

ING and DRUGS

is simply defined as a strong
ink. These liquids include beer,
quors. There are many health
om alcohol use such as brain
t disease and diseases of the
do not stop drinking die sooner,

a when you want or crave and
h you may know the negative
addiction may be physical (your
hological (your mind wants it).
ease that will need support and
nt to help you recover.

Anonymous and Narcotics Anonymous

305-296-8654
305-743-3262
305-852-6186

DRINK AND DRIVE

driving a car, motorcycle,
a bicycle if you are under 21
ol level is 0.08 or higher, your
ded or you will be arrested for

ns you

for 6 months,

on and

urt costs,

ty service hours,

and

or up to one year.

talk to someone?

ademic pressures, life pressures.
ial or Depressed

l help (no parent consent needed).

6-HELP or 1-800-273-4558

— 292-6843 (Key West)

53-3284 (Upper Keys)

DATE RAPE DRUGS

Rape is easier on a victim who is not fighting. Drugs (nicknames of Roofies, Rope, Liquid ecstasy, Liquid X, Easy Lay, 'K', Special K, Vitamin K, Ket, and Scoop) are used to make you not fight back or not even remember that a rape happened. Date rape drugs often work FAST and are hard to spot because they have no smell, taste, texture or color. They come in liquid, powder and pill forms that can easily be added to drinks, like alcohol, without you knowing. The drugs cause the victim to become ill, confused, very sleepy and unable to move or think clearly.

Protect yourself by using the buddy system with friends you know and trust, watch out for each other,

- don't go home with someone you don't know,
- don't accept drinks where there are strangers (go get your own drink)
- don't drink a drink that has been sitting (always get a new drink)
- or from a punch bowl and if someone is "kidding" about date rape drugs consider that to be a warning.

PAY ATTENTION. REPORT RAPE DRUG USERS to the Sheriff at (305)745-3184.

SMOKING

Smoking cigarettes, cigars and pipes, as well as using smokeless tobacco are known killers. It is an expensive bad habit. The best thing is to not start, but if you have and want to quit there are a number of great ways to do it!

The legal age for smoking is 18. If you are under 18 you could be fined, serve community service hours or possibly lose your driver's license for repeat offences.

- **Monroe County Health Department 305-293-7549**

EATING DISORDERS

Eating disorders such as anorexia, bulimia and binge eating include extreme emotions, attitudes and behaviors surrounding weight and food issues. Living in our culture, there is pressure to look a certain way to be happy. Your body might be "home" to a baby someday, so take care of it!

National Eating Disorders Association

800-931-2237

www.edap.org

PIERCINGS AND TATTOOS

Tattooing is a trend that has been "in style" for years, but you should know the pros and cons. Some of the risks with tattooing are HIV and Hepatitis B. Make sure to get a tattoo with sterile(NEW) equipment and by an artist who has met local and state health laws. Remember that tattoos are considered **permanent**. To remove it is very expensive, much more than getting a tattoo, takes many painful sessions with varying results and leaves scars.

Risks due to piercing depends on the body part pierced. Infections, extreme swelling, and healing problems. The tongue is a strong muscle, piercing can result in permanent damage causing speech impairment, eating difficulties, numbness, taste problems, and increased drooling.

Before getting a tattoo or piercing do your research.

- **Tattoo and Piercing Safety Checklist**

www.tattoo.about.com

ABUSE

Abuse can take many forms—physical, sexual, emotional, verbal, even neglect or a combination of all. First, remember that it is not your fault. Next, get help. Keeping it a secret doesn't protect you from being abused, it only makes it more likely that the abuse will continue.

- **HELPLINE** 305-296-HELP (4357)
- **Florida Abuse hotline** 800-962-2873
- **Child Help USA** 800-422-4453

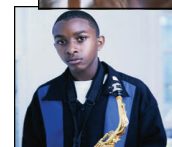
INTERNET SAFETY

We know your knowledge of the internet probably is more than that of your parents! But please still need be cautious.

- Be careful about posting photos that are identity-revealing or sexually provocative.
- Unless you are prepared to have that information attached to your college/job/internship/scholarship application—don't post it!
- Don't believe everything you read ... that cute 16 year old boy may not be cute, or even a boy!
- Put everything behind passwords and firewalls.
- Visit Wired Safety for more info. www.wiredsafety.org

Thanks to Marathon High School Health Careers classes

TEEN G



Florida Keys Health

1100 Simont

Key West, F

305-293-

Fkhs@yah
www.Keyshealth

TEAK ABOUT SEX

pregnancy—why it happens and get tons of advice from adults. answers and opinions when teens were asked what they thought and pregnancy.

happen to me" is stupid; if you probably will. Sex is serious.

think "everyone is doing it," doesn't are, some aren't — and some

ood reasons to say "no, not yet." is one of them.

your own life - don't let anyone of sex.

y "no" — even if you've said

is just being smart — it doesn't easy. They make female and male

ontrol "ruins the mood," consider will do to it.

gh, you can't make good decisions something you might not regret.

n yours, and a baby won't make

neone's father? It's simple: Use e or don't have sex.

**YES, you CAN get pregnant the first time, when the girl is over period, the guy doesn't vagina, the girl washes af-
living sex standing up.**

IF YOU ARE PREGNANT

If you are pregnant, you have several options. Pregnancy counseling will help you decide what the right choice is for you. This is also a time to ask your parents for advice ... they will be more understanding than you think. But don't put it off!

It is extremely important that you visit a doctor as soon as you think you are pregnant. Avoid alcohol, drugs and smoking so as to not harm (cause birth defects) your baby.

You are not alone ... there are many people who will help you throughout your pregnancy and beyond.

- **Florida Keys Healthy Start Coalition**
305-293-8424 www.keyshealthystart.org
- **Healthy Start**
Lower Keys 305-293-7515
Middle Keys 305-289-2730
Upper Keys 305-853-1912

- The Teenage Parenting (TAP) program at your Keys high school can help with parenting and day care issues, call 305-293-1400 ext. 53388.
- Free parenting help through Healthy Families. Call 305-293-7494.

OTHER SERVICES for TEENS

- Need a job? Contact So. Florida Workforce at Key West, 292-6762; Marathon 305-289-2475 and Upper Keys 305-853-3540.
- Need clothing and school supplies? Call Just 4 Kids at 305-292-6873
- Legal Services. All Keys 305-292-3566.
- See your school counselor for college, vocational, and GED questions.
- Homeless? Call the FL Keys Outreach Coalition at 305-293-9497.



ADOPTION

Counselors will help you through the process of adoption including medical care and housing.

- **Florida Department of Children & Families**
Monroe County 305-377-5055
www.dcf.state.fl.us/adoption
- **Children's Home Society of Florida**
305-254-9759 www.chsfl.org/pregnancy-services.php
- **First Choice Women's Centers** in the Keys 305-453-HELP

ABORTION & MORNING AFTER PILL

If you are under 18 you have to get a parent's consent before having an abortion. It should be done within the first 10 weeks of pregnancy. Abortions are regulated by law which could change from year to year.

Emergency contraception (Plan B or the Morning After Pill) is available from your local pharmacy with a prescription from your doctor or nurse practitioner if you are over 18— or at the emergency room of the hospital.

- **Consult your local physician or pharmacy .**
- **Standupgirl** www.standupgirl.com
Young women who've had or wanted an abortion talk about the experience at this web site.
- **Planned Parenthood (Miami)**
305-285-5535 www.plannedparenthood.org

GETTING MARRIED

The law states that if you are under 18 and want to get married (even if you are pregnant) you will need to get permission from a parent and a county judge.

BIRTH CONTROL

Monroe County Health Department Clinics have free condoms, birth control pills, Depo-Provera shots and the patch are **free** and **confidential** to teens

WomanKind Key West, provides birth control services and offers a sliding fee scale based on income 305-294-4004

Marathon Health Center has low cost and confidential services with a Midwife or doctor 305-743-4000

HIV/AIDS and other TRANSMITTED

You can never tell just by looking whether or not they have a sexually transmitted disease (STD). Some STD's don't show up. REMEMBER: HIV/AIDS can kill. Chlamydia and syphilis can prevent you from having a baby in the future, herpes and HIV can cause you to need a c/s.

Testing is always anonymous and free.

- **Monroe Co. Health Dept.**
Key West
Marathon
Tavernier
- **AIDS Help, Inc.**
Key West
Marathon
- **Key West Roosevelt Clinic**
- **National STD Hotline**

SEXUAL ORIENTATION

TRANSGENDERED

LESBIAN

It is natural to have close relationships with people of your own sex, however if you are considering if you are gay you can contact support groups for more information and resources.

- **Key West PFLAG** 305-292-3223
www.keywestpflag.org/
- **Gay Lesbian Community** 305-292-3223 www...

