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The listings in this edition of the Youth Pages are based on information supplied by agency representatives. Inclusion in the directory does not imply endorsement nor does exclusion imply disapproval. Every effort has been made to supply complete and accurate information; however, Youth Pages makes no representation with respect to the accuracy and completeness of the contents of this directory and specifically disclaims any implied responsibility for the accuracy of the information provided and shall in no event be held liable for any loss or damage.

Resources in this directory were chosen for inclusion based on services offered for students in Lorain County.

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The Youth Pages is made possible through support from the Lorain County Department of Job and Family Services, the Lorain County Prosecutors Office, United Way of Greater Lorain County, The Lorain County Board of Mental Health, and The Alcohol Drug Addiction Services Board of Lorain County.

www.lorainadas.org/youthpages

Youth Pages

A Resource Guide for Students

How to get the most out of your Youth Pages.

The Youth Pages is a directory created specifically for young people in the Lorain County area. It is a guide to Lorain County agencies that are committed to answering your questions and to encouraging young people to get involved. The directory is divided into sections which makes it easier to navigate so that you can easily find the agencies and activities that interest you.

- While going through the book you may come across some words that are unfamiliar to you. A glossary of terms begins on page 1. Whenever you don't understand what something means, turn there!
- Included in the description of some of the resources in this book is the phrase "Fees based on family income." This means that the amount you pay for a service is based on how much money your family makes.
- We have done our best to give you the most updated and current information on fees, hours of operation and services, but they do change from time to time. For the most current information, contact the agency.
- "Se habla Español" is included in the description of resources that may offer service in Spanish or may have Spanish-speaking staff available.

- If you can't find the service you're looking for, don't give up! **Call 2-1-1, 24-hours-a-day, 7-days-a-week.** That is the number for United Way's 211/First Call For Help. This one number will open the door to thousands of area services.
- Youth Pages is a community collaboration reviewed by professionals and youth focus groups. We thank all of the people involved in creating this guide.
- Please let us know of any changes, updates or ways we can improve this publication...your feedback is important. You can reach us via email at www.lorainadas.org/youthpages

If you are looking at a friend's book and don't have your own, this entire guide is available at www.lorainadas.org.

Important Things to Remember When Contacting an Agency

Before making your call, think about the problem and what it may take to solve it. When you call make sure to explain what type of service or help you need. Make sure to jot down the name of the agency and the date you called. Here are some questions you may want to ask when you call. You may want to write down the answers to these important questions:

- *What services are available and what is the cost?
- *Are there any restrictions concerning age or place of residence?
- *What time is the agency open and where is it located?
- *Do I need an appointment?
- *What paper, forms and identification do I need?
- *Do I need consent from a parent or guardian?

If you make an appointment write the date and time of the appointment, the directions to the agency and the phone number and name of the person you would need

to call if you have to cancel your appointment. Lastly, remember to check your options. Check to see if other agencies offer the same service. You may want to call a few agencies and ask them questions about their services before making a choice.

Hotlines and Helplines

There are places you can call when you need someone to talk to, or if you need information right away. Many of the numbers listed are available 24-hours a day, 7-days-a-week

Al-Anon/Alateen (440)277-6969
(216)621-1381

Provides referrals to support groups for young adults who are affected by someone else's drinking.

Alcoholics Anonymous (440)246-1800
Offers support and referrals to meeting for persons with alcohol problems.

Alcohol and Drug Abuse (440)323-6122
(440)244-4566

**Bellflower Center for the
Prevention of Child Abuse** (216)229-8800
(Family Helpline)

Assists people who have experienced abuse. Provides anonymous support, information and referrals. Answers questions on parenting and child development.

Battered Women's Shelter (440)323-3400
(440)244-1853

Emergency Services (800)888-6161
Nord Center (24/7)

Crisis stabilization; a mobile crisis team provides immediate intervention to stabilize, provide safety, screen for psychiatric hospitalization and link to crisis residential unit and ongoing services



Lorain County Rape Crisis Center (440)282-2315
(both numbers weekdays, 8:30 a.m. - 5 p.m.) (440)282-2335
(After hours/weekend call toll-free) (800)888-6161

Provides support, advocacy and legal consultation for sexual assault.

**Lorain County Children Services/
Child Abuse Hotline** (440)329-2121
(24 hours)

Investigates and assesses reports of child abuse/ child maltreatment 24-hours-a-day/7-days-a-week.

**Lorain County Safe Harbor/
Genesis House** (866)213-1188

Provides 24-hour shelter phone hotline, safe house for victims of domestic violence and their children in immediate danger and crisis counseling

Safe School Helpline (800)418-6423 ext. 359
www.schoolhelpline.com

Provides 24-hour, 7-days-a-week telephone services to make an anonymous report of any violence, theft, drug or alcohol abuse, sexual harassment or weapons (or threat thereof) in schools.

Police, Fire, Rescue Squad 911

Poison Control Center (800)222-1222

Provides 24-hour/7-days-a-week immediate information about what to do in case of poisonings.

Problem Gamblers' Helplines (800)589-9966

Provides 24-hour/7-days-a-week information, support and referrals for treatment.

United Way's 211/First Call for Help 2-1-1

Provides confidential information and referral to agencies and organizations for almost any kind of problem or need.

If you and your family find that you don't have enough food, need clothing or a place to stay, there are places that can provide for free, a few days supply of food, a hot meal, some clothes or temporary shelter. For more information about where to go for these services phone **211/First Call for Help**, which can refer you to other services such as health care, substance abuse treatment, housing, utilities and support groups. When you don't know who to call, call **2-1-1**. Information and referral will answer your calls 24-hours-a-day, 7-days-a-week and will direct you to specific helping agencies.

Who can I talk to?



www.lorainadas.org/youthpages

Who Can I Talk To?

This section focuses on mental health. Mental health is how you think, feel and act in order to find the best way to face life's situations. It helps you find new and better ways to look at yourself, your life and the people in your life. Mental health includes things like how you handle stress, relate to other people and make decisions.

Maintaining positive mental health is a serious issue. It is just as important as maintaining your physical health.

Stress

There's a lot going on in your life right now. You are probably juggling a lot of things: school, sports, activities, friends, family, jobs and peer pressure. Each of these may cause stress in your life. But stress does not have to take over your life.

Many teens turn to smoking, drinking or other drugs to help cope with stress. Using some of these things may make it feel like the stress has gone away, but it really hasn't. In fact, using alcohol or other drugs can make you feel depressed or out of control, making matters worse. There are positive ways to tackle stress.

Here are some positive ways to deal with stress:

- Exercise regularly
- Develop friendships
- Take part in activities you enjoy, such as movies or sports
- Talk to someone about what you are feeling, such as a friend, parent, school counselor or someone else you trust. There are many resources in this section that you can contact if you feel like you need more help. For tips on how to talk to your parents go to page 108.

Mental Health Problems

Young people, as well as adults, can develop problems with their mental health. There are many types of mental health disorders, such as depression, and they range from mild to severe.

Some signs that may indicate a mental health problem are:

- Poor school performance
- Withdrawal from friends and activities
- Sadness or hopelessness
- Lack of energy
- Uncontrolled or unusual levels of anger
- Trouble sleeping or wanting to sleep for long periods of time

- Poor feelings about yourself
- Being frequently anxious or worried
- Overeating or lack of appetite
- Using drugs or alcohol
- Extreme mood changes

Are you experiencing feelings similar to the ones listed here or dealing with a distressing situation? If so, then talk to someone.

Often, the best people to talk to are your parents or legal guardians. If you can't talk to them, seek out support from a trusted adult, friend or school counselor. You may also want to contact some of the agencies listed throughout this section.

If you or someone you know, youth or adult, is experiencing a mental health crisis and needs immediate help, phone **Emergency Crisis 24-hour Hotline, (800)888-6161**

Teen Suicide

Each year in the U.S. thousands of teens commit suicide.

Warning signs may include:

- Significant and unusual changes in eating or sleeping habits
- Withdrawal from friends, family and regular activities
- Violent actions
- Missing school
- Drug and alcohol abuse
- Unusual neglect of personal appearance
- Marked personality change
- Constant boredom, poor concentration and a decline in quality of schoolwork – not caring about life
- Physical symptoms such as constant headaches, stomachaches and sleepiness
- Taking unnecessary risks
- Giving away favorite possessions, cleaning up personal spaces (bedroom, school locker) and throwing away belongings
- Talking about suicide

If you have thoughts about suicide, or if you think someone you know may be contemplating suicide, seek help! For immediate help, phone **Emergency Crisis 24-hour Hotline at (800)888-6161.**

See page 3 for more information about these listings.

There are places you can call when you need someone to talk to or you need information right away. Many of the numbers listed are available 24-hours-a-day, 7-days-a-week.

Al-Anon/Alateen.....(440) 277-6969
 (216) 621-1381
 Alcoholics Anonymous.....(440) 246-1800
 Bellflower Center for the.....(216) 229-8800
 Prevention of Child Abuse
 24/7
 Lorain County Rape Crisis Center.....(440) 282-2315
 (440) 282-2335
 (800) 888-6161 after hours and weekends
 24/7
 Lorain County Children Services.....(440) 329-2121
 / Abuse Prevention Hotline
 24/7
 Domestic Violence(866) 213-1188
 Center
 24/7
 Lesbian/Gay Community.....(216) 651-5428
 Service Center
 Mental Health Services(800) 888-6161
 24/7
 24-hour Mobile Crisis Unit

A message from the Lorain County Department of Job and Family Services and the Lorain County Prosecutor's Office

Your future and the choices you make are important. The issues affecting young people today are both complex and challenging. It's the community's job to provide as much information as possible so you can make good choices to reach your goals.

The Youth Pages is intended to provide you with a balanced list of local resources to help you and your friends with everything from where to turn for help to where to go for fun and recreation. This book can be a useful tool in finding your way now and in the future. It's our hope that the Youth Pages provides you with the information you need.

If you would like additional copies of the Youth Pages, Contact Communities That Care at **(440)366-1106 ext.16**

Dealing with Death

Dealing with the death of a relative, close friend, or even someone you don't know very well can be difficult. If you find you are having difficulty coping after the death of someone, seek help. Talk to a parent, an adult you trust or seek help from one of the agencies listed in this section.

Others sources of information:

The Jason Foundation (offers information about suicide prevention)

www.jasonfoundation.com

National Institute of Mental Health

www.nimh.nih.gov

National Mental Health Awareness Campaign

www.nostigma.org

The Center for Mental Health Services

www.mentalhealth.org/child

Mental Health

The following agencies offer some type of counseling or support service. Counseling offered varies with each agency and may include services for individuals, families or groups. Some agencies may offer counseling for specific topics such as child abuse, grief or youth issues. Information about services other than counseling is included in the description of the service.

Depending on the type of help you need, you may be able to receive service without having your parents there. You should contact the agency to find out if you need to bring a parent with you or have parental consent.

Applewood Centers

5255 North Abbe Road
Elyria, Ohio 44035

www.applewoodcenters.org

Provides outpatient mental health services to children and adolescents ages 4 to 18 years. We work with children, teens and their families who are experiencing difficulties with problem behaviors, emotions and/or adjustment to life difficulties. Se habla Español.

(440)934-9930

(216)696-5800
Cleveland line

Bellefaire J.C.B.

347 Midway Blvd., Suite 200
Elyria, Ohio 44035

www.bellefairejcb.org

Provides services for children and adolescents with serious,

(440)324-5701

emotional disturbances and their families including assessment, counseling, community support and psychiatric services. Se habla Espanol.

Beech Brook

(440)324-4980

347 Midway Plaza, Suite 301

Elyria, Ohio 44035

www.beechbrook.org

Offers outpatient mental health services for children ages 3-18 and their families. Services include diagnostic assessment; counseling/therapy; crisis intervention; and case management and community support.

**Bellflower Center for
Prevention of Child Abuse**

(216)229-2420

(216)229-8800;

24-hour crisis line

11811 Shaker Boulevard, #220

Cleveland, Ohio 44120

www.bellflowercenter.org

Programs include: 24-hour Family Helpline for ANY abuse-related concern; Tot-Line for tips on raising toddlers; Teen parent services; individual and group therapy for those abused as children; personal safety skills for children; Kinship Care support. We offer training in child abuse recognition and reporting along with other topics.

**Catholic Charities Services
of Lorain County**

(440)366-1106

628 Poplar Street

Elyria, Ohio 44035

www.clevelandcatholiccharities.org

Mental health counseling for adults; adult anger management counseling. Se habla Espanol.

El Centro De Servicios Sociales

(440)277-8235

1888 East 31st Street

(440)277-8219

Lorain, Ohio 44055

Offers at-risk youth between the ages of 12-18 and their families information, referrals, supportive services, activities and follow-up in order to decrease violence, truancy and disruptive behavior in youth. Se habla Espanol.

Far West Center

(440)988-4900

554 N. Leavitt Road (S.R. 58)

(440)835-6212

Amherst, Ohio 44001

Outpatient mental health services for adults and families including assessment, psychiatric evaluation, case management and medication management. Recovery programs including "Help for Mom"™ for new mothers with postpartum depression; The Family Program for family caregivers; Compeer, a volunteer friendship program; Connections, for persons coping with job loss. Medicaid, Medicare, Insurance and sliding fee scale. Se habla Espanol (by arrangement).

Tear this card out and keep it with you,
it could come in handy.

National Runaway.....(800) RUNAWAY (786-2929)
Switchboard
24/7

Poison Control Center.....(800) 222-1222
24/7

Problem Gamblers' Hotline(800) 589-9966

Drug and Alcohol Info(440) 244-4566 (helpline)
(440) 323-6122 (helpline)

Safe School Helpline.....(800) 418-6423 x359
24/7

United Ways 211/.....2-1-1
24/7

First Call For Help

Hotlines + Helplines



www.lorainadas.org/youthpages

Gathering Hope House (440)233-7400
1173 North Ridge Rd E., #102 Comfortline (440)233-9276
Lorain, Ohio 44055

A consumer-operated mental health recovery center serving mental health consumers age 18 and older. Programming includes organized and informal activities and groups offering socialization, mutual support, empowerment, information and self-directed recovery. Amenities include computer lab with internet, state-of-the-art fitness center, arts and crafts room, GED classes, services for the homeless and Comfortline (warm-line) 440-233-WARM (9276), a place to call for someone to talk to - not meant to be a substitute for crisis intervention. Weekdays 8 a.m. to 9 p.m. (fitness center opens at 6 a.m.), Saturdays and Sundays 1-5 p.m. All holidays 1-5 p.m. Se habla Espanol by arrangement.

Joining Forces (440)323-5726
Lorain County Job & Family Services (440)244-4150
42485 North Ridge Road
Elyria, Ohio 44035

Joining Forces is a collaborative effort between the school systems and Lorain County Job & Family Services. A social services worker is available to help at-risk students perform to the best of their abilities. The goal of the program is to address social, behavioral, emotional and academic needs of students. Students can access services by contacting anyone in the school (teachers, secretaries, counselors, or the Joining Forces Worker). The program is voluntary and free of charge. Se habla Espanol.

Lorain County Board of Mental Health (440)233-2020

1173 North Ridge Road East, Suite 101
Lorain, Ohio 44055

www.lorain.oh.networkofcare.org

The Board supports a network of providers to meet the community's diverse mental health needs. Many programs are designed specifically for Latino and African American individuals and their families. Services include crisis intervention for those faced with sudden problems or catastrophes; treatment and counseling for those who can't afford to pay for it on their own; help for dealing with job loss and in-school services for troubled or disruptive children. The website has over 10,000 health and wellness topics, mental health and supportive services provided by network agencies, schools, clinics, hospitals, links to support groups, access to legislative information and more. **Bi-lingual services: the board does not provide direct services, however bi-lingual services are available at our network of agencies.**

**National Alliance for the
Mentally Ill (NAMI) Lorain County** (440)282-3204
1936 Cooper Foster Park Road
Lorain, Ohio 44053
www.freewebs.com/namilocty

A grass-roots, self-help, support, education and advocacy organization dedicated to improving the lives of all those affected by serious mental illness. This includes consumers diagnosed with a mental illness; their family members; relatives and friends; mental health professionals; and all who share NAMI's vision and mission.

Support groups:

- **Daytime:** third Thursday of each month, 1:30 p.m., Gathering Hope House, 1173 North Ridge Road, Suite 102, Lorain; (440)233-7400.
- **Evening:** Third Tuesday of each month, 7:30 p.m. Gathering Hope House, 1173 North Ridge Road, Suite 102, Lorain; (440)233-7400.
- **Evening:** Last Wednesday of every month, 7 p.m. Avon Fire Station, 36185 Detroit Road (Rt. 254), Avon.

Nord Center (440)233-7232
6140 S. Broadway (800)888-6161
Lorain, Ohio 44053
www.nordcenter.org

Crisis stabilization, a mobile crisis team provides immediate intervention to stabilize, provide safety, screen for psychiatric hospitalizations and link to crisis unit and ongoing services. A full-range of counseling and therapy for a variety of disorders including panic disorder, trauma of abuse, domestic violence and co-occurring mental health and alcohol and drug problems.

**Pathways Counseling
& Growth Center** (440)323-5707
312 Third Street
Elyria, Ohio 44035
www.pathwayscounselingcenter.com

Helps adults, children, couples and families to develop their potential by providing psychological counseling services that promote a healthy body, mind and spirit.

Survivors of Suicide Support (SOS) Group

St. Thomas the Apostle Church
715 Harris Road
Sheffield Lake, Ohio 44054

People who have gone through suicide of a loved one meet on the fourth Tuesday of the month from 7-9 p.m. in the church's library.

YWCA Women's Center

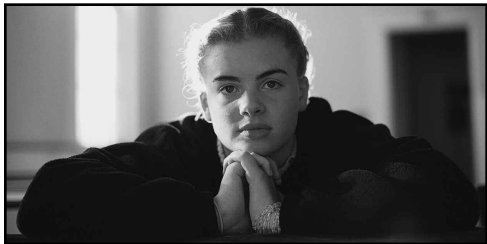
200 9th Street
Lorain, Ohio 44052

A place where women and their families can come to learn about their health, access information, raise awareness of issues affecting them and their families and receive essential services. Agencies represented included: Bellefaire J.C.B., Beech Brook, Proyecto Luz (HIV case management), Nord, Workshops and classes offered on anger management, parenting and more. Se habla Espanol.

(440)949-7744

(440)246-2002

(440)322-6308



When Parents Don't Live With You

There are lots of reasons why you might not live with your parents. Sometimes parents just can't provide the proper care; they could be very sick, need to be hospitalized or be in a treatment center for alcohol or drug abuse. Maybe your parents are divorced or separated. It could be that your parent is incarcerated (in prison or jail).

Living with Other Relatives or Foster Parents

If you do not live with your parents, you may have to live with another relative such as a grandparent, sibling, aunt, uncle or foster parent. A foster parent is someone who is assigned by the court to be your legal guardian temporarily. Foster parents take care of you and provide you with a safe place to live. Because you are living without your parents now does not mean that you will always live without them. Many times you will be able to live with your parent or parents again.

Living without your parents can be difficult. Talking to your parents or others you trust can help you understand and accept the situation and deal with your feel-

ings. The agencies listed under Mental Health services may be able to help you with finding counselors to talk with.

Check out this website for more information:

www.kidshealth.org

(information on lots of topics including kids and foster care, living with grandparents and divorce)

Parents in Prison

If you have a parent who is incarcerated (in prison or jail), you are not alone. Thousands of youth are experiencing the same thing. It is not your fault. You may feel shame, embarrassment, anger, or fear. You may also miss your parent very much, and want to be in touch with him or her more than you are able. Even though your needs may conflict with the law regarding your parent, they are just as important. If you are under 18 years old and you want to visit your parent in prison or jail, you will have to have consent from your parent who has custody of you or your legal guardian. You will also have to be accompanied by an adult, in most cases a parent or legal guardian.

When your parent is in prison or jail you may have concerns such as will you be taken care of, will be able to see your parent, will you be involved in decisions made concerning where you will live and will you be blamed or judged for your parent being in prison. You may feel sad, angry, confused or blame yourself for what is happening. It's important that you talk to someone you can trust, like a relative, a teacher, a minister, or a counselor. Some of the resources listed in the Mental Health services may be able to provide counselors to help you.

Consider finding a mentor; mentors are people who spend time with you and offer you support and guidance. For other places that offer mentors look at the resources in the Social & Recreational Section starting on page 45.

A good local resource to check out is

Amachi Program (440)277-6541
Big Brothers Big Sisters of Lorain County
1917 North Ridge Road, East Suite #A
Lorain, Ohio 44055
www.bigloraincounty.org

The Amachi program is a partnership between local faith-based organizations and Big Brothers Big Sisters to serve children of incarcerated parents. Youth are not identified as having an incarcerated parent; the goal is to provide a mentor who can provide a role model and enrich his or her life without rearranging it.

For more information for children and families of those incarcerated, go to:

www.fcnetwork.org

Drugs + Addiction



www.lorainadas.org/youthpages

Drugs + Addiction

There are many drugs that people are experimenting with and using on a regular basis that are dangerous and addictive. Every day thousands of teens will use drugs for the first time and many of them are harmful...some are even deadly. The resources in this section will help you find someone to talk to about drugs that may be affecting you, your family or a friend. Getting help is the first step on the road to understanding what is happening to you and finding out how to regain control of the situation.

There are three main types of drugs:

- **Depressants** - drugs that act to slow down your body's systems
- **Stimulants** - speed up your body's systems
- **Hallucinogens** - distort reality or create hallucinations, which is seeing, hearing or feeling the presence of things or activities that aren't really there or aren't really happening

Alcohol, Tobacco and Other Drugs

Alcohol is the most widely used drug among America's youth. It is the major factor in the three leading causes of death of America's youth: car accidents, homicides and suicides.

Some of the effects alcohol can have on your body are:

- Impaired ability to perform complex tasks (such as driving)
- Embarrassing behavior
- Decreased attention span
- Impaired short-term memory
- Impaired motor coordination
- Prolonged reaction time

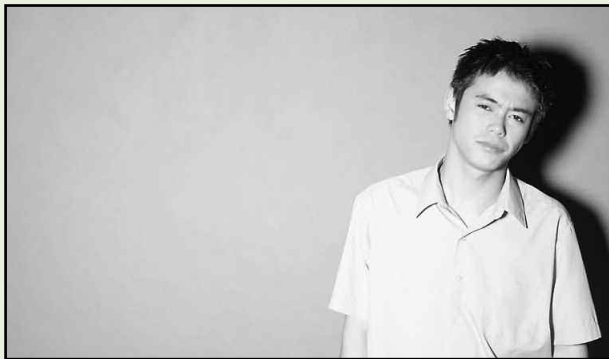
Many of these things happen without the person who is intoxicated knowing it, even if it is obvious to others.

There are many factors that affect the impairment properties of alcohol on each individual user. They include: age, weight, sex, overall health, the female user's menstrual cycle, consuming alcohol on an empty stomach and the type of alcohol consumed.

- ☐ **Have you ever thought you should cut down on your drinking?**
- ☐ **Have you ever felt annoyed by others' criticism of your drinking?**
- ☐ **Have you ever felt guilty about your drinking?**
- ☐ **Do you feel the need for a drink when you get up to get started for the day?**

If you answered “yes” once: you might be experiencing an alcohol related problem.

If you answered “yes” two or more times: there is a strong possibility that an alcohol use problem currently exists.



Facts About Smoking

- The majority of smokers began smoking before age 19; in fact, only one percent of current smokers started smoking at age 21 or older.
- In the U.S., 450,000 individuals die each year as a result of cigarette smoking. That's more than 1,200 smokers per day!
- Tobacco kills more Americans each year than alcohol, cocaine, crack, heroin, homicide, suicide, car accidents, fire and AIDS combined.
- Teens who smoke are more likely to also start using and abusing alcohol, marijuana, and cocaine.

Marijuana

Marijuana is the most widely used illegal drug in America. The effects of marijuana can depend on how strong the drug is, how it is taken, where it is used, and whether or not the user is drinking alcohol and taking other drugs. Like other drugs, it is addictive and can have long-term side effects, including memory loss.

Club Drugs

Club drugs are dangerous substances that are being used by youth at raves, dance clubs, concerts and parties. Some of the more popular club drugs include MDMA (Ecstasy), GHB, Rohypnol, Ketamine, Methamphetamine and LSD, many of which are addictive. The use of these drugs can lead to extreme drowsiness and fatigue, extreme loss of memory, aggression, nausea and in some cases, coma or even death. Combined with alcohol, these drugs are even more dangerous.

Inhalants

Inhalants are breathable chemical vapors that cause serious damage to the brain and can cause death even the very first time they're used. Sniffing inhalants in highly concentrated amounts can be very dangerous. Inhalants can cause hearing loss, cancer and brain damage as well as induce heart failure and death by suffocation.

Steroids

The use of anabolic steroids by teenagers has been on the rise. Many youth are experimenting with steroids to increase their strength, especially if they are athletes, not aware of the major health risks. Using steroids can stunt bone growth and can do permanent damage to the heart, liver and kidneys.

Prescription Drugs

When using a prescription drug:

- Only take prescriptions for the illness or injury for which they were prescribed by the doctor.
- NEVER go over the dosage listed on the bottle.
- NEVER share your prescribed drugs with anyone or use anyone else's prescriptions. (Drugs are prescribed for an individual, for a particular reason, by a physician.) If taken by the wrong person, a prescribed drug can cause unintended consequences.



Fast Facts

- Binge drinking is when you have five or more drinks at one time and can lead to hospitalization and even death.
- Teens who drink are more likely to have unsafe, unprotected sex increasing their risk of pregnancy and sexually transmitted diseases (STDs).
- In Ohio you must be at least 21 before you can legally buy alcohol and at least 18 before you can legally buy cigarettes.
- Youth using marijuana are more likely to experiment with other illegal drugs or alcohol, steal, be socially withdrawn, experience problems with depression or commit suicide.
- Marijuana and tobacco cigarettes/cigars soaked in liquid such as embalming fluid, referred to as “wet,” may make the drug more dangerous.

Some sites to search for more information:

Alcoholics Anonymous
[**www.alcoholics-anonymous.org**](http://www.alcoholics-anonymous.org)

Al-Anon/Alateen
[**www.al-anon.alateen.org**](http://www.al-anon.alateen.org)
(Information for relatives and friends of heavy drinkers)

American Lung Association
[**www.lungusa.org/northernohio**](http://www.lungusa.org/northernohio)

Club Drugs Information
[**www.clubdrugs.org**](http://www.clubdrugs.org)

Cocaine Anonymous
[**www.ca.org**](http://www.ca.org)

Narcotics Anonymous
[**www.na.org**](http://www.na.org)

National Institute on Drug Abuse
[**www.nida.nih.gov**](http://www.nida.nih.gov)
[**www.teens.drugabuse.gov**](http://www.teens.drugabuse.gov)
[**www.steroidabuse.org**](http://www.steroidabuse.org)
(Information about anabolic steroids)

National Youth Anti-Drug Media Campaign
[**www.freevibe.com**](http://www.freevibe.com)

Ohio Tobacco Use Prevention and Control Foundation
[**www.standohio.org**](http://www.standohio.org)

Tobacco Information Prevention Source (TIPS)
[**www.cdc.gov/tobacco/tips4youth.htm**](http://www.cdc.gov/tobacco/tips4youth.htm)

Gambling Addiction

Gambling on games such as cards and dice has become very popular. Betting money in hopes of winning more money may be exciting, but instead of winning you may lose money. Many people don't realize that you can become addicted to gambling.

The following are warning signs that a gambling problem may exist. Do any of these apply to you or someone you know?

- Gambling more often and for longer periods
- Increasing the amount of money spent on gambling
- Constantly thinking about gambling
- Changing friends or no longer wanting to “hang out” with friends
- Borrowing money to continue to gamble

If you think you or someone you know may have a gambling problem, phone the **Problem Gamblers' 24-hour Hotline at (800) 589-9966** for information, support and referrals for treatment.

For more information go to:

Gam-Anon

www.gam-anon.org

(Information for relatives and friends of problem gamblers)

National Council on Problem Gambling

www.ncpgambling.org

Gamblers Anonymous

www.gamblersanonymous.org

(Support for problem gamblers)

Food Addiction

It is possible to become addicted to food, where you can't stop eating or thinking about food. A food addiction is a type of eating disorder. For more information about eating disorders and getting help go to page 87.

For more information go to:

www.foodaddictsanonymous.org

The following organizations offer some type of services for the prevention, treatment and support of alcohol, tobacco and other drug problems, gambling problems and food addiction.

Alcohol & Drug Addiction (440)282-9920

Services Board of Lorain County

4950 Oberlin Ave.

Lorain, OH 44053

www.lorainadas.org

Resources for alcohol, tobacco and other drug addiction services and programs in Lorain County. Youth survey data and other relevant informational resources (via website or in office) on alcohol and other drugs. Services are free or low cost. Se habla Espanol.

Alcoholics Anonymous (440)246-1800

Lorain County Central Office

577 Broadway Avenue

Lorain, Ohio 44052

www.aaloraincounty.org

A program for recovery from alcoholism. No dues or fees, no outside affiliation, no attendance records kept. Free. For full meeting listing, call the office, or go on the website. Se habla Espanol.

Al-Anon Family Groups/Alateen (440)277-6969

Cleveland Al-Anon Office

(216)621-1381

75 Public Square, Suite 701

Cleveland, Ohio 44113

www.afgcleveland.org

Offers support groups for youth ages ten and older who are relatives or friends of heavy drinkers. **Bi-lingual services: some Spanish literature available.**

Big Brothers Big Sisters (440)277-6541

of Lorain County

(888)222-7371

1917 N. Ridge Rd., East, Suite A

Lorain, OH 44055

www.bigloraincounty.org

A one-to-one mentoring program for youth ages 6-14 in which volunteers are matched with children. Simply by becoming a friend and sharing time with the child makes a huge impact in their lives. Studies show children matched with a mentor are less likely to use illegal drugs and alcohol, become more confident in school work performance, get along better with their families and are less likely to skip school. Teens can be mentors in the Afterschool program as high school bigs. Se habla Espanol, (by appointment only).

**Catholic Charities Services
of Lorain County**

**628 Poplar Street
Elyria, Ohio 44035**

www.clevelandcatholiccharities.org

Strengthening Families is an 8-week interactive program for parents and youth ages 10-14; a separate program is available for parents and youth ages 15-17. The program is designed to reduce substance abuse and other problematic behaviors. Se habla Espanol.

Compass House, Inc.

**1440 Lexington Avenue,
Lorain, Ohio 44052**

www.compass-house.org

An alcoholism/chemical dependency treatment agency providing services to medically indigent adults age 18 and over in Lorain County. Compass House's goal is to provide an abstinence-based therapeutic environment for support, education and guidance for individuals and families to break the interactive cycle of addiction and co-dependency. Se habla Espanol.

**Families Anonymous
of Northeast Ohio**

www.familiesanonymous.org

A group of concerned relatives and friends whose lives have been adversely affected by a loved one's addiction to alcohol

(440)366-1106

(440)246-5111

**(440)779-4357
(Cleveland helpline)**

or drugs. To date, Lorain County meetings are held in Avon at Hope Christian Church, 32575 Detroit Road, Thursdays, 7 p.m.

Food Addicts

Anonymous - Cleveland

4623 Forest Hills Boulevard

West Palm Beach, FL 33415

www.foodaddictsanonymous.org

Offers support for those recovering from the disease of food addiction; this is a 12-Step program patterned after Alcoholics Anonymous (AA), where recovery is addressed along with emotional and spiritual side of a person. Meetings in the area assist with recovery; but there are also phone meetings, online chat rooms, sponsors (similar to a mentor) and e-mail via the website. Se habla Espanol (can be arranged).

Lorain County Alcohol &

Drug Abuse Services, Inc.

2115 West Park Drive

Lorain, Ohio 44053

www.LCADA.com

Offers alcohol and drug treatment, prevention and education. Services include assessment, treatment, family services including "Strengthening Families Program" and in-home services; transportation to treatment. LCADA's 24-hour Hotline is: 440-244-4566. Se habla Espanol.

(440)842-2822

(Cleveland area hotline)

(561)967-3871

(World Service Office)

(440)282-4777

(440)244-4566 (helpline)

(440)323-6122 (helpline)

Lorain County UMADAOP (440)246-4616
(Urban Minority Alcoholism & Drug Abuse Outreach Program)
2314 Kelly Place
Lorain, OH 44052
www.umadaops.com

Youth mentoring, prevention against ATOD (Alcohol, Tobacco or Drugs) recreational events. Summer program (July-August). Se habla Espanol.

Narcotics Anonymous Ohio hotline: (888)GET HOPE
P.O. Box 9999 World Service: (818)773-9999
Van Nuys, California 91409
www.na.org / www.naohio.org

A 12-Step, self-help recovery program, a non-profit fellowship of men and women for whom drugs had become a major problem. Recovering addicts meet regularly to help each other stay clean. There is only one requirement: a desire to stop using. Not affiliated with any outside organization, no initiation fees, or dues. Not connected with any political, religious or law enforcement groups. Se habla Espanol.

The Nord Center (440)233-7232
6140 S. Broadway (440)322-4663
Lorain, OH 44053
www.nordcenter.org

Serves over 6,000 clients per year including youth with mental health and/or substance abuse issues. The agency provides a specialized adolescent chemical dependency treatment pro-

gram. The Kidz First Child Advocacy Program serves child victims of sexual assault. Se habla Espanol (psychiatry and case management).

stand Team
Ohio Tobacco Prevention Foundation
www.standonline.org

A youth advocacy program where young people take a stand against tobacco; components include focusing on second-hand smoke, promoting 100 % smoke-free schools and de-glamorizing tobacco (as portrayed in movies, TV shows, teen-oriented magazine ads). Teams of teens educate others about tobacco use and debunk myths. Teams can be citywide, countywide or anything in between. Meetings, activities and fun while being an activist and spreading the word about taking a stand against tobacco. For stand Teams in Lorain County contact Mary Jo Burns, at Lorain City Health (440)204-2318.



Youth Pages Online



www.lorainadas.org/youthpages

- ➡ Updated Information
- ➡ Tell Us What You Think!
- ➡ Phone Numbers
- ➡ Resources

Social + Recreational Activities



www.lorainadas.org/youthpages

Social+Recreational Activities

Think about *something* you LOVE to do. How did you first learn about it? You probably learned about it from your friends and family. There are lots of other *somethings* out there, some of which you will love to do, too. Look in this section for activities you enjoy and new ones you may want to try.

Fun Times, Cool Places

This section contains cool places to go and fun things to do around town. Think about your favorite classes and activities at home or in school. There is probably a place listed in this book where you can learn more about and find other people with those common interests. Or maybe you want to expand your horizons and learn something new or develop a new favorite interest. There are plenty of amazing opportunities both in and around Cleveland and many of them are listed right here.

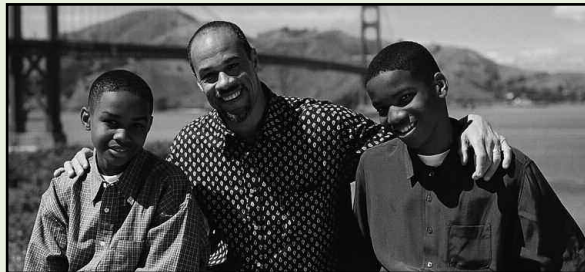
Want to learn more about a sport or join a league? Or want to hang out with other people who love animals or art or music, for example? The places that are listed

in this section are fun, friendly places to hang out and learn. Most are free or very low cost. All are safe, drug-free environments.

These activities will allow you to focus on positive paths to make you a better, happier person and stay on the right path. You can be anything you want to be...it is up to you!

Mentors

Mentors are people you can look to for support, advice and guidance. They may offer you help with school-work, career advice, outings and recreational activities or just friendship. Mentors act as role models and can be a parent, teacher, counselor, friend or volunteer. Many of the resources in this section have programs that provide mentors.



Volunteering

One of the best ways to learn about something is through doing it. Do the following questions describe you?

- ☐ Are you someone who likes to get involved?
- ☐ Do you like helping people?
- ☐ Do you have a desire to have a career?
- ☐ Do you like to make a difference?
- ☐ Are you interested in learning new skills and having new experiences?

If you answered “yes” to any of these questions, then volunteering may be for you!

- By volunteering, you will have a chance to help other people, sometimes helping them do things they couldn't do themselves. You will meet new people, gain new skills and learn more about yourself, too.
- When you volunteer, you show that you have character, commitment and that you care about other people. Successful volunteer experiences may improve your chances of getting a job.

- Volunteering often leads to new friendships, to finding a mentor and great references for jobs, careers, college and more.
- Making a difference in someone's life always makes you feel great about yourself and builds confidence and character.

For information about potential volunteer opportunities, contact Business Volunteers Unlimited (BVU) at (216) 736-7711 or [**www.businessvolunteers.org**](http://www.businessvolunteers.org).

Also try VolunteerMatch at [**www.volunteermatch.org**](http://www.volunteermatch.org)

Try these Web sites for more information on youth topics:

[**www.afterschool.gov**](http://www.afterschool.gov)

[**www.oplin.lib.oh.us**](http://www.oplin.lib.oh.us) (Click on OH! Teens or OH! Kids)

[**www.girlsinc.org**](http://www.girlsinc.org)

[**www.yahooligans.com**](http://www.yahooligans.com)

[**www.ajkids.com**](http://www.ajkids.com)

The following is a list of organizations that offer recreational activities, mentors, volunteer opportunities or other positive activities for youth.

Allen Memorial Art Museum (440)775-8665
87 N. Main St.
Oberlin, OH 44074
www.oberlin.edu/amam

One of the finest college or university collections in the United States with more than 12,000 works of art from virtually every culture and spanning the history of art.

Amherst Historical Center (440)988-7255
113 South Lake Street
Amherst, Ohio 44011
www.amhersthist.org

Includes the Quigley Museum (open Wednesdays 10 a.m. to noon and Sundays 2-4 p.m. from May to first of December); visit the Sandstone Center open every Sunday from 2-4 p.m. from May through September and step into the past life of the Sandstone Capitol of the World. Call to arrange tours.

**Big Brothers Big Sisters
of Lorain County** (440)277-6541
(888)222-7371
1917 N. Ridge Rd., East, Suite A
Lorain, OH 44055
www.bigloraincounty.org

A one-to-one mentoring program in which volunteers are matched with children. Simply by becoming a friend and sharing time with the child makes a huge impact in their lives. Studies show children matched with a mentor are less likely to use illegal drugs and alcohol, become more confident in school work performance, get along better with their families and are less likely to skip school. Se habla Espanol, (by appointment only).

Black River Historical Society (440)245-2563
309 W. Fifth Street
Lorain, Ohio 44052
www.loraincityhistory.org

Maintains a growing collection of artifacts, photographs and other archival materials that document the city's past. Museum collections are housed at the Moore House, a site on the National Register of Historical Places. Displays feature the Lorain Lighthouse, the 1924 Lorain tornado, the city's ship-building and steel-making industries, war memorabilia, period house wares, fashions and toys.

Boys and Girls Clubs of Lorain County

www.loraincounty.com/bgc/

Provides social, recreational and educational activities for youth ages 6 -18 who live in Lorain County. Programs are designed around five core values: character, education and career development, health and life skills, recreation and the arts. Annual membership fees are only \$5.

Nine locations:

- **Eastgate:** 336 South Logan, Elyria, Ohio 44035
(440)935-5575
- **Eastern Heights:** 528 Garford Ave., Elyria, Ohio 44035
(440)935-5572
- **Wilkes Villa:** 116 White Ct., Elyria, Ohio 44035
(440)322-5835
- **Lincoln Center:** 1600 East 31st St., Lorain, Ohio 44055
(440)277-8186
- **Longfellow School:** 305 Louisiana Ave., Lorain, Ohio 44053
(440)935-5576
- **Southside Gardens:** 3010 Vine Ave., Lorain, Ohio 44055
(440)277-1780
- **Westview Terrace:** 2218 West 24th St., Lorain, Ohio 44052
(440)282-1031
- **Teen Center:** 2702 Elyria Ave., Lorain, Ohio 44055
(440)244-0535
- **Oberlin Unit:** 218 North Pleasant St., Oberlin, Ohio 44074
(440)775-2582

Cleveland Metroparks Zoo

(216)661-6500

3900 Wildlife Way
Cleveland, Ohio 44109

www.clemetzoo.com

3,000 animals representing 600 species roam 168 acres at Cleveland Metroparks Zoo. Many special seasonal activities.

Cleveland Museum of Art

(888)CMA-0033

11150 East Boulevard
Cleveland, Ohio 44106

www.clevelandart.org

One of America's leading comprehensive museums. Its permanent collection is world-renowned for its quality and breadth with more than 42,000 works of art spanning 6,000 years. The museum is a significant international forum for exhibitions, scholarship and art acquisitions.

Cleveland Museum of Natural History

(216)231-4600

(800)317-9155

1 Wade Oval Drive, University Circle
Cleveland, Ohio 44106

www.cmnh.org

From dinosaurs to rare diamonds and distant planets, the museum provides a fun environment to explore the Earth and beyond. Learn about space in the planetarium. Explore gems and jewels. Visit "Lucy" one of the world's oldest skeletons of a human ancestor, along with a 160 million-year-old meat-eating dinosaur and a massive armored fish.

Common Ground: The Cindy Nord (440) 965-5551
Center for Renewal
14240 Baird Road
Oberlin, Ohio 44074
www.commongroundcenter.org

Counselor-In-Training programs for teens 13-15 years old during summer Earth Camp, a seven-week outdoor recreational and nature day camp for youth ages 6-11. Common Ground offers a Mural Arts Project, which offers pre-employment skills training program for Workforce Investment Act eligible youth. A variety of adventure challenge and challenge-building programs are also available for youth groups.

Community Services for (440) 277-4602
Deaf & Hard of Hearing
1913 N. Ridge Road E.
Lorain, Ohio 44055
www.chsc.org

Our mission is to serve, advocate for and empower individuals with communication needs and to increase public awareness and sensitivity regarding hearing, speech, and deafness issues. Sign language interpreting and sign language classes available.

Direct Action for (440) 244-3150
Central Lorain (CDC)
1850 Washington Avenue, #1
Lorain, Ohio 44052
Youth programming, safety programs, after school tutoring.

El Centro De Servicios Sociales (440) 277-8235
1888 East 31st Street (440) 277-8219
Lorain, Ohio 44055

Offers at-risk youth between the ages of 12-18 and their families information, referrals, supportive services, activities and follow-up in order to decrease violence, truancy and disruptive behavior in youth. Se habla Espanol.

Elyria YWCA (440) 322-6308
318 W. Ave.
Elyria, OH 44035

Provides self skilled training and career exploration internships to eligible youth ages 14-21. Se habla Espanol.

FAVA (440)774-7158
(Firelands Association for the Visual Arts)
39 S. Main Street
Oberlin, Ohio 44074
www.favagallery.org

FAVA is a nonprofit organization dedicated to building appreciation for and participation in the visual arts throughout Lorain County. In addition to a year-round schedule of exhibition, FAVA offers classes and workshops in the visual arts to youth and adults. FAVA is also available to coordinate artist-in-residence programs for area organizations working with youth. Need-based scholarships are available to individuals. Contact: favaeducation@oberlin.net. Se habla Espanol (by appointment only).

Girl Scouts of North East Ohio (440)233-6112
Service Center
6111 S. Broadway
Lorain, Ohio 44053
www.gsneo.org

If you want to make a difference in your life and the lives of others-and have fun doing it-join us as a teen member or volunteer program aid. Girl Scouts ages 11-17 rough it at camp or just hang with the girls. They also travel, learn 21st century business skills and prepare for a high-tech future. Se habla Espanol.

The Great Lakes Historical Society/ (440)967-3467
Inland Seas Maritime Museum
480 Main Street, P.O. Box 435
Vermilion, Ohio 44089
www.inlandseas.org

The Great Lakes Historical Society operates the Inland Seas Maritime Museum, one of the most comprehensive maritime museums in the world. Original artifacts, coupled with interactive exhibits on a wide range of marine topics makes this museum a true asset in any community. The museum offers educational programs to over 2,000 children annually.

Harrison Cultural (440)244-0367
Community Center
1922 Hamilton Avenue
Lorain, Ohio 44052

This non-profit organization serves the community with day care and preschool programs. Many free lessons are also offered such as band, boxing, baton (Harrison High Steppers), martial arts, tennis, video production and tutoring services. Special events include the LaRue Linder Classic Run/Walk (October); Kwanza (December); Family Indoor Track Meet (January); Juneteenth Celebration (June). Se habla Espanol by arrangement.

Lorain Port Authority**(440)204-2269****611 Broadway****Lorain, Ohio 44052-1803*****www.lorainportauthority.com***

Promotes waterborne commerce, to provide economic development opportunities within the city of Lorain, and to enhance public access to our waterways. Check out the website for a multitude of activities that include everything from festivals to summer concerts and movies under the stars.

Lorain County**(440)322-3341****Historical Society****509 Washington Ave.****Elyria, Ohio 44035*****www.lchs.org***

A historical house museum and research facility that offers guided tours for a fee. Check website for specifics.

Lorain County Visitors Bureau**(440)984-5282****8025 Leavitt Road****(800)334-1673****Amherst, Ohio 44001*****www.lcvb.org******www.backroadsandbeachesohio.com***

Promotes tourism to Lorain County. Offers a visitors guide to the area, printed calendar of events along with online information. Recreational and multi-sport tour of Lorain County can be found at www.backroadsandbeachesohio.com Signed bike route with historical, recreational and healthy meal stops.

Lorain UMADAOP**(440)246-4616****(Urban Minority Alcoholism & Drug Abuse Outreach Program)****2314 Kelly Place****Lorain, Ohio 44052*****www.umadaops.com***

Youth mentoring, prevention against ATOD (Alcohol, Tobacco or Drugs) recreational events. Summer program (July-August). Se habla Espanol.

The MAD Factory**(440)774-7062****(Music, Arts and Drama)****39 South Main Street, Suite 310****Oberlin, Ohio 44074*****www.madfactory.org***

Offers year-round theater arts education programming that includes fall and spring semesters of age-appropriate classes and four summer camps. Additionally, each year MAD Factory produces two full-length admission free shows that are appropriate for all ages. All performers over the age of 13 are welcome at auditions.

**The New Agrarian Center/
George Jones Farm**

PO Box 357

Oberlin, Ohio 44074

www.gotthenac.org

Less than two miles east of Oberlin, the George Jones farm offers opportunities to tour an organic farm. The farm is a model for sustainable agriculture, wetland and soil restoration. Many opportunities to volunteer. We offer educational programming for various age groups with appropriate curriculum. Future plans include handicap access, youth education area and expanded youth programs. Se habla Espanol.

**North Ridgeville Fire
Department Buffalo Museum**

7090 Avon Belden Road (S.R. 83)

North Ridgeville, Ohio 44039

Saturday tours of fire station and nearby museum that includes fire memorabilia arranged by phone.

Northern Ohio Youth Orchestras

39 South Main Street, Suite 244

Oberlin, Ohio 44074

www.noyo.org

Provides a progressive orchestra program with challenging educational musical opportunities in orchestral and small ensemble training and performance for young instrumentalists

(440)774-2906

(440)327-5311

(440)775-3059

under guidance of professional musicians using the resources of the Oberlin College Conservatory of Music.

Oberlin Choristers

39 South Main Street, Suite 242

Oberlin, Ohio 44074

www.ochoristers.org

A community-based children's choir organization with five choirs for grades 1-12. Choristers seeks to promote a sense of pride and strives to be a positive learning experience for singers of all ages. Enrollment in Choristers is for the full season (September - May).

Oberlin Community Services

285 S. Professor St.

Oberlin, Ohio 44074

www.oberlincommunityservices.org

We have a math tutoring program for grades 4 and up. We assist the city of Oberlin by signing people up for Splash Zone passes and soccer camp.

Oberlin Heritage Center

73 1/2 South Professor Street, P.O. Box 455

Oberlin, Ohio 44074

Offers educational programs and special events. Guided tours through three sites of the Heritage Center are offered Tuesdays, Thursdays and Saturdays at 10:30 a.m. and 1:30 p.m.

(440)774-4079

(440)774-6579

(440)774-1700

Our library features reference materials relating to Oberlin's history. Check our website for further information.

Ohio Dance Theatre (440)774-6077

39 South Main Street, Suite 241

Oberlin, Ohio 44074

www.ohiodancetheatre.org

Provides dance education classes for pre-school children, recreational dance students and youth dancers. Classes are available in pre-ballet, classical ballet/pointe, modern dance, jazz tap and Pilates-based fitness. A loving and balanced program based on healthy physical principles, stimulation of imagination that allows the creative process to unfold.

Ohio State University Extension, (440)326-5851

Lorain County / 4-H

42110 Russia Rd.

Elyria, Ohio 44035

www.lorain.osu.edu

4-H is a non-formal, educational program for youth from kindergarten up to age 19. 4-H membership begins when an eligible youth is enrolled in a group or club under the direction of a trained adult. Youth learn by doing projects. There are over 200 different projects available from photography to woodworking, food and nutrition, growing plants, animals and many more.

Project Joy

(440)323-2777

401 Broad Street, Suite 309

Box 1062

Elyria, Ohio 44035

Provides band and string instruments to disadvantaged children in Lorain County Schools.

Premier Soccer Academies (440)282-2007

2101 Brad Friedel's Avenue of Future Stars

Lorain, Ohio 44053

www.gopsa.com

This elite non-profit Soccer Academy offers coaching clinics, foot skills sessions and soccer camps.

Rock and Roll Hall of Fame and Museum (216)781-ROCK

One Key Plaza, Erieside Avenue (East 9th at Lake Erie)

Cleveland, Ohio 44144

www.rockhall.com

The Rock and Roll Hall of Fame and Museum is a nonprofit organization that exists to educate visitors, fans and scholars from around the world about the history and continuing significance of rock and roll music.

Save Our Children

(440)323-3272

1621 Middle Avenue

Elyria, Ohio 44035

www.saveourchildrenelyria.org

After-school program for K-6th grade from September through early June. Follows Elyria school calendar with academic enrichment, artistic expression, leadership and service; 3-5 p.m. daily. Free; includes monthly trips for participants.

Teen Council - leadership experience for 12-15 year-olds; hands-on activities and participant-involved service projects, trips and more. Focus on excellence, vision and service; school year free; summer \$20.

Summer Program - 8-week summer camp for children and youth K- 8th grades/Teen Youth Council for 12-15 year-olds. Includes academic, arts, leadership, enrichment trips, lunch; \$20 registration.

The Salvation Army

(440)244-1921

2506 Broadway Avenue

Lorain, Ohio 44052

www.salarmylorain.org

We have after-school programs for ages 5 to 11, Mondays-Thursdays throughout the school year. Monday evenings from 6:30 to 8 p.m. is open gym for teens. Summer camp for ages 5-11 runs for six weeks Mondays-Fridays 9:15 a.m. to 2:15 p.m. Free of charge. Se habla Espanol.

The Spirit of '76 Museum

(440)647-4367

201 North Main Street

Wellington, Ohio 44090

www.thespiritof76museum.com

A three-story folk museum with exhibits ranging from 18-20th century Americana, Native American and collection of paintings by artist Archibald Willard, creator of the famous "Spirit of '76" painting. Hours: Tuesdays, Wednesdays, Thursdays 9 a.m. - noon; Saturdays and Sundays 1 - 3:30 p.m. Anyone under 16 must be accompanied by an adult.

Venturing/ Exploring

(419)207-8300

652A Rt. 250 E., P.O. Box 368

Ashland, OH 44805

www.learning-for-life.org

Venturing-high adventure, camping, outdoor, and hobby oriented activities, Exploring hands-on career oriented activities.

Vermilion Family YMCA

(440)967-4208

320 Aldrich Rd.

Vermilion, OH 44089

www.vermilionymca.org

Youth enriched programs such as flag football, basketball, soccer, t-ball, dance and gymnastics programs. The YMCA also offers an after school program, which provides teens a place to go after school to do homework, be with friends, and participate in fitness programs.

City Recreation and Neighborhood Centers

Your city or neighborhood center may provide many different youth activities such as sports, crafts, arts, drama, tutoring, mentoring and volunteering. Some centers provide services only to residents of their city, while others are open to all. Cities and school districts often have a Community Education or Community Services Department that provides many activities and services. If you don't see your community listed here, you can call your city or village hall for more information.

Parks and Recreation Centers

Amherst Parks and Recreation (440)988-8523

Amherst, Ohio 44001

www.amherstohio.org

Four picnic shelters available for rental and a playground for children. The pool is open from the Saturday before Memorial Day to Labor Day. Anyone can join the pool or purchase a daily pool pass. Other City Parks include DePaola and Jaworski Parks; and Veterans Park.

Beavercreek Reservation (440)458-5121

913 N. Lake St.

Amherst, Ohio 44001

One of the newest Lorain County Metro Parks, featuring 65 acres of mature woodlands and floodplains, a 1.2 mile paved loop-trail and day-use area with a shelter available for reservation, playground, soccer field and visitor's center.

Avon Recreational Department (440)937-4461

35001 Schwartz Rd.

Avon, Ohio 44011

www.cityofavon.com (parks & recreation)

Recreational activities as listed on our website, as well as, walking trails, basketball courts, sand volleyball, baseball/softball/soccer fields.

Avon Lake (440)930-4136

150 Avon Belden Road

Avon Lake, Ohio 44012

(located in the "old Firehouse")

www.cityofavonlake.org

(440)930-4130

We offer pre-school, youth, adult and senior programs (games, cards, crafts, art classes, trips/outings, youth nights, seasonal parties, educational programs, fitness/exercise programs and more. Hours are Mondays - Fridays 8 a.m. - 3 p.m. Building is open for evening programs.



**Elyria Parks &
Recreation Department**

131 Court St. Suite 103

Elyria, Ohio 44035

www.cityofelyria.org

Provides recreation activities; youth and adult programming, swimming and ice skating, as well as many special event programs.

East Recreation Center, 1101 Prospect St, (440)322-3028

North Park Recreation Center, 901 Duffey St, (440)365-4251

South Park Recreation Center, 101 South Park Drive,
(440)322-7601

West Recreation Center, 1200 Foster Avenue, (440)323-7755

Findley State Park (440)647-4490

25381 S.R. 58

(866)644-6727

Wellington, Ohio 44090-9208 for camping reservations

www.dnr.state.oh.us/parks/parks/findley.htm

Once a state forest, Findley State Park is heavily wooded with stately pines and hardwoods; campground offers 272 non-electrical sites, showers, flush toilets, fully stocked camp store, game room and more; boating, canoeing, rowboats and paddleboats at marina with 93-acre lake; hunting for migratory waterfowl in designated areas; 10 miles of hiking trails, swimming, volleyball and basketball areas and more.

(440)326-1500

Lorain County Metro Parks

(440)458-5121

12882 Diagonal Rd.

LaGrange, Ohio 44050

www.loraincountymetroparks.com

With 20 reservations Lorain County Metro Parks has something to interest everyone. Bike the North Coast Inland Trail, explore the river at Vermilion River Reservation, hike galore. Try the paddle boats at Wellington Reservation, enjoy Nature Camp programs at French Creek Nature Center, swim at Splash Zone! Explore your Lorain County Metro Parks today!

• **Amherst Beaver Creek**

(440)458-5121

Reservation

913 N. Lake St.

Amherst, Ohio 44001

One of the newest Lorain County Metro Parks, featuring 65 acres of mature woodlands and floodplains, a 1.2 mile paved loop-trail and day-use area with a shelter available for reservation, playground, soccer field and visitor's center.

• **Black River Reservation**

(800)526-7275

1350 Ford Rd.

Elyria, Ohio 44035

This may be the most popular in the park system with a 3.5 mile paved all-purpose trail that follows the Black River through Elyria and into Lorain, spanning four jurisdictions. The Reservation includes three separate picnic areas: High Meadows, Bur Oak and Day's Dam.

• **Caley Reservation** (440)458-5121

Pittsfield Township, Ohio

A 507-acre semi-developed park reserved for wildlife and nature study; area includes wetlands, forests and field habitats.

Wildflower hikes and fishing are a favorite.

• **Carlisle Reservation** (440)458-5121

12882 Diagonal Rd.

LaGrange, Ohio 44050

The largest of the Metro Parks with 1,820 acres that includes Forest Hills Golf Course at its northeastern end. Offers a large variety of events throughout the year from Holiday lights, to horseback riding and stargazing.

• **Charlemont Reservation** (440)458-5121

Rochester and Huntington Townships, Ohio

www.wsem.org

A 757-acre undeveloped park in the southern farming region of the county; the only reservation that allows hunting (rabbit and pheasant). A favorite of horseback riders who can enjoy the trails for free.

• **Columbia Reservation** (800)LCM-PARK

25145 Royalton Rd.

Columbia Station, Ohio 44028

A 409-acre wetland reservation includes a number of created ponds around the west branch of the Rocky River; the main building features mini-golf, pizzas, subs and ice cream.

• **Forest Hills Golf Course** (440)323-2632

Greater Cleveland

41971 Oberlin-Elyria Rd.

Elyria, Ohio 44035

An 18-hole golf course located in the Carlisle Reservation featuring holes of all difficulties, a driving range, pro shop and snack bar at the clubhouse.

• **French Creek Reservation** (440)949-5200

4530 Colorado Ave.

Sheffield Village, Ohio 44054

Includes the popular Pine Tree picnic area, 426-acres of wooded landscape and 4.5 miles of trails.

• **Indian Hollow Reservation** (440)458-5121

Parsons Rd.

Grafton, Ohio 44044

Two reservable picnic shelters, a playground, soccer field and almost 2 miles of trail for walking, biking or relaxing.

• **Kipton Reservation** (440)458-5121

Camden Township, Ohio

Unimproved trails that loop around an old reservoir are popular for horseback riding.

• **Lakeview Park** (440)458-5121

1800 W. Erie Ave.
Lorain, Ohio 44052

The Metro Parks first lakeside recreational park with 20 acres along the north side of Erie Avenue in Lorain; includes a Historical Rose Garden, beautiful sunset views of the Lorain Lighthouse and recreational opportunities from swimming and sunbathing to Lawn Bowl, beach volleyball and more.

• **North Coast Inland Trail** (440)458-5121

Downtown Kipton to Woodford & Gateway Blvd.
Elyria, Ohio 44035

Open to non-motorized traffic of all kinds (except skateboards). Takes you through varying countryside of field, farm and forest with 24 intersections or placed to jump onto the trail.

• **Sandy Ridge Reservation** (800)LCM-PARK

6195 Otten Rd.
North Ridgeville, Ohio 44039
www.ywcaofcleveland.org

A 310-acre wetland and wildlife preserve divided between forest, meadow and marsh; a favorite of naturalists and bird watchers with over 100 species on its breeding list; picnic area, visitor's center, playground and small day-use area.

• **Schoepfle Garden Visitor Center** (440)965-7237

11106 Market St.
Birmingham, Ohio 44816

Some 70 acres of botanical gardens and woodland bordering the Vermilion River; guided tours or wander at your own pace.

• **Splash Zone Aquatic Center** (440)774-5059

95 W. Hamilton St.
Oberlin, Ohio 44074

Indoor 8-lane pool and tot lagoon; outdoor zero-depth entry pool, water toys, humongous water slide, playground, picnic areas, snack counter, fitness areas, aerobic center.

• **Vermilion River Reservation** (440)967-7310

51211 N. Ridge Rd.
Vermilion, Ohio 44089

Spans two areas separated by the Vermilion River - Mill Hollow and Bacon Woods; a favorite of picnickers and naturalists and home to many local and area festivals throughout the year.

• **Wellington Reservation** (440)647-2509

535 Jones Rd.
Wellington, Ohio 44090

A 550-acre park that includes places for hiking, biking, strolling, fishing, boating and wildlife observation.

Lorain Parks and Recreation **440-244-9000**
329 W. 10th St.
Lorain, Ohio 44052
www.cityoflorain.org/parks/parks.html

Dozens of parks that include everything from playground to lawn bowling, sledding hills and boat launches.

North Ridgeville Parks and Recreation **440-353-0860**
7307 Avon Belden Rd.
North Ridgeville, Ohio 44039
www.nridgeville.org

- **South Central Park, 7565 Avon Belden Road**, has picnic pavilions, a fishing lake and will have a Splash Pad (playground equipment that squirts water); basketball and tennis courts, 30 acres.
- **Shady Drive Complex, 37077 Shady Drive**, a 37-acre sports complex with baseball/softball and t-ball diamonds, picnic area and football field.
- **Frontier Park, 5463 Mills Creek Lane**, 13-acre park.
- **Soccer Complex, 8949 Root Road**, four soccer fields and concession stands on a 12-acre complex.

- **Sandy Ridge Reservation, 6195 Otten Road**, 310-acre wildlife preserve with educational center and picnic area operated by the Lorain County Metro Parks.

Oberlin Parks and Recreation **(440)775-7254**
69 S. Main St.
Oberlin, Ohio 44074
www.cityofoberlin.com

A city of parks and recreation opportunities with hundreds of acres of publicly owned green space. The centerpiece of Oberlin is Tappan Square, a 13-acre green space; Oberlin College maintains a 60-acre Arboretum and Ladies Grove. Oberlin Recreation Complex, home of the Lorain County Metro Parks' Splash Zone, and sports center is Oberlin's most popular facility with baseball and soccer fields and adjacent picnic and green space.

City parks include: Wright Park, Martin Luther King Park, Park Street Park, Spring Street Park, Legion Field, Depot Park, Roadside Park, Parsons Road Upland Reservoir, Morgan Street Reservoir, Bill Long Nature Preserve.

**Sheffield Lake Parks
and Recreation**
992 Warwick Dr.
Sheffield Lake, Ohio 44054
www.sheffieldlake.net

(440)949-5295

10 parks maintained and operated by the city Park Board.



Vermilion Parks and Recreation **440-967-1251**
5511 Devon Dr.
Vermilion, Ohio 44089
www.vermilion.net

Parks and facilities include: Community Swimming Pool,
Hanover Square Park, Sherod Park, Showse Park, Victory Park,
West Breeze Park, Sailorway Complex.

Community Libraries

The following is a list of local libraries that provide books, audio and visual materials such as videos, CDs, DVDs and other materials for loan. Many libraries offer special programs, homework assistance, access to computers and the Internet and more.

Amherst Public Library (440)988-4230
221 Spring Street
Amherst, Ohio 44001
www.amherst.lib.oh.us

We offer programs for all ages: toddler storytimes and family storytimes; craft activities and youth programs; free internet is available.

Avon Lake Public Library (440)933-8128
32649 Electric Boulevard
Avon Lake, Ohio 44012
www.avonlake.lib.oh.us

Our library is a place for youth to relax, meet, study, play games and search for information on almost any topic. Help is always available for their information needs. We have a variety of activities planned for youth throughout the year. Free internet access is always available with parental permission.

Elyria Public Library

www.elyria.org

The Elyria Public Library System maintains Young Adult materials at all branches, which include books, audio books, CD music, CDs, videos, and DVDs. In addition, programming for teens is provided year-round. Teens may join the TAB (Teen Advisory Board) which provides support and ideas to the Young Adult librarians and the library. A summer reading incentive program is held each year.

• **Central Library** (440)323-5747
320 Washington Ave., Elyria, Ohio 44035

• **West River Branch** (440)324-2270
1194 West River Road, Elyria, Ohio 44035

• **Elyria South Branch** (440)323-7519
1215 Middle Avenue, Elyria, Ohio 44035

• **Keystone-LaGrange Community Library** (440)355-6323
101 West Street, LaGrange, Ohio 44050

• **Bookmobile** (440)324-9817
Makes stops at various locations throughout Elyria; schedule is available at Main Branch library.

Grafton-Midview Public Library (440)926-3317
983 Main Street
Grafton, Ohio 44044
www.graftonpl.lib.oh.us

Herrick Memorial Library (440)647-2120
101 Willard Memorial Square
Wellington, Ohio 44090
www.wellington.lib.oh.us

A small public library that provides resources for the education, information and recreation of its service district. The library, as an anchor of the business district and a resource center offers a welcoming, friendly atmosphere that is conducive to lifelong learning, browsing and research.

Lorain Public Library System
www.lorain.lib.oh.us

The Lorain Public Library System provides a valuable, free community service by serving as a link to lifelong learning for all ages. The library system is where people can check out books, read magazines and newspapers, use reference materials, listen to CDs, or use computers to explore the world, all with help from their skilled librarians.

• **Main Library** (440)244-1192
351 Sixth St., Lorain, Ohio 44052 (800)322-READ
Se habla Espanol.

• **South Lorain Branch** (440)277-5672
2121 Homewood Dr., Lorain, Ohio 44055
Se habla Espanol.

• **Avon Branch** (440)934-4743
37485 Harvest Dr., Avon, Ohio 44011

• **Columbia Branch** (440)236-8751
13824 W. River Rd. N., Columbia Station, Ohio 44028

• **Domonkas Branch** (440)949-7410
4125 E. Lake Rd., Sheffield Lake, Ohio 44054

• **North Ridgeville Branch** (440)327-8326
35700 Bainbridge Rd., North Ridgeville, Ohio 44039

• **Bookmobile** (440)244-1192
Makes various stops at numerous locations throughout Lorain; schedules are available.

Oberlin Public Library (440)775-4790
65 South Main Street
Oberlin, Ohio 44074
www.oberlinpl.lib.oh.us

Promotes literacy and community involvement for youth. Books, magazines and audio visual material geared toward youth and the issues they face.

**Oberlin Public Library/
The Bridge Technology Center**

82 South Main Street

Oberlin, Ohio 44074

A division of the Oberlin Public Library, this community technology center provides comprehensive computer classes, computer camps and internet usage to bridge the digital divide. Voted "Best Library Link" by Readers' Digest in 2006.

Ritter Public Library

(440)967-3798

5680 Liberty Ave.

Vermilion, Ohio 44089

www.ritter.lib.oh.us

Ritter provides resources for general information also homework help during business hours or 24/7 via the web.



Health



www.lorainadas.org/youthpages

Health

General Health

Everyone has health issues that come up at some point in their lives. If you are not feeling well or are concerned about your health, you may want to see a doctor. It is important that you seek medical care so that you can find out what is wrong instead of guessing. By knowing what is wrong, you can receive proper treatment and feel your best.

Remember, in case of a **medical emergency, dial 9-1-1 or go to the nearest emergency room.** For non-emergency care, we have listed some health services that are available to you. This section covers general health, dental health, screening and testing, eating disorders and health information for special conditions. The next section contains information about sexual health and pregnancy.

In addition to the information listed in this section, you can also try the following Web sites:

TeensHealth

www.teenshealth.org

American Academy of Family Physicians

www.familydoctor.org

Society for Adolescent Medicine

www.adolescenthealth.org

For information about healthy eating and exercise go to:

The President's Council on Fitness and Sports

www.fitness.gov

www.presidentschallenge.org

(take the fitness challenge!)

U.S. Dept. of Agriculture

www.nutrition.gov

www.mypyramid.gov (healthy eating tips)

U.S. Dept. of Health and Human Services

www.healthierus.gov (tips on fitness, nutrition and healthy lifestyles)

Health Clinics are one place you can go to receive health care services. Clinics provide basic medical care that is free or at a low cost. If you don't have health insurance and your family is low-income, you may qualify for the Healthy Families Child Health Insurance Program. **Lorain County Department of Job & Family Services at (440)323-5726** and ask for the Healthy Start/Healthy Families program located in their intake department.

Health services may be **anonymous** or **confidential**. It is important to understand the difference between the two terms.

The term **anonymous** means that no one will ask you for your name. You are usually given a number, and the only way to get your test results is to have that number. The only people who will know you had any services will be those you choose to tell.

The term **confidential** means that your name, age, and other important information will be taken, but will not be given out without your permission. When medical tests are involved, they are put in your medical records. A copy of these results is released to you or forwarded to others only when you sign a medical release.

Screening and Testing

You may need to be screened or tested for a health condition. **Screenings** are measures to determine the risk or likelihood that you have a disease or medical condition. **Testing** is when you take a diagnostic test. A diagnostic test is an analysis that determines with a high degree of certainty that a disease or condition may or may not be present. If you are looking for places to go for STD/HIV or pregnancy testing, turn to the **Sexual Health** section starting on page 96.

Body Piercings and Tattoos

Knowledge is very important when making a decision about body piercings and tattooing. If you are under 18, you may not legally get a body piercing or tattoo without the consent of your parent or guardian. Also, you should consider the health risks involved before making a decision. Some of the possible risks include infection, bleeding, scarring, allergies and nerve damage.

To learn more about health risks and laws concerning piercings and tattoos go to:
www.kidshealth.org
www.odh.ohio.gov

Eating Disorders

Eating disorders occur when a person turns away from food or uses food to cope with life stresses. **Anorexia Nervosa** and **Bulimia Nervosa** are common disorders among teens. Eating little to nothing at all, bad nutritional choices and unusually excessive weight loss usually are signs of anorexia. The main signs of **bulimia** include a cycle of excessive eating followed by abusing laxatives or forcing yourself to vomit to get the food out of your system. If eating disorders go untreated, they can cause permanent damage to your body and even result in death. Therefore, it is extremely important that you get help if you feel you or someone you know might have an eating disorder. There are listings in the following pages of agencies that may help you.

For more information try these Web sites:

Eating Disorder Referral and Information Center

www.edreferral.com

Food Addicts Anonymous

www.foodaddictsanonymous.org

Eating Disorders

The following may provide assistance with eating disorders. If you feel you may have an eating disorder, it is important to see a doctor.

National Eating Disorders Association

(800) 931-2237

603 Stewart St., Ste. 803

Seattle, Washington 98101

www.nationaleatingdisorders.org

Provides information about eating disorders and offers referrals for treatment.

Overeaters Anonymous

(216) 391-6664

3030 Euclid Ave., Ste. 401

Cleveland, Ohio 44115

www.oa.org

Offers support groups for those persons with anorexia, bulimia and compulsive overeating.

Special Conditions

If you or someone you are close to is dealing with an illness or disability, you may feel scared, alone and helpless...but you aren't. There are many agencies that can provide information and support for persons who are dealing with or helping others manage a disease or disability such as diabetes, epilepsy, cystic fibrosis, physical disabilities and many others. Support groups offer the chance to meet with others who are experiencing similar situations. Beginning on page 90 are a few resources that can be of help. For additional resources call **United Way's 211/First Call For Help at 2-1-1, 24-hours-a-day, 7-days-a-week.**

The following is a listing of organizations where you can go for general health care and information. Depending on the type of help you need, you may be able to receive service without having your parent there. You should contact the agency to find out if you need to bring a parent with you or have parental consent.

Birthright Inc.

(440)324-9566

**2136 North Ridge Road
Elyria, Ohio 44035**

An emergency pregnancy service dedicated to fostering respect for human life at all stages of development. We believe that any pregnant girl or woman has the right to whatever help she may need during her pregnancy and beyond. Help includes assistance with diapers, formula, clothing, maternity clothes, free pregnancy tests, layettes for newborns and referrals to other organizations for assistance.

Community Services for Deaf & Hard of Hearing

(440)277-4602

**1913 N. Ridge Road E.
Lorain, Ohio 44055
www.chsc.org**

Our mission is to serve, advocate for and empower individuals with communication needs and to increase public awareness and sensitivity regarding hearing, speech, and deafness issues. Sign language interpreting and sign language classes available.

Dental Hygiene Clinic (440)366-4948

Lorain County Community College/ Health Sciences Building
1005 North Abbe Road
Elyria, Ohio 44035

www.chsc.org

Dental hygiene students and high qualified dental professionals team up to provide low-cost, high-quality dental services for the whole community; educational, preventative and therapeutic dental hygiene services available at a nominal fee.

Services include cleaning and polishing, X-rays, fluoride treatments, dental sealants.

Elyria City Health District (440)323-7595

202 Chestnut Street
Elyria, Ohio 44035

www.elyriahealth.com

This public health agency provides a range of preventive services and health promotion programs. Wellchild examinations, immunizations - both pediatric and adult - prenatal coordination, Public Health nurse and Outreach Worker home visits to young pregnant and parenting families; a full environmental health program and health education programs available. Se habla Espanol - two Spanish-speaking nurses on staff.

Hospitals

• EMH Regional Medical Center (440)329-7500

630 East River Street
Elyria, Ohio 44035

www.emh-healthcare.org

• The Hospital for Orthopedic and Specialty Services (440)988-6000

254 Cleveland Avenue
Amherst, Ohio 44001

• The EMH Center for Health and Fitness (440)988-6800 (440)988-6660

EMH Avon Emergency Care Center
1997 Hathaway Drive
Avon, Ohio 44011

• Allen Medical Center (440)775-1211

200 West Lorain Street
Oberlin, Ohio 44074

• Community Health Partners (CHP) Regional Medical Center (440)960-4000

3700 Kolbe Road
Lorain, Ohio 44053

Lorain County Free Clinic, Inc. (440)277-7602
3323 Pearl Avenue (440)277-6641
Lorain, Ohio 44055

www.lcfreeclinic.org

Provides access to medical care to uninsured 19-65 years of age. Appointments only. Se habla Espanol.

Lorain County General Health District (440)322-6367 (Elyria)
9880 South Murray Ridge Road 440)244-2209 (Lorain)
Elyria, Ohio 44035 (440)236-8722
(Columbia Station)
www.loraincountyhealth.com

Provides the following services to promote health and prevent disease: adult immunizations and child immunizations. For clinic schedules and more information go to the website. For Lorain County residents - except those living in the cities of Lorain, Elyria, Avon Lake and Vermilion. Lorain County Walks, is a pedometer program for all residents to monitor the number of steps taken daily using a pedometer. For more information go to the website. Se habla Espanol.

Lorain County Health & Dentistry (440)233-0166 (Health)
(440)233-0100 (Dentistry)
1800 Livingston Avenue
Lorain, Ohio 44052

Under Health Care the following services are provided: Family

medicine, pediatrics (child and adolescent), women's health care, asthma/allergy, dermatology, confidential treatment for sexually transmitted diseases and podiatry. Under Dentistry, the following services are provided: complete oral exams, cleanings, extractions and fillings. A parent or guardian must accompany anyone under age 18.

Lorain County Help Me Grow (800)729-TOTS (8687)
42485 North Ridge Road
Elyria, Ohio 44035
www.helpmegrow.com

A community-based program offered to families with young children birth to 3 years old and expectant parents. Help Me Grow provides newborn nurse visits, ongoing home visits, developmental screenings and evaluations, service coordination and family support. Visits first-time and teen families within two weeks after the baby leaves the hospital. Help Me Grow services are voluntary and parents may terminate their involvement at any time.

Lucy Idol Center (440)967-6724
435 Nicholson Avenue
P.O. Box 162
Vermilion, Ohio 44089

Provides services to multiply-disabled adults from Vermilion and adjacent counties. Services are designed to promote mental and physical health within a comprehensive program using

professional services of diagnosis, assessment, adjunctive therapy, nursing, physical therapy, socialization, recreation and transportation. This non-profit center was founded in 1954 by Lucy J. Idol and open to provide services weekdays from 8 a.m. to 3 p.m.

NorthCoast Health Ministry (216)228-7878

16110 Detroit Avenue

Lakewood, Ohio 44107

www.nchealthministry.org

Free health care services for uninsured, low-income children and adults. Must meet income guidelines and live in service areas of western Cuyahoga and eastern Lorain counties. Call for additional information, eligibility screening and registration forms.

Sexual Health



www.lorainadas.org/youthpages

Sexual Health

Decisions about sex are not easy to make. Having sex can bring about life changing consequences such as pregnancy or sexually transmitted diseases (STDs). Having sexual relationships involves important, serious decisions.

STDs

- STDs are sometimes referred to as Sexually Transmitted Infections (STIs).
- STDs are infections you can get from sexual contact with an infected person.
- If you choose to have sex, using latex condoms may reduce the risk of pregnancy and STDs.
- The only sure way to prevent pregnancy and STDs is by abstinence, which means not having sex.
- Any type of sexual contact including oral, anal or vaginal sex puts you at risk of getting an STD.
- Most STDs are spread by sexual contact, either by skin-to-skin contact or the exchange of body fluid. Sharing needles (drugs, tattooing or piercing) is another way to get an STD.

Some STDs may not show any symptoms at all, but some of the more common symptoms may be:

- Drip or discharge from the penis or vagina
- Pain when going to the bathroom
- Vaginal odor
- Sores, bumps or blisters near the genitals, mouth or anus

Experiencing any of these symptoms does not necessarily mean you have an STD. However, it is very important to see your doctor or visit a local clinic as soon as possible if you do experience anything unusual. Most tests are free and confidential.

Pregnancy

There are several signs of pregnancy. Although signs can vary from woman to woman, some very typical ones are:

- Missing a period
- Experiencing a shorter and/or lighter period
- Upset stomach
- Nausea

Having these symptoms does not always mean that you are pregnant. If you have experienced any of these symptoms after being sexually active, see your doctor or visit a clinic for a pregnancy test right away. Most tests are free and confidential.

Birth Control

In Ohio, you do not have to be a certain age to receive birth control, nor is parental consent required. Many of the agencies in this section will provide birth control following a physical.

Adoption

If you are thinking about adoption, there are agencies that can help. Call 211/First Call For Help at 2-1-1, 24-hours-a-day, seven-days-a-week for referrals to agencies offering adoption information and counseling.

Safe Havens for Newborns

In Ohio, a birth parent (mother or father) may leave a newborn infant who is less than 3 days (72 hours) old, with any one of the following persons:

- A medical worker in any hospital
- A medical worker at any fire department or emergency organization
- Any officer at a law enforcement agency, such as a police station

You will not have to give your name. If you choose to do so, you can provide basic health information.

If the infant is left with one of the persons listed above, and has not been abused or neglected, the birth parent will face no legal consequences.

The following are **local hospitals** with **Safe Haven**

Programs to protect newborn infants:

- Elyria - (440)329-7500
- Amherst - (440)988-6000
- Oberlin - (440)775-1211
- Lorain - (440)960-4000

For more information on teen pregnancy and STDs go to:

www.teenpregnancy.org

www.iwannaknow.org (STD information)

www.plannedparenthood.org/cleveland

Following is a list of organizations that will be able to answer any questions you may have about sex, birth control, pregnancy and STDs. For resources that offer information and help for teen parents go to page 111.

Depending on the type of help you need, you may be able to receive service without having your parent there. You should contact the agency to find out if you need to bring a parent with you or have parental consent.

AIDS Taskforce (440)452-5828
of Lorain County

Volunteer-led effort that provides network and referral for free, anonymous and confidential HIV/AIDS testing in Lorain and Elyria and provides funds to those in need.

AIDS Taskforce (216)621-0766
of Greater Cleveland

3210 Euclid Avenue
Cleveland, Ohio 44115
www.aidstaskforce.org

Provides counseling, home-based case management and practical and personal support for people living with HIV/AIDS. Also offers free and anonymous HIV testing.

Bellflower Center for
Prevention of Child Abuse
11811 Shaker Boulevard, #220
Cleveland, Ohio 44120

(216)229-2420
(216)229-8800

www.bellflowercenter.org

Programs include: 24-hour Family Helpline for ANY abuse-related concern; Tot-Line for tips on raising toddlers; Teen parent services; individual and group therapy for those abused as children; personal safety skills for children; Kinship Care support. We offer training in child abuse recognition and reporting along with other topics.

Birthright Inc. (440)324-9566
2136 North Ridge Road
Elyria, Ohio 44035

An emergency pregnancy service dedicated to fostering respect for human life at all stages of development. We believe that any pregnant girl or woman has the right to whatever help she may need during her pregnancy and beyond. Help includes assistance with diapers, formula, clothing, maternity clothes, free pregnancy tests, layettes for newborns and referrals to other organizations for assistance.

Catholic Charities Services (440)366-1106,ext. 13
of Lorain County (Adoption)
628 Poplar Street
Elyria, Ohio 44035

www.clevelandcatholiccharities.org

Offers counseling to pregnant women and their families when they are unsure if they are able to parent their baby or if they need to consider an adoption plan. If adoption is chosen, supportive counseling is provided both during the pregnancy and afterwards. Catholic Charities has approved families waiting to adopt and helps birth parents choose the right family for their baby. If a birth parent chooses to parent, referrals to other community resources are made to help ensure a successful parenting plan.

Child Care Resource Center (440)960-7187
5350 Oberlin Avenue (800)526-5268
Lorain, Ohio 44053
www.cccrcinc.com

Dedicated to the well-being of children through a quality of child care delivery system. The agency helps families find child care; recruits, trains and supports caregivers; provides startup information for child care programs; collects data for community planning; advocates and supports laws and programs that make quality childcare affordable and accessible. Se habla Espanol (upon request).

Cornerstone Among Women (440)284-1010
364 Griswold Road
Elyria, Ohio 44035

www.cornerstoneamongwomen.org

Services are free and confidential and include pregnancy testing; decision-making for pregnancy, parenting or adoption; classes offering education and support for pregnancy, parenting and relationship issues including Individualized Teen Classes; Childbirth and Breastfeeding Instruction; Boot Camp for New Dads; Earning "Baby Bucks" to purchase baby equipment and supplies.

Family Planning Services (440)322-7526 ext.109
of Lorain County (to reach all clinics)
602 Leona St., Elyria, Ohio 44035

www.familyplanningservices.org

Offers confidential reproductive health services including birth control, emergency contraception, pregnancy testing and referrals, STD/HIV testing and counseling. Many services are free. Others are charged on a sliding fee. Se habla Espanol.

- **Lorain Clinic**
1144 W. Erie Ave., Lorain, Ohio 44052
- **North Ridgeville Clinic**
35075 Center Ridge Rd., North Ridgeville, Ohio 44039
- **Oberlin Clinic**
247 W. Lorain St., Oberlin, Ohio 44074

Lorain City Health Department **(440)204-2300**
1144 W. Erie Ave.
Lorain, Ohio 44052
www.lorainhealth.com

Child/Adolescent physicals; child immunizations; HIV counseling-education/anonymous testing; issuance of birth certificates (born in the city of Lorain); tobacco education; information referrals to community resources.



Lorain County Health & Dentistry **(440)233-0166 (Health)**
1800 Livingston Avenue
Lorain, Ohio 44052

Confidential treatment for sexually transmitted diseases. Anyone under 18 must be accompanied by a parent or guardian.

Lorain County **(800)729-TOTS (8687)**
Help Me Grow
42485 North Ridge Road
Elyria, Ohio 44035
www.helpmegrow.com

A community-based program offered to families with young children birth to 3 years old and expectant parents. Help Me Grow provides newborn nurse visits, ongoing home visits, developmental screenings and evaluations, service coordination and family support. Visits first-time and teen families within two weeks after the baby leaves the hospital. Help Me Grow services are voluntary and parents may terminate their involvement at any time.

YWCA Women's Center **(440)246-2002**
200 9th Street **(440) 322-6308**
Lorain, OH 44052

Offers confidential health services including pregnancy testing, birth control, emergency contraception, STD testing, cancer screenings (Pap tests and breast examinations). Proyecto Luz offers HIV case management.



Tips for Talking to Your Parents or Other Adults

- Let them know that there is something you want to discuss.
- Pick a time when they are less busy and less stressed.
- Plan ahead what you are going to say. Practice or write it down as it will help organize your thoughts.
- Listen to what they have to say. Active, respectful listening is sometimes just as hard as talking.
- Don't interrupt. Ask them respectfully to listen to you, too.
- Avoid putting down their ideas. Think about what they have said before responding, even if you disagree.
- Express your thoughts and opinions. Use "I" statements. "I think..." "I feel ..."

- Stay cool.
- Don't yell. You can't have a thoughtful conversation if you don't listen and don't remain calm.
- **You can also use the tips listed above to help you communicate with your friends. Remember that it is acceptable to disagree and to say "no" to your friends. Your friends should respect your opinions and differences and your right to refuse to do something. Your friendships should be a positive experience in your life, not an extra stress.**

Resources for Teen Fathers and Mothers



www.lorainadas.org/youthpages

Resources for Teen Fathers and Mothers

Parenting a baby can be a difficult and challenging situation for anyone, even more so for teenagers. Both teen mothers and fathers may have questions about what rights and responsibilities they have as a parent as well as learning what it takes to be a good parent.

Many teen fathers want to be involved in their children's lives, but fear, uncertainty, legal issues, family problems and lack of finances often lead fathers to drop out of parenting. There are a number of programs in the community that understand the specific needs and concerns of fathers.

For more information about teen parenting and parenting in general go to:

www.parenting.org

www.familyeducation.com

Below is a list of agencies that may be able to help both teen mothers and fathers in areas such as child development, nutrition, discipline, safety, effective parenting, financial planning, free childcare, child support issues, moral support and more. For additional resources that may provide legal information and assistance regarding your rights and responsibilities as a parent, go to page 140.

Birthright Inc.

(440)324-9566

**2136 North Ridge Road
Elyria, Ohio 44035**

An emergency pregnancy service dedicated to fostering respect for human life at all stages of development. We believe that any pregnant girl or woman has the right to whatever help she may need during her pregnancy and beyond. Help includes assistance with diapers, formula, clothing, maternity clothes, free pregnancy tests, layettes for newborns and referrals to other organizations for assistance.

**Catholic Charities Services (440)366-1106,ext. 13
of Lorain County (Adoption)**

**628 Poplar Street
Elyria, Ohio 44035**

www.clevelandcatholiccharities.org

Offers counseling to pregnant women and their families when they are unsure if they are able to parent their baby or if they need to consider an adoption plan. If adoption is chosen, supportive counseling is provided both during the pregnancy and afterwards. Catholic Charities has approved families waiting to adopt and helps birth parents choose the right family for their baby. If a birth parent chooses to parent, referrals to other community resources are made to help ensure a successful parenting plan.

**Catholic Charities Services (440)366-1106
of Lorain County (Parenting)**

**628 Poplar Street
Elyria, Ohio 44035**

www.clevelandcatholiccharities.org

Nurturing Parent classes aimed at reducing child abuse and neglect; eight weeks of classes. Babysitting available.

**Child Care Resource Center (440)960-7187
5350 Oberlin Avenue (800)526-5268
Lorain, Ohio 44053**

www.ccrccinc.com

Dedicated to the well-being of children through a quality of child care delivery system. The agency helps families find child care; recruits, trains and supports caregivers; provides startup information for child care programs; collects data for community planning; advocates and supports laws and programs that make quality childcare affordable and accessible. Se habla Espanol (upon request).

Cornerstone Among Women (440)284-1010

**364 Griswold Road
Elyria, Ohio 44035**

www.cornerstoneamongwomen.org

Services are free and confidential and include pregnancy testing; decision-making for pregnancy, parenting or adoption; classes offering education and support for pregnancy, parenting and relationship issues including Individualized Teen Classes; Childbirth and Breastfeeding Instruction; Boot Camp for New Dads; Earning "Baby Bucks" to purchase baby equipment and supplies.

Elyria City Health District
202 Chestnut Street
Elyria, Ohio 44035
www.elyriahealth.com

(440)323-7595

This public health agency provides a range of preventive services and health promotion programs. Wellchild examinations, immunizations - both pediatric and adult - prenatal coordination, Public Health nurse and Outreach Worker home visits to young pregnant and parenting families; a full environmental health program and health education programs available. Se habla Espanol - there are two Spanish-speaking nurses on staff.

FAITH House
1561 E. 30th St. Apt. #E
Lorain, Ohio 44055
www.hmhousing.org

(440)277-4430

FAITH House has both transitional housing and permanent supportive housing programs for single-parent homeless families. The goal-oriented programs work with the families to help them establish self-sufficiency and remove barriers to permanent housing.

Head Start Program
Lorain County Community Action Agency
506 Broadway Avenue
Lorain, Ohio 44052

(440)245-2009

The agency operates a Head Start Pre-School program for children ages 0-5 in Lorain County. Early Head Start serves children 0-3 and pregnant women with a curriculum to ensure access to services and provide a support network. The Head Start program provides quality comprehensive services to both children and families. We offer both full-day and half-day classes as well as home-based services.

Lorain City Health Department
1144 W. Erie Avenue
Lorain, Ohio 44052
www.lorainhealth.com

(440)204-2300

Child/Adolescent physicals; child immunizations; HIV counseling-education/anonymouse testing; issuance of birth certificates (born in the city of Lorain); tobacco education; information referrals to community resources.

Lorain County Free Clinic, Inc.
3323 Pearl Avenue
Lorain, Ohio 44055
www.lcfreeclinic.org

(440)277-7602

(440)277-6641

Provides access to medical care to uninsured 19-65 years of age. Se habla Espanol.

Lorain County General Health District (440)322-6367 (Elyria)
(440)244-2209 (Lorain)
9880 S. Murray Ridge Rd (440)236-8722 (Columbia St)
Elyria, Ohio 44035

www.loraincountyhealth.com

Provides newborn visits, child health clinics, children with medical handicaps (BCMH); Need a car seat? Or need the child safety seat checked? Free car seats for all Lorain County residents, no one is denied because of inability to pay; special needs seats are also available. Other services the department provides are birth and death certificates; child immunizations. For clinic schedules and more information, check out the website. Car seat distribution and checks are offered to anyone in Lorain County, but the other services are offered to county residents, except those living in Lorain, Elyria, Avon Lake and Vermilion (check your city health departments for those services). Se habla Espanol.

Lorain County Health & Dentistry (440)233-0166(Health)
(440)233-0100 (Dentistry)
1800 Livingston Avenue
Lorain, Ohio 44052

Under Health Care the following services are provided: Family medicine, pediatrics (child and adolescent), women's health care, asthma/allergy, dermatology, confidential treatment for sexually transmitted diseases and podiatry. Under Dentistry, the following services are provided: complete oral exams, cleanings, extractions and fillings. For both services, a parent or guardian must accompany anyone under age 18. Se habla Espanol.

Lorain County Help Me Grow (800)729-TOTS (8687)
42485 North Ridge Road
Elyria, Ohio 44035
www.helpmegrow.com

A community-based program offered to families with young children birth to 3 years old and expectant parents. Help Me Grow provides newborn nurse visits, ongoing home visits, developmental screenings and evaluations, service coordination and family support. Visits first-time and teen families within two weeks after the baby leaves the hospital. Help Me Grow services are voluntary and parents may terminate their involvement at any time.

Love in the Name of Christ (440)322-5683

(LOVE, Inc.)

P.O. Box 1773

Elyria, Ohio 44035

www.loveinc.loraincty.com

A clearinghouse for Lorain County churches; the agency has no income except what is received from churches. We cannot deal directly with students, so if you are under age 18 and living at home, your adult parent must call. We can help with diapers, formula, some baby clothing and furnishings; all items are donated.

Neighborhood House Association (440)233-8768

Administrative Offices

3835 Clifton Ave.

Lorain, Ohio 44055

www.nhalorain.org

From infants to the elderly, including Lorain County's only year-round homeless shelter, emergency assistance, senior feeding program, childcare, senior services, child development program and the Help Me Grow program. Our mission is to address a person's basic needs, enhance individual and family life, and improve neighborhoods and communities. Se habla Espanol.

NorthCoast Health Ministry (216)228-7878

16110 Detroit Avenue

Lakewood, Ohio 44107

www.nchealthministry.org

Free health care services for uninsured, low-income children and adults. Must meet income guidelines and live in service areas of western Cuyahoga and eastern Lorain counties. Call for additional information, eligibility screening and registration forms.

Women, Infants, Children (440)323-7320

(W.I.C.)

Lorain County General Health District (440)233-5787

9880 South Murray Ridge Road

Elyria, Ohio 44035

www.loraincountyhealth.com

A federally-funded nutrition education program that provides supplemental foods which promote good health for pregnant, breastfeeding and postpartum women, infants and children up to age 5. Breastfeeding education and referral services are also offered. To be eligible, you must meet income guidelines established by the state of Ohio and be at nutritional risk. Call for more information on WIC's free services or for an appointment. Se habla Espanol upon request.

United Way of Greater Lorain County
First Call For Help

2-1-1™

Get Connected. Get Answers.

FREE confidential information
and referral for health and human
services 24-hours-a-day,
seven-days-a-week

Violence



www.lorainadas.org/youthpages

Violence

Anger

The source of most anger is fear or hurt. To deal with anger you must recognize it. Does your jaw clench? Does your face turn red? Do you feel that you want to hurt someone or something? Learn to recognize your own signs of anger. Once you have determined that you are angry, try to identify ways to manage the situation; is there another side to the issue? Are there more constructive ways of managing the matter that produces better outcomes? Will it be important a month or a year from now? Sometimes just stopping what you are doing, taking yourself out of the situation and thinking about it defuses the anger you are feeling. Once you have thought about managing your anger, deal with the situation calmly and positively.

Family Violence/Abuse

Violence in the home is a serious issue. You may be the witness to violence or you may be a victim. Family violence can lead to physical injury, poor mental health and even death. There are many youths who are physically, mentally or sexually abused. Young people

affected by this abuse are more at risk to enter into violent relationships, drop out of school, abuse alcohol and drugs or cause violence themselves. If you are suffering from abuse, there are a number of agencies that will help you. Remember, there are people in your community who know how to help you and want to help you.

Gangs

Many of the gangs in Lorain County are formed around a particular neighborhood and focus on “protecting” that neighborhood. Young people often join gangs because they want to belong to a group and receive recognition. Gangs can be dangerous, especially those that commit serious crimes. Your personal identity is often taken away. Gangs change the focus from what is good for you to what is good for the gang. Those involved in gangs can find themselves getting deeper and deeper into criminal behavior. The best thing to do is stay out of gangs. But if you’re in a gang and need help getting out or if you’re having trouble with a gang, talk to your parents, a teacher or counselor at your school or contact the police.

Hate Crimes

What is a Hate Crime?

A hate crime is committed when someone, motivated by their own ignorance and prejudices, attempts a criminal or illegal act against another person or group, to hurt them. Hate crimes are based on prejudice against a person or group's:

- race
- color
- religion
- gender
- ethnic/national origin group
- disability status
- sexual orientation group

IF YOU BELIEVE YOU ARE A VICTIM OF A HATE CRIME:

- Tell your parents or guardians
- Get medical help if necessary
- Call your local police
- You may also wish to contact some of the resources listed at the end of this section

PLEASE DO NOT IGNORE HATE CRIMES: THEY WILL ONLY GET WORSE!

If an incident happens at school:

- Go to your teacher or counselor
- Know your school's policy on hate crimes and look at your student handbook
- Tell your parents or guardian what happened

Information for Parents/Guardians:

Parents/guardians need to ask:

- What was said/done and by whom?
- Was a physical assault involved?
- Who saw it happen?
- Did someone help you?
- Did you tell your teacher/principal/counselor?
- What did they do?

Based on the responses, the parent/guardian should:

- Call the teacher/principal/counselor
- Call the local police department
- Find resources to help the child deal with the incident

Hate Crimes Resources:

If you feel you have been the victim of a hate crime, you may want to contact the resources listed here, starting with your local police department or sheriff's office.

- **Your church, synagogue, mosque or temple**
- **Ohio Attorney General's Office, Crime Victim's Assistance Program: (800)582-2877**
- **Ohio Civil Rights Commission: (888)278-7101**
- **First Call for Help, United Way: 2-1-1**
- **FBI, Civil Rights Program: (216)522-1400**
- **U.S. Department of Education, Office of Civil Rights: (216)522-4970**
- **InterAct Cleveland: (216)361-5890**
- **AACCESS-OHIO: (216)252-2900**
- **Anti-Defamation League: (800)821-4058**
- **Lesbian/Gay Community Service Center: (888)GAY-8761**

- **The National Conference for Community and Justice: (216)752-3000**
- **for TTY/TDD, call the Ohio Relay Service at (800)750-0750**

School Violence

Although many recent incidents of school violence have been reported in the media, in fact, schools remain very safe places to be. School violence generally takes place in the form of sexual harassment or harassment due to race, religion or sexual orientation. If you are afraid of attending school due to violent threats, talk to a trusted adult immediately. You also can make an anonymous report of any violence, theft, drug or alcohol abuse, sexual harassment, or weapons (or the threat of any bad/violent activity) in schools to the **Safe School Helpline at (800)418-6423 x359** or www.schoolhelpline.com

Bullying

Bullying occurs when a person or group repeatedly tries to harm someone who is weak or vulnerable. It can take place in the form of hitting, teasing, name-calling, spreading rumors, threatening, stealing personal property or making sexual remarks. It is a form of violence. If you are being bullied, there are some things you can do:

- Talk to your parents or an adult you trust such as a teacher or guidance counselor.
- Do not blame yourself. Remember, you are the victim in this situation. No one deserves to be bullied or harassed.
- Stay calm and act confident. If bullies know they are not getting to you, they may stop.
- Do not resort to violence.

For more information about bullying go to:

www.stopbullyingnow.hrsa.gov

For more information about preventing and dealing with violence, especially violence among teens such as bullying, dating violence and gangs, go to: ***www.safeyouth.org***

Dating Violence

Violence or abuse can happen in a relationship when one person is trying to have power or control over the other person. It can be physical, emotional or verbal abuse.

Knowing the warning signs of dating violence and abuse can help you make good decisions about who you go out with.

Some warning signs that the person you are dating may become violent or abusive:

- Jealous, controlling, blaming or possessive of you.
- Loses their temper or shows extreme anger.
- Threatens you or others.
- Puts you down, especially in front of others.
- Wants to make all the decisions.
- Tries to stop you from seeing your friends.
- Hurts you physically (hits, shoves, etc.).

Even though all relationships may be difficult at times, you should not feel scared that the person you are dating may become abusive or violent. When you are considering a new relationship, be very selective and trust your instincts. You deserve to be treated with respect, and you have choices. If you feel you are seeing someone who may be violent or abusive, some of the

resources listed in this section can provide you with information and help.

For more information about preventing and dealing with violence, especially violence among teens such as bullying, dating violence and gangs go to:

www.safeyouth.org

www.ncpc.org (National Crime Prevention Council)

www.myspace.com/realitycheckcleveland

(information about dating violence, sexual assault and how to avoid violent/abusive relationships)

www.loveisrespect.org

(information about dating violence/abuse)

Rape

What is rape?

Rape is the forced penetration of the vagina, anus or mouth by an object, penis or other body part when the person has not given their consent to do so. **Consent** is freely choosing to do something when you feel just as free to say “no.” When someone uses physical force, emotional or physical threat or other types of intimidation to encourage you to do something, that is called **coercion** and it is wrong. Coercion takes away your ability to freely say “no.”

- Rape is a crime of violence and power.
- Most people who are raped are raped by someone they know.
- Rape is not the victim’s fault.

Tips to Keep Yourself Safer

- **Remain in Control.** Stay sober and in control of your senses and yourself. If you are in a new environment, be extra cautious of your surroundings.
- **Stay with a friend you trust.** Travel in pairs and look out for each other.
- **Watch Your Drinks.** Do not take an open beverage from anybody or leave your beverage unattended. Someone can place a drug into your beverage that can make you confused or cause memory loss. These “date rape” drugs are colorless, odorless, and tasteless.
- **Communicate Assertively.** Be definite when you refuse. Talk to your girlfriend/boyfriend. Do not assume that what you want is what they want. Do not be afraid to say NO firmly and assertively.
- **Trust Your Feelings.** If you have stopped seeing someone you really do not like or whom you do not feel good about, do not be alone with that person. Recognize your fears and listen to your inner voice.

- **Take a Self-Defense Class.** Classes in self-defense can make you feel safer and more confident.
- **If possible, carry a cell phone.**

When Confronted by an Attacker

- **Stay Calm.** Do NOT panic. Check out the area. Where is the nearest place to go for help?
- **Try to Escape.** Always work to get away. Yell for help, punch, kick and try to run.
- **Talk to the Attacker.** Do not argue, but try to speak to your attacker. Reason with him or her.
- **Take Mental Notes.** If you cannot get away, your priority is to survive. Take mental notes about the surroundings, the attacker's clothing and appearance. Leave something of yours where the attack took place.

What Should You Do if You've Been Raped?

- **Insure Your Safety First.** Go to a safe place and call 9-1-1 or someone you trust to help you.
- **Seek Medical Attention.** However, before seeking medical care, DO NOT wash or shower, use the bathroom, brush your teeth or use mouthwash, although you may want to. Even if you think you are not hurt,

you might be. You may have been exposed to a Sexually Transmitted Disease (STD) or have become pregnant. Go to the nearest hospital emergency room and tell them you have been raped and need to be examined.

- By law the hospital must notify the police that a rape has occurred, but you do not have to speak to the police at that time nor do you have to file a report. A hospital advocate from **Lorain County's Rape Crisis Program** can come to be with you during your exam. Ask the hospital to call them and request a hospital advocate.
- **Don't Blame Yourself.** It was not your fault. The only person responsible is the person who forced himself or herself upon you.
- **Talk to Someone.** Seek emotional support by calling the **Lorain County Rape Crisis Program's** 24-hour anonymous hotline at **(800)888-8181**. Talk to someone who you trust and who will be supportive, such as a friend or family member.

- **Take Time to Heal.** Stay involved with a support system. You may have many different types of feelings from time to time...it is a process and you will heal, but you must be patient with yourself; some people heal more quickly than others.

For more information about rape:

The Genesis House

www.genesishouseshelter.com

Rape, Abuse and Incest National Network

www.rainn.org

The following organizations offer assistance with preventing or dealing with violence.

Applewood Centers

(440)934-9930

5255 North Abbe Road

Elyria, Ohio 44035

www.applewoodcenters.org

Provides counseling for victims of sexual abuse and other forms of trauma. Appointment needed. Fees based on family income; accepts Medicaid and some forms of private insurance. Se habla Espanol.

Bellefaire J.C.B.

(440)324-5701

347 Midway Boulevard, Suite 200

Elyria, Ohio 44035

www.bellefairejcb.org

Provides counseling for victims of sexual abuse and other forms of trauma.

**Bellflower Center for
Prevention of Child Abuse**

(216)229-2420

(216)229-8800

11811 Shaker Boulevard, #220 (24-hour Family Helpline)

Cleveland, Ohio 44120

www.bellflowercenter.org

Programs include: 24-hour Family Helpline for ANY abuse-related concern; Tot-Line for tips on raising toddlers; Teen parent services; individual and group therapy for those abused as children; personal safety skills for children; Kinship Care support. We offer training in child abuse recognition and reporting along with other topics.

Conflict Resolution Center (440)808-1111
24700 Center Ridge Road, #6
Westlake, Ohio 44145

A non-profit, community-based dispute resolution center that provides mediation services and conflict resolution education and training to families, youths, schools, neighbors and communities. Mediation services are available for issues such as truancy, runaways, discipline, respect, behavior and non-violent misdemeanors. The Center also offers anger management, bully prevention and conflict management.

Lorain County Children Services/Child Abuse Hotline (440)329-2121(24-hrs.)
(440)329-5340
226 Middle Ave.
Elyria, Ohio 44035
www.childrenservices.org

Investigates and assesses reports of child abuse/ child maltreatment 24 hours a day/7 days a week. Se habla Espanol.

Lorain County Rape Crisis Center (800)888-6161
1608 Cooper Foster Park Road (24-hour hotline)
Lorain, Ohio 44052 (440)282-2315

Provides support, advocacy and legal consultation for sexual assault. Se habla Espanol (can be arranged).

Lorain County Safe Harbor/Genesis House (all #s 24-hour crisis)
P.O. Box 718 (866)213-1188
Lorain, Ohio 44052 (440)323-3400
(440)244-1853

www.geneshouseshelter.com

Home isn't always a safe and happy place. It can sometimes be very frightening, especially if you're living with domestic violence. If you, or someone you love, is being hurt there is help available, 24-hours-a-day. Provides 24-hour shelter phone hotline, safe house for victims of domestic violence and their children in immediate danger and crisis counseling. Art as therapy groups for children. Prevention services in schools; health, relationships, dating, violence, sexual assault. "It Ain't Love" groups for teens. T.E.A.C.H. (Training Education Advocacy-Campus Help) outreach and prevention services at Lorain County Community College and Oberlin College. Se habla Espanol.

Safe School Helpline (800)418-6423 ext. 359
www.schoolhelpline.com

Provides 24-hour, 7-days-a-week telephone services to make an anonymous report of any violence, theft, drug or alcohol abuse, sexual harassment or weapons (or threat thereof) in schools.

Youth4Youth

P.O. Box 108

North Olmsted, Ohio 44070

www.youth4youth.org

Builds success skills and empowers students to create solutions and make a difference in school and community.

Youth4Youth can help your school building become an environment of support, respect and safety for all, regardless of intellect, physical barriers and limitations, race, religion or social or economic issues.

(216)410-4307

Rights + Responsibilities



www.lorainadas.org/youthpages

Rights + Responsibilities

You have the right to be treated fairly, not to be judged by your outward appearance and not to be judged by race, color, sexual orientation, religion, national origin, ancestry or disability.

As a student you hold specific rights:

- **The Right to an Education.** Every person in the State of Ohio has the right to a free, public education through high school regardless of race, color, religion, sex or national origin.
- **The Right to Due Process of Law.** Students and parents have rights to be informed about alleged misbehavior and provided with an opportunity to challenge or respond to the charge.
- **The Right to Free Speech or Expression.** The First and Fourteenth Amendments of the United States Constitution guarantee the Freedom of Speech or expression to all persons (including youth). Like all rights, these also come with responsibilities to treat others with respect and dignity. Treat others the way you would wish to be treated.

It is important to know that your school locker is the property of the school, not you, and may be examined at any time without notification; also, although you own your backpack, it may be searched while you are on school property.

Many publications are available online that will help you understand more about your rights as they pertain to health, legal, personal and social issues. For more details about these rights as well as student rights and responsibilities go to www.acluohio.org

If you suspect that you have been discriminated against in any way, make immediate detailed written notes of what happened and then talk to your parent, guardian, school counselor or call one of the agencies listed in this book.

For detailed information about discrimination laws go to:

www.crc.ohio.gov

For information about discrimination and the workplace go to:

www.youth.eeoc.gov

Knowing your rights is important. But, with each right comes an attached responsibility. Just like adults, you also have responsibilities to society:

- Responsibility to respect others and others' property
- Responsibility to keep your community clean and safe
- Responsibility to maintain honesty
- Responsibility to respect the law and those enforcing it

When you are approached by police officers, respect them and answer their questions. Do not run from them, do not challenge them and do not be afraid. The police are there to help you and to resolve situations.

Driving

You may be reaching the age to drive. Driving is a privilege and a major responsibility. You need to stay focused and attentive at all times while operating an automobile. In Ohio you must be at least 15-1/2 years old to obtain a temporary driving permit. You will have to pass a written exam and a vision test. Your temporary permit will be valid for one year. If you are under 18, you will have to take a driver's education course that includes 24 hours of classroom time and document 50 additional hours of driving experience that includes 10 hours of nighttime driving before you can take your driver's license examination. You must be at least 16

years old before you can obtain a driver's license.

If you are under age 17, you may not drive with more than one non-relative in the car at anytime. Also, you are not allowed to drive between midnight and 6:00 a.m. unless your parent or guardian is with you.

For detailed information about driving and how to obtain a driver's license, go to:

The Ohio Bureau of Motor Vehicles
<http://ohiobmv.com>

Also go to:

www.drivehomesafe.com/just_4_u_teens.htm
Information just for teen drivers.

Internet Safety

Many youth today find themselves on the Internet daily. Using the Internet is a big responsibility. It is important to understand the dangers of providing personal information while online, especially when using social networks such as MySpace and FaceBook. Do not give out your name, address, age, social security number or any other personal identification – regardless of requests by anyone! Much of the information displayed

on the Internet can be accessed by anyone. Giving out this personal information can cause problems, such as identity theft, so be defensive when surfing the net and be cautious while communicating with anyone you do not truly know!

If you are being bullied, talk to a parent or other adult you trust. Don't try to handle the situation yourself because you may end up being a cyberbully without knowing it.

For more information on Internet safety go to:

www.getnetwise.org

www.safeteens.com

www.cyberangels.org

School and Homelessness

If you are an unaccompanied – not in the physical custody of a parent or guardian – and homeless, you still have the right to an education. Don't let anyone make you feel like you don't have a choice or a legal right, just because you're a youth and you're homeless.

For education purposes, the definition of homelessness is someone who doesn't have "a fixed, regular or ade-



quate place to live," including:

- sharing housing of relatives or friends due to loss of housing, economic hardship or for similar reasons.
- living in motels, hotels, trailer parks or camping grounds due to lack of adequate housing;
- living in emergency or transitional shelters, on the street, in a car or in similar sub-standard arrangements.

By law, schools **must** allow you to enroll in school **immediately**, even if you don't have proof of whether you are staying at a youth shelter or school records such as immunizations, transcripts or transfer forms.

Each school district has a "homeless liaison" who is responsible for handling issues for students in transition.

For instance:

- a school cannot delay or prevent your enrollment for lack of guardianship papers.
- it is the duty of the school to help you in getting records from the school you last attended.
- you qualify immediately for free and/or reduced-price breakfast/lunch.
- if you stay in the same school, the school can provide transportation to school.

If you are unaware of your district's liaison contact State Coordinator of Homeless Education Tom Dannis at (614)752-1481 or (614)466-4161 or via e-mail at tom.dannis@ode.state.oh.us

For additional information, check out the following resources:

- **Ohio Legal Services**, 555 Buttlers Avenue, Columbus, Ohio, 43215-1137; (614)221-7201; (800)589-5888. This agency provides legal assistance to low-income Ohioans. For information pertinent to students go to www.ohiolegalservices.org and click on information for the public and you will be led to a link to students and school.
- **Youth Empowerment Program**, Coalition on Housing and Homelessness in Ohio, 175 Third Street, Suite 250, Columbus, Ohio 43215; (614)280-1984; www.coohioyep.org

The Youth Empowerment Program is a statewide council of homeless youth ages 12 to 21 that have joined together to improve the rights of all children.

***United Way's 211/First Call for Help**, call 2-1-1.

Voting

Voting is a right and a privilege. By voting, you are exercising your right to express your opinion on issues that affect your future.

To be qualified to vote in Ohio, you must be:

- a U.S. citizen
- 18 years old on or before the day of the General Election in November
- a resident of Ohio for at least 30 days before the day of the election

You must also register to vote 30 days before the election. Anyone in prison for a felony or declared by a judge to be incompetent for voting purposes may not vote.

For more information go to:

League of Women Voters Oberlin Area (LWVOA)

www.lwvoa.com

Lorain County Board of Elections

www.lorainboe.erienet.net

www.rockthevote.com

www.govote.org

The following pages list resources to help you with any questions or concerns you may have regarding your legal rights and responsibilities. Some are very specific about what assistance they can provide and others are more general. All are here to help.

American Civil Liberties Union (ACLU) (216)472-2200
4506 Chester Ave.
Cleveland, Ohio 44103
www.acluohio.org

We want to protect individual rights and liberties as outlined in the U.S. Constitution and Bill of Rights. We provide printed information and workshops for youth on civil rights issues in areas that affect youth directly such as health, sports, and harassment. Se habla Espanol (limited)

Community Services for Deaf & Hard of Hearing (440)277-4602
1913 N. Ridge Road E.
Lorain, Ohio 44055
www.chsc.org

Our mission is to serve, advocate for and empower individuals with communication needs and to increase public awareness and sensitivity regarding hearing, speech, and deafness issues. Sign language classes and sign language interpreting available.



**The Legal Aid Society of
Cleveland, Lorain County Office**
538 West Broad Street, #300, Elyria, Ohio 44035
www.lasclev.org

Dedicated to serving eligible low-income families with problems regarding housing (evictions, foreclosures), income maintenance (welfare, social security, VA benefits, etc.), family problems (divorce, custody, spousal abuse, etc.), torts, some license suspensions, bankruptcy and various consumer and financial problems.

League of Women Voters Oberlin Area
www.lwvoa.com

Board meetings held third Thursday of each month, 4:30 p.m. at Oberlin Public Library, 65 S. Main Street, Oberlin, Ohio 44074

A national non-partisan organization which encourages informed and active citizen participation in government; it neither supports nor opposes any political party or candidate. Encourages informed and active participation in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy.

Lorain County Board of Elections (440)326-5900
1985 North Ridge Road, East (440)326-5901
Lorain, Ohio 44055
www.lorainboe.erienet.net

Provides information on voter registration, legislative, ward and school districts and the names of public officials that serve those districts.

Lorain County Information Sharing (LISA) Alert
www.lisaalerts.com

Provides a sharing of information between county law enforcement agencies to alert public and provides anonymous tip line to assist in solving crimes.

**Northern Ohio Special Education (440)967-8355
Regional Resource Center**
1230 Beechview Drive, Suite 100
Vermilion, Ohio 44089-1604
www.northernohioserrc.org

Provides information about special education services, support, education and advocacy for families of children with disabilities.

Ohio Bureau of Motor Vehicles (BMV)
www.ohiobmv.com/

Lorain County locations:

• 229 Broad Street, Elyria, Ohio 44035 (440)322-0723

Hours:

Mondays 8 a.m.- 6:30 p.m.

Tuesdays-Fridays 8 a.m. – 5 p.m.

Saturdays 8 a.m. – 2 p.m.

This location offers a one-stop shopping service with the deputy registrars license agency, Ohio State Highway Patrol (OSHP) driver license examination station and Clerk of Courts title office.

- 2290 Kresge Drive, Mayflower Square, Amherst, Ohio 44001 (440)988-9064
Hours: Mondays: 8 a.m. – 6:30 p.m.
Tuesdays – Fridays: 8 a.m. – 5 p.m.
Saturdays: 8 a.m. – noon
- 33382 Walker Road, Unit B Avon Lake, Ohio 44012 (440)933-3266
Hours: M, W, Th, F: 8 a.m. – 5 p.m.
Tuesdays: 8 a.m. – 6:30 p.m.
Saturdays: 8 a.m. – noon
- 300 Broadway Avenue, Erie Shores Building Lorain, Ohio 44052 (440)244-5445
Hours: Mondays: 8 a.m. – 6:30 p.m.
Tuesdays-Fridays: 8 a.m. – 5 p.m.
Saturdays: 8 a.m. – noon
- 676 North Main Street Wellington, Ohio 44090 (440)647-6022
Hours: Mondays: 8 a.m. – 6:30 p.m.
Tuesdays-Fridays: 8 a.m. – 5 p.m.
Saturdays: 8 a.m. – 1 p.m.

Ohio State Highway Patrol (440)365-5045
38000 Cletus Drive (440)365-8783
North Ridgeville, Ohio 44039 (440)233-6800
www.statepatrol.ohio.gov

Traffic safety and security of state property. Investigation of criminal laws with jurisdiction of state property. Questions about traffic safety, public speaking, mock crashes, safety belt crash statistics or films.



The Selective Service System (703)605-4100
Office of Public and Intergovernmental Affairs
National Headquarters
Arlington, Virginia 22209-2425.
www.sss.gov

If you are a man between the ages of 18 and 25 and living in the U.S., then you must register with Selective Service. It's the law. You can register at any U.S. Post Office and do not need a social security number. When you do obtain a social security number, let Selective Service know. Provide a copy of your new social security number card; be sure to include your complete name, date of birth, Selective Service registration number, and current mailing address and mail to the Selective Service System, P.O. Box 94636, Palatine, Illinois 60094-4636; or go to the website and register online.

School + Work



www.lorainadas.org/youthpages

School + Work

What school courses do you like more than others? Do you have an interest in art, history or science? Do you like to read, take pictures, or do you have a natural talent in one area or another? Now is the time to explore those interests and think about how they might apply in the adult world.

You may be thinking about what you would like to do on summer vacation or where you would like to get a part-time job. Or if you are a junior or senior, you may be thinking about where you will go to college or what career path you want to take. This section provides information that will help you as you think about your future plans.

Libraries are great resources for almost anything you can imagine. For lots of information about jobs, careers, homework, college, driving, staying safe and more, go to the **Ohio Public Library Information Network** (www.oplin.lib.oh.us) and click on *Oh! Teens*. If you're not a teen yet, you might want to click on *Oh! Kids*.

Schoolwork and Homework

The classes you are taking in school now are meant to prepare you for college and future employment. But academic courses can be difficult. If you are having trouble understanding some of your schoolwork, talk to your teacher or guidance counselor. Tutoring may be available through your school or agencies in your community.

The Grammar Hotline at Cuyahoga Community College (216) 987-2050

Provides answers to questions about grammar.

September-May M-Th: 9:00am-8:00pm; F: 10:00am-2:00pm; Sat: 10:00am-1:00pm.

Staying in School

You have probably heard your teachers, parents or other adults tell you to stay in school and earn your high school diploma. Here's a few reasons why that's good advice:

- Without a high school diploma it is usually more difficult to find and keep a job.
- Persons with a high school diploma almost always make more money than those without one.

- A high school diploma is a stepping stone to tremendous possibilities...no matter what you want to do.

For information about staying in school, go to:

Education Pays: Stay in School

www.educationpays.org

National Dropout Prevention Center/Network

www.dropoutprevention.org

After High School

You may already be thinking about what you're going to do once high school is over. Attending a college, university or technical/vocational school are just some of the options that may be available to you. Your guidance counselor at your school has information that will help you prepare for life after high school.

For more information about preparing for college and careers:

U.S. Dept. of Education

www.ed.gov

www.studentaid.ed.gov (information about choosing and applying to colleges and universities as well as financial aid).

Free Application for Federal Student Aid

www.fafsa.ed.gov

www.students.gov (college and career information, includes military information and college search Web sites)

Youth Employment

How old do I have to be to work?

The minimum age to get a job is 14 years old, but there are a few jobs where it is okay to be younger (such as newspaper delivery). There are also some hazardous jobs that most people younger than 18 are not legally permitted to do.

Do I need a work permit?

If you are at least 14 years old, but younger than 18, a work permit is generally required to work during the school year. Each time you change jobs, a new permit is needed. However, if you are 16 or 17, you don't need a permit to work during the summer when school is out, as long as your employer (boss) has proof of your age and has something in writing from your parents stating that it is okay.

Where do I get a work permit?

Go to the office at your school and ask for an application for a work permit. Work permits are free. Follow the directions on the form about how to fill it out and what to do next. To get a work permit, you must have a physical examination by your doctor to make sure you are in good health. If you do not have a doctor, your school may know a doctor that provides work physicals. Ask your school for information.

What should I get paid?

Minimum wage is the least amount of money an employer can legally pay you to work for them, but there are some job situations where it is legal to pay someone less, for example, newspaper delivery.

What hours can I work?

If you are 14 or 15, you can work outside of school hours after 7:00am and until 7:00pm (except during any school holiday or break of five school days or more, when you can work until 9:00pm).

However, you can work no more than...

- 3 hours on a school day and 18 hours in a school week
- 8 hours on a non-school day and 40 hours in a non-school week

If you are 16 or 17, and school is in session, you cannot work before 7:00am (6:00am if you were not working after 8pm the previous night) or after 11:00pm Sunday through Thursday. There is no restriction on the number of hours per day or week. When school is not in session, you can work any day and for any number of hours.

Is a break required?

Your employer is required to give you a half-hour break for every five straight hours you work.

Who can I contact for more information?

U.S. Dept. of Labor

www.youthrules.dol.gov

U.S. Dept. of Labor – Cleveland District Office – Wage and Hour Division

(216)357-5400

Ohio Dept. of Commerce – Wage and Hour Bureau

(614)644-2239

www.com.state.oh.us

Where to Get Your Certified Birth Certificate

Contact the Bureau of Vital Statistics located within the city in which you were born. There will be a fee for a certified birth certificate. A certified birth certificate is a copy with a raised seal. Those wishing to obtain a birth certificate must have photo ID, provide the first, middle and last names of their parents, and the name of the hospital where they were born. If you were born in Ohio, birth certificates may also be obtained through the Ohio Dept. of Health. For more information check out their Web site at www.odh.state.oh.us

- birth certificates for those born anywhere in Lorain County EXCEPT city of Lorain contact www.loraincountyhealth.com or call (440)322-6367 or (440)244-2209 or (440)236-8722.
- those born in Lorain City should contact the Lorain City Health Department directly at www.loraincityhealth.com or call (440)204-2301 or (440)204-2302.

Where to get a Social Security Card?

Social Security Cards are obtained through the **Social Security Administration**. If you're applying for a Social Security Card for the first time (you have NEVER been assigned a Social Security number before), you will need at least two documents as proof of age, identity and U.S. Citizenship or lawful noncitizen status. These documents are generally a birth certificate and another document such as a school ID card and a health insurance card. If you are getting a replacement or corrected card, you will need two forms of identification. A birth certificate will not be accepted. All documents must be either an original or certified copy. There is no charge for a Social Security number and card.

For more information or to apply for a Social Security Card contact the **Social Security Administration** at 1-800-772-1213 or go to www.ssa.gov/kids/.

Social Security Administration

300 Broadway Avenue, Suite #306

Lorain, Ohio 44052; or phone (440)245-3208.

Here is a list of organizations you can contact for information about jobs, careers and planning for your future.

American Red Cross (440)324-2929

Lorain County Chapter

2929 W. River Rd. N.

Elyria, OH 44035

www.loraincounty.redcross.org

Babysitting Training-youth age 11-14 receive training that will teach them the responsibilities and qualities of being a good babysitter and what to expect from the parents who hire them. They learn about supervising children, safety, handling an emergency, first aid and CPR and basic care.

Badge Lab-youth that are involved in Boy or Girl scouts will learn how to identify and care for life threatening injuries. They will earn their scouting first aid badge upon completion of this 3 hour training session.

First Aid and CPR-youth age 14 and above will learn how to identify and care for life threatening bleeding, burns, sudden illness and injuries. They will also learn to recognize and care for breathing and cardiac emergencies and how to prevent heart disease. Se habla Espanol, by appointment only.

AmeriCorps – Ohio

(800)942-2677

51 N High St., Ste. 800

Columbus, Ohio 43215

www.americorps.org

Provides opportunities for young adults 17 and older to spend ten months to one year serving community-based organizations in Ohio addressing needs such as education, public safety, human services and the environment. Participants may receive money toward college. Also provides a list of nationwide opportunities. Se habla Espanol.

**Big Brothers Big Sisters
of Lorain County**

(440)277-6541

1917 N. Ridge Rd., Suite A

Lorain, Ohio 44055

www.bigloraincounty.org

Big Brothers Big Sisters of Lorain County is a one-to-one mentoring program in which volunteers are matched with children. Simply by becoming a friend and sharing time with the child makes a huge impact in their lives. Se habla Espanol by appointment only.

Boys and Girls Clubs of Lorain County

www.bgc.loraincounty.org

Provides social, recreational and educational activities for youth ages 6-18 who live in Lorain County. Programs are designed around five core values: character, education and career development, health and life skills, recreation and the arts. Annual membership fees are only \$5. Nine locations:

- **Eastgate: 336 South Logan**

Elyria, Ohio 44035

(440)935-5575

- **Eastern Heights, 528 Garford Avenue**

Elyria, Ohio 44035

(440)935-5572

- **Wilkes Villa, 116 White Court**

Elyria, Ohio 44035

(440)322-5835

- **Lincoln Center, 1600 East 31st Street**

Lorain, Ohio 44055

(440)277-8186

- **Longfellow School, 305 Louisiana Avenue**

Lorain, Ohio 44053

(440)935-5576

- **Southside Gardens, 3010 Vine Avenue,**

Lorain, Ohio 44055

(440)277-1780

- **Westview Terrace, 2218 West 24th Street**

Lorain, Ohio 44052

(440)282-1031

- **Teen Center, 2702 Elyria Avenue**

Lorain, Ohio 44055

(440)244-0535

- **Oberlin Unit, 218 North Pleasant Street**

Oberlin, Ohio 44074

(440)775-2582

Cleveland Scholarship Program (216)241-5587
200 Public Square, Suite 3820
Cleveland, Ohio 44114
www.cspohio.org

Offers college, career and scholarship information and Advisory Services to Lorain County high schoolers at the following districts: Elyria, Lorain, Keystone, Midview, Clearview, Wellington, Columbia, Lorain County Joint Vocational School. Helps with applying and choosing a college. Administers scholarship funds. Has an alumni mentoring program. Its Adult Learner Program provides college access information, advising and scholarship support to non-traditional students seeking to enhance or establish vital skills. Its Resource Center provides college access assistance and personalized counseling outside of the high school setting. Has a comprehensive library of information, computer lab, access and advising and is free and open to the public six-days-a-week.

Common Ground: The Cindy Nord Center for Renewal (440)965-5551
14240 Baird Road, Oberlin, Ohio 44074
www.commongroundcenter.org

Counselor-In-Training programs for teens 13-15 years old during summer Earth Camp, a seven-week outdoor recreational and nature day camp for youth ages 6-11. Common Ground offers a Mural Arts Project, which offers pre-employment skills training program for Workforce Investment Act eligible youth. A variety of adventure challenge and challenge-building programs are also available for youth groups.

Direct Action for Central Lorain-CDC (440)244-3150
1850 Washington Avenue, #1
Lorain, Ohio 44052
Youth programming, safety programs, after school tutoring.

The Employment netWork (440)324-5244
42495 North Ridge Road (440)284-4225
Elyria, Ohio 44035
www.thenetwork.communityos.org

Job search/placement services, job search skills training, resume and cover letter services, career counseling, career planning, career and basic skills assessments, basic skills improvement, GED, college entrance examination preparation classes; identification, eligibility and access to financial aid resources; instructor-led and internet-based computer training, supportive services. Services for youth ages 14 to 21; adults and dislocated workers. Se habla Espanol.

Joining Forces (440)323-5726
Lorain County Job & Family Services (440)244-4150
42485 North Ridge Road
Elyria, Ohio 44035

Joining Forces is a collaborative effort between the school systems and Lorain County Job & Family Services. A social services worker is available to help at-risk students perform to the best of their abilities. The goal of the program is to address social, behavioral, emotional and academic needs of students. Students can access services by contacting anyone in the school (teachers, secretaries, counselors, or the Joining Forces Worker). The program is voluntary and free of charge. Se habla Espanol.

Life Skills Center (440)324-1755
2015 West River Road North
Elyria, Ohio 44035
www.lifeskillscenters.com

Traditional high schools aren't for everyone. Life Skills Center of Elyria is a charter school that accommodates students ages 16-22 who are seeking alternatives to the routines of traditional public schools. Students are required to attend classes four hours a day as well as obtain vocational experience.

Linking Employment, Abilities and Potential (LEAP) (440)324-3444
2100 North Ridge Road
Elyria, Ohio 44035
www.leapinfo.org

Responds to disability-related policies and practices affecting the employment and independent living of people with disabilities. All of our services and advocacy activities are geared toward supporting and enhancing the employment and independent living aspirations of youth and adults with disabilities and creating improved public awareness of their issues, concerns and needs.

Lorain County Community College (440)366-5222
1005 North Abbe Road (800)995-5222
Elyria, Ohio 44035
www.lorainccc.edu

Offers over 80 programs and majors designed to challenge, prepare and position students for success. LCCC offers short-term

training programs, associate's degrees and the opportunity to earn credits to transfer to the University Partnership on campus or away to other universities. High School students can earn college credits prior to graduating in programs like Post Secondary Enrollment Options, College Tech Prep, Early College High School and the Teacher Education Exploration Program. Many scholarships are available to Lorain County youth. Se habla Espanol.

Lorain County Labor Agency (440)282-7401
1936 Cooper Foster Park Road
Lorain, Ohio 44053

Improving the work and family lives of Lorain County citizens through advocacy, education and information; strengthening the community by focusing the resources, strengths, diversity and commitment of the labor movement in Lorain County. Provides anonymous and confidential access to services and information, assistance based on the client's personal value system, services for dislocated, underemployed workers, Community Awareness Network (CAN) workshops for youth allowing them to visit various non-profits, learn about area services and act as ambassadors educating others about available services.

Lorain County Transit**216 Third Street****Elyria, Ohio 44035*****www.loraincountytransit.com***

Providing fixed route service throughout Lorain County that you can catch at bus stops throughout the area posted with signage. You can even bring your bike and put it on our bike racks for convenience. All vehicles are lift-equipped for easy access. **Se habla Espanol: call 440-366-0258 for Hispanic information.**

The Lorain County Urban League**401 Broad Street, Suite B****Elyria, Ohio 44035*****www.lcul.com***

The Urban Adventure Challenge provides confidence-building and anger management through nature education and mentoring activities; swimming, horseback riding, kayaking and daily journaling. The Urban Youth Empowerment Program provides education and workforce development activities: employment skills, soft-skills, personal/interpersonal skills. High School to College transition: college prep, test prep, college tours.

(440)328-2490**(440)328-0258****(440)323-3364****Lorain County Joint****Vocational School****15181 State Route 58****Oberlin, Ohio 44074*****www.lcjvs.com***

Provides career-technical training for both the high school and adult populations of Lorain County. Students can explore over 30 career options through a wide range of exciting career and technical programs available in the following academies: Building Trades, Business & Marketing, Culinary, Manufacturing & Pre-Engineering, Transportation Service and College Tech-Prep. The JVS serves high school students from 13 school districts in Lorain County.

(440)774-1051**Lorain County Workforce****Development Agency****42495 North Ridge Road****Elyria, Ohio 44035**

The Lorain County Youth Programs are federally-funded through the Workforce Investment Act (WIA). Our programs include: tutoring, study skills training and instruction leading to completion of secondary school, including dropout prevention, mentoring, paid and unpaid work experience, internship and job shadowing, occupational skills training, leadership development and supportive services.

(440)284-4664**(440)284-4624**

Oberlin College (800)622-6243
Office of Admissions (440)775-8411
101 North Professor Street
Oberlin, Ohio 44074
wwwwww.oberlin.edu/coladm

A leading College of Liberal Arts & Sciences and a world-renowned Conservatory of Music. Students study a range of programs in humanities, sciences and music and go on to rewarding careers in fields they love. Oberlin also offers unparalleled financial and social support to its interested, dedicated students. Se habla Espanol.

Oberlin Community Services (440)774-6579
285 S. Professor
Oberlin, Ohio 44074
www.oberlincommunityservices.org

We offer a math tutoring program for grades 4 and up. We assist the city of Oberlin by signing people up for Splash Zone passes and soccer camp.

Ohio Department of Job (877)852-0010
and Family Service
www.ohio.gov/odjfs

Provides information about job openings in Ohio through a searchable database. Works with other agencies to provide employment related services.

Online Tutoring Center
www.homeworknow.org

A free information service to Ohio residents by the State Library of Ohio and your local public library. Professional librarians are available 24-hours-a-day, seven-days-a-week to answer your reference questions and assist you in finding information. Once logged on with your Ohio zip code, you and a librarian engage in a "chat" session. The librarian "pushes" high quality, authoritative online resources to your screen. You can watch and participate as librarians skillfully navigate the Internet to find precise answers to your questions. At the conclusion of each HomeworkNow session, you will receive a complete transcript of your session via email including links to all the online resources shared during that session. Staffed by public librarians during day and into the wee hours of the morning Online tutors are also available and ready to assist students with homework from 2 p.m. to midnight, seven-days-a-week.

Project Joy (440)323-2777
401 Broad Street, Suite 309, Box 1062
Elyria, Ohio 44035

Provides band and string instruments to disadvantaged children in Lorain County Schools.

Save Our Children

(440)323-3272

1621 Middle Avenue

Elyria, Ohio 44035

www.saveourchildreneyria.org

- **After-school program** for K-6th grade from September through early June. Follows Elyria school calendar with academic enrichment, artistic expression, leadership and service; 3-5 p.m. daily. Free; includes monthly trips for participants.
- **Teen Council** – leadership experience for 12-15 year-olds; hands-on activities and participant-involved service projects, trips and more. Focus on excellence, vision and service; school year free; summer \$20.
- **Summer Program** – 8-week summer camp for children and youth from K-8th grades and Teen Youth Council for 12-15 year-olds. Includes academic, arts, leadership, enrichment trips, lunch; \$20 registration.

Vocational Guidance Services

(440)322-1123

359 Lowell Street

Elyria, Ohio 44035

www.vgsjob.org

We work with youth that qualify for services through Ohio Rehabilitation Services Commission to provide an opportunity to explore skills, abilities, interests in a real work experience. This is a six-week summer program. Se habla Espanol (can be arranged).

Women's Link

(440)366-4035

Lorain County Community College (LCCC) (800)995-5222,

1005 North Abbe Road

ext. 4035

Elyria, Ohio 44035

www.lorainccc.edu/womens+link

A resource center at Lorain County Community College for students and potential students. Here women and men can obtain free, confidential help with personal and academic concerns. Information and referral to campus and community resources help students be successful at LCCC. Counseling, emergency loans and more are also available. Call Women's Link for eligibility information.

Youth4Youth

(216)410-4307

P.O. Box 108

North Olmsted, Ohio 44070

www.youth4youth.org

Builds success skills and empowers students to create solutions and make a difference in school and community. Youth4Youth can help your school building become an environment of support, respect and safety for all, regardless of intellect, physical barriers and limitations, race, religion or social or economic issues.

Communities That Care



If you would like additional copies of the Youth Pages, contact Communities That Care at
(440)366-1106 ext.16

Saving + Spending



www.lorainadas.org/youthpages

Saving + Spending

During your lifetime, you could easily spend hundreds of thousands of dollars, have numerous loans and receive zillions of credit card offers.

How you approach these decisions will have a huge impact on your quality of your life. Will you have the peace of mind that comes with money in the bank or always be worrying about how you will pay your bills? Will you be able to afford a comfortable retirement? It may seem silly to be thinking about these things now, but NOW is the time to start forming responsible saving and spending habits.

Saving

If you can put money aside and spend it wisely, it will grow. Your saved money will earn additional money for you. When you borrow money, you have to repay more than what you borrowed. So it is best to have enough money saved so you do not have to borrow money to pay your bills, or you will always be paying out more than you have to (leaving you less to save or use in an emergency). As you go out on your own, a top priority should be to build at least enough savings for an

“emergency fund”.

Here are some ways to start the saving habit:

*Pay Yourself First – Deposit a set amount or percentage of every paycheck or allowance into your savings account.

*Save all your loose coins in a container and deposit them in your savings every month.

*When you receive “unexpected” money, such as a cash gift, put it into savings.

Saving takes discipline. Savers set budgets and stick to them. This usually requires deciding what you really “need” and what you merely “want” (and can put off buying). Savers also spend their money wisely – they avoid buying expensive items they cannot afford, so they will have more for things they do.

Spending - Consumer Wise

A consumer is someone who purchases and uses goods and services. Whenever you buy something from the store or purchase services such as getting a haircut, you are a consumer.

Smart consumers do their homework. By doing business with companies with good track records, and knowing as much as they can about the products and services they are considering purchasing, they can save a lot of money, get the product that best suits their needs and avoid the frustrations and distractions caused by a bad buying experience.

Here are some other tips:

*If something is too good to be true, it probably is! Don't ever pay money to receive a "free" prize or lottery/sweepstakes winnings. Be very cautious of great job offers that involve sending money.

*Shop for the best value. Be mindful of a product's quality and don't pay more than necessary.

*Know who you're doing business with – whether the company is located down the street or on the Internet. The **Better Business Bureau (BBB)** offers information

about businesses. They can let you know if any complaints have been made against the business and much more! For more information phone the **BBB at (216)241-7678** or go to **www.clevelandbbb.org**

*Avoid identity theft! Do not give out your Social Security Number, credit card numbers, bank account numbers or any personal information to an unfamiliar company.

*Once you're 18, your signature on a contract will bind you legally. **Read and understand** all terms in contracts before you sign, and never sign a contract under pressure. (Cell phone contracts are a good example: Are you willing to pay a big penalty if you change service within 2 years? What are the specifics of your calling plan and what additional charges may apply?)

Getting Credit

"Credit" means someone is willing to loan you money in exchange for your promise to pay it back with "interest" (the amount you pay to use someone else's money). Credit has many potential benefits **if you use it responsibly**. Credit cards, car loans and home loans are all forms of credit.

A “credit report” is a history of how well you have managed credit in the past. If you’ve managed it well, you have a much better chance of getting more credit at a lower rate of interest. A “bad” credit report can result in a loan being refused (or granted only with an extremely high interest rate), and can even affect your ability to rent an apartment or get the job you want. Keys to a good credit history include not bouncing checks, always paying bills on time and showing consistent savings.

Credit card companies generally do not issue cards for minors under the age of 18, nor permit cards for minors under the age of 18 even with parental cosigner. Normally, it is best to start thinking about credit once you have some regular form of income that is sufficient for paying all your bills in full. Remember that if you don’t pay credit card bills in full and on time, you’ll almost always be smacked with significant interest charges and late fees on your next bill.

The following organizations provide information and help for consumers:

Better Business Bureau (216)241-7678

2217 East 9th Street, Suite 200

Cleveland, Ohio 44115

www.clevelandbbb.org

Offers information to consumers about businesses and other consumer topics. Recorded information is available 24/7.

Consumer Product Safety (800)638-2772

Commission

4330 East West Highway

Bethesda, Maryland 20814

www.cpsc.gov

Investigates complaints about the safety of consumer products and provides information about product hazards and recalls.

Federal Citizen (800)333-4636

Information Center

1800 F Street, N.W., Room G142

Washington, D.C. 20405

www.pueblo.gsa.gov

Offers information about consumer issues and federal programs. Makes available publications about purchasing goods and services as well as other consumer issues.

Federal Trade Commission
600 Pennsylvania Avenue, N.W.
Washington, D.C. 20580
www.ftc.gov

(877)382-4357

Provides consumer information and education and investigates complaints. Operates National Do Not Call Registry to help control calls from telemarketers.

Ohio Attorney General's Office **(800)282-0515**
30 E. Broad Street 17th Floor
Columbus, Ohio 43215-3428
www.ag.state.oh.us

Offers a consumer protection hotline for complaints and information on matters such as contracts, automobile and appliance rental, home repairs, deceptive advertising, mail order businesses, consumer credit and auto part purchases.

For more information to help you be consumer savvy go to:

www.choicenerd.com
www.consumeraction.org
www.consumerjungle.org
www.girlscouts.org/moneysmarts/
www.ntrbonline.org



Glossary

ACCOMPANIMENT: Going with someone for support.

ADOLESCENT: A young person who is in the process of developing from a child into an adult, generally age 13 to 19.

ADVOCACY: Supporting a group or a person; working on their behalf.

AFTERCARE: Services given to a client or patient after they have been treated, such as in a hospital or through a drug treatment program.

AIDS (ACQUIRED IMMUNE DEFICIENCY SYNDROME): AIDS is caused by a virus called HIV (human immunodeficiency virus). The body's defense system, which keeps us from getting sick, isn't working right. Then a person can get other illnesses.

ANEMIA: A condition of having a low level of red blood cells or too little hemoglobin in the blood. It results in an insufficient amount of oxygen being carried by the blood. Some symptoms of anemia include extreme fatigue, weakness, dizziness or fainting and shortness of breath.

ANONYMOUS: Your name or other identifying information will not be asked; you will be identified as a number.

ANOREXIA NERVOSA: Eating disorder characterized by a severely distorted body image, malnutrition and unusually excessive weight loss. It can be very serious, even deadly. Most people with anorexia are very thin but don't see themselves that way. Weight is lost through fasting, excessive exercise and/or purging.

ASSESSMENT: To evaluate a situation in order to determine if a problem or condition exists and how severe it may be.

BULIMIA: Characterized by a cycle of binge eating followed by purging of the food. After eating compulsively, a bulimic will throw up, take laxatives or pills to make the body lose water weight, engage in excessive exercise or fast (eat no food at all). Negative effects include: ulcers, hernias, ruptured stomach or esophagus, dental problems, even heart attacks.

CHEMICAL DEPENDENCY: Your body has become resistant to a drug(s) and requires increasingly more and more of the drug(s) in order to function normally.

CHRONIC: Lasting a long period of time.

CLINIC: A place to go for outpatient health care, may be part of a hospital or separate health center. Some clinics offer services for free or low cost.

COERCION: To be forced into doing something you do not want to do.

COMPULSIVE: Someone who does something a lot and is unable to stop. For example, a compulsive gambler.

CONFIDENTIAL: Your information such as name and age will be taken, but will not be used without your permission.

DEPRESSION: A psychiatric disorder with symptoms such as an inability to concentrate, sleep, eat; to have extreme feelings of sadness, guilt, helplessness and hopelessness.

DIAGNOSTIC TEST: A test to determine the presence or lack of a medical condition.

DISCRIMINATION: Treating a person or group unfairly on the basis of prejudice about race, ethnic group, age, religion, sexual orientation or gender.

DISPUTE: To argue, debate, or quarrel about a situation.

ENRICHMENT: A way to become more knowledgeable; to add to or increase what you already know.

FEE BASED ON INCOME: The service provider will look at what you or your parents earn to determine your ability to pay.

FELONY: A major crime, such as murder, arson, rape, etc., punishable by imprisonment, large fines, long-term probation, house arrest, etc.

FIXED FEE: The fee for service stays the same for all individuals.

HIV (HUMAN IMMUNODEFICIENCY VIRUS): HIV is the virus that causes AIDS by breaking down the body's system for protecting itself and leaving an infected person open to attack by many different illnesses, which are normally not a threat to a healthy person.

IMMUNIZATION: Usually given as a shot to protect you from disease and the spread of disease.

IN-CRISIS: When a person is in a very stressful situation that may change their life.

INPATIENT: A patient whose treatment requires at least one overnight stay in a hospital or a clinic.

INTERVENTION: To come in between in order to settle or stop a situation.

MEDIATION: An attempt by someone to bring about a peaceful settlement between two parties.

MENTOR: A trusted counselor, teacher or other adult that helps to guide you and that you look up to.

MISDEMEANOR: Any minor offense such as underage drinking, shoplifting, etc., that can have punishment of fines, community service, etc.

OUTPATIENT: A patient in a clinic, hospital, counseling service, etc., whose treatment does not require an overnight stay.

OUTREACH: An attempt to inform people about services and to try to get them to use the service. May be targeted to a particular community.

PEER: Person who has equal standing with another or others, as in rank, class or age.

PREJUDICE: A judgment or opinion that is formed without knowing or examining the facts; to like or dislike someone or something without good reason.

PREVENTION: To stop something from happening through education.

PSYCHIATRIC: Branch of medicine dealing with disorders of the mind.

REFERRAL: When one agency tells you where to go to get the help you need.

REHABILITATION: Using medical treatment, physical or psychological therapies or other forms of treatment, to bring about the best possible state of health.

SCREENING (HEALTH SCREENING): A test to determine if there is any chance that you have a disease or medical condition.

SICKLE CELL ANEMIA: An inherited anemia that causes red blood cell dysfunction. Occurs mostly in African Americans. Some symptoms are fever, joint pain and infections.

STDs (SEXUALLY TRANSMITTED DISEASES): Any of various diseases including herpes, HIV, chlamydia, gonorrhea and syphilis that are contracted through any sexual contact. Also known as STIs (Sexually Transmitted Infections).

STIPEND: A regular or fixed sum of money paid for services or money used for a specific purpose.

SUBSTANCE ABUSE: To intentionally misuse alcohol or other drugs. The improper use of a drug.

THIRD PARTY PAYMENT: Accepts payment from health insurance provider or other source.

TRANSGENDER: To transcend one's gender. Individuals who do not identify with the traditional gender roles of their biological sex. Also refers to those who choose non-traditional ways for gender expression, such as transsexuals, cross-dressers, drag kings and queens.

TREATMENT: To provide care for a physical or mental health condition.

Notes:

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Hotlines + Helplines

www.lorainadas.org/youthpages



There are places you can call when you need someone to talk to or you need information right away. Many of the numbers listed are available 24-hours, 7-days-a-week.

Al-Anon/Alateen(440) 277-6969
(216) 621-1381

Alcoholics Anonymous(216) 246-1800

Bellflower Center for the(216) 229-8800
Prevention of Child Abuse 24/7

Lorain County Rape Crisis Center(440) 282-2315
(440) 282-2335
After hours and weekends (800) 888-6161

Lorain County County(440) 329-2121
Department of Children 24/7
and Family Services
Child Abuse Prevention Hotline

Domestic Violence(866) 213-1188
Center 24/7

Lesbian/Gay Community(216) 651-5428
Service Center

Mental Health Services(800) 888-6161
24-hour Mobile Crisis Unit 24/7

National Runaway.....(800)RUNAWAY (786-2929)
Switchboard 24/7

Poison Control Center.....(216) 222-1222
24/7

Problem Gamblers' Hotline(800) 589-9966

Drug and Alcohol Info(440) 244-4566 (helpline)
(440) 323-6122 (helpline)

Safe School Helpline.....(800) 418-6423 x359
24/7

United Way's 211/2-1-1
First Call For Help 24/7