

INTRODUCTION

Where to Turn For Teens (WTTFT) is a resource guide that was created specifically for youth who are seeking personal empowerment with the support of others. The agencies listed in the WTTFT can link youth to organizations that provide a wide variety of services. The goal of WTTFT is to make sure teens are aware of the many youth-friendly resources that exist to serve individual needs.

Using your WTTFT guide:

The two ways to look up information in the WTTFT are the *Table of Contents* and the *Index*. The *Table of Contents* is helpful if you know the type of services you are seeking. If you already know the name of the agency, using the alphabetically arranged *Index* can be a quicker, more efficient way to search.

Tips for Dealing with Agencies/Organizations:

Before calling agencies, it is a good idea to have a list of questions written down that you hope to have answered. Some important questions to ask agencies are:

- What area do you serve?
- When are you open?
- Where are you located?
- Do I need parental consent?

There is a *Notes* section at the back of the book where you can write down the name of the person you spoke with and all of the information you receive.

If you reach voicemail, speak slowly and clearly when leaving a message. Be sure to include your full name, phone number, and a brief explanation of your questions/concerns.

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ABOUT TEEN LINK

The goal of Teen Link is to empower youth by supporting them as they make healthy decisions.

Teen Link is a confidential, anonymous, and non-judgmental telephone help line answered by teens each evening from 6–10 pm. Teen volunteers are trained to listen to your concerns and to talk with you about whatever is on your mind. No issue is too big or too small. Phone workers also have access to an extensive database and can give you information on agencies serving youth in the King County area.

After hours, callers have the option of being transferred to the 24-Hour Crisis Line or leaving a message on the Teen Link voicemail. When leaving a message, please include your name, phone number, and information about your concerns. Because of confidentiality, Teen Link phone workers will not leave a message unless you specify that this is okay.

Online resources are available to teens who want to use the Web to find out more about health and human services in King County. To search, access Community Resources Online at www.crisisclinic.org.

Youth Suicide Prevention Presentations (YSPPs)

Teen Link also offers Youth Suicide Prevention Presentations to schools and agencies serving youth in King County. The curriculum is presented by trained Teen Link staff and may also be co-facilitated by a professionally trained youth volunteer. YSPPs include an overview of the Teen Link program and statistics on youth suicide in a discussion-based model. Students are encouraged to talk openly about stress, coping mechanisms, warning signs and methods of intervention with someone who may be considering suicide.

If you are interested in scheduling YSPPs, please contact the Crisis Clinic business office at (206) 461-3210.

Where To Turn For Teens (WTTFTs)

Where To Turn For Teens is updated yearly and published in September. This resource guide is an effective way to connect young adults with agencies serving youth in the area. If you are interested in ordering WTTFTs, please call 1(866) TEENLINK between the hours of 6-10 pm or (206) 461-3210 during regular business hours.

Teen Link Volunteer Opportunities

Volunteering with Teen Link is a great way to develop leadership skills, learn about community resources, and get connected with other youth. For more in-depth information about volunteer requirements, call 1(866) TEENLINK between 6-10 pm.

Outreach Worker

1. School & Community Liaison

Represent Teen Link in your school and community.

2. Youth Suicide Speakers Bureau Teen Educator

Be paired with an adult trainer to give Youth Suicide Prevention Presentations (YSPPs) at schools and youth-serving community agencies throughout King County.

Phone Worker

Provide emotional support and referrals to other teens who call the Teen Link help line.

Peer Advisory Board Member

Be part of planning Teen Link's future by helping to ensure that the Teen Link program remains youth-driven and attentive to the needs of young people.

AIDS/HIV/STIs

Each year, between 13 and 15 million new cases of sexually transmitted infections (STIs) are diagnosed in the U.S.

*Approximately one quarter of these cases are in teens ages 15 to 19
- that means one out of every eight adolescents contracts an STI.
(Medical Information Organization)*

Many teens are unaware of the dangers associated with STIs and how to prevent or identify them. Talking with your partner about STIs and getting tested regularly are important parts of being sexually active. Myths exist regarding all STIs, but especially Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS). You cannot get HIV from hugging, drinking out of a shared glass, or using a public toilet.

There are three primary ways of contracting HIV:

1. Unprotected sex with an infected individual
2. Sharing needles
3. From mother to unborn child

Lifelong AIDS Alliance(206) 329-6923
www.lifelongaidsalliance.org

People of Color Against AIDS Network (POCAAN)(206) 322-7061
www.pocaan.org

Planned Parenthood (see Birth Control/Family Planning/Pregnancy,
page 7)

Public Health STD Clinic at Harborview(206) 731-3590

Seattle-King County Public Health Department Teen Clinics
(see Health Concerns, page 17)

Washington State AIDS Hotline..... 1(800) 678-1595

Youthcare - Orion Multi-Service Center(206) 622-5555

ALCOHOL & DRUGS

According to research by the National Institute on Alcohol Abuse and Alcoholism, adolescents who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.

Warning signs of alcohol and drug dependency/abuse include:

- Getting drunk/high frequently
- Lying about alcohol/drug use
- Blacking out and experiencing lapses in memory
- Believing that alcohol/drugs are necessary to have fun

Alcohol and drugs impair judgment and can lead to risky behaviors that put lives in danger.

For tips on how to help someone who you think may be abusing alcohol and/or drugs please see page 25.

Referrals for Treatment & Other Resources:

Alcohol & Drug 24-Hour Helpline.... 1(800) 562-1240, www.adhl.org
Teen Line1(877) 345-8336, www.theteenline.org

Support Groups:

Alateen & Alanon(206) 625-0000, www.seattle-al-anon.org
Alcoholics Anonymous (206) 587-2838, www.seattleaa.org
Narcotics Anonymous (206) 790-8888, www.seattlena.org

AT-RISK YOUTH

Children and young adults who are prone to becoming involved in crime, suicide, domestic abuse, drugs and alcohol, early pregnancy, and school-related problems are defined as at-risk youth.

In response to growing youth crime and violence rates, many programs have been developed for at-risk youth. Here are some agencies and programs where teens can participate in recreation, education, and community-based activities without fear of violence.

Atlantic Street Center (206) 329-2050, www.atlanticstreet.org

Auburn Youth Resources (253) 939-2202

Anger management

Powerful Voices (206) 860-1026, www.powerfulvoices.org

Safe Futures Youth Center (206) 938-9606, www.sfyc.net

Seattle Team For Youth (206) 233-7089

www.seattle.gov/humanservices

Gang & violence prevention

Team Child (206) 322-2444 ext 0

Washington Ceasefire..... (206) 322-1236

www.washingtonceasefire.org

YMCA of Greater Seattle (206) 382-5003

Youth Eastside Services (425) 747-4937

www.youtheastsideservices.org

Anger management groups

YouthSource (206) 205-3510

BIRTH CONTROL/FAMILY PLANNING/PREGNANCY

According to the National Campaign to Prevent Teen Pregnancy, 4 out of 10 girls in the U.S. get pregnant at least once by the age of 20.

Because a woman can get pregnant at any time of the month, abstinence (not having sex) is the only 100% effective method of birth control. If you think you may be pregnant, it's important to make an appointment to get tested by a health care professional as home pregnancy kits are not always accurate.

In Washington state, you do not need your parent's/legal guardian's permission to be tested. If you are pregnant, talk to a trusted adult about your options, get emotional support, and seek medical attention right away. Family planning and sexual health services may also be available at the school-based health centers listed on page 17.

Cedar River Clinic	(425) 255-0471, www.cedarriverclinics.org
Emergency Contraception Line 1(888) NOT2LATE, www.not-2-late.com	
Open Adoption & Family Services	(206) 782-0442 www.openadopt.org
Planned Parenthood	1(800) 230-PLAN, www.ppww.org
Bellevue	(425) 747-1050
Capitol Hill	(206) 328-7700
Federal Way	(253) 661-7002
Kenmore	(425) 482-1122
Kent Valley	(253) 854-2343
University District	(206) 632-2498
Facts of Life Line	(206) 328-7711
<u>Seattle-King County Public Health Department Teen Services</u>	

Confidential Teen Services

Auburn Teen Clinic	(253) 833-8352
Columbia Public Health	(206) 296-4650
Downtown Public Health	(206) 296-4960
Eastgate Public Health Center.....	(206) 296-9754
Federal Way Public Health Center.....	(253) 838-5140
Kent Teen Clinic	(206) 296-7450
North Public Health	(206) 296-4990
Northshore Teen Clinic	(206) 296-9814
White Center Teen Clinic	(206) 296-4620
Youth Health Center (Burien)	(206) 439-9300
Youth Health Center (Renton)	(425) 254-2710
Teen Choice Medical Center	(253) 735-TEEN

For consulting nurse lines, please see Health Concerns on page 17.

CHILD ABUSE

Children who experience child abuse and neglect are
30% more likely to commit a violent crime.

(Teenage Research Unlimited)

There are four primary types of child abuse:

- Physical abuse
- Sexual abuse
- Emotional abuse
- Neglect

While the first two categories get the most attention, neglect is the most common form of child abuse, accounting for more than 60 percent of all cases of child maltreatment. No child or youth deserves to be abused.

Childhelp USA - National Child Abuse Hotline 1(800) 422-4453
End Harm - Child Protective Services 1(866) 363-4276
Police Department Emergency Number..... 911

COUNSELING

Confidential, low-cost counseling and support groups are available throughout King County. Talking about your problems with a professional or seeking support from others can help you deal with your feelings in a healthy way.

Auburn Youth Resources (253) 939-2202
Central Youth & Family Services (206) 322-7676
Consejo Counseling & Referral Service..... (206) 461-4880
Kent Youth & Family Services (253) 859-0300, www.kyfs.org
Mercer Island Youth & Family Services (206) 275-7611
www.mercergov.org/yfs
Northshore Youth & Family Services (425) 485-6541

Renton Area Youth & Family Services	(425) 271-5600
Ruth Dykeman Youth & Family Services	(206) 243-5544
www.rdcc.org	
Southeast Youth & Family Services	(206) 721-5542
Southwest Youth & Family Services	(206) 937-7680
www.swyfs.org	
Valley Cities Counseling and Consultation	(253) 835-9975
www.valleycities.org	
Vashon Youth & Family Services	(206) 463-5511, www.vyfs.org
Youth Eastside Services	(425) 747-4937
www.youtheastideservices.org	

Teen Link and the 24-Hour Crisis Line do not provide ongoing counseling. However, callers can use both lines to gain additional support between counseling appointments. Phone workers are professionally trained to talk to a caller about whatever is on her or his mind. Although some callers discuss topics as serious as suicide, callers also use the line to talk about topics such as relationships, mental health, abuse, and other emotional concerns.

24-Hour Crisis Line	1(866) 4CRISIS
Teen Link	1(866) TEENLINK, (206) 461-4922

If you are having trouble communicating with people you care about, mediation programs are available to provide a safe space to talk.

Bellevue Parent/Teen Mediation Program	(425) 452-4091
Teenhope-Peacetable Mediation Program.....	(206) 546-1010

CULTURALLY SPECIFIC AGENCIES

Many agencies are designed to serve and empower specific ethnic/cultural groups. These agencies offer youth leadership and job readiness programs, services for ELL (English Language Learners), interpreters, and more. It is best to call each agency and ask about the services they provide.

- Asian/Pacific Islander Women & Family Safety Center.... (206) 467-9976
Asian Counseling & Referral Service (206) 695-7600
www.acrs.org
- Chinese Information & Service Center (206) 624-5633
www.cisc-seattle.org
- El Centro de la Raza (206) 957-4634, www.elcentrodelaraza.org
- Filipino Community of Seattle (206) 722-9372
www.filipinocommunityseattle.org
- Hate Free Zone 1(866) 439-6631, www.hatefreezone.org
- Helping Link..... (206) 781-4246
- Horn of Africa (206) 760-0550, www.hoas.org
- Jewish Family Service (206) 461-3240, www.jfsseattle.org
- United Indians of All Tribes (206) 285-4425
www.unitedindians.org

DATING & DOMESTIC VIOLENCE

Estimates from national studies of teen dating indicate that 28% of teen relationships involve violence.

Dating violence is any form of emotional, verbal, psychological, physical, or sexual abuse by a romantic partner. Victims often experience abuse that gets more severe over time as the abuser tries to control or dominate them.

Characteristics of an abusive relationship can include:

- Jealousy and possessiveness
- Name-calling and putdowns
- Controlling behavior
- Pressure to engage in activities (sexual or other)
- Physical threats to hurt you or themselves
- Choking, hitting, or other injurious behavior

Fear, threats, shame, and the belief that an abuser's behavior will change often contribute to the victim feeling unsure about talking to someone about his or her situation. It is important to remember that there is help available. No one deserves to feel unsafe in a romantic relationship.

For tips on how to help someone who you think may be in an abusive relationship, please see page 25.

Asian/Pacific Islander Women & Family Safety Center

(206) 467-9976

Communities Against Rape & Abuse (CARA) (206) 322-4856

www.cara-seattle.org

Consejo Counseling & Referral Service -

Teen Advocacy Program (206) 461-4880, www.consejo-wa.org

Domestic Abuse Women's Network

(DAWN) (S. King Co.) 1(866) 286-3296, www.dawnonline.org

- Domestic Violence Recorded Information Line (206) 205-5555
 Eastside Domestic Violence Crisis Line (24 Hours) ..1(800) 827-8840
www.edvp.org
 Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors of Abuse
 (206) 568-7777, www.nwnetwork.org
 Police Department Emergency Number 911
 Washington State Domestic Violence Hotline (24 Hours)
 1(800) 562-6025
 Youth Eastside Services - Dating Violence Program (425) 747-4937
www.youtheastideservices.org
 YWCA - East Cherry Peer Advocate Program (206) 568-7845
www.ywcaworks.org

EATING DISORDERS

According to estimates from The National Institute of Mental Health, 5-10 million females and 1 million males suffer from eating disorders, including anorexia, bulimia, binge eating disorder, or other associated dietary conditions.

Eating disorders involve extreme emotions and behaviors surrounding food and weight issues. They can arise from psychological, emotional, social and familial situations, but have no one reason or cause. By controlling food intake, people with eating disorders attempt to gain control over factors such as low self-esteem, feelings of inadequacy and anxiety. Eating disorders can become life threatening, so getting professional help is important. *For tips on how to help someone who you think may have an eating disorder, please see page 25.*

- Children's Hospital(206) 987-3560, www.seattlechildrens.org
 Eating Disorders Anonymous www.edaseattle.com
 Support groups

- Eating Disorders Northwest www.ednw.wetpaint.com
 Education, support groups for ages 17 and older.
- Group Health Adolescent Center (425) 562-1350, www.ghc.org
 Outpatient services
- National Eating Disorders Association..... (206) 382-3587
www.nationaleatingdisorders.org
 Education, advocacy, and prevention
- Overeaters Anonymous (206) 264-5045, www.seattleoa.org
 Literature, support groups

EDUCATION

*Only 70% of all Washington State public school students
 from the class of 2002 graduated from high school.
 (Manhattan Institute for Policy Research)*

Many teens have difficulties at school and need more support for their education. There are many agencies that offer tutoring programs, testing for learning disabilities, referrals for ELL (English Language Learners) and information about the GED (General Education Development) Certificate.

For tutoring, ESL, and GED referrals, call 1(866) TEENLINK or call Learning Disabilities Association of Washington (425) 882-0792
www.ldawa.org

YouthSource (206) 205-3510

For computer resources, call Quick Info at the library nearest you.
 King County Library System - Quick Info (425) 462-9600
www.kcls.org
 Seattle Public Library System - Quick Info (206) 386-4636
www.spl.org

EMPLOYMENT & JOB TRAINING

*Eight out of 10 teenagers in America hold jobs while in high school.
(WA State Department of Labor and Industries, 2003)*

- If you are 14 or 15 years old, you can work no more than three hours a school day
- If you are 16 years or older, you can work any non-hazardous job for unlimited hours
- If you are 18 years or older, you may perform any job with no restrictions

When applying for a job it is important to have the following information available:

- Social Security number
- Current address and phone number
- Name and contact information for adults/professionals who you can use as references

AmeriCorps National Service 1(800) 942-2677, www.americorps.org
Bellevue Parks and Community Services - Well-Kept.... (425) 452-7225
Center for Career Alternatives(206) 322-9080, www.ccawa.org
City of Seattle Summer Youth Employment Program (206) 386-1375
Job Corps(206) 622-6593, www.jobcorps.dol.gov
Seattle Youth Garden Works(206) 632-0352, www.sygw.org
YMCA of Greater Seattle(206) 382-5013, www.seattleyymca.org
YouthSource(206) 205-3510
Digital Bridge
Youth Build
YWCA - Working Zone(206) 633-7901, www.ywcaworks.org

GLBTQ

Gay, Lesbian, Bisexual, Transgender, and Questioning (GLBTQ) youth are frequently targets of discrimination, violence, and bullying/harassment both at school and in the community. Societal prejudice and disapproval from loved ones can be isolating and hurtful to teens that identify as GLBTQ. Support groups, drop-in centers, activities, and counseling services are available to promote acceptance and provide a safe environment of understanding.

- Center for Human Services - "Inside Out" Youth Group
.....(206) 362-7282, www.chs-nw.org
- Ingersoll Gender Center www.ingersollcenter.org
- Lambert House(206) 322-2515, www.lamberthouse.org
- Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors of Abuse (206) 568-7777, www.nwnetwork.org
- Parents, Families, & Friends of Lesbians & Gays (PFLAG)
(206) 325-7724, www.seattle-pflag.org
- Seattle Counseling Services for Sexual Minorities (206) 323-1768
www.seattlecounseling.org
- Seattle LGBT Community Center(206) 323-LGBT
www.seattlelgbt.org
- Teen Link 1(866) TEENLINK, www.866TeenLink.com
- The Trevor Project 1(866) 4UTREVOR, www.thetrevorproject.org
- Youth Eastside Services - B-Glad (425) 747-4937
www.youtheastsideservices.org
Support group

HEALTH CONCERNS

The 2004 Washington State Healthy Youth Survey found that only 23% of middle school and 29% of high school students reported having a health check up in the past year.

Free, low-cost, and pay-what-you-can health care options are available to youth. If you do not want a parent or legal guardian to know you are seeking services, make sure to ask the agencies about their policies regarding confidentiality. Some clinics may require a parent's insurance information for primary health care even though they may not require this information for confidential family planning and sexual health services.

45th Street Clinic (206) 633-3350

Country Doctor - Free Teen Clinic for Homeless Youth

No appointment is necessary! Ages 12-23

Monday and Tuesday, 6-9 pm, 500 - 19th Ave E, Seattle

Consulting Nurse Lines

Children's Hospital (206) 987-2500

Swedish Medical Center (206) 215-2100

Public Health - Seattle and King County - Confidential Teen Services

Columbia Teen Clinic by appointment only (206) 296-4650

Downtown Teen Clinic by appointment only (206) 296-4772

Eastgate Teen Clinic (Factoria) (206) 296-9770

Kent Teen Clinic (206) 296-7450

Highline Youth Health Center (Burien) (206) 439-9300

Health Center (Renton) (425) 254-2710

School-based health centers are an additional option for students at the following schools: Aki Kurose Middle School, Ballard High School, Chief Sealth High School, Cleveland High School, Denny Middle School, Franklin High School, Garfield High School, Ingraham High School, Madison Middle School, Nathan Hale High School, Rainier Beach High School, Roosevelt High School, Washington Middle School, West Seattle High School.

HOMELESSNESS & RUNAWAYS

Current estimates suggest there are more than one and a half million children, teens, and young adults trying to survive on U.S. streets today. (Stand Up for Kids)

Runaway youth come from every socio-economic and racial group in America. More often than not, youth who are homeless have not chosen to live on the streets. Many homeless youth turn to the streets because of a combination of abuse, family problems and dysfunction within their home that causes them to feel unsafe. Drop-in centers, homeless shelters, hot meal programs, case management, and other services are available to help youth take care of themselves and/or get off the streets.

2-1-1 / Community Information Line2-1-1, (206) 461-3200
or 1(800) 621-4636 - *Call for assistance in finding shelter, food, etc*

Drop-In Centers

Drop-in centers provide a variety of services to homeless youth. Services often include, but are not limited to, case management, laundry, showers, and hot meals. If you are unsure of specific services, call ahead to find out about individual programs.

New Horizons Ministries(206) 374-0866, www.nhmin.org

Peace for the Streets by Kids from the Streets (206) 726-8500
www.psk.org

Street Youth Ministries(206) 524-7301 ext 114
www.streetyouthministries.org

University District Youth Center(206) 526-2992, www.ccsww.org

University Family YMCA.....(206) 524-1400, www.seattleyymca.org

Youthcare - Orion Multi-Service Center (206) 622-5555
www.youthcare.org

Shelters

Shelters operate on different days and serve various ages. Space is limited so call to determine which shelter may be able to assist you.

Friends of Youth Outreach and Intake (425) 822-9349

www.friendsofyouth.org

Friends of Youth – Emergency Shelter (24 Hrs) (206) 236-5437

Roots Young Adult Shelter (206) 632-1635

South King County Youth Shelter (253) 833-5666

Teenhope 1(866) 73-TEENS, www.teenhopewa.org

Youthcare - The Shelter (206) 694-4506 or 1(800) 495-7802

www.youthcare.org

YWCA Emergency Shelter.....(206) 461-4882, www.ywcaworks.org

Transitional Housing

Transitional housing offers youth a safe place to live while they work toward acquiring necessary life skills, self-sufficiency, and gainful employment. Please be aware that programs often have wait lists for acceptance and most require a referral from a case manager or shelter program.

Auburn Youth Resources – Severson House (253) 804-8866

Catholic Community Services.....www.ccsww.org

Elizabeth House (253) 833-5271

Friends of Youthwww.friendsofyouth.org

Harmony House (206) 729-1407

New Ground (425) 338-2411

Watson Manor Transitional Living (253) 859-0300 ext 3035

www.kyfs.org

YMCA of Greater Seattle – Young Adults in Transition

(206) 749-7550, www.seattlemca.org

Youthcare www.youthcare.org

Passages Sand Point

Young Adult Transitional Living Program.....(206) 985-8343

Pathways.....(206) 985-0444

Straley House(206) 526-9637

Other Helpful Services

Greyhound Buslines Inc. – Operation Home Free .. 1(800) RUNAWAY
Offers free bus rides home for teens registered with National

Runaway Switchboard

National Runaway Switchboard 1(800) 621-4000

Peace for the Streets by Kids from the Streets (206) 726-8500

www.psk.org

Team Child(206) 322-2444, www.teamchild.org

Teen Feed (Sunday–Thursday) (206) 522-4366, www.teenfeed.org

Sunday at University Christian Church: 50th & 15th, 7-8pm

Monday at University Lutheran Church: NE 50th & 16th, 7-8pm

Tuesday at University Methodist Church: NE 43rd & 15th, 7-8pm

Wednesday/Thursday at University Congregational Church:

NE 45th & 16th, 7-8pm

For health care options, please see Health Concerns on page 17.

LEADERSHIP & VOLUNTEER OPPORTUNITIES

Volunteering helps to create a stable and cohesive society, increases social harmony among diverse individuals who volunteer together, and promotes an individual volunteer's good health and emotional well-being. (Independent Sector)

American Red Cross(206) 323-2345, www.seattlredcross.org

Big Brothers/Big Sisters (206) 763-9060, www.bbbs.org/pugetsound

Boys & Girls Clubs of King County (206) 436-1800

www.positiveplace.org

Camp Fire Boys & Girls (206) 461-8550

Catholic Youth Organization . (206) 903-4625, www.seattlearch.org

Garfield Teen Life Center.....(206) 684-4550

Ground Zero Teen Center..... (425) 452-6119

- International District Housing Alliance - Wilderness Inner City
 Leadership Development (WILD) (206) 623-5132
 Peace for the Streets by Kids from the Streets (206) 726-8500
www.psk.org
 Seattle Young People's Project (206) 860-9606, www.sypp.org
 Teenhope - Peacetable Mediation Program (206) 546-1010
 Teen Link 1(866) TEENLINK, www.crisisclinic.org
 Teens in Public Service (206) 985-4647
www.teensinpublicservice.org
 United Way Volunteer Referral Center (206) 461-3655
www.unitedwayofkingcounty.org
 Washington Ceasefire..... (206) 322-1236
www.washingtonceasefire.org
 YMCA of Greater Seattle (206) 382-4360, www.seattleyymca.org
 YWCA-Girls First (206) 461-4443, www.ywcaworks.org

LEGAL SERVICES & YOUTH RIGHTS ██████████

Despite what society and other members of the community may tell you, youth under age 18 do have rights. Specific agencies can provide you with more information about juvenile criminal laws, labor laws, educational rights, and emancipation. These agencies advocate for youth and ensure that young adults are being treated in a just and fair way.

- Child Protective Services (24 Hours) 1(866) 363-4276
www.dshs.wa.gov
 King County Superior Court - Juvenile Court (206) 205-9500
 Neighborhood Legal Clinics (206) 267-7070, www.kcba.org
 Society of Counsel Representing Accused Persons ... (206) 322-8400
 Team Child (206) 322-2444, www.teamchild.org
 Teenhope - Peacetable Mediation Program (206) 546-1010
 Washington LawHelp..... www.washingtonlawhelp.org

PEOPLE WITH DISABILITIES

The Americans with Disabilities Act of 1990 guarantees equal access in employment, public accommodation, transportation, telecommunications, and state and local government. You can call the numbers listed below if you need support, referrals, or other information about available services.

Alliance of People with disAbilities (206) 545-7055

www.disabilitypride.org

Children's Hospital - Center for Children

with Special Needs 1(866) 987-2500, www.cshcn.org

Crisis Clinic's Disability Information

& Assistance Program (206) 461-3200, www.crisisclinic.org

Hearing, Speech and Deafness Center (206) 323-5770, www.hsd.org

Washington State Department of Services for the Blind

(206) 721-4422, www.dsb.wa.gov

RAPE & SEXUAL ASSAULT

Approximately 44% of people who are victims of a sexual assault are under the age of 18. (Harborview Center for Sexual Assault and Traumatic Stress)

Due to the violence that often accompanies a rape or sexual assault, it is important for a victim to go to the emergency department of their local hospital to be examined for injuries. At the hospital, a social worker will discuss a victim's options, including that of evidence collection. Because of this, it is helpful if the victim does not shower, clean up or change clothes before having an exam, as doing so may remove any remaining evidence. Additionally, the doctor can discuss medications that are available to reduce the chances of contracting a sexually transmitted infection (STI) or getting pregnant. If the victim is under the age of 18, the law requires the police to be notified.

However, going to the hospital and submitting a report does not necessarily mean that charges must be filed against the perpetrator or that participation in a legal case must occur. Counselors can talk about available alternatives and help the victim decide what the best choice is going to be for the individual.

For tips on helping someone who you think may have been sexually assaulted or raped, please see page 25.

- Child Protective Services (24 Hours)1(866) 363-4276
www.dshs.wa.gov
- Children's Response Center (East King Co.) (425) 688-5130
www.childrensresponsecenter.org
- Communities Against Rape & Abuse (CARA) (206) 322-4856
www.cara-seattle.org
- Harborview Center for Sexual Assault & Traumatic Stress
(206) 744-1600, www.harborview.org
- Evenings & weekends (206) 731-3000
- Incest Survivors Anonymous (206) 903-9427
- King County Sexual Assault Resource Center 24-Hour Crisis Line
1(888) 998-6423, www.kcsarc.org
- Police Department Emergency Number 911

RECREATION & YOUTH INVOLVEMENT

If you are bored and looking for a fun place to hang out after school or on the weekends, there are a number of places for you. Community and recreational centers, drop-in groups, classes, and sports leagues for youth are located throughout King County.

- Arts Corps..... (206) 722-5440, www.artscorps.org
- Bikeworks(206) 725-9408, www.bikeworks.org
- Boys & Girls Clubs of King County (206) 461-3890
www.positiveplace.org
- Coyote Central(206) 323-7276, www.coyotecentral.org
- Garfield Teen Life Center.....(206) 684-4550

Kent Youth and Family Services - Lighthouse

Teen Drop-in Center (253) 859-0300, www.kyfs.org

Kirkland Teen Union Building (425) 822-3088, www.ktub.org

Powerful Voices (206) 860-1026, www.powerfulvoices.org

The Vera Project..... (206) 956-8372, www.theveraproject.org

Youth Speaks www.seattleyouthspeaks.org

King County Department of Natural Resources & Parks

(206) 296-8687, www.metrokc.gov/parks

Seattle Parks & Recreation ... (206) 684-4075, www.seattle.gov/parks

For more information regarding other recreation options, contact your local parks and recreation department or for assistance call 1(866) TEENLINK.

SUICIDE

According to the Washington State Department of Health, two to three youths, ages 15-24, commit suicide every week in Washington State.

Warning signs for suicide include:

- Changes in eating and sleeping patterns
- Dropping hints or talking about suicide; making a plan
- Giving away prized possessions
- Being very obsessive and perfectionistic
- Engaging in risky behaviors (driving recklessly, increased drug and alcohol use/abuse, etc.)

Consider the following questions to help you determine the urgency:

1. Are there three or more warning signs?
2. Have the warning signs been present two weeks or longer?
3. How extreme or severe are the warning signs?

If you are concerned that you or someone you know may be suicidal, it is important to address the situation immediately. Mentioning suicide will not give the person the idea or push them over the edge. Talking about your concerns can prevent a suicide attempt from occurring and save a life.

How to Help

STEPS 1 & 3 CAN BE USED TO HELP A FRIEND IN ANY SITUATION

1. Show you care

- Talk to the person you are concerned about in a caring manner
- Be specific about the warning signs you have noticed
- Listen without judgment

2. Ask the question directly

- "Are you thinking of suicide?"

3. Talk to an adult you trust

These are the initial steps toward ongoing mental health care. Every situation regarding suicide is different. Call 1(866) TEENLINK to talk to a trained phone worker in more detail about how to get help.

If you need immediate crisis intervention services or feel like you need to talk to someone right away, these are numbers you can call to discuss your concerns:

24-Hour Crisis Line (206) 461-3222 or 1(866) 4CRISIS
www.crisisclinic.org

National Hopeline Network (24 Hours) 1(800) SUICIDE

The Trevor Project (24 Hours) 1(866) 4UTREVOR
www.thetrevorproject.org

Focus on GLBTQ individuals.

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