

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.

In addition to our telephone help line, Teen Link offers **Teen Link Chat**, available through our website at www.866TEENLINK.org. Much like the line, teens can use Teen LinkChat to seek support from our teen volunteers on a variety of issues, including bullying, drug and alcohol concerns, relationships, stress, and other teen issues. Teen Link accepts chats from 6-9:30 pm on select days of the week; check our website for availability.

After hours, callers have the option of being transferred to the Washington Recovery Help 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 when calling back unless you specify that it is okay to do so.

Online resources are available to teens who want to use the Internet to find out more about health and human services in King County. To search, access Community Resources Online at www.211kingcounty.org.

Washington Recovery Help Line

Teen Link provides support to youth across Washington State who have questions about substance abuse, problem gambling or mental health. See the "Alcohol & Drugs" section for more information.

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 annually 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 M-F 9 am-5 pm.

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 or check out our website.

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 or log onto Teen Link Chat.

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.

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.*

In association with the Washington Recovery Help Line, Teen Link provides help to teens struggling with alcohol and drugs. Call 1(866) TEENLINK for help between 6-10 pm or call the Washington Recovery Help Line 24 hours/day at 1(866) 789-1511.

King County Needle Exchange Schedule

www.kingcounty.gov/healthservices/health/communicable/hiv/resources/needle.aspx

Support Groups:

Alateen & Alanon.....(206) 625-0000, www.seattle-al-anon.org
Alcoholics Anonymous..... (206) 587-2838, www.seattleaa.org
Marijuana Anonymous.....(206) 414-9270, www.madistrict4.org
Narcotics Anonymous.....(206) 790-8888, www.seattlena.org

AT-RISK YOUTH

Children and young adults who are prone to becoming involved in crime, domestic abuse, drugs and alcohol, early pregnancy, school-related problems and suicide 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, www.ayr4kids.org

Anger management, drug & alcohol support

Friends of Youth.....(425) 392-6367, www.friendsofyouth.org

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

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

Gang & violence prevention

Team Child.....(206) 322-2444 ext 101, www.teamchild.org

YMCA of Greater Seattle.....(206) 382-5003, www.seattleyymca.org

Alive & Free Outreach.....(206) 382-5019

Youth Eastside Services.....(425) 747-4937

www.youtheastideservices.org

Anger management groups

BIRTH CONTROL/FAMILY PLANNING/PREGNANCY

According to the National Campaign to Prevent Teen Pregnancy, 3 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, teens 13 years and older do not need a parent's/legal guardian's permission to be tested. If you are pregnant, seek emotional support from someone you trust and talk with a medical professional about your options. Family planning and sexual health services may also be available at the school-based health centers listed on page 17.

Cedar River Clinic..... 1(800) 572-4223, www.cedarriverclinics.org
Emergency Contraception Line 1(888) NOT2LATE, www.not-2-late.com
Recorded line

Open Adoption & Family Services (206) 782-0442
www.openadopt.org

Planned Parenthood 1(800) 230-PLAN
www.plannedparenthood.org/ppgnw

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

Seattle-King County Public Health Department Teen Services

Seattle-King County Teen Clinics

Confidential birth control, pregnancy, sexually transmitted infection (STI) services for youth

To schedule an appointment or ask for walk-in hours at one of the following clinics, call 1 (855) 826-7427

Auburn Public Health, Columbia Public Health, Eastgate Public Health, Federal Way Public Health, North Seattle Public Health, Renton Public Health, White Center Public Health

☛ *For the consulting nurse line, please see Health Concerns on page 17.*

CHILD ABUSE

Children who experience child abuse and neglect are 25% more likely to experience teen pregnancy and 30% more likely to commit a violent crime.

~Childhelp

There are four primary types of child abuse:

- Physical abuse
- Emotional abuse
- Sexual 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% of all cases of child maltreatment. No child or youth deserves to be abused.

Childhelp USA - National Child Abuse Hotline 1(800) 422-4453

Children's Response Center (East King Co.)..... (425) 688-5130

www.childrensresponsecenter.org

End Harm - Child Protective Services (24 hrs)1(866) ENDHARM

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, www.ayr4kids.org

Central Youth & Family Services (206) 322-7676

Consejo Counseling & Referral Service..... (206) 461-4880

www.consejocounseling.org

Friends of Youthwww.friendsofyouth.org

Duvall (425) 844-9669

Issaquah (425) 392-6367

Snoqualmie (425) 888-4151

Kent Youth & Family Services	(253) 859-0300
www.kyfs.org	
Mercer Island Youth & Family Services	(206) 275-7611
www.mercergov.org/yfs	
Navos-Ruth Dykeman Youth & Family Services.....	(206) 242-1698
www.navos.org/outpatient-programs/children-and-youth	
Northshore Youth & Family Services.....	(425) 485-6541
Renton Area Youth & Family Services	(425) 271-5600
Southeast Youth & Family Services.....	(206) 721-5542
www.seyfs.org	
Southwest Youth & Family Services.....	(206) 937-7680
www.swyfs.org	
Valley Cities Counseling & Consultation.....	(253) 939-4055
www.valleycities.org	
Vashon Youth & Family Services	(206) 463-5511
www.vyfs.org	
Youth Eastside Services.....	(425) 747-4937
www.youtheastsideservices.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, www.866TEENLINK.org

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

Bellevue Parent/Teen Mediation Program	(425) 452-4091
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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 Counseling & Referral Service	(206) 695-7600
www.acrs.org	
Asian/Pacific Islander Chaya.....	(206) 325-0325
Chinese Information & Service Center.....	(206) 624-5633
www.cisc-seattle.org	
El Centro de la Raza	(206) 329-9442
www.elcentrodelaraza.org	
Filipino Seattle Teens and Resources (FilSTAR)	(206) 552-0729
Helping Link/Mot Dau Noi.....	(206) 781-4246
www.helpinglink.org	
Horn of Africa Services.....	(206) 760-0550
www.hoas.org	
Jewish Family Service	(206) 461-3240
www.jfsseattle.org	
OneAmerica	(206) 723-2203
www.weareoneamerica.org	
United Indians of All Tribes.....	(206) 285-4425
www.unitedindians.org	

DATING & DOMESTIC VIOLENCE


Estimates from national studies of teen dating indicate that 1 in 4 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 put-downs
- 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 support 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 Chaya..... (206) 325-0325

Consejo Counseling & Referral Service -

Teen Advocacy Program (206) 461-4880

www.consejocounseling.org

Domestic Abuse Women's Network (DAWN)

Emergency Housing (24 hrs) 1(877) 465-7234

www.dawnonline.org

24-hour Crisis Line..... (425) 656-7867

Domestic Violence Recorded Information Line (206) 205-5555
Lifewire (24 Hours) 1(800) 827-8840, www.lifewire.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 hrs).. 1(800) 562-6025
Youth Eastside Services - Dating Violence Program.. (425) 747-4937
www.youtheastsideservices.org
YWCA Children's Domestic Violence Program
Seattle (206) 568-7859
South King County..... (425) 226-1266 ext 1017

EATING DISORDERS

According to estimates from the National Eating Disorders Association, 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.*

Center for Discovery..... 1(866) 267-6151
Support groups for teens and family/friends
Children's Hospital.....(206) 987-2028, www.seattlechildrens.org
Eating Disorders Anonymous..... www.eatingdisordersanonymous.org
Support groups

- Eating Disorders Northwest www.ednw.wetpaint.com
Education and support groups for ages 17 and older
- Group Health Adolescent Center (425) 562-1350
www.ghc.org/provider/teencenter.jhtml
Outpatient services, counseling and treatment
- National Eating Disorders Association..... 1(800) 931-2237
www.nationaleatingdisorders.org
Education, advocacy and prevention
- Overeaters Anonymous..... (206) 264-5045, www.seattleoa.org
Literature and support groups

EDUCATION

Only 75% of all Washington State public school students from the class of 2011 graduated from high school in 4 years.
 ~ WA State Office of Superintendent of Public Instruction

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

Seattle Education Access..... (206) 523-6200
www.seattleeducationaccess.org

YouthSource (206) 205-3510

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

EMPLOYMENT & JOB TRAINING

The Washington State Department of Labor and Industries estimates that 80% of all teens hold a job at some time during high school.

- If you are 14 or 15 years old, you can work no more than three hours on a school day.
- If you are 16 years or older, you can work no more than four hours on a school day.
- 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.gov

Bellevue Parks and Community Services - Well-Kept.... (425) 452-7225

City of Seattle Summer Youth Employment Program.... (206) 386-1375

Job Corps (206) 622-6593, www.jobcorps.dol.gov

Seattle Youth Garden Works (206) 633-0451 ext 111
www.seattletilth.org/sygw

WA State Department of Labor and Industries Teen Workers
Information www.teenworkers.lni.wa.gov

Year Up..... (206) 441-4465, www.yearup.org
Youth ages 18-24

YMCA of Greater Seattle (206) 382-5013, www.seattleyymca.org
GED Services

Youth in Focus (206) 723-1479, www.youthinfocus.org

YouthSource (206) 205-3510

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.

- Gay City Health Project..... (206) 323-LGBT, www.gaycity.org
LGBT helpline
- Ingersoll Gender Center www.ingersollcenter.org
Trans/genderqueer support
- 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
- Proud, Out and Wonderful (POW!)..... (206) 326-9112
www.facebook.com/proudoutwonderful
- Queer Youth Space(206) 395-5501, www.queeryouthspace.com
- Seattle Counseling Services for Sexual Minorities..... (206) 323-1768
www.seattlecounseling.org
- ¡Yo Soy!..... www.facebook.com/entrehermanos
Support group for LGBT Latino youth
- Youth Eastside Services - B-Glad..... (425) 747-4937
www.youtheastideservices.org
Support group

HEALTH CONCERNS

The 2008 Washington State Healthy Youth Survey found that 39% of 8th graders and 43% of 10th graders hadn't seen a doctor in the past 12 months.

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, www.neighborcare.org

No appointment is necessary! Homeless youth ages 12-23

Wednesday and Thursday, 6-9 pm, 1629 N 45th St, Seattle

Country Doctor Free Clinic for Homeless Youth..... (206) 299-1600

www.countrydoctor.org

No appointment is necessary! Ages 12-23

Tuesday and Thursday, 6-8:30 pm, 500 - 19th Ave E, Seattle

Consulting Nurse Line

Swedish Medical Center..... (206) 215-2100

Seattle-King County Primary Care Teen Services

Columbia Public Health..... (206) 296-4650

Downtown Public Health..... (206) 296-4755

Eastgate Public Health (206) 296-4920

North Seattle Public Health..... (206) 296-4990

☛ *For a full list of teen family planning/sexual health clinics, see page 8.*

School-based health centers are an additional option for students at the following schools: Aki Kurose MS, Ballard HS, Chief Sealth HS, Cleveland HS, Denny MS, Franklin HS, Garfield HS, Ingraham HS, Kent Phoenix Academy, Madison MS, Nathan Hale HS, Rainier Beach HS, Roosevelt HS, Secondary Bilingual Orientation Center, Washington MS, West Seattle HS.

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.

~ National Coalition for the Homeless

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 homes that cause 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.

King County 2-1-1.....2-1-1 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 112
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-KIDS

Orion Center Shelter (18+)..... (206) 622-5555

ROOTS Young Adult Shelter (18-25) (206) 632-1635

South King County Youth Shelter (253) 833-5666

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

www.youthcare.org

YWCA Emergency Shelter (women 18+)..... (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

Friends of Youthwww.friendsofyouth.org

New Ground (18-21)..... (425) 338-2411

New Ground Sandpoint (206) 729-1407

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

www.kyfs.org

Pregnant/parenting women ages 16-25

YMCA of Greater Seattle –

Young Adults in Transition (206) 749-7550

www.seattleyymca.org

Youthcare(206) 694-4500, www.youthcare.org

Youthcare operates several transitional housing programs with different focuses; contact Youthcare for more information.

Other Helpful Services

Greyhound Lines, Inc. - Operation Home Free..... 1(800) RUNAWAY
Offers free bus rides home for teens registered with National Runaway Switchboard

National Runaway Switchboard (24 hrs)..... 1(800) 621-4000

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

Teen Feed (7 nights/week)..... (206) 229-0813, www.teenfeed.org

Sunday at Hillel House: NE 50th & 17th, 7-8 pm

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

Tuesday/Wednesday/Thursday at University Congregational

Church: NE 45th & 16th, 7-8 pm

Saturday at University Methodist Church: Alleyway between 43rd/NE 42nd and 15th & University, 7-8 pm

☛ *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.seattleredcross.org

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

www.positiveplace.org

Camp Fire Boys & Girls..... (206) 382-4562

www.campfireusa.org

Catholic Youth Organization..... (206) 382-4562

www.seattleoyyam.org

- Interlm Community Development Association - Wilderness Inner-city
Leadership Development (WILD)..... (206) 623-5132
www.wildyouthprogram.org
- Peace for the Streets by Kids from the Streets (206) 726-8500
www.pskks.org
- Seattle Young People's Project..... (206) 860-9606, www.sypp.org
- Teen Link..... 1(866) TEENLINK, www.866TEENLINK.org
- Teens in Public Service (206) 985-4647
www.teensinpublicservice.org
- United Way Volunteer Referral Center www.uwkc.org/ways-to-volunteer/
The Vera Project..... (206) 956-8372, www.theveraproject.org
- YMCA of Greater Seattle (206) 382-5013, www.seattleyymca.org
- YWCA - Girls First.....(206) 490-4376, 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 treated in a just and fair way.

- Child Protective Services (24 hrs)..... 1(800) 609-8764
www.dshs.wa.gov
- King County Superior Court - Juvenile Court (206) 205-9500
- Neighborhood Legal Clinics(206) 267-7070, www.kcba.org
- Qlaw Legal Clinic..... www.q-law.org
Focus on LGBT community
- Society of Counsel Representing Accused Persons (206) 322-8400
- Team Child(206) 322-2444, www.teamchild.org
- 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..... (206) 884-5735
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.hsdcc.org
- Washington State Dept. of Services for the Blind 1(800) 552-7103
www.dsb.wa.gov

RAPE & SEXUAL ASSAULT

*By the age of 18, 1 of every 4 girls
and 1 of every 6 boys has been sexually assaulted.*
~ 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.*

Asian/Pacific Islander Chaya	(206) 325-0325
Child Protective Services (24 hrs)	1(800) 609-8764
www.dshs.wa.gov	
Children's Response Center (East King Co.).....	(425) 688-5130
www.childrensresponsecenter.org	
Harborview Center for Sexual Assault & Traumatic Stress. (206) 744-1600	
www.hcsats.org	
Evenings & Weekends.....	(206) 744-3074
Incest Survivors Anonymous (18+)	(206) 903-9427
www.slawso.org	
King County Sexual Assault Resource Center	
24-Hour Crisis Line.....	1(888) 99-VOICE, 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
 Ground Zero Teen Center..... (425) 454-6162
gz.bgcbellevue.org
 Kent Youth & Family Services - Lighthouse
 Teen Drop-in Center..... (253) 859-0300, www.kyfs.org
 King County Dept. of Natural Resources & Parks..... (206) 296-8687
www.kingcounty.gov/parks
 Kirkland Teen Union Building (KTUB) (425) 822-3088
www.ktub.org
 Powerful Voices..... (206) 860-1026, www.powerfulvoices.org
 Seattle Parks & Recreation..... (206) 684-4075
www.seattle.gov/parks

☛ *For more information regarding other recreation options, contact your local parks and recreation department.*

STIs (including HIV/AIDS) XXXXXXXXXX

Compared to older adults, sexually active adolescents and young adults are at a higher risk for acquiring STIs. Recent estimates suggest that 15-24 year olds acquire nearly half of all new STIs.

~ Center for Disease Control

Many teens are unaware of the dangers associated with sexually transmitted infections (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:

- Unprotected sex with an infected individual
- Sharing needles
- From mother to unborn child

Lifelong AIDS Alliance(206) 329-6923

www.llaa.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) 744-3590

Seattle-King County Public Health Department Teen Clinics

(see Birth Control/Family Planning/Pregnancy, page 7 and Health Concerns, page 17)

Washington State HIV/AIDS Hotline 1(800) 272-2437

SUICIDE

According to the Washington State Department of Health, 2 to 3 youth 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.....1(866) 4CRISIS, www.crisisclinic.org

National Suicide Prevention Lifeline 1(800) 273-TALK

The Trevor Project (24 hrs)1(866) 4UTREVOR

www.thetrevorproject.org

Focus on GLBTQ individuals

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