

Teen Resource Guide

Action for the Betterment of the Community is pleased to present this updated booklet as a service to the teens of the community. For additional copies, contact Kara Graveman at 605-347-2991

This booklet is sponsored by :
Action for the Betterment of the Community through a Drug Free Communities support program

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Printing costs underwritten, in part, by:
Drug Free Communities Support Grant

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January 2008

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HOT LINE NUMBERS
PLACES TO CALL IN A HURRY

AIDS Hotline
800-584-8183
800-243-7692
Al-Anon/Al-Ateen
St. Thomas Episcopal Church
Alcohol & Drug Help Line
605-347-3003
Alcohol & Drug Treatment Referrals
800-454-8966
Alcoholics Anonymous
605-347-8431
504-584-2350
Alcohol & Drug Services
605-347-3003
Ambulance
911 or 605-347-2574
American Red Cross
605-342-4010
Attorney General
Consumer Protection 1-800-300-1986
Black Hills Counseling
605-722-8090
Catholic Social Services
605-348-6086
Chemical Dependency Referral Program
605-347-3003
Child Protection Team
605-347-2588
Community Prevention Committee
(ABC) Action for the Betterment of the Community 605-347-2991
Community Prevention Services
605-3347-2991
Consumer Credit Counseling Service
605-348-4550
Court Services (Probation Office)
605-347-4412

Crisis Intervention Shelter
605-347-0050

Cult Hotline & Clinic
212-632-4640

Department of Social Services
605-347-2588

Domestic Violence
605-347-0050
800-755-8432

Drug-Free Schools Office
605-347-4454

Eating Disorders
605-343-7262
605-642-2777
1-800-931-2237

Fire
911 or 347-3611

Food Pantry
605-642-0940

Gambling Addiction
605-343-7262
605-642-2777

Gamblers Anonymous
1-888-781-4357

Highway Patrol
605-347-2573

Legal Services
605-342-7171

Lutheran Social Services
1-605-357-0100
1-800-568-2401

Meade, Lawrence, and Butte County Housing
605-347-3384

Meade County Public Health
605-347-5650

Public Safety DUI Program
605-347-3003

Quitline – Smoking
1-866-SDQuits (737-8487)

Sheriff's Department
911 or 605-347-2681

Sturgis Academy for Non-Traditional Students
605-347-9349

Sturgis Hospital
605-347-2536

Sturgis Police Department
605-347-2573

Suicide Hotline
1-800-SUICIDE (784-2433)

Teen Parenting Program
605-347-4467
Tobacco Education Program
605-347-2991
Victims of Violence Intervention
1-800-999-2348
Women Against Violence
(Rape, Assault Victims) 605-341-4808

INTRODUCTION

As a teenager in South Dakota, you are faced with various questions and decisions. This resource guide is written especially for you. The guide focuses on critical topics and offers accessible information and contact numbers to develop your awareness of services throughout the area. This booklet will let you make choices and will give you the information and guidance you may need to reach intelligent, individual decisions.

Whether your needs are physical, emotional, educational, or recreational, someone can assist you. Advice and help can come from many sources, including:

- Your family
- Friends
- Teachers and counselors
- Religious leaders
- Library

DO NOT OVERLOOK YOUR PARENTS AS A SOURCE OF GUIDANCE, EXPERIENCE, AND UNDERSTANDING.

Please Do Not Hesitate to Ask for Help.

You do not have to go through this stage of your life alone.

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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 them believe that nothing can bring them down; some drugs make users feel they can do anything. These are false and unpredictable feelings.

Some of the dangers of experimenting with drugs are:

- Overdose
- Physical illness

- Accidents
- Death or disease through use of impure or unknown drugs
- Addiction
- Trouble with the law

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 period of time or in the wrong combination. Effects also depend on how long a drug is taken, the user's body size and attitude, and where 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. It is a depressant. It slows the heart rate and respiration and affects the part of the brain that 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 social, physical, financial, or emotional problems.

Warning: Alcohol is a dangerous drug. Games such as "chugging" or binge drinking" can kill you.

Warning: Drinking and driving do not mix. Do not operate a motor vehicle while under the influence of alcohol or drugs. DO NOT get into a vehicle if the driver is under the influence of alcohol or drugs.

COCAINE, when snorted, injected, or smoked, acts as a stimulant to the central nervous system, increasing blood pressure, heart rate, respiration, and body temperature. The dangers of cocaine use vary. First-time use can cause death. Lesser dangers can include serious physical and psychological problems. Having psychotic episodes due to the use of cocaine is also not uncommon. It is also addictive and expensive.

CRACK 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. Crack can cause death or addiction the first time used.

Warning: Freebaseing cocaine or crack can cause injury or death from fire or explosion.

ECSTASY (MDMA) is a synthetic amphetamine derivative and is considered a party drug that can be found at "rave parties." Under the name MDMA, short for 3,4-methylenedioxymethamphetamine, the drug made a brief appearance during the '60s, then moved quietly underground only to emerge again in the '80s as ecstasy (also known as: xtc, X, E, and Adam). The long-term impact on the brain is still being studied but it is known to affect memory function and causes permanent brain damage.

HALLUCINOGENS: LSD, Mescaline, Peyote, Mushrooms, and Others are usually taken orally. They create a wide variety of effects on the user, depending on the amount taken, where it is used, the expectations, and the personality of the user. One drug can affect a person differently each time it is used. Some of the effects are:

- Mood, time, and perception distortion
- Paranoia, panic and anxiety
- Nausea and vomiting

Warning: Hallucinogen use can lead to violent behavior toward yourself and others.

Warning: Hallucinogen use can have long lasting consequences such as: flash backs, emotional instability, and psychosis.

Warning: LSD attaches to DNA and can give you another trip when you least expect one.

HEROIN is an opiate and is either snorted or injected. It is a depressant to the central nervous system. After a brief period of euphoria there is a crash followed by a desperate need to use again. Heroin is a highly addictive drug and the cycle of dependency develops rapidly. Side effects include:

- Lethargy
- Numbness
- Nausea and vomiting
- Itchiness
- Watery eyes and runny nose
- Weight loss
- Slow and shallow breathing

Warning: Heroin use can cause hepatitis.

Warning: Intravenous drug users are at a very high risk of contracting and spreading the HIV virus which causes AIDS.

Warning: The use of heroin can cause death from an overdose when combined with barbiturates or other “downer drugs.”

INHALANTS are breathable chemicals that produce mind and mood altering vapors. They are not meant to be used as drugs. Some examples are: model airplane glue, lighter fluid, whippettes, Freon, white out correction fluid and paint thinner.

Short term effects are:

- Nausea and vomiting
- Sneezing and coughing
- Trouble breathing
- Nose bleeds
- Bad breath

Longer term side effects are:

- Weight loss
- Fatigue
- Poor coordination
- Damage to nervous system, liver, kidneys, blood, bone marrow, brain, and lungs

Warning: Inhalants can kill when the concentration of fumes is high.

Warning: Inhaling from a paper or plastic bag greatly increases the chance of suffocation.

Contrary to common perception, this form of substance abuse did not disappear in the 1970's and many parents are surprised to learn that inhalant abuse is a common problem affecting young people today. In fact, inhalant abuse surpasses all other forms of chemical abuse except alcohol and tobacco in eighth graders across the nation. An equally disturbing consideration is that an almost unlimited selection of easily obtained products can be abused in this way. Some professionals estimate that there are more than 1,400 products that have an abuse potential.

There are two simple messages to remember about inhalant use:

- Inhalant abuse can kill! Sudden Death Syndrome, (a form of massive heart failure) is one way that inhalants kill. Sudden death can occur with first-time as well as experienced users and result from a wide range of products. Respiratory failure from over exposure is another way death can result. The rapid and extreme loss of judgment and physical coordination during intoxication can bring about deadly accidents.
- Inhalant abuse causes health problems to the entire body. Neurological damage to the central nervous system and the main brain has been referred to as the "calling card" of inhalant abuse.

INHALANTS ARE SIMPLY TOO DANGEROUS TO TRY

Warning signs of inhalant abuse might include:

- Discarded or suspicious product containers;
- Tools of the trades such as bags, gauze, or other utensils used to aid inhalation;
- Product traces on the suspected user;
- Facial rash, blisters, or sores caused by these harsh products;
- Runny nose and coughing not explained by illness;
- Unusually harsh breath;
- Extreme mood swings and unusual speech;
- Uncontrolled laughter;
- Bizarre risk-taking; and,
- Angry or violent outbursts.

If you wish to learn more about inhalant abuse, please contact Our Home, Inc., Huron, SD at (605) 352-4368.

LOOK-ALIKE DRUGS are easily available from people on the street, but the name tells it all. How do you really know what you are buying? Because look-alikes may or may not be as strong as the real drug, they can be extremely dangerous. When taken, look-alikes may NOT contain any mood altering substance at all. They could be a form of poison disguised as a "good drug."

MARIJUANA is generally smoked or eaten. 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. Other effects of marijuana are:

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

METHAMPHETAMINE is sometimes known as meth, ice, speed, crank, crystal, batu, shabu, or glass. It is an extremely addictive stimulant and the effects are similar to those of cocaine but longer lasting. The drug can cause erratic, violent behavior among its users. Users can develop a tolerance quickly, needing more and more to get high and going on longer binges.

Psychological symptoms of prolonged meth use can resemble those of schizophrenia and are characterized by paranoia, hallucinations, repetitive behavior patterns, and delusions of parasites or insects on the skin. Users often obsessively scratch their skin to get rid of these imagined insects.

NICOTINE is contained in cigarettes and chewing tobacco which are among the hardest substances to quit using. They cause cancer of the lungs, mouth and nasal passages, and cause several forms of heart and liver disease.

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. Some commonly abused prescription drugs include amphetamines, Valium, and Percodan. These are referred to on the street as “uppers” and “downers.” Overdose or use with alcohol can cause death.



Warning: It is illegal for anyone to sell or trade prescription drugs that are considered controlled substances. See the warning label on the side of the bottle for this information.

Someone who abuses alcohol or other drugs may be unable to recognize the seriousness of his/her 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 a drug problem, call:

- Alcohol & Drug Services
- Alcoholics Anonymous
- Dept of Social Services
- Alcohol Referral Center

- National Clearing House for Alcohol & Drug Information

Many towns in South Dakota have Community Prevention committees that provide worthwhile community activities, programs, and classes. For information, call:

- Meade County Health Nurse
- Ministerial Association
- Community Prevention Services

To gain support if you choose not to drink, or if you have concerns about alcohol:

- Talk about it with someone reliable
- Ask our school counselor

SAYING “NO!”

You have the right to say “no” to actions you do not wish to be a part of or about which you are uncertain. Practicing “no” will help you when the time arises. You do not have to explain your reason for saying no. The most effective way to say no is to do so quietly and firmly and then move on to the next topic of conversation.

It is hard to say “no” to your friends, but once you get your nerve up, here are some suggestions – collected from a group of teens:

- No!
- No way!
- I don’t do drugs!
- Sorry, it’s against my religion.
- My parents would kill me!
- What’s your problem?
- If you knew me, you wouldn’t ask me.
- That’s crazy!
- No thanks, it would ruin my image.
- No thanks, it’s not my style.
- No thanks. Now let’s change the subject and have an intelligent conversation.
- Are you crazy?
- I like my friendship real!
- Sorry, I’m no fool.
- You do, I don’t; let’s leave it at that.
- Sorry, I lost a friend to drinking.
- Don’t hassle me, I won’t hassle you.
- Sorry, I quit.

Add your own best “no’s.”

If a friend has overdosed with drugs, or is extremely intoxicated, these reminders could save a life! **DO NOT WAIT** – get the person to a hospital as soon as possible. If your friend is intoxicated, take the person to the hospital noting what they drank or swallowed, the amount of liquor consumed, and the length of time the person has been drinking. **ALCOHOL POISONING IS DEADLY!**

BABYSITTING

Many teens take on babysitting after school and/or in the evenings and on weekends to earn extra money. Taking care of children is a tremendous responsibility, and some of the things you need to consider as a babysitter are covered in this section.

Your number ONE priority as a babysitter is the SAFETY of the children that you are watching!

Before accepting a position as a babysitter, meet with the parent(s) and child(ren) prior to the time you are to baby-sit. It would be preferable to meet a few days before your babysitting engagement to meet the child(ren) and spend some time with them while their parent(s) are near by. Just as it is important for the parent(s) to interview you and make sure you are the right person to care for their child(ren), it is also just as important for YOU to interview the parent.

You need to take a notebook and have your questions ready for the parent(s). You need to know about the child. Does the child have allergies, take any medications, have a naptime, have a favorite toy or blanket? Small children learning to speak may use special words to express their needs; you need to know these. (For example, "Wa-wa" for water, etc.) Do you know the child's bedtime and snack time? Can the child have friends over to visit? What are the television and telephone regulations? What are the permissible activities, such as outside playing, going for walks, bicycle riding?

Before the parent(s) leaves you alone with the child(ren) , make sure you have written down:

- Where the parent will be and the phone number;
- What time will the parent be home;
- Who else should you call if you need help;
- Are there any hazards around the house you should be aware of (guns, woodstove, etc.).

As a babysitter, tell our parents whom you are babysitting for, the address and telephone number, what hours you will be babysitting, and when our parents can expect you home.

When you baby-sit, be sure to:

- LOCK THE DOORS!
- Have respect for people's home and property;
- Do not have any of your friends over or talk on the telephone unless you have prior permission;
- Watch or check on the children often – REMEMBER THE CHILDREN ARE YOUR RESPONSIBILITY;
- Phone calls – know how the parents want you to handle phone calls. Do not give out information. Call the police if anything is suspicious or disturbing.

BE PREPARED: Let's take a test. **What would you do if:**

- The child does not want to go to bed;
- The child says he/she does not feel good;
- The child cuts his/her finger;
- A strange car pulls up and parks outside;

- A stranger knocks on the door;
- The parents are not home when they said they would be;
- You hear a strange noise;
- The child is missing.

For more information related to BABYSITTING, there are several agencies that give babysitting classes and certification. Call our local police department and/or County Extension Office, or Red Cross Office.

CHOICES*

STOP AND THINK BEFORE YOU ACT!

You are responsible for yourself and must be accountable for your actions. Before you do something:

- Pause – think of the consequences first;
- Ask yourself, “What impact will my action have on me or others?”
- Remember, if anything can go wrong, it will;
- Ask yourself, “Who gets hurt?”;
- Plan in advance to make another choice;
- Examine your conscience – take a moral inventor as daily prevention;
- Do not dwell on irresponsible thoughts.

For information on the Responsible/Corrective Thinking process, contact the Law Related Education office.

*Modeled after Truthought, PO Box 222, Roscoe, IL, 61073

DEATH & DYING

If someone close to you (parent, grandparent, brother, sister, friend, or a pet) has died or is about to die, you can get help in dealing with your grief. You may be feeling frightened, sad, and lonely. These are all normal reactions to have when you are experiencing a loss. There are support groups and people who can help you through this difficult time. Talking about it may help you feel better. Ask your school counselor or religious leader for help.

DISCRIMINATION

Both South Dakota law and Federal law give all of you the right to be treated with respect and to be acknowledged for your own particular interests, strengths and weaknesses. This is the heart of the antidiscrimination laws which prohibit judging someone based on race, national origin, color, sex, age, religion, handicaps, marital status, sexual orientation, having children, or public assistance as a source of income. Discrimination is prohibited in employment, housing, access to public accommodations (public buildings, hotels, restaurants, education, and services funded by federal funds). If you believe that you have been discriminated against, contact the South Dakota commission Against Discrimination.

DRIVING

Parental consent is required for all applicants under 18 years of age in South Dakota.

In South Dakota, and INSTRUCTION PERMIT allows an individual to drive for 180 days when accompanied by a licensed operator over 18 years of age, who has at least one year of driving experience and is occupying the seat next to the driver.

A RESTRICTED MINOR'S permit is issued to a minor 14 or 15 years old, allowing them to operate a motor vehicle WITH PARENTAL PERMISSION, between the hours of 6 a.m. to 8 p.m. Upon the minor's sixteenth (16th) birthday, the above time restriction no longer applies.

Any traffic violation or violation of the above hour's restriction will cause the permit to be suspended for 30 days. A second violation will cause the permit to be revoked until the minor's sixteenth (16th) birthday or for 90 days, whichever is longer. To obtain the permit back after a suspension or revocation may require a \$50 fee plus testing.

If you are applying for your first driver's license and have never held a driver's license in any state, you need to take a Certified Birth Certificate and your Social Security number when you apply. If you are under 18, you need to take a parent or legal guardian to sign a consent form.

REMEMBER: South Dakota has a seat belt law that requires the driver of a vehicle to wear a seat belt. In addition, every front seat passenger in a vehicle must wear a seat belt.

Additionally, a driver of a vehicle must ensure that any front seat passenger who is between the ages of 5 and 18 years be secured in a seat belt. Also, a child between the ages of 2 and 5 who is a passenger in the vehicle (in the front or back seat) wear a seat belt and a child under 2 be secured in a child safety seat.

For more information regarding Teen Drivers, please call 1-(800) 952-3696.

WHAT TO DO IN CASE OF A CAR ACCIDENT

- Stay calm.
- Do not move your car until the police arrive unless it is causing a safety hazard.
- ALWAYS exchange names, addresses and phone numbers.
- ALWAYS exchange names of insurance companies and driver's license numbers.
- Don't admit guilt.
- Minimize movement of yourself and others.

If you are involved in an accident that has caused bodily injury or property damage, you are required by law to stop immediately and give your name and address and the owner of the car's name and address to the other people involved in the accident.

You are also required to give "reasonable assistance" to individuals who are injured in an accident, including getting them medical help. If you cannot give a person the required information because the person has been injured, you must first provide assistance to that person, then go to the nearest law enforcement center and report the accident. South Dakota law requires that you notify the nearest law enforcement agency.

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

EATING DISORDERS

Good nutrition is essential to good health. It is very important to select well-balanced, nutritious meals to insure normal patterns of growth and development. Americans focus a lot of energy on diet, fitness, and health unnecessarily. Sometimes this can popularize unhealthy diet fads. Although it is important to watch your weight, dieting can get out of hand. For people with 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, ignores the hunger and does 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 (binge), then fast, vomit, or use laxatives or diuretics to eliminate the food they just ate (purge). The sufferer may feel trapped within the destructive binge/purge cycle and have no idea how to stop. Bulimia may lead to the inability to have children.

WARNING SIGNS OF AN EATING DISORDER

According to a recent poll, about one teen in every four claims to personally know someone with the symptoms of an eating disorder. Anorexia nervosa and bulimia are self-destructive eating behaviors. Both may signal severe underlying depression and can be life threatening.

If you know someone with an eating disorder, speak up! Here are some guidelines for helping a friend you think has an eating disorder:

- Do heed the warning signs.
- Do approach your friend gently, but persistently. Tell them you're worried about them; listen; give it time.
- Do not discuss their eating habits. The starving or eating disorder is not the important issue; it is the smokescreen over the larger problem.
- Do focus on unhappiness as the reason; they could benefit from help.
- Do not deal with it alone. Confide in a trusted member of our friend's family or a medical professional/counselor.

CHARACTERISTICS OF AN EATING DISORDER

A number of warning signs have been identified for eating disorders. These characteristics are not specific for eating disorders but may indicate an underlying problem. Some of the more common warning signs include:

- Preoccupation with food, calories, nutrition, and/or cooking.
- Denial of hunger, complaints of bloating, nausea, or "feeling fat" after eating normal amounts of food.
- Excessive exercising and activity; dieting when not overweight.
- Strange food-related behavior. Example: cutting food into small pieces or moving food around on the plate.
- Frequent weighing.
- Use of vomiting, laxatives, and/or other pills to control weight.
- Intermittent episodes of binge eating.

- Frequent overeating, especially when distressed, strict dieting followed by binge eating. Example: consuming a whole box of donuts.
- Excessive concern about weight; guilt or shame about eating.
- Secretive behavior about eating and vomiting.
- Disappearing after meals (with a half hour) to purge.
- Depressive moods; feeling out of control.
- Loss of menstrual period.

CAFFEINE is addictive. It is found in soda, chocolate, coffee, and tea as well as pills designed to keep you awake. It can cause headaches and nervousness. Long-term use can cause heart or other physical problems. If you have questions, ask a school nurse or your doctor.

OVEREATING AND COMPULSIVE EATING are also unhealthy habit and can be symptomatic of underlying emotional or physical problems.

Bingeing, purging, and fasting are dangerous habits. If you, a family member, or a friend displays any of these symptoms or conditions, you can get help. Please call:

- Lutheran social Services (605) 644-0826
- Catholic social Services (800) 727-2401
- School Counselor for referral (605) 347-2686

EDUCATION

Staying in school is important to your future. A good education will prepare you to get a better job. You have a legal right to stay in school, even if you have special needs, are pregnant or ill. A guidance counselor or teacher you feel comfortable with is really the number one person to talk to for help.

If circumstances in your life make staying in a regular junior or senior high school impossible, you do not have to give up on school. There are alternative ways to complete your education. Contact:

- Sturgis Brown HS Principal (605) 347-2686
- Alternative High School (605) 347-9349

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. To find out more about GED, call the above listed schools.

TUTORIAL PROGRAMS

Sometimes keeping up in school is especially hard. Maybe you or a friend cannot read well or do not always understand your assignments. Talk to your guidance counselor or someone about getting individual help.

EMOTIONAL AND 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. 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.
- Anxiety, strong feelings of uneasiness, fear or imagined danger.
- Unfounded physical complaints.
- Not working up to potential in school or sports.
- Frequent changes in friends.

Sometimes, friends and relatives who are good listeners can help you make decisions about your life and help you cope with overwhelming emotions. Trust your feelings and find someone who makes you feel comfortable. Emotional problems are not hopeless or incurable. Problems can be solved faster with the help of others.

If your problems seem too difficult or personal to discuss with a friend or relative, then you may need professional 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 find better ways of dealing with confusing emotions.

Mental health centers, family service agencies, and other organizations provide counseling on issues such as:

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

Some agencies allow counselors to see a teenager without parental permission. Call first to determine the policies, ask about special services for teens, and fees and appointment times.

Remember, do not let anything keep you from getting the help you deserve. Family service agencies can provide individual and family counseling. Please call for information or appointments:

- Department of Social Services (605) 347-2588
- Lutheran social Services (605) 644-0826
- Catholic Social Services (800) 727-2401
- Crisis Intervention Shelter (605) 347-0050
Service or (800) 755-8432

EMPLOYMENT

Before you get a regular job there are many things you can do to earn money or gain experience that will help you later. You can baby-sit, mow lawns 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 help you gain skills and meet adults who can recommend you to a future employer or hire you themselves. Certain courses in school can help increase your odds of finding a job by teaching you marketable skills like:

- Child Care
- Graphic Arts
- Culinary Arts
- Auto Mechanics
- Financial Planning
- Computer Skills

In order to start working, you will need a Social Security number. Ask your parents, they most likely have a number for you.

Be aware of the child labor laws. Certain jobs are not allowed for youth under 18 years of age. Also, for youth under 18, there are restrictions on the number of hours that you can work. Minors of any age may be employed by their parents any time, in any occupation on a farm owned or operated by their parents.

When you begin to look for a paying job, you will be building a work record. Doing a good job, 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 will recommend you. This resume or fact sheet will help you as you move through stages of employment. Parents, teachers, and guidance counselors can help you compile and organize this information effectively.

Some questions to ask yourself:

- 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, and auto repair?
- Do I have any extra-curricular school activities or hobbies?

GETTING LEADS

To learn about job openings, you may use the classified section of newspapers, bulletin boards at schools, community centers, local businesses, ask family members or friends, or go to the Job Service Office located in your community.

EMPLOYMENT DISCRIMINATION

The Americans with Disabilities Act prohibits discrimination in all employment practices, including job application procedures, hiring, firing, advancement, compensation, training, and other terms, conditions and privileges of employment. The ADA defines an "individual with a disability" as a person who has a physical or mental impairment that substantially limits one or more major life activities, has a record of such impairment, or is regarded as having such impairment. A "qualified individual with such a disability" is a person who meets legitimate skill, experience, education, or other requirements of an employment position that he or she holds or seeks, and who can perform the "essential functions" of the position with or without reasonable accommodation. An employer is free to select the most qualified applicant available and to make decisions based on reasons unrelated to the existence or consequences of a disability. If you have questions after reading this very "legal-sounding" paragraph about employment discrimination, or if you want a copy of the entire ADA, contact your U.S. Representative's office.

South Dakota and Federal law also prohibits employers from discriminating against job applicants or current employees based on race, national origin, color, sex, religion, creed, sexual orientation, marital status, pregnancy, having children, or age.

Sexual harassment is a form of illegal discrimination. This subject is discussed later in this book.

If you have suffered from illegal discrimination in job application, hiring, advancement, compensation, training, or other terms and conditions of employment, call the South Dakota Department of Labor.

THE LAW AND YOU

DEALING WITH POLICE

The police have the general right to stop you for questioning and to ask for an explanation of our conduct. The police also have the right to request that you produce identification. If you do not have any identification on your person, it is not a crime. However, if you are arrested or engaging in suspicious behavior, the police can detain you until they find out who you are.

In any event, do not give the police officer a false name or the name of another person because this can be a crime. Be honest if an officer questions you regarding your name and address, and the reasons why you are there.

What is curfew and what are the consequences if I violate it?

A curfew is a law requiring young persons to be off the streets on or before a certain time. The trend in recent years has been to set different times for various ages, with younger persons being required to be off the streets at an earlier time than older persons. Some laws also provide certain exceptions. For example, if you are married, if you are out with a parent, or if you are going to or from work, the curfew may not apply to you. Check your local city laws for the particulars.

The consequences of curfew violation vary from area to area. Generally, curfew violations are status offenses. Depending on the specific wording of the ordinance defining the curfew, penalties can range from being escorted home by the police to being processed through the juvenile court system.

In Sturgis, South Dakota, the curfew is 10 p.m. for youth under the age of 16. The consequences in Sturgis would most likely be a 90-day diversion, informal probation.

Can the police make me leave a public place?

Yes, you can be evicted from a public place:

- If you are in a public place after the legal time set by the local government's ordinance, the police have a right to force you to leave for violation of curfew;
- If you are engaging in disorderly conduct such as a brawl or fighting;
- Using offensive, obscene or abusive language;
- Engaged in boisterous and noisy conduct tending reasonably to arouse alarm, anger, or resentment in others.

Remember, you are engaging in any of these type of behavior, you may be committing a crime and may be arrested.

A police officer can also make you leave a public place at the request of the owner or manager of the business. An owner or manager of a business has the legal right to request that a person leave for any reason at all.

One of the most common places in which police officers must force teenagers to leave is a shopping center/mall. Not only do police officers have the right to force you to leave a public place if you are causing some sort of disturbance, but also security personnel within that public place have the right to make you leave.

Can police take my picture without my permission?

Yes, but only after you have been arrested. If you are arrested, you will be taken through what is called a “booking” process which is the entry of your arrest in the official police records. The booking process includes fingerprinting and photographing the person arrested.

When can police take money or possessions from me?

Generally, the police can only take money or possessions from you without your permission when you are arrested or through an order of the court. When you are arrested, the police will take all of the belongings you have with you and hold them until you are released.

You will receive a receipt at the time of your arrest detailing the items that are being held for you. This ensures that you receive all of your belongings back when you are released.

There are a number of other times the police may seize your property and/or money. Generally, these items must be evidence in a crime investigation and cannot be taken without written permission from the court.

There may be an occasion when you voluntarily give money to the police. An example of this type of situation may be when you are paying a fine. Always be sure to receive a receipt for any exchange of money with a police officer.

How cooperative must I be with the police?

In an encounter with a police officer, bear in mind that ordinarily the officer will not know you. The officer’s observations of your demeanor and conduct affect his or her assessment of your credibility – an important factor in deciding whether or not to arrest you. The quickest way to assure your arrest is to act in a belligerent or hostile manner toward the police officer. Even though the police are trained to deal with difficult situations, they are also human and by negative interaction, you can tip the scales against you.

Furthermore, in any interaction with police, remember it is always in your best interest to remain calm, civil, and courteous and to avoid the escalation of hostilities.

The police have a very difficult task in enforcing the laws, and their status as police officers gives them the right to stop and detain you if they believe a crime is about to occur or has occurred. Anytime a police officer attempts to stop you, you should be cooperative. However, you are not required to answer police questions if you are suspected of a crime. By resisting or

fleeing a police officer, you are committing additional crimes, which may lead to a forceful apprehension or even the use of deadly force against you. If you are polite and well mannered, you are less likely to be injured, restrained further, or have additional criminal charges filed against you. You should always be quiet and avoid talking to anyone other than your attorney. Small talk with other people in the jail may come back to haunt you later.

When can the police search my car, my house, or me? Must they have a search warrant?

Usually the police need a warrant to search either you or things you own, such as your car and house. If you are ever handed a search warrant, you should read it carefully to make sure the police have the right person and correct address, and that the judge's name and signature are included. The warrant should also tell you what the police are looking for and what they have a right to search. However, sometimes a warrant is not needed. Here are a few examples of when a warrant is not needed by a police office:

- If you are lawfully arrested, the police may search you and the area within your immediate reach and control.
- If the police reasonably believe that you are armed and dangerous, they may frisk you.
- If the police are in hot pursuit, they may pursue you without a warrant.
- If the police have a reasonable belief that you have contraband in your car or have evidence of a crime in the vehicle, they may search your car without a warrant. Further, if you are arrested, the police may do an inventory search to identify all articles in your car.
- In emergency situations that could involve the loss of life or serious injuries, the police may conduct a search.

Remember, a minor child living with parents is under their supervision and care, so parents can consent to a search of the child's room even though the child has not consented to such a search.

Can a police officer of the opposite sex search me?

If you are stopped, an officer of any gender may conduct a "frisk," or pat-down search. In contrast, a full-body search should be conducted by someone of the same gender as the suspect. The procedure may be regulated by state law or by a local police department's regulation. The policy in most South Dakota Law Enforcement Departments is that a full-body search should be conducted by someone of the same gender.

JUVENILE - ADULT

What is the difference between a juvenile and an adult according to the law?

A juvenile is any young person who is not an adult. Each state decides the age of juveniles. In South Dakota, a juvenile is anyone under the age of 18.

Juveniles have a court system that has been set up to handle only juvenile cases. This system is not the same as an adult court system. Juveniles are treated differently than adults by the court.

A Juvenile:

- Is always under 18 years of age.
- Can be referred for truancy from school, failure to obey parents, and running away from home. This is call a "Child in Need of Supervision" (CHINS).

- Commits and ***illegal act or offense*** which would be a ***crime*** if committed by an adult.
- Has a hearing which must be closed to the public.
- DOES NOT have the right to a jury trial.
- Will have his/her behavior at school and home considered by the judge before sentencing (disposition).
- Can be placed in the state training school usually for six months to two years.
- Is considered to be “adjudicated” once he/she is found to be guilty of an act or offense.

An Adult:

- Is usually over 18 years of age.
- Commits an illegal act called a ***crime***.
- Has a trial which must be open to the public.
- DOES have the right to a jury trial.
- Will have the judge consider any crimes committed and the good behavior of the defendant. However, the sentence will depend mainly on the type of crime committed.
- Can be sentenced from probation up to life in prison depending on the type of crime committed.
- Will usually have a public criminal record if convicted of a crime.

SCHOOL ACTIVITIES, DRUGS, ALCOHOL, AND THE LAW

South Dakota law states that “Any person adjudicated, convicted, or the subject of a suspended imposition of sentence for possession, use, or distribution of controlled substances or marijuana as defined in South Dakota Law chapters 22-42, is ineligible to participate in any extracurricular activity in any secondary school accredited by the Department of Education and Cultural Affairs for one year. Upon a subsequent adjudication, conviction, or suspended imposition of sentence for possession, use, or distribution of controlled substances or marijuana by a court of competent jurisdiction, that person is ineligible to participate in any extracurricular activity while that person is attending any school accredited by the Department of Education and Cultural Affairs.”

It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor. However, administering or allowing others to use your prescription is considered a violation.

During the school year and the season of practice, play, or rehearsal, regardless of the quantity, a student shall not use a beverage containing alcohol, or use or possess tobacco.

For more information, please contact your high school principal or the **Drug-free Schools Office**.

In addition, according to South Dakota law (26-11-5.1), law enforcement must give a notice to school officials and parent or guardian regarding any violation where a student is suspected of violating state drug or alcohol laws.

Notwithstanding any other provision of law, a law enforcement agency may provide notice to public or nonpublic school officials and parent or guardian of any incident occurring within the agency’s jurisdiction in which the agency has probable cause to believe a school student has violated any provision of state law involving alcohol or illegal drugs. However, if there is a

prolonged criminal investigation and revealing information would jeopardize a successful conclusion to the case, the law enforcement agency may provide the notice at some later appropriate time. The notice shall be in writing.

What is a STATUS OFFENDER?

A status offender is a juvenile who commits an offense that would not be a crime if done by an adult.

What is a STATUS OFFENSE?

Status offenses are those that relate directly to the individual just because of his/her age. Generally, status offenses are not illegal acts when committed by adults. Common status offenses include:

- **CURFEW:** Many municipal ordinances require that children under a certain age be off the streets and at home at certain times. **In Sturgis**, for youth under 16, curfew is 10:00 p.m. on all nights, year-round. Exceptions are if the youth is with parent(s) or legal adult guardian(s).
- **TRUANCY:** South Dakota state law mandates that children under the age of 16 must attend school.
- **SMOKING:** South Dakota state law prohibits the possession, consumption, purchase, or attempt to purchase tobacco products by persons under age 18.
- **DRINKING:** The legal age to possess, purchase, or drink alcoholic beverages is 21.

Students who are adjudicated can receive probation, diversion, and/or in some cases be sent to the Department of Corrections. In South Dakota, this would be Boot Camp, Plankton, treatment facilities, etc.

What is a NON-STATUS OFFENSE?

Non-status offenses are offenses that would be crimes if committed by an adult. Non-status offenses include misdemeanor and felony crimes committed by anyone regardless of age.

Under what circumstances can juveniles be tried as though they were adults?

In any case of a delinquent child, the Court, at its discretion, after the transfer hearing, can permit that child to be proceeded against in adult court. A number of factors may be considered by the court in determining whether a child should be transferred. Some examples are:

- The child has committed a serious crime.
- The crime was aggressive, violent, premeditated or willful.
- The crime was against a police officer.
- The child committed the crime with adult accomplices.
- The child has a history of committing crimes.
- The need for stiffer penalties than provided for in juvenile court.

What are some new RIGHTS of a juvenile at age 18?

When a juvenile becomes 18 years of age, he/she gains:

- The right to vote in federal, state, and local elections.
- The right to be independent of parental control.
- The right to marry without parental consent.
- The right to enter into a contract as an adult.

- The right to make a valid will.

What are some new RESPONSIBILITIES of a juvenile at age 18?

- An 18 year-olds parents are no longer required to support him/her.
- An 18 year-old is responsible for all of his/her actions and if found in violation of the criminal laws, will be tried as an adult and not treated as a juvenile.
- An 18 year-old may sue and be sued by others upon contracts they make and upon their actions, whether intentional or negligent, that cause harm to persons or property.
- An 18 year-old is considered eligible for jury service.

UNDERAGE DRINKING

In South Dakota, a person must be at least 21 years of age to buy, consume, or possess any form of an alcoholic beverage. If you are over 18, but less than 21, and you purchase, attempt to purchase, possess, or consume alcoholic beverages (except when consumed in a religious ceremony), the maximum sentence is **30 days in jail, a \$200 fine**, or both.

Each state has its own laws regarding the legal drinking age, but most states set that age at 21. There are, however, still some differences among the states.

Is it illegal for an underage person to be on the premises of a place where alcohol is sold?

It is not illegal for an underage person to be on the premises of a place where alcohol is sold if he/she is with his/her parents. **An underage person can be in a place where alcohol is sold without parents unless they are determined by the establishment to be "loitering."**

What are the penalties for underage drinking?

In South Dakota for the first offense, the penalty for underage drinking is a 90-day diversion and probation through Court Services.

What is the penalty for an underage person who attempts to purchase alcohol?

In South Dakota, effective July, 2000, any underage individual who attempts to purchase alcohol illegally will face a 30-day suspension of their drivers' license for a first offense, and a 60-day suspension for a second offense. A judge may issue a driving permit for work, school, or counseling.

Is there a penalty for people who buy alcohol for minors?

Under the new law that went into effect July, 2000, a person who buys alcohol from a retail business to sell or give to an underage person will now face a Class 1 Misdemeanor, punishable by up to one year in jail and/or a \$1,000 fine.

DRUGS, ALCOHOL, AND VEHICLES

Drinking and driving are extremely dangerous since alcohol reduces all of the important skills you need to drive safely. Alcohol goes from your stomach into your blood and to all parts of your body. It reaches your brain in 20 to 40 minutes. Alcohol affects those areas of your brain that control judgment and skill. In a way, it is like alcohol puts good judgment on hold. You do not know when you have had too much to drink until it is too late. It is a little like a sunburn; by the time you feel it, it is already too late.

Blood Alcohol Concentration (BAC) is expressed in percentage of alcohol to blood. The higher the BAC number, the more impaired a person is. In most states, .10 is the legal level of intoxication. This means that for every 1,000 drops of blood in a person's body, there is at least one (1) drop of alcohol. BAC changes with body weight, time spent drinking, and the amount of alcohol consumed.

Drunk driving is the same as Driving While Intoxicated (DWI). A BAC of .10 (for an adult age 21 or older) or more is evidence that the person was driving under the influence of alcohol.

For anyone under age 21 in South Dakota, there is zero tolerance for alcohol usage. If a juvenile is driving and the BAC is .02 or higher, it is considered Driving While Intoxicated.

What if I am not drinking, but I am in a motor vehicle that contains alcohol?

Even if you are not drinking but you are in a motor vehicle that contains alcohol, everyone in the vehicle under age 21 is guilty of a crime commonly called "minor in possession." Not only do you face a possible 30-day jail sentence, a \$100 fine, or both, but also your driver's license will be suspended for 90 days. For any second or subsequent offenses, your driver's license will be suspended for a period of one year or until your 17th birthday, whichever is a longer period of time.

What are the penalties for Driving Under the Influence (DUI) if you are underage?

The penalties for driving under the influence are the same for juveniles and adults. The first offense is a \$450 fine and \$50 in court costs. The individual will lose his/her driver's license for 30 days and is required to attend alcohol classes.

If stopped by the police, must I submit to alcohol/drug testing?

Under the implied consent law, you give your consent for a chemical test whenever you drive on a public highway.

What are the consequences if I refuse to submit to such testing?

If you refuse to submit to such testing, you will lose your driver's license for up to one year unless a hearing determines otherwise. You can lose your license just for refusing to take the test even though you may not have been drinking at all. Your license can be confiscated immediately by the officer.

For more information on Drinking and Driving, call our local police department and/or the local State's Attorney's office.

MENTALLY AND PHYSICALLY HANDICAPPED YOUTHS

There are many services offered by various agencies in South Dakota to help handicapped or disabled youths. Programs include recreation, educational opportunities, career and vocational guidance, and job placement. Here are a few agencies available to help:

- SD Department of Health (605) 347-5650
- SD Department of Human/
Rehab Services (605) 642-6815

It can be a valuable learning and growing experience to volunteer your time to work with others who face physical and mental challenges. For example, you could volunteer to teach mentally

or physically handicapped children to swim, be a “hugger” for the Special Olympics, or to read to the blind.

NEGLECT

Neglect is the failure to provide necessary food clothing, shelter, medical care, education, or supervision. Sometimes it also includes the failure to protect a young person from harm. You can contact the Department of Social Services anonymously at (605) 347-2588 if neglect occurs in your home or the home of a friend or neighbor.

PREGNANCY

Unplanned pregnancies often bring medical problems and cause emotional upset and abrupt change of lifestyle. If you, or someone you know, are pregnant and uncertain about what to do, there are resources available. This is a difficult time but, remember, there are options. It is important to get a pregnancy test as early as possible and discuss it with your family or someone you can trust, and to get medical attention right away.

Although your pregnancy is not apparent to anyone in the early stages and may not seem real to you it is important to know if you are pregnant. Home pregnancy tests are not always accurate. The options available to you should be discussed with a counselor or health professional. Contact one of the family service agencies listed in this section, or inquire through local mental and medical health centers. Also, the earlier you know, the earlier you can begin to take care of yourself, especially by avoiding alcohol, drugs, caffeine, and cigarettes.

Warning: Drinking or using any drugs during pregnancy is extremely dangerous to the unborn baby. The effects of Fetal Alcohol Syndrome such as mental retardation, physical deformities, brain damage, and learning disabilities are permanent.

- SD Department of Social Services (605) 347-2588
- Lutheran Social Services (605) 644-0826
- Catholic Social Services (800) 727-2401

RAVE PARTIES

The appeal of party drugs cannot be truly appreciated without some insight into the rave phenomenon. Raves are all-night dance marathons that attract hundreds of partygoers every weekend. An import from Great Britain, rave were originally underground events with an outlaw mystique. Rave parties are frequently held without permits in undisclosed locations. To discover the address, teens may have to call every-changing 800 telephone numbers, obtain information through flyers or E-mail, or follow up on clues distributed at tape stores and other youth hangouts.

Although the parties frequently advertise themselves as vehemently being anti-alcohol, drugs (particularly ecstasy and LSD) often are rampant. Many raves ban alcohol and sell “smart drinks” instead. These fruit-juice based concoctions containing various combinations of vitamins, amino acids, and often, caffeine, tend to be vividly colored and go by such names as “Psuper Psonic Psyber Tonic” and “Energy Elicksure.” Smart drinks are expensive costing

around \$4.00 each. Although their distributors express strong anti-drug sentiments, some partygoers believe that smart drinks enhance and extend the effects of the drug ecstasy. Other drug users believe that smart drinks will counter the negative effects of ecstasy and LSD.

Observers of the rave scene report that drugs are plentiful. Dealers frequent raves and hand out cards just like any other sales person would. Experts estimate that anywhere from 75 to 90 percent of rave partygoers use ecstasy, LSD, and marijuana and, for many, a rave was their initiation into the world of drugs. Many young teens, in particular, say they are more likely to use drugs at raves than outside them. From the perspective of drug prevention, raves are not a favorable environment.

DO's and DON'Ts for Safe Raving

Do NOT take drugs or use alcohol. Drugs are illegal and both activities are against the law for a substantial proportion of ravers. From a health perspective, drugs, alcohol, dancing, heat, and crowds do not mix and can lead to serious, adverse reactions. Drugs like ecstasy and speed can raise your body temperature and alcohol dehydrates you.

DO drink plenty of non-alcoholic fluids frequently throughout the night, even if you do not feel thirsty. Avoiding dehydration is essential.

DO take rest breaks from dancing and give your body a chance to recover from the constant physical demands that high-energy marathon dancing places on it.

DO take heat breaks and leave the hot and crowded dance floor to cool down. That way, you can avoid overheating and possible heatstroke.

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 intelligent decisions based on realistic choices.

Who can you talk to about your feelings? Family members, religious leaders, teachers and counselors, or reliable friends are some suggestions. Try talking it out with someone you trust.

If you or a friend are determined to run away, and talking it out does not 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 to call to get help if you or a friend have run away:

- Runaway Hotline (800) 448-4663
or (605) 342-4303
- Department of Social Services (605) 347-2588
- Lutheran Social Services (605) 644-0826
- Catholic Social Services (800) 727-2401
- Crisis Intervention Services (605) 347-0050
or (800) 755-8432
- Local Police **911** or (605) 347-2573
- Local Sheriff **911** or (605) 347-2681

SEXUAL ISSUES

Someone you care about wants to have sex and you do not know:

- What to do or say.
- How it will change your feelings about yourself or your relationship.
- How to prevent pregnancy.
- How to say NO without losing your partner.

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 wrong to pressure him/her.

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 cannot agree, you may have to say NO although it is hard to say no to someone you really like. Only you know how much you can handle, and you are the one who must deal with the consequences.

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.

The answer to the statement, "If you love me, you will" is "If you love me, you won't pressure me."

There are many ways to express feelings of intimacy without having sex. Remember, no method of contraception is 100 percent effective except abstinence.

SEXUALLY TRANSMITTED DISEASE (STD)

Sexually transmitted diseases include syphilis, gonorrhea, herpes, AIDS, and other less common diseases that are transmitted by close bodily contact, either through sexual intercourse or other intimate contact with someone who has a STD. All STD services are confidential. Your privacy is respected. Do not let shame or embarrassment keep you from getting medical treatment if you think you have a STD.

Warning: If not treated, STD can cause permanent damage including:

- Sterility (inability to have children);
- Damage to an unborn baby;
- Insanity or paralysis;
- Blindness or deafness;
- Non-healing skin ulcers; and even
- Death.

One or more of the following symptoms may indicate that you have STD. However, you can be infected with a disease and not have any symptoms, or you may have some of these symptoms for other reasons. Do not ignore symptoms. The only sure way to know if you have STD is to go to a doctor or a walk-in clinic. See a doctor if you have any of these symptoms:

- 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.

Once in the body, STD will continue to do damage until it is treated. Even if the outward symptoms disappear, the germs which cause STD are still in your body and can result in permanent damage to you and any future sex partners whom you might expose to the disease unknowingly.

Fact: You do not catch STD from toilet seats.

Fact: You can get STD at any age, and get it again and again.

Fact: No vaccine can prevent STD; however, most venereal diseases can be treated.

Fact: Anyone can get STD.

Tests: When you go to your physician or clinic, you will be given a simple medical exam and lab tests to find out if you have STD. Your doctor will then determine the appropriate treatment if the results of your tests are positive.

STD is a disease. Do not allow shame or embarrassment to keep you from seeking help. See a doctor or contact your local public health clinics.

AIDS (ACQUIRED IMMUNE DEFICIENCY SYNDROME)

AIDS is a potentially fatal sexually transmitted disease. There is no cure for AIDS at this time. AIDS is primarily spread by sexual contact (bodily fluids such as vaginal fluid and semen), by sharing of needles by intravenous drug users, or contact with contaminated blood. AIDS attacks the body's immune system, the way your body fights off diseases. When a person contracts AIDS, he/she is no longer immune to disease, and the individual falls ill to other diseases.

Your best protection against AIDS is to NOT have sex and to NOT use intravenous drugs.

There is no evidence that AIDS can be spread by:

- Sharing a classroom with a person with AIDS.
- Casual contact with a person with AIDS.
- Mosquito bites.
- Toilet seats.

New testing of all blood samples helps protect us from the spread of AIDS by transfusion. AIDS cannot be contracted by donating blood.

Ask about an AIDS curriculum and an ABSTINENCE curriculum in your school. AIDS has reached epidemic proportions and is serious. THERE IS NO KNOWN CURE. Symptoms may include swollen glands, pink or purple flat or raised blotches or bumps, weight loss, fever, night sweats, cough, and diarrhea. If you think you may have contracted AIDS, get medical attention. The fewer people one comes in contact with sexually, the less chance this disease has to spread. If you have any questions or need a doctor's name, contact the AIDS Hotline at (800) 458-5231.

CHLAMYDIA

Chlamydia is twice as common as gonorrhea. Its symptoms resemble mild gonorrhea (burning sensation or discharge of pus) and it often appears at the same time as gonorrhea. The symptoms appear one to two weeks after contact, although often no signs or symptoms are found. Diagnosis often depends on an analysis of symptoms, aided by microscopic studies of discharge samples. Chlamydia is one of the most common causes of infertility (not being able to have children).

GONORRHEA

Most females and some males have no symptoms. There may be a painful burning sensation while urinating (mostly in males) and/or discharge of pus from vagina or penis. Gonorrhea can have serious consequences including sterility, arthritis, and other effects if left untreated. If you think you may have contracted gonorrhea, your doctor or clinic will give you a smear test (males) or culture (females and sometimes males) and a medical exam.

GENITAL WARTS

Genital warts are caused by a virus. The warts show as pale pink or flesh-colored warts which are highly contagious, appearing on genitals one to three months or longer after infected. Without treatment they can disfigure and/or interfere with intercourse and waste elimination. Treatment is not a cure but may eliminate lesions.

HERPES

Herpes Simplex Virus Type 2 (HSV-2) is transmitted by coming in contact with the infected skin surface of someone who already has herpes. A person with herpes is infectious anytime just before or during an outbreak. The average frequency of outbreaks is 3-4 times a year. When herpes is dormant, it is less likely to be passed from one person to another. Herpes may affect the lips, mouth, and occasionally the eyes. Genital herpes affects the genital areas. Several complications may occur:

- Cancer of the cervix;
- Spinal Meningitis;
- Problems with childbirth – if an infant does get herpes, it is serious and can be fatal.

Herpes sores can itch or be painful on lips, mouth, face, or gums. Swollen glands, muscle aches, fever, burning sensation when urinating, vaginal discharge, headache, and swelling of lymph nodes in groin are possible symptoms of herpes.

SEE YOUR DOCTOR for diagnosis and treatment. There is an ointment that reduces the symptoms of the first outbreak only, but there is no known cure. Beyond that, use good personal hygiene, keep the area clean and dry, and be careful not to spread it with your fingers.

SYPHILIS

A painless sore (Chancre) or rash on the body may go away without treatment. THIS DOES NOT MEAN YOU ARE CURED. Untreated syphilis can cause blindness, heart disease, birth defects in children, insanity, and death. If you think you may have contracted syphilis, seek medical attention for a blood test and exam.

THIS LIST IS NOT A COMPLETE LIST OF ALL STD'S. CONTACT A HEALTH PROFESSIONAL OR HOTLINE FOR ADDITIONAL HELP.

- Meade County Public Health Nurse (605) 347-5650

SEXUAL ABUSE

If you are being touched or approached sexually by a family member (incest), adult friend, or anyone 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. **Do not feel guilty**; it is not your fault. Do not be afraid to tell someone. For help call:

- Local Police **911** or (605) 347-2573
- Local Sheriff **911** or (605) 347-2681
- Department of Social Services (605) 347-2588
- Crisis Intervention Services (605) 347-0050
or (800) 755-8432

ACQUAINTANCE/DATE RAPE

Have you ever said NO but your date would not stop? Or have you ever felt forced to have sexual intercourse with someone you know? If so, you are a victim of date rape. Two out of three rapes occur in what could be called social situations. It is not always strangers who catch you off guard. In fact, rape by acquaintances is more common than rape by strangers. Whether friend or stranger, no one has the right to violate your body. No one has the right to use force or threats to get your consent. Rape, in any form, is a criminal offense.

SEXUAL ASSAULT/RAPE

Sexual assault is any sexual act that is forced or against your will. 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.

Avoiding certain situations can help protect you:

- Never put yourself in a position to be a victim.
- Never walk alone at night.
- Avoid dark streets.
- If you must walk in an unfamiliar area, plan your route in advance.
- Walk briskly and confidently.
- Do not look vulnerable or afraid.
- Stay alert.
- Call out for help if the situation looks dangerous.

If you are assaulted, do whatever you need to do to get out alive.

Afterward, go to a safe place and call:

- Local Police **911** or (605) 347-2573
- Local Sheriff **911** or (605) 347-2681
- Crisis Intervention Services (605) 347-0050
or (800) 755-8432

Rape Crisis staff members are available 24 hours a day to talk with you, answer questions, and provide support. Do not 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, to treat sexually transmitted disease, or pregnancy. Evidence obtained during a hospital rape exam may provide needed assistance if further legal action is taken. Remember, it is important to report rape to the police so your legal rights are protected.

SEXUAL HARASSMENT

Sexual harassment is a form of sex discrimination that is illegal. Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature is sexual harassment. When submission to, or rejection of, this conduct affects your employment, unreasonably interferes with your work performance, or creates an intimidating, hostile, or offensive work environment, this is sexual harassment. It can occur in a variety of circumstances, including but not limited to:

- The victim, as well as the harasser, may be a woman or a man. The victim does not have to be of the opposite sex.
- The harasser can be the victim's supervisor, a co-worker, or a non-employee. He/She does not have to be the person harassed, but may be anyone offended by the conduct.
- The harasser' conduct must be unwelcome.

If you want to file a charge of sexual harassment, contact any field office of the U.S. Equal Employment Opportunity Commission. Call toll free (800) 669-4000 on how to proceed. For publications call (800) 669-EEOC (3362).

STALKING

According to South Dakota law, any person:

- Who willfully, maliciously, or repeatedly follows or harasses* another person; or
- Who makes a credible threat to another person with the intent to place that person in reasonable fear of death or great bodily injury;

is guilty of the crime of stalking. Stalking is a Class 1 misdemeanor.

* "Harasses" is defined as "a knowing and willful course of conduct directed at a specific person which seriously alarms, annoys, or bothers the person, and which serves no legitimate purpose."

If there is a violation of a restraining order, injunction, or protection order, it is a FELONY.

South Dakota law states "any person who violates South Dakota Law 22-19A-1 when there is a temporary restraining order, or an injunction, or a protection order, in effect prohibiting the behavior described above as stalking against the same party, is guilty of a Class 6 Felony."

The term "stalking" is more commonly used to describe specific kinds of behavior directed at a particular person such as harassing or threatening another person. However, the variety of specific strategies employed and behaviors displayed by stalkers are limited only by the creativity and ingenuity of the stalkers themselves. Virtually any unwanted contact between a stalker and his/her victim which directly or indirectly communicates a threat or places the victim in fear can generally be referred to as stalking.

For more information on stalking please contact your local police or sheriff's department or your local State's Attorney's office:

- Local Police **911** or (605) 347-2573

- Local Sheriff 911 or (605) 347-2681
- Meade County State's Attorney (605) 347-4491

SUICIDE

Do you ever feel that you just do not belong? Your parents never listen to you? Your friends always hassle you or just do not take you seriously? Do you feel that you just want to end it all? Do you hide these feelings from your family and friends? Problems in school, at home, or in a relationship can make you feel helpless or hopeless. ***Do not bear these feelings alone; find someone to talk with!*** Others can help you deal with suicidal thoughts and feelings.

If a friend talks to you about suicide, take it seriously. He/she needs to talk to someone if he/she cannot cope with life. A friend may tell you about suicidal feelings and ask you to keep it a secret. **BEING A GOOD FRIEND MEANS THAT YOU SHOULD NOT KEEP IT A SECRET!** You must tell someone you can trust: family, religious leader, counselor, and/or friend. Suicide threats are cries for help from people who do not realize that they have other choices.

Talking openly with someone about suicide will not push him/her over the edge. Talking allows the painful feelings to be expressed. A good listener can help prevent friends from committing suicide. Comfort them, hug them, and listen to them. But they still need professional help to overcome the feelings and problems they may be facing.

Fact: Anyone has the potential to commit suicide.

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

Fact: Most people who kill themselves are really confused about whether or not they want to die.

Fact: Attempted suicide is a cry for help that often ends in tragedy.

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

- Be willing to listen. Take him/her seriously.
- Talk openly with him/her. Ask him/her what his/her plan is, how and where he/she is thinking about committing suicide.
- Do not make the person feel guilty about his/her feelings.
- Encourage your friend to call a suicide prevention crisis line or seek professional counseling.
- If he/she seems really out of control, take the initiative and get help immediately.

If someone has made an attempt, or you are afraid that he/she might attempt soon, do not leave that person alone. Call for help. Here are some numbers.

- Local Police 911 or (605) 347-2573
- Local Sheriff 911 or (605) 347-2681
- Department of Social Services (605) 347-2588
- Lutheran Social Services (605) 644-0826
- Catholic Social Services (800) 727-2401
- Crisis Intervention Services (605) 347-0050
or (800) 755-8432

WARNING SIGNS OF A POTENTIAL SUICIDE

We cannot begin to pinpoint one cause over another, but current research and drug/alcohol prevention specialists indicate some general categories that seem to be consistently evident when teenage suicide occurs:

- Tremendous pressure not to fail from peers and family.
- Breakdown of the family structure or rejection by same.
- Confused or negative about the future or career goals.
- Early onset of mental illness.

According to the American Association of Suicidology, there are distinct signs that should automatically alert us to a potential suicide. They are:

- A suicide threat or other statement indicating a desire or intention to die
- A previous suicide attempt
- Mental depression
- Marked changes in personality/behavior

Here are other warning signs to watch for:

- Buying pills or a gun
- Loss of sleep or excessive sleeping
- Loss of appetite or excessive eating
- Low self-esteem
- Compulsive or reckless behavior
- Neglect of appearance, dressing sloppily, hair not combed or washed
- Poor grades or compulsive high grades
- Giving away favorite personal possessions
- Ending a relationship
- Saying goodbye

IF YOU ARE CONSIDERING SUICIDE . . . Keep these thoughts in mind:

- **Others do care** – there are always people who are willing to help you work out your problems. **Do not be afraid to ask for help.**
- **You are not alone** – nearly everyone thinks about committing suicide at one time or another. Thinking about suicide does not mean that you are abnormal or crazy.
- **The crisis will pass** – it is true. At times problems seem overwhelming, even unbearable. Many young people who consider suicide do so because of the emotional pain they feel at the time. But no problem lasts forever. **Do not solve a temporary problem with a permanent solution.**
- **Do not be embarrassed** – there is no need to feel ashamed about what you have been thinking, but you do need to talk with someone if you have any serious suicidal thoughts.
- **Talk with others** – friends, teachers, and counselors are just a few of the people who you can turn to for help.

Let the person know how you feel – what is troubling you, what you have done about it, and what you plan to do.

You may feel you are imposing on people if you ask for help, but everyone needs help from time to time. Most people feel flattered that someone trusts them enough to ask for help.

- Suicide Hotline (800) SUICIDE
or (605) 334-1414
or (605) 343-7262
- Local Police 911 or (605) 347-2573
- Local Sheriff 911 or (605) 347-2681

HOW TO HELP SOMEONE WHO IS THINKING ABOUT SUICIDE

A person who is considering suicide desperately needs to know that others care. Show that you care by following these **suggestions**:

DO's

Be direct – Talking openly is the only way you can find out how serious the person is about ending his/her life.

Ask questions – “Are you thinking about killing yourself?” “Do you have a plan?” “Will you talk with someone who can help?” Sometimes you need to be firm and say, “You need to come with me and I will take you to someone you can talk to.”

Be a good listener – Listen with your eyes as well as your ears – look for nonverbal clues that show how the person is feeling. Avoid making moral judgments, acting shocked, or disgusted. Do not argue or lecture.

Show that you care – Tell the person that you are always willing to talk about things that may be troubling him/her. Reassure the person that you care and that others feel the same way.

Get help – **Seeking professional help is a must!** The more detailed the person's suicide plans, the more quickly you must act. Contact someone who can help and offer to go with the person to that source of help. Do not leave the person alone.

DON'Ts

Do not sidestep the issue – Avoid offering “empty” reassurance, such as “you have it a lot better than most people.” Instead, assure the person that he/she can be helped.

Do not keep what you know a secret – When keeping a secret endangers a life, it is time to break that confidence. Tell someone immediately.

Do not leave the person alone – If you feel there is an immediate danger, do not leave the person alone. Contact someone who can help and wait until that help arrives, or take the person to a hospital emergency room.

Do not feel responsible for saving the person – You can help a person by showing that you care and by helping him/her get professional help. But you cannot control what the person decides to do.

MYTHS ABOUT SUICIDE

Myth: “A person who threatens suicide will not really follow through.”

Reality: NOT TRUE. People who commit suicide often talk about ending their lives before they actually do it.

Myth: "Only insane people commit suicide."

Reality: People who commit suicide may feel hopeless and depressed, but have not necessarily lost touch with reality. However, it is possible that a mental illness is surfacing.

Myth: "No one I know is the type to commit suicide."

Reality: The truth is that suicide occurs among young people of all ages – rich and poor, athletic and non-athletic, popular and unpopular, etc.

Myth: "People who attempt suicide are just trying to get attention."

Reality: Possibly, but unless someone gives them some attention, the consequences could be fatal.

Myth: "Talking about suicide might prompt the person to act."

Reality: Wrong again. Discussing the subject openly shows that you take the person seriously and that you care. It is helpful – not harmful.

Myth: "Suicide is a problem among old people – not young people."

Reality: Suicide is certainly a problem among the elderly. But the suicide rate among 15 to 24 year olds has increased by more than 30% since 1970.

Myth: "Once a person decides to commit suicide, nothing can stop that person."

Reality: On the contrary, most people want to and can be stopped from taking their lives. But remember – not everyone can be stopped, though the effort of trying may save a life.

Myth: "People who attempt suicide really want to die."

Reality: **Do not believe it!** A very small number may want to die; the majority desperately want the pain to stop, but have given up hope that they can stop it, or that anyone can help them.

SUNTANNING

It is fun to get a suntan at the beach, pool, or tanning salon and a suntan makes you look healthy and fit, but those rays can cause serious damage to your skin. Premature wrinkles, sunspots, and reduced elasticity are all side effects of prolonged exposure to the sun's rays. More serious side effects of these rays are skin cancer. Using a sun block can protect your skin without causing you to miss out on the fun. There are several degrees of UV (ultra violet) protection offered in many forms (lotion, oil, stick) available at drug and grocery stores. The fairer your skin, the higher degree of protection (larger number of UV protection) you will need. **Remember**, "Fry now, pay later."

SUPPORT GROUPS

Do you ever feel that you are the only one with a problem and that there is no one to talk to because no one will understand what you are dealing with? Talking with others can be a valuable method of working through problems. Support groups provide opportunities to meet

regularly with people who share common experiences and provide comfort and encouragement for each other. Support groups provide help with many difficult situations:

- Alcohol or drug addiction
- Dealing with the death of a family member
- Homosexuality
- Learning to be a parent
- Coping with chronic disease, illness, or handicapping condition
- Eating disorders
- Family concerns
- Anger management

Do not be embarrassed to call a support group because nothing you say will seem strange or out-of-the-ordinary to people who share the same experiences with you.

Support groups are out there for you, but you must go to them. If you think you need to talk about a problem, please call a support group; at least give it a try. Talk to your school counselor about starting groups if none exist.

For assistance in finding a support group, contact our local school counselor, or call:

- Prevention Office
- Drug-Free Schools

TOBACCO

It is illegal in the State of South Dakota for persons under the age of 18 to possess, smoke, chew, or ingest tobacco products.

DID YOU KNOW?

- A hit of nicotine reaches the brain in seven seconds, twice as fast as a syringe of heroine injected into the vein.
- Nicotine affects your mood, ability to concentrate, and performance.
- Tolerance to nicotine begins with the first dose.
- Nicotine increases the heartbeat and the rate of breathing.
- Nicotine may act like a stimulant or a depressant depending on many factors.

WITHDRAWAL MAY CAUSE –

- Anxiety
- Headaches
- Mood changes
- Irritability
- Sleep disturbances
- Difficulty concentrating
- Craving for sweets
- Change in appetite

For more information on the dangers of tobacco and the health factors related to smoking, chewing, etc., call:

- Northern Hills Tobacco Education Coalition (605) 347-2991
- Tobacco Education Program (605) 347-2991
- Drug-Free Schools (605) 347-4454

What is the penalty if someone under 18 is cited for using tobacco?

The maximum fine for someone under the age of 18 possessing, smoking, chewing, or ingesting tobacco in South Dakota is a maximum fine of \$200 and/or 30 days in jail. In Meade County (Sturgis area) the State's Attorney's office gives the youth the option of attending the Tobacco Education Class held at the Meade county courthouse as an alternative to being charged with the offense. The youth must pay for the cost of the class which is \$50. If the youth chooses not to attend or fails to successfully complete the class, the State's Attorney's office will proceed with charges and recommend to the Court that the maximum \$200 fine be imposed.

The possession or consumption of tobacco products by an underage youth is a Class 2 Misdemeanor.

Why do teens smoke?

Youth have needs, wants, and desires that feel all consuming at times. Teens believe that tobacco use helps them meet some of their needs. They believe smoking meets their needs because of the messages they get from advertising, from peer pressure, and from their own experience.

Do most teens smoke?

No. Smokers are not a cross section of the teen population. By age 18, about 25% of all teens smoke. However, 75% DO NOT smoke.

Generally, those who smoke share one or more of the following characteristics: lower levels of school achievement; fewer skills to resist pressure to use tobacco; friends and family who use tobacco; lower self-images; are less likely to have plans for continuing their education; are more likely to use other drugs including alcohol; and are more likely to have other encounters with law enforcement.

Like most teens, they share a feeling of immortality and the belief that they can change tomorrow and that tomorrow is soon enough.

What are the immediate benefits of quitting smoking and/or chewing?

- Hair, clothing, and breath will not smell.
- You will have money for things other than cigarettes.
- Your complexion will improve.
- You will not have to leave restaurants, parties, and people's houses to smoke.
- Within 20 minutes, your blood pressure and pulse rate return to normal.
- In 24 hours, your risk of heart attack starts to drop.
- In two days, your senses of smell and taste improve.
- In three days, breathing gets easier and lung capacity increases.
- Within two weeks to three months, your circulation gets better.

- Within one to nine months, coughing, sinus problems, and shortness of breath decrease, and you have more energy.

Tips to help you stop smoking

- Set a date to quit
- Remove cigarettes, ashtrays matches, and lighters from your home, purse, and car
- Keep a supply of low calorie snacks handy
- Spend more time around people who do not smoke
- Tell everyone you are going to stop smoking
- Plan what you will do instead of smoking
- Call a friend or a professional person if you need help

VIOLENT BEHAVIOR

If you are violent or hurt other people, the damage may be permanent, both physically and psychologically. No one deserves to be beaten. In addition, personal violence is against the law and there are severe penalties.

Violence need not be a way of life. You can learn to control yourself.

Family arguments may be too frequent and may get out of hand, leading to physical violence. If this is happening in your home, you may want to talk to someone about your feelings. If you need to get away, leave. Get help and call the police.

For family violence problems, prevention programs, or information about shelters for victims of domestic violence, call:

- | | |
|---------------------------------|-------------------------------------|
| • Local Police | 911 or (605) 347-2573 |
| • Local Sheriff | 911 or (605) 347-2681 |
| • Department of Social Services | (605) 347-2588 |
| • Crisis Intervention Services | (605) 347-0050
or (800) 755-8432 |

HOW TO HANDLE AN ANGRY SITUATION

If you are the one who is angry:

- Count to ten.
- Relax and consider why you are angry.
- Look at the other person's point of view.
- Talk about why you are angry.
- Leave the situation to cool off.
- Ask someone who is not involved for their opinion.

If someone else is angry:

- Talk to them calmly.
- Offer ways to solve the problem
- If you have made someone angry, APOLOGIZE.
- Look for a compromise to the problem.
- If a fight is about to start, LEAVE.

- It takes maturity to talk out problems and courage to walk away from a fight.

VOLUNTEERING

Many schools, churches, hospitals, organizations, and agencies need volunteer help throughout the year. You might enjoy working as a page in your local library. How about being a “candy striper” at the local hospital? Could you teach little children how to play games or finger paint? Maybe you could become a volunteer with the **After-School Program**. Many of the agencies listed below will welcome your help; just call.

- Alcoholism and Drug Dependence (605) 347-3003
- American Red Cross (605) 342-4010
- Animal Shelter (605) 394-4170
- Area Chamber of Commerce (605) 347-2556
- Area United Way (605) 343-5872
- Meals-on-Wheels (605) 347-5048
- Salvation Army (605) 342-0982

WINTER DRIVING SAFETY

The leading cause of death during winter storms is transportation accidents. Preparing you and your vehicle for the winter season and knowing how to react if stranded or lost on the road are the keys to safe winter driving.

Are you wearing clothing that is warm enough for weather conditions? A jacket, gloves, hat, and boots are essential on a winter day. A spare blanket in your car would be welcome in case you get stuck.

Do you have winter gear in your vehicle? An ice scraper and snowbrush for uncovering your car, and a shovel might be needed for digging out of snow banks.

Is your vehicle ready for winter?

1. How is the tread on your vehicle’s tires?
2. Is there the recommended amount of antifreeze in the radiator?
3. Is the windshield washer reservoir full?
4. Will the heater and defroster clear icy and fogged windows?
5. Do you have enough gas just in case you get stuck in slow moving traffic for a while?

The best advice for driving during snowy and icy conditions is USE CAUTION! Match your speed to the road conditions. Do not try to pass or weave in and out of traffic. Remember that bridges and ramps freeze BEFORE road surfaces.

If Trapped in a Car During a Blizzard

Stay in the Car. Do not leave the car to search for assistance unless help is visible within 100 yards. You may become disoriented and lost in blowing and drifting snow.

Display a trouble sign. Hang a brightly colored cloth on the radio antenna and raise the hood.

Occasionally run the engine to keep warm. Turn on the car's engine for about ten minutes each hour. Run the heater when the car is running. Also, turn on the car's dome light when the car is running. **Beware of Carbon monoxide poisoning!** Keep the exhaust pipe clear of snow and open a downwind window slightly for ventilation.

Watch for signs of frostbite and hypothermia. Use newspapers, maps, and event the removable car mats for added insulation.

Do minor exercises to keep up circulation. Move your hands, arms, and legs occasionally. Try not to stay in one position too long. If more than one person is in the car, take turns sleeping. For warmth, huddle together.

Your winter car kit should have the following items.

- Flashlights with extra batteries
- First aid kit with pocket knife
- Necessary medications
- Several blankets
- Sleeping bags
- Extra newspapers for insulation
- Plastic bags (for sanitation)
- Matches
- Extra set of mittens, socks, and a wool cap
- Rain gear and extra clothes
- Small sack of sand for generating traction under wheels
- Small shovel
- Small tools (pliers, wrench, screwdriver)
- Booster cables
- Set of tire chains or traction mats
- Cards, games, and puzzles
- Brightly colored cloth to use as a flag
- Canned fruit and nuts
- Non-electric can opener
- Bottled water