

COMMUNITY HELP GUIDE FOR TEENS

2016-2018



Thank you to United Way of Marathon
County 2-1-1 for providing the revised
Community Help Guide For Teens to
Langlade County's Teen Health Issues,
subcommittee of Building A Healthier
Langlade County.**

**The inclusion of agencies in the Community Help Guide for Teens does not
constitute endorsement by United Way's 2-1-1 or Building A Healthier Langlade
County, nor does omission constitute disapproval.

WELCOME TO THE COMMUNITY HELP GUIDE FOR TEENS!

This directory can help you answer questions and find resources related to some of the issues that you, your friends, or your family members might be facing. The Community Help Guide is not just for emergencies.

How do I use the Community Help Guide?

- ◆ Use topic sections to find answers to common questions
- ◆ Use any “See also” terms at the bottoms of pages to find related topics and information
- ◆ Use directory sections to find community resources that specialize in specific issues

We could not include every resource or every question. If you have other questions about these topics or about community resources, contact 2-1-1. We’re here to help!

To contact 2-1-1:

- ◆ **Simply dial 2-1-1**

Remember, 2-1-1 is here when you don’t know where to turn for help or answers.

We hope you find this publication useful for yourself and your friends and family.

24-HOUR CRISIS & EMERGENCY NUMBERS

Alcohol or Other Drug Abuse

Crisis Center

715-627-6694 or 800-799-0122

Domestic or Family Violence

AVAIL

715-623-5767 or 888-665-1234

Fire, Police, or Ambulance

9-1-1

Langlade Health Care Center

715-627-6694

Poison

Poison Information

800-222-1222

Rape or Sexual Assault

AVAIL

715-623-5767 or 888-665-1234

Running Away

Runaway and Youth Services (RAYS)

855-577-7297

Suicide

Suicide Prevention Line

800-273-8255

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If you would like to view this
information on line, go to
www.lanladecountyhealth.org

ALCOHOL & OTHER DRUG ABUSE (AODA)



Alcohol and drug abuse affects more than just the user. It affects the entire community. That's why it is important that we understand the effects and consequences of addiction and abusing dangerous substances. People abuse substances including alcohol, tobacco, heroin, methamphetamines, marijuana, and many more. The more we know, the better prepared we will be to help ourselves and our friends as they deal with addiction.

In the following sections, we will discuss the consequences of and ways to get help with:

- ◆ **Alcohol**
- ◆ **Drugs**
- ◆ **E-Cigarettes & Vaping**
- ◆ **Smoking & Tobacco**

Alcohol



How old do I have to be to drink alcohol? By law, no one under the age of 21 may legally purchase alcohol. Wisconsin state law does allow those who are with a parent, spouse, or legal guardian to drink alcohol if they are supervised.

What are the physical effects of alcohol? Alcohol affects all of your bodily functions. It slows your heart rate and breathing and affects your ability to make

decisions and evaluate risks. Drinking alcohol can have a slightly different effect on every person, because our bodies absorb it differently. That is why some people seem to be able to consume more alcohol than others.

Is there danger involved with drinking alcohol? Drinking will affect your blood alcohol content (BAC), or the percentage of alcohol in your blood. If your BAC gets too high, you become impaired. When you consume large amounts of alcohol in a short period of time, your body can't absorb it quickly enough, and your BAC can get too high for your body to handle. In that case, you have alcohol poisoning, which can be deadly. Alcohol is very dangerous when combined with other drugs. Studies also show that the earlier you use alcohol the more likely you are to develop problems with alcohol as an adult.

Can older friends buy alcohol for younger friends? No! Some people age 21 and over think it is okay to buy alcohol for underage friends. In reality, supplying alcohol to someone who is underage is a crime. If someone of age supplies alcohol to underage persons, they can also be held responsible for things the underage person does while intoxicated. Sometimes even providing a place for underage people to drink can result in criminal charges.

How do I quit if I'm addicted to alcohol? Quitting any addiction is difficult and depends on the person. Very few people can quit on their own. There are programs available that will help you detoxify your body immediately after quitting, as well as support groups, counseling, and treatment facilities. Ask an adult you trust or a doctor for help.

See Also: COUNSELING (31), THE LAW & YOU (55)

Drugs

What is considered a drug? In broad terms, a drug is any substance that has a biological effect on the body. The term “drug” is generally used in two ways. Someone can be referring to medications that are taken by prescription or over-the-counter to alleviate symptoms of illness. The other reference is to what are known as illicit (or illegal) drugs, including marijuana, heroin, cocaine, methamphetamine, etc.

Why are some drugs illegal? Illicit drugs are those that are illegal to make, sell, or use. They are classified as illegal or illicit because of their addictive nature and unpredictable and dangerous effects on the human body. Some drugs are accepted as medical treatments, but making, selling, or using these drugs without a valid prescription is illegal.

Is there danger involved with using drugs? Anything that has an effect on your body can be dangerous, and your reaction to drugs is impossible to predict. There are some common symptoms, depending on the drug, like change in heart rate and blood pressure, change in body temperature, and altered perception of reality to name a few. The danger is that you can't know how extreme the effects will be. Also, many illicit drugs are not “pure”. Dealers commonly dilute their supply by cutting in other substances, and you have no way of knowing what you are actually putting into your body.

How do I quit if I'm addicted to drugs? Quitting any addiction is difficult and depends on the person. Very few people can quit on their own. There are programs available that will help you detoxify your body immediately after quitting. Other treatment options include support groups, counseling, and treatment facilities. Ask an adult you trust or a doctor for help.

Why is marijuana legal in some states, but not in Wisconsin? Under federal (national) laws, using marijuana is a criminal offense. Marijuana is classified by the national Drug Enforcement Agency (DEA) as a Schedule I drug. That means that marijuana is highly addictive and dangerous with potentially severe psychological and physical dependence.

Some states have passed laws legalizing marijuana for recreational use. At the time of this publication, Wisconsin is NOT one of those states. Wisconsin, along with the majority of other states, abides by federal law and views marijuana use as illegal. Cannabinoil (or CBD) is legally permitted in Wisconsin for people with certain seizure disorders.

See Also: COUNSELING (31), THE LAW & YOU (55)

E-Cigarettes & Vaping

What is the difference between cigarettes and e-cigarettes?

Electronic (or e-) cigarettes do not contain tobacco, while regular cigarettes do. Supporters of e-cigarettes also say that they contain less harmful chemicals. This may be true, but since e-cigarettes are not currently regulated by the Food & Drug Administration (FDA), no one can say that for sure. Because of the lack of regulations, the amounts and types of chemicals and amount of addictive nicotine in e-cigarettes can vary by brand. The FDA is currently trying to put regulations for e-cigarettes in place, but there are no regulations as of the time of this publication.**

What is vaping? When people talk about vaping, they are describing the process of smoking an e-cigarette. They use a different term because e-cigarette users inhale aerosol instead of the smoke of a traditional cigarette.

Can e-cigarettes be dangerous? E-cigarettes are a very new phenomenon, and the health effects are yet to be measured. Because they are not regulated by the FDA, we cannot say for certain what chemicals are used in e-cigarettes.** Any chemicals present in the e-cigarette can be inhaled at the time of smoking and affect your body chemistry. Some people have reported negative effects of smoking e-cigarettes, and the overall health effects are still being studied. E-cigarettes are addictive, just like regular cigarettes, because they still contain the addictive chemical nicotine. The liquid nicotine (or e-juice) used in e-cigarettes can also be very dangerous for children.

Are e-cigarettes illegal? Age restrictions for e-cigarettes in Wisconsin are consistent with restrictions for traditional cigarettes. It is illegal for anyone under age 18 to purchase e-cigarette products. E-cigarettes are not currently included in the Wisconsin indoor smoking ban. This means that it is legal to use e-cigarettes indoors. The only exceptions would be if a city or county law or an individual business or property owner prohibits it.**

****NOTE: Laws and regulation of e-cigarettes are changing quickly due to new research and legislation. Information in this section was current at the time of publication. Consult resources in the Directory section to verify any changes in legal or regulatory status.**

See Also: SMOKING & TOBACCO (9)

Smoking & Tobacco

Is there an age limit for smoking & tobacco use? It is illegal for anyone under age 18 to smoke or use smokeless tobacco products.



What are the health effects of smoking?

Using cigarettes puts you at risk of many types of cancer, including mouth and lung cancer. When you smoke a cigarette, you are exposing yourself to nicotine and other chemicals. Nicotine is extremely addictive, which is why it is so hard to quit once you begin. Smoking can also lead to difficulty breathing, bad breath, irritated eyes and throat, increased blood pressure, and tooth decay. If you are a smoker, quitting can drastically reduce your odds of getting sick. Also, contrary to popular belief, smoking does not relieve stress. In fact, smokers have higher levels of stress than non-smokers because of their addiction.

Is using smokeless tobacco healthier than smoking? Smokeless tobacco (like chewing tobacco and dissolvable tobacco) still has nicotine in it, so it is just as addictive as smoking. It carries just as many health risks as smoking. It can lead to cancer of the mouth, esophagus, larynx, and stomach, to name a few. Chewing tobacco has also been linked to tooth decay and gum disease. Sometimes those conditions are severe enough to lose teeth.

Why do we have an indoor smoking ban? Just being near someone who is smoking can put you at risk. Secondhand smoke refers to the smoke you inhale from someone else's cigarette. Exposure to secondhand smoke can cause coughing and wheezing, bronchitis, asthma, eye and ear problems, and other health problems. That is why state law bans smoking indoors. Keeping indoor areas smoke-free makes them healthier for everyone. You can smoke in private residences if the owner permits it. If you rent your home, check to see if your landlord allows smoking indoors.

How do I quit if I'm addicted to nicotine? Quitting any addiction is difficult and depends on the person. Very few people can quit on their own. There are some at home treatments available at the pharmacy, as well as hotlines and support groups. Ask an adult you trust or a doctor for help.

See Also: E-CIGARETTES & VAPING (8)

AODA Resource Directory

Al-Anon/Alateen

1 (888) 425-2666

www.area61afg.org

12-step group meetings to help families and friends of alcoholics recover from the effects of living with the relative's or friend's problem drinking. Alateen specifically targets youth whose lives have been affected by alcoholism in a family member or close friend.

Alcoholics Anonymous Hotline

(715) 279-8897

Provides meeting times for local 12-step Alcoholics Anonymous meetings. Anyone reaching out for help may leave a first name and number, and a group member will call back. Or, log on to www.area74.org and click on "District*" below the Area 74 map.

Alcohol and Drug Education for Young Adults

(715) 623-7601

State-approved curriculum for first-time underage drinking offenders, at NTC Antigo.

Choices

(715) 675-3458

A comprehensive program for teens who are experiencing problems with alcohol and drugs, at Peaceful Solutions Counseling.

Compass Counseling

(715) 623-2787

www.compasscounsels.com

Offers outpatient mental health and AODA assessment and treatment programs for children and adolescents.

Courage to Change Recovery

(715) 223-0480

Adolescent and family AODA treatment, in Abbotsford.

Family Counseling Services

(715) 842-3346

Provides alcohol and other drug abuse counseling for teens, and can offer a special price for families with low income or no insurance.

Langlade County FIRST CALL

(715) 627-1818

Outpatient AODA Services

(715) 627-6694 (Registration)

Outpatient treatment for chemical dependence, through North Central Health Care.

Wisconsin Tobacco Quit Line

1 (800) 784-8669 (English)

1 (877) 266-3863 (Español)

www.wiquitline.org

Free telephone counseling for Wisconsin tobacco users who want to quit.

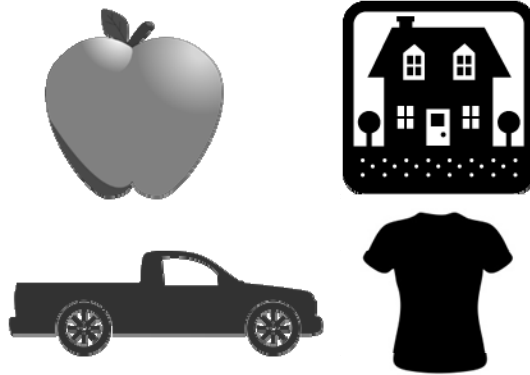
For more information on AODA resources, contact

Dial 2-1-1

Community information & referral service, available 24/7.

Safe Medication Disposal site at the Langlade County Safety Building, 840 Clermont St, Antigo WI. For more information call (715) 627-6250.

BASIC NEEDS



There are basic needs that every person has to meet in order to succeed. They are food, shelter, clothing, and transportation. Without meeting these needs, you can jeopardize your health and safety.

In the following sections, we will talk about the types of resources available to help with basic needs, like:

- ◆ **Clothing & Personal Items**
- ◆ **Food**
- ◆ **Shelter/Housing**
- ◆ **Transportation**

Clothing & Personal Items



What is considered a personal item? Personal items refer to basic household necessities, like hygiene and cleaning products. These can include soap, toothpaste, deodorant, toilet paper, and other personal necessities.

What can I do if my family can't afford clothing or personal items? If your family—or someone you know—is going through a hard time financially, there are some programs

that can help supply them with clothing and personal items. Often, these programs have specific distribution hours when people can access them, and they have limits on how often people can be helped.

When it comes to clothing, there are also some programs that may be able to offer special types of assistance, like clothing for an interview or winter jackets.

Food

What are food stamps? When people talk about food stamps, they are referring to public food assistance. In Wisconsin, this is called FoodShare. You may also hear it referred to as SNAP (Supplemental Nutrition Assistance Program) benefits. If a household or family meets income requirements, they are eligible to receive a card that they can use to purchase food. FoodShare or SNAP benefits aren't meant to cover the entire cost of food for the month. These benefits are designed to help fill a gap between what the family can afford on their own and what they need to stay healthy.

What can my family do if we don't have enough food?

Some people have a hard time affording enough food for their family, even if they are receiving help from FoodShare. Food pantries are there to help fill the gap for those families. Food pantries are places that give food to families who are struggling at no cost. Often, pantries will have limits on how often a family can use their services and how much food they can receive. Most pantries also have residency requirements, which means that they can only serve people who live in specific cities or counties. Many food pantries have specific distribution hours during which families may come to receive food. Others may serve clients by appointment.



What if I can't afford to eat at school? There is help available for families that can't afford school meals. Talk with your school administrator or counselor to find out about applying for free or reduced price meals. In a few districts, meals even continue over the summer. Your school can let you know how their program works.

Shelter/Housing

What is a lease? A lease is a contract between a landlord, or property owner, and a tenant, or non-owner resident of the property. The lease should outline the amount of rent to be paid, the length of the lease period, and rules that the tenant must abide by. By signing the lease, the tenant agrees to pay rent and follow rules according to the terms outlined in the lease.

What is an eviction?

Eviction is the removal of a tenant from rental property by a landlord. Eviction may happen because someone was unable to pay their rent; because of a health and safety issue; or because the tenant violated the terms of their lease. In some cases, families may qualify for financial assistance to help pay their rent.



Where do people go if they don't have a place to stay? Many communities have homeless shelters where people can stay temporarily while they get on their feet. Other people may stay with family or friends for short periods of time. Some people end up sleeping in their vehicles or outside if they can't find a place to go.

Do homeless kids go to school? If a student becomes homeless, they are still expected to attend school. Each public school district has a homeless student liaison. If your family becomes homeless, you should contact the school district and speak to the homeless student liaison. That person can work with your family to ensure that you still have access to the education you are entitled to.

Transportation

What is considered transportation? Transportation refers to the many methods of moving people from place to place. That can include cars, buses, airplanes, trains, bicycles, and any other vehicle that carries passengers.

What is public transportation? Public transportation is a shared transportation service, often provided by government agencies, and available for use by the general public. The most common forms of public transportation are buses and trains.

If my family doesn't have transportation, do I still have to go to school? You are always expected to attend school unless you are ill or have had your absence approved by the school. If you have a hard time getting to school, talk with school administration, like a principal or counselor. They can help you try to solve your transportation problems so that you still have access to the education you are entitled to.

How can my family and I get to important medical appointments if we don't have a car? If your family has a ForwardHealth card for health insurance, you may be eligible for free rides to medical appointments. There are also some services that offer medical appointment transportation services specifically to the elderly or those unable to walk.

Basic Needs Resource Directory

Antigo Area Community Food Pantry

(715) 623-1103
aacfp1@gmail.com
2120 Progress Blvd, Antigo WI 54409
Client Distribution: Wed 11am-1pm, Fri 1-3pm

(715) 627-6500
Ask for Salvation Army and Goodwill vouchers to be used for clothing and other basic needs. Vouchers are distributed based on available supply.

AVAIL Inc

(715) 623-5177
Crisis Line: (715) 623-5767
Provides a safe place to stay, you must be accompanied by an adult.

For more basic needs and financial assistance resources, contact

Dial 2-1-1

Community information & referral service, available 24/7.

FoodShare (formerly Food Stamps)

1 (888) 445-1621
www.access.wi.gov
Provides a debit card for eligible adults and families to use to purchase food.

Freedom Vans

(715) 623-5906

Homeless Education Liaison

Public school district staff member who ensures that homeless students receive support to succeed. Contact your school district at (715) 627-4355.

Medical Transportation Management (MTM)

1 (866) 907-1493 (To schedule a ride)
Non-emergency transportation to medical appointments for ForwardHealth members. Call at least 2 business days before appointment.

Menominee Regional Public Transit

1-844-89 ROBIN (1-844-897-6246)

Salvation Army

(715) 623-7838
billandbeth@charter.net
Serves all those who find themselves in a crisis situation. Offers services to meet the emotional, physical, and spiritual needs of the person.

Langlade County Department of Social Services

COMMUNITY



Community can mean many things. It can be as small as a few friends, or as large as the population of the world. For our purposes in this book, our community is Langlade County.

There are many resources in our community that offer a variety of opportunities to learn, explore, and volunteer. In a vibrant community like ours, you can gain vital experience and knowledge practically in your own backyard. Take advantage of some of the resources in this section to expand your resume, learn something new, and discover some of the best parts of the community you live in.

In the following sections, we will explore aspects of our community, like:

- ◆ **Diversity**
- ◆ **Libraries**
- ◆ **Mentoring**
- ◆ **Things to Do**
- ◆ **Volunteering**

Diversity

What is diversity? For our purposes, diversity refers to the differences between people in our community. When we talk about diversity, most people think about people of different races. But that's not all that diversity is about. Diversity can also refer to gender, sexual orientation, language, culture, religion, mental & physical ability, and social class, among other things.

Why is diversity important to our community? Diversity is a very important part of a healthy community. Having a diverse population helps challenge us and make us better. Think about it. If everyone was the same, things would get very boring, very fast. Diverse communities can work together to understand each other's needs and find the very best solutions to problems. Hearing different voices and opinions leads us to a better and deeper understanding of issues and leads to better and more innovative solutions.

How can I become more accepting of diversity? The first step in accepting diversity is just being aware of your response to people who are different than you. Things to think about are:

- ◆ **Stereotypes:** preconceived or oversimplified beliefs about a group in general
- ◆ **Prejudice:** preconceived opinions that are not based on actual facts or experience
- ◆ **Discrimination:** treating someone unfairly because of their group or category

Instead of fearing differences, try to appreciate them. Getting to know different people often turns out to be a positive experience if we all treat each other with respect, fairness, generosity, and friendship.

See Also: BULLYING (41), DISABILITIES (25), LGBT (48)

Libraries

What kind of resources are available at a library? Public libraries have a wealth of resources available, usually for free! Everyone knows that the library has lots of books, but some people don't know that libraries are great resources for technology, too. They also offer access to computers, iPads, and other technology. Library patrons can use these resources at no cost. All you need is a library card.



How do I get a library card? Antigo Public Library (APL) cards are free for all Langlade County residents. If you are under age 18, your parent must go to your local library branch and fill out a paper application with you. There are library branches located throughout Langlade County. If you are 18 or older, you can fill out the application yourself at the library or on their website. Anyone applying for a library card must have a state ID card or driver's license and proof of current address.

Why would I use a library? There are many reasons to use a library! Whether you are looking for a new book or researching a new hobby, library resources are at your fingertips. Here are just a few:

- ◆ Research a school paper, a project, or a hobby
- ◆ Bored? Check out a movie or CD
- ◆ Log on to library computers to access the internet
- ◆ Scan important documents or photos for safekeeping
- ◆ Access online resources and databases like BadgerLink, ancestry.com, Consumer Reports, and more
- ◆ Attend library programs like book clubs, performances, and movie nights

See Also: HOMEWORK HELP (61), THINGS TO DO (21)

Mentoring

What is a mentor? A mentor is a caring adult friend who spends time with a young person to help them reinforce positive values and find ways to achieve their goals. Mentors act as role models, not parents. Here are some activities you could do with a mentor:

- ◆ Play sports
- ◆ Craft projects
- ◆ Homework help
- ◆ Watch movies
- ◆ Attend community events

Why is mentoring important? Mentors often help young people increase their self-confidence by working with them to discover their talents and potential. Having another person to rely on for guidance and advice can be a great help when you are facing difficult situations and decisions. And having another friend is never a bad thing!

Things to Do

Why is it important to have activities outside of school?

Sometimes it can seem like school and homework are taking over your life. Keeping up with classes and graduation requirements can take up a massive amount of time. It is easy to feel bogged down and lose touch with other activities you may enjoy. If you don't give yourself some time to relax, you run the risk of burning out and even becoming less healthy.

What kinds of activities should I try? That is completely up to you, and it depends a lot on what you want to get out of your extracurricular activities. Some people may want to do something they already know they enjoy, like sports, crafts, or being outdoors. You may also want to explore activities that you've never had a chance to try, like cooking, dancing, or theater. Sometimes, you can even get a volunteer position or part-time job doing something you enjoy.

What do I really get out of extracurricular activities? Participating in extracurricular activities can reduce stress if you really enjoy them. You may also discover new talents, skills, and career interests. Some group activities offer the opportunity to develop leadership experience and confidence and may lead to new, lasting friendships.

What if I find extracurricular activities stressful? Extracurricular activities should not be adding too much stress to your life. If you find yourself overwhelmed, it may be time to re-evaluate the activities you are involved in. Make a list of your activities and evaluate them. Do you enjoy or look forward to participating? Your activities should be enjoyable. Are you participating for yourself, or are you doing it because someone else wants or expects you to? Choose your activities because you want to do them, not to please parents or teachers. Do you feel like there's never enough time to do everything? Maybe you have too many activities on your plate. Think through these questions carefully. Talk with your parents or another adult if you want advice or insight. You may find that stopping some activities or rearranging your schedule will make things more manageable and enjoyable.

See Also: JOB EXPERIENCE (62), VOLUNTEERING (22)

Volunteering

What is volunteering? Volunteering is giving your time and talents without pay to help someone else. You can volunteer to help an organization or an individual. Volunteer commitments range from one-time to ongoing activities. You might help rake a neighbor's yard for an hour or two, or entertain nursing home residents every week. It all depends on what you want to do.

Why should I volunteer? Many people find volunteer activities to be rewarding. Helping someone else often helps people feel good about themselves and their community. You can also use volunteer opportunities to learn about people, organizations, and careers. You may even find that you learn something about yourself! Sometimes volunteering helps us discover new talents and interests that we didn't know existed. Volunteering can also help you add to your resume and can be helpful when you start looking for a job.

How do I find places to volunteer? For a listing of local clubs and organizations, contact Antigo Langlade County Chamber of Commerce at (715) 623-4134 or www.antigochamber.com.

Can I volunteer if I'm not 18 yet? Keep in mind that some volunteer opportunities have age requirements. Sometimes organizations require that an adult be present when a minor volunteers. Just ask about age requirements to find out.

See Also: JOB EXPERIENCE (62)

Community Resource Directory

4-H

(715) 627-6236

Antigo Area Chamber of Commerce

(715) 623-4134

Antigo Community Band

(715) 623-5786

Antigo Community Garden

(715) 627-6236

Antigo Community Theater

(715) 627-4048

Scouting Programs

(715) 355-1450 (Samoset Council—boys)

www.samoset.org

(888) 747-6945 (Girl Scouts—girls)

www.gsnwgl.org

Antigo Parks & Recreation Department

(715) 623-3633

www.antigo-city.org

Antigo Public Library (APL)

(715) 623-3724

www.antigopl.org

APL-Elcho Branch

715-275-3255 ext. 133

APL-Elton Branch

715-882-3881

APL-White Lake Branch

715-882-1129

Birnamood Public Library

715-449-3120

Mattoon Hutchins Library

715-489-3333

Marathon County Public Library

715-261-7200

Boys & Girls Club of Langlade County

(715) 627-1389

www.bgclang.org

Help, encouragement and support to get your homework done.

Habitat for Humanity

(715) 627-7307

Human Society of Langlade County

(715) 627-4333

Langlade County Forestry and Parks Department

(715) 624-6300

Langlade County Historical Museum

(715) 627-4464

Leigh Yawkey Woodson Art Museum (Wausau)

(715) 845-7010

Wisconsin Department of Natural Resources

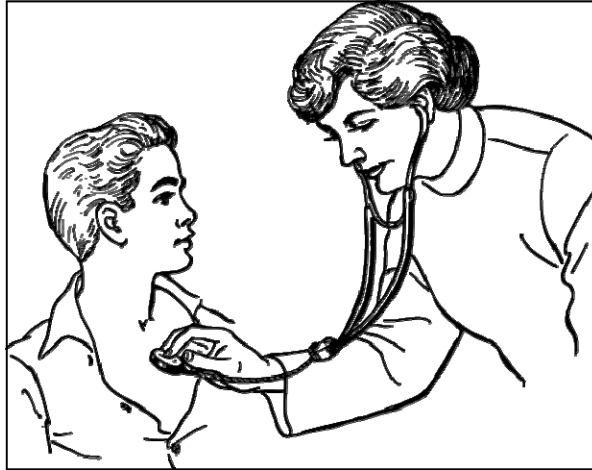
(608) 266-2621

For more information on opportunities in your community, contact

Dial 2-1-1

Community information & referral service, available 24/7.

HEALTH



Your physical health is one of your most important assets. Even small changes can affect your quality of life for better or worse.

It is very important to pay attention to the signals your body sends. Only you can know how you are feeling. Any significant changes should be reported to a doctor.

In the following sections, we will talk about things that can affect your health, like:

- ◆ **Disabilities**
- ◆ **Finding Health Care**
- ◆ **HIV/AIDS**
- ◆ **Nutrition & Exercise**

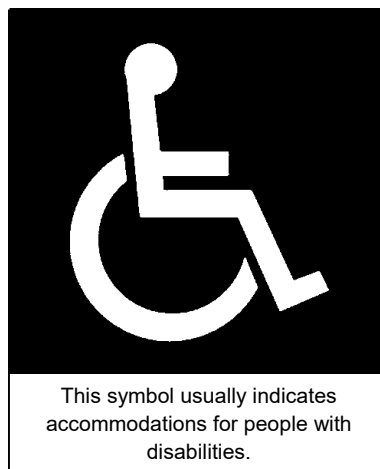
Disabilities

What does it mean to have a disability? Having a disability is defined by Merriam-Webster Dictionary as “having a physical or mental disability: unable to perform one or more natural activities (such as walking or seeing) because of illness, injury, etc.” People often think of disabilities as physical, but you can’t always see a disability. Some invisible disabilities include mental illness and cognitive disabilities.

Why do some people have disabilities? Some people are born with disabilities, and other disabilities appear later in life because of accidents, illnesses, or factors in a person’s environment. Some people are more likely to have a disability because of genes they inherit from their families.

How do disabilities affect me?

- 1. If you have a disability** some daily activities may be more difficult for you. Don’t be afraid to ask for modifications or help when you need them. No one should be excluded because of a disability. Remember, you are the only one who can hold yourself back. Give yourself permission to be confident in your abilities.
- 2. If you do not have a disability**, you may know someone who does. You can help make sure people with disabilities are not left out of activities or experiences. If it makes you feel uncomfortable, that’s okay. Just remember to talk about your feelings openly and respectfully, with the knowledge that the person with a disability may be uncomfortable, too. Talking about it can help everyone learn how to deal with the situation. No one deserves to be bullied or treated poorly because of a disability.



Is there help for people with disabilities? Absolutely! Because of the Americans with Disabilities Act (ADA), most places and activities are required to be accessible to people with disabilities. There are organizations and resources that work specifically to help and support people with disabilities. Schools also have programs to help people with disabilities that impact their learning.

See A/so: BULLYING (41), DIVERSITY (18), SELF-ESTEEM (36)

Finding Health Care

How do I find a doctor? If you need to see a doctor, there are a few ways to get started. Your parent/guardian can be a good resource, especially if they have a doctor that they trust to refer you to. You can also contact medical groups and community clinics in your area to find out which doctors are taking new patients. It is important to consider which providers will accept your insurance plan.

If you need to see someone immediately for a one-time visit, you can seek out local urgent care facilities, or walk-in clinics. There, you can be seen by a doctor, usually without making an appointment in advance. These types of clinics offer treatment of basic health conditions, like cold/flu, strep throat, and other infections.

Why is it important to have a regular doctor? Many people find it helpful to have a primary care provider that they see on a regular basis. Because they see the same patients on a regular basis, primary care providers can develop a better understanding of their patients' needs and offer more personalized care than you would find in an urgent care clinic. Seeing a primary care provider regularly can also help track your health and detect problems as soon as possible.



See Also: FINDING MENTAL HEALTH CARE (34)

HIV/AIDS



What are HIV and AIDS? HIV stands for Human Immunodeficiency Virus. HIV may live in the human body for many years before a person becomes sick. HIV gets into a person's bloodstream and attacks the body's immune system, leaving the body defenseless and unable to fight off infections and diseases. When a person becomes so sick that their body can no longer fight infections and diseases, the person then has AIDS (Acquired Immune Deficiency Syndrome).

How does someone get HIV/AIDS? Most people get HIV/AIDS from contaminated needles or sexual contact. You **CANNOT** get HIV/AIDS from casual contact, like hugging, shaking hands, or simply being near a person who is infected with the virus. Some people are born with HIV/AIDS because their mothers were infected, but not every baby born to an infected mother gets the virus.

How can I stay safe?

1. **To prevent transmission by contaminated needles**, stay away from drugs, especially those that are injected intravenously. If you use needles for prescribed medicine, never share those needles with anyone.
2. **To prevent transmission by sexual contact**, remember that it's okay to say no to sex. Abstinence is the only 100% effective method of avoiding sexual transmission. If you are going to have sex, a latex condom can help stop the transmission of HIV/AIDS when used properly from start to finish.

What should I do if I think I have been exposed to HIV/AIDS?

Get tested! Use the resources in this guide to find a confidential testing site. If you have been infected, seek out treatment from a doctor right away. It could possibly help slow the progression of the virus and improve your quality of life.

See also: SEXUAL ACTIVITY (66), SEXUALLY TRANSMITTED DISEASES (67)

Nutrition & Exercise

What does good nutrition & exercise mean? Nutrition refers to what we put in our bodies, namely food and drink. Exercise is physical activity that helps keep our bodies in their best shape.

In other words, your body is your vehicle. Like any vehicle, it needs to be maintained. Keeping your body well nourished with good nutrition ensures that your systems stay in peak form. Making sure you are giving yourself the right kinds of “fuel” will keep you energized and healthy. If nutrition is the fuel for your vehicle, exercise is like being a good mechanic. In order to keep all your parts running efficiently and smoothly, they need to be used and maintained regularly. Being active will help keep things from breaking down.

Why do nutrition & exercise matter? Your body isn't done growing yet. In fact, your brain can continue developing until you are about 25 years old. Your physical health can have an impact on this brain development. Nutrition and exercise are important to maintain good health throughout your entire life, but that is especially true while you are growing. Without proper nutrition and exercise, your body is unable to grow and develop as it needs to, which could lead to serious health problems.



Can you do too much exercise or dieting? Yes! It is good to be aware of what you are putting into your body and your activity level, but there is

a danger in going too far. Some people worry so much about their body and weight that they eat too little or exercise too much. When most people think about diet and exercise, they worry about gaining too much weight, but it is possible to lose too much weight, too. Remember, the goal is to be healthy. Eating balanced meals and being physically active are the most important habits you can develop. There is no ideal body weight or type that works for everyone. To find out what a healthy weight looks like for you, talk to your doctor. They can recommend a healthy goal weight and healthy ways to achieve it.

See Also: EATING DISORDERS (33), FINDING HEALTH CARE (26)

Health Resource Directory

Aging & Disability Resource Center

(715) 627-6332

AIDS Resource Center of Wisconsin

1 (800) 551-3311

www.arcw.org

Helps people living with HIV/AIDS meet their medical, legal, financial, and emotional needs.

Antigo Medical Building

(715) 623-3761

Aspirus Information Center

(715) 847-2380 or 1 (800) 847-4707

www.aspirus.org

Provides information about health care services, and assistance in selecting an Aspirus network physician at no charge.

Aspirus General Clinic

Antigo (715) 623-2351

Biramwood (715) 449-2539

Elcho (715) 275-4011

Aspirus Langlade Hospital

(715) 623-9373

Offers comprehensive family health care services and general medicine. Also offers diet and nutrition counseling & education

Bridge Community Health Clinic

(715) 848-4884

www.bridgeclinic.org

Provides general medical services at reduced cost for income-eligible patients.

Building a Healthier Langlade County

(715) 627-6250

Children and Youth with Special Health Care Needs

(715) 261-1906

www.northernregionalcenter.org

Provides health benefits, counseling, & advocacy for families of children with special health care needs and providers who serve them, through the Northern Regional Center of the Marathon County Health Department.

Division of Vocational Rehabilitation**(Rhineland)**

1 (800) 662-5330

Provides information and services for children and adults with developmental disabilities

Exercise Facilities:

Health and Performance Center (715) 623 9924

Downtown Tanning & Fitness (715) 623-3679

Yoga (715) 216-0583

Anytime Fitness (715) 350-4412

Family Planning Health Services

1 (800) 246-5743

Provides confidential AIDS testing by appointment on an ability-to-pay basis.

Freedom Vans

(715) 623-5906

Transportation for wheelchair bound and handicapped individuals.

Langlade County Health Department

(715) 627-6250

North Central Health Care

(715) 627-6694

Provides information and services for children and adults with developmental disabilities

SADD Teen Peer Educators

(715) 627-6250

Teens offer information about HIV transmission and high-risk behaviors to other teens.

Wisconsin Nutrition Education Program

(715) 6276236

For more information on health related topics, contact

Impact 2-1-1

Dial 2-1-1 or text your ZIP code to TXT-211 [898-211]

Community information & referral service, available 24/7.

MENTAL HEALTH



Mental health can be just as important as physical health to your well-being. In fact, mental and emotional health are closely connected to your physical health.

If you notice changes in how you act or feel emotionally, you may want to seek out mental health resources. Seeking help is not a sign of weakness or defect. Having the courage to take care of yourself is the brave and healthy choice to make.

In the following sections, we will discuss challenges in mental and emotional health, like:

- ◆ **Counseling**
- ◆ **Depression**
- ◆ **Eating Disorders**
- ◆ **Finding Mental Health Care**
- ◆ **Grief & Loss**
- ◆ **Self-Esteem**
- ◆ **Suicide**

Counseling

What is counseling? When people talk about counseling, they are often talking in more general terms about seeing a mental health professional for help with mental health issues. Depending upon your particular concern, counseling can be long- or short-term.

How do I know if I need counseling? The decision to seek counseling is a very personal one. In today's world, there are many stressors affecting your mental health. They can be internal or external. If you are having a hard time sorting through your feelings on your own, or if your feelings are interfering with your day-to-day life, especially eating or sleeping, it may be time to seek help. Talk to an adult you trust like a parent, teacher, clergy member, counselor, or friend to start the process of finding help. Remember, there is no shame in asking for help to deal with your problems. Almost everyone experiences a time in their life when they could benefit from mental health care.

See *also*: FINDING MENTAL HEALTH CARE (34)

Depression

What is depression? Depression is a serious medical problem, causing a persistent feeling of sadness and loss of interest in activities. It can involve emotional and physical problems. No one knows exactly what causes depression, but it likely involves a variety of factors, like brain chemical imbalance, hormones, and negative life events.

What is the difference between sadness and depression?

Everyone feels sad sometimes. It is a normal part of life. But feelings of sadness usually pass within a couple of days. When you have depression, those feelings of sadness endure and interfere with your life, in terms of being able to function normally.

What are the symptoms of depression? Symptoms of depression can vary from person to person, but there are some common symptoms to look out for, including:

- ◆ Changes in sleep
- ◆ Changes in appetite
- ◆ Loss of energy
- ◆ Lack of concentration
- ◆ Loss of interest in activities
- ◆ Low self-esteem
- ◆ Hopelessness
- ◆ Physical aches and pains



What should I do if I have symptoms of depression, or I know someone else who does? Talk to an adult you trust, like a parent, teacher, clergy member, counselor, or friend if you are concerned that you or a friend might have depression. Talking to a doctor or counselor can help you determine if your symptoms point to depression, or if there is another cause for your symptoms.

See also: COUNSELING (31), SUICIDE (37)

Eating Disorders

What is an eating disorder? An eating disorder is a serious disturbance in normal eating patterns along with feelings of distress or extreme concern over body shape and weight. When most people think of eating disorders, they think of people wanting to lose weight. An eating disorder can also mean eating too much and gaining weight. Some of the most common eating disorders include:

- ◆ **Anorexia nervosa:** People with anorexia eat little to no food and have excessive weight loss.
- ◆ **Binge eating disorder:** People with binge eating disorder eat significantly more food in a short period of time than others would in similar circumstances. These episodes generally happen at least once a week over three months.
- ◆ **Bulimia nervosa:** People with bulimia binge (or eat excessive or compulsive amounts of food) and then purge (or get rid of the food they've eaten, usually by vomiting or taking laxatives) and are excessively concerned about their weight.

While these are the most common eating disorders, there are others that exist.

Why do people have eating disorders? There are both social and biological factors. People may develop an eating disorder in response to social pressures, psychological issues like depression or anxiety, or traumatic life events. Eating disorders can also sometimes run in families. Both males and females can have eating disorders.

What kind of help is available for people with eating disorders? If you have an eating disorder—or if you think a friend has an eating disorder—talk to a trusted adult like a parent, teacher, clergy member, counselor, or friend. Don't keep it secret. Without treatment, eating disorders can have severe health effects and can even lead to early death. Depending on the severity and duration of the eating disorder, a doctor may need to monitor changes in eating. Recovery also usually involves some sort of counseling.

See *also*: COUNSELING (31), NUTRITION & EXERCISE (28),
SELF-ESTEEM (36)

Finding Mental Health Care

Who do I talk to about getting mental health care? Talk with an adult you trust. This can be your parent/guardian if you feel comfortable confiding in them. You can also talk with your doctor, who may be able to make referrals to mental health care providers. Other good places to start include your school counseling or guidance office, a clergy member, or a trusted friend.

What is the difference between psychiatrists, psychologists, and counselors? Choosing the right kind of mental health professional can be confusing. Always feel free to ask a mental health professional about their credentials, training, and the services they can offer. Here are some of the more common terms you will encounter:

- ◆ **Psychiatrist:** A psychiatrist is a medical doctor (MD) who specializes in mental health disorders. They have attended medical school and are licensed to write prescriptions for medications.
- ◆ **Psychologist:** A psychologist holds a doctoral degree (PhD or PsyD) in psychology. They have gone to graduate school, but not medical school. They do not write prescriptions. Licensed psychologists can offer counseling or psychotherapy, conduct psychological testing, and provide treatment for mental disorders.
- ◆ **Counselor:** A licensed mental health therapist usually has a master's degree (MA, MS, or MSW) in psychology, counseling, or some other related field. A counselor can offer counseling or psychotherapy to treat mental disorders.

See *also*: COUNSELING (31), FINDING HEALTH CARE (26)

Grief & Loss

What is grief? Grief usually refers to the feelings we experience when we lose someone close to us. People often think of grief as sadness, and that is a very common emotion for someone who is grieving. But there are other feelings that may arise during the grieving process, including guilt or regret, anxiety, fear, anger, and helplessness. These complex emotions affect each person in a different way. There is no right or wrong way to experience grief.

How should I treat a friend who is grieving? First, remember that everyone grieves in their own way. The



way your friend is acting might not make sense to you, but they are still going through a very hard time. To support your friend, listen to what they have to say if they want to talk about it. You can follow their lead to when it comes to talking about their loved one. Don't offer advice or tell them you understand what they are going through, and don't actively avoid talking about their loss or their loved one. Often the best thing you can do is just be

there when your friend needs you.

Is there treatment for grief? Most of the time, grief will begin to fade as time passes, but it may never completely go away. As life goes on, most people learn to deal with their feelings and move on with their lives. Others have a harder time letting go of grief. In those cases, counseling or support groups can help people work through their emotions. In extreme cases, some people find grief so overwhelming that they consider killing themselves to join their lost loved one. Suicide is NEVER the answer. If you or a friend are grieving and thinking about suicide, talk to someone right away! Find an adult you trust like a parent, teacher, clergy member, counselor, or friend who can help you find the support you need.

See also: COUNSELING (31), SUICIDE (37)

Self-Esteem

What is self-esteem? When we talk about self-esteem, we are referring to the way that you feel about yourself. People with high self-esteem generally feel good about and like themselves for who they are. People with low self-esteem usually dislike themselves or something specific about themselves.

Why do some people have low self-esteem? Just about everyone will experience low self-esteem at some point in life. Our life experiences often shape what we believe about ourselves. If our experiences have been negative, our beliefs are likely to be negative, too. The good news is that these are only the stories we tell ourselves, and we can change our thoughts and beliefs with practice.

How can I build self-esteem? Building self-esteem is about feeling better and more confident about yourself. Here are some things that can help boost your self-esteem:

- ◆ **Make a list of your good qualities.** Everyone has something good to offer, whether it is a skill or a personal trait. Maybe you have a great smile, or maybe you are good at something like music, art, or sports. Maybe you have a talent for making other people feel better. You may be surprised at how many good qualities you can name.
- ◆ **Change your self-talk.** Try challenging the negative thoughts you have and replace them with positive thoughts.
- ◆ **Help others.** You can help a friend with homework, help a neighbor with their yardwork, or do an extra chore at home without being asked. Happiness is contagious, and making others happy can make you feel better about yourself!
- ◆ **Set personal goals.** Your goals don't have to be big to be effective. Goals can also help you gain new skills and habits. You become good at what you spend your time on.
- ◆ **Be yourself!** Being honest about who you are can help attract friends and boost your confidence. Putting yourself out there might even help you discover even more good qualities about yourself.

See also: BULLYING (41), COUNSELING (31), PEER PRESSURE (49)

Suicide

What is suicide? When someone commits suicide, it means that they intentionally ended their own life, or killed themselves. Suicide is NEVER the answer to your problems, even if it seems like there is no way out. If you are thinking of committing suicide, talk to someone right now!

What should I do if I am thinking of suicide?

1. **If you have already done something to hurt yourself**, call 9-1-1.
2. **If you are thinking about suicide**, talk to someone right away! You can talk to an adult you trust, like a parent, teacher, clergy member, counselor, or friend. If you do not want to talk with someone you know, [call the Crisis Line at 715-845-4326](tel:7158454326) or [1-800-799-0122](tel:18007990122) to talk about what's going on and find out about other options. This line is answered 24/7, so you can call anytime, day or night, any day of the week.

Are there warning signs of suicide? Sometimes there are warning signs that someone is thinking about committing suicide. They include: talking about suicide, giving away possessions, significant changes in behavior, preoccupation with death, and having a plan to commit suicide.

What should I do if I know someone who is thinking of suicide? If someone tells you they are going to commit suicide, or if you believe someone is suicidal, tell an adult right away! Some people might tell their friends that they are thinking of committing suicide and ask them to keep it secret. Plans to commit suicide should NEVER be kept secret.

See also: COUNSELING (31), DEPRESSION (32), FINDING MENTAL HEALTH CARE (34)

Mental Health Resource Directory

American Foundation for Suicide Prevention

1 (888) 333-2377

Aspirus Langlade Hospital

(715) 623-9373

Offers diet & nutrition counseling & education

Aspirus Nutrition Counseling

(715) 47-2070

Aspirus staff provides teen nutrition and diabetes education/counseling

Boys and Girls Club

(715) 627-1389

Boys Town Suicide and Crisis Line

1 (800) 448-3000

Compassionate Friends

TCFofAntigo@yahoo.com

Crisis Line

(715) 845-4326 or 1 (800) 799-0122

24 hours/day

Crisis intervention and confidential telephone counseling, through North Central Health Care.

Grief Support Group at Aspirus Langlade Hospital

(715) 626-9213

H.A.L.O.S

taraw93@outlook.com

Counseling Agencies:

Bridge Community Health Clinic

(715) 848-4884

North Central Health Care Outpatient Mental Health

(715) 627-6694

Wetzel-Rasmussen Counseling Services

(715) 275-3934

Northern Health Centers Nicolet Clinic

(715) 276-6321

Family Living Program (UW Extension)

(715) 627-6236

Langlade County FIRST CALL

(715) 627-1818

NAMI Northwoods

(715) 298-2802 or (800) 236-2988

National Eating Disorders Association

(800) 931-2237

North Central Health Care

(715) 627-6694

Offers counseling for a variety of issues, including eating disorders.

Suicide Hotline

1 (800) 799-0122

Suicide Prevention Line

(715) 845-4326

Offers suicide and crisis intervention 24 hours a day, for people who are in danger of killing themselves, or for people who are afraid a loved one is in danger

TOPS (Take Off Pounds Sensibly)

www.tops.org

For encouragement on sensible eating, and to share ideas that work to lose weight. For ages 7+. Log on to find local meetings.

Wisconsin Nutrition Education Program (UW Extension)

(715) 627-6236

Offers nutritional educational information for low-income families.

For more information on mental health related topics, contact

Dial 2-1-1

Community information & referral service, available 24/7.

RELATIONSHIP CONFLICT & VIO-



Conflict is a natural part of interacting with other people, but sometimes it gets out of hand. Simple differences of opinion can often be solved by cooperation and compromise. Other times, conflict can lead to violence and hurt feelings.

It is important to work out conflicts without resorting to violence, but what happens when someone is being physically or emotionally hurt?

In the following sections, we will discuss what you need to know about conflict and violence, like:

- ◆ Abuse
- ◆ Bullying
- ◆ Gangs
- ◆ Sexual Abuse
- ◆ Sexual Assault & Rape

Abuse

What is abuse? Abuse is mistreatment of someone else. It is generally about control. There are many types of abuse, including physical, sexual, financial, verbal, and emotional.

What are the warning signs of abuse? The warning signs of abuse can vary depending on the type of abuse. People who are being abused may:

- ◆ Have very low self-esteem, even if they used to be confident
- ◆ Show major personality changes
- ◆ Have frequent injuries caused by “accidents”
- ◆ Frequently miss work, school, or social occasions without explanation
- ◆ Dress in clothing designed to hide injuries
- ◆ Be depressed, anxious, or suicidal

These are not the only symptoms of abuse, and each person will react to their situation differently.

What should I do if I am being abused? Tell an adult you trust, like a parent, teacher, clergy member, counselor, or friend. If you are hurt or in immediate danger, call 9-1-1 for immediate help. Remember, abuse is not your fault! You didn’t do anything to “deserve” mistreatment. There are also organizations that exist specifically to help people who have been or are being abused. You can find their information in the Directory section.

What should I do if I think someone is being abused? If someone is in immediate danger, get help immediately by calling 9-1-1. If you are concerned about someone, you can ask if something is wrong, offer help, and support their decisions. Do not put pressure on them or wait for them to come to you for help. You should also share your concerns with an adult you trust like a parent, teacher, clergy member, counselor, or friend. Suspected abuse should also be reported to Langlade County Protective Services using the information in the Directory section.

See also: RUNNING AWAY (50), SEXUAL ABUSE (43)

Bullying

What is bullying? Bullying is unwanted, aggressive behavior that is based on a real or perceived power imbalance. Bullying can include making threats, spreading rumors, physical attacks, verbal attacks, and purposely excluding someone from a group.

What should I do if I'm being bullied? If you are being bullied, there are some strategies you can try. If you feel threatened, or if the strategies listed below don't work, tell an adult that you trust. This can be a parent, teacher, clergy member, counselor, or friend.

- ◆ Answer the bully with a firm voice
- ◆ Change the subject
- ◆ Don't lose your temper or retaliate
- ◆ Ignore the bully
- ◆ Look the bully straight in the eye
- ◆ Question the bully about the reasons for their actions
- ◆ Take a breath and remain calm
- ◆ Tell the bully how you feel
- ◆ Tell yourself you can handle the situation
- ◆ Use "I" messages (ex. I don't like it when you...)
- ◆ Walk proud and with confidence

Sometimes bullying can make you feel like you don't want to live anymore. If that is true, talk to someone! There is always a reason to keep living. Suicide is NEVER the answer. If you are thinking about hurting yourself, [call the Crisis Line at 715-845-4326 or 1-800-799-0122](#) any time, day or night, to talk to someone about your options. If you are in immediate danger or a crime has been committed, call 9-1-1. And remember, **you are NOT alone!**

What should I do when I see bullying? Sometimes just watching bullying happen can encourage a bully. Don't give bullies an audience or any reason to think that you approve of their actions. Instead, if you witness any kind of bullying, you can use the strategies listed above to help stop it. If it is a threatening situation or if the strategies aren't working, you should tell a trusted adult, like a parent, teacher, clergy member, counselor, or friend.

If you know someone who is being bullied, be a friend to them. Let them know you care. Sometimes just saying, "I'm sorry that happened to you," can make a difference.

See also: DIVERSITY (18), LGBT (48), SELF-ESTEEM (36), SUICIDE (37), TECH & SOCIAL MEDIA SAFETY (56)

Gangs

What is a gang? There isn't a universally accepted definition of a gang, and the term can be used to describe many different types of groups. For our purposes, we are talking about what is sometimes referred to as a "street gang". According to the National Gang Center, here are a few characteristics of typical street gangs:

- ◆ Three or more members, usually aged 12-24
- ◆ Shared identity, usually linked to a name or other symbols
- ◆ View themselves as a gang, and recognized by others as a gang
- ◆ Some degree of permanence and some organization
- ◆ Involved in an elevated level of criminal activity

Why do people join gangs? Generally, people are either "pulled" or "pushed" into gangs. They may be pulled by attractive features like increased reputation; the desire to belong; family or friends who are already involved; and promises of money, drugs, or excitement. Others may feel pushed into gang activity because they believe a gang will provide protection or they are fearful of consequences if they don't join.

Is it dangerous to be in a gang? It can be dangerous to be involved in gang activity for a few reasons. First, gangs are usually involved in some sort of criminal activity. There is always a risk of legal consequences when committing a crime. Gang members are also more likely to be exposed to and involved in substance abuse and violence. Sometimes, members may be injured or attacked simply because they belong to a gang.

Can people leave gangs? Many people believe that once you join a gang, you can never get out. That is not true. It can be difficult to leave because of fear for your physical safety or fear of losing or disappointing friends. Often, people leave gangs gradually, by participating in activities less and less. How abruptly you leave a gang is a personal decision.

See also: THE LAW & YOU (55), PEER PRESSURE (49)

Sexual Abuse

What is sexual abuse? Sexual abuse is unwanted sexual activity or touching over or under clothing. Sexual abusers may use force, make threats, or take advantage of victims who are unable to give consent. Many victims and abusers know each other. Abusers can even be family members or friends.

What are the signs of sexual abuse? Individuals will react to sexual abuse in different ways, but there are some signs you can watch for, including:

- ◆ Self-injury, like cutting or burning
- ◆ Lack of personal hygiene
- ◆ Depression and anxiety
- ◆ Fear of intimacy or closeness
- ◆ Sexual promiscuity
- ◆ Major changes in behavior

What should I do if I am being sexually abused? Tell an adult you trust like a parent, teacher, clergy member, counselor, or friend. If you are hurt or in immediate danger, call 9-1-1 for immediate help. Remember, it is not your fault! You don't have to keep it a secret, even if your abuser has threatened you if you tell. It can be difficult to talk about sexual abuse, but it is important to tell someone. You may have mixed feelings about your abuser, especially if it is a family member or friend who you love or trust, but it is important that everyone involved gets the help they need.

What should I do if I know someone who is being sexually abused? If you are concerned about someone, you can ask if something is wrong, offer help, and support their decisions. Do not put pressure on them or wait for them to come to you for help. You should also share your concerns with an adult you trust like a parent, teacher, clergy member, counselor, or friend. Suspected abuse should also be reported to the Antigo Police Department/ Langlade County Sheriff's Office using the information in the Directory section.

See also: ABUSE (40), COUNSELING (31), SEXUAL ASSAULT & RAPE (44)

Sexual Assault & Rape

What is sexual assault? Sexual assault is any sexual contact or behavior that occurs without the explicit consent of the victim. Sexual assault can be anything from unwanted touching or fondling to forcing someone to perform sexual acts. Sexual assault can even go as far as rape. Sexual assault and rape can occur between two people who are dating.

What is rape? Rape is a form of sexual assault, but not all sexual assault is rape. Rape is often legally defined as sexual penetration of the body without consent.

What should I do if I have been assaulted or raped or if I know someone who has? If you or someone you know has been assaulted or raped, remember that it is not your fault. You are the victim of a crime. It is important to tell an adult you trust, like a parent, teacher, clergy member, counselor, or friend. You should also report the assault or rape to the police. As part of the investigation of the crime, you may be asked to see a doctor.

How can I protect myself from sexual assault & rape?

- ◆ **Trust your instincts!** If something doesn't feel right, it probably isn't. It is perfectly acceptable to excuse yourself from a conversation or remove yourself from a location if you feel unsafe.
- ◆ **Be aware of your surroundings.** Don't leave your drink unattended or accept opened beverages. It only takes a moment to slip date rape drugs into a drink.
- ◆ **Ask for help.** Don't be afraid to call out for help if you need it. Asking for help can be done discreetly or overtly. You may just need to draw a third party into a conversation or you may need to yell for help. Do whatever the situation warrants without fear of embarrassment. It's always better to be safe.
- ◆ **Communicate your intentions directly.** Don't assume what body language might mean. If you are uncomfortable, tell the other person to stop. Respect yourself enough not to do anything you don't want to do.
- ◆ **Remember that it is your right to say no.** It doesn't matter what someone wears or what they say or do: no one ever deserves to be attacked, and no one is ever "asking for it."

See also: SEXUAL ABUSE (43)

Relationship Conflict & Violence Resource Directory

Call 9-1-1 if someone is in immediate danger or in need of immediate medical attention

Antigo Police Dept/Langlade County Sheriff's Office

(715) 627-6411

Will answer questions and address concerns from Langlade County residents regarding sheriff's department and local issues and concerns.

AVAIL Inc

(715) 623-5177

Crisis Line: (715) 623-5767

Provides shelter, rental assistance, legal advocacy, information, support, and bilingual services to victims of domestic and sexual abuse and their children.

National Child Abuse Hotline

1(800) 422-4453

National Domestic Violence Hotline

1 (800) 799-7233

National Sexual Assault Hotline

1 (800) 656-HOPE (4673)

National Teen Dating Abuse

1 (866) 331-9474

North Central Health Care

(715) 627-6694

Langlade County FIRST CALL

(715) 627-1818

Safe School Ambassadors Program

(715) 623-7611

Antigo Middle and High Schools have implemented the Safe School Ambassador Program since 2008. The program empowers student leaders and trains them to be a team of "Ambassadors" who use nonviolent communication to stop bullying.

(SAVS)

(715) 842-5663 (Office)

(715) 842-7323 (24-hour Support Line)

www.womenscommunity.org

Provides 24-hour assistance and support for adult, adolescent, and child victims of sexual assault and sexual abuse, through The Women's Community.

The Women's Community

(715) 842-5663 (Office)

(715) 842-7323 (24-hour Support Line)

www.womenscommunity.org

For more information on resources for dealing with conflict & violence, contact

Dial 2-1-1

Community information & referral service, available 24/7.

Sexual Assault Victim Services

RELATIONSHIPS



Relationships take many shapes and forms. When we talk about relationships, we are talking about how we relate to and connect with other people. We have relationships with family, friends, and significant others – and anyone else we interact with.

We should always try to create healthy relationships built on trust, honesty, respect, and communication.

In the following sections, we will talk about some of the more complicated issues that can arise in relationships, like:

- ◆ **Dating**
- ◆ **LGBT**
- ◆ **Peer Pressure**
- ◆ **Running Away**
- ◆ **Teen Parenting**

Dating

What is dating? Dating is a process in which two people spend time together in order to get to know each other better. Dating is a way to determine whether the two people are compatible.

When are people old enough to start dating? Dating is a very personal and tricky world to navigate. Many people start dating in their teens or early twenties, but it is not a requirement. If you don't feel ready to date, then just don't. If you do feel ready, there are a few things to consider. Remember that dating is about more than physical attraction. The person you choose to date should be compatible with you socially and emotionally, too. Often, parents/guardians have rules about dating.



Make sure that you talk about it with them. Understand the rules and the reasons behind the rules. Sometimes those rules may seem unfair, but there may be good reasons for following them. Ask questions if you need to. If you can't talk to your parent/guardian, find another adult you trust like a teacher, clergy member, counselor, or friend.

What does it mean to have a healthy relationship? Any relationship with another person should be a healthy one, but this is especially true and important in dating. Remember that a healthy relationship involves respect, trust, honesty, fairness, equality, and good communication from both sides. A healthy relationship will make you feel better about yourself. If you feel uneasy, tense, confused, or unable to be yourself in a relationship, then something may be wrong. Your partner should never make you feel bad about yourself or force you to do or be anything you don't want to.

If you feel like your relationship may be unhealthy, or if you have questions about healthy relationships, talk with an adult you trust. That could be a parent, teacher, clergy member, counselor, or friend. If the relationship is truly unhealthy, end it now. If it isn't safe to end the relationship immediately, ask a trusted adult for help. It may be painful, but you deserve someone who respects and appreciates you for you.

See also: ABUSE (40), LGBT (48), PEER PRESSURE (49),
SEXUAL ACTIVITY (66), SEXUAL ASSAULT/RAPE (44)

LGBT (Lesbian, Gay, Bisexual & Transgender)

What does LGBT mean? LGBT stands for Lesbian, Gay, Bisexual, and Transgender. Sometimes those terms are confusing, too. We'll define them so that we're all on the same page:

- ◆ **Gay:** A woman who loves or feels attracted to another woman, or a man who loves or is attracted to another man. Some people use this term to refer just to men.
- ◆ **Lesbian:** A woman who loves another woman or feels attracted to other women
- ◆ **Bisexual:** A person who is attracted to people of more than one gender
- ◆ **Transgender:** A person who does not identify with their medically assigned gender. A medically assigned male who feels like a woman or a medically assigned female who feels like a man

What should I do if I am or think I am LGBT? If you identify with one of the terms listed above, or if you are uncertain of your feelings toward other people or about your gender, talk to someone you trust. It doesn't have to be a parent. It doesn't even have to be an adult. Just talk to someone. You may be surprised at how supportive people can be. It is up to you if you want to "come out" publicly or not, but having someone who knows the real you and supports you can help make things easier to deal with. Know that there is nothing wrong with you. If you don't have someone to talk to, check out the Directory section to find an organization to connect with that can offer support.

Are there any consequences of identifying as LGBT? Identifying as LGBT does not put you at inherent risk to your health and safety. LGBT youth are often more prone to mental health issues like depression because of misunderstanding and prejudice that persists in many communities. If you start experiencing feelings of depression or thoughts of suicide, seek help! There are resources available specifically to the LGBT community, and there are general mental health resources, as well. You will face many of the same issues as heterosexual, or "straight," people when it comes to relationships and dating, like when to have sex, risk of STDs, maintaining a healthy relationship, and everything else that comes with opening your heart to another person.

See *also*: BULLYING (41), COUNSELING (31), DATING (47),
SEXUAL ACTIVITY (66)

Peer Pressure

What is peer pressure? Peer pressure refers to the influence that other people have on what you do or how you act. Peer pressure can affect the decisions you make, especially if you believe that your decision will affect how other people feel about you.

Is peer pressure always bad? No, it's not. Most of the time, you will hear people talk about not giving in to peer pressure, but peer pressure isn't always a bad thing. Sometimes positive peer pressure can encourage someone to improve their behavior. If you have a friend who gets in trouble a lot, you could use positive peer pressure to encourage them to make better decisions. Negative peer pressure works the opposite way. It encourages people to make decisions and act in a way that is not good for them.

How can I stand up to peer pressure? If you are feeling pressured to do something you are not comfortable with, remember that you can make your own decisions. It's okay to say no. If you are uncomfortable saying no, you can also try to change the subject, avoid the situation, or physically leave. It can be very hard to say no, especially when you have to say it to your friends. Just remember that every decision has consequences, and you will end up taking responsibility for every decision you make for yourself. If you feel like you can't stand up to the pressure by yourself, try to surround yourself with friends who think like you. You can also talk with an adult you trust like a parent, teacher, clergy member, counselor, or friend to get advice on what to do.

See also: BULLYING (41), SELF-ESTEEM (36)

Running Away

Why do people run away? Some people find that the problems they are facing seem too big to deal with, so they try to escape them by running away. They may be running away from problems with parents or friends at home or at school. Unfortunately, running away doesn't solve problems, it only creates new ones.

What if I'm thinking of running away? The idea of leaving probably sounds pretty good right now, but remember that if you run away, you will likely end up all alone in an unfamiliar place. That can be pretty scary and create more problems for you. Instead, try talking with someone. If there is an adult you trust, start with them. Maybe they can help you find a solution, even a temporary one. If you do not want to talk with someone you know, try a runaway hotline. They are available 24 hours a day to talk to you about your problems and try to find solutions. Their numbers are at the beginning of this book and in the Directory section.

I ran away, but I don't know what to do now. How do I find help? If you have already run away from home, you will need to take care of your basic needs first. Do you have a place to stay tonight? Do you have enough to eat? If you are close to a friend's home, think about going there. You can also call a runaway hotline to find out about shelter options and ways to get home. You may even qualify for a free ride home. The hotline numbers are at the beginning of this book and in the Directory section. They are available 24 hours a day to help you. You may also consider calling someone at home to let them know where you are. It could be a parent or friend that you trust. It is very likely that they are worried about you and would be glad to know that you are safe.

See also: COUNSELING (31), SHELTER/HOUSING (14),
TRANSPORTATION (15)

Teen Parenting

What kind of help is available for teen parents? Teen parents can access many of the same types of parenting help as adult parents. These programs can include classes, support groups, counseling, and home visits.



What if my partner and I don't live together or aren't together anymore?

Things get a little complicated when the parents of a child are not in the same place. You and your partner can come to some kind of arrangement where both of you get to spend time with your child. It may be difficult to coordinate with school and work schedules, but it is important that both parents bond with the child, if it is safe and possible.

Can I finish school if I have a child? Having a child is a big responsibility, and it can make it difficult to continue to attend school and complete schoolwork. At the same time, finishing high school is very important. Having a diploma will make it easier for you to get a job to support your family. Talk with your school counselor or administrator and explain what is going on. They can help you explore your options. Some schools may even have special programs for teen parents to help them finish their high school education.

See also: COUNSELING (31), EDUCATION (60),
PREGNANCY (65)

Relationships Resource Directory

Action Alliance

(715) 627-6250

Boys & Girls Club of Langlade County

(715) 627-1389

Home Free Program

1 (800) 786-2929

www.1800runaway.org

Offers free one-way Greyhound transportation between any two points in the continental United States (not Alaska) for runaways returning home. Offered through National Runaway Safeline. Runaways may also contact police, social service agency, or a shelter.

National Hotline for Missing and Exploited Children

1 (800) 843-5678

National Runaway Safeline

1 (800) 786-2929

www.1800runaway.org

Hotline provides crisis intervention, information & referral, message delivery and conferencing services, conflict mediation, and free bus rides home through Home Free program.

Outreach Youth Central (OYC)

715-355-6867

Group for youth (14-21 years) who are gay, lesbian, bisexual, transgendered, or questioning their identity. Straight allies welcome. Confidentiality is respected. Through AIDS Resource Center of Wisconsin.

Runaway and Youth Services (RAYS)

1 (800) 799-7223 (24 hours/day)

The RAYS program is strength based and solution focused with a 24 hour helpline, and temporary shelter.

Runaway Hotline

1 (800) 786-2929

Free 24-hour crisis line for youth, adolescents in trouble, on the run, needing emergency shelter, or to talk anonymously with a caring adult.

SADD (Students Against Destructive Decision)

(715) 627-6250

For more information on relationship resources, contact

Dial 2-1-1

Community information & referral service, available 24/7.

RIGHTS & RESPONSIBILITIES



As you draw nearer to adulthood, you will gain new rights and responsibilities. Some are very clear, but others can be more confusing.

Many of these rights and responsibilities involve safety of some sort. Sometimes you need to protect yourself and your property, and sometimes you need to act responsibly to ensure the safety of your community.

In the following sections, we will discuss your rights and responsibilities related to:

- ◆ **Credit, Interest & Loans**
- ◆ **The Law and You**
- ◆ **Technology & Social Media Safety**

Credit, Interest & Loans

What is credit? Credit is the ability to borrow money, based on trust that payment will be made in the future. It's about reliability. Having a good credit score can make it easier to borrow money, get an apartment or house, buy a car, get a credit card, and much more. On the other hand, having a bad credit score will make all those things much more difficult. A low credit score can make you appear unreliable.



How do I build good credit?

Paying your bills and loan payments in full and on time is the best way to build credit. Another factor to keep in mind is that your credit score can go up as you get older and continue to make good financial choices.

How do I get a loan? Loans are usually given out by banks. You will have to contact the loan officer at a bank to apply. If you are under 18 or don't have much credit, you will likely need a co-signer, or someone who will vouch for you and be responsible for the loan if you do not pay. If you are approved, make sure you understand the terms of the loan, like the interest rate and repayment schedule. Don't be afraid to ask questions!

What are payday and title loans? Payday or title loans are sometimes seen as a quicker and easier way of borrowing. The problem is that many people don't read the fine print. Interest rates are much higher than bank loans—sometimes up to 500%! There are also major consequences if you miss a payment. Those consequences can include repossession of property.

How does interest work? Interest most often refers to a fee that you pay for borrowing money. For example, if you take out a \$1,000 loan at 10% interest, you will end up paying a \$100 fee to the bank (\$100 is equal to 10% of \$1,000). The interest is included in your monthly payments. When you have paid off the loan completely, you will have paid \$1,100 to the bank—your original \$1,000 plus \$100 in interest.

You can also earn interest on bank accounts, though those rates are usually very low. For example, if you have a savings account that gives 3% interest, the bank will add 3¢ to your account for every dollar you put in.

See also: BUDGET BASICS (59)

The Law & You

Car Accidents: After an accident, exchange names, contact information, driver's license numbers, and insurance information with the other driver. If there is damage, the accident must be reported to the police. Do not move your car until the police arrive. If there are injuries, call 9-1-1 immediately.

Texting while Driving: Texting while driving is illegal in Wisconsin. You may be cited and face a fine.

Intoxicated Driving: Driving under the influence of drugs or alcohol is a crime. The legal limit for alcohol is 0.08% blood alcohol content, and having any amount of illegal substance in your blood is considered intoxicated. You may face fines, lose your license, or even face jail time.

Seat belts: Wisconsin law says that a vehicle's driver and all passengers must wear safety belts. You can be cited for allowing a passenger to ride without restraint. Children under 8 must be in an appropriate child safety seat.

Driver licensing: At age 15½, you may take a drivers education course and get your temporary instruction permit. After completing 30 hours driving experience over 6 months, you may take a road test to earn a probationary license with restrictions.

Police: If you are approached by the police, cooperate with them to the best of your ability. It is best not to fight or run. If you are arrested, provide personal details like your name, contact information, and birthday. You don't have to answer questions about your activities. It is your right to remain silent. You have a right to a lawyer. You may request one at any time. If you cannot afford a lawyer and you may ask for a court appointed attorney. If you are unsure about answering questions, you can wait until your lawyer arrives to advise you.

Searches: Law enforcement officers generally need to have a search warrant issued by a judge giving permission to search personal property or belongings. If officers have a search warrant, allow them access to the property they request. There are very few cases when officers are allowed to search without a warrant. These searches may be performed if: a search is the only way to ensure the safety of someone (including the officer); a person has just been taken into custody; evidence is in "plain view"; or you give consent to a search.

Property use & damage: Some people get in trouble for things that they meant as jokes or for misunderstandings. To avoid trouble, remember that other people's possessions and property are not yours to use or alter without the owner's express permission.

See also: AODA (5-10)

Technology & Social Media Safety

What's dangerous about technology & social media? There is a big risk of having your personal information stolen. If someone steals your identity, they can spend your money and use your name to do embarrassing or illegal things. That's why it's important to limit the amount of information you share online. Even the most secure systems can be hacked, so you need to make smart choices about what you share, even with friends or sites that you trust.

What is cyberbullying? Cyberbullying is bullying that takes place through social media sites, text messaging, email, instant messaging/chat, and other websites. Cyberbullies can say mean things, spread rumors, post embarrassing pictures and videos, or make fake profiles. Cyberbullying is especially hard to stop, because it is easier for the bully to be anonymous. That is why it's important to report cyberbullying to a trusted adult right away.

What is sexting and why does anyone care if I do it? Sexting is sharing naked or sexually provocative pictures with another person by phone or any other form of technology or social media. Sexting is never a good idea. Think about how you would feel if those pictures were put online and everyone saw them. Those images could even end up in the hands of a sexual predator, creating a very dangerous situation. People involved can also face charges related to child pornography, which generally involves some jail time. Remember, with technology, nothing is really private.

How do I know who to trust on the internet? Unfortunately, it is pretty impossible to know whether you can trust someone you meet online. Remember that it is very easy to fake a profile and personal information. Never share your personal information with someone you haven't met in person. Even if you talk on the phone, you can't verify that they are who they say they are.

What if someone online wants to meet me? If someone online asks to meet you, it could be very dangerous. They could easily be someone completely different than the friend you got to know online. The safest option is to never agree to meet someone. If you do arrange a meeting, you need to take precautions. Someone (ideally an adult) should always know where you are. Never agree to meet someone by yourself or in an isolated area. Meet them inside or wherever there will be other people around to witness your first meeting. Have someone, like a trusted adult, go with you and sit with or near you. Make sure they can see you and, if possible, hear you. You may also want to have a signal in place to let them know you need help or want to leave.

See *also*: BULLYING (41)

Rights & Responsibilities Resource Directory

Antigo Police Dept/Langlade County Sheriff's Office

(715) 627-6411

Annual Credit Report Requests

1 (877) 322-8228

www.annualcreditreport.com

The official site to help consumers obtain their free credit report once every 12 months from each credit reporting company. To dispute information, contact the credit agency directly, usually by submitting an electronic form:

Equifax

www.equifax.com

Experian

www.experian.com

TransUnion

www.transunion.com

CoVantage Credit Union

(715) 627-4336

Division of Motor Vehicles (DMV)

1 (800) 924-3570 (General)

(608) 264-7478 (or online, to schedule a road test)

www.dot.wisconsin.gov/drivers

Information about drivers license exams & road tests and vehicle licenses & titles.

Family Planning Health Services

(800) 246-5743

Juvenile Court Services

(715) 627-6214

Answers questions even if you are not in trouble, but just want some information about juvenile law

Langlade County District Attorney

(715) 627-6224

Offers information about how Wisconsin law affects minors.

North Central Health Care

(715) 627-6694

Northcentral Technical College

(715) 623-7601

Offers alcohol and drug education courses,

including those court-ordered for first-time underage drinking offenders

For more information on resources related to your rights and responsibilities, contact **Dial 2-1-1**

Community information & referral service, available 24/7.

SCHOOL & WORK



While school and work sometimes feel like just one more thing you have to do, they are both important parts of your life.

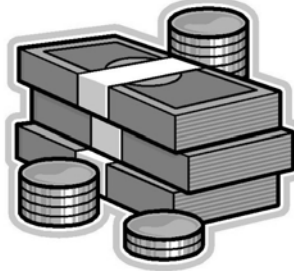
It is very important to do your absolute best at school and work at all times. You never know how your hard work will pay off. Sometimes, the work will be difficult, but there are special resources in place to help when you're unsure where to go.

In the following sections, we will explore issues related to both school and work, like:

- ◆ **Budget Basics**
- ◆ **Education**
- ◆ **Homework Help**
- ◆ **Job Experience**

Budget Basics

What is a budget? A budget is a tool for managing your money. It shows how much money you have and how much you can afford to spend over a period of time so you don't run out of money. If someone goes over budget, it means that they spent more money than they had available. If they are under budget, they still have some money left over at the end of the time period.



Why is budgeting important? Budgeting is important, because you need to be able to track your money. It may not seem like a big deal now, but as you get older you will have more and more expenses. It is good to practice budgeting so that it will be easier when you are on your own in a more complex situation.

How do I make a budget? Usually people make a personal budget about a month at a time, but you can pick whatever time period works for you.

1. Figure out **how much money you will earn** during your chosen time period. Include income from any jobs and any regular allowance money.
2. Decide **how much money you will save**. It is good to save at least a little money each time you get paid. That way, you have a financial cushion in case of emergencies.
3. Think about the things you spend money on and make a list. This should include things like food, any bills you pay yourself, and fun activities like movies and video games. Write down the **amount you think you spend** on each during your chosen time period.
4. **Add up your savings and expenses** and compare that number to your earned income. If your income is more than your expenses, you are under budget. If your expenses are more than your income, you are over budget.
5. If you are over budget, **re-examine your expenses** and try to find places to cut costs until your expenses are less than or equal to your income.

The tough part is sticking to your budget. If you can do that, you are in good shape. If you have a hard time, take a look at it again. Can you cut back on spending? Are you spending money on things that you really don't need? Budgeting isn't easy, but it will be worth it in the end.

See *also*: CREDIT, INTEREST & LOANS (54), JOB EXPERIENCE (62)

Education

What if I don't think I can get through high school? Almost everyone finds some part of school challenging. There are some people who find it more difficult than others. If that applies to you, don't give up. A high school diploma is an important key to finding success in your future. Talk with your school counselor and your parent/guardian. Maybe there are programs at school that will help. Some districts have programs for people who have trouble finding success in a traditional classroom. Explore all your options and use any form of support available to you.



What if I already dropped out of school? If you dropped out of school, there may be opportunities for you to earn an alternative diploma, like a GED (general education development certificate) or HSED (high school equivalency diploma).

What education options are available beyond high school? Once you have completed high school or an alternative program, you can either find a job or pursue higher education. There are a number of types of higher education, including colleges, universities, technical schools, apprenticeships, and certificate programs. If you are interested in a specific career, do some research or talk to your school counselor to find out what the training requirements are so that you can start pursuing your dreams.

How will I afford education beyond high school? Higher education can be expensive. Luckily, there are ways to reduce the cost to you. Most schools and training programs have some sort of financial aid available. Make sure to ask how to apply. You can receive grants, loans, scholarships, and work-study assistance to offset tuition costs and fees. Sometimes taking an alternate educational path can save money, too. Does your chosen career require a 4-year degree, or can you achieve your goal with help from a technical school or shorter program? Is there a program closer to home where you could save on room and board, even for just a little while? If you are concerned about the cost of higher education, talk with your school counselor, a financial aid officer, and your parent/guardian to see how you can make education more affordable for you.

See also: HOMEWORK HELP (61), LIBRARIES (19),
TRANSPORTATION (15)

Homework Help

Why do I have a harder time with homework than my classmates?

Every person has different strengths and learning styles. You can try talking with your teacher to brainstorm ideas to make learning easier for you. Some people have a harder time with words, numbers, or memory that makes learning very difficult. If you are having a hard time, it is nothing to be ashamed of. Talk with your teachers, school counselor, and parent/guardian. They can help.



What do teachers mean when they talk about study skills?

Study skills are strategies for learning that can help you better absorb and retain information being taught. Study skills include things like goal setting, active reading, organization, note taking, and time management, among others. Ask your teachers about study skills and tips.

Is there anyone who can help me with my homework issues?

There are a few ways to get help with your schoolwork. First, talk with your school counselor to find out if the school has any resources for you. If you just need a little extra help, you could look into tutoring. There may be someone in your school or community that would be willing to spend some extra time with you to improve your skills. Sometimes just hearing someone else explain a concept in a different way can help you understand. Your school may be able to recommend a tutoring program. There may also be specific after school programs in the community that offer homework help.

See *also*: EDUCATION (60), LIBRARIES (19)

Job Experience

How old do I need to be to get a job? According to state law, you are required to be at least 14 years old for most jobs. Many companies have policies that require you to be older than that, often 15 or 16.

Where can I find jobs? If there is a specific place you want to work, call or stop in and ask if they are hiring. If they are, ask for an application and submit it right away. Otherwise, you can use job search websites like the Job Center of Wisconsin, Career Builder, and Indeed. There are many more sites if you search online. You can also check newspaper classified ads. There are even some youth employment programs listed in the Directory section.

Do I need a resume? It depends on the application, so read it carefully. Some will ask for a resume, or a list of previous work experiences, education, and references. Some will not. If you do need a resume, make sure to include:

- ◆ Name, address, phone number, and email address
- ◆ Any previous work experience, starting with the most recent (include volunteer activities and odd jobs)
- ◆ Your school and current grade level (GPA is optional)
- ◆ Personal references, or people who they could call to find out if you are a good and reliable worker (usually include about 3 different people, not your parents). You should ask permission before listing someone as a reference.

You can find example resumes online if you are concerned with formatting. Also, consider talking with your school's career counselor or guidance counselor for advice.

Do I need a work permit? How do I get one? If you are under 18 years old, you will need to get a work permit in order to get a job. To get a work permit, contact your local high school office or the Antigo Area Chamber of Commerce. You will need to provide some documentation in order to get a permit. They will ask for:

- ◆ Birth certificate or other proof of age
- ◆ Your social security card
- ◆ Hire letter from your employer that includes job description and hours
- ◆ Written consent from your parent/guardian
- ◆ \$10 permit fee (your employer will reimburse you either on or before the date of your first paycheck)

REMEMBER - Plan to begin looking for summer jobs as early as March

See *also*: VOLUNTEERING (22)

School & Work Resource Directory

Alternative High School

(715) 623-7601
Offers a high school education on NTC campuses for students who first get their local high school's approval.

Antigo Area Chamber of Commerce

(715) 623-4134
<http://www.antigochamber.com/>

Antigo High School

(715) 623-7611

Boys & Girls Club of Langlade County

(715) 627-1389
www.bgclang.org
Members sign up for study sessions with tutors

CoVantage Credit Union

(715) 627-4336

Forward Service Corp

(715) 623-2117
<http://www.fsc-corp.org>
To learn which employers are looking for someone with your skills.

Job Center of Wisconsin Website

www.jobcenterofwisconsin.com
Self-service system that job seekers can easily use to quickly find available job openings locally and statewide.

Job Corps

(715) 623-2117
www.jobcorps.gov
Vocational training and job placement assistance for qualifying 16-24 year olds.

Job Service

(715) 261-8700
www.jobcenterofwisconsin.com
Helps with finding employment, writing resumes, interview preparation, workplace skills, and basic computer classes. Also helps employers recruit qualified job seekers.

NTC/Salvation Army Basic Skills Program

(715) 803-1479 (Instructor)
(715) 845-4272 (Salvation Army Office)
Free career exploration, job search and interview skills, job search assistance, and GED/HSED

preparation, at the Salvation Army.

Northcentral Technical College

(715) 675-3331
www.ntc.edu
Public vocational and technical education.

State College of Beauty Culture

(715) 845-2888
www.statecollegeofbeauty.com
Private trade school.

University of Wisconsin—Oshkosh

BSN at Home Program

(920) 420-6690
www.uwosh.edu
UW-Oshkosh nursing degree program available on the NTC campus.

Upper Iowa University—Wausau

(715) 675-2775
www.uiu.edu/wausau
Offers accelerated Associate's and Bachelor's degrees, at the NTC campus.

Wisconsin Educational Opportunity Program (WEOP)

(715) 842-0871
Helps students who have the potential to go to college but who might not ordinarily consider it. Also helps students with federal financial aid forms for college assistance.

WIOA Youth Employment and Training

(715) 261-8740
Services for in and out-of-school youth include one-on-one career counseling, awareness and assessment, and pre-employment skills training.

For more information on school or work resources, contact

Dial 2-1-1

Community information & referral service, available 24/7.

SEXUAL HEALTH



Sexual health is something that most people are uncomfortable talking about, but it is important for you to know the facts.

When you are romantically involved with someone, you have a responsibility to yourself and your partner to make informed decisions about your physical relationship. A sexual relationship has physical and emotional consequences that you must weigh.

Remember, YOU are the only person in control of your own body. If you are unsure, you should stop and educate yourself before going any further.

In the following sections, we will discuss physical, legal, and emotional elements to consider before engaging in a physical relationship, including:

- ◆ **Pregnancy**
- ◆ **Sexual Activity**
- ◆ **Sexually Transmitted Diseases (STDs)**

Pregnancy

How can my partner and I avoid getting pregnant? Pregnancy occurs after sexual intercourse, when a female's egg is fertilized by a male's sperm. The only 100% effective way to avoid pregnancy is abstinence, or not having sex. If you are going to have sex, you can use contraception, or birth control. The male partner can use a condom to prevent semen from entering the vagina. The female partner has a number of options, including pills, intrauterine devices (IUDs), shots, patches, and implants, to name a few. Consult a medical professional to determine what would be the best option for your individual case. Some people also use natural family planning to avoid pregnancy. Again, discuss this with a medical professional. Remember, no form of birth control is 100% effective. Whenever you have sex, there is always a chance that you will become pregnant, even with contraception.

Can I get a pregnancy test without telling my parents? The only way to know for sure if you are pregnant is to get a clinical pregnancy test. At-home tests are not always accurate. There are places that will administer a clinical pregnancy test confidentially.

If I'm pregnant, what do I do now? If you are pregnant, you have some very important decisions to make, and they cannot be taken lightly. Here are some things to think about if you are pregnant:

- ◆ **Establish a support system.** Confide in someone you trust. You will need support as you go forward. Ideally, this would be your partner or family. If your partner or family are abusive toward you, or you would feel unsafe revealing your pregnancy to them, find an adult you trust to talk with.
- ◆ **Learn about all of your options.** There are organizations that will help you learn about all of your options. You can find their information in the Directory section. Will you have the baby? If you give birth, will you keep the baby or offer it for adoption? Ask as many questions as you need to. It is important that you understand what is going on, as any decision you make will affect your body and your emotions. Use the information you receive to make the best choice for you.
- ◆ **Take care of yourself.** While you are pregnant, keep yourself in good mental and physical health to achieve the best outcome for yourself and your baby.

See also: FINDING HEALTH CARE (26), SEXUAL ACTIVITY (66)

Sexual Activity

How do I know if I'm ready to have sex? The decision to have sex with your partner is a very personal one. No one can make that decision for you. There are a number of factors to consider before making the decision, including your health and your emotions. You should NEVER feel forced to have sex. It is illegal for anyone to force you to have sex or engage in sexual acts. If you are unsure, talk to an adult that you trust, whether it is a parent, teacher, counselor, pastor, or friend.

What if my partner and I don't agree on how far we should go? There are many levels of physical affection, and some couples have trouble agreeing on a stopping point. Discuss your feelings and concerns with your partner and be specific about what feels right for you. If your partner wants to stop, it is important to be sensitive to his or her feelings. When someone isn't ready for sexual activity, it is insensitive and unfair to pressure them. If your partner wants to go further than you do, remember that it is your right to say no. Someone who loves you will be sensitive to your feelings. Forcing someone to have sex is illegal.

What does "safe sex" mean? "Safe sex" usually refers to protecting yourself against sexually transmitted diseases (STDs) and preventing pregnancy. This usually means using some form of contraception, or birth control. If you are male, this generally means always using a latex condom. This is widely accepted as the best way to prevent STDs. It will also help prevent pregnancy. For females, there are many types of contraception to prevent pregnancy. Keep in mind, many types of female contraception will not prevent STDs. Talk with a doctor or health care provider to determine what type will be best for you.

Can I get in trouble for having sex? Many teens worry about the reaction of their parents/guardians or other family members. Consequences at home will vary depending on your relationship and communication with your parent/guardian. Legally, it is important to be aware of laws regarding sexual activity of minors. It is illegal for someone age 18 or over to have sex with someone who is under 18. It is illegal for anyone to have sex with someone under age 16.

See also: DATING (47), HIV/AIDS (27), PREGNANCY (65),
SEXUALLY TRANSMITTED DISEASES (67)

Sexually Transmitted Diseases (STDs)

What is a sexually transmitted disease? A sexually transmitted disease (STD) is a disease or infection that is contracted through sexual contact. Sexual contact includes more than sexual intercourse. It includes things like oral sex, too. In order to be infected with an STD, there must be contact with bodily fluids like blood, semen, or vaginal fluid. This means that STDs can also be passed from mother to child during childbirth and through needles that penetrate the skin.

How can I protect myself from STDs? To prevent STD infection during sexual contact, the best method is to use a latex condom. Female condoms may also be available. Keep in mind that condoms do not provide 100% protection. You should also talk to your partner to find out if they have been tested for or diagnosed with any STDs. If you are unsure, remember that it is okay to say no to sexual contact of any kind at any time. Also, if you use needles for medication, never share them with anyone.

What should I do if I think I have an STD? Get tested! Use the resources in the Directory section to find a confidential testing site. If you have been infected, seek out medical treatment right away. It could possibly help slow the progression of the virus and improve your quality of life.



See also: FINDING HEALTH CARE (26), HIV/AIDS (27), SEXUAL ACTIVITY (66)

Sexual Health Resource Directory

Adoption:

Catholic Charities Adoption Services
(715) 849-3311
Lutheran Social Services Adoption Services
(715) 849-3344
Both programs help birth parents plan for adoption, regardless of their religion

1 (800) 227-8922

Langlade County Health Department
(715) 627-6250
Lesbian, Gay, Bisexual, and Transgender Health
1 (800) 246-7743

AIDS Resource Center of Wisconsin

1 (800) 551-3311
www.arcw.org
Helps people living with HIV/AIDS meet their medical, legal, financial, and emotional needs. Services include HIV testing.

Outreach Youth Central

1 (800) 551-3311

Prenatal Care Coordination
(715) 627-6250

Aspirus Langlade Birthing Center

(715) 623-9280

R.A.Y.S (Runaway and Youth Services)

1 (877) 920-7238

Catholic Charities Pregnancy Services

(715) 849-3311
Provides free and confidential support services to pregnant women and other people affected by an unplanned or crisis pregnancy.

Runaway Hotline

1 (800) 231-6946

Children's Hospital of WI Community Services

(715) 627-1414

Safe Place for Newborns Hotline

1 (877) 440-2229
24-hour hotline with information about Wisconsin's Safe Place for Newborns law. Law allows mother to safely and anonymously surrender an unharmed newborn, up to 72 hours old to a firefighter, police officer, EMT, or hospital employee without fear of prosecution. Child must be physically handed to a person to receive legal protection, not left unattended.

Family Planning Health Services

1 (800) 246-5743
www.fphs.org
Low-cost reproductive health care and education, including pregnancy testing and options education, STD testing and treatment, and contraceptive supplies. May be able to answer general questions about sexual health.

The Trevor Project

Crisis Intervention for LGBTQ Youth
1 (866) 488-7386

Hope Life Center

(715) 843-4673
www.hopewi.org
Free pregnancy testing, counseling, and education for unplanned pregnancies and post-abortion for women and men and their families. Limited O/B ultrasound also available.

WIC (Women, Infants, & Children Nutrition Program)

1 (800) 246-5743

For more information on sexual health resources, contact

Dial 2-1-1

Community information & referral service, available 24/7.

National AIDS Hotline

1 (800) 342-2437

National Sexually Transmitted Disease Hotline

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