

Youth
Resource Guide
2002- 2003

cattaraugus county
new york state • usa



**The New Youth
Resource Guide
of Cattaraugus County**

Where to find it...
even if you don't know what it is!

Developed and Publishing by:
Cattaraugus County Youth Bureau and
Cattaraugus County Department
of Social Services

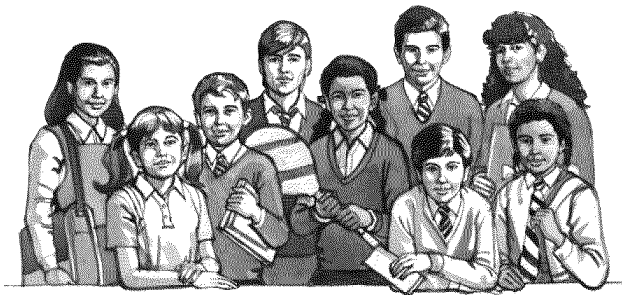
with assistance from the
ACCORD Corporation and the
NYS Office of Children and Family Services

First printing in celebration of the
25th Anniversary of the Cattaraugus
County Youth Bureau, September 2001.

A Message to the Youth of Cattaraugus County..

When times are hard and you do not know how to talk to your parents about your problems, you can always rely on The NEW Youth Resource Guide for help. Take it from youth that know, The NEW Youth Resource Guide will provide information on issues we are all facing, ranging from parents' divorce to sexually transmitted diseases. Whatever your concern, this booklet lists contact information for organizations that can help. If you are ever in need, remember there are many caring people willing to support you. Find them in The NEW Youth Resource Guide!

From The Youth of Cattaraugus County





INTRODUCTION

As teenagers are faced with various questions and decisions, The NEW Youth Resource Guide contains information written especially for YOU! This directory focuses on critical topics and offers information and contact numbers about services in our community. The NEW Youth Resource Guide will let you make choices and will give you information you need to reach informed, individual decisions.

In addition to the numbers in this directory, there are many people in your life who can listen and be helpful parents, family members, teachers, counselors, religious leaders or friends.

Don't hesitate to ask for help! The NEW Youth Resource Guide does not list all community services available. It is meant to be a starting place.

In the back of the book you will find a place to write down names and numbers of people who have been helpful, whom you may want to call again. We did not include names of contact people in agencies as part of the Youth Resource Guide because they often change.

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EMERGENCY NUMBERS!

911

POLICE - FIRE - AMBULANCE DIAL 911

NEW YORK STATE POLICE

Olean - 373-2550 • Ellicottville - 699-8012
Franklinville - 676-5712 • Machias - 353-8000

CATTARAUGUS COUNTY SHERIFF DEPT.

Little Valley - 938-9111
Emergency Only - 1-800-443-3403

How to call for information...

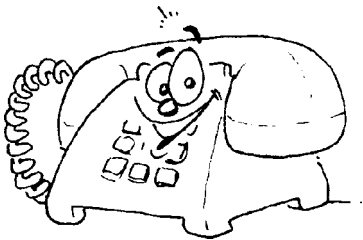
When calling for information about services, use this simple call guide. Have paper and pen or pencil ready to write down names, phone numbers and information that you need to know, such as when your appointment is, what you should bring with you, and exactly with whom you will be meeting. Begin by saying, "I would like to talk to someone about..." and then state what you need, whether you want information about a medical problem or housing, are seeking a source for jobs, or looking for other resources.

Things to ask:

- Who is the person I need to speak with?
- How much does it cost?
- When are you open?
- What services do you provide?

- Do I need an appointment?
- What do I need to bring?
(birth certificate, insurance card, etc.)
- Do I need my parents' permission?
- Where are you located?
- How do I get there?

If the person you need to speak with is unavailable, leave your name, telephone number and message or ask when you can call back. If you don't hear from someone or you have difficulty getting in touch with the person you were told to call, keep trying or call ANOTHER agency.



HOTLINES!



ABORTION HOTLINE	1-800-772-9100
AIDS/HIV TESTING (NEW YORK)	1-800-962-5064
AIDS INFORMATION	716-847-AIDS
AIDS PREVENTION HOTLINE	1-800-541-2437
ALCOHOL & DRUG ABUSE	1-800-729-6686
ALCOHOL & DRUG ABUSE HOTLINE -	
CATTARAUGUS COUNTY AA	716-372-4800
ALCOHOLICS ANONYMOUS	716-372-4800
AMERICAN RED CROSS	
RUNAWAY HOTLINE7	16-372-5800
CHILD ABUSE HOTLINE	
(NEW YORK)	1-800-342-3720
CHILD ABUSE HOTLINE	
(NATIONAL)	1-800-422-4453
CHILD ABUSE &	
NEGLECT FOUNDATION	1-800-342-7472
CHILD CARE RES.	
& REFERRAL LINE	1-800-388-6467
COCAINE HOTLINE	1-800-262-2463
COVENANT HOUSE - NINELINE	1-800-999-9999
DOMESTIC VIOLENCE	
(ENGLISH)	1-800-942-6906
DOMESTIC VIOLENCE	
(SPANISH)	1-800-942-6908
DOMESTIC VIOLENCE	
(NATIONAL)	1-800-799-7233
DOMESTIC VIOLENCE &	
RAPE CRISIS	1-800-252-8748

HOTLINES!



DRUG HELPLINE	1-800-522-5353
FAMILY VIOLENCE/RAPE CRISIS (COMMUNITY ACTION)	1-888-945-3970
“GET IN TOUCH” YOUTH IN CRISIS HOTLINE <i>Catt County Youth Bureau</i>	1-888-330-0833
GROWING UP HEALTHY	1-800-522-5006
HEALTHY BABY HOTLINE	1-800-522-5353
HELP LINE	1-800-733-8833
HELP SERVICE, CRISIS HOTLINE ...	1-800-724-0461
HOSPITALITY HOUSE - ERIE, PA	1-814-454-8161
KIDSLINE	1-800-724-0507
MATERNITY & WOMEN'S HEALTH SERVICES	1-800-388-2154
MISSING CHILDREN'S HOTLINE	1-800-843-5678
NATIONAL CRISIS HOTLINE	1-800-339-5209
NATIONAL RUNAWAY SWITCHBOARD	1-800-621-4000
PARENTS ANONYMOUS	1-800-421-0353
POISON CONTROL OF WESTERN NY	1-800-888-7655
POISON CONTROL (LOCAL)	716-878-7654
RABIES INFO HELPLINE	1-800-242-5865
RUNAWAY HOTLINE (LOCAL)	1-800-724-0461
RUNAWAY HOTLINE (NATIONAL)	1-800-231-6946
RUNAWAY SWITCHBOARD	1-800-621-4000
SHELTER AID	1-800-333-7233
SUICIDE HOTLINE	

HOTLINES!



SUICIDE PREVENTION

- LOCAL - OGH** 1-800-339-5209
SUICIDE PREVENTION HELPLINE ... 1-888-448-3367
TEEN PREGNANCY HOTLINE 1-800-522-5006
THE RESOURCE CENTER 1-800-205-6544
- ## VIOLENCE - FAMILY
- RAPE CENTER** 716-945-3970
YOUTH CRISIS HOTLINE 1-800-488-4663



ANGER MANAGEMENT



Kids need to learn how to manage conflicts with others, whether at home or school. Anger can turn into violence if not handled quickly and properly. It can lead to hitting others, lashing out with mean words, sulking and getting into serious trouble at school and at home. Everybody gets angry every now and then. It's not our feelings that get us into trouble but what we do with those feelings! It's how we manage our anger that counts. To help you "cool down" remember some of these tips...

For Kids:

Try to identify what is making you angry. If you have an upset stomach, headache or can't sleep, please talk with a parent, teacher or trusted adult about your feelings. Count to 10, 20, 100 or however long it takes to calm down.

- Take several deep cleansing breaths.
- Do something active, run, ride a bike or play basketball.
- Draw a picture of your angry feelings or write about your angry feelings then tear it up.

For Parents:

- Be a good role model by controlling your own anger.
- Never hit or use physical violence against your children, it teaches that hitting is the way to solve problems.

- Teach your child to respect the rights and feelings of others.
- Encourage your child to put angry feelings into words rather than into physical actions.
- Help your child make a list of things to do when angry that won't hurt themselves or others.
- If you blow up at your child; apologize later, after you've calmed down. This teaches humanity, forgiveness and a better way to resolve conflict.
- If necessary, seek professional help or counseling.
- Limit your child's exposure to violence; real or imagined (movies, TV, video games)

The Cattaraugus County Youth Bureau as well as several other County Departments and agencies provide anger management and aggression replacement classes on an as-needed basis.



Never Shake A Baby!!!

AIDS AND STD



AIDS (Acquired Immune Deficiency Syndrome) is a deadly disease caused by a virus called HIV, which shuts down the body's immune system. This means it breaks down the body's ability to protect itself from infection and disease.

The AIDS virus can only live in certain body fluids: BLOOD, SEMEN, VAGINAL SECRETIONS and BREAST MILK and is transmitted by direct contact. This means you will not get the AIDS virus from a handshake, a hug, a cough or a sneeze, sweat or tears, a toilet, eating utensils, or a telephone. The most common ways that HIV is spread are:

- Unprotected sex (vaginal, anal and oral) with someone who is infected
- Sharing use of infected needles
- From an infected pregnant mother to her baby during childbirth and possibly by breastfeeding
- Recipient of a blood transfusion with contaminated blood or blood products prior to 1985.

Remember, you cannot tell if people are infected by the way they look. The more sexual partners you have, or your partner has, the greater the chance you have of becoming infected with HIV and other STD's.

**AIDS Community Services
of Western New York, Inc.**

111 W. 2nd St. • 3rd Floor
Jamestown, NY 14701



Case Management 664-7855

Education 487-2498

1-888-664-7855

**Prevention education, case management, buddy volunteer program, nutrition services, support groups, housing assistance, and transportation to medical appointments. Resource library, video and audio literature for free.

**American Red Cross
Cattaraugus County Chapter**



372-5800 • 528 N. Barry St. • Olean, NY 14760

• Prevention programs on HIV from grade school to high school; community sites, churches, or businesses.

United Way 372-3620

807 W. State St. • Olean, NY 14760

**AIDS 24-HOUR
CRISIS HOTLINE** 1-800-342-AIDS

ANONYMOUS TESTING 716-847-4520
or 1-800-541-AIDS

**US Health/Human Services and
SIDA** (Spanish Aids Hot Line) 1-800-344-7432

Hearing Impaired 1-800-243-7889

**Sexually Transmitted Disease (STD)
Testing and Treatment Clinics**



**Cattaraugus County
Health Department:**

1701 Lincoln Avenue

Olean, NY 14760 373-8050

OR 1-800-251-2584

Iroquois Drive

Salamanca, NY 945-1230

9822 Route 16,

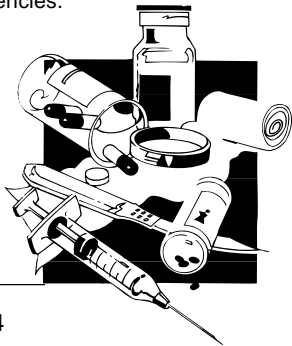
Machias, NY 14101 353-8525

Tri-County Crisis Pregnancy Center

17 S. Water St.

Gowanda, NY 14070 532-9738

Peer counseling; free pregnancy
testing; referrals to other agencies.



ALCOHOL, SUBSTANCE ABUSE AND YOU



Alcohol and Substance Abuse in the Family. You may live in a household where someone may drink too much alcohol or abuse drugs. Maybe the family member is a parent, a stepparent, a grandparent, a brother or sister, or another relative. Usually this means that family life can be troublesome - there may be money problems, arguments, violence, and confusion.

Alcoholism and drug addiction are **illnesses** - people do not want to cause problems for their family members, but have lost control over their choice to drink or use other drugs.

Sometimes use and abuse of alcohol and other drugs are not the only problems that an individual has to face. **INHALANT abuse is quickly becoming one of the nation's leading substance abuse issues.** Inhalants are chemicals and/or solvents. They are used to do things like clean the gunk out of ovens, take the paint off of walls, or remove stains.

REMEMBER that inhalants are toxic substances that were NEVER intended to be taken into the body. When a chemical is sniffed or huffed it is dangerous and sometimes deadly. They can cause burns, suffocation, nosebleeds, heartattacks, memory loss, blindness, headaches and vomiting.

You did not cause another person's alcoholism or drug dependence. You cannot control the situation at home, but you can take steps to live a healthier lifestyle and to protect yourself if necessary. You can learn about alcoholism and drug dependence. You can try to concentrate on your own feelings and behavior. There are support groups and counseling services available for those who have been affected by someone's alcohol or other drug abuse. It is important to know that you are not alone!

**If you are in this situation,
please call one of the following:**

Al-Anon

(1-800-344-2666) or (716-968-8789)

This is a free, anonymous (private) group of supportive people who have been affected by someone's alcohol use.

Family Intervention Program

(716-373-5202; ext. 550)

This is a project within the Prevention First department of the Cattaraugus County Council on Alcoholism and Substance Abuse, Inc.

201 South Union Street
Olean, New York 14760

ALCOHOL AND OTHER DRUGS



Everyone is exposed to the temptation to try alcohol or other drugs. Some people experiment for curiosity, boredom, peer pressure, or try to escape problems in their lives. Alcohol and other drugs can gradually begin to take control of your daily life. Physical or mental dependence can sneak up on you! It is important to talk to your parents or someone else that you trust if you or someone you know is facing an alcohol or drug problem.

You can't be sure how you and your body will react to using alcohol or other drugs. It will depend on what you use and how much. Permanent damage can happen at any point even with the first use of some drugs.

It is important for young people to know the risks. When used in large amounts, over a long period of time, or in the wrong combinations, alcohol mixed with other drugs can kill. The dangers of experimentation are:

- Overdose
- Physical illness
- Accidents
- Addiction
- Death
- Mental Impairment



Sometimes using drugs or alcohol seems like a good idea. There may be situations that you face at home or with your friends that make you feel bad, or that you want to make go away, or you just want to fit in. You may think that using alcohol or drugs will make it better, but you do have a choice. Sometimes it may be necessary to make a choice for yourself that is different from the choices of others. YOU are in charge of your choices!

- You have a right to advice and counseling on drug and alcohol abuse without parental consent. Certain kinds of treatment require parental consent.
- In New York State, it is illegal for persons under 21 to either purchase alcoholic beverages or possess them. Even if you are over 21, it is illegal to have in your possession in a public place an open container of alcoholic beverages. (This includes motor vehicles.)
- The Court may suspend a person's license for up to one year or until you turn 21, whichever is longer, if the license is altered to attempt to purchase alcohol.
- If a friend (or you) shows signs of having a problem with drinking or drugs, do not ignore it. Talk to someone that you trust like your parents, guidance counselor, teacher or an adult friend. Encourage your friend (or yourself) to get the effective help that is now available. Some of the services available in Cattaraugus County are:



Alcoholics Anonymous (AA) 372-4800
Cattaraugus County • 313 North Union Street
Olean, New York 14760
Alfred 587-9500 or 587-8641

If you or a member of your family has an alcohol problem, call to find out times and places for meetings.

Cattaraugus County Council on Alcoholism and Substance Abuse

Clinic 373-4303
Prevention/Education 373-5202
Weston's Manor 373-0057

DARE Programs -

Within Cattaraugus County, the DARE program is presented through the Sheriff's Department by School Resource Officers (SROs) that are located in many schools throughout the county.

It is an alcohol and other substance abuse prevention program designed to last over a period of 18 weeks.

More information on this program can be obtained from the Cattaraugus County Sheriff's department at 938-9111.

Drug Abuse

Information Line: 1-800-522-5353

CHEMICAL DEPENDENCY PROGRAMS



HOT-LINE NUMBERS:

ALCOHOL & DRUG ABUSE

INFO	1-800-729-6686
DRUG HELP LINE	1-600-522-5353
HELP SERVICE HOTLINE	1-800-724-0461
SUBSTANCE ABUSE	1-800-COCAINE

READ THIS FIRST! Counseling services are often an integral part of other topics in this directory. For example, drug rehabilitation, pregnancy, and legal problems are often connected with counseling services. Therefore, don't forget to consider other areas of this directory, if you don't find exactly the type of counseling you are looking for below. If you absolutely can't find it, call what seems to be the most related agency, and they will refer you or call The Cattaraugus County Youth Bureau at 945-5392.

CATTARAUGUS COUNTY COUNCIL ON ALCOHOLISM

& SUBSTANCE ABUSE INC 373-4303

Clinic & Administration

201 South Union Street • Olean, NY 14760

ALLEGANY-CATTARAUGUS AREA SERVICE OF NARCOTICS

ANONYMOUS 373-9396

201 South Union Street • Olean, NY 14760

COLLEGES AND UNIVERSITIES



- Alfred State College
of Technology (SUNY)** 1-607-587-4111
Main Street • Alfred, NY 14802
- Alfred University** 1-607-871-2111
Powell Campus Center • Alfred, NY 14802
- Empire State College** 372-1661, ext. 557
244-250 North Union Street
Olean, NY 14760
- Genesee Community College** 585-492-5265
Arcade Campus Center
Edwards St. • Arcade, NY 14009
- Houghton College** 1-585-567-9200
Route 19 • Houghton, NY 14744
- Jamestown
Community College (JCC)** 372-1661
Cattaraugus County Campus
312 North Barry Street • Olean, NY 14760
- Olean Business Institute**
301 N. Union Street
Olean, NY 14760 372-7978
- St. Bonaventure University**
Route 417
St. Bonaventure, NY 14778 375-2000

OTHER EDUCATIONAL PROGRAMS:



- BOCES-Olean** 372-8293
Southern Area Occupational Center
1824 Windfall Road • Olean, NY 14760
- BOCES-Ellicottville** 699-2382
Northern Area Occupational Center
5550 Route 242 • Ellicottville, NY 14731

BOCES offers specialized education programs for its component school districts, including occupational education classes for high school students, special education classes for children with learning disabilities, and adult occupational education. Occupational training is available in fields such as auto mechanics, carpentry, printing, welding, cosmetology, practical nursing, etc., for both high school students as part of their regular high school program, and for others in evening courses. Any student in a component school district is eligible for admission to any occupational program with application to be made through local guidance counselors.

VESID 373-7989
(Vocational & Educational Services for Individuals with Disabilities) Vocational counseling and career planning for individuals with disabilities, including high school youth transitioning into employment. Also provides job development and placement services.

Cattaraugus Community Action, Inc

24-Hour Hotline. Specializes in advocacy, legal assistance, individual and group counseling, compensation claims and shelter.

- **Rape Crisis & Domestic Violence Shelter** 945-1041
25 Jefferson Street • Salamanca, NY 14779
- **Domestic Violence Shelter**
(Confidential Location) 1-888-945-3970

COUNSELING



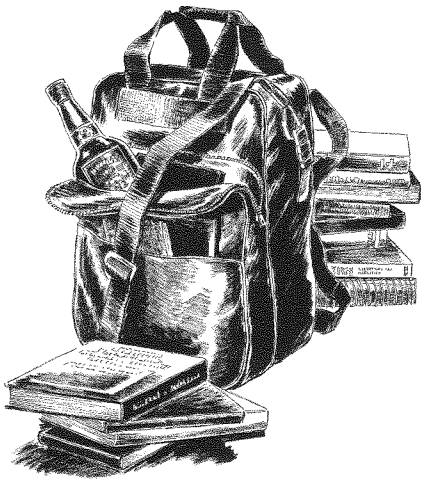
No one feels good all of the time. Everyone at times has strong uncomfortable or angry feelings about things going on in their lives. When you have these feelings, try talking with your parents or someone else you can trust first. If it cannot be worked out with them, counseling can help.

Counseling can help change many of your uncomfortable feelings into more comfortable ones. Other times, people talk with counselors to help them with decisions they are trying to make or problems they are trying to solve. Through counseling, you learn to better understand your feelings. What's more, counselors treat your conversations as special and private. Only in emergency situations (child abuse or threats of suicide) would a counselor need to report to someone else something you said.

When do I need counseling?

If things you are feeling or doing begin to interfere with your normal everyday activities, you may need counseling. The following are signs you may need support:

- Sudden changes in mood or behavior
- Depression-feeling unhappy for a long time
- Anxiety-strong feelings of fear or nervousness
- Loss of temper over small things
- Physical aches and pains that have no known physical cause
- Dropping grades.



COUNSELING AGENCIES



READ THIS FIRST!

Counseling services are often an integral part of other topics in this directory. For example, alcohol issues, pregnancy, and legal problems are often connected with counseling services. Therefore, don't forget to consider other areas of this directory, if you don't find exactly the type of counseling you are looking for below. If you absolutely can't find it, call what seems to be the most related agency, and they will refer you or call The Cattaraugus County Youth Bureau at 945-5392.

- ▲ **C.A.R.E.S.** 373-0884
• For families needing grief support.
- ▲ **Catholic Charities** 372-0101
520 West State Street • Olean, NY 14760
Salamanca Office 945-0619 or 945-0624
Provides counseling of individuals and families under stress due to personal problems or environmental pressure. Counseling for unwed mothers and adoption services. Fee: For adoption and counseling. Multi Systemic Therapy, Intensive Case Management
- ▲ **Cattaraugus County Department of Community Services** 375-8040
1701 Lincoln Avenue • Olean, New York 14760
- ▲ **Cattaraugus County Council on Alcohol & Substance Abuse** 373-4303
201 South Union Street • Olean, NY 14760
• Provides treatment for alcohol and drug users.
- ▲ **Center for Family Unity** 945-1900
4039 Route 219 • Salamanca, NY 14779
This program, supported by the United Way of Olean Area, provides counseling services to strengthen families.

AGENCIES

- ◆ **Crisis Hotline** 673-3133
- ◆ **SUNY Fredonia** 1-800-724-0461
Fredonia, NY 14063
- ◆ **Counsel Tapes** 673-3211
or 1-800-724-0506

Counsel Tapes has brief recorded messages on a variety of topics including personal growth, relationships, mental health, suicide, eating disorders, sexuality, STD's, contraceptives, drugs & alcohol and health & nutrition.

- ◆ **Kidline** 673-3212
or 1-800-724-0507

Kidline is a 24-hour, year round phone line designed especially for children who may be without immediate adult supervision. Children are encouraged to call to discuss problems, frustrations and/or fears. Trained volunteers will listen and help the child sort through feelings and concerns.



DEATH AND LOSS



When someone close to you dies, you may be overwhelmed with feelings of anger, hurt, sadness and uncertainty. It is a painful and confusing time. The problem of what to say and how to talk about your feelings is one of the most difficult you can face. You may even be afraid of saying or doing the wrong thing.

When someone you care about dies, you may have lots of different feelings, many at the same time, including shock, surprise, disbelief, anger, guilt, loneliness, sadness and depression. Each person reacts to death in his or her own way. Some cry, some get angry and some just need to get away with their thoughts and feelings to be alone for a while. Some people seem to go on as though nothing has changed and may be in denial of the death, pretending as if it never happened. How you grieve is a personal thing but it is important to deal with and talk about your feelings to someone you trust. By keeping your feelings bottled up inside you may begin to experience headaches, loss of appetite, mood swings, fear, loneliness, depression and anger. Long after the funeral song is over, a smell, an anniversary or birthday or perhaps a holiday will likely trigger feelings and memories. Also, when we break up with a boyfriend or girlfriend, when a friend moves away or when parents divorce, kids may experience grief responses.

If you know someone who has lost a loved one, you may want to do something for the family and friends that the person has left behind.

Here are some things you can do...

- Run an errand
- Mow the lawn, take care of the garden or rake the leaves
- Feed a pet or walk the dog
- Bring flowers
- Write a kind note of sympathy (your words are better than any card)
- Help with household chores
- Baby-sit the children or talk the child for a walk or to the playground
- Wash the car
- Listen if they want to talk
- Be there for them



Olean General Gnet Support

1-800-339-5209

Remember, there are people who can help you and your friends with your grief. Speak with your parents, a teacher or counselor, a trusted friend or see COUNSELING on page 22).

DISPUTE SETTLEMENT



Better Business Bureau Dispute Settlement Center

110 West State Street

Olean, NY 14760 373-5133

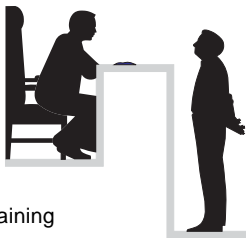
• The Dispute Settlement Center is a practical alternative for individuals to use that are involved in disputes with their neighbors, landlords, tenants, friends, and relatives. They can use mediation/arbitration to solve problems instead of the court process.

Types of Disputes:

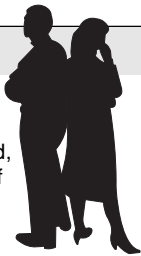
- ◆ Harassment, Threats
- ◆ Vandalism
- ◆ Family Problems
- ◆ Neighbor to Neighbor Problems
- ◆ Landlord/Tenant Disputes
- ◆ Visitation/Custody

Services

- ◆ Mediation
- ◆ Arbitration
- ◆ Conflict Resolution Training
- ◆ Peer Mediation Training
- ◆ Juvenile Stop Shoplifting School (7-15 yrs., first time offenders)
- ◆ Adult Stop Shoplifting School (16 yrs. and up, first time offenders)
- ◆ Referrals



DIVORCE



If your parents are separated, going through a divorce or have recently remarried, you may be feeling confused, angry, guilty, frustrated, sad or lonely. If you haven't experienced this yourself, you probably have a friend or know someone who has. Separation and divorce hurts. It hurts the parents and the children. This is a difficult time for all family members. It is hard for children to accept that no matter how good they are, how great their grades are, or how bad they act, they don't have any power to make their parents relationship better or to bring them together. It also is hard to understand that even if your parents no longer love each other or get along, that does not change their love for you. To help deal with your feelings, there are programs that can help you, or you can talk to your parents, family members, clergy, teacher or a concerned friend.

Check your school counselor to see if your school offers a support group for young people who are experiencing feelings about divorce, separation and/or remarriage. You may be surprised to find out how many people have gone through or are experiencing what you are. (Also see Counseling).

Parent's Dating

Once your parents' divorce is final, at some point one or both of your parents may start dating. Young people feel differently about this, although many agree it's

strange to see their mother or father with a different man or woman at first. Some youth want to see their parent(s) meet others and start dating; others may feel scared, jealous, angry or resentful of the person the parent is dating. Some youth believe that this new person may become more important to their parents than they are. Often, it is just as difficult and strange for parents to start dating as it is for their children to see them dating. Remember just as you need friends your age, your parents need someone their age to share and do things with. Share your feelings with your parents.

Step families

Many young people live in “step” or “blended” families. This is a situation in which a parent remarries someone who also has a family and the two households join. For some young people their, “new family” is an enjoyable one; others feel they cannot accept or are not being accepted by their new family. Try to talk with your parents about this or someone else you respect and trust, or see the counseling section in this book.



EATING DISORDERS



There is a lot of talk these days about being healthy. Eating light, dieting, aerobic exercise and running are popular ways to keep a body healthy. Maintaining the right weight for your body size and build is a healthy thing to do. Eating well-balanced meals in responsible amounts is the best way to stay healthy. Sometimes eating and weight issues become problems...

Anorexia Nervosa is an eating disorder in which people think they are too heavy but they really are quite thin. They try to starve themselves or eat very little because they do not want to gain weight.

Bulimia is an eating disorder in which people make themselves throw up their food after eating just to make sure they will not gain any weight.

Some people have a problem with Compulsive Overeating. This is a condition in which people eat more and more and become heavier and heavier. Often this kind of eating is not because of hunger, but for many different reasons such as being upset or worried about something, needing attention or not feeling good about one's self.

If you feel that you are having a problem with eating/weight issues, speak with a parent, counselor, teacher, doctor or call...

Overeaters Anonymous 925-8906

Eating Disorders Clinic of WNY 885-8834
339 Elmwood Avenue • Buffalo, NY 14222

Cattaraugus County
Department of Health 375-8050

EDUCATION & CAREER DEVELOPMENT PROGRAM



Where can you go for information?

DID YOU KNOW? High school guidance counselors are a wealth of information about many things, including grants for education and Scholastic Aptitude Tests. They can also assist you in obtaining information on career choices and the college of interest to you.

DID YOU KNOW? Financial Aid Departments of almost EVERY college out there can also help with applications and scholarship information. If you want to go to college, but cannot afford it, check with the financial aid officer of any college. You may be eligible for assistance. There are three basic kinds of aid:

1. **Grants**-aid usually in the form of money that you DO NOT have to pay back!
2. **Scholarships** - aid that you do not have to pay back
3. **Student Loans** (Staffords)- low-interest loans guaranteed by the federal government that YOU DO have to pay back.
4. **Work-Study** - the school you attend lets you work for them or an approved agency. The pay helps you meet your expenses.

IF YOU NEED help:

- Getting back to school, or Getting information about summer school...Call the principal or guidance office in your school district, or BOCES.

Education Advocacy

For families of children with emotional-behavioral problems who are having problems in school

Audrey Powless
Mental Health Association
129 North Union St • P.O. Box 833
Olean, NY 14760
372-0208 (ext. 105) • 372-0222 (Fax)

TR 10 Educational Opportunity Center

Genesee Community College
585-492-5436



EMERGENCY SHELTER FREE FOOD and GAS VOUCHERS



- Salvation Army** 945-1540
20 Main St. • Salamanca, NY 14779
- Cattaraugus Community Action** 945-1041
25 Jefferson Street • Salamanca, NY 14779
- The Warming House** 372-2805
1220 North Union Street • Olean, NY 14760
- Lighthouse Community Kitchen** 945-1041
25 Jefferson Street • Salamanca, NY 14779
- Solomon's Porch** 699-5751
28 Parkside Drive • Ellicottville, NY
Call between 9 and 5 pm.

Provides free meals -

The Salvation Army

- 310 East State Street
Olean, NY 14760 372-6740
- 20 Main Street
Salamanca, NY 14779 945-1540

WIC Nutrition Program 373-8057

- 1701 Lincoln Avenue, #4010 • Olean, NY 14760
- Food assistance program for women who are pregnant or breast-feeding. Formula and juices for infants; basic nutrition education. Family of four can earn \$586.00/week and still be eligible.

EMPLOYMENT

▲ **Social Security Number.** In most cases, getting a job or even opening a bank account requires a social security card. If you do not have a social security number or are in need of a duplicate card, call:

Social Security Administration
of Allegany/Cattaraugus County
One Blue Bird Square • Olean, NY 14760
372-1021 or 1-800-772-1213
Walk-in 9:00 am-4:00 pm, Monday-Friday.



You will need to bring your **birth certificate and one other piece of identification (such as a membership card or report card)**. You will then receive an application to fill out. After that, allow at least 3 weeks for delivery of your card.

Once you receive your card, write the number down somewhere else and keep the card in a safe place in case your card is lost. **Memorize your number and guard it.** NEVER -give out your Social Security number unless you know to whom you are speaking .

▲ **Working Papers.** If you are under age 18 and want to work, you must have working papers. Working papers must be reissued every two years until you reach your 18th birthday. When you apply for your working papers, you will need your parent's written permission, proof of age and a certificate of physical fitness. Working paper application forms and physical exams can be obtained at your local high

school. Go to the guidance office for information whether you are in or out of school. They can also help you with employment information. Start early looking for summer jobs; by April, most “good” summer jobs are filled! Schedule your time and keep searching. **Many times, being in the right place at the right time is what counts.** For more information, you may also contact:

▲ **Cattaraugus County One-Stop** 373-1880
Blue Bird Square • 175 N. Union Street
Olean, NY 14760

- Summer and year- round programs available; assistance with attaining High School Diploma or GED; skills improvement; tuition assistance; pre-hire training; community referrals.

▲ **NYS Department of Labor** 373-1881
175 North Union Street • Olean, NY 14760

- Services to job seekers include aptitude and proficiency testing, counseling, resume preparation, job development, referral, and placement.

▲ **The Employment Connection** 373-5322
204 Main Street • Olean, NY 14760

- Job Readiness/Preparation for individuals referred to the agency.

▲ **Walker Business**

Services, Inc 1-800-291-7666
Olean Office 372-7947
160 North Union Street • Olean, NY 14760

Wellsville Office 593-6129
23 West State Street • Wellsville, NY 14895

- Temporary employment, computer classes and resume service.

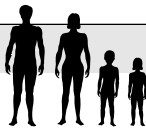
- ▲ **Everywoman Opportunity Center, Inc . .** 373-4013
132 North Union Street, Suite 107
Olean, NY 14760
 - Services for women who are having difficulty re-entering the workforce.
- ▲ **Kelly Temporary Services** 373-9201
201 North Union Street • Olean, NY 14760
 - Help with the location of temporary or part-time work
- ▲ **Southern Tier Career Consultants** 373-3170
2012 Four Mile Road • Allegany, NY 14706
 - Temporary job placement service
- ▲ **ADECCO** 372-0079
700 W. State Street • Olean, NY 14760
 - Temporary job placement service
- ▲ **VESID** 1-888-652-7062
Donovan State Office Building
125 Main Street, Rm. 817 • Buffalo, NY 14203

NOTE:

Office hours are frequently held in local locations.

- Local phone number 373-7989
- Services for high school youth transitioning into employment and adults with impairments or physical disabilities that limit employment outcomes. Training to Learn Skills; help with addressing barriers to employment; vocational assessments to help identify skills and interests, possible job goals and services needed to get a job and live independently.

FAMILY DEVELOPMENT SERVICES



▲ **Cattaraugus Community Action** 945-1041

25 Jefferson St. • Salamanca, NY 14779

• Family Development, Homelessness Prevention,
Youth & Family Services, Family Supporteenters
available in Ellicottville, Franklinville, Salamanca, and
Catt.-Little Valley Schools.

▲ **TASA Program at Accord Corporation**

Masonic Temple Building • Room 316

124 North Union St. • Olean, NY 14760

• Program goal is to help youth improve their self-esteem
by recognizing their individual strengths and then building
upon them to achieve their potential. Help is made
available to youth to make positive and informed
decisions to secure a strong foundation for a brighter
future.

FAMILY-RELATED SERVICES



▲ **FOOD Stamps**

Cattaraugus County Department

of Social Services: Olean 373-8065

1701 Lincoln Avenue • Olean, NY 14760

Little Valley 938-6913

200 Erie Street • Little Valley, NY 14755

**You can apply for food stamps Monday thru Thursday from
8-11 am and 1-4 pm at both locations. The Little Valley office
also accepts applications on Fridays at the same times.

GENERAL EQUIVALENCY DIPLOMA (GED)



If you have dropped out of school for a while and now you wish you had a high school diploma, it's possible to get one. You can take the GED (General Equivalency Diploma) test. Most colleges and employers recognize the test as an acceptable substitute for a regular high school diploma. The test consists of Math, English, Reading skills, Science, and Social Studies. Courses are offered to prepare for the exam. To take the test, you must be 19, or, if younger, you must have been out of school at least one year or your class must have graduated. If interested, you can get an application at a local high school, JCC or BOCES.

GED LOCATIONS: Information for the following locations can be obtained by calling 372-8293, ext. 262.

Classes are held at:

- ▲ **Arcade Free Library**
(Monday & Thursday 9-noon)
365 Main Street • Arcade, NY 14009
- ▲ **Delevan-Yorkshire Public Library**
(Mondays & Wednesdays 6-9pm)
School Street • Delevan, NY 14042
- ▲ **Franklinville Elementary School**
(Tuesdays & Thursdays 5-8pm)
Main Street • Franklinville, NY 14737



- ▲ **Little Valley Memorial Library**
(Monday 3:30-6:30pm/Thursday 2-5pm)
110 Rock City Street
Little Valley, NY 14755
- ▲ **Salamanca Public Library**
(Tuesday 1:30-4:30/Thursday 10-1 pm)
155 Wildwood Avenue • Salamanca, NY 14779
- ▲ **Masonic Temple Building**
(Tuesdays & Thursdays 9-noon AND
Monday & Wednesday 3:15-6:15)
124 North Union Street • Olean, NY 14760

GED/Even Start Child Care

If you have children and want to get your GED, the following Even Start locations provide childcare and some transportation, also. Locations for Even Start/ GED:

Olean:

- East View Elementary School 375-4470
690 E. Spring St. • Olean, NY 14760
- North Hill Elementary School 375-4433
North Union St. • Olean, NY 14760

Salamanca:

- Seneca Elementary School 945-3641
Center St. • Salamanca, NY 14779

Arcade/Delevan/Machias

- Pioneer Central School 492-4066
County Line Road • Yorkshire, NY 14173

HEALTH

▲ Cattaraugus County Health Department

1701 Lincoln Ave, Suite 4010, Olean, NY 14760
373-8050 OR 1-800-251-2584

503 Fair Oak Street
Little Valley, NY 14755 938-9111

9822 Route 16
Machias, NY 14101 353-8525

Iroquois Drive
Salamanca, NY 14779 945-1230

Health Education, Child & Adult Immunizations, Pregnancy Testing, Family Planning, STO Clinics, HIV/AIDS Counseling and Testing, Lab Services, Home Health Care. **Call for an appointment!**

HEALTH INSURANCE



▲ Child/ Family Health Plus

Enrollment in Gowanda Area
@ Healthy Comm. Alliance 532-1010

▲ Community Blue Child

Health Plus 1-800-888-5407
For children under 19 who have no health insurance or are not eligible for Medicaid.
Follows income guidelines.

▲ Fidelis Health Care 373-1234

1701 Lincoln Ave • Olean, NY 14760
Child Health Plus & Family Health Plus

HOMEWORK: TIPS, FOR; STUDENTS AND PARENTS



1. Be prepared for school.

Being prepared is the first step to success. Keep a supply of paper, pencils and pens at home so you can bring them to school or have them for your homework. Ask your teacher for further explanation on assignments.

2. Have a quiet place for homework.

Find a quiet, well-lit place where you can study and do homework without being disturbed. When this is not possible, your local library is the perfect spot ... and who else has more resources?

3. Read!

Read for yourself and with younger family members everyday. Make books a part of every holiday and birthday wish list.

4. Help your parents stay in touch with your school and teacher.

Your parents are busy and are often hassled and stressed out but they need to know that they are welcome at school. Encourage them to visit or talk with your teachers about your participation and performance. Be sure to review the new Code of Conduct and the Student Handbook WITH YOUR PARENTS. Help them live up to their claim of wanting to know what's going on in your life.

5. Use your public library

For most kids this is the best place for information. In addition to tons of reference materials, most libraries have computers that you can use to do research and type assignments. The adults who work at the library are almost always willing to help you or point you in the right direction.

6. Learn from life

Look at your world carefully and ask questions! And answer them too! Younger children can learn a lot from the people and things around them every day. Call their attention to newspaper articles, street signs and billboards and discuss what they mean or represent.

7. Use after-school time productively

Find out about after-school homework programs at school, tutoring at churches or local colleges, recreation center activities and services offered by the three County Youth Bureaus or in your local municipality. Get involved in interscholastic sports, community service projects or develop a good hobby that will occupy some of your time. BETWEEN THE HOURS OF 3:00 and 9:00 is when many kids tend to get into trouble. Be careful with your time and who you are spending it with!

8. Keep track of assignments

Write down each day's homework and keep track of long-term assignments and their due dates. Your parents can help because they are used to working on timetables. Make sure your

homework is completed each day. (It's hard to catch up after you fall behind).

9. Know your school district

All school districts provide families with a calendar of activities that contain important dates and information on policies, procedures and more. Homework guidelines and parent involvement tips are often included. Make sure your parents get a copy.

10. Take advantage of regional resources

Western New York has a variety of resources that can add a new dimension to learning. Encourage your family to go to local museums, historical sites, the zoo, parks, libraries and performance theaters for enjoyment and love of learning. From the Pfeiffer Nature Center in Portville to the Allegany State Park to the Buffalo Zoo, there's A LOT to do and see!

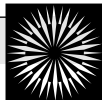
HOSPITALS and EMERGENCY ROOMS



- Olean General Hospital** 373-2600
515 Main Street • Olean, NY 14760
- Bertrand Chaffee Hospital** 592-2871
224 East Main Street • Springville, NY 14141
- Bradford Regional Medical Center** ... 814-368-4143
(Pennsylvania- McKean Co.)
116 Interstate Parkway • Bradford, PA 16701

- Children's Hospital of Buffalo**
 (Erie County) 878-7348
 219 Bryant Street • Buffalo, NY 14222
- Cuba Memorial Hospital** 968-2000
 (Allegany County)
 140 West Main Street • Cuba, NY 14727
- Jones Memorial Hospital** 593-1100
 (Allegany County)
 181 North Main Street • Wellsville, NY 14895
- Tri-County Memorial Hospital** 532-3377
 1000 Memorial Drive • Gowanda, NY 14070
- WCA Hospital** 487-0141
 207 Foote Avenue • Jamestown, NY 14701

INDEPENDENT LIVING SKILLS



Need to know how to set up a budget, set up a bank account, establish credit, buy a car or prepare a resume? In cooperation with the NYS Office of Children and Family Services, the Cattaraugus County Youth Bureau conducts weekly classes for Independent Living Skills for youth between the ages of 14-19. Topics include employment skills, money and home management, health and relationship issues, etc. **These FREE classes are available at a variety of sites throughout the county.** For more information call the Cattaraugus County Youth Bureau and ask for the Independent Living Skills Project Coordinator at 945-5392 Ext.6207

THE LAW AND YOU!



Each state has particular laws that deal with illegal acts committed by youth and adults. Just because someone is under a certain age (16 in New York State) and is considered a juvenile does not mean that the law doesn't apply to them. A criminal record can affect you later in life. If you have a criminal record some schools or employers will not accept you. What you might think is a harmless prank or "no big deal", could seriously injure your future.

Pranks

A simple prank, such as removing hubcaps or spraying graffiti, can bring a serious charge of theft or vandalism against you. You may be arrested. Penalties can include a fine, restitution (paying for damages) or probation.

Theft

Taking things that do not belong to you without the permission of the owner is considered theft. Remember that stealing is against the law and has serious consequences. "Lifting" from a store is theft and is a serious offense. Remember that someone is always watching you!

Drug Laws

The possession or use of marijuana is against the law and penalties include fine, probation or jail. The penalties for offenses involving hard drugs such as cocaine, speed and crack or large amounts of grass, can be exceedingly serious, especially when a federal law

is broken. The selling of any illegal drug is a very serious offense.

Alcohol Laws

It is against the law to serve or permit alcohol to be served to minors (under 21) anywhere, including in the home. It is against the law for minors to have alcohol in their possession in a public place or in a car at any time. Anyone over the age of 16 who helps a minor to obtain alcohol can be charged with a felony crime punishable by imprisonment and/or a fine.

Alcohol, Drugs and Driving

In New York State the penalty for a first offense conviction of driving while intoxicated may include jail time, a fine, loss of driving privileges and a requirement to participate in a drug or alcohol treatment program. In addition to the criminal penalties it is likely that insurance rates for the convicted driver will be higher for a period of ten years. Depending on the situation, your parents also may be responsible for any penalties, fees or damages.

Vehicular (Car) Injury or Manslaughter

If you are driving while intoxicated and injure or cause the death of another person (manslaughter), you may be charged with a felony crime. If convicted you will be fined and/or imprisoned.

Weapon Laws

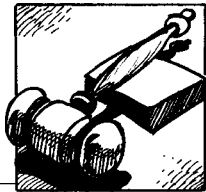
Unlawful use of a weapon is a possible felony under New York State law. Using a weapon in committing a crime can lead to life in prison. Such weapons may

include guns, switchblades, knives, sticks, swords, razorblades and so forth. Even an item as simple as a nail file could be viewed as a weapon by the police & courts, depending on how it is used. It is always, against the law to have possession of a concealed weapon without the proper permit.

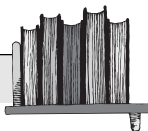
Arrest

If you, or someone you're with, is stopped or picked up by the police, here are some things you need to know

- Do not resist arrest. The most important thing to do is to remain calm and cooperate. Your attitude and cooperation will have a direct effect on how you are treated.
- You do not need to say anything to the police in answer to their questions without your parent present (if under 16) and/or advice from an attorney. You will be asked by the police to give your name, address, phone number, date of birth and parent or guardian's name. Beyond this, you do not have to volunteer anything.
- You do not need to sign anything without your parents (if under 16) or your attorney being with you.
- If you give permission to any search, you are allowing the police to fully search you.



LIBRARIES



- ▲ **ALLEGANY VILLAGE PUBLIC LIBRARY** 373-1056
Corner of Third and Main St. • Allegany, NY 14706
- ▲ **ARCADE FREE LIBRARY** 492-1297
365 Main Street • Arcade, NY 14009
- ▲ **BLOUNT LIBRARY** 676-5715
5 North Main Street • Franklinville, NY 14737
- ▲ **CATTARAUGUS FREE LIBRARY** 257-9500
21 Main Street • Cattaraugus, NY 14719
- ▲ **DELEVAN-YORKSHIRE PUBLIC LIBRARY** 492-1961
School Street • Delevan, NY 14042
- ▲ **ELLICOTTVILLE MEMORIAL LIBRARY** 699-2842
1 Washington Street • Ellicottville, NY 14731
- ▲ **GOWANDA FREE LIBRARY** 532-3451
56 W. Main Street • Gowanda, NY 14070
- ▲ **KING MEMORIAL LIBRARY** 353-9915
Maple Avenue • Machias, NY 14101
- ▲ **LITTLE VALLEY MEMORIAL LIBRARY** 938-6301
110 Rock City Street • Little Valley, NY 14755
- ▲ **OLEAN PUBLIC LIBRARY** 372-0200
134 North 2nd Street • Olean, NY 14760
- ▲ **PORTVILLE FREE LIBRARY** 933-8441
1 North Main Street • Portville, NY 14770
- ▲ **RANDOLPH FREE LIBRARY** 358-3712
26 Jamestown Street • Randolph, NY 14772
- ▲ **SALAMANCA PUBLIC LIBRARY** 945-1890
155 Wildwood Avenue • Salamanca, NY 14779
- ▲ **SENECA NATION LIBRARY** 945-3157
Broad Street Extension • Salamanca, NY 14779

PARENTS



There are lots of stereotypes about teens and there are parallel stereotypes about parents. One misconception is that becoming a teen automatically generates conflict and communication problems with parents. As a teen, you know how often people's perceptions about you and your friends are incorrect. Is it possible that the notion that teens and parents must struggle with one another is equally wrong? Parents often have a hard time balancing the need to keep their kids safe while allowing enough freedom and experience so their teens grow up successfully. As you have learned through experience, parents certainly don't have all of the answers and aren't right all of the time whatever they think. They, like us, are all too human and imperfect... so give them a break.

One great advantage of becoming a teen is the opportunity it offers for developing a new and positive relationship with your family. You are now better able to understand some of the complexities of relationships and can take more control over your role in the development of those relationships. What ways can you contribute to positive communication and strong relationships with your family? Believe it or not, you have a tremendous amount of power to influence the way your family responds. These ideas are designed to work (and they do!) in a variety of family settings, whether you live with one parent or two, with grandparents, other relatives or other adults who care about you.

- 1. Talk with your parents every day.** Let them know what your day was like. Even if you share just one thing that happened to you, whether it was funny, frustrating or just interesting, you will be doing your part in communicating. Also ask them about their day. Be prepared for a surprised response if your parents are not used to this. Set aside 10 minutes each day to get them used to this new routine.
- 2. Ask your parents to tell you about their childhood** and what their teen years were like. What was the hardest part for them? What did they do with their family? How did they handle conflict? What are their best memories? If they could do it all over again, what would they do differently or the same? What are their favorite memories?
- 3. Learn to accept your parents' limitations.** If some things are difficult for them to discuss, you probably know of other caring adults you can talk with.
- 4. If you really want your parents to listen to you, choose wisely the time you speak with them.** Approach them when they are not in the middle of something or in a bad mood. Look at them when you are talking-your words and feelings will have greater impact.
- 5. Parents often see a direct connection between giving you more freedom and the amount of trust that they feel.** Earn trust by your behavior; be responsible and honest, do what is expected without being told, think of things you can do that your parents will value and appreciate.
- 6. Keep track of one another's whereabouts.** Your parents want to know where you are, but you should

an emergency. Help your family find a system to keep

7. Be clear about expectations and rules in your home. When in doubt, check it out! (Surprisingly, several teen surveys reveal that teens themselves want boundaries and clear expectations, as well as direction and attention from parents and caring adults.)

8. Make time to spend with your siblings doing fun and caring activities. Find out what is going on in their lives. Praise them and celebrate their accomplishments -they need your support and attention. It maybe difficult to do this with your siblings who pick on you, but you may change your relationship with your care and curiosity.

9. Be willing to compromise. Sometimes you have to give a little to get what you want. Let your parents know you care about them even though you don't always agree.

10. Let your parents know that you care about them even though you don't always agree.

11. Spend time with your family. Try to eat one meal (or more) with them everyday. Interestingly, research indicates that youth that have close emotional relationships with their parents are likelier to become healthier adults and be more successful in becoming independent than youth that don't. **And don't forget about one of the underutilized but most valuable resources to kids ever-grandparents!** Get to know them and learn from their experience!

12. Treat the people in your family the way you wish they would treat you. Unfortunately, not all family settings provide loving, encouraging and caring places for

youth. If you find yourself in this situation, seek the support you need in such caring and positive places as a faith community or a school or youth organization. Ask your school counselor, religious leader or youth worker for suggestions. (See COUNSELING on page 22 and RUNAWAY/HOMELESS on page 60 .)

Parents who are having problems with their children need to be told about area organizations that can help. One of these is **Parents Who Care Support Group** • Mental Health Association • 126 N. Union St. PO Box 833 Olean, NY 14760 372-0208 ext 103 (Must Pre-Register) For parents of children/adolescents with emotional behavioral problems.

There are other programs for other situations.

- **Accord Corporation**
Parents First Program
Masonic Temple Building • Olean, NY 14760

PERSONAL SAFETY

Almost everyday you hear or read about kids who have been victimized, abducted or kidnapped. Such events can and do happen in Cattaraugus County. It is important to protect yourself.



Safety Tips For Kids...

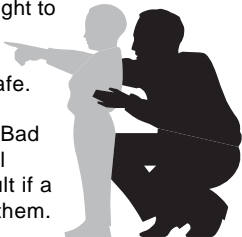
- Never get into a car with someone you don't know. If you are approached to enter a stranger's car, try to remember a physical description of the person as well as

the car, and if possible a license plate number and report this to the authorities as quickly as possible.

- Do not accept money, gifts, food or drink from an adult unless you know them or without checking with your parents first
- Always tell your parents where you will be playing and with whom
- Never go anywhere alone
(There is “safety in numbers”).

Parents should...

- Talk with your children about the possible danger of strangers and for what to be on the lookout.
- Establish a secret code word with your child and tell them that they can never go anywhere with an adult that does not know the code word.
- Teach your children that adults do not ask little kids for directions and to be careful of adults asking for help in finding lost pets.
- Teach children to trust their instincts and to get away when something feels uncomfortable.
- Teach children that it's all right to say no to anyone or any situation that makes them feel uncomfortable or unsafe. Teach them the difference between Good Touch and Bad Touch. Remind them to tell you or another trusted adult if a stranger has approached them.



PHYSICAL SEXUAL ABUSE



Violence means using force to hurt or control someone or break and damage something. Some people get very angry and lose control. They may throw things, punch a wall or hit somebody. They may even be sorry afterwards. If you, a family member, or a friend has been slapped, hit, pushed, or your behavior is out of control or violent, it is time to seek help. **NO ONE DESERVES** to be hurt! There are times when abuse is emotional, not physical. In these situations someone may be threatening you verbally or treating you in a way that makes you feel fearful for your safety or believe you will be hurt. If you, or someone you are with is hurt or in danger, Get Away And Get Help! Call 911 to ask for police assistance.

If there is no emergency, but you are afraid of being hurt physically or emotionally by a friend or family member, talk about it with someone who will listen and believe you, or call one of the numbers listed in this resource book. It is common to have mixed feelings about someone who is violent towards you. It is important to tell someone and not keep secrets even if the person promises not to do it again. People who abuse or hurt others need to get help. By telling someone, you are beginning to take control of the situation to help yourself.

You may have heard a lot about or know someone involved in domestic violence (family or household violence) and think this occurs only between married

people or adults who are living together, but some teens are also involved in abusive dating relationships. These relationships can be very difficult to end. Talk to a family member, or someone you respect or seek counseling.

You may be in an abusive relationship if you:

- ▲ Are frightened of your partner's temper.
- ▲ Find yourself apologizing to yourself or to others for your partner's behavior
- ▲ Have been hit, kicked, shoved, or had things thrown at you
- ▲ Make plans/decisions about activities/friends based on what your partner wants or how your partner will react
- ▲ Have been abused as a child or seen your parent abused
- ▲ Are treated badly or embarrassed in front of others by your partner
- ▲ Agree to have sex, even if you are uncomfortable with it.

If there are times when you feel as though you're losing control, you can learn other ways to deal with stress, tension and anger.

STATE DOMESTIC VIOLENCE/RAPE LINE

1-800-252-8748

LOCAL DOMESTIC VIOLENCE CRISIS LINE

1-888-945-3970

If you have been assaulted or raped, it is important, for your protection that you receive immediate medical treatment. You could become pregnant or contract a sexually transmitted disease. **DON'T SHOWER!!!** You will literally wash away the evidence! Go immediately to your local hospital's emergency room. If you decide to prosecute the assailant, the medical evidence can be obtained at this time only.

NEW YORK STATE POLICE

▲ Olean	373-2550
▲ Allegany	373-2550
▲ Cattaraugus	665-3113
▲ Ellicottville	699-8012
▲ Little Valley	373-2550
▲ Machias	353-8000

ALTERNATIVES TO VIOLENCE

- ▲ Center for Family Unity 945-6401
4039 Route 219, Salamanca, NY 14779
 - Program provides parenting classes and in-home visitors. Hours are Monday-Friday, 8 am to 4 pm

Cattaraugus Community Action, Inc

24 Hour Hotline.

- Victims Services 888-945-3972
- 24 Hour Hotline or 945-1041
 - Staff will accompany victim to court, hospital and law enforcement.

- Support Groups • Advocacy • Rape Crisis
- Educational Counseling Sessions • Shelter
- Crime Victims Board application assistance
- Domestic Violence (confidential location)

▲ Concerned Parents of

Troubled Teens 372-0650

Immanuel Lutheran Church

North 4th at Laurens Street • Olean, NY 14760

Meetings: Thursdays, 7-9 PM

▲ RESPITE 945-5392

or evenings & weekends 375-0340

▲ Cattaraugus County

Youth Bureau 945-5392 ext. 6222

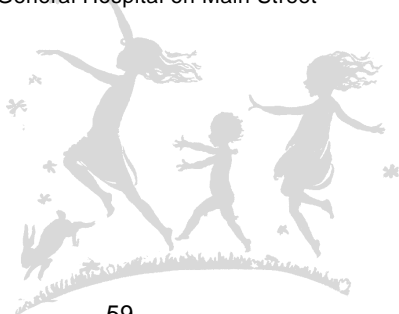
Get In Touch Youth Crisis Hotline 1-888-330-0833

Runaway and Homeless Youth

Street Outreach Program

Grief Support 1-800-339-5209

Local - Olean General Hospital on Main Street



PRENATAL CARE AND COUNSELING SERVICES



- ▲ **Tri-County Crisis Pregnancy Center** 532-9738
17 South Water Street • Gowanda, NY 14070
*Provides peer counseling, free pregnancy testing, and referrals to other agencies.

- ▲ **Cattaraugus County Health Department** 373-8050
1701 Lincoln Avenue, #4010,
Olean, NY 14760 OR 1-800-251-2584
9822 Route 16,
Machias, NY 14101 353-8525
Iroquois Drive, Salamanca, NY 945-1230

- ▲ **Parent Education Program** 372-8624
210 East Elm Street • Olean, NY 14760
• Teaches parenting skills for teen parents.

- ▲ **“Get In Touch” Youth in Crisis Hotline** 1-888-330-0833
Cattaraugus County Youth Bureau
• Pregnancy, parenting referrals

RECREATIONAL PROGRAMS & VOLUNTEER SERVICES



- ▲ **Cattaraugus County Youth Bureau ...** 945-5392
100 Main Street Suite 1 • Salamanca, NY 14779
 - Provides lots of countywide youth recreational programs, community service, and youth development opportunities galore!

- ▲ **City of Olean Youth Bureau** 376-5646
Division of Youth and Recreation 376-5666
Municipal Building • Olean, NY 14760
 - Lots of programs, parks and recreational opportunities

- ▲ **City of Salamanca Youth Bureau** 945-1311
25 Jefferson • Salamanca, NY 14779
 - Lots of programs for area kids!

- ▲ **Boy Scouts of America**
Regional Office 665-2697
Council of Allegheny Highlands
50 Hough Hill Road
Falconer, NY 14733 372-9321
 - Educational and preventative program of character, skills, leadership and citizenship development; physical and mental fitness for boys 6-20 and girls 14-20. Provide outdoor facilities, service centers, activities and events.

- ▲ **Camp New Horizons** 372-0208
 Mental Health Association
 129 North Union Street, Suite 1000
 Olean, NY 14760
 - Camping program for youths 8-15 with social or behavior adjustment programs.

- ▲ **Girl Scout Council**..... 1-800-333-0692.
 Girl Scouts of Southwestern
 New York, Inc 665-2225
 2661 Horton Road • Jamestown, NY 14701
 - Programs available to girls age 5-18.
 Teaches, by way of example, inner strength, skill and knowledge development.

- ▲ **Little Valley Social Development** 938-9151
 Little Valley, NY 14755
 - Social events for children having social/behavior problems.

- ▲ **Olean Recreation Center** 373-7465
 101 East State Street • Olean, NY 14760

- ▲ **YMCA** 373-2400
 130 South Union Street • Olean, NY 14760

- ▲ **United Way of Catt County** 372-3620
 807 West State Street • Olean, NY 14760

- ▲ **Center for Family Unity** 945-6401
 4039 Route 219 • Salamanca, NY 14779

RUNNING AWAY!



Almost everyone thinks 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 is VERY HARD TO THINK CLEARLY. Try and talk it out with someone who will listen.

It is important to work together with your parents in solving problems between you. If you are 17 or under and run away, you may be picked up by a police officer and returned home. This is a status offense and may result in a referral to Family Court. Running away is not considered a legal offense if you are 16 or older. No matter how old you are, running away is a serious matter and seldom the best way to deal with your problems.

▲ **Cattaraugus County Youth Bureau
Runaway and Homeless Youth Program
Crisis intervention, information, advocacy
and referrals.**

Regular Business Hours 945-5392 ext 6222
Weekends and evenings 375-0340
100 Main Street
Salamanca, NY 14779 1-800-330-0833

▲ **National Runaway Hotline** 1-800-231-6946
P.O. Box 12428 • Austin, TX 78711

*If you ask, they will not tell your parents where you are. They will also try to help find a place for you to stay. Medical and counseling services and

referrals for confidential message relay from you to your parents are all available.

▲ **Hillside Children's Center**

Emergency Shelter585-256-7575
or 585-256-7777

▲ **Center for Youth Services**

Emergency Shelter (ages 12-17) 585-271-7670

The Safe House 661-9446.

National Runaway Switchboard 1-800-621-4000

*Emergency crisis counseling is available for runaway and homeless youth, or for youth that are at risk of running away. The Cattaraugus County Youth Bureau can also assist with referrals to other appropriate agencies and services.

SELECTIVE SERVICE REGISTRATION



The law requires that all males, when they reach their 18 th birthday, register with the Selective Service at your local Post Office.

▲ **MILITARY RECRUITING OFFICES**

Air Force 372-7110

Army 372-0267

Marines 372-1775

Navy 372-8098

*All of the military recruiting offices listed above are located at: 452 North Barry Street
Olean, NY 14760

SHELTER HOUSING



- ▲ **Salvation Army:**
310 East State Street,
Olean, NY 14760 373-9458

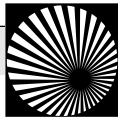
20 Main Street,
Salamanca, NY 14779 945-1540
 - Emergency shelter, food pantry,
emergency gas vouchers.

 - ▲ **Genesis House** 373-3354
107 South Barry Street
Olean, NY 14760
 - Homeless shelter.

 - ▲ **Department of Housing and
Urban Development (HUD)**
Housing assistance 372-2550
Derby Apartments 373-6405
311 East State Street
Olean, NY 14760
 - Shelter for homeless; emergency and
transitional housing.

 - ▲ **Cattaraugus Community Action** 945-1041
25 Jefferson Street
Salamanca, NY 14779
-

STRESS!



Today's teens face more adult-like stresses than their parents did and at a time when adults are less able to help. With many parents working outside of the home, teens are more "on our own" than ever before.

Stress is a part of everyday life. If you know how to deal with it, it can actually help your creativity, productivity and foster healthy relationships with others. If you let stress get out of hand, it can become a serious problem.

There are many kinds of stresses that you may be facing and sometimes more than one at a time. Your physical bodies are changing you and developing into mature adults and hormones may be raging. Peers may be pressuring you to "join in" and be like the group. Parents may be pushing you to achieve or make up for something they lack. All of these can cause stress in your life.

Signals of Stress

Lack of appetite
Lack of concentration
Loss of sleep

Dropping grades
Physical ailments

Stress Reducers

Physical activity
Hobbies and crafts
Talking with parents/
friends
Keeping a diary or journal
Volunteering/community
service

If you are feeling over-stressed, talk with your parents, a school counselor or someone you trust. (See Counseling on page 22).

SUICIDE



HELP SERVICE HOTLINE 1-800-724-0461

▲ Attempting suicide is a way of asking for help.

Some of the danger signs are:

1. Expressing thoughts about suicide and death.
2. Giving away possessions; making out a will.
3. Changes in sleeping patterns.
4. Changing in eating habits.
5. Changes in school or work performance.
6. Changes in social activities - being alone.
7. Changes in personality - nervousness, anxiety.
8. Abuse of alcohol/drugs - taking risks.
9. A previous suicide attempt.
10. Physical fighting with family members.

▲ HOW CAN YOU HELP?

1. Be willing to talk openly, frankly.
2. Be willing to listen.
3. Show that you care.
4. Give assurance that help can be obtained.
5. Stay with the person.
6. Don't keep what you know a secret.
7. Let others help you help the suicidal person.

When people feel hopeless, helpless, and alone, they may have suicidal thoughts. Help is available from the following:

Olean General Hospital 1-800-339-5209

Suide Prevention Hotline1-888-448-3367

- ▲ **Center for Family Unity** 945-6401
4039 Route 219 • Salamanca, NY 14779
- ▲ **L. K. Painter Community Center** 532-2006
2355 Main Street • Collins, NY
• Youth counseling support groups, preparation for G.E.D., vocational & computer classes.
- ▲ **Parent Education Program** 372-8624
210 East Elm Street • Olean, NY 14760
- ▲ **Cattaraugus County Department of Social Services**
Olean 373-8075
Little Valley 938-6094
• Provides services for child and family welfare programs including preventive and protective services to children and adults, foster care, adoption, parenting programs, public assistance, Medicaid, child support enforcement, independent living and youth services.
- ▲ **Cattaraugus County Department of Community Services (Mental Health)**
Olean 373-8040
Salamanca 945-5211
Guidepost - Olean 373-8080
Machias 353-4075
• Counseling, support groups for families and individuals. Fees: Sliding scale, Medicaid, and private insurance
- ▲ **Healthy Community Alliance**
• Yellow Ribbon Suicide Prevention Program
• Train The Trainer for School and Community Gatekeeper Training 716-532-1000

TEEN PARENTING & CHILD CARE



No matter your age, you want to be a good parent. There are people and agencies that can help. Listed below are some of the agencies that offer a variety of services especially for pregnant and/or parenting teens. Call for more information.

- ▲ **Olean Child Day Care Center** 372-4225
212 Laurens St. • Olean, NY 14760
 - Cost depends on number of children and ages. They care for children ranging from 6 weeks to 12 years. Hours are Monday thru Friday, 6:30AM to 5:30 PM.

- ▲ **Early Bird Child Care Center** 592-2403
Route 39 • Springville, NY 14141
 - Daily rate based on number of children and their ages. Hours are Monday - Friday 6:30AM to 6:00 PM.

- ▲ **Helmuth Day Care, Inc .** 532-0411
14267 Taylor Hollow Road
Gowanda, NY 14070
 - They accept children between the ages of 6 weeks to 12 years. Hours are 6:00 AM to 6:00 PM, Monday thru Friday.

- ▲ **Child Care Resource and Referral** 373-3876
Accord Corp. Masonic Temple Bldg • 3rd Floor
Union Street • Olean, NY 14760
 - Will find day care for working parents or parents attending school.

- ▲ **Gowanda Central Y Care** 532-3325
- ▲ **Cattaraugus County Youth Bureau**
“Get in Touch”
Youth in Crisis. 1-888-330-0833
 - Referrals and information regarding pregnancy prevention
- ▲ **Helmuth Day Care, Inc .** 532-0411
 14267 Taylor Hollow Road
 Gowanda, NY 14070
 - They accept children between the ages of 6 weeks to 12 years. Hours are 6:00 AM to 6:00 PM, Monday thru Friday.
- ▲ **Child Care Resource and Referral** 373-3876
 Accord Corp. Masonic Temple Bldg • 3rd Floor
 Union Street • Olean, NY 14760
 - Will find day care for working parents or parents attending school.
- ▲ **YMCA** 372-0181
 130 South Union Street • Olean, NY 14760
 - Ages 6 weeks to school age. Hours are Monday-Friday, 6:30 am-6:00 pm. Sites in Olean, Allegany and Portville. No sliding scale.
- ▲ **Project Pre- K** 945-5170
 Prospect Elementary School
 300 Prospect Avenue • Salamanca, NY 14715
 - Service is for students who don't qualify for Head Start.

- ▲ **Project Head Start** 373-2447
101 South 19th Street • Olean, NY 14760
• Accepts 3 and 4-year-old and special needs children. Income guidelines follow annual income.

Area Offices:

11713 Route 16, Delevan, NY 14042
79 River Street, Salamanca, NY 14779
210 East Elm Street, Olean, NY 14760
P.O. Box 182, Warsaw, NY 14569

▲ **Even Start/GED:**

Arcade 492-4066, 585-492-9300
Olean (Eastview Elementary) 375-4470
Salamanca (Seneca Elementary) 945-3641
Catt-LV 257-3436
Franklinville 676-8000
Hinsdale 557-2227
Portville 933-8701
Limestone 925-8873

▲ **TASA Program of ACCORD**

Call Coordinator for
Cattaraugus County 373-4471 or
(Monday-Friday 8 am - 4 pm) 1-800-648-4474
• Provides comprehensive case management services to youth ages 10-21 to assist in reaching academic, employment and personal goals as well as helping with parenting skills and many kinds of advocacy on your behalf.

TEEN SEXUALITY



No person under the age of 17 or one who is mentally incapacitated or physically helpless can legally consent to sexual relations. Sexual relations between close relatives are considered to be incest and are illegal. Additionally, sexual relations with persons who are under the age of consent can be considered sexual abuse. The decision to become sexually active is that of the individual. It is a big decision, and there are things to be considered. Anyone, regardless of age, has the right to birth control information and/or materials as well as the right to medical services for pregnancy. Parental consent or permission is not required in New York State to obtain these services. Teens have a variety of sources available for information regarding sexuality. These include parents, counselors, health teachers, physicians, and family planning agencies. In addition, some other options for information are the local community library or school/college based libraries. Many of these have a variety of resources available to teens that have questions about their sexuality such as pamphlets, books, and videos. The pamphlets are available free of charge in many cases. As a teenager, you will face important decisions concerning relationships and sexuality which have great emotional impact. **Remember, abstinence is always a smart choice but if you are sexually active, pregnancy prevention and prevention of disease should be your main concern.** Your parents, personal physician and the following agencies can provide you with helpful information about pregnancy prevention.

For Information Contact:

▲ **Cattaraugus County Department of Health:**

1701 Lincoln Avenue,
Olean, NY 14760 373-8050
OR 1-800-251-2584

Iroquois Drive,
Salamanca, NY 14779 945-1230

9822 Route 16,
Machias, NY 14101 353-8525

• Family planning clinic services, pregnancy testing and counseling.

▲ **Catholic Charities** 372-0101

520 West State Street • Olean, NY 14760

• Crisis intervention, counseling, medical assistance, and transportation.

▲ **Child Care Referral Hotline** 1-800-388-6467

▲ **TASA Program of ACCORD**

Coordinator for 373-4471

Cattaraugus County or 1-800-648-4474

• Provides comprehensive help and service to youth ages 10-21 to assist in reaching academic, employment and personal goals as well as helping you develop parenting skills.



TRANSPORTATION



- ▲ **Directions in Independent Living** 373-4602
180 North Union Street • Olean, NY 14760
 - Services for people with disabilities;
transportation services; wheelchair accessible.
- ▲ **Seneca Nation Tribal Advocates** 945-2655
262 Broad Street • Salamanca, NY 14779
 - Provides emergency assistance, food pantry .
and transportation.
- ▲ **Interfaith Caregivers Program** 372-6283
124 North Union Street • Olean, NY 14760
79 River St • Salamanca, NY 945-3052
 - Hours are Monday-Friday, 8:00 AM-4: 00 PM
- ▲ **Love Inc.** (Rt 39 Corridor Area) 592-3761
 - Hours per request and per volunteer
driver availability.
- ▲ **Accord Corporation**
Wheels to Work Program 373-4471 ext. 4
Masonic Temple Building • Union St.
Olean, NY 14760

TRAVEL & STUDY ABROAD



▲ Passports

Passport application forms can be obtained from the County Clerk's office at 938-9111 or at the Olean (Downtown) Post Office. Completed applications must be submitted in person with:

1. Birth certificate with raised seal (not a hospital certificate) and filing date.
2. Driver's license or other acceptable identification. If you are under 18 and you don't have a driver's license; you must have a parent or identifying witness with you.
3. Two duplicate 2" square passport type photos with plain background. Fees are \$30 for those under 18 for a 5-year passport, and \$55 for those over 18 for a 10-year passport. An additional \$10 filing fee is required. Applications take a minimum of two (2) weeks to process.

▲ YOUTH FOR UNDERSTANDING ... 1-800-TEENAGE

Distributes information regarding foreign exchange for 15-18 year old high school students. Summer, semester and full-year programs are available.

VEHICLE INFORMATION



Car/Motor Vehicles

Motor vehicles to travel on public roads or property must be registered. Those who operate them must be licensed. The Department of Motor Vehicles is responsible for both registration and licenses.

▲ Cattaraugus County Motor Vehicles Office:

1701 Lincoln Avenue Olean, NY 14760	373-8044
303 Court Street Little Valley, NY 14755	938-9111
1006 North Main Street Delevan, NY 14042	492-3750

Registering Your Car

In order to register your car, you must have proof of ownership and proof of insurance. Registration fees are based on the weight of your car. Call the Motor Vehicle Office for more information.

Obtaining a Driver's License

If you are 16 years old, you may apply for a Junior Operator, Class D license. This license is subject to restrictions, which vary in different parts of the state. To apply for your first license, obtain and study the New York State Motor Vehicle Driver's Manual, then go to a motor vehicle office and fill out an application for a learner's permit. Parental consent is needed if you are under 18; and a specific form must be completed. You will also need proof of name and age. Only

original documents will be accepted as proof - no photocopies. Next you must pass a short written permit test and eye exam. If you wear glasses or contacts, be sure to bring them with you. Also, you will be charged a non-refundable application fee (maximum is \$44.25). This fee is only charged after you pass your permit test and covers the charges for your permit license, 2 road tests (if you need a second try), and your first driver's license. Before you can take a road test, you must have a valid learner's permit and you must satisfactorily complete an approved pre-licensing course (maximum fee is \$20.00). An approved high school or college Driver and Traffic Safety Education Course fulfills this requirement. The Pre-licensing Course is required for all students who have a Class D, E, DJ or motorcycle permit. You must take and pass a knowledge test at the end of instruction. A passing grade is 16 correct answers out of 25 multiple-choice questions. If you fail the test, you can take it again, but only once. If you fail the second test, you must take the entire course again and pay an additional fee.

ZERO TOLERANCE

Zero Tolerance became a law in New York State on November 1, 1996. The Zero Tolerance Law is an administrative function of the Department of Motor Vehicles which automatically suspends the driver's license of a driver under the age of 21 who has been drinking with a blood alcohol concentrate (BAC) of .02 or above.

Their license is suspended for six months on the first offense, and one year, or until the licensee reaches the age of 21, whichever is greater, on subsequent offenses. Motor vehicle crashes are a leading cause of death and injury in the nation and are the leading cause of death for 15-20 year olds. New York State Law prohibits the purchase and possession of alcoholic beverages by those under the age of 21.

MADD (Mothers Against Drunk Driving)

NYS Hotline 1-800-245-6233
Support groups for victims. Speakers are available for school assemblies and drivers education classes, alcohol-free parties and mock crashes.

SADD (Students Against Drunk Driving)

Contact Local School Districts SADD is a group of students who believe that no one should get behind the wheel of a car after drinking. It focuses on raising the awareness of this important issue in other students' minds.



**THINK FIRST,
THEN DON'T
DRINK AND DRIVE**

YOUTH BUREAU'S "REALITY CHECK"

Anti-Tobacco Initiative

"Reality Check" is a **youth driven-empowerment initiative** geared towards exposing the big lies of the "Big Tobacco" Companies. Through this Cattaraugus County Youth Bureau/NYS Department of Health sponsored program, kids ages 12-18 will educate their peers about the fallacies within "Big Tobacco." While the giant cigarette manufacturers pronounce that their products are made for adults, in reality they market to children and youth in order to replace the 1,200 smokers that die every day. **Get ready for some truth and major excitement!!!**

To obtain more information contact: "Reality Check"

Project Coordinator for
at the Cattaraugus
County Youth Bureau
100 Main Street, Suite 1
Salamanca, NY 14779
945- 5392 Ext. 6223
Fax: 945-1296



YOUTH COURT



Youth Court is a voluntary alternative to the traditional juvenile justice system for young people who are first time offenders of a non-violent crime or offense. It is also for young people who wish to learn more about the juvenile justice system or who might plan to pursue careers in law enforcement or criminal justice. Youth Court is based on the philosophy of Restorative Justice, whereby not only are the needs of the offender addressed, but also those of the victim and the community as a whole.

The Youth Court hearing is set to determine sanctions only. Therefore the offender must be willing to admit culpability before their case is accepted for Youth Court. Highly trained middle and high school students fill the traditional roles of courtroom personnel (judge, defense, prosecution, etc.) for the Youth Court hearing. The defense representative contacts the offender prior to the hearing to prepare for the case.

The Youth Court Coordinator oversees the proceedings and daily operation of the program. The offender and parent (s) meet with the Coordinator prior to the hearing at which time the Coordinator explains the entire Youth Court Program in detail.

There are several Youth Courts in Cattaraugus County. Please direct any questions to the Cattaraugus County Youth Bureau at 945-5392 ext. 6205. If you live in Olean, Allegany, Portville or Hinsdale contact the City of Olean Youth Court at 376-5646.

THE 40 DEVELOPMENTAL ASSETS



Listed here are the 40 Developmental Assets that the Search Institute has identified as the key building blocks essential for young people to grow up healthy and successfully. Much of what you'll read seems like common sense, unfortunately, it's not always common practice. Assets have a tremendous power to protect youth. Findings from the Asset Surveys for youth in 6th to 12th grade across Cattaraugus County show:

- **Youth who have the most assets are least likely to engage in high-risk behaviors such as drug use, violence, and sexual activity.**
- **Youth who have more assets have increased chances of having positive attitudes and behaviors, such as succeeding in school, valuing diversity, delaying gratification and maintaining good health.**

While assets appear to have a powerful influence in young peoples lives and choices, too few young people have these benefits-across all cultural and socioeconomic groups.

- **On average, young people experience only 18 of the 40 assets.**
- **Assets decrease as youth get older.**
- **Boys have fewer of these assets than girls do.**
- **Currently, only 8% of young people can claim at least 31 of 40 assets.**

All of us need to assist all youngsters so they can benefit from at least 31 of these essential supports. Everyone can be an asset builder, including youth. It simply requires spending time together, building rela-

tionships, and being intentional about nurturing positive values and reinforcing commitments. Asset building needs to be continuous, reliable and consistent throughout a youngster's childhood and teen years.

EXTERNAL ASSETS SUPPORT



1. **Family Support.** Family life provides high levels of love and support.
2. **Positive Family Communication.** Young person and parents communicate positively, young person willing to seek advice and counsel from parents.
3. **Other Adult Relationships.** Young person receives support from three or more nonparent caring adults.
4. **Caring Neighborhood.** Young person experiences caring neighbors.
5. **Caring School Climate.** School provides a caring, encouraging environment.
6. **Parent Involvement in Schooling.** Parents are actively involved in helping young person succeed in school.

EMPOWERMENT

7. **Community Values Youth.** Young person perceives that adults in the community value youth.
8. **Youth As Resources.** Young people are given useful roles in the community.

9. **Service to Others.** Young person serves in the community one-hour or more each week.
10. **Safety.** Young person feels safe at home, school, and in the neighborhood.

BOUNDARIES AND EXPECTATIONS

11. **Family Boundaries.** Family has clear rules and consequences and monitors youth's whereabouts.
12. **School Boundaries.** School provides clear rules and consequences.
13. **Neighborhood Boundaries.** Neighbors take responsibility for monitoring young people's behavior.
14. **Adult Role Models.** Parent (s) and other adults model positive, responsible behavior.
15. **Positive Peer Influence.** Young person's friends model responsible behavior.
16. **High Expectations.** Both parent (s) and teachers encourage the young person to do well.

CONSTRUCTIVE USE OF TIME

17. **Creative Activities.** Young person spends 3 or more hours in lessons or practice in music, theater or other arts.
18. **Youth Programs.** Young person spends 3 or more hours weekly in sports, clubs or organizations at school or in the community.
19. **Religious Community.** Young person spends one or more hours weekly in activities in a religious institution.

INTERNAL ASSETS COMMITMENT TO LEARNING



- 21. Achievement Motivation.** Young person is motivated to do well in school.
- 22. School Engagement.** Young person is actively engaged in learning.
- 23. Homework.** Young person reports doing at least one hour of homework every school day
- 24. Bonding to School.** Young person cares about his or her school.
- 25. Reading for Pleasure.** Young person reads for pleasure at least 3 hours per week.

POSITIVE VALUES

- 26. Caring.** Young person places high value on helping other people.
- 27. Equality and Social Justice.** Young person places high value on promoting equality and reducing hunger and poverty.
- 28. Integrity.** Young person acts on convictions and stands up for her or his beliefs.
- 29. Honesty.** Young person “tells the truth even when it is not easy.”
- 30. Responsibility.** Young person accepts and takes personal responsibility.
- 31. Restraint.** Young person believes it is important not to be sexually active or to use alcohol or other drugs.

SOCIAL COMPETENCIES

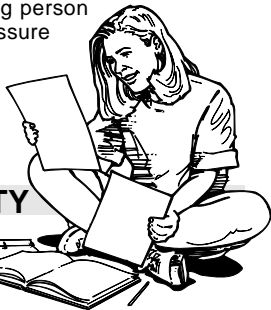
32. Planning and Decision Making. Young person knows how to plan ahead and make choices.

33. Interpersonal Competence. Young person has empathy, sensitivity, and friendship skills.

34. Cultural Competence. Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.

35. Resistance Skills. Young person can resist negative peer pressure and dangerous situations.

36. Peaceful conflict resolution. Young person seeks to resolve conflict non-violently.



POSITIVE IDENTITY

37. Personal Power. Young person feels he or she has control over “things that happen to me.”

38. Self Esteem. Young person reports having high self esteem.

39. Sense of Purpose. Young person reports, “My life has a purpose.”

40. Positive view of personal future. Young person is optimistic about his or her personal future.

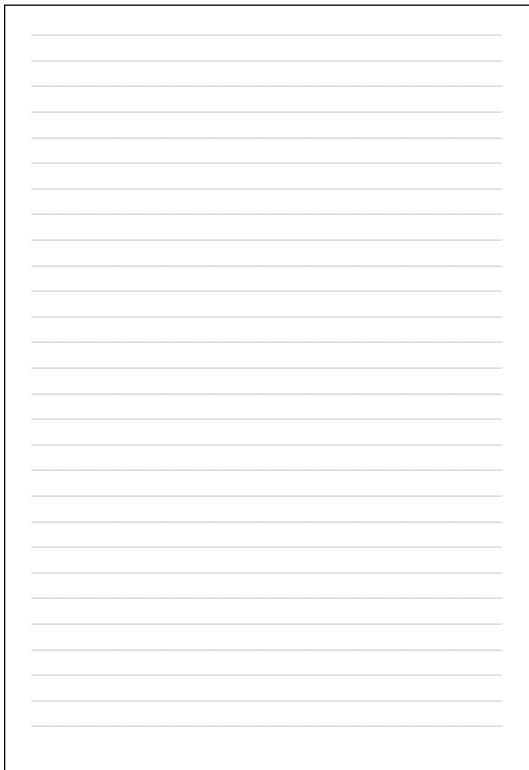
Contact the
Cattaraugus County Youth Bureau

today to learn more about
programs in our communities that
will allow you to develop your
character and leadership skills

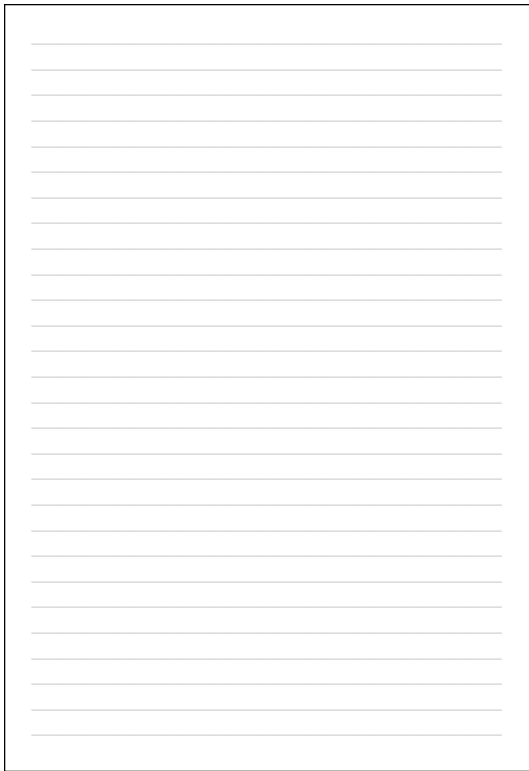
945-5392



Notes

A large rectangular box with a black border, containing 25 horizontal lines for writing notes. The lines are evenly spaced and extend across most of the width of the box.

Notes

A large rectangular box with a thin black border, containing 25 horizontal lines for writing notes. The lines are evenly spaced and extend across most of the width of the box.



**Youth to Youth Booklet designed by
Weis Graphic Design • Olean NY • USA**

YEARS

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with assistance from



**New York State
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