



SCARED? FEEL UNSAFE?
LOOK FOR THIS SIGN.
IT'S HANGING ON BUSINESSES
AND IN COMMUNITY LOCATIONS LIKE
Tops, YMCAs, Net Offices
City Recreation Centers
AND **RTS Buses.**
IF YOU'RE BETWEEN 12 AND 21,
PEOPLE INSIDE WILL HELP YOU.
JUST GO IN AND ASK FOR ASSISTANCE.
THEY WILL GIVE YOU A SAFE PLACE
TO WAIT FOR THE SAFE PLACE TEAM
WHO WILL HELP YOU
IN GETTING WHATEVER YOU NEED.

24 HOUR CRISIS & EMERGENCY NUMBERS

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 short-term telephone crisis counseling about such things as depression, suicide and loneliness.

2-1-1/LIFE LINE 2-1-1 or 275-5151, 275-2700 (TTY*)
Alternatives for Battered Women 232-7353
232-1741 (TTY*)

Monroe County Child Abuse Hotline 461-5690
NYS Child Abuse Hotline 1-800-342-3720
(Spanish-speaking also) M-F 9-5 1-800-638-5163 TTY*

Rape Crisis Service Safe Center 546-2777 (also TTY*)
Mon. to Fri. 9 am - 5 pm

Poison Control 1-800-222-1222, 273-3854 (TTY*)

Police/Fire Emergency 911 - Also TTY*

For Pregnancy Counseling:

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

CARE (8 am-10 pm every day) 1-800-CARE-002

Planned Parenthood of Roch/Syr. 1-866-600-6886

Information & Referral:

NYS Relay Center 711 or 1-800-662-1220 (TTY*)
1-800-421-1220 or 711 (hearing)
(free telephone relay for the deaf and hard of hearing)

City/County Drug Helpline 275-0505 (24Hr)

(Operated by LIFE LINE) 275-2700 (TTY*)

Volunteer Legal Services Project 232-3051

**Monroe County Department of Children
and Family Services** (585) 530-KIDS (5437)

Programs offered to children and families. Included are Early Intervention Services, Family Bereavement, Perinatal Home Visiting Program, Nurse and Family Partnership, WIC, Pediatric and Adult Immunizations, Lead Poisoning Prevention, Education for Children with Disabilities and Children with Special Health Care Needs. Call for more information.

TTY is a telephone communication system for the deaf and hard of hearing.

A NOTE FROM YOUTH TO YOUTH

When times are hard and you do not know how to talk to your parents about your problems, you can always rely on these Youth Yellow Pages for help. Take it from youth who know, the Youth Yellow Pages provide information on issues we're all facing, ranging from parents' divorce to sexually transmitted diseases. Whatever your concern, this pocket-size book lists contact information for organizations that can help. If you're ever in need, remember there are lots of caring people willing to support you. Find them in the Youth Yellow Pages!

With best wishes from the youth members of
Youth Voice, One Vision and Youth As Resources



ACKNOWLEDGMENTS

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A special thanks to the many experts in the field who reviewed and edited the text of this guide.

For a copy of the Rochester–Monroe County Youth Bureau's Adult Guide to Youth Services, write R-MCYB, a division of the Department of Human Services, 435 East Henrietta Road, 3rd Floor- Faith Wing, Rochester, NY 14620 or call (585) 753-6455 or go to www.monroecounty.gov, click on Youth Bureau.

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OVERVIEW OF THE YOUTH BUREAU

The Rochester-Monroe County Youth Bureau, a department 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 Rochester-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 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 and assist the youth services system
- facilitates the Community Asset Initiative that promotes asset-building through positive youth development
- oversees Youth As Resources, a youth-led philanthropy board

For more information call:

The Rochester-Monroe County Youth Bureau,
a division of the Department of Human Services
435 East Henrietta Road
3rd Floor, Faith Wing West
Rochester, New York 14620
Phone: (585) 753-6455
Fax: (585) 753-6465



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 successfully. 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:

- **Youth who have the most assets are least likely to engage in high-risk behaviors such as drug use, violence and sexual activity.**
- **Youth who have more assets 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 a powerful influence in young people's lives and choices, too few young people have these benefits – across all 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.**

All of us need to assist all youth so they benefit from at least 31 of these essential supports. Everyone can be an asset-builder, including youth. It simply requires spending time together,

DIRECTORIES

Name	Author	Focus	Cost
Finding Your Way	Mental Health Assoc. 325-3145 (also TTY*)	lists counseling services in Monroe Co.	free
Support Group Directory	Mental Health Assoc. www.mhrochester.org	describes local self-help groups, location, etc.	free on line
Student Volunteer Directory	American Red Cross 241-4490	lists volunteer opportunities online: www.generationgiveback.org	free
Homeless Guide	FOODLINK, Inc. 328-3380	listing of all shelters and housing and support	reference at library
Mentoring Directory	Roch. Mentors www.rochestermentors.com	lists membership services for youth	free on line

building relationships, being intentional about nurturing positive values and reinforcing commitments. Asset-building needs to be continuous, reliable and consistent throughout a youth's childhood and teen years.

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 youth'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.

(continued on next page)

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 & 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.

HOW TO CALL FOR INFORMATION

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 with whom you will be meeting.

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, insurance, etc)
- Do I need my parents' permission?
- 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 from 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!

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 somebody. They may even be sorry afterwards. If you, a family member or a friend has been slapped, hit or pushed, or your behavior is out of control or violent, it is time to seek help. **No one deserves to be hurt!** There are times when abuse is emotional, not physical. In these situations someone may be threatening you verbally or treating you in a way that makes you feel fearful for your safety or believe you will be hurt.

If you, or someone you're with, is hurt or in danger, get away and get help from a friend or neighbor. Call **911** to ask for police assistance.

If there is no emergency 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. 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.

You may have heard a lot about or know someone involved in domestic violence (family or household violence) and think this occurs only between married people or adults who are living together, but some teens are also involved in **abusive**

dating relationships. These relationships can be very difficult to end. Talk to a family member or someone you respect, or seek counseling. You may be in an abusive relationship if you:

- are frightened of your partner's temper
- find yourself apologizing to yourself or to others for your partner's behavior
- have been hit, kicked, shoved or had things thrown at you by your partner when he or she was jealous or angry
- make plans/decisions about activities/friends based on what your partner wants or how your partner will react
- have been abused as a child or seen your parent abused
- are treated badly or embarrassed in front of others by your partner
- agree to have sex, even if you are uncomfortable about it

If there are times when you feel as though you're losing control, you can learn other ways to deal with stress, tension and anger. (See COUNSELING)

For more help or information call:

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

Alternatives for Battered Woman 232-7353,
(information, counseling & shelter; 232-1741 (TTY*)
groups for teens in abusive relationships)

Rochester Safe Start (2-1-1/Life Line) 2-1-1
for people affected by violence or 275-5151

Roch. Rehabilitation Center: MENS 271-5842
Education for Non-Violence Workshop (18 + up)

Society for the Protection and Care of Children 325-6101

To officially report child abuse call these 24 hour numbers:

Monroe County Department of Social Services

Child Abuse Hotline (local #) 461-5690

New York State Child Abuse and Maltreatment 1-800 342-3720

Register 1-800-638-5163 (TTY*)

Mon. to Fri., 9 am to 5 pm
(Spanish-speaking also)

To get information about an Order of Protection or Restraining Order against adult family members call:

Legal Aid Domestic Violence Program 232-4090

M.C. Domestic Viol./Child Abuse Bureau 753-4780

M.C. Probation Domestic Violence Intake 428-5606
(for Family Court)

Rape Crisis of Planned Parenthood 546-2777



HIV/AIDS

AIDS is a disease caused by a virus called HIV which shuts down the body's immune system. This means it breaks down the body's ability to protect itself from infection and disease. A person infected with the HIV virus needs treatment or there is an increased likelihood they will die. There is no cure for HIV, but new treatments can help postpone onset of full blown AIDS. The HIV virus (AIDS) may live in the human body for years and can be spread to others before any symptoms appear.

HIV virus (AIDS) only lives in certain body fluids: BLOOD, SEMEN, VAGINAL SECRETIONS AND BREAST MILK. This means you will not get the HIV virus (AIDS) from a handshake, a hug, a cough or sneeze, sweat or tears, a toilet, eating utensils or a telephone.

The most common ways the HIV virus (AIDS) is spread are:

- unprotected sex (vaginal, anal & oral) with someone who is infected
- sharing use of infected needles (primarily IV drug use, but also possible from ear piercing, tattoos, steroids)
- from an infected pregnant mother to her baby during childbirth and possibly by breast-feeding
- through a blood transfusion that used contaminated blood or blood products prior to 1985

You can't tell if people are infected by the way they look. The more sexual partners you have, or your partner has, the greater the chance you have of becoming infected with the HIV virus (AIDS) and other sexually transmitted diseases. (See SEXUALLY TRANSMITTED DISEASES).

The best and safest way for you to protect yourself against infection with the HIV virus (AIDS) is to not have sex and not to use drugs. You can get the HIV virus (AIDS) from just one sexual experience. If you choose to have sex, there are ways to protect yourself, such as always using a latex (rubber) condom and not having sex with people who have sores, blisters, or open cuts around their mouth or sex organs. Keep in mind that condoms can't be counted on 100%. It is possible that you can become infected with the HIV virus (AIDS), even if you use a condom.

There is currently no cure for HIV/AIDS. As a teenager, you need to, and can, take responsibility for protecting your own health. Good choices now can help you avoid serious problems.

For more information on preventing and treating AIDS, call:

Action for a Better Community Action Front 262-4330

AIDS Care 545-7200

Baden Street Settlement AIDS Project 325-8130

Catholic Charities/Community Services 1-866-902-4704
339-9806 (TTY*)

Centers for Disease Control Hotline 1-800-342-2437

Community Health Center, Inc. 244-9000

Gay Alliance of the Genesee Valley 244-8640

IBERO, No Mas VIH 256-8900

Men of Color Awareness Project (MOCA) 420-1400
Youth Empowerment Around HIV(YEAH)

M.C. 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 – AIDS Program Threshold 232-1670
(12 - 18 free services, 19+ sliding scale) 454-7530

Unity, McCree McCuller Wellness Center 368-3200

Westside Health Center, Brown Square 254-6480

Westside Health Center, Woodward Health 436-3040

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

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



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Living in a Family That Uses Drugs

Growing up in a family where a parent has an alcohol and/or other drug problem is one of the major family problems in our country today.

It may be difficult to get along with your parent who has the drug problem because s/he is not really able to think straight. Being under the influence of drugs may make him/her unfair, yell a lot, be unable to show love, and be neglectful of you or embarrass you in front of friends. Even if your parent makes decisions when not under the influence of alcohol and other drugs, his/her thinking is still affected by the many times s/he has used alcohol and other drugs.

In families where a parent is drugged up you may have been told, or just know without being told, that the rule is, "It is *not* OK to talk about what is going on in the family; *not* with other family members and *not* with outsiders."

This rule prevents you from getting the help you need with your painful feelings. It also keeps the family from having the chance to get help. You are not responsible for your parent(s)' drug problems, and you cannot prevent or stop their drug use. You *can* take responsibility to get the help you need to understand and deal with this situation. If you think that you or someone you care about may have an alcohol or other drug problem, it is important to get information about how to help yourself. Talk to someone who will listen to you – a parent, school counselor, religious leader, family doctor, or see COUNSELING.

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ALCOHOL & OTHER DRUGS

Everyone is exposed to the temptation to try alcohol or other drugs. Some people experiment for curiosity, kicks, boredom, peer pressure or to escape problems in their lives. Alcohol and other drugs can gradually begin to take control of your daily life. Physical or mental dependence can sneak up on you! It is important to talk to your parents or someone else you trust if you or someone you know is facing an alcohol or drug problem.

You can't be sure how you and your body will react to using alcohol or other drugs. It will depend on what you use and how much. Permanent damage can happen at any point... even with the first use of some drugs.

It is important for young people to know the risks. When used in large amounts, over a long period of time, or in the wrong combinations, alcohol and other drugs can kill. The dangers of experimentation are:

Overdose	Addiction
Physical Illness	Death
Accidents	Mental Impairment

Sometimes using drugs or alcohol seems like a good idea. There may be situations that you face at home or with your friends that make you feel bad, or that you want to make go away, or you just want to fit in. You may think that using alcohol or drugs will "make it better." You have a choice about using alcohol or other drugs. Sometimes it may be necessary to make a choice for yourself that is different from the choices others make. You – not others – are in charge of your choices. (See PEER PRESSURE.)

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For an alcohol or drug related emergency, call 911 or get to a hospital emergency room. See EMERGENCY ROOMS or call the following:

City/County Drug Helpline 2-1-1 or 275-0505 (24 Hrs)
(Operated by 2-1-1/LIFE LINE) 275-2700 (TTD*)

For specialized help you may want to call:

Al-Anon/Al-Ateen Family Groups 288-0540
(groups for teenagers with an alcoholic parent, family member or friend) (taped message)

Alcoholics Anonymous 8 am to 10 pm, 232-6720

Heart Coalition for a Drug Free Rochester 428-7371

Narcotics Anonymous 234-7889

Substance and Alcohol Intervention Services for the Deaf 475-4978 (V/TTY*)

For drug-free youth programming and socialization activities and youth empowerment, check with your school for information about a SADD (Students Against Drunk Driving) chapter or call:

DePaul's National Council on Alcoholism and Drug Dependence, Prevention 719-3483

For more information or to get help:

Catholic Family Center, Restart 546-3046

The Center for Youth 271-7670

Conifer Counseling 442-8422

Delphi Drug and Alcohol Council 467-2230

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Huther Doyle	325-5100
Threshold Center for Alt. Youth Services	454-7530
Puerto Rican Youth Development (PRYD)	232-1670
Rochester Mental Health and Addiction Center	922-2500
St. Joseph's Villa	865-1550
Strong Recovery	275-7545
Unity Chemical Dependency	723-7740
Westfall Associates	473-1500
Stop Smoking Resources:	
American Cancer Society	288-1950
Lakeside Family Wellness Center	637-6044
NYS Smokers Quitsite	www.nysmokefree.com
	1-866-NY-QUITS
Unity Chemical Dependency	368-6900

Keep it simple and safe

- Ride single file so there is room for cars and trucks to pass safely.

Remember: helmets save lives!

- Most injuries on bicycles occur from falls, not from being hit by a car.
- All bicyclists and in-line skaters under the age of 14 are required to wear an approved bicycle helmet.
- Helmets should be worn by all bicyclists, regardless of age and abilities

Passengers

- Never carry a passenger unless the bicycle has a passenger seat.

MOTORISTS

Share the road and the rules

- The RULES OF THE ROAD apply equally to motorists and bicyclists.

Right of way

- Bicycles have the same rights as all other vehicles.
- You MUST yield the right of way to a bicyclist – just as you would to any other vehicle.

Caution is key

- Approach bicyclists with caution.
- Slow down and give them room.
- Beware: air blasts from fast-moving vehicles can throw a bicyclist off balance.

BICYCLISTS/MOTORISTS

RULES FOR SHARING THE ROAD

These rules apply to bicyclists and motorists (cars, trucks, vans, and all other motor vehicles using the roadways.)

BICYCLISTS

Safe positions on the road:

- Ride with the flow of traffic. It's the law...and the safest way to ride.
- Use the right side of a lane for a right turn.
- Use left side of a lane when turning left.

Obey all stop signs and traffic lights

Be predictable and communicate:

- Don't make sudden turns.
- Use hand signals to signal turns, lane changes and stops.
- Eye contact is an important communications tool.

Do a bicycle safety check regularly:

- Handle bars and seat tight? Brakes work? Tires inflated with good tread? Any loose parts? Wheel straight with no wobble?

Ensure visibility. BE SEEN.

- Wear brightly colored clothing.
- Ride on the right, with the flow of traffic, so vehicles know where to look for you.
- NYS law requires all bicyclists to use a white headlight and a red tail light at night.

Don't blow your horn needlessly

- Don't blow a horn near a cyclist except in an emergency. Automobile horns can startle a bicyclist, causing them to swerve – possibly into your path.

Watch those turns

- Before you make a turn, look for bicycles on the right side of the road. Bicyclists are often cut off by motorists making right turns.

Think fast

- Bicyclists are often going faster than you think. Don't try to make a turn in front of a bicycle before it passes.

Road debris

- Be aware that a bicyclist may react to road hazards that a motorist can't see – broken glass, loose gravel, puddles or potholes. Remember to give them plenty of room to move around such debris and hazards.

SOURCE: Genesee Transportation Council

Information adapted from Chapter 11 of the **New York State Department of Motor Vehicles Driver's Manual**

BULLYING

Bullying happens when someone hurts or scares another person on purpose. The person being bullied has a hard time defending himself or herself. Usually bullying happens over and over. Bullying can be easy to notice (hitting or name-calling) or less obvious (leaving someone out or spreading rumors).

If you know someone who is a target of bullying, you can help:

- Be a friend – include him or her to do things with you, let them know it is not his or her fault.
- If you feel safe, tell the person to STOP the bullying behavior.
- Tell a trusted adult (teacher, parent, counselor, teacher, coach, or clergy). If the first person doesn't take it seriously, try again with another person.

If you are being bullied:

- Tell a trusted adult. If you need help telling, take a friend along.
- If you are being bullied on-line, do not reply
- Don't fight back. It won't make things any better and someone might get hurt.

All youth deserve to feel safe and welcomed at their school and in their neighborhood. Do your part to stop bullying!

www.stopbullyingnow.hrsa.gov

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CARING FOR THE ENVIRONMENT

More and more people are getting excited about caring for our environment. Young people also have an important part to play in conserving our resources. Every bit you do helps save natural resources and landfill space.

Some things you can do to help are:

- recycle paper, aluminum, plastic and glass
- use less hot water
- buy reusable items instead of disposables
- start a recycling program at your school
- use the recycling bin (Blue Box) to recycle
 - mixed metal cans, aerosol cans (no paint/pesticides)
 - aluminum cans, container glass (no caps)
 - cardboard, clean pizza boxes
 - gable-top containers (milk cartons, drink boxes, etc.)
 - # 1 and #2 plastic
 - newspapers, inserts, magazines, catalogues

For more information about what you can do to help, call the following resources:

M.C. Dept of Environmental Services	753-7600
M.C. Environmental Educator	753-7646
for more information see: www.monroecounty.gov	
Center for Environmental Information	262-2870
Cornell Cooperative Extension	461-1000 x26
Healthy Home Program at SWAN	529-9957
Sierra Club	234-1056

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COUNSELING

No one feels good all the time. Everyone, at times, has strong, uncomfortable or angry feelings about things going on in their lives. When you have these feelings, try talking with your parents or someone else you trust first. If it can't be worked out with them, counseling can help.

Counseling can help you change many of your uncomfortable feelings into more comfortable ones. Other times, people talk with counselors to help them with decisions they are trying to make or problems they are trying to solve. Through counseling, you learn to better understand your feelings. What's more, counselors treat your conversations as special and private. Only in emergency situations (child abuse or threats of suicide/homicide) would a counselor need to report to someone else something you said.

When do I need Counseling?

If things you are feeling or doing begin to interfere with your normal everyday activities, you may need counseling. The following are signs you may need support.

- Sudden changes in mood or behavior
- Depression – feeling unhappy for a long time
- Anxiety – strong feelings of fear or nervousness
- Loss of temper over small things
- Physical aches and pains that have no known physical cause
- Dropping grades

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Who does Counseling?

The best helper for you is someone who won't put you down for your feelings. Sometimes friends or relatives can help by listening to your problems and not judging you. Sometimes problems seem too hard or too personal to share with someone close. In that case, it's smart to talk things through with a counselor individually or in a group.

Where do I Find Counseling?

There are many places to go for counseling. It may be helpful to talk with your parents, teachers, guidance counselor, school nurse or clergy about where to go for help. If you are still not sure of where to go, The Mental Health Assn. has a guide to finding mental health services. Call **325-3145** for a copy of "Finding Your Way".

The following provide counseling services, many geared specifically for youth. When you call ask about needing parental permission for services, whether there is a fee and how much, and how to make an appointment.

2-1-1/LIFE LINE	2-1-1 or 275-5151, 275-2700 (TTY*)
Baden Street Settlement House	325-8130
**Catholic Family Center	546-3617
The Center for Youth	1-888-617-KIDS (5437) or 271-7670
DePaul- NCADD	719-3483
Gay Alliance of the Genesee Valley	244-8604 x13

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Greece Dept. of Human Services	723-2425
Henrietta Youth Bureau	359-2540
Hillside Children's Center	256-7500 (24 hours)
IBERO Family Support Unit	265-8900
**Jewish Family Service of Rochester	461-0110
Monroe County Firesetter Intervention Prog	279-4050
**Oak Orchard Community Health Center	637-3950
Pathways to Peace (referral and linkage)	428-6339
Pittsford Youth Services	248-6299
Puerto Rican Youth Development (PRYD)	232-1670
**Threshold Center for Alt. Youth Services	454-7530
Urban League of Rochester Family and Children Services Division	325-6530

* TTY is a telephone communication system for the deaf and hard of hearing.

** These agencies charge a fee based upon income.

DEATH AND LOSS

When someone close to you dies, you may be overwhelmed with feelings of anger, hurt, sadness and uncertainty. It is a painful and confusing time. 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 even be afraid of saying or doing the wrong thing.

When someone you care about dies, you may have lots 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.

Your feelings will go back and forth. Sometimes things around you like a smell, a song, a holiday, will trigger some feelings and memories.

It is important to talk about your feelings with family or a friend or someone you feel will listen to you. Sometimes it is hard to talk with someone about how you feel. By keeping these feelings inside and not expressing them, you could experience headaches, loss of appetite, mood swings, fear, loneliness, depression and anger.

If you know someone who has lost a loved one, you may want to do something for the family and friends that the person left behind. The following are some suggestions of things that you can do.

CYBER SAFETY

Use of the internet, including e-mail, text messaging, instant messaging and social networking is a fact of life for many youth, but there are dangers you need to be careful of.

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.
- Communicate with your parent or other adults about your on-line activities and tell them immediately if you ever feel unsafe.
- Practice good on-line behaviors, be polite but be skeptical of on-line claims.
- Use your correct age when registering with social networking sites so that they can protect you.
- Be aware of 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.
- Don't arrange a meeting with an on-line friend unless you share your plans with your parent for safety.

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

- 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
- wash the car
- listen if they want to talk

Remember that there are people out there who can help you as you struggle with the death of someone. (See COUNSELING) Schools and religious organizations may have support groups to help you deal with the death of someone. Call the following for a list of support groups.

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

The Mental Health Assoc. Support Group Directory
www.mharochester.org

Kids Adjusting Through Support (KATS) 624-5555
a program of Camp Good Days 275-2700 (TTY*)
(a support group for children who have lost or have a seriously ill parent, sibling or family member)

Families and Friends of Murdered Children 472-3156

* TTY is a telephone communication system for the deaf and hard of hearing.

DIVORCE

If your parents are separated, going through a divorce or have recently remarried, you may be feeling confused, angry, guilty, frustrated, sad or lonely. If you haven't experienced this yourself, you probably have a friend or know someone who has. Separation and divorce hurts. It hurts the parents *and* the children. This is a difficult time for all family members. 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 also is hard to understand that even if your parents no longer love each other or get along, that doesn't change their love for you. To help you deal with your feelings, there are programs that can help you. Or talk with your parents, family members, clergy, teacher or a concerned friend.

Check with your school counselor to see if your school offers a support group for young people who are experiencing feelings about divorce, separation and/or remarriage. You may be surprised to find out how many people have gone through or are experiencing what you are. (Also see COUNSELING).

Parent Dating

Once your parents' breakup is final, at some point one or both of your 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

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DRAFT (MILITARY SERVICE) REGISTRATION

The law requires that all males, register for the draft (Military Service) within 30 days of their 18th birthday. You may register for the draft at any US Post Office. As of publication, there is no draft. However, if there is one, and you are drafted, you will have 10 days to appeal.

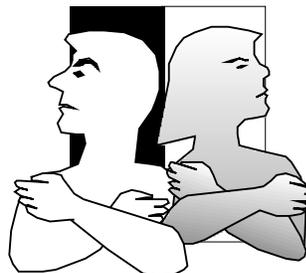
If you think you have religious or moral objections to military service, you need to understand what your rights and responsibilities are. Draft counseling is available through some churches.

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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. Remember, just as you need friends your age, your parents need someone their age to share and do things with. Share your feelings with your parents.

Stepfamilies

Many young people live in "step" or "blended" families. This is a situation in which a parent remarries someone who also has a family and the two households join. For some young people their "new family" is an enjoyable one; others struggle with getting used to the situation and others feel they can not accept or are not accepted by their "new family." Try to talk with your parents about this or someone else you respect and trust, or see COUNSELING.



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EATING DISORDERS/ WEIGHT PROBLEMS

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.

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?

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For more information talk to your primary health care provider or one of the following:

Child & Adolescent Eating Disorder Program
Clinical Office- Rochester 275-2964

The Healing Connection LLC- Fairport 641-0281
 www.thehealingconnectionLLC.com

Harmony Place- St. Joseph's Villa 581-4626
 www.stjosephsvilla.org/ProgramsServices/EatingDisordersProgram

National Eating Disorders Association 800-931-2237
 www.nationaleatingdisorders.org

Eating Disorders Recovery Center of WNY
 www.nyeatingdisorders.org

EDUCATION

Getting an education is one of the most important things a young person can do. Staying in school and graduating is the best way you have of reaching your goals for the future. In New York you are required to attend school from the ages of 6 to 16. You must attend school for the entire school year in which you turn 16. You have a legal right to attend public school up to age 21.

If things are happening in your life that make staying in a regular school seem impossible, you don't have to give up. Talk to your parents or to your teacher or counselor. There are many services available to help you finish your education. Call the places listed below for more information.

For tutoring assistance call or talk with your guidance counselor/ school counselor or call one of the following:

Baden Street Settlement	325-4910
Boys & Girls Club of Rochester	328-3077
Community Place of Greater Rochester	288-0021
LDA Life & Learning Services (Learning Disabilities)	263-3323
Puerto Rican Youth Development and Resource Center (PRYD)	232-1670
Rochester After School Academy	428-6896
SWAN/the Bridge	436-8201
Threshold Center for Alt. Youth Services	454-7530
Urban League of Rochester	325-6530

For help with your homework:

Homework Hotline (WXXI and Cable 11, M-Th 5:30-6)
Dial-A-Teacher (M-Th, 3:30 pm to 7 pm) **262-5000**
LDA Life & Learning Services **263-3323**
 (Learning Disabilities)

For G.E.D. (General Equivalency Diploma) & Adult Basic Education (ABE):

BOCES I (Eastern County)
Continuing Education Dept. (18+) **377-4660**
BOCES II (Western County) (18+) **352-2400**
City School District, Office of Adult Educ **262-8000**
LDA Life & Learning Services **263-3323**
 (Learning Disabilities)
Monroe Community College Stage Prog. **262-1683**
Monroe Community College (24-hour) **292-2200**
SUNY Brockport Roc. Educ. Opp. Center **232-2730**
Threshold Center for Alt. Youth Services **454-7530**

For vocational training:

BOCES 1 Continuing Education Program (18+) **377-4660**
BOCES II **352-2400**
City School District, Office of Adult Educ **262-8000**
N.Y.S. Education Department Office of **238-2900**
Vocational Rehabilitation and **325-6278 (TDD*)**
Educational Services for Indiv. with Disabilities
SUNY Brockport Roc. Educ. Opp. Center **232-2730**

This is only a partial listing of the services available to help you continue your education. For your individual educational needs, contact the school counselor in your school district.

For more information on GED, SAT, financial aid or vocational training, talk to your school counselor or call the library near you. (See LIBRARIES)

If you are unsure of your educational rights, feel you have been unfairly treated by YOUR school, or need help with residency, enrollment or suspension, call:

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

Rochester City Schools also have community agencies working at many schools to provide Student and Family Support Centers, afterschool programs, health clinics, dental clinics, drug and alcohol counseling, and infant day care. These are not available at every school. Call your school to find out what is available.

*TTY is a telephone communication system for the deaf and hard of hearing.

EMPLOYMENT

Taking on the responsibility of a job is a big step. To help you get experience or earn some money before you are ready to work, you can baby-sit, do yard work or odd jobs, or volunteer. (See VOLUNTEERING on pg. 93). Remember, that any work – paying or nonpaying – you do will help build a work record that can help you get future jobs. Doing a good job, being dependable and on time, and presenting yourself well, will be as important as the type of work that you do.

Getting Ready

Before you apply for a job, make a list of your work experience, volunteer activities, odd jobs, and adults who can give you recommendations. You will need a Social Security Card and a photo I.D. To get a Social Security Card, call 886-964-2045 or 1-800-772-1213. You can also visit www.socialsecurity.gov/ssnumber. A driver's license, or a school picture I.D. will be accepted as a photo I.D. If you don't have either of these, you can go to the nearest Motor Vehicle Office and get a non-driver picture I.D.

If you are under age 18, you will need to get working papers/work permit. You can get the forms at your local high school. You will be required to have a physical. Check with your school to see if they will do this or if you will have to go to your doctor.

Wages and Hours

Minimum wage is \$7.25 per hour. Some employers pay higher than minimum wage or may pay a shift differential

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(for example: if you work at night you get more per hour than those that work days). Some jobs, such as in restaurants, can pay you less than minimum wage. Be sure to ask when you take a job how much you will be paid. You will be limited as to the number of hours you can work based upon your age, day of the week, and school year vs. summer.

The chart on the next page tells you what the limits are. Once you get a job, you will have to fill out a form for the Federal and State governments called a W-4 form. Your employer can help you complete the form. At the end of the year, you will also have to fill out a form for income tax. In most cases you will get a refund of all or part of the money that was withheld. Forms can be picked up at the library. (See LIBRARIES) Also, see EDUCATION for a listing of vocational

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

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training programs.

Getting Leads

Here are some of the best ways to learn about job openings. First, tell everyone you know that you are looking for a job. Most people get jobs or leads on jobs by "word of mouth." You may 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, or the Red Cross Volunteer Directory. There are several industries that typically hire young people, including fast food restaurants, car washes, movie theatres and stores.

Once you have identified a lead, contact the employment office of the company or the manager (if there's no separate employment office) to inquire about the job. Remember to bring all the papers you need (Social Security Card, picture I.D., and work permit, if you are under 18). You lower your chances when you look for a job with a group of friends or dress improperly, or you have a negative attitude.

If you are looking for a summer job, start early. Most "good" summer jobs are filled by April.

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Getting Help

To learn how to complete an application, write a resume and interview for a job, talk to your parents, school counselor or teacher. Libraries also have information about this.

For help, start by contacting the following.

ABC Employment Serv (Jr High Up)	325-5116 x3413
AmeriCorps (Age 17 +)	262-1778
Baden Street, Jobs for Youth and Attain	325-8140
Center for Youth, Learn 2 Earn Program	271-7670
City of Roch. Dept of Rec. and Youth Serv.	428-6755
Job Corps (Age 18+, 16-24 income elig.)	454-5130
Native American Cultural Center	442-1100
Roch. Public Library Bookshelving (16+)	325-8140
Rochester Works! (Ages 14-21)	258-3500

2 Career Centers with job readiness skills, gaining and maintaining employment. www.rochesterworks.com

Rochester Fatherhood Initiative 235-3160
(fathers – ages 18-26)

Urban League 325-6530

You can also contact the **School to Work Coordinator** at each 7-12 grade city school.

The **American Red Cross** offers a 7 hour, one day certificate **Babysitting Course** for youth age 11 and up. There is a cost of \$40.00. Call **241-4434** for more information.

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Parental Consent

Most clinics need parental consent to see a teenager for a medical problem. Parental consent is not needed for treatment of sexually transmitted diseases such as gonorrhea or AIDS, pregnancy tests, abortions or substance abuse treatment. Ask about parent consent and confidentiality when you call.

Emergency

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.

For accidental poisoning call: 275-3232

For a medical emergency call: 911

Health Resources

The following provide health care, including some counseling services. Most have a fee for care, always ask:

Anthony Jordan Health, Teen Center	423-5800
Highland Family Planning	279-4890
Mercy Outreach Center	288-2634
Orchard Street Community Health	368-4500
Planned Parenthood of Roch/Syr.	546-2595
Threshold Center for Alt. Youth Services	454-7530
Westside Health Services	
Brown Square Health Center	254-6480
Woodward Health Center Teen Center	436-3040

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HEALTH CARE/WELLNESS

Wellness means taking responsibility for your own health by learning how to stay healthy, practicing good health habits and responding to your body's warning signs before something serious happens.

Your health depends on many factors. Some you can't completely control, like heredity, sex, environment and age, but others you *can* control, such as diet, exercise, rest, stress, bad habits and attitude.

You can be healthier, feel better, look better and live longer if you take care of your health today.

There are many reasons why teenagers need health care services. You may need a physical exam for sports, a checkup for school or you may just need to see someone when you have a cold, sore throat or other medical problem.

Cost

You can receive many health care services either free or based on how much you can pay (often called a "sliding fee scale"). Check with the clinic about cost.

Hours

Most clinics are open during the regular working hours of 9 a.m. to 5 p.m. Some clinics have hours on weekends or in the evenings. Check with the clinic about hours and if you need an appointment.

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For Health Insurance:

Child Health Plus and Family Health Plus, (cost of enrolling depends on family income and family size)

Call Healthy New York's toll free number, **1-800-698-4543** for information about Child Health Plus and Family Health Plus or see the website at: www.ins.state.ny.us/hnyfhpcp.htm

The places listed below provide **dental health services**. Call for more information, remember to ask about fees:

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 Center	254-6480
Woodward Health Center	436-3040

For pregnancy counseling:

Catholic Charities Care Program	1-800-CARE-002
Planned Parenthood of the Rochester/Syracuse Region	1-866-600-6886

For information on County Programs for Children, Youth and Families, call:

Monroe County Department of Human Services	530-KIDS (5437)
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HOMWORK HELP 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 you can bring them to school and use them for homework. Ask your teacher if there are other specific supplies needed for the year.

2. Prepare a quiet space for homework

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

3. Read!

Read for yourself and with younger family members every day. Make books a part of every holiday and birthday list.

4. Help your parents stay in touch with the teacher

Your parents are welcome at school. Encourage them to visit or talk with your teachers and ask for a copy of the school handbook or rules for them.

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 your parents haven't received a copy, they can contact your school.

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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, Monday-Thursday, 5:30 to 6 pm.)**

12. Call Dial-a-Teacher

Need help with homework in any subject, any grade? Call Dial-a-Teacher from **3:30 to 7:00 pm, Monday through Thursday, at 262-5000.**

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6. Visit your public library

The public library is your best source of information. Visit 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. Encourage your family to go to local museums, historical sites, the zoo, parks, libraries and performance theaters for enjoyment and love of learning.

8. Learn from life

Look at your world carefully, and ask questions! And answer them, too! 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.

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

Write down each day's homework and keep track of long-term assignments and their due dates. Your parents can help. See that homework is completed each day. (It's hard to catch up after you fall behind!)

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THE LAW AND YOU

Each state has particular laws that deal with acts committed by youth and adults. Just because someone is under a certain age (16 in New York State) and considered a juvenile does not mean that laws do not apply to them. A criminal record can affect you later in life. If you have a record, some schools or employers may not accept you. What you might think is a harmless prank or "no big deal", could hurt your future.

Pranks

A simple prank, such as removing hubcaps or spraying graffiti, can bring a serious charge of theft or vandalism against you. You may be arrested. Penalties can include a fine, restitution (paying for damages), probation or jail time.

Theft

Taking things that do not belong to you without the permission of the owner is theft. Theft is also referred to as the crime of "stealing."

When items stolen are taken from a store, it is often called "shoplifting." There is no difference between shoplifting and theft.

Drug Laws

The possession or use of marijuana is against the law and penalties include fine, probation or jail. The penalties for offenses involving hard drugs, such as cocaine, speed and crack or large amounts of marijuana, can be very serious, especially when a federal law is broken. The selling of any illegal drug is a very serious offense.

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Alcohol Laws

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

Alcohol, Drugs and Driving

In New York State the penalty for a first offense conviction of driving while intoxicated may include jail time, a fine, loss of driving privileges and a requirement to participate in a drug or alcohol treatment program. In addition to the criminal penalties, it is likely that insurance rates of the convicted driver will be higher for a period of up to ten years. Depending on the situation, your parents may be responsible for any penalties, fines or damages.

Vehicular (Car) Injury or Manslaughter

If you are driving while intoxicated and injure or cause the death of another person (manslaughter), you may be charged with a felony crime. If convicted, you may be fined and/or imprisoned.

Weapons Laws

Unlawful use of a weapon is a possible felony under New York State law. Using a dangerous weapon in committing a crime can lead to life in prison. The law's definition of a "weapon" includes guns (all types), switchblades, gravity knives, sticks, cane swords, and concealed blades (for example, a razor blade). An item such as a nail file can be

For information and referral for legal service, call the **Volunteer Legal Services Project at 232-3051**. You can also call the following:

Center for Dispute Settlement	546-5110
Genesee Valley Chapter of New York Civil Liberties Union	454-4334
Legal Aid Society Youth Advocacy Program	232-4090
Monroe Co. Office of Probation PINS Line	753-2919
Monroe County Public Defender's Office (Criminal Only)	753-4210
Volunteer Legal Services Project	232-3051

viewed by police and the courts as a weapon, depending upon how it is used. A person who is stopped by the police and found to have a gun or other weapon can be arrested and charged with possession of a concealed weapon. It is always against the law to have possession of a concealed weapon without the proper permit.

Arrest

If you, or someone you're with, is stopped or picked up by the police, here are things you need to know.

- Do not resist arrest. The most important thing to do is cooperate. Your attitude and cooperation will have a direct effect on how you are treated.
- You do not need to say anything to the police in answer to their questions without your parent present (if under 16) and/or advice from an attorney. You will be asked to give the police your name, address, phone number, date of birth, parent or guardian's name and how to reach them. Beyond this, you do not have to volunteer anything.
- You do not need to sign anything without advice from your parents (if under 16) or an attorney.
- If you give permission to any search, you are allowing the police to fully search you.
- You have the right to a lawyer. If you cannot afford one, the court will appoint one for you.
- Ask the police to call your parents or another adult.

LIBRARIES

Public libraries provide free services to young people. There are books on everything from rap music to romance, from working on cars to traveling in space, from raising puppies to making pizza. There are also many special programs just for youth.

Libraries also have magazines, newspapers, computers, films, video cassettes, records and artwork.

Hours vary by location and time of year. Call the individual library for specific hours and services/programs that are available.

Rochester Public Library 428-7300, 454-8023 (TDD*)
Website: www.libraryweb.org
Call for Hours: 428-8440

City Branches

Arnett	428-8214
Charlotte	428-8216
Highland	428-8206
Lincoln	428-8210
Lyell	428-8218
Maplewood	428-8220
Monroe	428-8202
Sully	428-8208
Wheatley	428-8212
Winton	428-8204

Town Libraries

Brighton	784-5300
Brockport - Seymour Branch	637-1050
Chili	889-2200

East Rochester	586-8302
Fairport	223-9091
Gates	247-6446
Greece	225-8951
Barnard Crossing	663-3357
Hamlin	964-2320
Henrietta	359-7092
Story Line	334-6670
Irondequoit	
East - Helen McGraw Library	336-6060
West - Pauline Evans Branch	336-6062
Mendon	624-6067
Ogden	352-2141
Parma	392-8350
Penfield	340-8720
Pittsford	248-6275
Riga	293-2009
Rush	533-1370
Scottsville	889-2023
Mumford	538-6124
Victor	924-2637
Webster	872-7075

*TTY is a telephone communication system for the deaf and hard of hearing.

Take the President's Challenge as a family. Track your physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.

Establish a routine. Set aside time each day as activity time – walk, jog, skate, cycle, or swim. Youth need 60 minutes of activity a day.

Set up a home gym. Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.

Move it! Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.

OUT OF SCHOOL YOUTH: MOVING FORWARD

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 life, in opening opportunities for you to make the kind of life you truly want. The amount of education and training you have will directly effect how you live day to day, influencing the places you live, your dress, your friends and colleagues – your style!

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. Reconnect!

NUTRITION AND FITNESS

There is a lot of talk about the need to develop a healthy life-style, but the number of overweight youth has doubled in the past 20 years. *Here are some ideas to eat healthy:*

Make half your grains whole. Choose whole-grain foods, like whole-wheat bread, oatmeal, brown rice, and popcorn.

Vary your veggies. Go dark green and orange with vegetables – eat spinach, broccoli, carrots.

Focus on fruits. Eat them at meals, and at snack time, too.

Get your calcium-rich foods. To build strong bones serve lowfat and fat-free milk and other milk products often.

Go lean with protein. Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans.

Change your oil. We all need oil, choose fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.

Don't sugarcoat it. Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients.

Don't supersize. Portion size is very important, learn what a single serving should look like.

Track your needs and progress at www.mypyramid.gov.

Keep Moving Forward!

Focus on moving forward, sidestep past decisions and make fresh ones. Don't let the past get in the way!

In order to return or reregister for middle school, call the school you 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!

If you live in the City of Rochester and are a high school student, call **262-8277**.

For Rochester City School District programs for adults and youth ages 17 and up; for GED, pre-employment support, job training, work experience, and job placement, call:

CSD Office of Adult Education
262-8000

For help with residency, enrollment or suspension, call:

Legal Aid Society Youth Advocacy Prog. 232-4090

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

Also see HOMELESSNESS.

PARENTS

There are lots of stereotypes about teens and there are parallel stereotypes about parents. One misconception is that becoming a teen automatically generates conflict and communication problems with parents. As a teen, you know how often people's perceptions about you and your friends are incorrect. Is it possible that the notion that teens and parents must struggle with one another is equally wrong? Parents often have a hard time balancing the need to keep their kids safe with allowing enough freedom and experience so their teens grow up successfully. As you have learned through experience, parents certainly don't have all the answers, and aren't right all the time—whatever they think. They are all too human and imperfect.

One advantage of becoming a teen is the opportunity it offers for developing a new and positive relationship with your family. You are now better able to understand the complexities of relationships and take more control over your role in their development. Have you thought about ways you can contribute to positive communication and strong relationships with your family? You have a tremendous amount of power to influence the way your family responds. Here are some ideas you may find helpful.

These ideas are designed to work in various family settings, whether you live with one parent or two, with grandparents, other relatives, or other caring adults.

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(Surprisingly, several teen surveys reveal that teens themselves want boundaries and clear expectations, as well as direction and attention from parents and caring adults.)

8. Make time to spend with your siblings doing fun and caring activities. Find out what is going on in their lives. Praise them and celebrate their accomplishments—they need your support and attention. It may be difficult to do this with siblings who pick on you, but you may change your relationship with your care and curiosity.
9. Be willing to compromise. Sometimes you have to give a little to get what you want.
10. Let your parents know you care about them even though you don't always agree.
11. Spend time with your family. Try to eat one meal or more with them every day. Interestingly, research indicates that youth who have close emotional relationships with their parents are likelier to become healthier adults and be more successful in becoming independent than youth who don't.
12. Treat the people in your family the way you wish they would treat you.

Unfortunately, not all family settings provide loving, encouraging and caring places for youth. If you find yourself in this situation, seek the support you need in such caring and positive places as a faith community or a school or youth organization. Ask your school counselor, religious leader or youth worker for suggestions. (See COUNSELING and RUNAWAY/HOMELESSNESS)

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1. Talk to your parents every day. Let them know what your day was like. Share one thing that happened to you—whether it was funny, frustrating or just interesting. Be prepared for a surprised response if your parents aren't used to this. Set aside 10 minutes each day to get them used to this new routine.
2. Ask your parents what their day was like. Ask questions about their childhood and teen years. What was the hardest? What did they enjoy about their family? How did they handle conflict? What are their best memories?
3. Accept your parents' limitations. Some things may be difficult for them to discuss, so find other caring adults you can talk with.
4. If you want your parents to listen to you, choose wisely the time you speak with them. Approach them when they are not in the middle of something or in a bad mood. Look at them when you are talking—it will have greater impact.
5. Parents often see a direct connection between giving you more freedom and the amount of trust they feel. Earn trust by your behavior: be responsible and honest, do what is expected without being told, think of things you can do that your parents will value and appreciate.
6. Keep track of one another's whereabouts. Your parents want to know where you are, but you should also know how to reach your parents and siblings in an emergency. Help your family find a system to keep all of you informed.
7. Be clear about expectations and rules in your home. When in doubt, check it out!

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PEER PRESSURE

No matter how old they are, people care about what others think and want to fit in. When you are just starting to make decisions for yourself, the influence of your friends and people your age—your peers—can be powerful. It can affect how you feel, dress and act. *Peer pressure* is when your friends try to influence you to say or do something, even if you don't want to. You feel you need to do it so that you can stay friendly with them.

Peer pressure can be positive and negative. Positive pressure from your peers might lead you to play sports, study hard or join clubs. Negative pressures might lead you 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 you are ready, or joining a gang.

It is important to think about what could happen if you go along with the crowd. Make up your own mind, even if your peers don't agree with you.

You have decisions to make every day. Some decisions are more important than others. There is a big difference between deciding what to wear to a party and deciding whether or not to have sex with someone. The decisions you make say a lot about what kind of person you are. When you feel uncomfortable with what you are being asked to do, stop and talk to someone who will listen and believe you—your parents, another adult who cares or maybe a close friend you respect.

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There are different kinds of peer pressure. It can seem like friendly teasing or it can be more forceful. Try these ways to handle peer pressure: change the subject, avoid the situation, have something else to do, leave or make it clear that you don't have to go along with other people to have a good time. When your peers see you stand by your decisions, it may help *them* to better deal with peer pressure. (See COUNSELING)

PREGNANCY

It is very important to talk with your parents or someone else you trust when facing the possibility of being pregnant. If you or someone you know thinks she is pregnant and is uncertain what to do, it is important to find out immediately. There are places that offer help. It's important to have a pregnancy test in a medical setting immediately. Tests done with kits at home are not always accurate. You need to talk with someone you can trust, and get medical attention as soon as you can.

Pregnancy testing and counseling are available at the following clinics. Parental permission is not required. Call first for hours, cost, if any, and to find out if you need an appointment. You may also consider contacting your health care provider:

Pregnancy Testing and/or Counseling:

Anthony Jordan, Teen Center	423-5800
Birthright of Rochester (to continue pregnancy)	
East	385-2100
West	328-8700
CARE (8 a.m.-10 p.m. every day)	1-800-CARE-002
Healthy Start Rochester	368-3490
Highland Family Planning	279-4890
In-Control	328-3408
Planned Parenthood	546-2595 or 1-866-600-6886
Threshold Center for Alt. Youth Serv.	454-7530

Prenatal Care: Contact your health care provider for services or referral through insurance, or try:

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

If you need additional medical insurance coverage or a referral for prenatal care, you can contact:

Growing Up Healthy Hotline	1-800-522-5006
<i>If you need temporary housing or other services during the pregnancy, you can contact:</i>	
Mercy Residential Services	254-2175
Catholic Family Center	232-2050
Community Resource Services	

RAPE OR SEXUAL ASSAULT

Rape, sexual assault or the attempt to do either is a violent crime against an individual. 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 you to have sex, even if:

- your dinner or night out has been paid for
- you have had sex before with this person
- you flirt with the person
- you agree to have sex and then change your mind

You have the right to say no to anyone who tries to touch you in any way which makes you uncomfortable. If the person will not leave you alone, try to get away as soon as possible. If you are raped, it is *not your fault*. You are the victim, not the criminal.

If you are raped or sexually assaulted:

- Get to a safe place
- Call your parents or someone you trust, or call the **Rape Crisis Service, 546-2777**
- Do not shower, bathe, douche, wash your hands, brush your teeth or use the toilet, do not change your clothes or eat or drink anything. As hard as it may be to not clean up, you may destroy important evidence if you do.

SEXUAL ABUSE

If someone is touching you in a sexual way and you are not sure how you feel about it... If you are being touched by a family member, adult friend or someone else, and it makes you uncomfortable, unhappy or confused... You may be the victim of sexual abuse.

It is not your fault. You don't have to keep this secret anymore. If this is happening now or happened in the past, it is important to tell someone who will listen and believe you. You may have mixed feelings about the other person involved and about telling someone. Talking with someone can help you sort out your feelings and find ways to begin to help yourself.

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

Rape Crisis Service (24 hrs) 546-2777(TTY*)

Bivona Child Advocacy Center 935-7800

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

Monroe County 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/guardian, or when the victim is over age 18, call 911.

* TTY is a telephone communication system for the deaf and hard of hearing.

For more information and counseling call one of the following resources:

National Center for Missing and Exploited Children 242-0900

Rape Crisis Service 546-2777 (24 hrs)
546-2777 (TTY*)

Society for the Protection and Care of Children 325-6101



* TTY is a telephone communication system for the deaf and hard of hearing.

SEXUALITY/BIRTH CONTROL

The physical and emotional changes that happen to everyone as they grow up can be exciting and confusing. It may seem like you wake up one morning and everything about you is different or strange. Your friends are probably feeling the same way, but that doesn't make it easier.

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

There are lots of messages around about love and sex. Parents, friends, church, television and magazines may have different ideas about being in love or being sexually active. It is important that you get the facts and sort through your feelings. You are the one who must make choices and be willing to live with the consequences, good or bad. The more you know about and like yourself, the more likely it is that you will make decisions that are right for you.

Lots of people have sex for reasons that have nothing to do with intimacy and love such as:

- curiosity about sex
- hoping to become more popular
- getting pushed into sexual intimacy by their partner or peer pressure
- thinking sex is glamorous as it is shown on TV and movies and in books and magazines

You should not feel pressured into doing something you don't want to do. There are many ways of showing people you care about them or that you "fit in" without making yourself uncomfortable. Keep in mind that sexual experience can result in lifelong consequences: pregnancy, STIs or AIDS. The only way to prevent this from happening is to say no to sex.

Talk with your parents or others whom you trust and respect. If you need more information or you would like to talk to someone about your feelings, see COUNSELING on page 25.

Birth Control

If you are sexually active, you are running the risk of becoming pregnant. You are also at risk of getting a Sexually Transmitted Disease (STI). Talk to people who you know care about you and whom you trust and respect about your decision to be sexually active. The best way to prevent pregnancy or an STI is to not have sex. If you still choose to be sexually active, be responsible and protect yourself and your partner. There is no such thing as safe sex, only safer sex.

You should be aware of the following statistics. Birth control methods are only effective if used consistently, properly and according to directions.

Birth Control Method	Effectiveness
Abstinence (not having sex)	100%
Pill	97%
Condom	88%

Birth Control Method	Effectiveness
Spermicide	79%
Sponge	72%
Withdrawal	72%

For more information and confidential services talk to your doctor or you can call:

Catholic Charities, Care Program 1-800-CARE-002
Highland Family Planning 279-4890
In Control 325-3408
Planned Parenthood of Rochester and Syracuse Region 1-866-600-6886 546-7582 (TTY*)
Threshold Center for Alt. Youth Services 454-7530

For more emergency contraception you can call:

Highland Family Planning 279-4890
Planned Parenthood of Rochester and Syracuse Region 1-866-600-6886 546-7582 (TTY*)
Threshold Center for Alt. Youth Services 454-7530

SEXUALLY TRANSMITTED INFECTIONS

If you think you might have a sexually transmitted infection, it is important to talk to your parents or someone you trust and to get medical attention *immediately*.

* TDD is a telephone communication system for the deaf and hard of hearing.

Anyone who is sexually active can get venereal diseases, also called sexually transmitted infections (STIs). The main way to get a 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 AIDS).

Sexually transmitted infections are not shameful or a punishment...they are simply diseases that, if not treated, can seriously damage your health.

Facts about STIs and AIDS

You do not catch an STI or HIV virus (AIDS) from toilet seats, door knobs or through "casual" contacts like handshakes and sharing a telephone. You can get STIs or HIV virus (AIDS) at any age. Once you have the HIV virus (AIDS) or herpes you will *always* have it. Herpes can be controlled but is not curable. There is presently no cure for the HIV virus (AIDS), only treatments to delay onset. Other STIs are curable with proper medical treatment, but you can get them again and again if you are exposed to them again and again. **SEXUALLY TRANSMITTED INFECTIONS ARE CONTAGIOUS.**

Protecting yourself from STIs and AIDS

The best way to prevent STIs and HIV is not to have sexual contact at all. If you choose to have sex, there are ways to begin to protect yourself. Use a latex or polyurethane condom (see information on BIRTH CONTROL p.72), do not have sex with people who have sores or blisters around their mouth or genitals, do not have anal sex, and do not have sex with a lot of partners. Statistics show that having sex with more

than one partner or one partner who has had other partners, greatly increases your risk of getting a STI.

WARNING: If not treated, some STIs can result in serious damage (even if the outward symptoms disappear) including: sterility, heart disease, damage to an unborn baby, blindness, deafness, non-healing skin sores, paralysis and even death.

Tests

If you are concerned about STIs, talk to your parents or someone else you trust. It is very important to go to a doctor or clinic and ask to be tested for STIs or the HIV virus (AIDS). You will have a medical exam and a lab test; blood tests determine the presence of the HIV virus.

It is possible to have STIs without feeling sick or noticing any changes in your body. Do not be embarrassed to see a doctor if you think you have an STI. The longer it goes untreated, the more damage it will do to your body. 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 Health Dept. STI Clinic 464-5928
Planned Parenthood 1-866-600-6886 546-7582 (TTY*)
Threshold Center for Alt. Youth Services 454-7530

SEXUAL ORIENTATION

Understanding and facing your sexuality may seem very intimidating and confusing during adolescence. You may feel overwhelmed and ask questions such as Where should I go? Who can understand? Is this a phase? Feeling overwhelmed can really clog your thoughts. It is important to seek the help and advice of the people you most trust such as parents, teachers and counselors regarding your sexuality. Not talking about it does not make it go away or take away from the importance of understanding this part of who you are.

You may come from or be exposed to cultures, religious affiliations or families that have very strong points of view when it comes to sexuality. However, there are people who can help you and your loved ones understand and assist in decreasing feelings of being stressed or overwhelmed. Being educated and receiving support from a person you trust is extremely important.

If you are having trouble talking to your parents or teachers, see COUNSELING or call:

Gay Alliance of the Genesee Valley 244-8640
Parents, Families and Friends of Lesbians and GAYS (PFLAG) 234-0156
Trevor Helpline 1-866-4U-TREVOR
www.thetrevorproject.org

STRESS

Today's teens face more adult-like stresses than their parents did, and at a time when adults are much less available to help them. With many parents working outside the home, teens are more on their own than ever.

Stress is a normal part of your life. If you know how to deal with it, it can actually help your creativity, productivity and healthy relationships with others. If you let it get out of hand, it can become a serious problem.

There are a variety of stresses that you may be facing. Your bodies are changing and you are developing more maturity. Peers may be pressuring you to be like the group. Parents may be pushing you to achieve or make up for something they lack. All of these may cause stress in your life.

Signals of Stress

lack of appetite
lack of concentration
loss of sleep
dropping grades
decline in school
performance
physical ailments
anger/depression

Stress Reducers

physical activity
hobbies
talking with friends and
parents
keeping a diary or writing
your thoughts
volunteering
helping others

If you are feeling the impact of stress in your life, talk with your parents, family members, your school counselor or someone else you trust. (See COUNSELING).

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ACT* to Help

If you have a friend who may be depressed or suicidal, you can help:

- **ACKNOWLEDGE** that your friend has a problem and that the symptoms are serious.
- **CARE** – Listen. Let your friend know that you care about him or her and that you are concerned that he or she needs help.
- **TELL** a trusted adult (parent, counselor, teacher, coach, or clergy) about your concerns.
 - **Never promise to keep it secret**
 - Stay with the person. Do not leave the person alone – even to go to the bathroom.

If the situation is immediately life-threatening call 911.

For crisis intervention services and information call:

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

The Rochester Community Mobile 529-3721

* TDD is a telephone communication system for the deaf and hard of hearing.

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SUICIDE

Suicide is one of the three leading causes of death among young people. If a friend talks about suicide, take it seriously. If you think someone may be suicidal, don't be afraid to ask. Mentioning suicide will not give someone the idea or push them over the edge.

Warning Signs of Suicide

- increasingly isolated
- Giving away prized possessions
- Acting in a violent fashion
- Taking unnecessary risks
- Seriously depressed
- Abusing drugs and/or alcohol
- Making statements about wanting to die
- Threatening suicide
- Suddenly happy for no reason after a long period of depression

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SUPPORT GROUPS

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

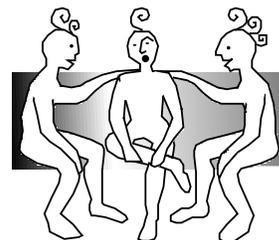
A support group can help you, or someone you care about, with such concerns as the death of a family member, suicide, someone's drug or alcohol problem, dealing with physical or sexual abuse or coping with a disease such as diabetes.

Our community offers many different support groups through various agencies and self-help programs. (See COUNSELING)

For further information and referral, call:

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

**The Mental Health Association Support Group
Directory www.mharochester.org**



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TEEN PARENTING

There are a number of agencies that offer services especially for pregnant and/or parenting teens. Some of them are listed here. Education, medical care and counseling are among the services that they provide. Being a parent is hard work. There are people and programs that can help. Call for more information about what each program can provide you. Programs differ in the services they offer. For Pregnancy Counseling refer to PREGNANCY and SEXUALITY/BIRTH CONTROL.

Parenting Skills and Family Supports:

Catholic Family Center's Pregnancy and Parenting Counseling Program	262-7100
City of Rochester Dept. of Rec and Youth	428-6770
Family Resource Centers of Crestwood	
Peter Castle Family Resource Center	339-3200
Southwest Family Resource Center	436-0370
Healthy Start Center	368-3490
Highland Hospital Parenting Classes	473-2229
In Control	328-3408
MC Dept of Public Health, Perinatal Home Visiting Prog and Nurse and Family Partnership	753-KIDS
Successful Pathways, Inc	235-3248
Urban League, 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 (Supplemental Nutrition)	753-4942

Programs for Teen Fathers:

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

Being a teen parent may make it hard to finish school. If you are a teen parent, or are going to be one, start with your guidance counselor to get help. If you want to get back in school, there are many programs that can help.

Education Services:

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

There are many day care centers and families that care for children. You can find out what is available, and what assistance is available to help you pay for child care, by calling:

Child Care Council, Inc. 654-4720 or 1-800-743-5437
www.childcarecouncil.com

You may run into situations as a teen parent that make it difficult for you to get services to which you have a legal right. If so, legal services are available:

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

If you or your child have special health care needs, or for more information about different services available to you or your child, call the **Monroe County Dept. of Human Services at 753-KIDS (5437)** for information and referral.

You may also want to go to your local library and look at the Parent Group Directory of the University of Rochester's Department of Pediatrics.

THINGS TO DO

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

Attractions:

Bevier Gallery - RIT	475-2646
Blue Cross Arena at the War Memorial	758-5300
Event & Information Line	
City Event and Information Line	428-6697
Darien Lake Theme Park	599-4641
Edgerton Model Train Room	428-6769
George Eastman House	271-3361
Lollypop Farm Humane Soc. (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 Museum of Play	263-2700

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Youth Organizations:

There are many special interest clubs & organizations that provide a variety of socialization activities, cultural experiences, leadership training and much more. Listed here are just a few. Ask your parents, teachers, or religious youth director about other groups that may interest you.

Action for a Better Community	325-5516
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
Huther Doyle Prevention Services	381-4810
In Control	328-3408
Junior Achievement of Rochester	327-7400
Montgomery Neighborhood Center	436-3090
Project CONECTS	428-6816
Puerto Rican Youth Development	325-3570
Southwest Neighborhood Assoc.	436-8201
YMCA	546-5500
Youth As Resources	753-6953

Recreation & Parks:

Our City and County parks & recreation programs offer varied recreational programs. Some offer swimming pools, gyms, ice rinks and organized activities such as dance, art classes, sports programs, etc. Parks also offer open space to walk,

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Performing Arts:

Blackfriars Theatre Company	454-1260
Downstairs Cabaret Theatre	325-4370
Garth Fagan Dance Company	454-3260
GEVA Theatre	232-1363
Marvin Sands Performing Arts Center (Canandaigua)	222-5000
Nazareth Performing Arts Center	389-2180
Park Avenue Repertory Dance Company	461-2766
RAPA (Rochester Assoc. Performing Arts)	325-3366
Roch. Children's Theatre	385-0510
RPO (Rochester Philharmonic Orchestra)	454-2100
The Hochstein Music School	454-4596

Sports:

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

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run, hike trails and cross country ski.

Call:

City of Rochester Park/Recreation Bureau	428-6770
Program Information Tape	428-6767
See the City of Rochester website for a list of recreation center locations at www.cityofrochester.gov 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 program information.	
Genesee Waterways Center	325-3960
Roller Skating Rink at Genesee Valley Pk.	428-7888

Swimming Pools (City):

Adam Street Center (year round)	428-7456
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 Center (summer only)	482-7888
Franklin H.S.	482-7888
Genesee Valley (summer only)	482-7888
Humboldt Rec. Center (Spray Park)	428-7294
Jefferson (summer only)	482-7888
Marshall (summer only)	482-7888
Monroe (summer only)	482-7888
North Street Community Center (summer)	482-7888

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Webster Ave Community Center (summer)	482-7888
<i>Ice Rinks (City/County):</i>	
Genesee Valley Park (Indoor) (City)	428-7888
Manhattan Square Park (City)	428-7541
Highland Park (County)	256-4950
Churchville Park (County)	256-4950

County Parks:

Monroe County Parks & Recreation Dept.	256-4950
www.monroecounty.gov , Parks	
Lodge-Shelter-Wedding Reservations	256-4950
Ontario Beach (beach/water line)	274-6887
Webster Park Family Camping Reserv.	872-5326
SWAIN - for Park Ski Centers	1-607-545-6511

Towns (fees vary depending upon activity):

Brighton Recreation & Parks	784-5260
Chili Dept. of Parks & Recreation	889-4680
Gates Recreation and Parks Dept.	247-6100
Greece Community and Senior Center	723-2425
Hamlin Recreation	964-7222
Henrietta Recreation Dept.	359-2540
Hilton Parma Recreation	392-9030
Irondequoit Dept of Parks and Rec.	336-6070

Mendon-Honeoye Falls Recreation	624-6060
Ogden Dept. of Recreation	352-2124
Penfield Dept. of Parks and Recreation	340-8655
Perinton Recreation and Parks	223-5050
Pittsford Dept. of Recreation	248-6280
Riga Recreation	293-3880
Rush Recreation	533-2340
Sweden Clarkson Recreation	431-0090
Webster Recreation	872-2911
Wheatland Recreation	889-1553

TRANSPORTATION

Monroe County has a variety of transportation. Some areas of the community have more resources than others. Remember to plan ahead how you will get to and back from activities and appointments.

Try hooking up with nearby friends or neighbors if you need a ride. Encourage your parents to develop car pools with other parents, or check out school and community bulletin boards for regular rides. If you are working, talk with your co-workers about sharing rides.

Here are some resources:

Lift Line **224-8330**
(People with Physical Disabilities) **224-8509 (TDD*)**
426-3523 (TTY*)

Medical Motor Service **654-7030**

RTS (Regional Transit) **288-1700**
(website: www.rgrta.com) **625-0210 (TDD*)**
toll free: 1- 888-288-3777

* TTY is a telephone communication system for the deaf and hard of hearing.

VOLUNTEERING AND COMMUNITY SERVICE

Community service and volunteering can provide you opportunities to meet new people, find out more about yourself and your interests, and make you feel good about yourself and what you are doing. It also provides an opportunity for you to inform, educate and serve as a role model to adults about the valuable contributions youth offer their community through volunteer service. Schools now have community service requirements for graduation and your service or volunteer activity may fulfill that requirement.

When Independent Sector surveyed youth who serve, the teenagers reported 18 benefits of their volunteer experience. Here are the top 10. The teens reported that they:

- Learned to respect others
- Learned to be helpful and kind
- Learned to get along with and relate to others
- Gained satisfaction from helping others
- Learned to understand people who are different from themselves
- Learned how to relate to younger children
- Became better people
- Learned new skills
- Developed leadership skills
- Became more patient with others

Be sure to keep these issues in mind when you are looking for a volunteer position:

- Ensure that the volunteer opportunity is interesting to you and fits within your schedule.
- Determine that you have adequate transportation to get to your volunteer position.
- Be sure you meet any requirements for the position.
- Realize that once you have committed, people will count on you to show up and follow through.
- Can't find a volunteer opportunity? Be creative: you can design your own volunteer position and offer it to your neighborhood, an organization, or a faith congregation.

When calling an organization about a volunteer position, ask the following questions:

- What volunteer opportunities do you have available?
- What is the schedule?
- Is training required? Is it provided?
- How much time is needed to do the job?
- Can this be used to fulfill school requirements for service?

Check with your school, library or faith congregation about volunteer opportunities. For more information about community volunteer needs, you can call:

American Red Cross- Student Volunteer Directory
www.generationgiveback.org
United Way of Greater Rochester 242-6474
Volunteer Connection www.uwayroch.org

VOTING/POLITICAL ACTION

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. You must register in advance. To register, you must fill out a registration form (you can pick one up at the Motor Vehicle Bureau or Post Office) and send it to the County Election Commissioner's Office. You may designate a party, either Republican, Democrat, Independent, or Conservative.

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. Young people can make a difference.

If you want information concerning your government, current legislation or how to become involved in political action, contact the following for more information.

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
M.C. Board of Elections	753-1550, 753-1544 (TTY*)
M.C. Independence Party	727-7829
Republican Committee of Monroe County	546-8040
Youth Voice, One Vision	428-7371

* TTY is a telephone communication system for the deaf and hard of hear-

YOUTH ACTION, EMPOWERMENT AND LEADERSHIP

It is important for you to stand up for what you believe in and participate in shaping and changing our community (and influencing the community's beliefs about young people). Through participation in various community processes, organizations and groups, you can be effective in reaching your peers, bringing new ideas and perspectives to program planning, and bringing needed resources to programs and groups. You can be actively involved with other youth, and in partnership with adults, to address community issues and improve opportunities, supports and services for youth.

Youth participation also provides ways for adults to learn more about young people, to discover the valuable resources of youthful creativity, energy and fresh perspective.

Here are several programs that will allow you to participate in your community and develop your leadership skills:

American Red Cross
Black Youth Leadership Development 241-4261
Hispanic Youth Leadership Development 241-4485
Center for Teen Empowerment 697-3463
City of Rochester, Youth Councils at each Recreation Center 428-6896
One Voice/One Vision 428-7371
Cornell Cooperative Extension, 4H 461-1000

Metro Council for Teen Empowerment	325-1238
Rochester Community TV Youth Clubs	325-1238
Rochester-Monroe County Youth Bureau	
Youth As Resources	753-6455
Rochester Step-Off Educational Foundation	288-0021
website: www.rochesterstepoff.org	
SWAN/the Bridge, Youth Development	436-8201
Urban League	
Youth Leadership Development Academy	325-6530
YMCA, Teen Leaders Club	546-1500
Youth and Government Civic Engagement Program	341-3235

YOUTH WITH DISABILITIES

Being disabled is not a disease. It's not catching. It just is. People come in all shapes and sizes. We often compare ourselves with somebody else's appearance. Have you ever approached someone just because you liked how they looked, without knowing anything about them? Are there other people you did not talk to, or were afraid to talk to because you did not like the way they looked, or because they looked different from you?

What about people with eyes that do not see, ears that don't hear, legs and arms that don't work? What about people who must sit in a wheelchair all day or use crutches and braces to move about? What about people whose bodies jerk out of control or whose hands are twisted? What about people who see letters and numbers backwards? Some people are born with their disability, others become disabled through accidents or illness. No one chooses to be disabled and no one can predict if it might happen to them.

People with disabilities have the same human qualities we all have. When we judge people by how they look, we limit ourselves and them. Do you ever wonder how many good friends you passed by just because they looked different?

You may feel guilty or uncomfortable when you are around someone with a disability. You may wonder why you are OK and they are not, or what you should say or not say. You might be afraid to talk about things you like to do—run, play ball, listen to music – because they can't do these things,

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or might have difficulty doing them, or fear that they will be upset, hurt or feel pitied. You may even have seen someone in school make fun of another person because of their disability and felt bad about it, but did not know what to do.

Did you know that people with disabilities can do most things that you can? They swim, jog, ski, ride bicycles, bowl, and play basketball. They read, write, use computers, go to movies and concerts. They go to college, hold jobs, travel, fly planes and drive cars. They are parents and they can be best friends.

Don't let someone's "outside" prevent you from discovering their "inside." Reach out, you may be surprised.

If you have a disability, remember you are not "your disability." While it may affect your appearance on the outside, who you are on the inside is what really matters. Many agencies offer services to young people with disabilities. To find out more call:

The Advocacy Center	546-1700
AI Sigi Center	442-4100
Association for the Blind/Goodwill Ind.	232-1111
ARC of Monroe County	271-0660
Baden Street Settlement	325-8130
Center for Disability Rights	546-7510
Community Partners for Youth	442-2550 454-6329 TDD*
Community Place of Greater Rochester	288-0021
Compeer, Inc	546-8280, 546-7959 TTY*
CP Rochester (Cerebral Palsy)	334-6000
Easter Seals WNY	292-5830

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Epilepsy Association of Greater Rochester	442-4430
LDA, Life and Learning Services	263-3323
Lifetime Assistance	426-4120
Legal Aid Youth Advocacy Prog.	232-4090
NYS Educ. Dept/VESID	238-2900, 325-6278 (TDD)
Regional Early Childhood Direction Center	399-4617
Roch. Center for Independent Living	442-6470
Roch. City School District	262-8646
Special Educ. Training and Resource Center (SETRC)	



* TTY is a telephone communication system for the deaf and hard of hearing.

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INDEX OF AGENCIES

A

Action for a Better Community	325-5116
550 East Main Street, Rochester, NY 14607	
The Advocacy Center	546-1700
277 Alexander St., Suite 500, Rochester, NY 14607	
AIDS Care	545-7200
259 Monroe Avenue, Rochester, NY 14620	
Alternatives for Battered Women	232-7353 (Voice/TTY*)
Rochester, NY 14604	

AmeriCorps	262-1778
228 E Main St., Room 4081, Rochester, NY 14604	

American Red Cross	241-4400 (TTY*)
50 Prince Street, Rochester, NY 14607	
www.rochesterredcross.org	

Anthony Jordan Health Center	423-5800
82 Holland Street, Rochester, NY 14605	

B

Baby Love/REEP	266-0021
555 Avenue D, Rochester, NY 14621	

Baden Street Settlement	325-4910
152 Baden Street, Rochester, NY 14605	

Dr. George Simmons Counseling and Support Center	325-8130
585 Joseph Ave, Roch., 14605	

Bethany House	454-4197 (24 hours)
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Birthright of Roch.
 East – 3380 Monroe Ave., Roch. 14607 **385-2100**
 West – 819 W. Main St., Roch. 14611 **328-8700**
 96 Adams Street, Brockport 14420 **637-9010**

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

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

Boys & Girls Club of Rochester **328-3077**
 500 Genesee Street, Rochester, NY 14611

C

CP Rochester **334-6000**
 (formerly United Cerebral Palsy Assn.)
 3399 Winton Road S. Rochester, 14623

Camp Good Days and Special Times **624-5555**
 Kids Adjusting Through Support (KATS)
 1332 Pittsford-Mendon Rd, Mendon 14506

Catholic Family Center **546-7220**
 87 N Clinton Ave., Roch. 14604

Refugee Assistance Project **546-7220**

Restart Substance Abuse **546-3046**
 55 Troup St, Roch., 14608

Catholic Youth Organization **454-2030**
 87 N. Clinton Avenue, Rochester, NY 14604

Center for Dispute Settlement **546-5110**
 16 E. Main St., Suite 800, Rochester, N.Y. 14614

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200 White Spruce Blvd, Rochester, NY 14623

Compeer, Inc., 259 Monroe Ave., Roch., 14607 **381-6850**

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

Crestwood Children's Center

2075 Scottsville Road, Rochester, NY 14623 **624-3090**
 110 Mt. Hope Blvd, Rochester, NY 14620 **279-1300**
 1357 University Ave., Rochester, NY 14607 **244-8580**
 3800 Scottsville Road, Scottsville, NY 14546 **889-3700**

D

Delphi Drug and Alcohol Council, Inc. **467-2230**
 1839 E. Ridge Road, Rochester, NY 14622

DePaul; National Council on Drug/Alcohol Prev. **719-3483**
 1931 Buffalo Road, Rochester, NY 14624

Dial A Teacher, 30 N. Union St., Roch., 14607 **262-5000**

Discovery Huther-Doyle **429-8300**
 2366 Lyell Ave, Rochester, NY 14606

E

Eastman Dental, 625 Elmwood Ave., Roch. 14620 **275-5051**

Eastside Community Center **288-0021**
 145 Parsells Avenue, Rochester, NY 14609

Educational Opportunity Center **232-2730**
 305 Andrews Street, Rochester, NY 14604

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

(The) Center for Youth **1-888-617-KIDS (5437)**
 905 Monroe Ave, Roch., 14620 **271-7670 (24 Hr)**

North **342-6373**
 1945 E. Ridge Road, Suite 25, Roch., 14622

Charles Settlement House **328-5453**
 445 Jay Street, Rochester, NY 14611

Child Care Council **654-4720**
 595 Blossom Rd, Roch. 14610

City School District (Rochester) **262-8100**
 131 W. Broad St., Rochester, NY 14614 **www.rcsdk12.org**

Family Learning Center **262-8000**
 30 Hart Street, Roch., 14605

Young Mother's , 30 Hart Street, Roch., 14605 **454-1095**

Special Ed. Training and Resource Center **262-8646**

Community Health Network, Inc (CHN) **244-9000**
 87 N. Clinton Ave, Rochester, NY 14620

Community Place of Greater Rochester **288-0021**
 145 Parsells Ave., Rochester, NY 14609

Youth Dev. Services, 10 Dake Street, Roch., 14605 **288-1830**

Family Services Unit, 57 Central Park, Roch., 14605 **327-7200**

Community Partners for Youth **442-2250**
 232 S. Plymouth, 14608

CompassCare Pregnancy Services Helpline **232-2350**

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Families and Friends of Murdered Children **428-2265**
 244 S. Plymouth Ave., Rochester, NY 14608

Family Resource Centers

The Family Place, 426 Lyell Ave., Roch. 14613 **458-4100**

Miriam Family Center, 75 Stutson St., Roch, 14612 **663-2939**

S.W. Family Res., 89 Genesee St., Roch., 14611 **436-0370**

Peter Castle Res., 555 Ave. D, Roch, 14621 **467-8130**

Calvary St. Andrews, 68 Ashland St., Roch., 14620 **232-1176**

Family Service of Rochester **232-1840, 232-1237 (TDD*)**
 1040 S. Clinton Ave, Roch, 14604

6780 Pittsford-Palmyra Road, Fairport, 14450 **232-1840**
 TASA (Main) 30 N. Clinton Ave., Roch. 14604 **232-1840**

G

Gay Alliance of the Genesee Valley **244-8640**
 179 Atlantic Avenue, Rochester, NY 14605

Genesee Health Services **922-9999**
 222 Alexander Street, Rochester, NY 14607

Genesee Mental Health Center,

Child & Adolescent Services **922-7250**
 224 Alexander Street, Rochester, NY 14607

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

Good Grades Pay (City of Rochester) **428-6366**

Greater Roch. Community of Churches **242-2570**

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Greece Youth Bureau 723-2425
3 Vince Tofany Blvd., Rochester, NY 14612

H

Henrietta Youth Bureau 359-2540
475 Calkins Road, Henrietta, NY 14467

Highland Hosp. 1000 South Ave., Roch., 14620 473-2200

Highland Family Medicine 442-7470
885 S. Ave, Rochester, 14620

Hillside Children's Center, 256-7500 (24 Hrs)
1183 Monroe Ave., Roch., 14620 256-7575
Alternatives for Independent Youth 654-4414
1337 E. Main Street, Rochester, NY 14609

Huther-Doyle 325-5100
360 East Avenue, Rochester, NY 14604 www.psquared.org

I

IBERO American Action League, Inc. 256-8900
911 E. Main Street, Rochester, NY 14605

Irondequoit Youth Bureau 336-7267
154 Pinegrove Ave, Roch, 14617 (e-mail: iyb@irondequoit.org)

J

Jewish Family Services of Rochester 461-0110
441 East Avenue, Rochester, NY 14607

Job Corps, 25 Franklin St, Roch, 14604 454-5130

K

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KATS, Kids Adjusting Through Support 624-5555
(see Camp Good Days & Special Times)

L

LDA Life & Learning Services 263-3323
(formerly Learning Disabilities Assn.)
339 East Avenue, Rochester 14604

Legal Aid Society 295-5778
1 W. Main St, Ste. 800, Roch., 14614

LIFE LINE 275-5151, 275-2700 (TDD*)

M

Mental Health Association 325-3145
339 East Avenue, Suite 201, Roch., 14607

Mercy Outreach Center 288-2634

Mercy Residential Services 254-2175

Metro Council for Teen Potential 325-8123
585 Joseph Avenue, Rochester, NY 14605

Monroe Community College 292-2000
1000 E. Henrietta Rd, Roch., 14623

Stage, GED Prep., 228 E. Main St, Roch, 14604 262-1683

Monroe County www.monroecounty.gov

Board Of Elections 428-4550, 428-2390(TDD)
39 W Main St, Roch, 14614

Dept. of Human Serv. 753-6298
111 Westfall Rd. , Roch 14620

Dept. of Public Health 530-5437
691 St. Paul Blvd, Roch, 14605, 530-5437

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STD Clinic, 855 W. Main St., Roch, 14611 464-5928

Legal Assistance Prog. 325-2520
80 St. Paul, S 700, Roch., 14604

Public Defender, 10 N Fitzhugh St, Roch., 14614 428-5210

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

N

National Center for Missing Exploited Children 242,0900

National Council on Alcoholism and Drug Dependence 423-9490
1 Mount Hope Avenue, Rochester, NY 14620

Native American Cultural Center 442-1100
121 N. Fitzhugh Street, Roch., 14614

New York Civil Liberties Union 454-4334
Genesee Valley Chapter
121 N. Fitzhugh Street, Rochester, NY 14614

NYS Department of Health 423-8042
42 South Washington Street, Rochester, NY 14608

NYS Education Department, Office of Vocational Rehab Services for Individuals with Disabilities (VESID) 238-2900
109 S. Union St., Roch., 14607 325-6278 (TDD*)

O

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

P

Parents and Friends of Lesbians and Gays 234-0156

Park Ridge Mental Health Center

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1555 Long Pond Rd, Roch., 14626 723-7750

81 Lake Ave, Roch, 14608 235-4900

80 West Ave., Brockport, 14420 637-6822

Park Ridge Youth Outreach Programs

59 Henry Street, Hilton NY 14468, 392-5945

3430 Union St., Spencerport, NY 14559 352-3050

Pittsford Youth Services 248-6299
35 Lincoln Ave., Pittsford, 14534

Planned Parenthood of Rochester/Syr., 1-866-600-6886
114 University Avenue, Rochester, NY 14605 546-2595 (TTY*)

Project CONECTS, City of Rochester 428-6816
30 Church Street, Rochester, 14614

Metro Council for Teen Potential 325-8123
585 Joseph Ave, Roch., 14605

Puerto Rican Youth Development and Resource Center 232-1670
30 Hart Street, Rochester, NY 14605

Q-R

Rape Crisis Service of Planned Parenthood, 546-2777
114 University Avenue, Roch., 14605 546-7582 (TTY*)

Regional Early Childhood Direction Center 249-7817
41 O'Connor Road, Fairport, NY 14450

Regional Transit Service (RTS) (www.rgta.com) 654-0200
1372 E. Main Street, Rochester, NY 14609

Respite Cares, Heritage Homes 381-8065
349 W. Commercial St, E. Rochester, 14445

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Rochester After School Academy 428-6366
Rochester Assoc. for the Education of Young Children 442-3380
 249 Highland Avenue, Rochester, NY 14620
Rochester Center for Independent Living 442-6470
 1641 East Ave., Rochester, NY 14620
Rochester City School District
 (see City School District)
Rochester General Hospital 922-4000
 1425 Portland Avenue, Rochester, NY 14621
Rochester Mental Health Center 922-2500
 490 E. Ridge Rd., Rochester, NY 14621
Rochester Public Library 428-7300
www.libraryweb.org See List on pages 53-54
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Men's Educ for Non-Viol.
 1000 Elmwood Ave., Rochester, NY 14620
Rochester Step Off Educational Foundation 295-1840
www.rochesterstepoff.org
Rochester Works! 258-3500
 34 St. Paul St., Rochester, NY 14604

S
St. Mary's Hospital 723-7000
 89 Genesee Street, Rochester, NY 14611
Salvation Army 987-9500
 70 Liberty Pole Way, Rochester, NY 14604

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Genesis House Youth Shelter 235-2660 (24 hours/7days)
Samaritan Pastoral Counseling Center 473-2671
 935 E. Henrietta Road, Rochester, NY 14607
Sanctuary House 277-7550
Sierra Club/Rochester Regional Group 987-9282
 P.O. Box 39516, Rochester, NY 14614
Society for the Protection and Care of Children 325-6101
 148 South Fitzhugh Street, Rochester, NY 14608
Southwest Family Resource Center 436-0370
 330 Wellington Ave., Rochester, NY 14619
Southwest YMCA 436-0370
 597 Thurston Rd., Rochester, NY 14619
Strong Memorial Hospital 275-2100
 601 Elmwood Avenue, Rochester, NY 14642
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Child/Adol. Serv., 2180 N Clinton, Roch, 14618 275-3522
Family Therapy Services 275-3535
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Women's Health Services 275-2691
 601 Elmwood Ave.Roch. 14642
Substance & Alcohol Intervention Services for the Deaf 475-4978
 R.I.T, 115 Lomb Memorial Drive, Roch., 14623-5608

T
TAPSS (Teen Parent Support System), of SPCC 325-6101
 148 S. Fitzhugh St., Roch., 14608

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The Family Place (Family Resource Centers) 458-4100
 215 Lyell Avenue, Rochester, NY 14608
Threshold Center for Alternative Youth Svcs. 454-7530
 145 Parsells Avenue, Rochester, NY 14609
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United Way of Greater Rochester 242-6400
 75 College Ave., Rochester, NY 14607
Unity Health System, www.unityhealth.org
Brockport Mental Health 637-6822
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Park Ridge Mental Health 723-7750
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Urban League of Rochester 325-6530
 265 N. Clinton Avenue, Rochester, 14605

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 224 Alexander Street, Rochester, 14607
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 1 West Main Street , Rochester, NY 14614
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 175 Lyell Ave., Rochester, 14608
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YMCA of Greater Rochester 546-5500
 144 East Main Street, Rochester, NY 14606
YWCA of Rochester and Monroe County
School Age Parents Program/
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 30 Hart, St, Rochester, 14605
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