apoyo para recibir atención medica)	266-0021
Comienzo Saludable (Healthy Start) Servicios de Apoyo durante Y después del embarazo)	368-3490
Servicios Pre-natales en su hogar - Condado de Monroe	753-5437
Condado de Monroe WIC (Nutrición suplemental para madres y niños)	753-4942

PADRES JÓVENES

Convertirse en padres a una edad prematura es difícil. Hay agencias que ofrecen servicios que adiestran y ayudan a jóvenes a planificar su vida con sus niños.

Centro Católico Familiar	262-7100
SPCC Servicios de apoyo y consejería a padres prematuros	325-6101
Caminos Triunfantes - Successful Pathways, Inc.	235-3248
Liga Urbana de Rochester (Urban League)	325-6530
YWCA Eventos para padres con niños en la escuela	546-5820
Centro para Jóvenes (servicios de vivienda transitorios)	271-7670
Mercy - Servicios Residenciales (servicios de vivienda transitorios)	254-2175
Centro de equipo y cosas para bebés	865-0360
En Control, Un programa para Jóvenes que son padres	328-3408
Programa para Padres en Crestwood -Centro de Recursos para Familias	339-3200

Centro de Iniciativa para Padres en Rochester 235-3160
AYUDA/APOYO

Si usted o un miembro de su familia se encuentran luchando con un problema difícil, hablando con personas que han pasado por el mismo problema puede ayudar. Existen muchos servicios en la comunidad que proveen ayuda en momentos de necesidad y que le pueden asistir en resolver problemas de alcohol, droga, depresión o en momentos de soledad o de agravio, ya sea por pérdida de algún ser querido o dilema personal/de familia.

Para más información puede llamar a una de las siguientes agencias:

Esperanza Latina (CENTRO DE RECURSOS) 325-7987
Línea de Vida 2-1-1 o 275-5151 275-2700 (TDD*)

PROGRAMAS DE VERANO

Si usted quiere envolver a sus niños en algún programa de verano, es importante que haga los planes con anticipación. Hay un sinnúmero de campamentos y programas de recreación que están disponibles durante el verano para que su niño/a se distraiga. Algunos programas requieren cuota o cobran por participar en ellos. Muchos de estos programas o campamentos de verano ofrecen becas a familias de recursos limitados. *Averigüe con la escuela o centro de recreación más cercano a usted o llame al:*

Línea de Vida 2-1-1 o 275-5151, 275-2700 (TDD*)
Departamento De Parques Y Recreación 428-6755
YMCA 546-5500

También llame a su parroquia para saber que programas tienen para jóvenes y niños durante el verano.

ENTRETENIMIENTO PARA LA FAMILIA EN GENERAL

Usted y su familia pueden participar y disfrutar de ciertos eventos atléticos, sociales y recreativos sin costo alguno. Para información sobre actividades locales puede llamar a los siguientes números bajo la categoría que desea.

Eventos en Rochester 428-6697

Parques de Atracción

Darien Lake 599-4641
Seabreeze 323-1900
Galerías De Arte 473-7720
Museo De Ciencia 271-1880
Parque Zoológico 467-9453
Planetario Strassenburgh 271-1880
Strong Museo Nacional de Juego para niños 263-2700

Organizaciones de jóvenes

Niño explorador (boy scout) 244-4210
Niña exploradora (girl scout) 292-5160
Extensión Cooperativa del Condado de Monroe 461-1000

Parques de Recreación de la Ciudad de Rochester 428-6770

Piscinas:

Calle Adams 428-7456
Avenida D (solamente en verano) 428-7888
Centro Clinton-Baden Street 325-4910
Centro Comunitario de Carter Street (parque de agua) 428-7890
Durand Eastman 428-7888
Escuela Superior East 428-7888
Centro Comunitario Flint Street 428-7888
Escuela Franklin 428-7888
Parque Genesee Valley (solamente en verano) 428-7888
Humboldt Centro Recreativo (parque de agua) 428-7294
Jefferson (solamente en verano) 428-7888
Marshall (solamente en verano) 428-7888
Monroe (solamente en verano) 428-7888
Centro Comunitario North Street 428-7888
Centro Comunitario Avenida Webster 428-7888

JOVENES FUGADOS O DESAMPARADOS

Anualmente en el condado de Monroe hay aproximadamente 3,000 jóvenes menores de 21 años de edad que se fugan de sus hogares. Jóvenes se fugan por varias razones, principalmente se van de la casa porque no se sienten seguros en su propio hogar o tienen problemas con sus padres o familiares. Si su hijo/a se ha fugado de su hogar es importante que usted haga un reporte inmediatamente para que las autoridades le ayuden a encontrarlo/a. Antes de llamar a la policía debe de cerciorarse que no está con una amistad, novio/a o familiar.

En caso de emergencia que su hijo/a necesite hospedaje temporero puede ir a uno de los siguientes refugios:

Centro de Servicios - Para jóvenes de 12-18 años 271-7670 o 1-888-617-5437
Ejercito de Salvación - Para jóvenes de 16-20 años de edad 235-2660
Hillside- Alternativa Para Jóvenes Independientes 654-4511
Línea Nacional Para los que Huyen 1-800-621-4000 (24 Horas), 1-800-621-0394 (TDD*)

EMPLEO

Tomar la responsabilidad de un trabajo es una decisión importante, y un gran paso en la vida de todo joven. Comenzar a ahorrar dinero por su propio esfuerzo les da una nueva meta en la vida y muchas veces se olvidan de los estudios y piensan que ya no es importante continuar y graduarse. Como padres tenemos que aconsejar, escuchar y guiar a nuestros hijos para que puedan comprender que trabajar es importante porque es la manera con la cual uno obtiene estabilidad económica, pero hay que también demostrarle constantemente que sin una educación no van a tener buenos empleos. Nuestros niños tienen que comprender que las dos cosas son igualmente importantes. Para comenzar a trabajar un joven requiere lo siguiente:

La tarjeta del seguro social - si necesita una llame al 1-800-772-1213

Un permiso de trabajo - (work permit) si eres menor de 18 años de edad. Puedes conseguir los papeles para empleo a través de su escuela. Un examen físico es necesario antes de que el

permiso de trabajo sea otorgado.

SALARIO/HORARIO

El salario mínimo es \$7.25 la hora.

Para ayuda con empleo y/o adiestramiento para usted y jóvenes, llame a una de las siguientes agencias:

Acción Para Una Mejor Comunidad (ABC)	325-5116 x3413
Programa de empleo para jóvenes 16-21 años	
Centro Baden Street – Trabajos para jóvenes	262-1778
Centro Para Jóvenes - Programa de Aprender ahorrar	271-7670
Departamento de Recreación y servicios para jóvenes	428-6755
RochesterWorks! Centro de Ocupación y Adiestramiento	258-3500

EDUCACION

El futuro de nuestros niños depende de una buena educación. Como padres y adultos tenemos que aceptar la responsabilidad y involucrarnos con las escuelas. Estudios indican que niños cuyos padres están envueltos en su educación, los niños obtienen mejores calificaciones. Es necesario establecer líneas de comunicación con la escuela y los maestros. Usted es responsable por la educación de sus hijos. Si sus hijos tienen problemas en la escuela llame o visite la escuela y hable con los maestros y el principal.

LA LEY - demanda que jóvenes de 6-16 años asistan a una escuela.

DIPLOMAS

- Equivalencia de Escuela Superior (GED) se otorgan a personas de 16 años en adelante y que hayan estado fuera de la escuela por lo menos 6 meses.
- Regents: se le otorgan a personas que se gradúan de escuela superior con créditos en clases de alto nivel. Hay que tomar un examen escrito para calificar.

SUSPENSIÓN

Si su hijo/a es suspendido de la escuela por violar las reglas la suspensión puede ser por menos de 5 días o más. Si es por más de cinco días usted tiene el derecho de tener una audiencia con el superintendente de la escuela. Mientras espera por la cita de la audiencia, la escuela es responsable por asegurar que su niño/a reciba tutoría.

Para asistencia con la educación de sus hijos hable con el consejero de la escuela que asisten o llame a uno de los siguientes números:

Centro Baden (tutorial)	325-4910
Boys and Girls Club of Rochester (tutorial)	328-3077
Centro Hispano (PRYD)	325-3570
Llame a un/a Maestro/a	262-5000
Threshold – Centro Alternativo para jóvenes (tutoría y equivalente)	454-7530
Centro Urbano -Urban League of Rochester (tutoría)	325-6530
Educación para adultos – llame al del Distrito Escolar	262-8000
LDA Servicios para jóvenes incapacitados	263-3323
AYUDA LEGAL y abogacía	232-4090

RUNNING AWAY AND HOMELESSNESS

RUNNING AWAY

There are approximately 3,000 young persons under the age of 21 reported as missing or as run-aways each year in Monroe County. Youth run away from home for a variety of reasons, most of the time because they do not feel safe. Running away from home is rarely the result of one argu-ment or one fight. As a parent/adult, you may be confronted with your own child running away, or you may have a young person staying in your home who has run away. Studies have shown that family problems resulting in a child running away involve both parents and youth. The best way to work through those problems is to work together to solve them. The earlier parents and youth work together in trying to solve the problems, the better chance there is to prevent another runaway episode. If the problems are not able to be resolved, it is important to ask for help. (see PARENTING, COUNSELING , and LAW AND YOUR CHILD.

Runaways are at high risk for drug abuse, prostitution, crime and violence. If your child runs away, it is important for you to take action to locate him/her immediately. Check to see if s/he is at a relative's or friend's home. Speak with the parents of your child's friends to see if they know where your child is. If you cannot locate your child, immediately contact **911** and report your child missing. If you can locate him/her, attempt to listen to the reasons for leaving and ask for outside help to work through the problems.

There are two emergency shelters for youth in Monroe County. Each of these shelters provides safe, voluntary shelter for youth; a safe place to run to. The shelters are governed by the Runaway and Homeless Youth Act of 1978, Article 19-H. In compliance with this law, a runaway youth may stay in the shelter for thirty (30) days without parental permission. Each shelter provides youth with their basic needs, (food, clothing if necessary, access to health care) as well as supportive counseling services in the attempt to resolve the problems that caused the youth to run away. Parents will be notified that a youth is staying at a runaway shelter and will be encouraged to participate in working on a solution that reunites the family. If returning home is not an option, the shelter staff will work to assist the youth in finding a safe alternative, i.e., a relative, friend, or foster care.

The two emergency shelters for youth in Monroe County are listed here. Youth can call these shelters 24 hours a day, 7 days a week.

(The) Center for Youth (ages 12-18) **271-7670**

Toll free number: 1-888-617-KIDS (5437)

Salvation Army Genesis House (ages 16-20) **235-2660**

For a service that relays messages between runaways and their families without pointing the blame at anybody, call:

National Runaway Hotline **1-800-621-4000 (24 hrs)**

1-800-621-0394 (TDD*)

National Runaway Switchboard **1-800-RUNAWAY (24 hrs)**

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

HOMELESSNESS

A youth under 21 years of age who has lost family support, been thrown out of the home or who has no permanent home to go to, is considered a homeless youth. Often, youth in this situation have no one to depend on for emotional and financial support and must learn independent living skills to be successful on their own. Youth who are living from place to place with no permanent means of financial and emotional support, and no guardian to care for them, are considered homeless. There are programs to assist youth who are homeless to find shelter, food, clothing and other necessary services. These programs will attempt to have youth and their parent/guardian work together on their problems. These programs can also assist youth in learning the necessary skills to live successfully on their own if the parents are unwilling or unable to care for them.

To help a homeless youth, call:

2-1-1-/LIFE LINE **2-1-1 or 275-5151 (24 hrs)**
275-2700 (TTY*)
The Center for Youth **271-7670 or 1-888-617-KIDS (5437)**

- Case Management
- Crisis Counseling
- Emergency Housing
- Family Reconciliation
- Street Outreach

Hillside – Alternatives for Independent Youth & Emergencies (AIY) **654-4511**
(located at 1337 E. Main Street, Rochester, NY 14620)

- Case Management
- Crisis Counseling
- Transitional Housing
- Drop-in Center Services (3-7 p.m. Tues. and Thurs./3-6 p.m. Friday)
- Jail and/or Correctional Facility Outreach

Salvation Army Genesis House Youth Program **235-2660**
Case Management and Emergency Housing

Mercy Residential Services **254-2175**
Emergency and transitional housing for pregnant and parenting women age 16 - 21 and their children.

The Crisis Nursery of Greater Rochester **235-5750**
Provide temporary placement for youth to spend time while families solve problems relating to a crisis i.e. substance abuse, unemployment issues, legal problems, illness, etc.

If a youth needs assistance with school enrollment, call:

Legal Aid Society's Youth Advocacy Program **232-4090**

For information on basic needs and resources, see BASIC NEEDS.

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

SEXUAL ABUSE

Estimates are that 1 out of every 3 female children and 1 out of every 5 male children will be sexually abused before reaching 18 years of age. In an effort to protect our children, we – as parents and caregivers – have informed them of the dangers involved with strangers. Despite our best efforts to track our children, in 70-80% of the reported sexual abuse cases, children were sexually abused by someone they knew. The offenders were friends or family members.

Offenders look for vulnerable victims. Since we teach our children to trust and obey adults, they are very vulnerable. It is as important for a child to know how to prevent sexual abuse as it is to look both ways before crossing a street. *We must talk to our children about sexual abuse.* This can begin with children as young as two years old.

Guidelines

1. Familiarize yourself with the information and try to become comfortable with the topic.

Once you do this you will notice that there are opportunities almost every day which could lead to a discussion (e.g. children see several kinds of crime on television. Perhaps discussing something you've seen together can open a conversation about the subject).

2. Help your child become familiar with some definitions.

Sexual Abuse: When another person touches private parts of a child's body or has them touch their private parts. A child may be forced to, tricked into, or unaware of what is going on.

Private Body Parts: Identify with your child, his or her private parts; talk about the area covered by a bathing suit; using the correct terms. Speak with your child's doctor or family physician if you are uncertain about the correct terms.

3. Help your child identify good, bad, and confusing touch. The situation and those involved often determines what is good or bad touch. The following are some general examples of kinds of touching.

Good Touch

- Holding Hands
- Playing Tag
- Snuggling
- Hugging
- Kissing
- Any touch that you like and want

Bad Touch

- Hitting
- Pushing
- Trapping holds
- Biting
- Shoving
- Any touch that you do not want

Confusing Touch

- Pinching
- Wrestling
- Squeezing
- Kissing someone you don't want to kiss
- Tickling until it hurts
- Holding when you don't want to be held

4. Give your child permission to say "No" to any unwanted or confusing touch.

Help your child with some "NO" answers:

- "I don't want to do that."
- "I have to go now. I have something to do."
- "I like you, BUT I don't want to be touched like that."
- "Get away or I'll yell."

5. Encourage your child to come to you and tell you if they think they have been sexually abused. Remember, children seldom lie about sexual abuse.

Help your child identify who they can tell if someone touches them in a bad or confusing way and you are unavailable. Tell them if that person does not believe them, to tell someone else.

6. Play “What If” games with your child to help them know what to do and how to respond in dangerous situations:

WHAT IF: Someone was following you after school? What could you do? Whom could you tell?

WHAT IF: Your friend’s older brother was always touching you when you did not want him to? What could you do? Whom could you tell?

WHAT IF: A relative touched your private body parts when they thought you were asleep? What could you do? Whom could you tell?

What to Do if a Child is Sexually Abused

If a parent overreacts or becomes angry, the child may feel guilty or blamed. If you ignore what the child is saying, s/he may feel that it is okay for the sexual abuse to continue.

- Ask questions and try to remain calm.
- Use language familiar to the child
- Listen without judgment. Do not interrupt, because the child may become anxious and unable to share.
- Tell the child that the abuse is not his/her fault
- Reassure the child that you, as an adult, will do what is possible to keep him/her safe.
- Seek medical care immediately.
- **Call 911**

Children seldom lie about being sexually abused. *It is not a child’s fault if s/he is sexually abused.* A victim of child sexual abuse needs support, understanding and love. **An offender needs to be reported and stopped so that other children are not hurt by the crime.**

You and your child may need some additional support in dealing with the effects of this crime. For more information and counseling, call one of the following:

Bivona Child Advocacy Center	935-7800
National Center for Missing and Exploited Children	242-0900
Rape Crisis Service (Education and awareness programs for children and adults)	546-2777 (TTY*)
Society for the Protection and Care of Children (SPCC)	325-6101

For emergency services and crisis counseling, call:

2-1-1-/LIFE LINE	2-1-1 or 275-5151 (24 hrs) 275-2700 (TTY*)
Rape Crisis Service	546-2777 (24 hrs) 546-7582 (TTY*)

To report sexual abuse by a parent or guardian, call:

Monroe County Department of Human Services	
Child Abuse Maltreatment Register (English and Spanish)	461-5690
NYS Child Abuse Maltreatment Register	1-800-342-3720 1-800-638-5163 (TTY*)

To report sexual abuse by someone other than a parent or guardian or if the victim involved is over age 18, call 911.

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

SEXUALITY/BIRTH CONTROL

The physical and emotional changes that happen to every young person as they grow up can be exciting and confusing. For most of us, teaching our children about all these changes—their sexuality – is not an easy task. We wonder what words to use, when to bring up the topic, how to handle touchy situations.

What is Sexuality?

Sexuality is much more than the “facts of life” or the act of sexual intercourse. Sexuality is part of the personality of every human being. It lets us know which gender we belong to, and it can define our role in society and influence our feelings about relationships with others. It makes it possible for us to feel love, compassion, joy, and sorrow. Sexuality includes how we feel about our bodies and everything related to maleness and femaleness. Our sexuality determines the way we lead our everyday lives because it is central to the lives of us all.

As parents, we want our children to grow up with healthy bodies and minds, to get the best out of life in terms of lasting friendships and loving relationships; we want to teach values and attitudes that will help them become successful, healthy, and happy adults. Our sexuality is involved in all of these things.

When to Start Talking

The early childhood years are a good time to begin teaching children about sexuality. During these years, sexual issues come up often and children are open to us and willing to listen. At this time, we have perhaps the greatest chance of passing on our values. If we get in the habit of discussing sexual issues while children are young, it sets a pattern for the rest of their growing up years. If you haven’t started, it’s never too late to begin.

Some parents feel that too much information will stimulate curiosity and encourage sexual activity. Actually, the reverse is true. Curiosity is natural. The fact is that when children come from homes where sexuality is comfortably discussed, they usually postpone their first intercourse longer, and they are more likely to use contraception when they do become sexually active. The lesson to be learned is that children for whom sexuality is not a taboo subject are more likely to grow into adolescents and adults who make rational decisions and use mature judgment about sexuality.

Before you actually begin talking with your children about their sexuality and sex, you should prepare yourself in several ways. Be aware of the values and facts you want to teach about sex. Be clear about your own feelings. Think through the major issues and discuss them with your partner. Learn what to expect from your children at particular ages.

You may want to keep the following suggestions in mind:

- Answer questions when they come up. Don’t put them off – your child may not ask again.
- Listen carefully to all questions. Make sure you understand what your child is asking. Then respond directly to the question being asked.
- Give only the amount of information appropriate for your child’s age level. Children at different ages need different answers to the same question.
- Answer younger children’s questions with honest, simple and brief explanations – rely on the facts.
- Use the proper names for sexual body parts. Make sure your child understands their meaning and then use them consistently.
- Teach your children family values and beliefs, as well as facts.
- Don’t always wait for your child to ask questions. Take advantage of “teachable” moments – a pregnant friend, sex in a TV show, your child’s use of sexual language. If he/she is not asking questions by age 5, bring up the topic yourself.

- Stop other activities and look at your child when discussing this important topic. Ask for his/her ideas so that your conversation is a genuine sharing.
- Don't be afraid of not being an expert. If you don't know the answer, admit it, and then find out. Or you and your child can find the answer together by sitting down with a book or by calling the **Planned Parenthood** helpline at **866-600-6886**.
- Respect your child's privacy, as you expect respect from others.

Talking About Sexual Responsibility

Most youth are not emotionally or intellectually mature enough to handle the consequences of sexual relationships. Their need to "fit in" will make them very vulnerable to peer pressure and misinformation. If they fear being different from their friends, reassure them their feelings are normal. It's essential teens understand the various consequences of sexual activity and recognize the need for being responsible. It's important to encourage teens to not become sexually active.

Discussing with your son or daughter reasons and benefits of not being sexually active, and ways to say no are important and will help them think through their own thoughts and feelings. Relate and reinforce your values and why you believe what you do.

Even if you're uncomfortable with the possibility of your son or daughter having sexual intercourse, it's important to talk specifically about the risks of sex. Let your teen know there is no such thing as safe sex. (see SEXUALLY TRANSMITTED INFECTIONS and AIDS/HIV) Abstinence is the only 100% effective means of preventing pregnancy, STIs and AIDS.

Giving information about contraceptives may seem like giving permission to have sex, but if you incorporate birth control information as part of ongoing sexuality education before it becomes a personal issue for your son or daughter, you can prevent getting caught in the information/permission conflict.

Teens need their parents, and guardians to help them develop responsible and ethical standards with which to make mature decisions about sexual relationships. You need to be there for them. If you are uncomfortable talking with your son or daughter about birth control, but you believe it is important knowledge for them, connect them to someone you respect and are comfortable with who is willing to and can give them accurate information. See COUNSELING if you and your teen are having difficulty communicating about this topic.

As a parent, you need to build up your children's self-esteem. Children who feel good about themselves are better able to handle peer pressure and make responsible decisions.

For workshops on "How to be the primary sexuality educator for your child", check with your church/synagogue, or call:

Family Talk, Family Resource Centers of Crestwood 436-0370 x303
Planned Parenthood of the Rochester/Syracuse Region 546-2595 or 1-866-600-6886

For father/son or mother/daughter retreats on sexuality, or reference educational material and programs to talk with your son or daughter about sexuality or sexual responsibility, call:

Highland Family Planning 279-4890
Planned Parenthood of the Rochester/Syracuse Region 1-866-600-6886
 546-7582 (TTY*)

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

For information about sexually related health issues and birth control, talk to your health care provider, refer to PREGNANCY or you can call:

Highland Family Planning 279-4890
In Control 328-3408
Planned Parenthood of the Rochester/Syracuse Region 546-2595 or 1-866-600-6886
Threshold Center for Alternative Youth Services 454-7530

For pregnancy counseling:

CARE (Operated by Catholic Charities USA) 8 am to 10 pm every day 1-800-CARE-002
Planned Parenthood of the Rochester/Syracuse Region 1-866-600-6886

For emergency Contraception:

Highland Family Planning 279-4890
Planned Parenthood of the Rochester/Syracuse Region 546-2595 or 1-866-600-6886
 (weekend services available) 546-7582 (TTY*)
Threshold Center for Alternative Youth Services 454-7530

SEXUALLY TRANSMITTED INFECTIONS

Adolescence can be a time of risk-taking for many youth and the risks of sexual activity today — emotional, pregnancy, sexually transmitted diseases (STIs), including the HIV — cannot be taken lightly. Parents must be and need to be the primary sex educators for their children. Youth must be educated about sexuality and learn the values important to their family. It may be too late if you wait until your children are in their mid-teens. Remember, we are a high tech, information rich, media-driven society where these issues are brought up daily.

Youth must be educated to the facts of STIs and they must be encouraged to seek *immediate* medical treatment if they believe they have an STI. Talk to your children about STIs. The following will provide you with some information, talk with your family doctor, clinic or professionals in the community or see the resources listed below.

Facts about STIs and HIV

Anyone who is sexually active can get sexually transmitted infections (STIs). The main way to get an STI is through sexual intercourse or any other sexual contact with someone who is infected. Included in these diseases are gonorrhea, herpes, syphilis, trichomonas, genital warts and HIV. (See HIV/AIDS)

Sexually Transmitted Infections are not shameful or a punishment — they are simply diseases that, if not treated, can seriously damage your health. If not treated, some STIs can result in serious damage (even if the outward symptoms disappear) including: sterility (inability to have children), heart disease, damage to an unborn baby, blindness, deafness, non-healing skin sores, paralysis and even death. You can get STIs or HIV at any age.

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

SEXUALLY TRANSMITTED INFECTIONS ARE CONTAGIOUS. Having an STD, especially herpes or syphilis sores, increases your risk of getting HIV and giving HIV to a partner. Other STDs, like gonorrhea or chlamydia, also increase your risk of becoming infected with HIV.

STDs change the cells that line the vagina, penis, rectum, or mouth, which can cause open sores to develop. These sores make it easier for HIV to enter the body. Any inflammation or sore caused by an STD also makes it easier for HIV to enter the bloodstream during sexual contact.

If you already have an STD, you are *more likely to get infected with HIV* during unprotected sex with someone who has HIV.

Studies have shown that STDs increase the amount of HIV in the semen and vaginal fluids of people infected with HIV because of increased inflammation in the area. Therefore, if you have HIV and an STD, *you are more likely to pass HIV to your partner* during unprotected sex. Studies have also shown that treatment for STDs may reduce HIV transmission.

Tests

It is very important to go to a doctor or clinic and ask to be tested for STIs or HIV. A medical exam and a lab test will be done.

It is possible to have an STI without feeling sick or noticing any changes in the body. Encourage and support a young person who thinks s/he may have an STI to not be embarrassed to go see a doctor. The longer it goes untreated, the more damage it will do. Remember that most STIs can be treated and most can be cured.

STI tests are confidential. Parental permission is not required. For more information about preventing or treating STIs or HIV call:

Highland Family Planning	279-4890
Monroe County Dept. of Public Health, STI Clinic (Call for clinic hours)	464-5928
Planned Parenthood of the Rochester/Syracuse Region	1-866-600-6886
	546-7582 (TTY*)
Threshold Center for Alternative Youth Services	454-7530

You may also call these hotlines to get additional information and support:

American Social Health Association Hotline	1-800-227-8922
	www.ashastd.org
Center for Disease Control (CDC) National HIV and AIDS Hotline	1-800-342-2437
New York State HIV/AIDS Hotline	1-800-541-2437

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

SEXUAL ORIENTATION GAY AND LESBIAN YOUTH

It can be difficult to discover that your child is gay, bisexual or lesbian. Many parents struggle, at first, to understand how and why this has happened. Research indicates that sexual orientation develops in adolescence and is not a conscious choice. Sexual orientation is more than just sexual behavior. Orientation includes emotional, romantic and affectional attraction. Sexual orientation isn't a concept that can be seen as black or white; instead it ranges from heterosexual, bi-sexual to homosexual. On-going research shows that sexual orientation is not caused by anything a child (or their parents) have done, and cannot be changed by anything a child (or their parents) do. Sexual orientation is not a phase or a rebellion, instead it is a part of an individual's makeup.

Your child has a choice to accept their orientation or feel shame and hide from who s/he is. You and your child may face difficulties and discrimination because of their orientation even if they choose not to express their sexual orientation. It may be hard for you to learn that your child has probably been dealing with their sexual orientation for years and hasn't told you. Telling you or "coming out" is one of the most difficult things for a child to do. Telling a parent about their sexual orientation takes great courage and is not a step that youth take lightly.

Please consider these points:

- Your child is not a different person because you now know about their sexual orientation.
- Your child needs to know that you love them and that your love and support of them as an individual is strong and available through difficult times.
- Give yourself some time to get used to this new knowledge. The more openly you can talk with your child, the easier it will be for both of you. Assure your child of your love. Let them know of your need for time to adjust to this information.
- Work out ways to deal with some of the problems, like who to tell and how.
- Make contact with other parents of gays and lesbians for support and guidance. Consider counseling as a support for both of you - not to change your child.
- Acknowledge the courage your child has shown in talking to you and the fears they must be feeling. They need you more than ever now. If you can't acknowledge your child's sexual orientation, you may lose them.

Where to go for help with talking with your child about this issue:

Family Talk, Family Resource Centers of Crestwood	436-0370 x303
The Center for Youth	473-2464

Where to go for support and guidance:

Fortunate Families (for Catholic Families)	244-4427
	www.fortunatefamilies.com
Gay Alliance of the Genesee Valley	244-8640
Interfaith Advocates for LGBT People (in some faith communities)	381-4846
Parents, Families and Friends of Lesbians and Gays (PFLAG)	234-0156
Trevor Helpline	1-866-4U-TREVOR (488-7386)
	www.thetrevorproject.org

STRESS

Youth, and even very young children, experience stress in their lives. Often today's children face more adult-like stresses than their parents did as children and at a time when adults are much less available to help them. With many parents working outside the home, young people may be more on their own than ever before.

Stress is a normal part of everyone's life. If we know how to deal with it, it can actually help our creativity, productivity and healthy relationships with others. If it gets out of hand, it can become a very serious problem.

There are a variety of stresses that children may be facing. Their bodies are changing rapidly and they are developing more maturity. Peers may be pressuring them to be like the group. They may feel parents are pushing them to achieve or make up for something they lack. Media presents a troubling picture of what the future will hold for the youth of today due to the fluctuating economy, violence, environmental issues and world issues.

Some Signals of Stress

- lack of appetite/increased appetite
- lack of concentration/interest
- loss of sleep/sleeping alot
- anger/depression
- dropping grades
- physical ailments

It's important for parents and other caring adults to help children identify when they may be feeling stressed and to talk about it. Children also need support in identifying stress reducers.

Possible Stress Reducers

- physical activity/exercise
- hobbies/arts/music
- talking with friends and parents
- keeping a diary or writing down thoughts
- volunteering
- helping others

If you, your children or a youth you know are feeling the impact of stress in your or their life, talk with family members, a school counselor or some other trusted person, or refer to the COUNSELING or MENTAL HEALTH sections.

SUICIDE

Suicide is one of the three leading causes of death among young people. If a young person talks about suicide, take it seriously. They may make statements about suicide or wishing they were dead through direct or indirect verbal statements, in writing assignments or artwork.

The following are some specific suggestions if you encounter a young person who is thinking about suicide.

What To Do

Ask the person directly if s/he is thinking about suicide:

- "Do you sometimes feel so bad that you think of suicide?"
- "It sounds like things are pretty rough right now and I'm concerned about you."
- "Are you thinking about killing yourself or hurting yourself?" (Mentioning suicide will not give a young person the idea or push them over the edge.)
- If the answer is "YES", stay **connected**. Keep calm, listen, and let the person know you care. It is okay to talk to the young person about his or her thoughts and feelings. Most youth are looking for someone to talk to when they voice thoughts of wanting to die. Ask:
- "Have you thought about how you might do it?"
- "Do you have a plan?"
- "Do you have something to do it with?"
- "Have you decided when you will do it?"
- "Do you know where you will do it?"

If the answer to any of these questions is "yes," there is a good chance the person is at risk to attempt suicide. Even if there is no specific plan, the young person needs help. Stay with the young person. Do not leave the person alone – even to go to the bathroom. Get help.

What to Avoid

- Don't promise confidentiality - promise help and privacy.
- Don't minimize the person's concerns or make light of the threat.
- Don't argue whether suicide is right or wrong.

If the situation is immediately life-threatening call 911.

See resources in the MENTAL HEALTH section.

For crisis intervention services and information call:

2-1-1-/LIFE LINE

The Mobile Crisis Team

2-1-1 or 275-5151 (24 hrs)

275-2700 (TTY*)

529-3721

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

SUMMER PROGRAMS

Scheduling children's activities in the summer requires advance planning and careful consideration. Camp and recreation programs are usually not full day (8 hour) programs. Please refer to CHILD CARE, for information about full time care, in addition to this section. Summer programs for children change from year to year and often require signing your children up in advance. Private camp programs may require sign-up as early as January or February. Many camp programs are expensive, so be sure to ask for the cost as well as any financial assistance that may be available. As with any child care situation, be sure to check child-to-staff ratio and staff qualifications, hours of operation, fees involved and whenever possible, personally meet the staff prior to leaving your child(ren).

Here is a list of places for you to call for information about what summer programs may be available to you and your child(ren):

2-1-1-/LIFE LINE **2-1-1 or 275-5151 (24 hrs)**
275-2700 (TTY*)

Local Churches

Local School District

Neighborhood Community Centers

Parks and Recreation Departments (*See the THINGS TO DO section*)

Settlement Houses and YMCA

Check out **Genesee Valley Parent.com** (www.gcparent.com) for an up to date listing of programs.

Any families receiving assistance from Human Services/ Public Health Depts. may be eligible to send their children to summer camps. Check with your caseworker or examiner.

For additional information, look under Camps in the Rochester Telephone Book Yellow Pages.

SUPPORT GROUPS

If you find yourself or a child struggling with a difficult problem, talking with others who have experienced similar problems can often help. People in support groups can give each other lots of support and encouragement.

A support group can help you or someone you care about with such concerns as the death of a family member, suicide, someone's drug or alcohol problem, dealing with physical or sexual abuse or coping with a disease such as diabetes.

Our community offers many different support groups through various agencies and self-help programs. Check your library reference section for the Parent Group Directory developed by Kaleidoscope (The Regional Council for Children with Special Needs.)

For further information and referral, call:

2-1-1-/LIFE LINE **2-1-1 or 275-5151 (24 hrs)**
275-2700 (TTY*)

The Mental Health Association, Support Group Directory **325-8145**

Free, searchable, on-line directory of local support groups **www.mharochester.org**

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

TEEN PARENTING

A number of agencies offer services especially for pregnant and/or parenting teens. Some of them are listed here. Education, medical care and counseling are among the services provided.

Being a parent is hard work. There are people and programs that can help. Receiving support in parenting skills is the key to a teen being a successful and effective parent, and staying in school allows a teen parent to gain the skills needed to be self-sufficient in the future. Programs differ in the services they offer. Call for more information about what each program can provide.

Parenting Skills and Family Supports:

Baby Love / Strong	339-3219
Catholic Family Center's Pregnancy and Parenting Counseling Program	262-7100
City of Rochester Department of Recreation and Youth Services	428-6770
Strengthening the Black Family/Effective Black Parenting Program	
Family Resource Centers of Crestwood	
Peter Castle Family Resource Center	339-3200
Southwest Family Resource Center and Family Talk	436-0370
Healthy Start Center	368-3490
Highland Hospital Family Classes (parenting classes only)	473-2229
In Control	328-3408
Monroe County Department of Public Health	
Perinatal Home Visiting Program	753-KIDS (5437)
Nurse and Family Partnership Program	753-KIDS (5437)
SPCC Teen Age Parent Support Services	325-6101
Successful Pathways, Inc.	235-3248
Urban League of Rochester, Teen Mother Program	325-6530
YWCA School Age Parents Program	546-5820

Housing, clothing, food and/or baby supplies:

The Center for Youth (emergency and transitional living services)	271-7670
Mercy Residential Services (emergency and transitional housing)	254-2175
Monroe County WIC Program	753-4942
(Supplemental Nutrition for Women, Infants and Children)	

Programs for Teen Fathers:

In Control, Teen Father Program	328-3408
Father's Program at Peter Castle Family Resource Center	339-3200
Rochester Fatherhood Initiative	235-3160
SPCC Teen Age Parent Support Services	325-6101
Successful Pathways, Inc.	235-3248

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

For pregnancy counseling refer to the *SEXUALITY/BIRTH CONTROL* or the *PREGNANCY SECTIONS*, or call:

CARE (a service of Catholic Charities USA) **1-800-CARE-002**
Planned Parenthood of the Rochester/Syracuse Region **1-866-600-6886**
546-7582 (TTY*)

If you know of a teen parent or child that has special health care needs, or for more information about different services available to a teen parent and child, call the **Monroe County Department of Public Health at 753-KIDS (5437)** for information and referral. Here are some other programs that offer special care.

Education Services:

Being a teen parent may make it hard to stay in school. If you are a teen parent, or are going to be one, ask your guidance counselor for help. You may be eligible for home or hospital tutoring. If you have left school and want to return, there are many programs that can help.

Family Talk, Family Resource Centers of Crestwood **436-0370 x303**
Rochester City School District
Young Mothers Program **454-1095**
Family Learning Center (18+) **262-8000**
Threshold Center for Alternative Youth Services **454-7530**
YWCA of Rochester and Monroe County
School Age Parents Program **546-5820**

Childcare:

There are many daycare centers and families who care for children. You can find out what is available and what assistance you can receive to help pay for childcare by calling:

Child Care Council, Inc. "Your premier resource" **654-4720 or 1-800-743-KIDS(5437)**
www.childcarecouncil.com

Advocacy:

Teen parents may run into situations that may make it difficult for them to access services to which they have a legal right. If so, legal services are available. Call:

Empire Justice **454-4060**
Legal Aid Society of Rochester, Youth Advocacy Program **232-4090**
Monroe County Legal Assistance Center **325-2520**
(Public benefits and housing issues only)
Rochester Fatherhood Initiative **235-3160**

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

THINGS TO DO

Though it may sound ordinary, there are many things to do without spending money. A walk, sharing a story or favorite memory, or just sitting quietly for an unscheduled moment with another person can be a significant thing to do. Often some of our most cherished memories are those spontaneous times that we break into laughter from a shared joke or situation. All people, youth included, care about being listened to, and taking the time to listen quietly is a valuable thing to do. Take time to listen and find time to do things with your kids.

Having fun is important! Sports, social clubs, school or church activities are just a few examples of how young people can meet new friends, learn skills and have fun too. Doing new things can be scary sometimes but it gets easier once they get involved. There are places throughout the County that offer programs especially for young people. Some of them are listed here. Check the location nearest you and ask for more information. If they don't offer what you're looking for, ask if they know of someone who does. You can also check www.kidsoutandabout.com for an updated list of local events and family activities.

Attractions

Bevier Gallery — RIT **475-2646**
Blue Cross Arena at the War Memorial Event & Information Line **758-5300**
City of Rochester Event and Information Line (www.cityofrochester.gov) **428-6697**
Darien Lake Theme Park **599-4641**
Edgerton Model Train Room (Tues., Wed., Thurs. after 6 p.m.) **428-6769**
George Eastman House (www.eastmanhouse.org) **271-3361**
Lollypop Farm Humane Society of Rochester and Monroe County (petting zoo) **223-1330**
Memorial Art Gallery **473-7720**
Rochester Museum & Science Center **271-1880**
Seabreeze Amusement Park **323-1900**
Seneca Park Zoo **467-9453**
Strasenberg Planetarium **271-1880**
Strong National Museum of Play **263-2700**

Performing Arts:

Blackfriars Theatre Company **454-1260**
Downstairs Cabaret Theater **325-4370**
Garth Fagan Dance Company **454-3260**
GEVA Theatre **232-1363**
Marvin Sands Performing Arts Center (Canandaigua) **222-5000**
Nazareth Performing Arts Center (www.naz.edu/artscenter) **389-2180**
Park Avenue Repertory Dance Company **461-2766**
RAPA (Rochester Association for the Performing Arts) **325-3366**
Rochester Children's Theatre (www.rochesterchildrenstheatre.com) **385-0510**
RPO (Rochester Philharmonic Orchestra) **454-2100**
The Hochstein Music School **454-4596**

Sports:

Rochester Americans (Hockey) and Rochester Knighthawks (Lacrosse)	454-5335
Rochester Red Wings (Baseball)	423-9464
Rochester Rhinos (Soccer) and Rochester Rattlers (Lacrosse)	454-5425
Carrier Dome (Syracuse)	1-315-443-2121
Ralph Wilson Stadium (Buffalo Bills football)	1-716-649-0015
HSBC Arena (Buffalo Sabres hockey)	1-716-855-4100

Youth Organizations:

There are many special interest clubs and organizations that provide a variety of socialization activities, cultural experiences, leadership training and much more. Encourage your child or teen to get involved. Listed here are just a few. Ask other parents, teachers, or religious youth directors about other groups that may interest young people.

Action for a Better Community	325-5116
Boy Scouts of America	244-4210
Boys & Girls Club of Rochester	328-3077
Community Place of Greater Rochester	288-0021
4-H Club/Cooperative Extension	461-1000
Girl Scouts of Genesee Valley	292-5160
In Control	328-3408
Junior Achievement of Rochester	327-7400
Montgomery Neighborhood Center	436-3090
Project CONECTS	428-6816
Puerto Rican Youth Development	232-1670
Southwest Neighborhood Association (SWAN)/the Bridge	436-8201
YMCA (call or check www.rochesterymca.org for locations)	546-5500

Recreation and Parks:

Parks and Recreation programs throughout the city and county offer many and varied recreational programs. Some offer swimming pools, gyms, ice rinks and organized activities such as dance, art classes, sports programs, etc. Our parks also offer open space to walk, run, hike trails and cross country ski. Call your individual municipal recreation programs for details.

City of Rochester Bureau of Parks & Recreation	428-6770
Program Information Tape	428-6767
See the City of Rochester website: www.cityofrochester.gov for a listing of recreation centers and pools in your neighborhood or see the Telephone Book's blue pages listing of City of Rochester for a listing of phone numbers of individual city recreation sites to call for specific site program information.	
Genesee Waterways Center (www.geneseewaterways.org)	328-3960
call or go on-line for kayak and canoe rental fees and class information	
Roller Skating Rink at Genesee Valley Park (summer only)	428-7888

Swimming Pools (City):

Adam Street Center (year round)	428-7456
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Avenue D (summer only)	428-7888
Carter Street Community Center (spray park)	428-7890
Durand Eastman	428-7888
East H.S. Center (summer only)	428-7888
Flint Street Community Center (summer only)	428-7888
Franklin High School	428-7888
Genesee Valley (summer only)	428-7888
Humboldt Recreation Center (spray park)	428-7294
Jefferson (summer only)	428-7888
Marshall (summer only)	428-7888
Monroe (summer only)	428-7888
North Street Community Center (summer only)	428-7888
Webster Avenue Community Center (summer only)	428-7888

Ice Rinks (City):

Genesee Valley Park (indoor rink)	428-7888
Manhattan Square Park	428-7541

Ice Rinks (County):

Highland Park and Churchville Park, Call County Recreation	256-4950
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County Parks:

Monroe County Parks and Recreation Department	256-4950
www.monroecounty.gov , click on Parks	
Lodge & Shelter & Wedding reservations can be made online or call:	256-4950
Ontario Beach Park (beach/water condition line)	274-6887
Webster Park Family Camping reservations	872-5326

Ski at Monroe County Parks:

Contact SWAIN (www.swain.com)	1-607-545-6511
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Towns (fees vary depending upon activity):

Brighton Recreation & Parks	784-5260
Chili Department of Parks and Recreation	889-4680
Gates Recreation and Parks Department	247-6100
Greece Community and Senior Center	723-2425
Hamlin Recreation	964-7222
Henrietta Recreation Department	359-2540
Hilton - Parma Recreation	392-9030
Irondequoit Department of Parks and Recreation	336-6070
Mendon-Honeoye Falls Recreation	624-6060
Ogden Parks and Recreation	352-2124
Penfield Department of Parks and Recreation	340-8655

Perinton Recreation and Parks	223-5050
Pittsford Department of Recreation	248-6280
Riga Recreation	293-3880
Rush Recreation	533-2340
Sweden Clarkson Recreation Commission	431-0090
Webster Recreation	872-2911
Wheatland Recreation	889-1553

Tours in the Rochester Area:

American Red Cross 50 Prince Street, Contact: Assistant Executive Director of Marketing	241-4400
City Hall 30 Church Street, Contact: Communication Office	428-7135
Monroe County Department of Environmental Resources Contact: The Environmental Educator for tours of the Monroe County Recycling Center, Wastewater Treatment Plant and Mill Seat Landfill	753-7646
National Ambulance 177 University Avenue, Contact: Director of Training	546-2525
Rochester Fire Department Public Safety Building, Contact: Deputy Chief	428-5970
Rochester General Hospital 1425 Portland Avenue, Contact: Link Line (grades 3 and above)	338-4573
Rochester Police Department Mounted Horse Patrol To request tour, write to: Chief of Police, Rochester Police Department, Civic Center Plaza, Rochester, NY 14614	428-7033
Springdale Farm, Northhampton Park, (Call for fee schedule) 696 Colby Street, Spencerport, NY 14559	352-5320
U.S. Coast Guard Station 5500 St. Paul Boulevard, Contact: Tour Organizer	342-4149
WXXI 280 State Street, Rochester, NY 14614	258-0255

TRANSPORTATION

Monroe County has a variety of means of transportation available to youth and adults. Some areas of the community have more resources than others.

If you are a parent you may know too well the hassle of transporting your child to and from their friends, the mall or after school activities. If your child works, transportation becomes even more of a time commitment. Help your child to explore alternative means of transportation or share rides with friends and neighbors. You may want to approach other parents about developing a car pool to shared activities. It is important to help your child plan ahead for getting to and from activities. Remember, car accidents are the leading cause of death among adolescents and young adults. Relying on chance for a safe ride home may not be wise. Talk to your child about the possible dangers of accepting a ride with strangers and hitchhiking. Developing a group of parents to car pool can be a valuable asset for your whole family (see 40 ASSETS).

If you are a person working with youth, be aware of their limitations around independent travel/transportation. Try to schedule activities, location and time convenient to youth using public transportation or relying upon family members to transport them. If it is an ongoing activity, help youth to share rides. It's a great way to build a team and develop good problem solving skills.

For more information, call:

Lift Line (People with Physical Disabilities)	224-8330 224-8509 (TDD)
Medical Motor Service (Transportation for people with disabilities and special needs)	654-7030
Regional Transit Service (RTS) (automated information line)	288-1700 toll free: 888-288-3777, *TDD - 654-0210 website: www.rgrta.com

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

VOLUNTEERING AND COMMUNITY SERVICE

A lot of attention has been given to youth involvement in community service and volunteer activities. Community participation is now a requirement for high school graduation in many states. Involvement in community service has been found to have a variety of positive outcomes on young people's development, including: academic improvement, commitment to service, problem-solving skills, increased social and psychological development, decreased problem behavior, leadership development, self-confidence, career exploration, and positive relationships with peers. Key to the success of community service programs are built-in reflection time for the participants, involving youth as leaders in the program and within specific activities, giving youth hands-on experiences, focusing on relationship-building, and giving youth a say in decisions made throughout planning, implementation and reflection.

Ways to involve youth in community service include:

Encourage your children or the youth you work with to volunteer and become involved in their community.

Create and publicize service opportunities for youth and families.

Match service opportunities to young people's interests and abilities.

Make volunteering convenient for children and teens by scheduling projects after school and on weekends, providing transportation and adult supervision, and donating supplies to make the project a reality.

Create neighborhood service projects and/or faith congregation projects that bring youth, families, and different generations together.

Inform other community institutions about the value of youth community service projects and encourage them to create and involve youth in opportunities within their organization or institution.

For more information about volunteer opportunities within the community, call:

American Red Cross, Student Volunteer Directory www.generationgiveback.org

United Way of Greater Rochester Volunteer Connection **242-6474**
www.uwrochester.org

Volunteer opportunities are also available through:

Pittsford Youth Services **248-6299**

Project Urge **223-8340**
(Faith Based Agency with Group Volunteering Opportunities) www.prouge.com

VOTING/POLITICAL ACTION

Voting is your right as a citizen of the U.S. By exercising your right to vote, you can support issues and ideas you believe in. If your child sees you vote, they may be more likely to exercise their right to vote when they become of age.

If you are 18, a U.S. citizen and have been a resident of Monroe County for 30 days before an election, you are entitled to vote, but you must be registered in advance. To register, you must fill out a registration form and send or bring the completed form to the County Election Commissioner's Office. You may designate a party—Republican, Democrat, Independent, or Conservative.

If you or your child wants information concerning government, current legislation or how to become involved in political action, contact:

Conservative Party of Monroe County	381-6850
Democratic Committee of Monroe County	232-2410
Green Party of Monroe County	360-0313
League of Women Voters	262-3730 V/TDD
Libertarian Party	234-3733
Monroe County Board of Elections	753-1550 753-1544 (TTY*)
Monroe County Independence Party	727-7829
Republican Committee of Monroe County	546-8040
Youth Voice, One Vision	428-7371

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

YOUTH ACTION

YOUTH EMPOWERMENT AND YOUTH LEADERSHIP

Developing capable youth, strong families and responsible communities require involving young people in every possible way in the programs, institutions, neighborhoods and communities that impact their lives. They become more invested in what they learn, more committed to attaining their goals, and develop valuable leadership skills and experience in the process. Simultaneously, families, organizations and communities benefit from the creativity, abilities and energy of young people engaged as resources.

We must find ways to integrate youth into our organizations, institutions and communities, to involve them in work with other youth and in partnerships with adults, that help them address their development needs while engaged in meaningful and productive opportunities.

Through youth participation opportunities, young people can effectively participate in shaping and improving our community, bringing fresh ideas and new perspectives into planning and decision-making as well as needed resources for implementing and evaluating efforts.

Everyone benefits when youth get involved!

Programs to involve youth in youth participation activities and assist them in developing their leadership skills, include:

American Red Cross	
Black Youth Leadership Development Program	241-4261
Hispanic Youth Leadership Development Program	241-4485
Center for Teen Empowerment	697-3464
City of Rochester, Department of Recreation and Youth Services	428-6755
Youth Councils at each Recreation Center	
Youth Voice, One Vision	428-7371
Cornell Cooperative Extension, 4H	461-1000 x26
Metro Council for Teen Empowerment	325-1238
Rochester-Monroe County Youth Bureau Youth As Resources (YAR)	753-6953
Rochester Community TV Youth Clubs (City Residents Only)	325-1238
Rochester Step-Off Educational Foundation, Inc. www.rochesterstepoff.org	288-0021
Southwest Area Neighborhood Association (SWAN)/ the Bridge Youth Development Program	436-8201
Urban League	
Youth Leadership Development Academy	325-6530
YMCA	www.nystateymcayag.org
NYS YMCA Youth and Government Civic Engagement Program	341-3235
Teen Leaders Club	546-1500

INDEX

2-1-1/LIFELINE

2-1-1 or 275-5151 (24 hrs)

211fingerlakes@abvi-goodwill.com

275-2700 (TTY*)

A

Action for a Better Community

Administration & Information 325-5116

550 East Main Street, Rochester, NY 14604

Employment Services 325-5116

49 Stone Street, Rochester, NY 14604

New Directions 325-5116 x 3203

33 Chestnut Street, Rochester, NY 14604

The Advocacy Center 546-1700

590 South Avenue, Rochester, NY 14620

AIDS Care 545-7200

259 Monroe Avenue, Rochester, NY 14607

Al Sigi Center 442-4100

1000 Elmwood Avenue, Rochester, NY 14620

Alcoholics Anonymous 232-6720 (24 hours)

10 Manhattan Sq. Drive, Suite D, Rochester, NY 14607

Alternatives for Battered Women 232-7353

P.O. Box 39601, Rochester, NY 14604

232-1741 (TTY*)

American Civil Liberties Union, Genesee Valley Chapter 454-4334

121 North Fitzhugh Street, Rochester, NY 14614

American Red Cross 241-4400

50 Prince Street, Rochester, NY 14607

www.rochesterredcross.org

AmeriCorps 262-1778

228 East Main Street, Room 5232, Rochester, NY 14604

Anthony Jordan Health Center 423-5800

82 Holland Street, Rochester, NY 14605

www.jordanhealth.org

Association for the Blind and Visually Impaired 232-1111

422 S. Clinton Avenue, Rochester, NY 14620

ARC of Monroe County 271-0660

1000 Elmwood Avenue, Rochester, NY 14620

B

Baby Love/REEP 266-0021

555 Avenue D, Rochester, NY 14621

Baden Street Settlement 325-4910

152 Baden Street, Rochester, NY 14605

www.badenstreet.org

Dr. George C. Simmons Counseling and Support Center 325-8130

585 Joseph Avenue, Rochester, NY 14605

Bethany House 454-4197 (24 hrs)

1111 Joseph Avenue, Rochester, NY 14621

Better Days Ahead, Mental Health Association 325-3145 x131
320 North Goodman St, Rochester, NY 14607

Big Brothers/Big Sisters of Rochester 442-2250
(Community Partners for Youth) 454-6329 (TDD*)
232 S. Plymouth Avenue, Rochester, NY 14608

Birthright of Rochester
3380 Monroe Ave., Rochester, NY 14618 385-2100
819 W. Main Street, Rochester, NY 14611 328-8700
96 Adams Street, Brockport, NY 14420 637-9010

Bivona Child Advocacy Center 935-7800
275 Lake Avenue, Rochester, NY 14608

Boces I 377-4660
41 O'Connor Road, Fairport, NY 14450 www.monroe.edu

Boces II 352-2400
3599 Big Ridge Road, Spencerport, NY 14559 www.monroe2boces.org

Boys & Girls Club of Rochester 328-3077
500 Genesee Street, Rochester, NY 14611 www.bgcrochester.org

C

CP Rochester www.cprochester.org
3399 Winton Road South, Rochester, NY 14623 334-6000
1000 Elmwood Avenue, Rochester, NY 14620 442-4100

Camp Good Days & Special Times 624-5555
KATS (Kids Adjusting Through Support)
1332 Pittsford-Mendon Road, Mendon, NY 14506

Catholic Charities, Community Services 339-9800
1945 E. Ridge Road, Rochester, NY 14622 339-9806 (TTY*)
CARE 1-800-CARE-002
AIDS Hotline 1-866-902-4704

Catholic Family Center 546-7220
87 North Clinton Avenue, Rochester, NY 14604
Refugee Assistance Project 546-7220
87 North Clinton Avenue, Rochester, NY 14604
Restart Substance Abuse 546-3046 x327
55 Troup Street, Rochester, NY 14608

Center for Disability Rights 546-7510
497 State Street, Rochester, NY 14608

Center for Dispute Settlement 546-5110
16 E. Main Street, Suite 800, Rochester, NY 14614

Center for Environmental Information 262-2870
55 St. Paul Street, Rochester, NY 14604

Center for Teen Empowerment 697-3464
392 Genesee Street, Rochester, NY 14611

(The) Center for Youth 271-7670 (24hr)

905 Monroe Ave., Rochester, NY 14620
Toll Free number 1-888-617-KIDS
(5437)

Charles Settlement House 328-5453
445 Jay Street, Rochester, NY 14608

Child Care Council 654-4720 or 1-800-743-KIDS (5437)
595 Blossom Road, Rochester, NY 14610 www.childcarecouncil.com

City of Rochester www.cityofrochester.org
30 Church Street, Rochester, NY 14614 428-5950
Department of Recreation and Youth Services 428-6447
Bureau of Recreation 428-6755
Bureau of Youth Services 428-6896

City/ County Drug Helpline 275-0505
275-2700 (TDD*)

City School District (Rochester) www.rcsdk12.org
Administrative Offices 262-8514
Special Education Training & Resource Center (SETRC) 262-8100
131 West Broad Street, Rochester, NY 14614
Family Learning Center 262-8000
Office of Adult Education 467-7683
Young Mother's Program 454-1095
30 Hart Street, Rochester, NY 14605

Community Health Center, Inc 244-9000
87 N. Clinton Avenue, Rochester, NY 14620

Community Place of Greater Rochester
145 Parsells Avenue, Rochester, NY 14609 288-0021
57 Central Park, Rochester, NY 14605 327-7200
500 Carter Street, Rochester, NY 14621 336-4697

Compeer, Inc. 546-8280
259 Monroe Avenue, Rochester, NY 14607 www.compeer.org

Conservative Party of Monroe County 381-6850
7 State Street, Pittsford, NY 14534

Consumer Credit Counseling Service of Rochester 546-3440
50 Chestnut Plaza, Rochester, NY 14604

Cornell Cooperative Extension 461-1000
249 Highland Avenue, Rochester, NY 14620

Crestwood Children's Center (A Hillside Family Agency)
2075 Scottsville Road, Rochester, NY 14623 624-3090
1337 East Main Street, Rochester, NY 14609 654-4414
(See also Family Resource Centers of Crestwood)

Crisis Nursery of Greater Rochester 235-5750
201 Genesee Park Blvd, Rochester, NY 14619

D - E

Delphi Drug & Alcohol Council Inc.
Administration and Prevention 697-5648

1732 East Ridge Road, Rochester, NY 14622
Out Patient Services 467-2230
 1839 East Ridge Road, Rochester, NY 14622
Democratic Committee of Monroe County 232-2410
 1150 University Ave, Rochester, NY 14607
DePaul 719-3483
National Council on Alcoholism and Drug Dependence
 1931 Buffalo Road, Rochester, NY 14624 www.ncadd-ra.org
Dial A Teacher 262-5000
Eastman Dental 275-5051
 625 Elmwood Avenue, Rochester, NY 14620
Empire Justice Center 454-4060
 1 West Main Street, Suite 200, Rochester, NY 14614
Epilepsy Association of Greater Rochester, Inc. 442-4430
 1650 South Avenue, Rochester, NY 14620
Equal Rights for Fathers of NYS, Rochester Region 621-3330
 P.O. Box 24487, Rochester, NY 14624 www.erff.org

F - G

Families and Friends of Murdered Children and Victims Of Violence 428-2265
 244 S. Plymouth Avenue, Rochester, NY 14608
Family Resource Centers of Crestwood
The Family Place 719-2000
 426 Lyell Avenue, Rochester, NY 14606
Peter Castle Family Resource Center 467-8130
 555 Avenue D, Rochester, NY 14621
Southwest Family Resource Center 436-0370
 89 Genesee Street, BKB2, Rochester, NY 14611
Food Link, Inc. 328-3380
 936 Exchange Street, Rochester, NY 14608 www.foodlinkny.org
Fortunate Families 698-6100
 P.O. Box 18082, Rochester, NY 14618 www.fortunatefamilies.com
Gay Alliance of the Genesee Valley 244-8640
 875 E. Main St., Suite 500, Rochester, NY 14605 www.gayalliance.org
Genesee Health Services 922-8585
 222 Alexander Street, Rochester, NY 14607
Genesee Mental Health Center 922-7770
 224 Alexander Street, Rochester, NY 14607
Genesis House (ages 16-20), Salvation Army 235-2660
Greece Department of Human Services 723-2425
 and Greece Community and Senior Center
 3 Vince Tofany Blvd., Rochester, NY 14612

H

HEAP (Home Energy Assistance Program) 753-6477
Healthy Start Center 368-3490

89 Genesee Street, Rochester, NY 14611
Henrietta Youth Bureau 359-2540
 475 Calkins Road, Henrietta, NY 14467
Highland Hospital 473-2200
 1000 South Avenue, Rochester, NY 14620
Highland Family Planning: Lovejoy Family Medicine Center 279-4890
 777 South Clinton Avenue, Rochester, NY 14620
Highland Family Planning: East Ridge Family Medicine 279-4890
 809 E. Ridge Road, Rochester, 14621
Hillside Children's Center 256-7500 (24 hours)
 1183 Monroe Avenue, Rochester, NY 14620
Alternatives for Independent Youth Services (AIY) 256-7500
 1337 E. Main Street, Rochester, NY 14609
The Housing Council 546-3700
 75 College Avenue, Rochester, NY 14607
Huther Doyle 325-5100
 360 East Avenue, Rochester, NY 14604 www.psquared.org

I - K

IBERO AmericaAction League, Inc. 256-8900
 911 E. Main Street, Rochester, NY 14605 www.iberro.org
Child and Youth Services
 777 Clifford Ave, Rochester, NY 454-1200
In Control 328-3408
 470 W. Main Street, Rochester, NY 14608
Jewish Family Servics of Rochester, Inc. 461-0110
 441 East Avenue, Rochester, NY 14607
Job Corps 454-5130
 25 Franklin Street, Sibley Tower, Suite 1125, Rochester, NY 14604
John L. Norris Alcoholism Treatment Center 461-0410
 1732 South Avenue, Rochester, NY 14620
Judicial Process Commission 325-7727
 285 Ormond Street, Rochester, NY 14605 www.rocjpc.org
Junior Achievement 327-7400
 259 Monroe Avenue, Rochester, NY 14607
KATS (Kids Adjusting Through Support) 624-5555

L

LDA Life and Learning Services 263-3323
 339 East Avenue, Rochester, NY 14604
Lakeside Memorial Hospital 637-3131
Lakeside Wellness Center 637-6044
 80 West Ave, Brockport, NY 14420
 339 East Avenue, Rochester, NY 14604
League of Women Voters 262-3730

45 Exchange Boulevard, #508, Rochester, NY 14614

Legal Aid Society 232-4090
1 West Main Street, Suite 800, Rochester, NY 14614

Lifetime Assistance Inc. 426-4120
425 Paul Rd., Rochester, NY 14624

Lift Line 224-8330
588 Trabold Road, Rochester, NY 14624 224-8509 (TDD*)

M

Mental Health Association 325-3145 (V/TTY)
320 N Goodman Street, Rochester, NY 14607 www.mharochester.org

Mercy Outreach Center 288-2634
142 Webster Avenue, Rochester, NY 14609

Mercy Residential Services 254-2175
www.mercyresidential.org

Metro Council for Teen Potential 325-8123
585 Joseph Avenue, Rochester, NY 14605 www.metrocouncil.us

Men of Color Awareness Project (MOCA) 420-1400
Youth Empowerment around HIV
107 Liberty Pole Way, Rochester, NY 14604

Monroe Community College 292-2000
1000 East Henrietta Road, Rochester, NY 14623 www.monroecc.edu

Damon Campus
228 East Main Street, Rochester, NY 14604 262-1600

MCC STAGE, GED Preparation 262-1683
228 East Main Street, Rochester, NY 14604

Monroe County www.monroecounty.gov
Board of Elections 753-1550
39 W. Main Street, Rochester, NY 14614 753-1544 (TTY*)

Department of Environmental Services 753-7600
50 W. Main Street, Rochester, NY 14614

Fire Bureau 753-3750

Department of Human Services 753-6298
Application and Appointment Office 292-3960
HEAP (Home Energy Assistance Program) 753-6477
Child Abuse Hotline 461-5690
Child Health Plus/Family Health Plus 631-7662
111 Westfall Road, Rochester, NY 14620

Department of Parks and Recreation 753-7275

Department of Public Health 753-2991
Child & Family Health Services 753-KIDS(5437)
691 St. Paul Street, Rochester, NY 14605
Immunization & Tuberculosis Clinic 753-5150

111 Westfall Road, Rochester, NY 14620
Sexually Transmitted Infection (STI) Clinic 753-5481
855 W. Main Street, Rochester, NY 14611

District Attorney's Office 753-4500

Domestic Violence and Child Abuse Bureau 753-4780
47 South Fitzhugh Street, Rochester, NY 14614

Office of Probation & Community Corrections 753-3674
33 N Fitzhugh St, Rochester, New York 14614 753-3473 (TTY*)

PINS Information Line 753-2919
Domestic Violence Intake for Family Court 428-5606

Public Defenders Office 753-4210
10 N. Fitzhugh Street, Rochester, NY 14614

Sheriff's Office (MCSO)
Zone A Victim's Assistance 753-4389
Zone B Victim's Assistance 753-4403
Zone C Victim's Assistance 753-4455

Monroe County Legal Assistance Center 325-2520
1 West Main Street, Rochester, NY 14614

Montgomery Neighborhood Center 436-3090
10 Cady Street, Rochester, NY 14608

Mount Hope Family Center 275-2991
187 Edinburgh Street, Rochester, NY 14608

N - O

National Center for Missing and Exploited Children 242-0900
275 Lake Avenue, Rochester, NY 14608

Native American Cultural Center 442-1100
121 North Fitzhugh Street, Rochester, NY 14614

NYS Department of Health 423-8042
335 E. Main Street, Rochester, NY 14604
HIV Counseling and Testing 423-8081 (423-8129/TDD*)

NYS Education Department Office of Vocational Rehabilitation Services for Individuals with Disabilities (VESID) 238-2900
109 S. Union St, 2nd Floor, Rochester, NY 14607 325-6278 (TDD*)

NYS Family Court
Domestic Violence Intensive Intervention Court 428-5787
Juvenile Drug Court 428-1797

Oak Orchard Community Health Center 637-3950
300 West Avenue, Brockport, NY 14420

Orchard Street Community Health and Family Center 368-4500
158 Orchard St, School #17, Rochester, NY 14611

P - R

Pathways to Peace (City of Rochester) 428-6339
200 West Avenue, Rochester, NY 14611

Pittsford Youth Services 248-6299
35 Lincoln Avenue, Pittsford, NY 14534

Planned Parenthood of the Rochester/Syracuse Region	1-866-600-6886
114 University Avenue, Rochester, NY 14605	546-2595 (TTY*)
2824 Ridge Road West, Rochester, NY 14608	
Project CONECTS (Community Organizations Networking & Engaging Children & Teens Through Support)	
City of Rochester , 30 Church Street, Rochester, NY 14614	428-6896
Charles Settlement House	328-5453
Junior Achievement	327-7400
Metro Council for Teen Potential (MCTP)	325-8123
Puerto Rican Youth Development (PRYD)	232-1670
Society for the Protection and Care of Children (SPCC)	325-6101
YWCA of Rochester and Monroe County	546-5820
Puerto Rican Youth Development and Resource Center	232-1670
30 Hart Street, Rochester, NY 14605	
Rape Crisis Service of Planned Parenthood of Rochester and the Genesee Valley	546-2777
114 University Ave, Rochester, NY 14605	546-7582 (TTY*)
Regional Center for Independent Living	442-6470
497 State Street, Rochester, NY 14608	
Regional Early Childhood Direction Center	249-7817
41 O'Connor Road, Fairport, NY 14450	
Regional Transit Service (RTS)	654-0200
1372 E. Main Street, Rochester, NY 14609	www.rgrta.com
Republican Committee	546-8040
460 State Street, Rochester, NY 14608	
Rochester After School Academy (City of Rochester)	428-6896
Rochester Association for the Education of Young Children	244-3380
249 Highland Avenue, Rochester, NY 14620	
Rochester City School District (SEE CITY SCHOOL DISTRICT)	
Rochester Community TV	325-1238
21 Gorham Street, Rochester, NY 14605	
Rochester General Hospital	922-4000
1425 Portland Avenue, Rochester, NY 14621	
Rochester Mental Health and Addiction Services	922-2500
490 East Ridge Road, Rochester, NY 14621	
Rochester Public Library	428-7300
115 South Avenue, Rochester, NY 14604	www.libraryweb
	428-8023 (TDD*)
Rochester Rehabilitation Center - Men's Education	271-2520
for Non-Violence Workshop (ages 18 and up)	
1000 Elmwood Avenue, Al Sigl Center, Rochester, NY 14620	
Rochester Step-Off Educational Foundation, Inc.	288-0021
	www.rochesterstepoff.org

Rochester Works!	www.rochesterworks.com
255 Goodman St. South, Rochester, NY 14607	258-3500
276 Waring Road, Rochester, NY 14609	266-7760

S

Safe Journey	425-1580
PO Box 21, Fairport, NY 14450	
Salvation Army	987-9500
70 Liberty Pole Way, Rochester, NY 14604	
Emergency Assistance, after 5:00 p.m.	987-9540 x2284
Genesis House 24 hours a day/7 days a week	235-2660
Samaritan Women, Inc	454-1870
875 East Main Street, Suite 390, Rochester, NY 14605	
Smoker's Health Project	530-2050
46 Prine Street, Rochester, NY, 14607	
Society for the Protection and Care of Children	325-6101
148 South Fitzhugh Street, Rochester, NY 14608	
South West Area Neighborhood Association (SWAN)/ the Bridge	436-8201
275 Dr. Samuel McCree Way, Rochester, NY 14611	www.swanonline.org
St. Joseph's Villa of Rochester	865-1550
3300 Dewey Avenue, Rochester, NY 14616	
Step by Step	244-0763
228 S. Plymouth Avenue, Rochester, NY 14608	
SUNY Brockport, Rochester Educational Opportunity Center	232-2730
305 Andrews Street, Rochester, NY 14604	www.rochestereoc.com
Strong Memorial Hospital	275-2100
601 Elmwood Avenue, Rochester, NY 14642	
Strong Recovery	273-7740
Substance and Alcohol Intervention Serv. for the Deaf	475-4978 (V/TTY*)
RIT, 115 Lomb Memorial Drive, Rochester, NY 14608	
Successful Pathways, Inc	235-3248
1 Favor Street, Rochester, NY 14608	
T - Z	
Threshold Center for Alternative Youth Services	454-7530
145 Parsells Avenue, Rochester, NY 14609	
Unity Chemical Dependency Program (formerly Park Ridge)	723-7740
Crossbridge Office Pk, Bldg 2, 2000 Winton Rd S., Rochester, NY 14618	272-8330
Evelyn Brandon Health Center, 81 Lake Avenue, Rochester, NY 14608	368-6900
Unity Park Ridge Campus, 1565 Long Pond Road, Rochester, NY 14626	723-7723
Unity Hospital (formerly Park Ridge)	723-7000
1555 Long Pond Road, Rochester, NY 14626	
Unity Mental Health Center (formerly Park Ridge)	723-7740
100 Pinewild Dr., Suite 2A, Rochester, NY 14626	
Bullshead Plaza, 835 West Main Street, Rochester, NY 14611	

United Way of Greater Rochester 75 College Ave, Rochester, NY 14607	242-6400 www.uwrochester.org
Volunteer Legal Services Project 1 West Main Street, Rochester, NY 14614	232-3051
Westfall Associates 919 Westfall Road, Suite C120, Rochester, NY 14618	473-1500
Westside Health Services Brown Square, 322 Lake Avenue, Rochester, NY 14608	254-6480
Woodward, 480 Genesee Street, Rochester, NY 14611	436-3040
Youth Advocacy (Legal Aid Society) 1 West Main Street, Rochester, NY 14614	232-4090
YMCA of Greater Rochester 444 East Main Street, Rochester, NY 14604	546-5500 www.rochesterymca.com
YWCA of Rochester & Monroe County 175 N Clinton Street, Rochester, NY 14604	546-5820

CHILDREN LEARN WHAT THEY LIVE

If children live with criticism...
they learn to condemn.

If children live with hostility...
they learn to fight.

If children live with ridicule...
they learn to be shy.

If children live with shame...
they learn to feel guilty.

If children live with tolerance...
they learn to be patient.

If children live with encouragement...
they learn confidence.

If children live with praise...
they learn to appreciate.

If children live with fairness...
they learn justice.

If children live with security...
they learn to have faith.

If children live with approval...
they learn to like themselves.

If children live with acceptance and friendship...
they learn to find love in the world.

Adapted from Dorothy Law Nolte

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