



YOUTH YELLOW PAGES

United Way's First Call

July 2009

AIDS

AIDS (Acquired Immune Deficiency Syndrome) is about getting sick . . . and dying. That's the bottom line. AIDS is a killer and there is no cure.

AIDS is caused by a virus called HIV (Human Immunodeficiency Virus). HIV may live in the human body for many years before a person becomes sick. HIV gets into a person's bloodstream and attacks the body's immune system, leaving the body defenseless and unable to fight off infections and disease.

Learn the facts about AIDS. Ask questions. Learn all you can. It may make a difference in YOUR life.

FOR MORE INFORMATION CALL:

AIDS HOTLINE.....800.334.2437

AIDS Network:

Beloit..... 364-4027
Janesville..... 756.3010
Madison..... 800.486.6276

Beloit Area Community

Health Center 361.0311
74 Eclipse Center, Beloit HIV/STD testing at no cost.

Beloit Inner City Council/Tellurian..... 365.6600
Confidential HIV/AIDS testing and counseling.

Public Health Nurse

Beloit..... 364-2010
61 Eclipse Center, Beloit
Janesville..... 757-5440
3328 Highway 51 North, Janesville, anonymous testing for HIV for residents of Rock County.

ALCOHOL & OTHER DRUGS

Today, everyone is exposed to the temptation to try alcohol or other drugs. Some people experiment for curiosity, kicks, peer pressure, or to escape problems in their lives. Addiction can sneak up on you! The dangers of alcohol and other drugs are:

- Long-term physical or mental illness
- Causing harm to others
- Overdose
- Addiction
- Accidents
- Death

INHALANTS are breathable depressants. Most are toxic as well as intoxicating.

MARIJUANA (Weed) affects memory and interferes with thinking and coordination. It can cause you to feel depressed and anxious. Marijuana can interfere with feelings, the ability to learn, and decision-making.

CRACK, COCAINE, and CRYSTAL-METH are stimulants. These drugs are especially dangerous because addiction and damage to the body can happen very fast.

HEROIN is a highly addictive drug, it is a "downer" or depressant that affects the brain's pleasure system and interferes with the brain's ability to perceive pain

NICOTINE is found in cigarettes, chewing tobacco, and snuff. It is one of the hardest substances to quit.

PRESCRIPTION DRUGS are ordered by a doctor to treat a specific condition. Using another person's medication or using prescription drugs incorrectly is dangerous.

FOR MORE INFORMATION CALL:

Al-Anon Hotline

Beloit 364.0520
Janesville..... 756.1720
Provides support group meeting information.

Alateen Hotline..... 756.1720
For teens from an alcoholic family.

Alcoholics Anonymous (AA) Hotline:

Beloit 364.0520
Edgerton – Rock County Hotline..... 754-1766
Evansville – Rock County Hotline 754-1766
Janesville 12 & 12..... 314.1090

Beloit Inner City Council/Tellurian..... 365.6600
Education and intervention for alcohol and drug addiction.

Catholic Charities:

Beloit 365.3665
Janesville..... 752.4906
Individual & family-focus on alcohol and other drug problems.

Counseling Care Center 364.5686
Beloit Memorial Hospital. Outpatient mental health, alcohol and other drug abuse counseling.

Drug Help 800.662.4357
A national substance abuse information and referral service.

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED™



FOR AN EMERGENCY911

Janesville Counseling Center757.5215
 Alcohol and drug assessment. Sliding scale available.

Lutheran Social Services

Beloit.....362.6629
Janesville.....752.7660
 Assessment and group therapy for individuals and their families experiencing alcohol/drug abuse.

Mercy Options Comprehensive Mental Health and Addiction Treatment

Beloit.....365.2709
Janesville.....756.5555
 An integrated system of mental health and addiction treatment services. It is a comprehensive system, encompassing programs for both adults and adolescents with various levels of care to meet individual need.

Crisis Intervention

Detoxification757.5025
 Offers medically supervised detoxification for ages 12 through adult.

Rock County Youth2Youth.....365.1244

Coalition is a membership of adults and youth who are actively working to educate and advocate for change throughout Rock County towards tobacco and underage drinking issues. New members are always welcome.

Y2Y mission is to harness the powerful influence of peer pressure - making it a positive force that encourages young people to live free of tobacco, alcohol and other drugs.

There are many program areas of Y2Y that Rock county youth can participate in, they are:

**FACT(Fighting Against Corporate Tobacco)
 A statewide youth movement, with over 8,000 members. Of those 8,000 members, 1200 of them are from Rock County. FACT is a youth led, youth driven movement with the mission of turning the tables on corporate tobacco by exposing their lies. Youth become involved in an advocacy programs and take a stand against an industry that uses youth to make a killer of a profit. These youth are also the ones that speak at legislative meetings about upcoming bills, help organize and pass smoke-free restaurant ordinances, are involved in the Tobacco Youth Access Project, and do much more.*

Latino Y2Y Latino middle and high school youth throughout Rock County deliver a prevention message in Spanish throughout Latino neighborhoods. Education and advocacy are promoted to youth and adults.

**NIKE(Nicotine Is Kids Enemy)*

A middle school peer-advocacy program that is currently implemented in seven middle schools throughout Rock County. The youth are trained about the harmful effects of tobacco and marijuana use and how the tobacco industry is trying to get them hooked through different media outlets. They then develop a presentation that is presented to elementary youth in the county.

TEG (Tobacco Education Group) an education and cessation program for youth who receive a first time tobacco citation. The goal of this program is to encourage and assist youth in quitting their tobacco addiction.

NA – NARCOTICS ANONYMOUS

All Areas

World Service Office.....818.773.9999

Beloit362.8866

Tom931.5668

Janesville

First United Methodist.....362.8866

Tom931.5668

Uses Twelve –Step Mutual Support Group.

NATIONAL CLEARINGHOUSE FOR ALCOHOL AND DRUG INFORMATION

Out of area.....800.729.6686

Spanish.....877.767.8432

NATIONAL INSTITUTE ON SUBSTANCE ABUSE

HELPLINE

Out of area.....800.662.4357

Automated phone system to be used for ordering information regarding alcohol and other drugs. This is also a referral service for treatment available in the caller’s geographical area. Information on grants also available.

COUNSELING

Today more than ever, it seems like pressure is hard to escape. You may feel stress building at home, at school, and most of all, within yourself. It may be hard for you to share your thoughts with others, especially those who are close to you. That’s when counseling can help.

By expressing your feelings to someone who is objective, concerned, caring, trustworthy, and trained in the mental health profession, the solutions to your problems may seem easier to find. You might also talk with your school counselor and see what assistance he or she can provide.

WARNING SIGNS:

- Sudden changes in mood or behavior
- Depression - feeling unhappy for a long time

For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

- Anxiety – strong feelings of fear or nervousness
- Losing your temper over small things
- Dropping grades
- Talking about suicide

FOR MORE INFORMATION CALL:

Catholic Charities Inc.

Janesville..... 752.4993
Individual and family outpatient counseling focusing on depression, fear, anxiety, anger management, family problems.

Crisis Intervention Service..... 757.5025
Crisis and suicide counseling 24 hours a day. For more information about suicide see page 15.

Counseling Care Center..... 364.5686
Beloit Memorial Hospital. Outpatient mental health, alcohol and other drug abuse counseling.

Genesis Counseling Services..... 757.0404
Individual and family outpatient counseling.

Girls & Boys Town National Hotline..... 1.800.448.3000
The Boys Town National Hotline offers short term crisis counseling and information/referral to children and families. Issues discussed on the hotline include: suicide, abuse, parenting issues, substance abuse & runaways.

Janesville Psychiatric Clinic..... 755.1475
Individual and family outpatient counseling.

Lutheran Social Services 752.7660
Individual and family outpatient counseling. Fees based on ability to pay.

Mercy Options Comprehensive Mental Health and Addiction Treatment
Beloit..... 365.2709
Janesville..... 754.2264
An integrated system of mental health and addiction treatment services. It is a comprehensive system, encompassing programs for both adults and adolescents with various levels of care to meet individual needs.

Runaway and Youth Services..... 800.924.7238
24-hour helpline for youth and concerned individuals.

Adolescent Services Center 757.5378
Mental health assessments, accepts sliding scale, insurance, and private pay; can make referrals to the in-home family therapy program.

High School Guidance Offices:

Beloit Memorial.....	361.3029
Beloit Turner.....	364.6374
Clinton.....	676.2223
Craig.....	743.5251
Edgerton.....	884.9402
Evansville.....	882.4600
Milton.....	868.9560
Parker.....	743.5651
Parkview.....	879.2783

CULTS

Cults are groups that are led by an all-powerful leader or leaders who claim to have special powers. Cult leaders demand total loyalty, discourage rational thought, and may even insist that followers sever all ties with friends and family in order to devote their lives to the cult.

Samaritan Counseling Center.....608.663.0763
Dr. Dan Feoster counsels individuals or groups that have been involved in cults, gangs and hate groups. You can e-mail Dr. Feoster at dfeoster@aol.com.

CULTURAL DIVERSITY

The world is culturally diverse. That means it is made up of many different cultures – ethnic groups, races, languages and religions. Everybody is different. You can choose whether to embrace or ignore the opportunities a diverse society presents.

The first step is to become culturally aware of how you treat others who are different.

Positive responses include:

- **FRIENDSHIP**
- **FAIRNESS**
- **GENEROSITY**
- **RESPECT**

Negative responses are:

- **RACISM** - false belief that race causes a person to be better or worse than someone of a different race.
- **PREJUDICE** – basing judgment or disapproval on unsupported information about a group.
- **STEREOTYPING** – preconceived or oversimplified beliefs about a group in general.
- **DISCRIMINATION** – treating someone unfairly because of their group.
- **SCAPEGOATING** – deliberate policy of blaming a group when the fault actually lies elsewhere.

For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

Contact your school for information about the Human Relations Club.

FOR MORE INFORMATION ON CULTURAL DIVERSITY CALL:

Bridge Builders of Rock County 752.8342
Offers opportunities to get together for conversation.

Diversity Action Team 752.2100
Mission is to respect the dignity and diversity of all individuals. We look for opportunities to create awareness of diversity and congratulate groups and individuals who promote diversity in their daily activities. Contact Leslie.

EATING DISORDERS

In a society that's preoccupied with appearance, it can be hard to develop a satisfaction with how our bodies look. A negative body image can mean problems with depression, shyness and eating disorders.

WHAT IS AN EATING DISORDER?

ANOREXIA – self-starvation and excessive weight loss. Symptoms: Loss of at least 15% of body weight, intense fear of weight gain, distorted body image, loss of three consecutive menstrual periods in females, insistence on keeping weight below a healthy minimum.

BULIMIA – binge eating followed by purging or vomiting. Symptoms: Repeated episodes of binge eating and purging, feeling out of control during a binge, purging after a binge (vomiting, use of laxatives, diet pills, diuretics, excessive exercise, or fasting), frequent dieting, extreme concern with body weight and shape.

COMPULSIVE OVEREATING – periods of impulsive or continuous eating. Symptoms: A person may fast (eat no food at all) or go on diet after diet. Body weight may vary from normal to mild, moderate or severe obesity. If you are concerned about your own or a friend's weight or eating behaviors, check with a doctor or call:

Mercy Options Comprehensive Mental Health and Addiction Treatment.....756-5555
Information/Referral Line for psychiatric outpatient care, including Bulimia and Anorexia support groups.

Genesis Counseling Services..... 757.0404
Individual and family outpatient counseling focusing on eating disorders.

Overeaters Anonymous:

For information on these programs and more, contact First Call:

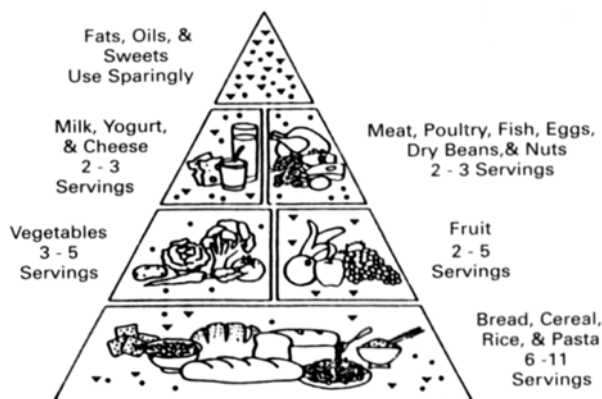
Phone: 752-3100

Website: www.firstcallrock.com

Beloit & Janesville, Linda Lou.....756-1455
A support group to help persons recover from compulsive eating using the 12-Step Model.

EATING RIGHT

What you eat affects how you look, how your body grows, how you feel and how much energy you have. Only you can take charge of your eating style.



FOR MORE INFORMATION CALL:

American Heart Association800.242.8721
Provides programs for students on nutrition and heart disease prevention.

Nutrition and Health Associates
Beloit 362.1566
Janesville..... 754.3722

UW Extension Nutrition Education Program:
Beloit363.6271
Janesville.....757.5694
Provides research-based information to enable adults and youth to get the most value for the money spent, and to reduce diet related health risks.

EDUCATION

Getting an education is one of the most important things a young person can do. Staying in school and graduating is the best way you have of reaching your goals for the future. If you are having trouble with your grades in school, get help.

If things are happening in your life that make staying in a regular school seem impossible, you don't have to give up. Alternative schooling may be available to help you finish your education. Talk to a teacher or counselor.

FOR MORE INFORMATION CALL:

After School Tutoring

Beloit College Outreach Program.....363.2000
Provides high school students with educational opportunities designed to prepare them for college.

Help Yourself Program.....361.4000
Pre-collegiate tutoring, scholarships and grants are offered to attend the Beloit College.

Alternative Schooling

Beloit Eclipse Charter School.....361.3340

Beloit Fresh Start365.6765
Provides Beloit at-risk youth an opportunity to attain education goals, such as a high school diploma, GED or HSED, while developing life and work skills in the construction of a home to be sold to a low-income family. The program targets low-income youth 16-24 years of age in Beloit. Teams of youth will rotate a schedule involving educational programming and construction site work. The program will pay youth a rate of \$6/hour for the hours spent in the program.

Beloit Roy Chapman Andrews Academy 361.3335

Blackhawk Technical College 758.6900
Offers classes and individualized instruction at the high school and pre-high school level leading to a high school diploma and/or college preparation.

CRES Academy Charter High School.....743-5087
Provides a safe, sober, restorative and challenging school climate for students who have made a personal commitment to drug and/or alcohol recovery, who have a desire to successfully complete their high school education and who are willing to actively participate in their school and their community.

**Edgerton Community High School
 Alternative Program884.9402**
Located at the Tri-County Community Center in Edgerton, offers a high school education in an adult setting.

Janesville Academy for International Studies314-1180
JAIS partners with Craig and Parker to provide alternative, effective experiences that focus on global education. Upon completing of Academy requirements, 2 or 3 credits will be included in your home school transcript. These honor credits can meet requirements in social studies and language arts or can be considered interdisciplinary electives.

Janesville Virtual Academy.....743-5146
Certified teaching and mentoring staff brings students, parents, and community together in standards-based contemporary learning environment. Students in grades 9-12 have the opportunity to enroll full-time and receive a School District of Janesville Virtual Academy Diploma.

Rock River Charter School752.8273
An alternative high school located in Janesville, offers a high school education in an adult setting. Applications available at Janesville School's Student Services.

TAGOS Leadership Academy931-8434
Provides gifted and talented students, special education students, home-schooled students, and students under expulsion orders with the opportunity to learn and grow in a project-based, supportive, and safe environment where individuality and community are instilled for lifelong success.

**Wisconsin Christian Home Educators
 Association.....414.425.6324**
Offers support and information to parents of families interested in providing in-home schooling to their children.

WI Nat'l Guard Challenge Academy755.1222
A 22-week program at Fort McCoy for high school dropouts or habitual truants who have the desire and courage to change the direction of their lives.

Education Beyond High School
 Your school counselor will have lots of information to share with you about different schools you could attend.

Beloit College.....363.2000
Offers the Upward Bound Program for high school students with educational opportunities designed to prepare them for college.

**Blackhawk Technical College
 Information Hotline757.7710**
Offers credit classes leading to a degree/diploma.

**University of Wisconsin:
 University of Wisconsin Madison608.262.1234**
24-hour information access line. Online information on courses offered. www.wisc.edu scroll to bottom of page and quick link to timetable.

University of Wisconsin Rock County.....758.6565
Prepare for more than 250 majors or begin studies without a major and complete the general education requirement which is transferable to any of the University of Wisconsin Bachelor's degree-granting institutions.

For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

University of Wisconsin Whitewater 262.472.1234
To request a catalog of courses offered.

For more information on vocational schools or colleges, contact your school library, or a Rock County Library. See page 8 for the branch library nearest you.

FINANCIAL AID

There are many forms of financial assistance available for students in need. Your school counselor will have information on what kind of financial assistance is available to you.

For more information contact:

Project AHEAD

Beloit..... 295-4995

Janesville..... 758.6523 ext. 200

An initiative funded by the University of Wisconsin system to promote educational success among educationally disadvantaged populations in Rock County. It is a community based pre-collegiate program for adults in the Rock County area. Services include: financial aid and college application assistance; assistance in choosing a career and post-secondary institution; career counseling; goal setting; and community based referrals.

Many students help pay for their educational expenses by making a commitment to one of the branches of the military.

U.S. Armed Forces Recruiting Offices:

Air Force 752.5521

Air National Guard 800.236.4683

Army 752.8197

Marine Corps..... 752.3832

Navy..... 752.7003

Wisconsin Army Nation Guard 755-1222

GANG RESISTANCE

Youth join a gang because they're looking for a sense of belonging, respect, and safety. Some people say being part of a gang feels like being part of a family. But there's a big difference. Families don't ask you to shoplift, write graffiti, do drugs or assault other people. Gangs do. There are ways for you to avoid getting involved with gangs. Learn to make up your own mind (see Peer Pressure, page 10). Practice positive ways to solve differences (see Violence/Abuse, page 17).

Build on the good things in your life (see Self-esteem, page 13).

The early adolescent years are a crucial time when youths are exposed to gangs and the influence of gang-related behaviors. **Behaviors to be aware of:** withdrawal from family and long time friends, declining school performance, confrontational behavior, and drastic changes in hair or dress style.

Common Gang Identifiers:

Graffiti, tattoos, hand gestures, clothing (colors can be representative of a gang if worn repeatedly)

What Parents Can Do:

Get to know your children's friends and the friends' parents. Talk to your children about ways to deal with pressure from friends. Set firm limits with your children and teens, and plan family time.

FOR QUESTIONS ABOUT GANGS, CONTACT:

High School Guidance Offices:

Beloit Memorial High School361.3029

Beloit Turner High School.....364.6374

Clinton Senior High School.....676.2223

Craig High School743.5251

Edgerton High School884.9402

Evansville High School882.4600

Milton High School868.9560

Parker High School.....743.5651

Parkview High School.....879.2783

Police Liaison Officer:

Beloit Memorial High School361.3018

Craig High School743.5213

Milton High School868.9300 ext. 1057

Parker High School.....743.5674

GRIEF

We often experience loss in our lives. Things like a friend moving away, death, flunking a test, losing a pet, breaking up with someone, changing jobs; all are examples of loss.

What do you do about this feeling of grief?

How do you heal the feeling of loss?

Grief is normal and healthy. Healing the wound of grief is allowing yourself to feel the pain, to cry, to experience the intensity of the moment and then to move on. Each of us handles grief in our own way, just as we do other emotions.

Here are some things that have helped others:

- You can seek information on grief. There are many different books on grief.

For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

- If you enjoy writing, keeping a diary of your feelings helps process through grief.
- Let yourself be angry if you are feeling this way. Some ways to express anger in a non-harmful manner are closing yourself in a room and screaming at the top of your lungs, hitting your pillow or going for a run.
- Cry if you want. Crying is a natural way of dealing with grief.
- Recall positive memories of your loved one.
- Remember your loved one by a memorial of some type, such as a poem, a scrapbook, or a collage.

Most importantly when working through grief, you must talk about what you have lost and how it makes you feel.

If you would like additional support call:

Angel On My Shoulder 800.860.3431

A cancer support foundation whose mission is to improve the quality of life for those affected by or afflicted with cancer. Gives supports to those who have experienced loss by cancer. Offers training to caregivers of those afflicted by cancer.

Beloit Regional Hospice Inc..... 363.7421

“Bereavement Support Group”; open to any community member who has suffered a loss through death.

Cargill United Methodist Church..... 752.0548

“Grief Support Group”; for anyone who has lost a loved one.

Hospice Care Inc 755.1871

“Teens Together”, a support group designed for teenagers. “Surviving the Holidays”; a bereavement holiday support group that meets in November.

Pet Loss Group 752.5622

Offers a support group twice a year. Call Hospice or Rock County Humane Society for details.

There is no charge for any groups and short term individual counseling is available to anyone.

HEALTH

Good health is no accident. Good nutrition and exercise help a lot (see Eating Disorders, page 3). Make other smart lifestyle choices like not smoking or doing drugs, and always wearing a seat belt in the car.

IF YOU DON’T HAVE A FAMILY DOCTOR, YOU CAN GET HELP CHOOSING ONE BY CALLING:

For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

BadgerCare Plus800.362.3002

Provides health insurance to uninsured low income children and their parents. There are eligibility requirements and they can be found out by contacting the local department of health services or W-2 agency.

Beloit Area Community Health Center.....361.0311

A clinic that offers sliding scale at the Beloit Mall.

DIAL-DOC-TORS Physician Referral Service362.8677

Physicians for Beloit and surrounding communities.

First Choice Women’s Health Center755.2438

Services include Pap Smears, breast exams, STD testing and treatment, pregnancy testing and counseling.

Health Net of Janesville.756.4638

A free clinic located in downtown Janesville serving any resident of Rock County who has no insurance.

Janesville Community Health Center 758-7814

Mercy Child and Adolescent Day Treatment741.2117

Mercy Healthline..... 756.6100

Mercy Health Care System, 8am – 8pm seven days a week service for health-related questions, staffed with registered nurses.

Nutrition and Health Associates

Beloit362.1566

Janesville.....754.3722

Physician Referral Dean Clinics755.3504

Dean Care patient advocacy and physician referral.

Physician Referral Medical Cards.....800.362.3002

Doctors that will accept Medical Assistance cards.

Public Health Nurse:

Beloit 364-2010

Janesville.....757.5440

For information about public immunization clinics, hearing and vision screening, AIDS and STD testing, and maternity care.

HOMELESS

A student is considered “homeless” if he or she is presently:

- Living in a shelter
- Living in a motel, hotel or campground due to lack of adequate housing
- Sharing a house with relatives or others due to lack of adequate housing

- Living at a train or bus station, a park, or in a car
- Living in an abandoned building
- A youth not living with a parent or guardian
- A child awaiting foster care placement
- A child of a migrant worker
- In other situations that are not fixed, regular, or adequate for nighttime residence

For information or assistance you may call:

Crisis Intervention Services..... 757.5025
24 hour hotline available to assist homeless persons and provide them with information.

Homeless Liaison of Janesville School Dist. 743.5070

JOB EXPERIENCE

At most places, you must be 16 years old to get a job. There are many opportunities for teens of any age to gain some job experience and learn some new skills. Some of these jobs will pay a salary; others will not. The important thing is to get some valuable experience. You can baby-sit, mow lawns, or do odd jobs around your neighborhood.

For summer opportunities:

Salvation Army..... 757.8300
Hire teens for their summer camps.

Work permit:

Apply at your High School, or call:

Rock County Clerk 757.5660
Rock County Job Service..... 741.3400

Before you apply for a job, make a list of your work experiences, volunteer activities, odd jobs, and people who can recommend you.

Some questions to ask yourself are: What do I like to do? What am I good at doing? How will I get to and from a job? How many hours and days a week can I work? What are my special skills (such as typing, computer use, photography, auto repair, working with people)? Do I have any extra-curricular activities or hobbies? Read the classified ads of the newspapers for job openings; write letters of application to the local businesses where you'd like to work.

Job Corps..... 800.733.5627
Applications for summer employment can be picked up at Janesville Leisure Services, 17 North Franklin, or Rock County Court House Personnel Department.

Rock County Job Services.....741.3400
1900 Center Avenue, Janesville has information on jobs available.

THE LAW AND YOU

Each state has laws that deal with acts committed by young people. Just because someone is under the age of 17 (considered a juvenile) does not mean that laws do not apply to them. In Wisconsin, you can be tried as an adult if you are as young as 10.

FOR ANY QUESTIONS REGARDING YOUR LEGAL RIGHTS AND RESPONSIBILITIES CALL:

Adolescent Services.....757.5378
Counsels juveniles and supervises their legal affairs. Adolescent Services can answer questions even if you're not in trouble but just want some information about juvenile law.

Public Defender.....758.6170
Provides legal counsel in juvenile cases.

ALCOHOL, DRUGS AND DRIVING

Driving ability is reduced greatly with only a small amount of alcohol or drugs. It is important to ask the doctor about side effects of any prescription drugs you may be taking.

ALCOHOL LAWS

In Wisconsin, if you're a juvenile, you risk losing your driving privileges if you violate any of these three laws:

1. **Underage Drinking:** If you are under the age of 21, it is illegal for you to possess or consume alcoholic beverages or go to a bar or liquor store.
2. **Absolute Sobriety:** If you are under 19, Wisconsin law requires that you remain absolutely sober – you may not have a blood alcohol level over 0.00%
3. **Operating a Vehicle While Intoxicated:** If you drink and drive, you may be charged with OWI if your blood alcohol level is 0.08% or over on a first offense. If you are 16 or older, you'll be treated as an adult. Penalties for a first offense are: a \$565 - \$749 fine, plus 6 points assessed on your driving record, plus an alcohol assessment.

FOR MORE INFORMATION ABOUT ALCOHOL, DRUGS AND DRIVING CALL:

Intoxicated Driver Program.....757.5302
Assessment, referral and monitoring of persons convicted of operating a vehicle while intoxicated.

MADD.....800.799.6233
Provides information about drinking and driving.

For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

DRUG LAWS

The maximum penalty for possession of a small quantity of *pot* can be up to one year in a juvenile commitment program. The penalties for an offense involving hard drugs like *cocaine, speed, crack, Heroin*, or large amounts of *marijuana* can be very harsh.

ARREST

Actually, juveniles aren't "arrested" in Rock County; they're "taken into custody". You could be taken into custody if you are suspected of a criminal offense – just like an adult could be arrested.

Other offenses like truancy, running away or being uncontrolled are called status offenses, and apply only to juveniles. You could also be taken into custody if you are suspected of a status offense.

Do not resist being taken into custody. The most important thing to do is to cooperate with the police – your attitude and cooperation will have a direct effect on how you are treated.

You should give the police your name, address, phone number, and date of birth and your parent's name and phone number. If you want to wait until you have a lawyer before answering further questions, you have that right just as adults do.

PRANKS

A simple prank, like removing hubcaps or spraying graffiti, can bring a serious charge against you.

SEARCH WARRANTS

A search warrant is a document signed by a judge giving permission to search a house, car, store, locker, or other property. In the following situations, the police can search without a warrant:

- If there is reason to believe a young person has broken or is about to break a law.
- If a car is believed to have been involved in a crime.
- If a person gives permission for the search.
- If the police are searching for a dangerous person who goes into the home.
- If someone is taken into custody, a thorough search will be made to locate weapons and assure evidence will not be destroyed.
- If the police believe a weapon is in a car, they may search unlocked parts.
- If the driver is taken into custody, any part of a car may be searched (trunk, locked glove compartment).

THEFT

Taking things that do not belong to you without the permission of the owner is theft. There is no difference between shoplifting and retail theft – the penalties are the same.

WEAPONS LAWS

Laws vary according to city or state. A young person who is stopped by the police and found to have a gun or other weapon can be arrested and charged with possession of a concealed weapon.

WHAT TO DO IN CASE OF A CAR ACCIDENT

If there are injuries, call 911 at once. Drivers of the cars should exchange names, addresses, phone numbers, names of insurance companies and driver's license numbers. Accidents involving damage must be reported to the police. Drivers should not move their cars until the police arrive.

LIBRARIES

Public libraries provide many free services to young people. There are books available on everything from basketball to romance, college catalogs, books on building self-esteem, fashion and beauty, and job hunting skills. Libraries also have magazines, newspapers, computers, computer software and on-line subscriptions, audio and video cassettes, compact discs, and artwork.

Rock County Public Libraries:

Beloit:	
Beloit Public Library.....	364.2905
Clinton:	
Clinton Public Library	676.5569
Edgerton:	
Edgerton Public Library.....	884.4511
Evansville:	
Eager Free Public Library	882.2260
Janesville:	
Hedberg Public Library.....	758.6588
Milton:	
Milton Public Library.....	868.7462
Orfordville:	
Orfordville Public Library.....	879.9229



For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

MINORITIES

Help with employment, housing, and assist with filling out paperwork. Youth programs and programs to help people stay out of jail. Newsletter in Spanish. Provides support, shelter, or whatever needs are.

- Conexiones Latinas 920.568.5018**
- Diversity Action TeamNeil, 752.8342**
- Greater Beloit Minority Coalition Rev. Prude, 362.0562**
- Janesville YWCA Immigrant Outreach..... 752.5445 ext. 222**
- Labor Council for Latin American Advancement .. 563-4193**
- Latino Service Providers Coalition Rock County .. 313-8733**
- Ministerio Latino de Espiritu de Esperanza..... 361.0198**
- NAACP..... 362.0314**
- United Migrant Opportunity Services, Inc. 608.249.1180**

PEER PRESSURE

Everyone cares what others think, and they want to fit in. When you are just starting to think for yourself, the influence of your friends and people your age – your peers – can be powerful. It can affect how you feel, dress, and act. Peer pressure can be good and bad. Good pressure from your peers might lead you to play sports, study hard, or join clubs. Sometimes the pressure may be about actions that have more serious results like skipping school, using alcohol or drugs, shoplifting, or having sex.

Show your friends you have a mind of your own. When your peers see you stand by your good decisions, it may help them make better decisions in the future. Many schools offer **PEER SUPPORT** programs where students who believe in resisting negative peer pressure offer each other support and information.

There may be PEER SUPPORT programs at your school, where students help each other learn how to resolve conflict. FIND OUT!
GROUPS THAT ARE COMMITTED TO MAKING SMART LIFESTYLE CHOICES ARE:

Project SUCCESS:

For information on these programs and more, contact First Call:
 Phone: 752-3100
 Website: www.firstcallrock.com

- Craig High School 743.5222**
- Parker High School..... 743.5638**
- Rock River Charter 290.8265**

A program at all the high schools in Janesville for alcohol and drug prevention/intervention. We screen youth and assess for service needs. We offer individual support as well as groups.

- Rock County Youth2Youth..... 365.1244**
Learn about the dangers of tobacco and share your knowledge with middle and high school students.

You can talk to your school counselor.

High School Guidance Offices:

- Beloit Memorial HS361.3029**
- Beloit Turner High School.....364.6370**
- Clinton Senior High School.....676.2223**
- Craig High School743.5205**
- Edgerton High School.....884.9402**
- Evansville High School882.4600**
- Milton High School868.9560**
- Parker High School.....743.5650**
- Parkview High School.....879.2783**

See THINGS TO DO, page 15

PEOPLE WITH DISABILITIES

Someone with a special sensory, physical or mental need is sometimes said to have a “disability”. People with disabilities may: see or hear little or not at all, have limited or no use of their arms or legs or have learning or social problems. Dealing with a disability can involve social, emotional, sexual, and economic difficulties. One of the hardest things about having a disability is being excluded from the mainstream of life by people who are so called “normal”.

TALK WITH YOUR SCHOOL COUNSELOR:

High School Guidance Offices:

- Beloit Memorial HS361.3029**
- Beloit Turner High School.....364.6374**
- Clinton Senior High School.....676.2223**
- Craig High School743.5251**
- Edgerton High School.....884.9402**
- Evansville High School882.4600**
- Milton High School868.9560**
- Parker High School.....743.5651**
- Parkview High School.....879.2783**

FOR INFORMATION ABOUT SPECIAL NEEDS:

Wisconsin Badger Camp 608.348.9689

Summer camp near Prairie du Chien, Wisconsin offers for individuals of all ages with developmental disabilities a quality educational and recreational outdoor experience, including activities such as swimming, arts, crafts, nature study, fishing, and camping, in an outdoor setting. Camperships help people attend regardless of financial situation.

CESA 2 Vocational Opportunities and Assistance 741.6687

Provides assistance with career development, job seeking skills, job placement, and follow-up support.

Children with Special Health Care Needs..... 757.5440

Case management services to families with a child who has a special health care need. Parent mentor services and support groups are available.

Developmental Disability Board 757.5050

Provides a wide variety of services for persons of all ages who have disabilities. Services include: vocational programs, supervised living arrangements, prevention and family support programs.

Developmental Disability Counseling..... 752.4993

Provides counseling and case management to people with developmental disabilities and their families as well a family support program.

Independent Disability Services..... 754.0847

Advocates for all individuals with disabilities. Provides a respite care program, a payee program, and an independent living program.

Office for the Deaf and Hard of Hearing 608.243.5733

Provides information and referral, consulting, independent living and advocacy services for people who are deaf and hard of hearing.

Society's Assets, Inc 800.261.8181

Services people with physical or sensor disabilities, information and referral. Peer support advocacy, independent living skills, adaptive equipment and home modifications, loan closet, Telecommunication Relay System.

PREGNANCY

If you or someone you know thinks she is pregnant and is uncertain about what to do, there are places that offer help. You need to talk to your parents or someone you can trust and get medical attention right away.

FOR MORE INFORMATION CALL:

Beloit Area Community Health Center.....361.0311

74 Beloit Mall, Beloit, by appointment or walk-in, pregnancy testing on a sliding scale fee.

Evangelical Child and Family Agency800.686.3232

Counseling; all services at no charge; 24-hour availability. Housing available during pregnancy; infant care provided in licensed homes. Post adoption counseling; referrals for insurance, assistance for medical bills. Offers a Christian understanding, help and hope for women facing an untimely or problem pregnancy.

Catholic Charities

Beloit365.3665

Janesville.....752.4906

Provides pregnancy counseling for crisis pregnancy that includes management to assist parents in developing options and making choices that are best for them.

First Choice Women's Health Center755.2438

Provides pregnancy testing and counseling. Fees based on the ability to pay.

Healthy Start741.3488

It is intended to improve the health of children under age six by assuring necessary and adequate prenatal and newborn health care to low income households.

HUB Transitional Living Program.....364.9884

Subsidized housing, case management and supportive services for homeless teen parent families.

Lutheran Social Services752.7660

Birth Parent Counseling offers decision-making counseling and community referral services.

Material & Child Health Hotline.....800.722.2295

Nutrition and Health Associates

Beloit362.1566

Janesville.....754.3722

Pregnancy Helpline of Janesville755.9739

A 24-hour helpline, free baby and maternity items, advocacy for clients needing community resources.

Public Health Nurse of Rock County

Beloit 364-2010

Janesville..... 757-5440

Free pregnancy testing, able to provide a Medical Assistance card to eligible women.

For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

Stateline Pregnancy Center and Helpline 365.5433
Free Crisis pregnancy services. Bridges: support program to meet the needs encountered during an unplanned pregnancy. It is for young women who are either pregnant or have recently had a baby and are looking for support, friendship and assistance. Group meets on the 1st and 3rd Thursday of each month.

IN ROCK COUNTY, SINGLE YOUNG PARENTS-TO-BE CAN LEARN ABOUT CHILDBIRTH AT:

Hub Center 364.9884
Targets parents ages 10-25. Provides assistance with parenting skills through home visitation and parenting classes.

**Lamaze Birth Preparation:
 Beloit Memorial Family Care Center 364.5237**
Birthing classes during the second half of your pregnancy.

S.A.P.A.R. (School Age Parents)..... 752.8273
A support program for pregnant and parenting teens

PREGNANT GIRLS WHO ARE INTERESTED IN ADOPTION OPTIONS MAY CALL:

Lutheran Counseling & Family Service..... 800.291.4513
Provides adoption options. Helps birth parents make informed decisions and exercise their rights when facing an unplanned pregnancy.

Community Adoption Center..... 756.0405
Offers adoption service as well as birth parent counseling.

Stateline Pregnancy Center and Helpline 365.5433
Can arrange for prenatal care, long and short term housing, legal or psychological counseling, and adoption assistance.

Wisconsin Adoption Information center..... 800.571.1105
Confidential and toll-free information and referrals about the adoption process.

LEARNING TO BE A PARENT

Parenting is a very tough job and children don't come with instructions! Loving parents can end up abusing their kids because they never had the chance to learn how to take care of them. All parents have questions – the best parents find out the answers.

- At what age can a baby understand what “NO” means?
- What’s the best age to potty train a child?
- What can you do instead of hitting and yelling at your child?

- What is the difference between punishment and discipline?
- What exactly is child abuse?

FOR MORE INFORMATION ON HOW TO BE THE BEST POSSIBLE PARENT:

Exchange family Resource Center.....314-9006
Free child care is offered for all adult programming. If you wish to participate in any of the programs you must register at least 24 hours in advance.

Exchange Family Resource Center Warm Line.....314-9006
A link to non-emergency advice on the day – today trials of child rearing.

Family Living 757.5694
Building family strengths. Programs are provided via newsletters, publications, multi-session classes and in-home teaching.

HUB Teen Parent Connections..... 364.9884
Supportive services for pregnant and parenting teens 13-23 years of age.

Time for Parents Program 363.6271
In-home visitation program for all first-time parents, in-home visitation support, and provides referral service to other agencies.

Teen Parent Time..... 364.9884
A support group for pregnant and parenting teens.

RUNNING AWAY

It's not unusual to think about running away from home at some time. When you're feeling bad about your life – when you want most of all to do something – anything to change the way things are going – that is a time when it's hard to think clearly. **It's harder than you think to make it on your own.**

FOR INFORMATION OR HELP CALL:

Home Free..... 800.621.4000
*Allows runaway youth, 12-18 years, to return home free. To initiate the process, the runaway must contact the **National Runaway Switchboard.***

National Runaway Switchboard 800.621.4000
A free service that relays messages between runaways and their families.

For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

Runaway and Youth Services..... 800.924.7238
A 24-hour helpline for adolescents in trouble, on the run, needing emergency shelter, or needing to talk anonymously with a caring adult.

Parker High School.....743.5638

Rock River Charter209.8265
A program at all the high schools in Janesville for alcohol and drug prevention/intervention. We screen youth and assess for service needs. WE offer individual support as well as groups.

SELF-ESTEEM

Self-esteem or lack of it has a huge influence on the choices you make. Sometimes it can be hard to feel good about yourself if others put you down because of your appearance, race, ethnic background, religion, physical disabilities, the clothes you wear, or how much money you do or don't have.

WAYS TO BUILD SELF-ESTEEM:

- List your Good Qualities
- Compliment Others
- Offer Someone Help
- Set Personal Goals
- Make Friends with Positive People
- Be Yourself!

If you need to talk to someone about self-esteem, try a trusted friend or a favorite teacher. Many schools offer PEER SUPPORT programs where students help each other find solutions.

FOR MORE INFORMATION CALL:

1st Wisconsin Young Marines 815.670.1001
Tom West, Commander. The young Marines Program provides an alternative for youth to instill a sense of pride in themselves, in their community, and in their country. Young Marines make a pledge to maintain a drug-free lifestyle and are encouraged to influence family, friends and schoolmates to share this commitment.

Boy Scouts of America 756.4669
Exploring, Scouting and summer camping.

Girl Scouts of WI - Badgerland Council 800.362.3226
Training courses include curriculum design for facilitators, basic leadership courses, outdoor education, program enrichment and self development.

HUB Youth Connections 364.9884
Attempts to raise positive self-esteem in young teens and prevent unhealthy choices. It does this by matching at-risk middle school students with high school teen mentors. These mentors act as a role model, tutor, and friend.

Project SUCCESS
Craig High School 743.5222

Parents and Teens Together.....752.7660
A program of Lutheran Social Services that helps teenagers and their families deal with communications – stress and anger, problem solving, decision making, family rules, and meeting their own needs.

WI Nat'l Guard Challenge Academy755.1222
A 22-week program at Fort McCoy for at-risk youths who have the desire and courage to change the direction of their lives.

Youth Group.....756.4175
Children in grades 6-12 meet for religious education.

SEXUAL ABUSE

If someone is giving you physical attention (touching you) and you are not sure how you feel about it; if you are being touched by a family member, adult friend, or someone else, and it makes you uncomfortable, unhappy, or confused.....

**You may be the victim of sexual abuse.
 It is not your fault.**

Your feelings about the person who is abusing you might be all mixed up; you might sometimes feel angry, sometimes afraid, and possibly even guilty – or you might not know what to feel.

Talking with someone – a relative, or a friend's parents can help you sort out your feelings and start finding ways to help yourself.

TO GET MORE SUPPORT AND HELP CALL:

Sexual Assault 24 hour Crisis Helpline 757.5025
Sexual Assault Recovery of Rock County 365.1119
National Sexual Assault Crisis Helpline..... 1.800.656.4673

SEXUALITY

Let's say someone you care about wants to have sex and you don't know:

- What to do or say.
- How it may change your feelings about yourself or your relationship.

For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

- How to prevent pregnancy or disease.
- How to say "NO" without losing your friend.

Some couples have trouble agreeing on a stopping point. What should you do?

The first thing to do is to stop, and ...remember...the way you get pregnant is through sexual contact. Anyone who is sexually active can get sexually transmitted diseases.

Do you know all the facts? Knowing the facts about sexual activity can help you decide what to do, and what not to do.

Forcing someone to have sex is illegal. It is also illegal for anyone underage to have sexual intercourse or any other sexual contact.

It is important that you get the facts and sort through your feelings. You are the one who must make choices and be willing to live with the consequences.

YOU CAN GET THE FACTS FROM:

First Choice Women’s Health Center 755.2438
Provides information on pregnancy prevention and sexually transmitted disease.

H.E.A.R.T. 755.9739
(Helping Encourage Abstinence in Rock County Teens)
Individual and group counseling on the benefits of abstinence until marriage.

Nutrition and Health Associates
Beloit..... 362.1566
Janesville..... 754.3722

For more information about the risks of being sexually active, see:

- AIDS – page 1
- Pregnancy – page 11
- Sexually transmitted diseases – page 15

GAY/LESBIAN/BISEXUAL FEELINGS

An attraction to someone of the same sex doesn’t automatically make you gay or lesbian. Mature sexual feelings are just forming in your teen years, and some confusion at this time of your life is not at all unusual. More and more, clergy are prepared to handle sexuality concerns. If you have questions or are searching for help to work through your sexual feelings, you can call:

Briar Patch..... 608.251.6211
Support group for teens.

Genesis Counseling Services.....757.0404
Provides a wide range of confidential services to address a variety of personal concerns. Individuals, couples and families of all ages and lifestyles.

Integrity/Dignity.....608.836.8886
Offers counseling and support for homosexuals, especially for those who have questions about the religious dimensions, their feelings and situations.

Runaway and Youth Services800.924.7238
A 24-hour hotline, or meet with a counselor (at no cost) to discuss your concerns.

PFLAG Madison 608.848.2333
Support group for parents, families and friends of lesbians and gays.

Contact your pastor, priest, rabbi or your school counselor.

SEXUAL ASSAULT OR RAPE

Sexual assault is any forced or coerced sexual act. Sexual assault, rape, or the attempt to do either is a crime. The rapist can be anyone – a neighbor, a date, a friend, a relative, or someone you do not know.

You have the right to say NO to anyone who tries to Touch you in any way which makes you uncomfortable.

Here are some tips on avoiding sexual assault:

- Never walk alone at night. Avoid streets that aren’t clearly lighted.
- If you must walk in an unfamiliar area, plan your route in advance.
- Walk briskly and confidently. Do not look vulnerable. Keep alert.
- **CALL OUT FOR HELP** if the situation looks dangerous.
- **TRUST YOUR INSTINCTS!** If something feels strange, it probably is.
- Communicate your intentions directly with your date. Do not assume what body language might mean.
- Tell someone where you are going and what time you will be home.
- **TRUST YOURSELF!** Don’t second-guess your feelings.

FOR HELP CONTACT:

Chimera Self Defense.....608.251.7273

For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

A program that teaches women that they have the right and ability to protect themselves from actual or intended violence.

Sexual Assault Recovery of Rock County 365.1244

Sexual Assault Victim Services 305.0187
 24-hours a day, helps people who are victims of rape or sexual assault.

If you are a victim of rape or sexual assault, you should see a doctor immediately. If you want, someone from the **SEXUAL ASSAULT PROGRAM** will go to the doctor with you to be your advocate. You can call them any time, day or night.

See also VIOLENCE/ABUSE page 15

SEXUALLY TRANSMITTED DISEASES

Anyone who is sexually active can get sexually transmitted diseases (STDs), also known as venereal diseases (VD). The main way to get an STD is through sexual intercourse or through any other sexual contact with someone who is already infected.

**FOR MORE INFORMATION ABOUT
 PREVENTING OR TREATING STDs,
 SEE YOUR FAMILY DOCTOR, OR CALL:**

Beloit Area Community Health Care Center 361.0311
Sliding scale health clinic located in Beloit Mall.

Rock County Health Department
Beloit..... 364-2010
Janesville..... 757.5440
Anonymous and confidential. Partner counseling and referral service also offered.

First Choice Women’s Health Center 755.2483
Sliding scale health clinic located in Janesville.

Nutrition and Health Associates
Beloit..... 362.1566
Janesville..... 754.3722

SUICIDE

If someone talks about suicide, take it seriously. Friends may tell you they are thinking of killing themselves and ask that you keep it a secret.

THIS IS A SECRET YOU CANNOT KEEP!

With professional help a suicidal person can get better.

Some of the warning signs of suicide are:

- Talking about committing suicide.
- Giving away prized possessions.
- Significant change in behavior.
- Preoccupation with death.
- Having a “plan” to commit suicide.

If you or friends are thinking about suicide, someone at this number can help you day or night:

Crisis Intervention Service..... 757.5025
Offers suicide and crisis intervention 24 hours a day for people who are in crisis or for people who are afraid a loved one is in crisis.

Girls & Boy’s Town National Hotline 1.800.448.3000
The Boys Town National Hotline offers short term crisis counseling and information referral to children and families. Issues discussed on the hotline include: suicide, abuse, parenting issues, substance abuse & runaways.

Suicide Awareness Resources on the Internet
www.yellowribbon.org. **Focus on teen suicide.**
 Or call**800.784.2433**
 It’s Ok to ask for help!

THINGS TO DO

1ST Wisconsin Young Marines815.670.1001

4-H Youth Development Program.....757.5690

Girl Scouts of WI – Badgerland Council362.8922

Beloit Baseball Association (YMCA).....365.2261

Boys and Girls Club:
Beloit 365.8874
Clinton..... 365.5212
Janesville..... 755.0575
Offers area youths a place to get together after school and the summer, for sports and recreations, art, activities, and community service.

Boy Scouts of America.....756.4669

Civil Air Patrol Cadet Program.....800.359.2283
Multi-step program with exciting aviation and aerospace activities at both local and national levels. Scholarships, leadership, and flying are the hallmarks of cadet development.

Flag Football League754.6654

For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

Janesville Girl Scout Softball 362.8922 <i>Girls do not have to be in a Girl Scout Troop to play. The program takes place during June and July and participants play and practice every Tuesday and Thursday evening.</i>	Janesville Presents! 758.0297
Janesville Leisure Services 755.3030	Janesville Fife and Drum Corps 765.1611
Janesville Performing Arts Center 758.0297	Janesville Little Theatre 758.0297
Janesville Youth Baseball 754.2949	Janesville/Beloit Symphony Orchestra 363.2554
Kids From Wisconsin 414.266.7067 <i>Offers positions for dancers, vocalists, and band members. The Programs includes a 17-day training camp in early June followed by a 10-week tour of Wisconsin and the Midwest. Applications are available from public and private school music teachers or by contacting the office.</i>	Laura Aldrich Neese Theater 363.2755 <i>Beloit College, features student performances during the academic year.</i>
Merrill Community Center 365.1488 <i>Includes structured activities, speakers, special celebrations, field trips and nutritional snacks.</i>	Lincoln-Tallman Restorations800.577.1859
Milton 4-H 868.3268 <i>Youth organization designed to provide educational & recreational activities and life skills for the youth. Meets at Northside Intermediate School in Milton.</i>	MacDowell Music Club 754.4544
Rock Futbol Federation 758.2500	Milton Historical Center 868.7772
Rock Soccer Club www.rocksoccerclub.org	Rock County Historical Society Archives756.4509
Rock Valley Youth for Christ 758.3610	Rotary Club Edgerton931.5678
YMCA, Beloit 365.2261	Spotlight on Kids758.1451
YMCA, Milton 868.9622	XCellar8365.9131 <i>Teen Groups meet weekly and the youth have their own facility with pool hall, arcade, darts, air hockey and live D.J. Available Friday nights at 6 p.m.</i>
YMCA, NE Janesville 741.9622	U-Rock Players758.6565
YMCA, Northern Rock County 754.6654	Wright Museum of Fine Art363.2095
	Youth Group756.4175 <i>Children in grades 6-12 meet for religious education.</i>

Drop-in Centers:

Edgerton Teen Center info@nontoxicteencenter.com
Hub Center Beloit364.9884

Parks and Recreation

To find out about a certain park or recreation area, call:

Beloit Leisure Services364.2890
Beloit Parks Department364.2890
Bike Trails, Rock County757.5450
Brodhead Parks897.2159
Clinton Village Parks676.5304
Edgerton Parks884.4811
Footville Parks876.6116
Janesville City Parks755.3030
Janesville Leisure Services755.3030
Milton City Parks868.6900
Orfordville Parks879.2004
Rock County Parks757.5450

Cultural Opportunities

You can learn to explore your own creativity and appreciate others' talents thanks to groups like:

Beloit Civic Theatre 362.1595
Beloit College Performing Arts Series 363.2242
Beloit Historical Society 365.7835
Brodhead Historical Society Museum 897.4150
Hanchett-Bartlett Homestead 365.7835
Janesville Art League, Art Gallery 754.4544

For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

Veterans Memorial Park 715.743.4224
WI Department of Tourism..... 800.372.2737

Events and Activities

Check your school calendar to find out about activities you and your schoolmates can join.

Project SUCCESS

Craig High School 743.5222
Parker High School..... 743.5638
Rock River Center..... 290.8265
Youth Service Day..... 757.3058

VIOLENCE/ABUSE

Everybody gets angry sometimes, but there are times when some people get so angry that they lose control. They may throw things, punch the wall or hit somebody.

If you, a family member or a friend has been beaten up, or your own behavior is out of control or violent, it is time to seek help.

WARNING SIGNS OF ABUSE

Some of the actions and physical signs that are considered abuse include:

Abusive Actions

- Punching, kicking, or beating.
- Burning, choking, or suffocation.
- Confinement or restraint with rope, wire, cord, etc.
- Mental injury such as ridicule, harassment, and belittlement.

Physical Signs of Abuse

- Bruises, burns, welts, or broken skin.
- Cuts, punctures, or bites.
- Bone or skull fractures or internal injuries.

IF YOU OR SOMEONE YOU'RE WITH IS HURT OR IN DANGER, CALL:

Emergency Police Assistance..... 911
Alternatives to Violence..... 752.2583
Beloit Domestic Abuse Center..... .365.1119
Rock County Humane Society 752.5622
Call whenever you are concerned about the care and treatment of animals.

VOLUNTEERISM

Volunteering is a way that you can use your special talents to help other people. You can learn a lot, too. You might volunteer at a church, hospital, nursing home, or one of the agencies listed in this booklet.

For a volunteer opportunity that matches your time and talents to an agency call:

Girl Scouts of WI – Badgerland Council800.362.3226
Boy Scouts of America..... 756.4669

Live United Club 769.8974
Members build a better understanding of volunteerism and promote a united and divers North Rock County through our sponsor organization. The Club is currently made up of a group of high school students at Craig High School, but it soon hopes to spread to other high schools in the area.

Special Olympics

Provides year-round sports training and athletic competition for a variety of Olympic type sports for children and adults with mental retardation giving them opportunities to develop physical fitness.

Greater Beloit 800.924.4320
Janesville..... 752.8117
Southeastern Wisconsin..... 262.598.9507

Project SUCCESS

Craig High School 743.5222
Parker High School..... 743.5638
Rock River Charter School 290.8256

Rock County Youth2Youth..... 365.1244

United Way’s Volunteer Network 757.3058
Voluntary Action Center 365.1278

Youth Service Day..... 757.3058

Everyone, no matter what their age or experience, has something wonderful to offer others.

Volunteering is a good way to:

- Have Fun**
- Meet new people**
- Learn new skills**
- Gain new insights**
- Meet new challenges**
- Build a better society**

For information on these programs and more, contact First Call:

Phone: 752-3100

Website: www.firstcallrock.com

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