

# YOUTH YELLOW PAGES



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# **24-Hour Crisis and Emergency Numbers**

## **DIAL 9-1-1 IN CASE OF AN EMERGENCY!:**

**9-1-1**

## **NON-EMERGENCY POLICE:**

**505-242-COPS (2677)**

## **ALCOHOL PROBLEMS:**

**Alateen or Al Anon: 505-262-2177**

**Alcoholics Anonymous: 505-266-1900**

**New Mexico Poison Center: 505-272-2222 or 1-800-452-6866**

## **DRUG OVERDOSE: 911**

**New Mexico Poison Center: 505-272-2222 or 1-800-452-6866**

## **FAMILY VIOLENCE:**

**AFAC-Albuquerque Family Advocacy Center: 505-505-243-2333**

**SAFE House: 505-247-4219**

**Child Protective Services: 505-841-6100 or 1-800-797-3260**

## **RAPE:**

**Rape Crisis Center of Central NM: 505-266-7711**

## **RUNAWAYS:**

**Runaway Hotline: 1-800-621-4000**

## **SUICIDE PREVENTION HOTLINE:**

**505-247-1219**

## **WHEN YOU DON'T KNOW WHERE TO CALL:**

**United Way 2-1-1: Toll Free: 2-1-1 or 505-245-1735**

**Agora Talk line/Crisis Hotline: 505-277-3013**

## **SEXUALLY TRANSMITTED DISEASES:**

**National VD Hotline: 1-800-227-8922**

**AIDS Hotline: 1-800-545-2437**

## **MENTAL HEALTH CRISIS:**

**Psychiatric Crisis Hotline: 505-247-1121**

# ALCOHOL AND OTHER DRUGS

Today, everyone is exposed to the temptation to try drugs. Most people experiment for curiosity, for kicks because of peer pressure, or to escape emotional problems. Drugs change the way we act, think and feel. Some drugs cause depression; some make users feel invincible and can make users feel that they can do anything. ***These are unpredictable and false feelings.***

## **The dangers of drug experimentation are:**

- Overdose
- Physical illness
- Accidents
- Use of impure or unknown drugs
- Addiction

Becoming physically or psychologically dependent may happen immediately or gradually. Life-threatening dangers exist not only when drugs are taken in excess, but also when they are taken for a long time or in the wrong combination. Effects also depend on how long a drug is taken, the user's body size and attitude, and the setting in which the drug is taken. Drugs are very unpredictable and their effects on the body vary from person to person.

**Alcohol** is the most abused drug in the United States in all age groups. Alcohol is a depressant. It slows the heart rate and respiration, and it controls mood and emotion. Time is the only cure for the effects of alcohol on the body. It takes your body about one hour to eliminate the alcohol in one shot of whiskey, one beer, or one glass of wine. All contain approximately the same amount of alcohol. Mixing alcohol with other drugs is especially dangerous. People troubled by alcohol use often have problems that are social, physical, financial or emotional.

**WARNING:** Alcohol is a dangerous drug. Games such as "chugging" can kill you.

**WARNING:** Drinking or using any drugs during pregnancy is extremely dangerous to the unborn baby.

**WARNING:** Drinking and driving don't mix.

**Cocaine** is snorted, injected or smoked, it acts as a stimulant of the central nervous system, increasing blood pressure, heart rate, respiration and body temperature. The dangers of cocaine use vary, depending on how the drug is taken, the dose, the individual and the purity of the cocaine. Risks include confusion, anxiety and serious psychological problems. Occasional use can cause a stuffy, runny or bloody nose, while chronic snorting can deteriorate the mucous membranes. Though few people realize it, overdose death can occur when the drug is injected, smoked or snorted. Multiple seizures followed by respiratory and cardiac arrest are some of the more serious dangers.

**Crack** is a form of freebase cocaine is a form of freebase cocaine, which appears as small granules that are smoked in a glass pipe or tube. Because crack is more concentrated, its use can result in more severe consequences.

**WARNING:** Crack is highly addictive. A first-time user may be addicted.

**WARNING:** Freebasing cocaine or crack can cause injury or death from fire or explosion.

**Marijuana** is generally smoked or eaten. The most common effects of marijuana are:

- Distortion of time, space and short-term memory
- Poor coordination
- A decrease in the male hormone levels
- Anxiety, panic or paranoia

With young adults, marijuana use can interfere with decision making, the ability to learn and the ability to get along with others. Depression and anxiety are common side effects of marijuana use

**Prescription Drugs** can cure illness and block pain, and sometimes we need their beneficial effects. These drugs can also cause dependency and side effects that interfere with life. Prescription drugs are not safe for use by anyone other than the person for whom they were prescribed.

**Nicotine**, which is found in cigarettes, snuff and other tobacco products, is one of the hardest substances to quit using.

**Caffeine**, which is found in coffee, teas, cocoa and cola drinks, may be the world's most popular drug. It is found in products such as aspirin,

nonprescription cough and cold remedies, diet pills and some street drugs. Researchers have found a withdrawal syndrome among people who suddenly stop using caffeine after developing a pattern of regular use. The symptoms may include headaches, irritability and mood changes.

**Look-A-Like Drugs** are easily available from people on the street, but the name tells it all. How do you really know what you really know what you are buying? Because look-a-likes may or may not be as strong as the real drug, they can be extremely dangerous. When taken, look-a-likes may lead to an accidental overdose.

Someone who abuses alcohol or other drugs may be unable to recognize the seriousness of his problem. It is important to seek information about how to get help for yourself or a friend. There are many alternatives to doing drugs. **Help is available.** For more information about alcohol and other drugs, or about getting help and treatment for drug problems, call:

**Narcotics Anonymous: 505-260-7195**

**United Way 2-1-1: Toll Free 2-1-1 or 505-245-1735**

For more specialized help or information, you may want to call: **Remember, all calls are kept confidential.**

**Alateen or Al Anon (Groups for teenagers with alcoholic or chemically dependent parents, family members or friends): 505-262-2177**

**Alcoholics Anonymous: 505-266-1900**

**Alcoholism Division, CASA/UNM Mental Health Center: 505-768-0100**

**Hogares: 505-345-8471**

**National Council on Alcoholism: 505-256-8300**

**Teen Challenge of NM: 505-281-8467**

**To report drunk driving: 9-1-1**

# EDUCATION

Staying in school is important to your future. A good education will prepare you to cope with life and education will prepare you to cope with life and help you get a better job. You have a legal right to stay in school, even if you have special needs or are pregnant or ill. If circumstances in your life make staying in a regular junior or senior high school seem impossible, you don't have to give up on school. There are alternative ways to complete your education.

## Alternative Education

Albuquerque Job Corps: 505-842-6500

Central NM Community College: 505-224-3000

Freedom High School: 505-884-6012

New Futures High School: 505- 883-5680

## General Education Development Test (GED)

This program is for students who have not graduated from high school. If you have dropped out, GED can open doors to jobs, colleges, trade schools or apprenticeship programs. You are eligible to take the test if you are a resident of New Mexico and you are 18 years or older and not enrolled in school, or if you are 17 years old, out of school and the class to which you were assigned has graduated.

To find out more about GED:

Central New Mexico Community College: 505-224-4269

Youth Development, Inc.: 505- 831-6038

## Financial Assistance Information to Help You Stay In School

If you need financial assistance in order to stay in high school or you need information about your legal education rights, call:

Albuquerque Public Schools: 505-256-4200

# EMPLOYMENT

Before you turn 15 and can get a regular job, there are some things you can do to earn money or gain experience that will help you later. You can baby-sit, landscape yards or do odd jobs. You can volunteer in a variety of church, school or community programs. You might help in a hospital, or serve in a program to help older people. Any kind of job or volunteer work will introduce you to adults who can recommend you to a future employer.

When you begin to look for a paying job, you will be building a work record. Doing a good job and being dependable and on time will be as important as the type of work you do. Before you apply for a job, make a list of your work experiences, volunteer activities, odd jobs and people who can recommend you. This resume or fact sheet will help you as you move through stages of employment.

Some questions to ask yourself are:

What do I like to do and what am I good at doing?

How will I get to and from a Job?

How many hours and days a week can I work?

Do I have any skills such as: typing, computer skills, photography, auto repair?

Do I have any extracurricular school activities or hobbies?

## Getting Leads

Here are some of the best ways to learn about job openings: First, contact you nearest **New Mexico Department of Labor**. You may also use other resources such as the classified section of newspapers; bulletin boards at schools and community centers; or ask family, friends and relatives. If you are between 13 and 19, call

**Dial-A-Teen: 505-841-9328**

Watch local newspapers and check website listings about summer job programs. (Begin looking for summer jobs as early as March.)

## Getting Help

To learn how to complete and application, write a resume and interview for a job, contact one of these agencies:

**Department of Labor: 505-841-9300**

## Apprenticeship Programs

**Asbestos Workers #76: 505-266-0212**

**NM Building & Construction Trades Council AFL-CIO: 505-268-1000**

**Bureau of Apprentice Training: 505-841-9300**

**UBC 407: 505-268-4389**

**IBEW 611: 505-343-0611**

**Iron Worker #495: 505-242-9124**

**Laborers Local 16: 505-265-2843**

**Operating Engineers #953: 505-266-5757**

**Plasterers and Cement Masons Local Union 254 (OPCM): 505-255-4170**

**Plumbers & Steamfitters Local 412: 505-265-1513**

**Sheet Metal Workers Local Union 49 (SMWIA): 505-266-5878**

## GOOD NUTRITION & EATING DISORDERS

Good nutrition is essential to good health. It is important to select well-balanced, nutritious meals to ensure normal patterns of growth and development. Americans focus a lot of energy on diet, fitness and health. Sometimes, this can popularize unhealthy diet fads. Although it is important to watch your weight, dieting can get out of hand. For people with various eating disorders, it can even be dangerous.

**Anorexia Nervosa** is a physically dangerous eating disorder. Deliberate self-starvation is one of the symptoms. A person suffering from anorexia may be obsessed with the idea of eating food but, because of emotional, environmental and physical factors, may ignore the hunger and not eat.

**Bulimia** is closely related to anorexia but has quite different symptoms. Bulimics consume enormous amounts of food in very short periods of time, then fast, vomit or use laxatives or diuretics. The sufferer may feel trapped within the destructive binge/purge cycle and have no idea how to stop.

**Overeating and Compulsive Eating** are also unhealthy habits and can be symptomatic of underlying emotional or physical problems.

If you, a family member or a friend display any of these symptoms or conditions, you can get help. Please call:

**Adolescent Eating Disorders Anorexia-Bulimia Overeaters Anonymous:  
505-292-9080**

# THE LAW AND YOU

## Teenage Impaired Driving Law

Anyone who operates a motor vehicle while under the influence of alcohol or drugs can be convicted of a misdemeanor. If you are under 18 years of age, you will be assumed to be impaired to drive if the alcohol content of your blood of .02% or higher. Adults are assumed to be impaired at .08% or higher.

Refusal to take the breathalyzer or chemical test can result in the suspension of your driver's license, a fine and an order to attend a special course on drunk driving.

A second offense can cause you to lose your license until you are 21 years old. Your parents will be notified in writing by the court of your driving while intoxicated (DWI).

## Drunk Driving Penalty

Anyone who operates a motor vehicle while under the influence of alcohol or drugs is guilty of a misdemeanor if convicted and will be subject to a fine and driver's license suspension.

## Other Laws and Regulations For people Under 21

If you are under the age of 21, it is against the law for you to:

Enter a liquor store or restaurant for the purpose of buying or being served liquor.

Drink, buy, attempt to buy or have someone else buy alcohol for you.

Misrepresent your age or the age of another person.

Have an alcoholic beverage (opened or unopened) in any part of a vehicle you are driving when not with a parent or legal guardian. The only exception to this regulation is for a teenager between 16 and 20 who is driving in the course of employment and may transport unopened alcoholic beverages.

It is unfair to pressure older friends or your parents to purchase alcoholic beverages for you. The law in New Mexico provides strict penalties for adults who provide alcohol or drugs to teenagers.

## **Pranks**

Always remember that a simple prank can lead to serious charges in juvenile court; you can be punished by confinement in a state institution.

## **Drug Laws**

Simple possession of most controlled substances, with the exception of marijuana, is a felony. Possession of marijuana, is a misdemeanor for the first offense and a felony for the second offense.

## **Alcohol Laws**

It is against the law to serve or permit liquor to be served to minors anywhere, including in the home. It is against the law for minors to have alcohol in their possession at any time.

## **New Mexico Gun Laws**

Check with the city or town in which you live or the law governing the discharge of weapons within the city limits. Some cities prohibit the discharge of a weapon in the city. Federal laws apply to sale, purchase and possession of weapons.

## **Martial Arts Weapons and Knives**

It is illegal to carry, possess or attempt to use chucks, stars or martial arts knives (nun-chaku and shriken) unless they are used by a martial arts instructor in class demonstration. It is illegal to carry on your person a knife with a blade longer than three (3) inches.

## **Search Warrants**

A search warrant is a paper signed by a judge giving permission to search a house, car, store, locker or other property.

In the following situations, the police can search without a warrant:

If there is a reason to believe a youth has violated, or is about to violate, the law. If a car is believed to have been involved in a crime, it may be searched after an arrest has been made. A thorough search will be conducted to locate weapons or items, which could aid in escape from custody and to assure that evidence will not be destroyed.

If the police are actively searching for a dangerous person or pursuing someone who goes into a home. If the police believe a weapon is in a car, they may search unlocked parts. If there has been a crime, any part of a car may be searched.

## Search Warrants Continued.

**WARNING:** If you give permission to any search, you are allowing the police officer to fully search you or your property.

You do not have to volunteer anything. Do not hassle the police. Request a receipt for anything taken and a copy of the warrant, if there is one. If you think there is illegal search and seizure, check with a lawyer.

## Transfer From Juvenile To Adult Court

If charged with a felonious violation of the law, a youth 16 years of age or older may be waived to the adult criminal court. Criminal penalties are the same as adults receive. Factors the court will consider before waiving a juvenile to be treated by the court as an adult are:

### Age/Background/Record (previous offense)/Seriousness of offense

If you are arrested, you are in the custody of the arresting officer of officers. Some things to remember if you are arrested are:

Do not resist arrest. The most important thing to do is cooperate. Your attitude and cooperation will have a direct effect on how you are treated.

You have a right to a lawyer. If you cannot afford one, the court will appoint one for you. Ask the police to call your parents or another adult. Do not say too much to the police without advice from an attorney. For help with a legal problem, call:

**Public Defender's Office: 505-841-5100**

## What to do in Case of a Car Accident - *Do Not Panic!*

Do not move your car (unless it is causing a safety hazard) until the police arrive. Exchange names, addresses, phone numbers, names of insurance companies and driver's license numbers.

When damages are less than \$300, you do not have to call the police if all parties involved agree. If in doubt about the amount of damage or whether the other person has liability insurance, call the police and make a report.

When you have an accident with damages over \$300, you are required by law to file a Safety Responsibility Report through your insurance company.

**WARNING:** Whatever you do, do not run away from the scene of an accident.

# MENTAL HEALTH

Being mentally healthy means feeling reasonably good about yourself and others. It does not mean feeling good all the time. No one does! Everyone has strong feelings, particularly about the emotional issues facing them

If these everyday feelings begin to interfere with your normal activities, they may be warning signs of emotional problems. These warning signs include:

- Sudden changes in mood or behavior.
- Depression, prolonged unhappiness, withdrawal from friends and activities, and lack of interest.
- Anxiety, strong feelings of uneasiness, fear or imagined danger.
- Unfounded physical complaints.
- Not working up to potential in school or sports.

Emotional problems are not hopeless or incurable. A troubled person can get help.

## Counseling

Counseling is a confidential opportunity to discuss personal issues with someone you can trust. You explain to the counselor how you are feeling and why you are feeling that way. In the process of explaining those feelings, you can learn how to understand yourself better and how to make more knowledgeable decisions about your life.

Sometimes friends and relatives who are good listeners can help you make decisions. Trust your feelings and find someone who makes you feel comfortable.

If your problems seem too difficult or too personal to discuss with a friend or relative, then you may need to find a trained counselor. Mental health centers and other agencies provide counseling on issues such as:

- Drug or alcohol misuse and abuse
- Sexuality
- Peer pressure
- Depression and anxiety

Mental Health Continued.

Some agencies allow counselors to see a teenager without parental permission. Call first to determine its policies. Ask about special services for teens, fees and appointment times. Remember, don't let anything keep you from getting the help you deserve.

For assistance in locating mental health counseling, please call:

**Outcomes:** 505-243-2551

**Hogares :**505-345-8471

**UNM Mental Health Center:** 505-843-2800

**United Way 2-1-1:** Toll Free 2-1-1 or 505-245-1735

## **SERVICES FOR PHYSICALLY OR MENTALLY CHALLENGED YOUTH**

There are many services offered by various agencies in this area to help handicapped or disabled youth. Services for youth include shelter, recreation, educational opportunities, career and vocational guidance and job placement. Here are just a few of the services available throughout the Albuquerque area:

**Albuquerque Public Schools Special Education):** 505-247-1012

**Association for Retarded Citizens:** 505-247-0321

**Big Brothers/Big Sisters:** 505-837-9223

**Career Services for the Handicapped:** 505-265-7936

**Commission for the Blind:** 505-841-8844

**Vocational Rehabilitation:** 505-841-5750

**Rehabilitation Center (RCI):** 505-255-5501

# RAPE OR SEXUAL ASSAULT

Sexual assault is any forced or coerced sexual act. It can be anything from unwanted touching to rape. It is an act of violence not the result of an uncontrollable sex urge. Over half of all sexual assaults occur between people who know each other, but the rapist can be anyone.

A rapist chooses victims who are vulnerable, not because of what they do, say or wear. Here are some safety tips on avoiding sexual assault.

Never walk alone at night. Avoid streets that are not clearly lit.  
Plan your route in advance if you must walk in an unfamiliar area.  
Walk briskly and confidently . Do not look vulnerable  
Keep alert.  
*Call out for help if the situation is dangerous.*

If you are assaulted, do whatever you need to do to get out alive. Afterwards, go to a safe place and call:

**Rape Crisis Center of Central NM: 505-266-7711**

Rape Crisis staff members are available 24 hours a day to talk with you, answer questions and provide support. Don't be afraid to call the Rape Crisis Center; you will be able to make your own decisions. **All calls are strictly confidential.**

Medical Treatment is encouraged to help with any injuries, or to treat venereal disease or pregnancy. Evidence obtained during a hospital rape exam may provide needed assistance if further legal action is taken. Remember, it's important to report rapes to the police so that your legal rights and the safety of others may be protected.

## Sexual Abuse

If you are being touched or approached sexually by a family member, adult friend or someone else, and it makes you uncomfortable, unhappy or confused, you may be a victim of sexual abuse. If you think you are a victim of sexual abuse, talk with someone who can help you sort out your feelings.

To get help, call:

**POLICE: 9-1-1 or non-emergency 505-242-2677**

**AFAC-Albuquerque Family Advocacy Center: 505-243-2333**

**New Mexico Child Protective Services: 505-841-6100 or (800)797-3260**

**Rape Crisis Center of Central NM: 505-266-7711**

## SEXUAL ACTIVITY

Someone you care about want to have sex and you don't know:

What to do or say

How it may change your feelings about yourself or you relationship

How to prevent pregnancy

How to say "NO" without losing your partner

Some couples have trouble agreeing on a stopping point. What should you do? There are many levels of touching and affection before sexual intercourse occurs. You can stop at any level. Try to avoid situations where you have to decide when to stop. Before you get in a difficult situation, talk about your feelings with your partner and be sure to be specific about what seems right to you. If you can't agree, you may have to say "NO". Although it's hard to say "NO" to someone you really like, only you know how much you can handle, and you are the one who must deal with the consequences.

It is important to be sensitive to your partner when it comes to the question of sexual activity. When someone is not ready for sexual involvement, it is insensitive and unfair to pressure them

If you need help or advice, or you have specific questions about sexuality topics, you can call:

**Planned Parenthood of New Mexico: 505-265-5976**

### Unplanned Pregnancy

The United States has the highest teen pregnancy rate in the world. Over one million unwed American teenagers become pregnant each year. Such pregnancies often bring medical problems and can cause emotional upset and abrupt change of life style.

If you or someone you know is pregnant and uncertain about what to do, there are resources available. This is a difficult time, but remember, there are choices. ***It is important to get a pregnancy test as soon as possible***, to talk about the test with someone, and to get medical attention right away. **(Services will be confidential.)**

## Sexual Activity Continued...

Although your pregnancy isn't apparent to anyone in the early stages and may not seem real to you, it is important to know whether you are pregnant. The options available to you should be discussed with a counselor or health professional. Also, the earlier you know, the earlier you can begin to take care of yourself, especially by avoiding alcohol, cigarettes and drugs.

Counseling about options, decision making and how to deal with pregnancy is available through local mental and medical health centers. For more information call:

**Albuquerque Pregnancy Center:** 505-880-0882

**Birthright:** 505-262-2235

**Planned Parenthood:** 505-265-5976

**UNM M&I Program:** 505-277-5856

## SEXUALLY TRANSMITTED DISEASE (Venereal Disease or "VD")

Sexually transmitted diseases (STD) include syphilis, gonorrhea, herpes, AIDS and other less common diseases that are transmitted by close body contact, either through sexual intercourse or other intimate contact with someone who has a sexually transmitted disease. All STD services are confidential; your privacy is respected. In New Mexico, minors can be treated without parental consent.

There is nothing shameful about getting a sexually transmitted disease, but it is dangerous if left untreated.

One or more of the following symptoms may indicate that you have any symptoms may indicate that you have a sexually transmitted disease.

- Discharge of pus from penis or vagina
- Painful burning sensation while urinating
- Painless sores or blisters on or around the mouth or sex organs
- Itching or swelling in the groin area
- Unusual discharge or odors from the vagina
- Patchy hair loss from the scalp.

However, you can be infected with a disease and not have any symptoms, or you may have some of these symptoms for other reasons. The **only** sure way to know if you have a sexually transmitted disease is to go to your doctor or public health clinic.

STD Continued....

**WARNING:** If not treated, a sexually transmitted disease can cause permanent damage including:

- Sterility (inability to have children)
- Heart disease
- Damage to an unborn baby
- Insanity or paralysis
- Blindness or deafness
- Non-healing skin ulcers
- Death

Once in the body, a sexually transmitted disease will continue to do damage until it is treated. Even if the outward symptoms disappear (and they often will) the germs which cause a sexually transmitted disease are still in the body and can result in permanent damage.

**FACT:** You do not catch a sexually transmitted disease from toilet seats or heavy lifting.

**FACT:** You can get a sexually transmitted disease at any age, and get it again and again.

**FACT:** No vaccine can prevent contracting a sexually transmitted disease; however, most venereal diseases can be treated.

**FACT:** Anyone can get a sexually transmitted disease...people of all races, ages and incomes.

## TESTS

Do not allow shame or embarrassment to keep you from seeking help. See a doctor or contact your local public health clinics. When you go to your physician or clinic, you will be given a simple medical exam and lab tests to determine if you have a sexually transmitted disease. To get more information about preventing STD, please call:

**Bernalillo County Health: 505-841-4100**

STD Continued...

# AIDS

AIDS is a sexually transmitted disease that has been the focus of public attention and private fear over the past few years. The ACQUIRED FEAR OF AIDS (AFRAIDS) has given birth to a lot of false assumptions about the spread of the disease.

**AIDS** can be spread by sexual contact, by sharing of needles by intravenous drug users and, before the introduction of blood testing in 1985, by transfusion of contaminated blood.

**AIDS** cannot be spread by sharing a classroom with an AIDS patient. AIDS cannot be spread by casual contact with an AIDS patient.

**AIDS** cannot be spread by giving blood. New rules require testing of all blood donations which protects us from the spread of AIDS by transfusion. To get more information about preventing AIDS, please call:

**Bernalillo County Health** : 505-841-4100  
**New Mexico Aids Services:** 505-266-0911

## RUNNING AWAY

Almost everyone thinks about running away from home at some time. You may feel depressed about your life and may want to do something to change the way things are going. Talking to someone may help you understand yourself and the situation better, think more clearly and make an intelligent decision based on realistic choices.

If you or a friend are determined to run away, and talking it out doesn't seem to help, please run to a safe place. Even the most street-wise people can get ripped off, harassed or seriously hurt while trying to make it on their own.

Here are some numbers you and your friends may call for help:

**New Day, Inc., Runaway House:** 505- 256-0429  
**National Runaway Hotline:** 800-621-4000  
**Youth Development, Inc.:** 505-877-0371

# SUICIDE

Many teenagers go through life hiding their problems and feelings from the world, their families and friends. If someone talks to you about suicide, take it seriously. People need to talk to someone if they can't cope with life. A friend may tell you about suicidal feelings and ask you to keep it secret. Being a good friend means that **YOU WILL NOT KEEP THIS SECRET**. You must tell someone whom you can trust (parent, teacher, member of the clergy or counselor). Suicide threats are cries for help from people who don't realize that they have other choices.

Mentioning suicide does not give people the idea or push them over the edge. Talking frankly permits people to discuss painful feelings and can prevent them from committing suicide. This period of crisis usually lasts a short time. With help, people can get past their crisis period and start to work through the feelings and problems that are bothering them.

**FACT:** More than 5,000 Americans between 14 and 24 commit suicide each year.

**FACT:** Teenage pregnancy is considered one of the prime reasons for teenage suicide.

**FACT:** Anyone has the potential to commit suicide.

Suicide Continued...

Here are a few ways to help someone who is feeling suicidal:

Be willing to listen.

Don't make the person feel guilty about his or her feelings.

Get help by encouraging the person to call a suicide prevention crisis line or seek professional counseling.

If you have any questions about suicide, or are experiencing a crisis in your life that seems to difficult to handle, you can call these numbers for help:

**Agora-UNM Crisis Center:** 505-277-3013

**Suicide Prevention Hotline:** 505-247-1219

# VIOLENT BEHAVIOR

If you or a friend have been beaten or abused, or your own behavior is violent, it is time to seek help. You can learn acceptable ways to deal with stress, tension and anger.

If you witness any sort of violent behavior, there are resources to call. No one deserves to be abused. If you need help, get away, get help and call the police.

For family violence prevention programs, call:

**Albuquerque Family Advocacy Center: 505-243-2333**

## **THINGS TO DO AND**

## WAYS TO GROW

Having fun is important! Social and recreational activities offer opportunities to learn new skills, meet new friends and explore new interests. Doing new things is exciting and may be a little scary. It is normal for people to feel uncomfortable when they are in a new situation, but don't be discouraged. The discomfort disappears quickly once you get involved.

You can use the resources listed here to discover things to do. Or use the phone to explore what is available through agencies that are listed. Your own community has many unique recreational and educational experiences to offer you. Be sure to consult your local directory for information on neighborhood community centers and parks and recreation programs.

## YOUTH SERVING AGENCIES

**Albuquerque Job Corps: 505-842-6500**

**Big Brothers/Big Sisters: 505-837-9223**

**Boy Scouts of America: 505-345-8603**

**Boys & Girls Clubs of Albuquerque: 505-881-0777**

**Camp Fire, Inc.: 505-842-8787**

**Chaparral Girl Scout Council: 505-343-1040**

**Dial-A-Teen: 505-841-9328**

**YMCA: 505-881-4787**

**YWCA: 505-822-9922**

**Youth Development, Inc.: 505-831-6038**