

Compilation of information in this book © 2001-2005

Edmonds Police Department
Mill Creek Police Department
Snohomish County Workforce

Development Council
Design & typesetting © 2001-2005, Pocket Press, Inc.

PRINTED IN THE USA

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Published by:

Mill Creek Police Department &
Snohomish County Workforce Development Council

TOLL FREE HOTLINES

AIDS/HIV Information Hotline1-800-272-2437
Alcohol & Drug Help1-800-562-1240
Attorney General1-800-551-4636
(Consumer Protection)
Blind Hotline1-800-552-7103
Blind Library1-800-542-0866
Cancer Information1-800-422-6237
Children's Services (DSHS)1-800-562-5624
Domestic Violence Hotline1-800-562-6025
Emergency Services (24/hr).....1-800-258-5990
TTY1-800-635-9993
Mothers Against Violence1-800-897-7697
Poison Information Center.....1-800-732-6985
Runaway (Youth Crisis) Hotline ...1-800-448-4663
Welfare Fraud Hotline1-800-562-6906
WIC (Women/Infant/Child) Svs. ...1-800-841-1410
Youth Crisis Hotline1-800-784-2433

1-800-SUICIDE

Your future depends on many things, but mostly it depends on you!

Welcome to the New Teen Yellow Pages!

Each of us, young and old, is faced with challenges almost everyday. An important part of becoming an adult is learning how to meet those challenges in a healthy, positive way and finding the appropriate resources when you don't have all the answers. So whether you're looking for the number of the local bowling alley or need help finding a job, we hope the New Teen Yellow Pages will point you in the right direction.

This book is a collaborative effort of law enforcement agencies, service providers, and businesses in Snohomish County. Each of us has the common goal of protecting and promoting the health and well being of young residents of our county. We hope that this resource helps you advance on the path to becoming independent, healthy, and confident members of society.

Your friends in the Crime Prevention Coalition of Snohomish County and WorkSource Snohomish County

AREA ATTRACTIONS

- Boeing Tour - Everett (800) 464-1476
(See airplanes being built)
Off Hwy 526, 3 mi. W of I-5
www.boeing.com
- Burke-Gilman Trail, Centennial Trail, & Inter-Urban Trail
(Also see Parks)
Over 50 miles of Biking, Jogging, Walking Trails
www.metrokc.gov/parks
- Edmonds Arts Festival - Edmonds (425) 771-6412
Every June, downtown Edmonds
www.edfest.com
- Everett AquaSox - Everett (425) 258-3673
Everett Memorial Baseball Stadium
at Exit 192 off I-5
- Everett Events Center (425) 332-2600 or (866) 332-8499
2000 Hewitt Ave, Suite 200
Everett, WA 98201
www.everetteventscenter.com
- www.aquasox.com
- Everett Hawks (Arena Football)
(425) 383-HAWK
www.everetthawks.com
- Everett Silvertips (Hockey)
(425) 252-5700
www.silvertips.com
- Evergreen Speedway - Monroe (360) 805-6100
Racing facility located in the Evergreen State Fairgrounds
www.evergreenspeedway.com
- Evergreen State Fair - Monroe (425) 339-3309
August - September
Hwy 2 in Monroe
www.evergreenfair.org
- Experience Music Project (E.M.P) 1-877 EMPLIVE
Seattle (206) EMPLIVE
Interactive Music Museum at Seattle Center
www.emplive.com
- Husky Stadium - Seattle (206) 543-2210
University of Washington Football and Athletics, U of W Campus
www.gohuskies.com
- Pike Place Market - Seattle (206) 682-7453
Public Market 1st Ave. & Pike St.
www.pikeplacemarket.org
- SAFECO Field - Seattle 1-800-MY-MARINERS
Home to Seattle Mariners (206) 346-4001
Baseball Team
www.mariners.org
- Salty Sea Days - Everett
In June
Everett Waterfront
www.ci.everett.wa.us
- Seattle Center - Seattle (206) 684-7200 Year round (206) 684-8582
Entertainment, cultural, educational & recreational activities and events

www.seattlecenter.com

Seattle Mariners - Seattle 1-800-MY-MARINERS
Major League Baseball at Safeco Field

www.mariners.org

Seattle Seahawks - Seattle 1-888-NFL-HAWK
NFL Football

www.seahawks.com

Seattle Supersonics - Seattle (206) 283-DUNK
NBA Basketball at Key Arena
in Seattle Center

www.nba.com/sonics

Seattle Storm - Seattle (206) 217-WNBA
WNBA Basketball at Key Arena
in Seattle Center

www.wnba.com/storm

Seattle Thunderbirds - Seattle (206) 448-PUCK
Seattle Hockey at Key Arena
in Seattle Center

www.seattle-thunderbirds.com

Washington State Ferries (800) 843-3779

www.wsdot.wa.gov/ferries

Woodland Park Zoo - Seattle (206) 684-4800

www.zoo.org

For additional Area Attractions see:
Snohomish County Tourism

www.sscchamber.org

Seattle City Highlights

www.cityofseattle.net

ARTS AND CULTURE

- A Contemporary Theatre (ACT) (206) 292-7676
Seattle 700 Union Street
www.acttheatre.org
- Cascade Symphony (425) 778-4688
Snohomish County
Various concert locations
- Driftwood Players - Edmonds (425) 774-9600
950 Main Street
www.driftwoodplayers.com
- Edmonds Museum - Edmonds (425) 774-0900
118 5th Avenue N
www.historicedmonds.org
- Everett Historic Theatre - Everett (425) 258-6766
2911 Colby
www.everetttheatre.org
- Everett Performing Arts Center (425) 257-8600
2710 Wetmore Avenue
www.villagetheatre.org
- Everett Symphony - Everett (425) 257-8382
Various concert locations
www.everettsymphony.org
- Frye Art Museum - Seattle (206) 622-9250
704 Terry Avenue
www.fryeart.org
- Henry Art Gallery - Seattle (206) 543-2280
15th Ave. NE and NE 41st St. (U of W)
www.henryart.org
- Mukilteo Lighthouse and Museum (425) 513-9602
Mukilteo Waterfront
- Museum of Flight - Seattle (206) 764-5720
9404 E. Marginal Way S.
www.museumofflight.org
- Olympic Ballet Theatre & School (425) 774-7570
Edmonds
700 Main Street
www.olyballet.com
- Pilchuck Glass School - Stanwood (360) 445-3111
1201 316th St., NW
www.pilchuck.com
- Seattle Art Museum (SAM) (206) 654-3100
100 University Street
www.seattleartmuseum.org
- Seattle Opera - Seattle (206) 389-7676
321 Mercer Street
www.seattleopera.org
- Seattle Symphony - Seattle (206) 215-4747
Second and University
www.seattlesymphony.org
- Snohomish Co. Museum - Everett (425) 259-2022
1913 Hewitt Ave.
www.snocomuseum.org
- For additional Arts and Culture see:
Snohomish County

www.snohomish.org/ACTIVITIES/museums.html

www.snohomish.org/ACTIVITIES/arts.html

City of Seattle

www.cityofseattle.net/html/visitor/arts.htm

LIBRARIES

Arlington 135 N Washington Ave Arlington 98223	(360) 435-3033
Brier 23303 Brier Road Brier 98036	(425) 483-0888
Clinton 4781 Deer Lake Road PO Box 530 Clinton 98236	(360) 341-4280
Coupeville 788 NW Alexander PO Box 745 Coupeville 98239	(360) 678-4911
Darrington 1005 Cascade Street PO Box 25 Darrington 98241	(360) 436-1600
Edmonds 650 Main Street Edmonds 98020	(425) 771-1933
Everett Public Library Main Library 2702 Hoyt Ave Everett 98201	(425) 257-8000
Evergreen Branch 9512 Evergreen Way Everett 98204 www.epls.org	(425) 257-8250
Granite Falls 815 East Galena Granite Falls 98252	(360) 691-6087
Lake Stevens 1804 Main Street PO Box 217 Lake Stevens 98258	(425) 334-1900
Langley 104 Second Street PO Box 365 Langley 98260	(360) 221-4383
Lynnwood 19200 44 Ave W Lynnwood 98036	(425) 778-2148
Marysville 6120 Grove Street NE Marysville 98270	(360) 658-5000
Mill Creek 15429 Bothell-Everett Hwy Mill Creek 98012	(425) 337-4822 (425) 743-5544
Monroe 1070 Village Way Monroe 98272	(360) 794-7851
Mountlake Terrace	(425) 776-8722

23300 - 58 Ave W
Mountlake Terrace 98043

Mukilteo (425) 493-8202

4675 Harbour Pointe Blvd
Mukilteo 98275

Oak Harbor (360) 675-5115

1000 SE Regatta
Oak Harbor 98277

Seattle Public Library (27 Branches)

Central Branch (206) 386-4636

1000 Fourth Ave
Seattle

www.spl.lib.wa.us/

Snohomish (360) 568-2898

105 Maple Ave.
Snohomish 98290

Stanwood (360) 629-3132

9701 27 St NW
PO Box 247
Stanwood 98292

Sultan (360) 793-1695

319 Main Street
Suite 100
Sultan 98292

Sno-Isle Library System Website:

www.sno-isle.org

MOVIES—THEATRES

Alderwood 7 (425) 776-3535
3501 184 St SW
Lynnwood

Edmonds Theatre (425) 778-4554
415 Main St
Edmonds

Everett 9 Cinemas (425) 290-5596
830 SE Everett Mall Way
Everett

Galaxy 12 (360) 863-0909
One Galaxy Way, SR 2
Monroe

Grand Cinemas Lynnwood (425) 774-3536
18421 Alderwood Mall Pkwy
Lynnwood

Historic Everett Theatre (425) 258-6766
(Classic and Special Interest Films)
2911 Colby Ave
Everett

Mountlake 9 (425) 744-1112
6009 244 St SW
Mountlake Terrace

Olympic Theatre (360) 435-3939
107 N Olympic Ave
Arlington

Regal Cinemas Marysville 14 (360) 659-1009
9811 State Ave
Marysville

Stanwood Camano Village (360) 629-0514
Cinema 5
6996 265 NW
Stanwood

Woodinville 12 (425) 398-1400
175th and Garnet Way
Woodinville

Regal Cinemas www.regalcinemas.com
AMC Cinemas www.moviewatcher.com
Loews Cineplex www.enjoytheshow.com

DRIVE IN THEATERS

Drive-in theaters in Washington can be located at:
www.driveintheater.com/drivelist.htm

PARKS

CITY PARKS

City Parks and Recreation

(Tennis, beaches, picnics, baseball, dance, and many other activities)

Arlington	(360) 403-3498
Bothell	(425) 486-7430
Edmonds	(425) 771-0230
Everett	(425) 257-8300
Lynnwood	(425) 771-4030
Marysville	(360) 651-5085
Mountlake Terrace	(425) 776-9173
Shoreline	(206) 546-5041

For complete list of parks and locations in each city go to individual city websites under **GOVERNMENT-CITY**

For a complete list of all **City of Seattle** parks, go to: www.cityofseattle.net/parks

COUNTY PARKS

Snohomish County	(425) 388-6600
Parks and Recreation	
(Trails, horseback riding, fishing, swimming, rollerblading, tennis, picnics, and many other activities)	
Region 1 Stanwood	(360) 652-7992
Region 2 Bothell	(425) 744-0847
Region 3 Snohomish	(360) 568-2274
Region 4 Arlington	(360) 435-3441
Region 5 Lake Stevens	(425) 335-0526

For a complete list of all parks and trails in **Snohomish County** (32 total) go to :

www.co.snohomish.wa.us/parks/directory.htm

For a complete list of all parks and trails in **King County** (too many to count!) go to:

www.metrokc.gov/parks

STATE PARKS

(Camping, picnic, swimming, boating, trails, fishing, playfields, and many other activities)

Camano Island State Park	(360) 387-3031
Mukilteo State Park	(425) 353-2923
Wallace Falls State Park (Gold Bar)	(360) 793-0420
Wenberg State Park (Stanwood)	(360) 652-7417

For information on all 125 Washington State Parks:

www.parks.wa.gov (800) 233-0321

NATIONAL PARKS

(Parks, monuments, historic sites, preserves, recreational areas, and many other significant historic assets)

National Park Customer Service	(800) 388-2733
National Park Campground	(800) 365-2267

There are 12 National Parks in Washington State, including the Klondike Gold Rush National Historical Park in downtown Seattle! There are also Mount Rainier National Park, Olympic National Park, North Cascades National Park, and San Juan Island National Historic Park. All within a couple hours traveling distance from Snohomish County.

For information on all National Parks go to:

www.nps.gov

To visit Mount St. Helens National Volcanic Monument

www.fs.fed.us/gpnf/mshnvm

RADIO STATIONS

FM STATIONS

KISW 99.9 (206)285-7625
Classic Rock
www.kisw.com

KISS 106 (206) 805-1061
Adult Top 40 Mainstream
Request Line 888-343-1061
www.kiss106.com

KMPS 94.1 (206) 805-0941
Country
www.kmps.com

KUBE 93.3 (206) 421-9393
Rhythmic Top 40
www.kube93.com

KZOK 102.5 (206) 805-1025
Classic Rock
Request Line 800-252-1025
www.kzok.com

KLSY 92.5 (866) 649-9250
Adult Contemporary
www.klsyradio.com

KING 98.1 (206) 691-2981
Classical
www.king.org

KBSG 97.3 (206) 622-9797
Oldies
www.kbsg.com

KCMS 105.3 (877) 275-1053
Spiritual
www.spirit1053.com

KNDD 107.7 (206) 421-1077
Modern Rock
Request Line 800-423-1077
www.1077theend.com

KPLZ 101.5 (206) 421-1015
Adult Contemporary
Request Line (206) 404-4000
www.kplz.com

KJR 95.7 (206) 494-2095
70's, 80's, and 90's
Request Line (206) 421-9595
www.957kjrfm.com

KPLU 88.5 (206) 292-5277
National Public Radio - Jazz
www.kplu.org

KUOW 94.9 (206) 543-2710
Public Radio
www.kuow.org

AM STATIONS

KIRO 710 (877) 710-5476
News
www.kiro710.com

KIXI 880 (866) 880-5494

Nostalgia
www.kixi.com

KJR 950
Sports
www.kjram.com

(800) 829-0950

SKATE PARKS

WASHINGTON CITIES WITH SKATE PARKS

Arlington

Park Location:

18501 59th Ave. NE

Contact: Parks and Recreation

Phone: (360) 403-3448

Comments: Opened February 2005. Open from dawn until dusk, helmets advised, outdoor concrete bowl and full pipe.

Bellevue

Park Location:

14224 Bel-Red Road (near Highland Center)

Contact Name: Joe Moorman or Russ Plowman

Phone: (425) 452-2722

Comments: Covered facility. Opened June 1994. Features spine ramp, tabletops and rails, and wall rides.

Bothell

Park Location:

9815 NE 188th St.

Contact Name: Clark Meek

Phone: (425) 486-3256

Comments: Opened August 1999, City has use agreement with school district. Park is located on former tennis courts with portable 1/4 pipes, pyramids, grind rail, 1/2 pipe made from pressurized wood and skatelite surfacing.

Everett

Park Location:

Walter E. Hall Park

1226 W. Casino Rd.

Contact Name: Penny, Parks & Recreation

Phone: (425) 257-8300

Comments: Opened 1998. Outdoor, concrete, 14,300 sq. ft, tilted bowl with 2 hips running out of it into street course, 2 pyramids, big ledge and other obstacles, bowls, trannies and ledges.

Kirkland

Park Location:

Peter Kirk Park

202 - 3rd St.

Contact Name: Ginny Wren

Phone: (425) 828-1217

Comments: Opened June 24, 1996. Outdoor, mostly concrete, features half-pipe and angled low rails. Designed for younger skaters.

Kitsap County

Park Location:

Kitsap Skate Park

Silverdale Way & Waaga Way

Phone: (360) 895-3895

Comments: Park includes a pyramid, quarter pipe and 7-ft bowl.

Lynnwood/Edmonds

Park location:

Lyndale Park

17900 - 68th Ave E

(cross street Olympic View Drive)

Contact Name: Laurie Cowan

Phone: (425) 744-6478

Comments: Opened September 1999. Outdoor concrete (around 5,000 sq. ft.), 6 ft deep bowl, rails, 1/4 pipe, 3 sided hip, snake run.

Marysville Skatepark

Park location:

1050 Columbia Ave
Marysville, WA
Contact Name: Marysville Parks
Phone: (360) 651-5085
www.ci.marysville.wa.us

Comments: The City of Marysville opened a new 10,000 square foot streetcourse skatepark on August 24,2002. The park features a variety of elements including six rails and step systems, funbox with manual pad, pyramid, picnic table, kickers, split stairs, ledges, benches, ramps and 360 degree viewing area. Already known as the "Marysvillain" the course is challenging for beginners and advanced skaters and is averaging 140 skaters per hour during peak times. Contributions for ongoing maintenance can be made to the City of Marysville Parks and Recreation Department. For more information call Marysville Parks at 360-651-5085. The Course is open from 9:00a.m. to dusk. No bicylces are allowed and smoking is prohibited on site.

Mercer Island

Park Location:
Mercerdale Park (downtown)
SE 32nd & 78th Ave SE
Contact Name: Gary Feroglia
Phone: (206) 236-5300
Comments: Opened 1994. Outdoor concrete facility. Small pyramid, quarter pipe.

Mill Creek

Park Location:
13901 Heatherwood Drive
Contact: Pam, Recreation Department
Phone: (425) 921-5700

Mount Vernon

Park Location:
Bakerview Park
E. Fir Street
Contact Name: Pat Howard, Parks Supervisor
Phone: (360) 336-6213
Comments: Not supervised, 6' high by 32' wide mini ramp, a 3 1/2 by 20' mini with hip and spine, allows blading & roller hockey.

Oak Harbor

Park Location:
Volunteer Park
Jerome Street and Whidby (next to the pool).
Contact Name: Hank Nydam
Oak Harbor Parks and Recreation
(360) 679-5551 ext. 249
Terry J. LeDeski (Project Manager & Architect)
(360) 675-3936
Comments: Opened 1998. Two levels, upper level for beginners, lower level advanced. Blown concrete with 4' & 6' 1/2 pipes, 5' spine, 3' pyramid, 1/2 pyramid, steel coping. Will have covered section with canopy with possible multiuses (such as stage for bands, theater).

Port Townsend

Park Location:
Monroe & Washington Streets
Contact Name: Steve Corra
Phone: (360) 385-7212
Comments: Outside facility with temporary concrete structures. Long term plan calls for further design and permanent construction. Open 1994.

Redmond

Park Location:
NE 83rd Street and 161st Ave NE
Contact Name: Ann Siegenthaler
Phone: (425) 556-2313

Comments: Open July 1998. Outdoor 6500 square feet, bowl, 4-sided pyramid, street elements, snake. Rollerbladers.

Seattle

Park Location:

Seattle Center

5th Avenue N & Republican

Contact Name: James Crabtree

Phone: (206) 684-7200

Comments: Opened June 2000. Outside, all concrete facility. Only skateboard park within Seattle city limits. Skateboards banned on sidewalks.

Sequim

Park Location:

Carrie Blake Park, 202 N. Blake Rd.

Contact Name: Jim Bay

Phone: (360) 683-4908

Comments: Opened September 1999. Outdoor concrete, over 21,600 sq. ft. Has 9' and 8' deep bowls, 9' quarter pipe, two 6' quarter pipes, 5' half pyramid with ledge and rail, spine, flat bank railings and ledge. Cost \$250,000. Built to accommodate professional competition.

Snohomish Skate Park

200 Pine Avenue

Snohomish, Wa 98290

South Kitsap County Park District

Park Location:

South Kitsap Community Park

Jackson Ave and Lund

Port Orchard

Contact Name: Valerie Aldrich

Phone: (360) 895-1551

Comments: Opened July 1998. Outdoor concrete with 2 tall pyramids, a vert quarter pipe, a quarter pipe with a gap in the middle, a hip corner thing, and a mini ramp.

For complete list of all skateboard parks (about 40) in **WASHINGTON STATE** go to:

www.mrsc.org/planning/sktbdprk.htm

SWIMMING POOLS

Forest Park Swim Center 802 Mukilteo Blvd Everett	(425) 257-8309
Hal Moe Pool 405 3rd St Snohomish	(360) 563-7330
Lynnwood Swimming Pool 18900 44th Ave W Lynnwood	(425) 771-4030
McCollum Park Pool 600 128th St Everett	(425) 337-4408
Mountlake Terrace Rec. Pavilion 5303 228th St SW Mountlake Terrace	(425) 776-9173
Shoreline Pool 19030 1st Ave NE Shoreline	(206) 362-1307
Yost Park Pool 9535 Bowdoin Way Edmonds	(425) 775-2645

TICKET INFORMATION

Everett Events Center (425) 332-2600 or (866) 332-8499
2000 Hewitt Ave, Suite 200
Everett, WA 98201

www.everetteventscenter.com

Fastix (206) 632-8499 or (800) 992-8499

www.fastix.com

Pacific Northwest Ticket Service (206) 232-0150 or (800) 281-0753

www.nwtix.com

Ticketmaster Northwest (206) 628-0888

www.ticketmaster.com

Ticket/Ticket (206) 324-2744
(1/2 Price Tickets Day Of Show)

SCHOOLS

Arlington School District	
Administrative Offices	
315 N French, Arlington	(360) 618-6200
Arlington High School	(360) 618-6300
600 E 1st St, Arlington	
Weston High School	(360) 435-8375
18722 59th Ave, Arlington	
Darrington School District	
Administrative Offices	
1065 Fir, Darrington	(360) 436-1323
Darrington High School	(360) 436-1140
1075 Fir, Darrington	
Edmonds School District	
Administrative Offices	(425) 670-7000
20420 68 Ave W, Lynnwood	
Edmonds-Woodway High	(425) 670-7900
7600 212 St SW, Edmonds	
Lynnwood High School	(425) 670-7520
3001 184 St SW, Lynnwood	
Meadowdale High School	(425) 670-7650
6002 168 St SW, Lynnwood	
Mountlake Terrace High	(425) 670-7776
21801 44 Ave W, MLT	
Scriber Lake High School	(425) 670-7270
20525 52nd Ave West, Lynnwood	
Options program	(425) 670-7277
20525 52nd Ave West, Lynnwood	
Everett School District	
Administrative Offices	(425) 385-4000
4730 Colby Ave, Everett	
Cascade High School	(425) 385-6000
801 E Casino, Everett	
Sequoia High School	(425) 385-5100
3516 Rucker, Everett	
Everett High School	(425) 385-4400
2416 Colby, Everett	
H. M. Jackson High	(425) 385-7000
1508 136 St SE, Mill Creek	
Granite Falls School District	
Administrative Offices	(360) 691-7717
307 N Alder Ave, Granite Falls	
Granite Falls High School	(360) 691-7713
405 N Alder Ave, Granite Falls	
Lake Stevens School District	
Administrative Offices	(425) 335-1500
2202 123 NE, Lake Stevens	
Lake Stevens High	(425) 335-1515
2908 113 Ave NE, Lake Stevens	
Prove Alternative High	(425) 335-1540

9317 4th SE, Everett

Lakewood School District	
Administrative Offices	(360) 652-4500
17110 16th Dr NE, Lakewood	
Lakewood High School	(360) 652-4505
Marysville School District	(360) 653-0800
4220 80 St NE, Marysville	
Marysville-Pilchuck High	(360) 653-0657
5611 108 St NE, Marysville	
Alternative Learning Ctr	(360) 653-0629
4317 76 St NE, Marysville	
Monroe School District	
Administrative Offices	(360) 794-7777
200 E Fremont St, Monroe	
Monroe High School	(360) 863-4000
17001 Tester Rd, Monroe	
Mukilteo School District	
Administrative Offices	(425) 356-1274
9401 Sharon Dr, Everett	
Kamiak High School	(425) 356-6620
10801 Harbor Pointe Blvd, Mukilteo	
Mariner High School	(425) 356-1700
200 120th St SW, Everett	
Aces Alternative H.S.	(425) 356-1300
9700 Holly Dr, Everett	
Sno Isle Vocational Skills	(425) 348-2220
9001 Airport Rd, Everett	
Northshore School District	
Administrative Offices	(425) 489-6000
18315 Bothell Way NE, Bothell	
Bothell High School	(425) 489-6100
18125 92 NE, Bothell	
Inglemoor High School	(425) 489-6500
15400 Simonds Rd NE, Bothell	
Secondary Acad for Success	(425) 489-6244
18603 Bothell Way NE Bothell	
Woodinville High School	(425) 489-6700
19819 136 NE, Woodinville	
Snohomish School District	
Administrative Offices	(360) 563-7300
1601 Ave E, Snohomish	
Snohomish Senior H.S.	(360) 563-4000
1316 5th, Snohomish	
Aim High School	(360) 563-7325
800 2nd, Snohomish	
Freshman Campus	(360) 563-4300
601 Glen, Snohomish	
Stanwood/Camano School District	
Administrative Offices	(360) 629-1200
9307 271 NW, Stanwood	

Stanwood Alternative (360) 629-1340
7400 272 St NW, Stanwood

Stanwood High School (360) 629-1300
7400 272 St NW, Stanwood

COLLEGES AND UNIVERSITIES
COMMUNITY AND TECHNICAL COLLEGES

SNOHOMISH COUNTY

Edmonds Community College (425) 640-1459
20000 68th Ave W
Lynnwood 98036
www.edcc.edu

Everett Community College (425) 388-9100
2000 Tower Street
Everett 98201
www.evcc.ctc.edu

KING COUNTY

Cascadia Community College (425) 352-8000
19017 120th Ave NE Suite 102
Bothell 98011
www.cascadia.ctc.edu

Green River Community College (253) 833-9111
12401 SE 320th St.
Auburn 98092-3699
www.greenriver.ctc.edu

Lake Washington Tech. College (425) 739-8100
11605 132nd Ave NE
Kirkland 98034
www.lwtc.ctc.edu

Shoreline Community College (206) 546-4101
16101 Greenwood Ave N
Shoreline 98133
oscar.ctc.edu/shoreline

So. Seattle Community College (206) 764-5300
6000 16th Ave SW
Seattle 98106-1499 **www.sccd.ctc.edu/south**

Bellevue Community College (425) 564-1000
3000 Landerholm Circle S.E.
Bellevue 98007-6484
www.bcc.ctc.edu

North Seattle Community College (206) 527-3639
9600 College Way North
Seattle 98103-3599
www.gonorth.org

Olympic College (360) 792-6050
1600 Chester Ave. (800) 259-6718
Bremerton 98337-1699 ext. 7181
www.oc.ctc.edu

Seattle Central Comm. College (206) 587-3800
1701 Broadway
Seattle 98122
www.seattlecentral.org

Seattle Vocational Institute (206) 587-4950
2120 South Jackson St
Seattle 98144
www.sviweb.sccd.ctc.edu

Highline Community College (206) 878-3710
2400 S 240th St
Des Moines 98198-9800
www.highline.ctc.edu

Web sites for other Technical and Community Colleges:

Washington Online (WAOL)

www.washingtononline.org

Washington State Community and Technical Colleges Online Consortium (33 total)

PRIVATE COLLEGES

- Antioch University (206) 441-5352
2326 Sixth Avenue
Seattle 98121
www.seattleantioch.edu
- Bastyr University (425) 823-1300
14500 Juanita Dr. NE
Kenmore 98028
www.bastyr.edu
- City University:
Snohomish County Site (425) 353-0727
1000 S.E. Everett Mall Way Suite 101
Everett 98208
www.cityu.edu
North King County Site (206) 364-4228
2150 N. 107th St. Suite 300
Seattle 98133
www.cityu.edu
- Northwest College (425) 822-8266
5520 108th Ave. NE
Kirkland 98033
www.nwcollege.edu
- Seattle Pacific University (206) 281-2000
3307 Third Ave West
Seattle 98119-1997
www.spu.edu
- Seattle University (206) 296-6000
901 12th Ave.
Seattle 98122-4340
www.seattleu.edu
- Washington Academy of Languages 98 Yesler Way (206) 682-4463
Seattle 98104 **www.wal.org**

PUBLIC COLLEGES

University of Washington 4014 University Way NE Seattle 98105-6203 www.washington.edu	(206) 543-9198
Western Washington University 516 High Street Bellingham 98225-9081 www.wvu.edu	(360) 650-3000
Washington State University 1 S.E. Stadium Way Pullman 99164 www.wsu.edu	(509) 335-5586
Central Washington University 400 E. 8th Ave. Ellensburg 98926-7550 www.cwu.edu	(509) 963-1111
Eastern Washington University 526 5th Street Cheney 99004-2431 www.ewu.edu	(509) 359-6200
Peninsula College 1502 E. Lauridsen Blvd. Port Angeles 98362 www.pc.ctc.edu	(360) 452-9277
Lower Columbia College 1600 Maple P.O. Box 3010 Longview 98632 www.lcc.ctc.edu	(360) 442-2370

FINANCIAL AID AND SCHOLARSHIPS

WASHINGTON STATE ASSISTANCE:

Office of Superintendent of Public Instruction

P. O. Box 47200 (360) 725-6000
Olympia, WA 98504 TDD (360) 664-3631
www.k12.wa.us

Higher Education Coordinating Board (360) 753-7800

P. O. Box 43430
917 Lakeridge Way
Olympia Wa 98504-3430
www.hecb.wa.gov

FEDERAL ASSISTANCE:

U.S. Department of Education (800) USA-LEARN

400 Maryland Ave SW
Washington DC 20202-0498
www.ed.gov and
www.fafsa.ed.gov

COURTS

MUNICIPAL COURTS

If a traffic infraction, misdemeanor or gross misdemeanor is received in the City limits you will appear in a Municipal Court. Some Municipal Courts will issue No Contact Orders and Anti-Harassment Orders.

Bothell Municipal Court 10116 NE 183rd St. Bothell 98011	(425) 487-5587
Edmonds Municipal Court 250 5th Ave N Edmonds 98020	(425) 771-0210
Everett Municipal Court 3028 Wetmore Everett 98201	(425) 257-8778
Lynnwood Municipal Court 19321 44th Ave W Lynnwood 98046	(425) 670-6668
Marysville Municipal Court 1049 State Ave. Ste. 205 Marysville 98270	(360) 651-5035

DISTRICT COURTS

If a traffic infraction, misdemeanor, and gross misdemeanor are received outside of city limits (county or unincorporated areas) your case will be heard in a District Court. They can also issue No Contact Orders, Anti-Harassment Orders and you can file civil cases not to exceed \$5,000.

Cascade District Court 415 E Burke Arlington 98223	(360) 435-7700
Everett District Court M/S 508 3000 Rockefeller Everett 98201	(425) 388-3331
Evergreen District Court 14414 179th Ave SE Monroe 98272	(360) 805-6776
Shoreline District Court 18050 Meridian Ave N Shoreline 98133	(206) 205-9200
South District Court 20520 68th Ave W Lynnwood 98036	(425) 774-8803

JUVENILE COURT

Juvenile Court can hear all misdemeanor, gross misdemeanors, and felony cases up to the age of 18. Juveniles cited for a traffic violation can be heard in the District and Municipal Courts. Violations, depending on the severity, can be remanded to a higher court.

Juvenile Court 2801 10th St Everett 98201	(425) 259-0031
Juvenile Court-Offender Unit	(425) 388-7869
Prosecuting Att’y -Juvenile Unit	(425) 388-7988

SUPERIOR COURT

Superior Courts handle all adult felony cases, civil cases over \$5,000, and child custody cases. All no contact orders, protection orders and anti-harassment orders involving children must be filed in a Superior Court.

Superior Court M/S 505	(425) 388-3421
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3000 Rockefeller
Everett 98201

LAW ENFORCEMENT

CITY

Arlington Police	(360) 403-3400
Bothell Police	(425) 486-1254
Brier Police	(425) 775-5452
Darrington Police	(360) 436-1186
Edmonds Police	(425) 771-0200
Everett Police	(425) 257-8400
Granite Falls Police	(360) 691-6611
Lake Stevens Police	(425) 334-9537
Lynnwood Police	(425) 744-6900
Marysville Police	(360) 651-5050
Mill Creek Police	(425) 745-6175
Monroe Police	(360) 794-6300
Mountlake Terrace Police	(425) 670-8260
Mukilteo Police	(425) 353-8222
Seattle Police	(206) 625-5011
Shoreline Police	(206) 546-6730
Skykomish Police	(360) 677-2803
Snohomish Police	(360) 568-0888
Stanwood Police	(360) 629-4555
Sultan Police	(360) 793-1051
Woodway Police	(425) 775-4545

COUNTY

Snohomish County Sheriff's Office	(425) 388-3393
King County Police	(206) 296-3311

STATE

Washington State Patrol	(360) 658-1345
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FEDERAL

Federal Bureau of Investigation	
Everett	(425) 252-3500
Seattle	(206) 622-0460

ALL EMERGENCIES DIAL 911

LEGAL SERVICES

Snohomish County Public Defender (425) 339-6300
1721 Hewitt Suite 200
Everett 98201

King County Public Defender Assoc. (206) 447-3900
810 3rd
Seattle 98104

Snohomish County Prosecutor's Office Everett (425) 388-3333

King County Prosecutor's Office (206) 296-9000
Seattle

GOVERNMENT

CITY HALLS

Arlington 238 N Olympic Ave Arlington 98223 (No Website)	(360) 403-3421
Bothell 18305 101st Ave NE Bothell 98011 www.ci.bothell.wa.us	(425) 486-3256
Brier 2901 228th St SW Brier 98036 www.ci.brier.wa.us	(425) 775-5440
Darrington 1005 Cascade Darrington 98241 (No Website)	(360) 436-1131
Edmonds 121 5th Avenue N Edmonds 98020 www.ci.edmonds.wa.us	(425) 775-2525
Everett 2930 Wetmore Everett 98201 www.ci.everett.wa.us	(425) 257-8700
Gold Bar 107 5 th Street Gold Bar 98251 (No Website)	(360) 793-1101
Granite Falls 206 S Granite Ave Granite Falls 98252 (No Website)	(360) 691-6441
Index 511 Ave "A" Index 98256 (No Website)	(360) 793-2488
Kenmore 6700 NE 181 St Kenmore 98028 www.cityofkenmore.com	(425) 398-8900
Lake Stevens 1812 Main Street Lake Stevens 98258 www.ci.lake-stevens.wa.us	(425) 334-1012
Lynnwood 19100 44th Ave W Lynnwood 98036 www.ci.lynnwood.wa.us	(425) 775-1971
Marysville 1049 State Ave. Marysville 98270 www.ci.marysville.wa.us	(360) 651-5000
Mill Creek	(425) 745-1891

15728 Mill Creek Blvd.
Mill Creek 98012
www.cityofmillcreek.com

Monroe (360) 794-7400

806 W. Main
Monroe 98272
www.ci.monroe.wa.us

Mountlake Terrace (425) 776-1161

23204 58th Ave W
Mountlake Terrace 98043
www.ci.mountlake-terrace.wa.us

Mukilteo (425) 355-4141

4480 Chennault Bench Rd
Mukilteo 98275
www.ci.mukilteo.wa.us

Seattle (206) 684-2489

600 Fourth Ave.
Seattle 98104
www.cityofseattle.net

Shoreline (206) 546-1700

17544 Midvale Ave N
Shoreline 98133-4921
www.cityofshoreline.com

Skykomish (360) 677-2388

119 4th St N
Skykomish 98288
(No Website)

Snohomish (360) 568-3115

116 Union Ave
Snohomish 98290
www.ci.snohomish.wa.us

Stanwood (360) 629-2181

10220 270th St NW
Stanwood 98292
(No Website)

Sultan (360) 793-2231

319 Main Street
Sultan 98294
www.cityofsultan.com

Woodinville (425) 489-2700

17301 133rd Ave. NE
Woodinville 98072
www.ci.woodinville.wa.us

.Woodway (206) 542-4443

23920 113th Pl W
Woodway 98020
(No Website)

COUNTY

Snohomish County (425) 388-3411

3000 Rockefeller TTY (425) 388-3700
Everett 98201
www.co.snohomish.wa.us

King County (206) 296-0100

500 4th Ave TTY (206) 296-0100
Seattle 98104 (800) 325-6165

www.metrokc.gov

STATE

Washington State Information Line (800) 321-2808

Governors Office (360) 753-6780

State Capitol

14th & Cherry Lane

Olympia

www.access.wa.gov

FEDERAL

President of the United States (202) 456-1414

1600 Pennsylvania Ave.

Washington DC 20500

www.whitehouse.gov

RECRUITING - ARMED FORCES

Air Force 1203 SE Everett Mall Way Everett www.airforce.com	(425) 355-0506
Army - Everett 1203 SE Everett Mall Way	(425) 348-5842
Army - Lynnwood 18415 33rd Ave W	(425) 775-1531
Army - Marysville 9414 C State Ave.	(360) 653-4578
Army - Woodinville 14134 NE Woodinville-Dvl Rd www.goarmy.com	(425) 486-3725
Coast Guard Olympic Sports Plaza 10712 5 th Ave. NE Seattle, WA 98125 www.uscg.mil	(800) 438-8724
Marine Corps - Everett 12035 SE Everett Mall Way www.marines.com	(425) 347-2505
Navy - Everett 1203 SE Everett Mall Way	(425) 348-4493
Navy - Lynnwood 18415 33 Ave W	(425) 778-5929
Navy - Marysville 9420 State Ave	(360) 653-2640
Navy - Monroe 101 E Main	(360) 805-9864
Navy - Woodinville 14134 NE Woodinville-Dvl Rd www.navyjobs.com	(425) 489-5703

HELP (SOCIAL SERVICES)

- Alateen (425) 348-7828
Everett
(Support group)
- Big Brothers/Big Sisters of (425) 348-5290
Snohomish County
620 SE Everett Mall Way 270
Everett 98208
(Matches child with same-sex adult for positive relationship)
- Cocoon House (425) 259-6042
2726 Cedar Street
Everett 98201
(Emergency shelter, volunteer opportunities.
Eligibility/Preferences: Youths ages 13-18)
Project Safe—Resources for parents of teens (phone consultations, support groups, multimedia library)
2929 Pine Street, Everett, WA 98201
- Community Service Center (206) 322-5551
For the Deaf and Hard of Hearing
(Interpreter Referral Service)
- Denny Youth Center (425) 259-0031
2801 10th Street
Everett 98201
- Dept. of Social & Health Services (360) 653-0555
Child Protective Service (360) 651-6950
(North Snohomish County)
3310 Smokey Point Dr
Arlington 98223
(Investigates complaints of abuse, neglect or exploitation)
- Dept. of Social & Health Services (360) 805-2100
Child Protective Service (866) 829-2158
(East Snohomish County)
953 Village Way, Ste. 100
Monroe 98272
(Investigates complaints of abuse, neglect)
- Dept. of Social & Health Services
Child Protective Service (866) 280-6714
(Everett)
840 N Broadway
Everett 98201
(Investigates complaints of abuse, neglect or exploitation)
- Dept. of Social & Health Services (425) 673-3111
Child Protective Service
(South Snohomish County)
19000 33rd Ave W
Lynnwood 98036
(Investigates complaints of abuse, neglect or exploitation)
- Family Reconciliation Services (425) 339-4805
840 N Broadway Ste 340
Everett, WA 98201
- Family Support Ctr (Darrington) (360) 436-0308
PO Box 1103
Darrington 98241
(Referrals to appropriate agencies)
- Family Support Center (Lynnwood) (425) 670-8984
6309 195th Street S.W

Lynnwood, WA 98036

Neutral Zone (425) 344-6445
206th and 52nd Avenue West
(Scriber Lake HS)
(Late night program providing recreation, food, safe environment)
Friday/Saturday 9PM-1AM

Northshore Youth & Family Services 10309 NE 185 Street (425) 485-6541
Bothell 98011
(Parenting classes, anger management, counseling, suicide prevention hotline)

Project Safe (425) 317-9898.
(Prevention project ofr parents and teens. Free services–phone consultation, support groups, and resource library.)

Sno. Co. Protection Order Program (425) 388-3638
3000 Rockefeller MS 605 Rm C125
Everett 98201
(Information for victims of domestic violence, protection and anti-harassment orders)

Washington State Employment Security
3201 Smith Ave. (425) 258-6300
Everett 98201

6606 196th Street SW (425) 673-3300
Lynnwood 98036
(Employment services, job bank - Eligibility/Preferences: Disabled, juvenile offenders)

YMCA of Snohomish County (425) 258-9211
Everett Family Branch
2720 Rockefeller
Everett 98201
(Teen parents support group)

CHEMICAL DEPENDENCY

- Alanon (425) 348-7828
(Support group. Friends and family members of alcoholics)
- Alcohol & Drug Helpline (206) 722-3700
(Crisis intervention, information and referrals. Eligibility/Preferences: Youths, adults)
- Alcoholics Anonymous (425) 252-2525
1721 Hewitt Ave Room 207
Everett 98201
(hotline, support group)
- Catholic Community Services – Recovery Services
Everett (425) 258-5277
Lynnwood (425) 774-4333
Marysville (360) 651-2366
- Center for Counseling & Health Resources
9727 271st St. NW (360) 629-4842
Stanwood 98292

547 Dayton Ave.
Edmonds 98020
(Intensive outpatient, outpatient)
- Nar-Anon Family Group (206) 626-7171
(Helpline)
- Narcotics Anonymous (425) 210-2424
Everett
(Support group.)
- Tulalip Tribes Family Services (360) 651-4400
Recovery House/Halfway House
2821 Mission Hill Rd
Marysville 98271
(Recovery house)
- Valley General Hospital (360) 794-7497
Alcohol and Drug Recovery Center
14701 179th SE - PO Box 646
Monroe 98272
(Acute detoxification, DUI assessment, intensive inpatient, intensive outpatient, alcohol and drug information school, outpatient)

COUNSELING / MENTAL HEALTH

- Care Crisis Line (425) 258-4357
(Volunteers of America)
2802 Broadway
PO Box 839
Everett 98206-0839
(Crisis response)
- Center for Counseling & Health Resources
547 Dayton St (425) 771-5166
Edmonds 98020
(Case management, psychiatric and
medical services)
- Compass Health (425) 349-6200
4526 Federal Ave (800) 457-9303
Everett 98203
(Crisis services and counseling)
- Davis and Company (425) 388-0277
3105 Hoyt Ave
Everett 98201
(Anger management and road rage counselling, domestic violence perpetrator treatment)
- Lutheran Counseling Network (425) 258-2955
2702 Rockefeller Ave
Everett 98201
- Snohomish County Health District (425) 339-5251
Youth Support Group–GLOBE QUEST
3020 Rucker Ave
Everett 98201
(Gay, Lesbian, Bisexual, and HIV/AIDS Program)

CRISIS AND EMERGENCY SERVICES

- Center for Battered Women (425) 252-2873
PO Box 7
Everett 98206-0007
(Shelter, legal advocacy, crisis line, and support)
- Crisis Pregnancy Center (425) 339-2175
920 N Broadway
Everett 98201
(Free pregnancy tests, counselling, maternity
and baby clothes, referrals and information)
- Deaconess Children's Services (425) 259-0146
4708 Dogwood Dr
Everett 98203
(Teen parenting programs, support groups, referrals, and domestic violence concerns)
- Providence General Medical Ctr (425) 258-7123
Pacific Campus (425) 252-4800
916 Pacific Ave (Sexual Assault Center)
Everett 98201
(Chemical dependency crisis intervention, intensive inpatient & outpatient, sexual assault center and hotline)
- Teen Hope, Inc. (206) 546-1010
P.O. Box 7005 – 915 N. 199th St
Shoreline 98133
(Providing shelter, meals, clothing, transition to permanent housing, youth and family mediation etc. for 13-17 year olds)
- Women's Center (425) 640-1358
(Edmonds Community College)
20000 68th Ave W
Lynnwood 98036
(Support groups, referrals, and career planning)
- Women's and Children's Shelter (425) 252-1206
5126 S 2nd Ave
Everett 98203
(Support groups, counselling, emergency
services, and job skills training)
- Women's Resource Center (425) 388-9293
(Everett Community College)
2000 Tower St
Everett 98201
(Support services, referrals, shelter, counselling, and crisis intervention)

MEDICAL AND DENTAL

American Red Cross (425) 252-4103
2530 Lombard Ave
Everett 98201
(Shelter, disaster relief, HIV/AIDS
information and support groups)

Snohomish Health District (425) 339-5210
3020 Rucker Avenue, #203 or (425)775-3522
Everett, WA 98201-3900
www.snohd.org
No Cavity Club (No cost dental services for kids and teens who qualify)
(425)339-5219

RESIDENTIAL PLACEMENT AND EMERGENCY HOUSING

Church Hospitality Network (425) 252-6672
Everett 98201
(Shelter for Families with Children)

Family Support Services (425) 259-3192
2802 Broadway Ave
Everett 98201
(Financial assistance, shelter, parenting classes)

Friends of Youth
16225 NE 87 St #A-6 (425) 869-6490
Redmond 98052
1734 121st St. SE #A (425) 338-2411
Everett, WA 98208
(Shelters, transitional housing, foster care, volunteer opportunities)

Housing Resource Center (425) 670-8984
(Family Support Center)
6307 196 St SW
Lynnwood 98036

HOSPITALS

Cascade Valley Hospital (360) 435-2133
330 S. Stillaguamish Ave
Arlington

Children's Hospital Main (206) 987-2000
Regional Medical Ctr Toll Free (866) 987-2000
4800 Sandpoint Way NE TTY- (206) 987-2280
Seattle

Evergreen Hospital Medical Ctr
12040 NE 128 Main (425) 899-1000
Kirkland E.R. (425) 899-1700

Group Health Coop. of Puget Sound
201 16th Ave E (888) 901-4636
Seattle

Harborview Medical Ctr Main (206) 731-3000
325 9th Ave E.R. (206) 731-3074
Seattle

Northwest Hospital Main (206) 364-0500
1550 N 115 St E.R. (206) 368-1765
Seattle

Overlake Hospital Medical Ctr
1035 116 NE Main (425) 688-5000
Bellevue E.R. (425) 688-5200

Providence General Medical Main (425) 261-2000
1321 Colby E.R. (425) 261-3000
Everett

Skagit Valley Hospital (360) 629-4583
1415 E Kincaid
Mt. Vernon

Steven's Hospital Main (425) 640-4000
21601 76th Ave W E.R. (425) 640-4100 Edmonds

Valley General Hospital Main (360) 794-7497
14701 179th Ave SE E.R. (360) 794-1402
Monroe

TRANSPORTATION

BUSES

Community Transit (425) 353-RIDE
www.commtrans.org (800) 562-1375
TDD (425) 778-2188

Metro (206) 553-3000
<http://transit.metrokc.gov/bus/bus.html>
(800) 542-7876
TTY (206) 684-1739

TAXICABS

Yellow Cab of Snohomish County (425) 774-8585
(425) 259-2000

Yellow and Graytop (206) 622-6500

Northend Taxi (425) 775-9999

Seattle Farwest (425) 778-8741

Shuttle Express (800) 487-7433

Seattle Airporter (800) 238-4100

TRAINS

Amtrack (800) 872-7245
www.amtrak.com

FERRIES

Washington State Ferries (206) 464-6400
www.wsdot.wa.gov/ferries (888) 808-7977

TRAVELER INFORMATION

Washington State Department of Transportation:

Traffic flow maps and cameras, mountain pass cameras, ferry and train schedules, emergency highway closures, construction updates, road and weather information and more:

www.wsdot.wa.gov

SELF HELP

YOUTH VIOLENCE

The author of this section is Dr. G. Andrew H. Benjamin, J.D., Ph.D.—Affiliate Professor of Law. Clinical Professor of Medicine, and Director, Parenting Evaluation Training Program at the University of Washington. (206) 616-6220

INTRODUCTION

Violence—It is the act of purposely hurting someone. One in 12 people attending high school is threatened or injured with a weapon in each year. If you are between the ages of 12 and 24, you face the highest risk of being the victim of violence.

- 92 percent of students report violence in the schools nationwide as a serious problem, 79 percent say it is on the rise
- Among students nationwide, 36.6 percent had been in a physical fight one or more times during the previous 12 months before the survey
- Almost 1/5 of students nationwide had carried a weapon (e.g., a gun, a knife or a club) during the previous 30 days before the survey
- The overall levels of violent crime among juveniles remained about 50 percent higher than they were 15 years ago
- The juvenile arrest rate for aggravated assault increased more than 120 percent between 1983 and 1994
- Suicide is the third leading cause of death for young people age 15 to 24 and the fourth leading cause of death for persons between ages 10 and 14

ASSESSING VIOLENCE

In understanding whether violent behavior might occur, you can assess whether the following factors exist for the person at risk of committing the violence:

- Peer pressure
- Need for attention or respect
- Feelings of low self-esteem
- Early childhood abuse or neglect
- Witnessing violence at home, in the community or in the media repeatedly
- Easy access to weapons

If you see these immediate warning signs, violence is a serious possibility:

- Loss of temper on a daily basis
- Frequent physical fighting
- Significant vandalism or property damage
- Increasing use of drugs or alcohol
- Increase in risk-taking behavior
- Detailed plans to commit acts of violence
- Announcing threats or plans for hurting others
- Enjoying hurting animals
- Carrying a weapon

If you notice the following signs over a period of time, the potential for violence markedly increases:

- A history of violent or aggressive behavior
- Serious drug or alcohol use
- Gang membership or strong desire to be in a gang
- Access to or fascination with weapons, especially guns
- Threatening others regularly
- Trouble controlling feelings like anger
- Withdrawal from friends or usual activities
- Feeling rejected or alone
- Having been a victim of bullying
- Poor school performance
- History of discipline problems or frequent problems with authority figures
- Feeling constantly disrespected
- A pattern of failing to respect the feelings or rights of others

WHAT YOU CAN DO

When you recognize violence warning signs for someone else, take a stand, protect yourself and your community. Hoping that someone else will deal with a situation is the easy way out. It is a bad choice that can collude with the perpetrator. Please talk with someone you can trust and respect about your concerns and ask for help. This could be a family member, guidance counselor, teacher, coach, clergy member, school resource

officer, or friend. If it isn't any of these people, and you want to stay anonymous, call the **crisis line** (24 hours a day) at **206-461-3222** or **teen link** at **206-461-4922**.

Above all, be safe. Don't spend time alone with people who show warning signs. If possible, without putting yourself in danger, remove the person from the situation that is setting them off. If you're worried about being a victim of violence, get someone in authority to protect you. Do not resort to violence or use a weapon to protect yourself. The key to really preventing violent behavior is asking an experienced professional for help. Most importantly, don't go it alone.

SUICIDE

Youth suicide is a significant problem in our state. There are warning signs you can watch for, and specific actions you can take, to help prevent young people from taking their own lives. Most suicidal young people don't really want to die, they just want to end their pain. There are several signs to watch for that may indicate someone is thinking about suicide. The more signs, the greater the risk.

- A previous suicide attempt
- Current talk of suicide, or making a plan
- Strong wish to die, preoccupation with death, giving away prized possessions
- Signs of serious depression, such as moodiness, hopelessness, withdrawal
- Increased alcohol and/or drug use
- Recent suicide attempt by a friend or family member

KEY "RISK FACTORS"

- Readily accessible firearms
- Impulsiveness and taking unnecessary risks
- Lack of connection to family and friends

If you're worried about a young person and suicide has crossed your mind as a concern, trust your judgement.

Do something now! Here's what you might say to a young person who is thinking about suicide:

- "I'm concerned about you....about how you feel"
- "Tell me about your pain"
- "You mean a lot to me and I want to help"
- "I don't want you to kill yourself"
- "I'm on your side...we'll get through this"

Don't hesitate to raise the question. Talking with young people about suicide won't put the idea in their heads.

Chances are, if you've observed the warning signs, they're already thinking about it. Be direct in a caring, non-confrontational way.

- "Are you thinking about suicide?"
- "What thoughts or plans do you have?"
- "How long have you been thinking about suicide?"
- "Do you really want to die, or do you want the pain to go away?"

CALL FOR HELP

The first steps toward instilling a sense of hope are: showing your concern, raising the issue, and listening to and understanding the young person's feelings. Keep moving forward, together. Call for help. Again, here are some nonthreatening things you might say to a young person considering suicide:

- "I know where we can get some help."
- "I will stay with you....Let's call the crisis line."
- "You're not alone. Let me help you."
- "You mean a lot to me."

IF THE YOUNG PERSON HAS EXPRESSED AN IMMEDIATE PLAN, OR HAS ACCESS TO A GUN OR OTHER POTENTIALLY DEADLY MEANS, DO NOT LEAVE HIM OR HER ALONE; GET HELP IMMEDIATELY.

Care Crisis Line (425) 258-4357

National Youth Crisis Hotline (800) 784-2433
(800) SUICIDE

WA State Youth Suicide Prevention (206) 297-5922

Teen Link (206) 461-4922 or (888) 431-8336

WA State Youth Suicide Prevention Program:

<http://depts.washington.edu/ysp>

DOMESTIC VIOLENCE

WHAT IS DOMESTIC VIOLENCE?

- Domestic Violence is a pattern of violent and coercive tactics
 - Domestic Violence is committed by one intimate against another
 - Domestic Violence is a pattern of controlling behavior that consists of physical, sexual and/or psychological assaults
 - Domestic Violence is a learned pattern of behavior
 - The abuser seeks to control the thoughts, beliefs and conduct of their partner
 - The abuser will punish their partner for resisting their control
- While Domestic Violence is directed at a particular victim, it also victimizes children, families, strangers and the community.

KEY ELEMENTS OF DOMESTIC VIOLENCE

- Behavior by adults or adolescents against their current or former **intimate partners** in dating, marriage or cohabiting heterosexual, gay or lesbian relationships
- **Pattern** of assaultive, coercive, dominating, punishing behaviors including physical, sexual, and psychological attacks, as well as economic coercion
- Pattern of a **variety of tactics**, some physically injurious, some not; some criminal, some not, carried out in multiple, sometimes daily, episodes
- A **combination** of physical attacks, terrorist acts, and controlling tactics which result in fear as well and physical and psychological harm to victims and their children
- **Purposeful behavior** directed at achieving compliance from or control over the victim

CAUSES OF DOMESTIC VIOLENCE

- Domestic Violence is learned behavior

How?

- Through observation
- Experience
- Reinforcement (“it works”)

WHERE?

- In the family
- In society’s institutions: education,
- Legal, health care, entertainment,
- Media, religious, cultural

DOMESTIC VIOLENCE IS NOT CAUSED BY:

- Illness
- Genetics or gender
- Alcohol or other drugs
- Anger
- Stress
- Victim’s behavior
- Relationship problems

THE DOMESTIC VIOLENCE PERPETRATOR

- Usually male (95% of DV victims are female)
- From all age, racial, socioeconomic, educational, occupational, geographic and religious groups
- Minimizes, denies, lies
- Blames others or outside factors
- Acts to control others, especially the victim
- Controls children, too
- Isolates the victim through excessive jealousy and possessiveness
- May have seen father abuse mother
- Blames violence on alcohol or drugs, frustration, stress or the victims behavior
- Abuse towards animals
- Destruction of property-targeted acts
- Holding rigid, traditional views of sex roles.

COMMON BEHAVIORS AMONG SEVERELY VIOLENT AND LIFE THREATENING ABUSERS

- Threats to kill

- Frequent physical assaults
- Repeated and severe sexual assaults
- Infliction of severe injury
- Own or have access to weapons
- Frequent consumption of drugs or alcohol
- Violence outside the home

THE DOMESTIC VIOLENCE VICTIM

- From all age, racial, socioeconomic, educational, occupational, religious, geographic, sexual orientation, and personality groups
- May or may not have been abused as a child or in prior relationships
- Isolated
- Uses survival strategies
- Faces barriers to leaving

CHILDREN IN THE CROSSFIRE:

THE EFFECTS OF “SIDESTREAM VIOLENCE”

- The designated victim is not the only victim
 - Children learn it is permissible to hit those you love, and to be hit by those who love you
 - Children have a 1000 times greater risk of being abused if their mother is being abused
 - 3.3 million children aged 3-17 are at risk of exposure
 - 40-60% of battered women are assaulted during pregnancy with risk of medical consequences to the fetus.
- Up to 75% of children whose mother is being abused are abused as well. This can involve psychological abuse, and sometimes physical and sexual abuse.

Consequences associated with witnessing domestic violence may include:

- Denial and minimization of what is going on at home
- Low tolerance for frustration, poor impulse control
- High level of anger, both suppressed and expressed
- Sadness, depression
- Stress-related illnesses
- Frequent absences from school
- Delinquent behavior
- High risk for alcohol and drug abuse, acting-out sexually, running away
- Isolation, loneliness and fear
- Continual hope that their situation at home will improve
- Social isolation and poor social skills
- Self-blame for family problems, conflict, separation, and divorce
- Poor problem-solving skills and a tendency to use violence as a form of problem-solving in school and at home
- Fear for their own lives and for their parents'
- Confusion and insecurity
- Risk of suicide; thoughts of suicide
- Violence toward mother
- Feeling used and powerless in custody negotiations
- Abuse to siblings and/or animals
- Embarrassment and shame
- Grief when separated from the abuser, and fear of abandonment
- Tendency to be in abusive relationships in

adulthood

DOMESTIC VIOLENCE: SOME OF ITS MANIFESTATIONS

PHYSICAL

Choke, pinch, squeeze, slap, shove, shake
 Deny basic needs
 Targeted hitting
 Throwing partner around
 Household items used as weapon
 Abuse during pregnancy
 Bruising, lacerations, broken bones

Use of knives, guns
Physically restrain, isolate
Death (homicide, suicide)

EMOTIONAL

Jokes, insults, ignore feelings
Yelling, name-calling
Humiliation
Threats of retaliation
Degrading partner's role (as wife, mother)
Demanding all partner's attention
Threats against marriage, children
Mixed messages
Question partner's sanity
Isolation
Suicide

SEXUAL

Minimize sexual needs
Criticism of partner's sexuality
Unwanted touching
Withholding or demanding sex
Name-calling with sexual words
Humiliation
Incest
Promiscuity
Forcible sex (rape)
Sex with beating and/or weapons
Sex resulting in permanent injury
Rape with homicide

SOCIAL & ENVIRONMENTAL

Lack of consideration of partner's preferences
Ridicule of partner's race, class, religion, intelligence
Isolation from events, and social activities
Rejection of partner's friends
Jealousy, suspiciousness
Restrict access to money
Reject partner's support system
Drive off supports
Censor activities
Deny authority
Hurt, destroy pets, possessions
Taking over partner's affairs

BELIEFS WHICH SUPPORT THE USE OF VIOLENCE IN RELATIONSHIPS

- Anger causes violence
- Somebody has to be in charge
- If women didn't like it, they wouldn't stay
- It takes two to tangle
- Women are just as violent as men
- Domestic Violence is being exaggerated by feminists
- Men are more violent naturally
- Alcohol and drugs cause violence
- It's caused by bad communication skills
- Stress causes violence
- I have the right to break my own things
- Sometimes it's necessary to make your point
- It's really more of a problem among the poor, uneducated and minorities
- I'm not a batterer, I barely touched her
- I can't change if she doesn't get help too
- I have a right to approve of what she does

- It's caused by women withholding sex

SEPARATION VIOLENCE

- Escalation of threats and violence at the time of separation
- 73% of battered women seek emergency medical services after separation
- Up to 75% of domestic assaults reported to police are made after separation
- Women are most likely to be killed when attempting to report abuse or leave the abuser
- Approximately one-half of males who kill their wives, do so after separation

BARRIERS TO LEAVING

- Fear of violence
- Immobilization by psychological and physical trauma
- Connection to abuser through his access to the children
- Being told by others that the violence is the victim's fault
- Belief in cultural, family or religious values which support keeping family together
- Illness and dependence on abuser for health care
- Hope and belief that abuser will keep promises to stop being violent
- Belief that abuser will die, illness or suicide, if victim leaves
- Lack of adequate refuge and advocacy services for transitional support
- Lack of employment or financial resources, especially if there are children
- Lack of affordable legal assistance
- Threat of "outing" a gay or lesbian partner if they leave

DOMESTIC VIOLENCE TREATMENT

(not to be confused with anger management treatment)

GOAL

- End violent and abusive behavior
- Increase victim safety
- Hold batterer accountable

ASSESSMENT

- State certified process
- Complete mental health evaluation and referral
- Chemical dependency screening and referral
- Confidential information from victim and/or current partner

FOCUS OF TREATMENT

- Identification of physical, sexual and psychological abuse
- Batterer held accountable for all abusive behaviors
- Confrontation of denial, minimization and victim blaming
- Examination of societal and personal beliefs that support violence
- Impact of battering on family
- Nonviolent, non-controlling relationship skills
- Change in belief system which supports the use of violence in intimate relationships

LENGTH OF TREATMENT

- Minimum 12 months by law
- Must meet Exit Criteria set by law

Shelters / Alternatives to Domestic Violence (State Wide) (800) 562-6025

Stop Abuse/Ctr for Battered Women (425) 252-2873

YWCA Pathways for Women (877) 773-9843

RAPE/SEXUAL ASSAULT

Sexual assault is any forced or coerced sexual act. It can be anything from unwanted touching to rape. It is an act of violence and abusing power, not the result of an uncontrollable sex urge. Over half of all sexual assaults occur between people who know each other. The rapist can be anyone.

A rapist chooses victims who are vulnerable, not because of what they do, say, or wear. Victims are often vulnerable because they know and trust their assailants; so tips about avoiding isolated places do not protect these victims. Understanding that men and women have a right to set personal sexual limits - and no right to force change in others' limits - is the first step to ending rape.

If you are assaulted, do whatever you need to do to get out alive. Afterward, go to a safe place and call for assistance:

Emergency911

Providence Sexual Assault Ctr(425)252-4800

Rape crisis staff members are available 24 hours a day to talk with you, answer questions and provide support. Don't be afraid to call the Providence Sexual Assault Unit; you will be able to make your own decision.

All cases are strictly confidential.

Medical treatment is encouraged to help with any injuries, or to treat venereal disease or pregnancy. Information about reporting to the police is provided. Support and help are offered whether the assault is reported or not.

Group for teen girls who have experienced sexual assault or sexual abuse (425) 258-7844

BULLYING 101

This information was provided by Deputy Jessica Sullivan. Shoreline Police Dept (206) 391-0147.

WHAT IS BULLYING?

- To intimidate or subject a person to hostility or ill treatment.
- When one person harasses, picks on or pesters another.
- Actions which cause another person to feel afraid, humiliated, embarrassed, threatened or shamed.
- Repeated incidents that create and enforce an imbalance of power.

Bullying happens in four ways:

- Verbal: teasing, name-calling, gossip
- Physical: hitting, kicking pushing
- Sexual: inappropriate jokes, innuendo, slapping or touching
- Property: theft, vandalism, destruction

Causes of bullying:

- Family Factors: lack of attention & warmth, modeling of aggressive behavior at home, poor supervision.
- Individual Factors: active & impulsive personality, craves attention.
- School Factors: overall climate of school may be uncaring or indifferent or simply unprepared.

EFFECTS OF BULLYING:

EMOTIONAL EFFECTS

- left out
- anxious
- insecure
- low self esteem
- F E A R
- depressed
- withdrawn
- aggressive
- angry
- vengeful

PHYSICAL EFFECTS

- stomach aches
- weight loss or gain
- headaches
- grades drop
- drug or alcohol use
- sexual activity
- drop out of school
- assaultive
- suicidal
- homicidal

WARNING SIGNS THAT YOUR CHILD MAY BE A TARGET OF BULLIES:

- Frequently teased, taunted belittled, ridiculed, intimidated threatened, dominated or subdued.
- Has a derogatory nickname.
- Regularly has bruises or injuries that can't be explained
- Has belongings taken or damaged.
- Few or no close friends at school
- Frequently socially isolated
- Chosen last for teams or other group activities
- Less assertive or lacks the skills to respond to others' teasing or harassment
- Appears weak or easily dominated
- Tries to stay close to a teacher or other adult at recess or breaks

Most kids who are targeted by bullies will not readily say so because they fear that reporting bullying will only make it worse. Talk to your kids about what is going on in their day and ask specific questions related to bullying.

IF YOU FEEL YOUR CHILD IS THE VICTIM OF BULLYING...

- Talk with your child about how they would like to see the situation resolved.
- Contact your child's school or teacher. Include the school resource officer, if applicable.
- If the actions are criminal (assault, threats, theft or destruction of property), contact your local police or the school resource officer.

INTERNET SAFETY

The author of this section is Detective Leanne Shirey Seattle Police Department Vice Section-Special Investigations Unit. Det. Shirey is a career officer with over 23 years of experience. She is nationally and internationally recognized as an expert on sexual exploitation of children. She is the author of "The Internet and Your Child," a program designed to educate adults on the area of Internet crime prevention and safety education to protect children.

When you log onto the Internet what do you see? Odds are you get your home page, your e-mail notification, maybe your buddy list, and then of course all of those advertisements, called "pop-ups" and a load of "spam" e-mails. The question you must ask is, "is any of this for real?" In our hi-tech times we have had to make a lot of assumptions about computers. One assumption is that when we go on the Internet we are seeing stuff that is true and real. Another assumption is that when we add it to our research paper, or fill out that questionnaire, or reply to an e-mail, whatever we do is as accurate and real as what we see in the newspapers, textbooks, or even what we talk about with our family around the dinner table. But, be forewarned. The Internet is loaded with good, solid research and information. It can also provide "information" that is untrue, unreliable, unproven, and at times even dangerous. When you fill out that personal questionnaire to get that free prize, you may be providing a burglar with your address!

How can you tell the difference? And how do you know that the person you're chatting with is actually who they say they are? Do they want to meet you "face to face?" Have they asked you to travel to some exotic place to meet them? Or have they just said "we have a lot in common, I'd like to get to know you better"?

Here are a few tips offered by Seattle Police Detective Leanne Shirey, founder of the National Internet safety program "The Internet and Your Child".

- Are you doing something on the computer that, if your mom or dad were to walk in and see you, you would be uncomfortable?, or downright panicked??? If so, you're probably someplace you shouldn't be. Ask yourself, what is the difference between this and if I were to sneak out at night to meet my friends, against my parent's wishes? In reality there is no difference and it's time to log off or do something on the 'Net that you and your parents have agreed upon. If you're unsure, just ask! Remember, dad and mom were young adults once too. They'll work with you to set some up-front rules for the Internet and the family's computer uses.

*Uh Oh, I was trying to do research on the United States Government and the President and I got to a porn site! What do I do now?? Go tell your parents! Through no fault of your own, you have typed in a web address or clicked on what looks like a legitimate Website and encountered pornography. Unfortunately, porn is rampant on the Internet and they purposely address their Websites similar to legitimate ones. Website addressing is getting better though. The "suffix" of the Web address is the part after the 'dot'. When looking for a government site, if it's suffix is .GOV, it is probably for real. If you're looking for a non profit organization, it's suffix will likely be .ORG. Suffixes like .EDU (educational) and .MIL (military) are usually safe. Web addresses with .COM (commercial) and .NET (networks) are wide open. All of your shopping will be .COM, but so will most of your porn sites.

- I want to download some music. What's up with that? The bottom line is this. If you download music from anywhere on the Internet, you are most likely committing theft. It is no different than walking into a music store and stealing or shoplifting a CD. There are exceptions however. Some musicians will allow you to download pieces of new songs to try out (and to get you interested in buying their new release). Some new artists may even allow one or two full songs to be downloaded, again to entice you to buy the rest of their stuff. But, how can you tell the difference? The single most important answer to this is that, if you are on the actual artist's official Website, and not Napster or one of those that advertises "free" music from all musicians, you are probably OK. One example is Britney Spears. Log onto her official Website (www.britneyspears.com) and you'll find all kinds of things to read and buy. What you will not find is "free" music or samples. Unfortunately, there are many other sites that offer her music, all of it illegal. Remember, stealing is stealing, no matter the method you use. And don't forget, music piracy is a federal offense. If caught you can be prosecuted, fined thousands of dollars, and lose your right to apply for student loans and any other federal assistance. Any other questions about music? Check out www.soundbyting.com. This is the official Website to protect music on the Internet.

- What do I do if I'm asked to answer some questions on the Internet? Just remember, if it's on the Internet, it is available to anyone in the world (literally) who wants to find out more about who you are, where you live, where you go to school, what your hobbies are, how old you are, or anything else you can imagine. Many Websites will offer you a free prize (that usually turns out to be some two dollar gimmick) if you just fill out this brief questionnaire and submit it. They'll tell you that you can join for free and get the prize, and make it sound real appealing and fun. The questions will be just impersonal enough to make you feel secure, but if you really look at it, you'll be revealing information that you wouldn't want on the front page of a newspaper. So why would you put it on the Internet? Treat this situation just like that. Also, don't participate in on-line diaries or class reunion sites. These, too, may allow personal information about you to be published worldwide on the 'Net. And, never, ever put your picture out or share any of your passwords with anyone, even your closest friend

(with the exception of your parents, of course). Remember, even if you think your chatroom is private and you decide to send your boyfriend or girlfriend a picture or reveal your super secret password to them, anyone else on the Internet at that moment can gain access to it also.

- What about chat? Detective Shirey says that “Chat is the most dangerous area of the Internet”. In her job as an Internet Crimes investigator she has handled countless cases where kids and young adults have been contacted, “groomed”, and then assaulted or raped as a result of a “cyber relationship” with someone they met on chat. Again though, if you think about chat just like you would any other communication, it can be much safer. While you’re in a chat room with your friends, does someone you don’t know all of a sudden pop in and start chatting with all of you? Do you ask about him or her? How do you know it is in fact a him, or her? Just because this “cyber” person says so, do not believe it. Stalkers will watch chat rooms and learn about you and your friends and then create a personality for themselves that will match what you are interested in. They will then chat with you, gain your trust, ask to talk with you on the phone or Webcam with them, and eventually ask to meet with you “face to face”. This is the process that is called “grooming” by pedophiles and the computer is just one more way these criminals gain access to young people and try to meet them. What can you do about this? First, remember that anyone you have “met” on line is not a “friend”. It is an unknown person, of unknown age or sex, from somewhere. Treat them like you would a stranger, just as you would someone you courteously say hello, and nothing more to, in the grocery store. Do not reveal any personal information about yourself, your interests, your school, where you live, or anything about who you are. Sure, you may enjoy chatting on line with them, but they are strangers, none-the-less. Remember, a “cyberpal” is not a “friend”. The only on line “friends” you have are those that you meet at school or other activities where you make friends just as you did before the Internet and Chat were invented. If you think you are being stalked on the Internet, tell your parents! Even if it turns out to be OK, at least you know you’re doing the right thing and can relax and have fun. One thing though. Never, ever, ever agree to meet with anyone you “met” on the Internet. Not even if you are with your friends or your parents, and certainly not by yourself. If you or your parents have a question or want to report an incident, The Internet Crimes Against Children task force can be reached at 206-684-8660. You can also learn more and report at www.ncmec.org, the home page for the National Center for Missing and Exploited Children.

Using these safety tips will make you a safer and more educated Internet Surfer. For more information visit www.theinternetandyourchild.org.

EATING DISORDERS

Although it is important to watch your weight, dieting can get out of hand. For people with various eating disorders, it can even be dangerous.

Anorexia Nervosa is a physically dangerous eating disorder. Deliberate self-starvation is one of the symptoms. A person suffering from anorexia may be obsessed with the idea of eating food, but because of emotional, environmental and physical factors, ignores the hunger and does not eat.

Bulimia is closely related to anorexia, but has quite different symptoms. Bulimics consume enormous amounts of food in very short periods of time, then to purge themselves of the food; they vomit or use laxatives or diuretics. The sufferer may feel trapped within the destructive binge/purge cycle and have no idea how to stop.

Overeating and Compulsive Eating are also unhealthy habits and can be symptomatic of underlying emotional or physical problems.

If you, a family member, or a friend display any of these symptoms or conditions, you can get help by calling:

Eating Disorder Awareness & Prevention (800) 931-2237

Eating Disorder Northwest (206) 587-2377

Center for Counseling & Health Resources (888) 771-5166

Anorexia and Bulimia support groups (800) 554-6600

Stevens Hospital

Social Services (425) 640-4370

Or talk to your school counselor

ALCOHOL AND OTHER DRUGS

WHAT'S MISSING IN YOUR UNDERSTANDING OF DRUGS?

The author of this section is Dr. David Scratchley, consultant/trainer for Lakeside-Milam Recovery Centers (425) 823-3116.

It's everywhere. Suddenly, the use of drugs like ecstasy and GHB, not to mention new, more powerful forms of marijuana and amphetamine, is sweeping throughout the communities around the nation. Discussion of the "safe" use of Club Drugs (Ecstasy, GHB, and Ketamine) are all too common in schools and at social events. The spread of information about new types of addicting drugs on the Internet is explosive and unregulated. Yet, the information provided about these drugs (on the Internet and other sources) by groups encouraging their use is often laced with false, misleading, or incomplete information. The result: people are making choices that can impact the quality of their entire life while only knowing half the story.

What are the missing parts of this story? A common misperception, for example, is that Ecstasy use presents no physical risk to the user. Actually, Ecstasy use has been linked to a number of fatalities nationwide. One of the most common complication from using Ecstasy is a dramatic increase in body temperature that can result in a body temperature of over 109 Fahrenheit! When the body gets this hot, the liver fails, convulsions occurs, and the blood begins to coagulate (jell). Death from Ecstasy has resulted from the use of as little as one or two tablets. The risk from other drugs like GHB and Ketamine is even greater.

Becoming physically or psychologically dependent may happen immediately or gradually. Life-threatening dangers exist. This especially occurs when drugs are taken in excess, for a long period of time, or in the wrong combination. Effects also depend on how long a drug is taken, the user's body size, age and attitude, and the setting in which the drug is taken. Alcohol and other drugs can be very unpredictable and their effects on the body vary from person to person.

How do you really know what you are buying? Street drugs are often contaminated or impure because they are cut or mixed with other drugs or unknown substances.

"Look-alike" drugs are often substituted for the real thing and are readily available. Because they may or may not be as strong and pure as the real drug, they can be extremely dangerous. When taken, they may lead to an accidental overdose.

The point is that the risk from drugs is as great as ever, and, if you are using them, you are in danger. If you are thinking about using drugs, ask yourself-do you have the whole story? What parts are you missing?

Today, everyone is exposed to the opportunity to try alcohol and other drugs. Some people experiment for curiosity, for kicks, because of peer pressure, or to escape emotional problems. Drugs change the way we act, think and feel. Some drugs cause depression, some make users feel invincible and can give them a false sense of security, and some make users feel that they can do anything. These feelings are often unpredictable.

Some of the dangers of alcohol and other drug experimentation are:

- Loss of driver's license or inability to obtain one
- Overdose
- Legal and criminal penalties
- Physical illness
- Accidents or injury to self or others
- Use of impure or unknown drugs
- Addiction
- Impaired judgment
- Impaired learning ability and personal or physical development
- May interfere with future ability to become a parent or to produce healthy babies
- Death

Alcohol is the most abused drug in the United States in all age groups. It is a depressant, which slows heart rate and respiration, and affects portions of the brain that control moods, decision making, and emotions. Some effects of alcohol are not curable. It takes your body about one hour to eliminate the alcohol in one shot of whiskey, one can of beer, or one glass of wine or a wine cooler. All contain approximately the same amount of alcohol.

Mixing alcohol with other drugs is especially dangerous. People troubled by alcohol use often have problems that are social, physical, financial or emotional.

WARNING: Alcohol and other drugs have a stronger impact on a young person's developing brain and other organs than in adults.

WARNING: Alcohol is a dangerous drug. It is possible to overdose on alcohol. Games such as "chugging" and "quarters" can kill you.

WARNING: Drinking or using any drugs during pregnancy is extremely dangerous to the unborn baby.

WARNING: Drinking and driving don't mix. Alcohol is an illegal drug for people under the age of 21.

WARNING: Using alcohol and other drugs at the same time can result in serious physical or psychological damage or death.

Other depressants, such as Valium, barbiturates and many others have the same potential for addiction as alcohol and other drugs and the same danger in use and withdrawal.

Anabolic Steroids – The use of anabolic steroids has spread rapidly over the last decade. They are used almost exclusively in sports and are found in virtually every kind of organized competitive athletic endeavor. Athletes use them hoping to achieve goals unattainable by conventional training and dieting.

Anabolic/androgenic steroids have been banned by the International Olympic Committee. Their use by athletes is contrary to rules and ethical principles of athletic competition as defined by sports governing bodies.

Using steroids can damage your health, and may ultimately kill you. The adverse side effects include:

- Acne generally worsens and spreads to the chest and back.
- Loss of scalp hair and balding are accelerated in men who have inherited a tendency for baldness.
- Increased aggressiveness is common and you become more likely to engage in fights with athletes, girl or boy friends, and even strangers.
- Probability of heart disease increases.
- The possibility of cancerous liver tumors increases, as does the chance of hepatitis.
- The use of shared needles for injection of anabolic steroids increases the possibility of contracting AIDS and hepatitis.
- Growth may be stunted.
- Permanent side effects for women include growth of facial hair, increased body hair, and a deepening of the voice.

Sports medicine specialists advise that anyone who has ever taken steroids should maintain close contact with their personal physician in the future.

Barbiturates, Methaqualone and Sedative Hypnotics – Tranquilizers, sleeping pills and other sedatives slow body functions. When taken in excess or without a doctor's instructions, they can cause both physical and psychological dependence. Barbiturate overdoses figure in approximately 1/3 of all reported drug-related deaths, including suicides and accidental drug poisoning. Other dangers are:

- During withdrawal after using large dosages, users may be anxious, unable to sleep, and experience convulsions.
- They often cause death when taken with alcohol.
- Babies born to addicted mothers may be physically dependent and experience withdrawal symptoms after birth.
- Reflexes are slowed, making it dangerous to operate machinery or drive an automobile.
- Barbiturate withdrawal can be more severe than heroin withdrawal.
- Methaqualone abuse can cause convulsions and coma, and/or injury or death from accidents.
- Death from overdose.

Cocaine – Cocaine acts as a stimulant to the central nervous system, increasing blood pressure, heart rate, respiration, and body temperature. The dangers of cocaine use vary, depending on how the drug is taken, the dose, the individual, and the purity of the cocaine. Risks include confusion, anxiety and serious psychological problems. Occasional use can cause a stuffy, runny, or bloody nose, while chronic snorting can deteriorate or destroy the mucous membranes and nasal septum.

Overdose deaths can occur. Multiple seizures, followed by respiratory and cardiac arrest, are some of the more serious dangers.

Crack is a form of cocaine, which appears as small rocks. Because crack is more concentrated, its use can result in more severe consequences.

WARNING: Even first-time use of cocaine or crack can cause death.

WARNING: Crack is highly addictive. A first-time user may become addicted.

WARNING: Freebasing cocaine can cause injury or death from fire or explosion.

Inhalants contain chemicals with potentially mind-altering vapors. They are found in some common household products. A high can occur when they are sniffed or inhaled. The dangers of inhalants are:

- Decreased blood pressure
- Increased heart rate
- Dizziness and headaches
- Potential loss of consciousness
- Nausea and nosebleeds
- Lack of coordination
- Loss of appetite
- Loss of self-control
- Violent behavior, unconsciousness

- Death from heart failure, aspiration, suffocation
- Long-term abuse can result in permanent damage to the nervous system
- Damage to kidneys, blood and bone marrow

Hallucinogens and PCP – Drugs that affect perceptions, sensations, thinking, self-awareness, and emotions are hallucinogens. They include LSD and DMT. Others are mescaline (made from peyote cactus and psilocybin) which is found in some species of mushrooms, PCP (also called “Angel Dust” which is often sold as mescaline), THC and other drugs.

Effects of hallucinogens vary depending on the user’s mood, surroundings, and the amount taken. Dangers include:

- Higher body temperature
- Increased heart rate and blood pressure
- Tremors
- Panic caused by scary sensations
- Feelings of anxiety, loss of control
- Possible brain damage including loss of memory and confusion
- PCP may cause comas, convulsions, ruptured blood vessels
- PCP can produce strange, violent behavior
- PCP can lead to death from drowning, burns, falls, and automobile accidents

Ice is a form of crystal methamphetamine. The name comes from its appearance, which closely resembles rock salt or rock candy crystals.

Unlike common street meth, which is often cut with other substances, Ice is 98 to 100 percent pure methamphetamine. Because of its purity, it is very powerful and dangerous. The hazards to users include:

- More physical addictive than heroin
- Widely depressive lows, after the drug wears off, can last for several days
- Effects on the central nervous system are so potent that the body literally burns itself up
- Prolonged use damages the lungs, liver and kidneys
- Heavy psychological state dependence leads to a psychotic state, insomnia, anxiety, fatigue, toxic psychosis, and delusions
- Withdrawals may cause acute depression, fatigue, irritability, restlessness, tremors, talkativeness, insomnia, anxiety, delirium, panic, irregular heartbeat, dry mouth, nausea, vomiting, cramps, convulsions, coma and possible death
- Users have a tendency to experience violent mood swings, become paranoid and suspicious, lose sleep and weight, and generally feel like they’re going crazy.

Marijuana is usually smoked or eaten. Today’s marijuana is up to five times more powerful than that which was available in the past. Its active ingredients accumulate in brain and body tissues and remain for a long time. The more common effects of marijuana are:

- Increased appetite
- Distortion of time, space and short-term memory
- Poor coordination
- An imbalance in the hormonal level
- Anxiety, panic or paranoia

Marijuana use can interfere with decision making, the ability to learn, and the ability to get along with others. Depression and anxiety may occur with use.

Opiates – While opiates are used in medicines to relieve pain, they are often abused, and sold as illegal street drugs. Codeine, heroin, morphine, and opium come from resins of the Asian poppy. Other opiates, including meperidine, are manufactured. Ninety percent of the opiate abuse in the U.S. comes from heroin users. Abuse of opiates with legal medicinal uses include morphine, meperidine, and cough syrups containing codeine. Dangers caused by opiate abuse include:

- Restlessness, nausea and vomiting
- Large dosages may produce cold, moist, bluish skin
- Breathing slows down and death may occur
- Heavy addiction habits
- Infections of heart lining and valves, skin abscesses, and congested lungs
- Contaminated needles and syringes can transmit AIDS and cause liver disease, tetanus, and hepatitis
- Severe withdrawal symptoms lasting seven to ten days, and including diarrhea, abdominal cramps, chills, sweating and nausea
- Craving for drugs after withdrawal can last for months

- For pregnant women, opiate addiction carries a 50/50 chance of contracting anemia, heart disease, diabetes, pneumonia or hepatitis

Prescription drugs can cure illness and block pain, and sometimes we need their beneficial effects. However, they can also cause dependency and side effects that interfere with life. Therefore, prescription drugs are not safe for use by anyone other than the person for whom they were prescribed.

Nicotine, which is found in cigarettes, chewing tobacco, snuff and other tobacco products, is one of the hardest substances to quit using once started. Tobacco products contain other toxins that cause adverse health side effects. These side effects lead to:

- Decreased immunity to illness
- Premature aging
- Loss of athletic ability
- Life-threatening illnesses such as emphysema or cancer
- Death

Getting Help: Someone who abuses alcohol or other drugs may be unable to recognize the seriousness of his or her problem. It is important to seek information about how to get help for yourself or a friend. There are many positive alternatives to doing drugs. Help is available.

For more information about alcohol and other drugs, or about getting help and treatment for an alcohol or other drug problem, for yourself, or a family member call:

Adult Children of Alcoholics	(206) 722-6117	
Alcohol/Drug Helpline	(800) 562-1240	
AL-ANON / ALA-TEEN / ALA-TOT		(425) 348-7828
Alcoholics Anonymous (AA)	(425) 252- 2525	
Mothers Against Drunk Driving (MADD)	(888) 726-6233	
Students Against Driving Drunk Driving (SADD)	(425) 259-6233	
Pacific Treatment Alternatives	(425) 259-7142	
TeenLine	(206) 722-4222 (800) 562-1240	
Victim Hotline for Drunk Drivers	(800) 927-6080	

In School Help: To gain support if you choose not to drink, or if you have concerns about alcohol or other drugs, help is available in school. Check with a school counselor, guidance department or the school resource officer.

Information on drugs may be found at:

<http://findtreatment.samhsa.gov/ufds/>

www.clubdrugs.org

www.Freevibe.com

www.libertymutual.com

www.painfullyobvious.com

www.stopdrugaddiction.org

www.theantidrug.com

www.whitehousedrugpolicy.gov

SMOKING FACTS

Within 20 minutes of smoking a last cigarette, the body begins a series of changes that continues for years.

Within 20 minutes of your last cigarette:

- Blood pressure drops to normal
- Pulse rate drops to normal
- Temperature of hands and feet increases to normal

Within 8 hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

Within 24 hours

- Chance of heart attack decreases.

Within 48 hours

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

In 2 weeks to 3 months

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

In 1 to 9 months

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, reduce infection
- Body's overall energy increases

In 1 year

- Excess risk of coronary heart disease is half that of a smoker

In 5 years

- Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker's

In 10 years

- Lung cancer death rate similar to that of nonsmokers
- Precancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus bladder, kidney and pancreas decreases

In 15 years

- Risk of coronary heart disease is that of a nonsmoker.

Source: American Cancer Society; Centers for Disease Control & Prevention (800) ACS-2345

Also American Lung Assoc: 800-LUNG-USA

Washington Tobacco Quit Line 877-270-STOP

Snohomish County Tobacco Cessation Resource Line(425) 339-5237

Smoking related websites

www.cdc.gov

www.cancer.org

www.outrageavenue.com

www.tobaccofreekids.org

LEGAL

IF YOU ARE ARRESTED

REMEMBER!

- **Do not resist arrest.** (Even if you believe it is an illegal arrest, you do not have the right to resist.)
- You are required by law to correctly identify yourself.
- You do not have to consent to anything except the arrest itself; you can, however, lose your driver's license if you do not consent to a Breathalyzer test as requested.
- You have a right to a lawyer if you are under arrest. If you cannot afford one, the court will appoint one for you.
- If you have been locked up, you have the right to a speedy hearing before a judge within 48 hours.
- If you are under 18, the police will call your parents (except for traffic violations.) The State and the Court consider you an adult while operating a vehicle.

Police can arrest you for a misdemeanor offense committed in their presence, upon probable cause that a person has committed a felony, or when an arrest warrant has been issued by the court. Additionally, police may arrest for some misdemeanors based upon probable cause for crimes not committed in their presence.

If you are under 18, you are legally considered a juvenile and if taken into custody for an offense, you will generally go to the juvenile court. However, if the charges are serious enough, the state may petition the court to prosecute you as an adult. Additionally, some serious crimes may result in an automatic decline of juvenile jurisdiction. A juvenile would go to regular adult court on *traffic offenses, DUI, reckless driving, having altered driver's license, and driving while under suspension or revocation.* Juveniles may be locked up in a juvenile detention center.

SEARCH WARRANTS

A search warrant is a paper signed by a judge giving police permission to search your property for evidence of a criminal offense, contraband, or anything illegally possessed. Police may obtain a search warrant only after showing the judge that there is probable cause to believe that such items are located in the place to be searched. Police must have a warrant to search private property, such as a residence, vehicle, or luggage, except in a few cases including the following:

- If you have been legally arrested and physically taken into custody, a full search of your person may be made, and a somewhat more limited search of your vehicle may be made if you were arrested in it or near it.
- If police have reason to suspect that you are involved in illegal activity and also reason to suspect you are armed, they may "pat down" your clothing for weapons.
- If you consent to the search or if someone else with the right to consent does so.
- If there is no time to get a search warrant and it is necessary for police to act quickly to obtain evidence or to prevent you from disposing of it. An example is if the suspect item is in a vehicle.
- If police see something in plain view, which they believe to be contraband or evidence of a criminal offense, they may seize it.
- If you are the subject of a search by a warrant, you have the right to receive a copy of the warrant and a receipt for anything taken from you.

SCHOOL POLICY

The School Board prohibits the use, possession, and distribution of any drug on school premises at any time and at any event away from school premises that is sponsored by the Board of Trustees. Students reasonably suspected of being under the influence of drugs will be identified, examined and reported in accordance with the law, and their parents or guardians shall be contacted as soon as practical. Where student assistance programs are available, a referral process will be initiated by school personnel.

- A student's person and effects, when subject to the jurisdiction of school officials, may be reasonably searched according to law.
- Inspection of lockers and desks may be conducted by authorized school officials for any reason at any time without notice, without consent, and without a search warrant.
- The interiors of vehicles on school property may be inspected whenever authorized school officials have lawful cause to do so.
- The administration is authorized to utilize dogs whose reliability and accuracy for sniffing out contraband has been established to aid in the search for contraband on school-owned property and automobiles parked on school property.

ALCOHOL & DRUG LAWS

The penalties for offenses involving hard drugs or large amounts of marijuana can be quite harsh, especially when a federal law is broken. The possession of even a small amount of marijuana is against the law. A juvenile involved in a federal narcotics offense can be sent to a federal institution. Any vehicle used illegally to carry or transport drugs can be seized and sold at an auction. It is illegal to have any drug paraphernalia in your possession.

Drinking alcoholic beverages, including beer, has a progressive effect on some persons; drinking a little alcohol can lead to drinking a lot. The purchase, consumption, and possession of an alcoholic beverage by a person under legal age is a crime. Possession of an alcoholic beverage with a broken seal, accessible to any occupant in a motor vehicle, is a separate offense. The presence of a sealed alcoholic beverage in a vehicle, driven by an underage person will be presumed to be possessed by that person, and is therefore an offense, even if the alcohol belongs to someone not present. The parents of any underage person found consuming or possessing an alcoholic beverage may be notified. Violation of liquor laws are handled on misdemeanor citations; appearance in court is necessary. Punishment is a fine.

It is illegal for anyone under 21 to purchase, attempt to purchase, possess or consume an alcoholic beverage. However, the law contains exceptions. Alcohol is given for medicinal purposes by parents, guardian, physicians, or dentist or if used in connection with religious services. Another exception is made for alcohol given to a minor by a parent or guardian if the alcohol is consumed in the presence of the parent or guardian.

It is illegal to falsify your age to get liquor. It is also illegal for an adult to purchase liquor for you. In Snohomish County, all people purchasing beer kegs must sign their names on a special receipt. Each keg that is bought is tagged with an identification number that matches the number on the receipt. If a keg is found at a party where juveniles are drinking, the police will be able to track down the adult who purchased the keg and bring charges against her or him.

It is illegal for any minor to be in possession of alcohol or controlled substances anywhere, especially in cars. If you are found to have violated this law, the law mandates that even on your first offense, your driver's license will be suspended for one year or until you are 17, whichever is longer. Your license can be suspended even if your drinking had nothing to do with being in a car or driving one. This decision may be reviewed by the court after 90 days, during which time your license is suspended.

It is illegal to have an open container of liquor in a car unless the bottle is kept in the trunk and out of reach of the driver and passengers. This applies to containers with broken seals even though they may have been closed up again. It is also illegal to drive while under the influence of alcohol. If you are stopped for driving under the influence of alcohol, you may be asked to take a breathalyzer test, which is a chemical analysis of your breath. If you refuse to take the test or fail the test, the police officer may take away your license. If you have more than .08% alcohol in your blood (.02% if under 21 years old), you will be charged with the crime of driving while intoxicated (DUI). You can expect to be without your license for at least 90 days; the length of time varies depending on your previous driving record and other contributing factors. You may be charged as an adult for any traffic offense, and if you are convicted of driving while intoxicated, you will receive a mandatory day in jail, a fine, and other penalties.

Possession and Consumption of Beer: Possession or consumption of beer or alcohol by an underage individual is a crime. Note that this crime does not require that the underage individual be legally intoxicated. In fact, exhibiting the effects of alcohol consumption (i.e., smell of intoxicants, speech and balance problems etc) is a crime.

Possession or consumption is sufficient. This crime may be committed at a public or private gathering and includes possession or consumption while in a motor vehicle. Thus, an underage individual who possesses or consumes beer or alcohol during a party at a fellow student's residence has committed a crime.

Open Container in a Vehicle: It is a misdemeanor for anyone, underage or not, to have any receptacle containing beer or alcohol in the vehicle if the original seal is broken. This crime is commonly referred to as an "open-container" and a person may be charged despite the fact that an individual has not consumed the beer or alcohol. It is not a crime to have an alcohol container with a broken seal in the trunk of one's car.

Underage Purchasing: It is a misdemeanor for an underage individual purchasing, attempting to purchase, or misrepresenting one's age in purchasing or attempting to purchase beer or alcohol.

False ID: Displaying, causing or permitting display of, or possessing a fictitious or fraudulently altered drivers license by anyone, underage or not, is a misdemeanor. To display or represent another person's driver's license as your own is a misdemeanor. IT IS ALSO A MISDEMEANOR FOR ANYONE TO LEND OR PERMIT ANOTHER TO USE HIS OR HER DRIVER'S LICENSE.

Contributing To a Minor: Furnishing beer or alcohol to an underage individual is a misdemeanor. An example of this crime is the situation where an old-age brother or sister of an underage individual purchases alcohol for the underage person's consumption.

Alcohol Or Marijuana While Driving – Penalty/Cost: In the event an individual, of-age or underage, consumes or uses alcohol or drugs and subsequently operates a motor vehicle, the individual subjects himself/herself to the possibility of being considered;

- (a) driving under the influence of alcohol,
- (b) driving under the influence of marijuana or any controlled drugs or substance,
- (c) driving under the combined influence of alcohol and marijuana or any controlled drug or substance,
- (d) or if there is 0.02% or more by weight of alcohol in his/her blood, driving while intoxicated.

The crime may be a misdemeanor or felony and the individual will be prohibited from driving for a specified period of time, depending on the facts and circumstances. Excluding legal fees, the costs associated with this crime are significant. For instance, one's first conviction for DUI may bring a fine as high as \$1,000 and cause a substantial increase in insurance rates, not to mention the adverse publicity associated with the conviction.

Driving Under the Influence - Manslaughter: If an individual, of-age or underage, who is under the influence of alcohol, any controlled drug or substance, or a combination thereof, unintentionally and negligently, causes the death of another person while operating a motor vehicle, that individual may be guilty of VEHICULAR HOMICIDE, which is a felony. NOTE that it is not necessary to prove that the individual intentionally caused the death of another. The requisite intent relating to this crime is the fact that the individual intended to consume alcohol, not that he or she intended to cause the death of another.

Possession/Distribution of Marijuana: If anyone knowingly possesses or distributes marijuana, that person has committed a misdemeanor or a felony depending upon the amount possessed or distributed. Note that burned marijuana residue or marijuana seeds are considered to be marijuana, and will subject the individual possessing such substances to potential criminal penalties. In addition, an individual can be charged with this crime if the individual is simply present in an automobile where marijuana is being used in his or her presence, despite the fact that the individual may contend he or she did not partake.

Being Present When Drugs are Used By Others: It is a misdemeanor to inhabit a room knowing that a controlled drug or substance is being illegally stored or used therein. Thus, if an individual attends a party at another residence and is aware that controlled drugs are being illegally used, the individual may have committed a crime, despite the fact that he or she may have simply observed others illegally using the controlled substance.

GUN LAWS

No one under the age of 18 may have or use a firearm without the knowledge and consent of a parent or guardian, and then only at a place at least one mile outside any city limits. Many cities have ordinances forbidding anyone from discharging a firearm or airgun within the city limits. A pistol may not be carried concealed on the person or in a vehicle unless a license is obtained from the local sheriff or chief of police. It is illegal to have a firearm on which the serial number has been altered or removed. A person between the age of 12 and 16 may obtain a hunting license but only after completing a course of safety instruction and only when the application is made by a parent or guardian.

PROSTITUTION & LOITERING

Prostitution is offering, agreeing to, or engaging in sexual conduct for a fee. It applies to both the buyer and the seller. The offering or agreeing is enough to constitute the crime, even if no sexual act takes place. Loitering to solicit prostitution is being in a public place in a manner and under circumstances, which manifest the purpose of inducing, enticing, soliciting or procuring another to commit an act of prostitution.

RUNNING AWAY

You are a runaway if you leave your family home, group home or any legal guardian without the knowledge, permission, or consent of your parent or guardian. When you run away, you can be taken into custody by the police as a runaway. The police officer then has the option of taking you home or to the police station. If you run away from home or other places where you are placed frequently, you may ultimately end up in a locked institution.

Almost everyone thinks about running away from home at some time making a new life, and leaving behind all the problems and troubles which make you feel bad. You may feel depressed about your life and may want to do something to change the way things are going. Talking to someone may help you understand yourself and the situation better, think more clearly, and make an intelligent decision based on realistic choices.

The city streets are very hard places to survive. You will be preyed upon by adults and other kids. People will want to use you and abuse you, so think about a better way to change the way things are at home. Talk to your school counselor or a friendly teacher. Just talking about your problems and sharing them may help you to change things. Remember, there are adults who care about you. Even the most streetwise can get ripped off, harassed or seriously hurt while trying to make it on their own.

Contact – National Runaway Switchboard
(800)621-4000 www.nrscriisline.org

REPRODUCTIVE HEALTH

The choice to become sexually active is important to any individual. There are many risks associated with sexual activity. A new partner can give you their affection...and more than 20 different infections. The following is a list of the sexually transmitted infections (STIs) that are common in our part of the world.

CHLAMYDIA is the most common STI caused by bacteria. It can be present for a long time without symptoms. Chlamydia is a type of bacteria. It can cause sterility in women and men. In women, it infects the cervix and can spread to the urethra, fallopian tubes, and ovaries. It can cause bladder infections and serious [pelvic inflammatory disease \(PID\)](#), ectopic pregnancy, and sterility. In men, chlamydia infects the urethra and may spread to the testicles, causing epididymitis, which can cause sterility.

Chlamydia can also lead to Reiter's syndrome - especially in young men. Reiter's syndrome involves eye infections, urethritis, and arthritis. One in three men who develop Reiter's syndrome becomes permanently disabled. In infants, Chlamydia can cause pneumonia, eye infections, and blindness. Chlamydia is the most common and most invisible sexually transmitted bacterial infection in America. Three million American men and women become infected every year.

Common symptoms include: discharge from the penis or vagina, pain or burning while urinating, more than usual urination, excessive vaginal bleeding, painful intercourse for women, spotting between periods or after intercourse, abdominal pain, nausea, fever, inflammation of the rectum or cervix, swelling or pain in the testicles.

Up to 85 percent of women and 40 percent of men with chlamydia have no symptoms. Many women discover they have chlamydia only because their partners are found to be infected. Other women discover that they must have had it for some time when they are treated for the infertility that it can cause. Symptoms appear in seven to 21 days - if they appear. If your partner is a man, and he has a urinary tract infection, you may have chlamydia.

Both partners can be treated successfully with antibiotics. Follow-up testing may be suggested three to four months after treatment.

Condoms reduce the risk of infection with chlamydia.

GONORRHEA is a bacterium that can cause sterility, arthritis, and heart problems. In women, gonorrhea can cause pelvic inflammatory disease (PID), which can result in ectopic pregnancy or sterility. During pregnancy, gonorrhea infections can cause premature labor and stillbirth. To prevent serious eye infections that can be caused by gonorrhea, drops of antibiotics are routinely put into the eyes of newborn babies immediately after delivery. About 650,000 new cases of gonorrhea are reported every year in the U.S. Gonorrhea is spread through vaginal, anal, and oral intercourse.

Common symptoms include: For women: frequent, often burning, urination; menstrual irregularities, pelvic or lower abdominal pain; pain during sex or pelvic examination; a yellowish or yellow-green discharge from the vagina; swelling or tenderness of the vulva; and even arthritic pain. For men: a pus-like discharge from the urethra or pain during urination

Eighty percent of the women and 10 percent of the men with gonorrhea show no symptoms. If they appear at all, symptoms occur in women within 10 days. It takes from one to 14 days for symptoms to appear in men.

Both partners can be successfully treated with oral antibiotics. Often people with gonorrhea also have chlamydia. They must be treated for both infections at the same time.

Condoms reduce the risk of infection with gonorrhea.

HERPES There are two forms of genital herpes — herpes simplex virus-1 and herpes simplex virus-2. Although herpes-1 is most often associated with cold sores and fever blisters, both forms of herpes may be sexually transmitted. In fact, most adults have herpes simplex virus (HSV), either type 1 or type 2, or both. During

pregnancy, herpes may cause miscarriage or stillbirth. If active herpes infections are present during childbirth, newborn infants may suffer serious health damage, including developmental disabilities and, rarely, death. Transmission to a newborn is more common during the first episode of the herpes infection and less common during recurrent herpes outbreaks. More than 45 million Americans have been diagnosed with genital herpes. At least one million new cases are diagnosed every year. Like many other viruses, the HSV remains in the body for life.

Common symptoms include: a recurring rash with clusters of itchy or painful blistery sores appearing on the vagina, cervix, penis, mouth, anus, buttocks, or elsewhere on the body, painful ulcerations that occur when blisters break open. The first outbreak may cause pain and discomfort around the infected area, itching, burning sensations during urination, swollen glands in the groin, fever, headache, and a general run-down feeling. Symptoms usually appear from two-20 days after infection — but it may be years before an outbreak occurs. Recurrences are sometimes related to emotional, physical, or health stresses. During recurrences, it is important to observe strict rules of day-to-day hygiene. Wash hands frequently and do not touch the sores. If the sores are touched inadvertently, wash hands immediately. Be particularly careful when handling contact lenses and touching the eyes.

There is no cure for herpes.

Partners should refrain from sexual intimacy from the time they know the blisters are going to recur until after the scabs have completely fallen off the healed sores. Condoms reduce the risk of transmitting the virus between outbreaks.

GENITAL WARTS are caused by a virus, called Human Papilloma Virus or HPV, and are also a very common infection. There are more than 100 different human papilloma viruses (HPVs). They cause a variety of warts and other conditions and can remain in the system for life. Studies suggest that as many as three-quarters of adults in the U.S. have been infected with at least one type of HPV. Thirty of these HPVs are genital and affect sexual and reproductive organs. A few cause genital warts, but most genital HPV infections are not visible and have no symptoms. Some of these cause cancer of the cervix, vulva, or penis. Every year, more than five million Americans are newly infected with genital HPVs — about 20 million women and men are now infected. Genital HPVs are spread by vaginal and anal intercourse, oral sex and very rarely, to the fetus during childbirth

Common symptoms include: Warts that appear on the genitals, in the urethra, in the anus, and, rarely, in the throat. Genital warts are soft to the touch, may look like miniature cauliflower florets, and often itch. Untreated genital warts can grow to block the openings of the vagina, anus, or throat and become quite uncomfortable. It usually takes two to three weeks after infection for warts to develop. Genital warts grow more rapidly during pregnancy or when other infections are present.

There is no cure for HPV.

Condoms reduce the risk of genital warts and cervical cancer, but the virus may "shed" beyond the area protected by condoms.

HUMAN IMMUNODEFICIENCY VIRUS (HIV) infections weaken the body's ability to fight infection and can cause acquired immune deficiency syndrome (AIDS) — the most advanced stage of HIV disease. HIV is the most dangerous sexually transmitted infection, and it affects people of all ages. It is now the fifth leading cause of death for American women and men between 25 and 44 years old. It is believed that at least 40,000 Americans become infected each year. There have already been more than 700,000 cases reported in the U.S. Like many other viruses, HIV remains in the body for life. HIV is spread in blood, semen, vaginal fluids, and breast milk by: anal and vaginal intercourse, less commonly transmitted through oral sex, sharing contaminated needles for injecting IV drugs, transfusion of contaminated blood products, childbirth, breast-feeding, or accidental pricks with contaminated needles in the course of health care.

Common symptoms include: constant or rapid, unexplained weight loss, diarrhea, lack of appetite fatigue, persistent fevers, night sweats, dry cough lightheadedness, headaches, mental disorders, a thick whitish coating of yeast on the tongue or mouth — "thrush", severe or recurring vaginal yeast infections, chronic Pelvic

Inflammatory Disease, purplish growths on the skin. There may be no symptoms for 10 years or more. In one 20-year-long study, about five percent of men with HIV had not yet developed symptoms.

There is no cure or vaccine for HIV or AIDS. HIV infection and many AIDS-related conditions — such as various pneumonias, cancers, and infections that take advantage of weakened immune systems — can be managed to some extent with different treatments. However, at this time, no one has recovered from AIDS. Although people with AIDS are living longer, it is still considered fatal.

Condoms reduce the risk of infection with HIV.

SYPHILIS is caused by a bacteria. Untreated, the syphilis organism — spirochete — can remain in the body for life and lead to disfigurement, neurological disorder, or death. There are 70,000 new cases each year in the U.S. Syphilis is spread through vaginal, anal, and oral intercourse, kissing, or to the fetus during pregnancy.

Common symptoms include: Syphilis has several phases that may overlap one another. They do not always follow in the same sequence. Symptoms vary with each phase, but there are no symptoms most of the time. *Primary Phase:* Painless sores or open, wet ulcers — chancres — often appear from three weeks to 90 days after infection. They last three to six weeks. They appear on the genitals, in the vagina, on the cervix, lips, mouth, or anus. Swollen glands may also occur during the primary phase. *Secondary Phase:* Other symptoms often appear from three to six weeks after the sores appear. They may come and go for up to two years. They include body rashes that last from two to six weeks — often on the palms of the hands and the soles of the feet. There are many other symptoms, including mild fever, fatigue, sore throat, hair loss, weight loss, swollen glands, headache, and muscle pains. *Latent Phase:* No symptoms. Latent phases occur between other phases. *Late Phase:* One-third of untreated people with syphilis suffer serious damage to the nervous system, heart, brain, or other organs, and death may result. Syphilis is especially contagious when sores are present early in the disease — the liquid that oozes from them is very infectious. People are usually not contagious during the latent phases of the first four years of syphilis infections. Untreated syphilis remains latent for many years or a lifetime, but can be spread from a pregnant woman to her fetus. The effect of syphilis on a fetus is very serious. If untreated, the risks of stillbirth or serious birth defects are high. Birth defects include damage to the heart, brain, and skeleton as well as blindness. It is very important for pregnant women to consider testing for syphilis early, and, sometimes, throughout their pregnancies. Pregnant women with syphilis can be treated to prevent damage to the fetus.

Antibiotics are successful treatment for both partners — but damage caused by the disease in the later phases cannot be undone.

Condoms reduce the risk of infection with syphilis.

HEPATITIS has three different forms. **Hepatitis B virus (HBV)** is a common sexually transmitted infection that can be prevented with vaccination. About 78,000 Americans get HBV every year because they have not been vaccinated. HBV is spread in semen, saliva, blood, and urine through intimate and sexual contact, the use of unclean needles to inject drugs, accidental pricks with contaminated needles in the course of health care, and sharing personal hygiene utensils such as toothbrushes and razors. Although 90-95 percent of adults with HBV recover completely, about five to ten percent of people who get HBV as adults will be "carriers" and have chronic (long-term) infection with HBV. Chronic HBV infection can cause severe liver disease and death. Unless they are treated at birth, 90 percent of the infants born to women with HBV will carry the virus. Pregnant women who may have been exposed to HBV should be tested before giving birth so that their babies can be vaccinated at birth or treated if they become ill. In most cases the infection clears within four to eight weeks. Some people, however, remain infected and contagious for the rest of their lives. There are three drugs that can help treat chronic HBV — adefovir dipivoxil, alpha interferon, and lamivudine.

Sexual transmission of the **Hepatitis A virus (HAV)** is less common. Unlike most sexually transmitted infections, a person with HAV also develops immunity against re-infection. HAV is spread via oral contact with fecal matter through failure to wash thoroughly after using the restroom, oral/anal sex play, other kinds of sex play, or sharing needles within intravenous drug use.

Hepatitis C virus (HCV) is a liver disease caused by the hepatitis C virus, which is found in the blood of persons who have this disease. The infection is spread by contact with the blood of an infected person, not usually by sexual contact.

Common symptoms include: extreme fatigue, headache, fever, hives, lack of appetite, nausea, vomiting, tenderness in the lower abdomen. *Later symptoms:* more abdominal pain, dark urine, clay-colored stool, yellowing of the skin and white of the eye — jaundice. **Hepatitis may be invisible during its most contagious phases.** Hepatitis A and B are very contagious. However, HAV infection is contagious for only a short period of time.

Condoms and/or latex barriers may offer limited protection against hepatitis during sexual contact. The virus can be passed through kissing and other intimate touching. **Children and adults who do not have HBV can get permanent protection with a series of HBV vaccinations.** There is also a vaccine for HAV that is recommended for people who may be at risk of infection. There is no vaccine for HCV.

Birth Control Choices

Choosing a birth control method is a very personal decision. No one method is best for every person. Many methods are available today, and they are very safe for most individuals.

To choose a birth control method, consider how each will work for you. Ask yourself: How effective is this method? Does it fit my lifestyle? How safe is it? Can I afford it? Will my partner like this method and help me use it? Does it protect me from STIs?

What are the methods?

Continuous Abstinence (the only method that is 100% guaranteed)

Condoms and Spermicides

Birth Control Pills

Diaphragm

Depo-Provera (the shot)

Cervical Cap

Contraceptive Patch

Vaginal Ring

Female Condom

Not Recommended for Teens:

Sterilization

IUD

Fertility Awareness Methods

Withdrawal

Your health provider can answer questions and help you choose the method that's right for you. You can get birth control without parental consent.

Emergency Contraception

If you had unprotected sex, you have five days to reduce your risk of getting pregnant, but the sooner the better. It's called emergency contraception (EC). Also known as the "morning after pill," EC is a safe and effective method for preventing unintended pregnancy. EC can be used if:

- You didn't use any birth control
- The condom broke
- You missed 2 or more birth control pills or you started your pack late
- Your diaphragm slipped
- You missed your birth control shot or
- You had sex when you weren't expecting to.

EC cannot interrupt or disrupt an established pregnancy and should not be confused with mifepristone (RU-486).

EC does not prevent you from contracting any Sexually Transmitted Infection.

All Planned Parenthood of Western Washington health centers offer free birth control for one year to clients on the *Take Charge* program. Call your local Planned Parenthood at 1-800-230-PLAN to see if you qualify. Everything is totally confidential.

Resources

For more information on reproductive health visit these websites or call these numbers

www.ppww.org

www.plannedparenthood.org

www.teenwire.com

www.wanaral.org

Planned Parenthood: (800) 230-PLAN or (425) 339-2616

Snohomish Health District HIV Testing Clinic: (425) 339-5251

Snohomish Health District STI (w/o HIV) Testing Clinic: (425) 339-5298

DRIVING

TEEN DRIVER LICENSE

A new law went into effect on July 1, 2001 which will affect almost all teenagers. An Intermediate Driver's License, sometimes referred to as a teen or graduated license, is issued to a driver under the age of eighteen. This Intermediate Driver's License remains an Intermediate License until the driver turns eighteen years of age.

The purpose of the Intermediate Driver's License is to improve highway safety by progressively developing and improving the skills of younger drivers in the safest possible environment. The restrictions placed on this license are as follows:

1. For the first six months after the issuance of the license, the holder of the license may not have any passengers in the car under the age of twenty, except for members of the holder's immediate family.
2. After the first six months, the holder may not have more than three passengers in the car under the age of twenty, except for members of the holder's immediate family.
3. The holder of the license may not operate a vehicle between the hours of 1 a.m. and 5 a.m. except when the holder is accompanied by a parent, guardian, or a licensed driver who is at least twenty-five years of age.

Automobile collisions kill more teenagers than anything else does, and driving from 1 a.m. to 5 a.m. puts young drivers at great risk. That's why the Intermediate Driver's License prohibits early morning driving except in the company of a parent or guardian. The early morning and passenger limits are removed after 12 months of safe driving or at age eighteen when the driver becomes eligible for a regular license.

For more information on Teen Drivers Licenses visit www.dol.wa.gov/ds/intermed

TRAFFIC ACCIDENTS

What You Should Do If Involved In a Collision!

DO NOT PANIC:

- 1) Do not move your vehicle until police arrive unless leaving the vehicles might create a safety hazard.
- 2) If police are not available, exchange information. Important information you should obtain includes:
 - a) Full name including middle initial
 - b) Date of birth
 - c) Home and work phone numbers
 - d) Address
 - e) Vehicle license number and state where plates were issued
 - f) Vehicle identification number (VIN)
 - g) Insurance Company, policy number and expiration date.

WARNING: Whatever you do, do not leave the scene of the collision.

Insurance Fraud

None of us like getting ripped off. That's no secret.

But here something you may not know. Each and every one of us is being ripped off every day. 365 days a year.

Who's stealing our money? Criminals who commit insurance fraud! We all pay the price for their crimes. We are all victims because we pay for their crimes through HIGHER insurance rates. Insurance fraud costs Americans about \$200 - \$300 in higher insurance premiums for the average household per year.

Here's what to watch for to avoid becoming a victim of insurance fraud:

While driving:

- Be sure there's plenty of distance between your vehicle and the ones in front of it. In the "sudden Stop" scam, criminals will abruptly stop for no apparent reason, causing you to rear-end them.
- Call the police to an accident scene and get a police report with the officer's name, even if the damage is minimal. If the report describes damage to the claimant's car as a nick, it's harder for criminals to damage the car later and try to collect a larger claim.
- Carry a disposable camera in your car to document any accident damage and the number of passengers in the other vehicles.
- Avoid "runners" and "cappers" who appear at an accident scene and try to direct you to unscrupulous doctors and attorneys.

- Be wary of physicians who insist you file a personal injury claim after an accident, especially if you are not hurt.

Staged accident rings investigated in the past have admitted that they prey on the teenage drivers because they are new to the road and are easy to take control of after the accident.

Call the NICB's toll-free hotline if you suspect insurance fraud:

1.800.TEL.NICB
(1.800.835.6422)

Your call is free.
Your call can be anonymous
You could be eligible for a **reward**.

Insurance Education

The Basics

How does it work? Policyholders buy insurance to protect themselves against financial losses such as car accidents, fire, windstorm, hail and burglary. Policyholders are placed in groups or pools of people with similar risk factors. These factors include age, miles driven, previous tickets or accidents and types of vehicles.

Payments, or premiums, from many policyholders are used to pay claims for the members of the group who have losses during that year. This system of cost sharing is the heart of how insurance works. These pools of policyholders agree to help pay for each other's claims. Groups that file fewer or less-costly claims pay lower insurance premiums while those who file more frequent or more-costly claims pay more for insurance.

All motor vehicles are required to be insured under RCW 46.30.020. The fine for driving without insurance is \$480. If you cause an accident and do not have insurance, you could be held financially responsible and face thousands of dollars in judgments, court costs and fines.

Auto Insurance

Auto insurance is designed to protect you and your vehicle if you are involved in an accident. The Liability portion of your policy pays for damage to other people and vehicles resulting from a vehicle accident that is your fault. Washington state requires that all vehicles on public roadways have coverage of at least \$25,000 per person/\$50,000 per accident for bodily injury and \$10,000 per accident for property damage.

Collision coverage is for damage to your vehicle regardless of who is at fault and Comprehensive coverage pays for damage to your vehicle that is not from a collision – such as fire, theft or vandalism. Uninsured/Underinsured Motorist coverage protects you when an at-fault driver does not have insurance or does not have enough insurance. Optional coverage includes Personal Injury Protection and Towing.

Auto Theft

More than 44,500 vehicles were stolen last year in Washington, according to the National Insurance Crime Bureau. That's more than 3,700 stolen vehicles per month and 123 vehicles per day.

Auto theft is a costly crime. The FBI estimates the economic loss for each vehicle stolen in 2003 was \$6,701. The total economic loss for Washington that year was \$273 million. Some of your insurance payment each year goes toward paying for auto theft and insurance fraud. Below is the Top 10 Most Stolen Vehicles list for Washington:

1. Honda Civic
2. Honda Accord
3. Toyota Camry
4. Toyota Pickup
5. Acura Integra
6. Toyota Integra
7. Toyota Corolla
8. Dodge Caravan/Grand Caravan
9. Jeep Cherokee/Grand Cherokee
10. Ford Heavy Duty pickup

Here's what can you do to prevent your vehicle from being stolen.

- Keep your doors locked and windows completely rolled up.
- Remove your keys from the ignition whenever you step away from your car.
- Make your vehicle less attractive to thieves. Expensive wheels, custom stereos and racing modifications can make your vehicle more vulnerable to theft.
- Keep valuable items such as purses, cell phones, gym bags and CDs out of sight.
- Always park your vehicle in well-lit areas.
- Always activate your vehicle's security system when parked.

Renters Insurance

Your landlord's insurance policy usually will not cover your personal property or your legal liability for damage you may cause to others.

Renters Insurance covers your personal belongings such as clothes, furniture, jewelry, computers, artwork, bikes, televisions, stereo equipment and accessories from perils such as fire, theft, windstorm, hail, explosion, vandalism, and riots. Coverage includes personal property in your vehicle such as stereos that are not permanently installed, CDs and sports equipment.

Renters Insurance also covers your responsibility to other people injured at your home or elsewhere by you, a family member or your pet and includes legal defense costs if you are taken to court and provides additional living expenses, known as loss-of-use coverage, if you must move while your dwelling is repaired from a covered loss. Depending on the coverage you select, your possessions can be covered for their replacement cost or their actual cash value including depreciation.

You can purchase Renters Insurance for \$10 to \$15 per month for a typical replacement cost policy. If you have items of special value, such as expensive computers or stereo & video equipment, ask your company or agent about additional coverage.

Many insurance companies require that renters have a separate auto policy to qualify. Many companies also offer a discount if you purchase both auto insurance and renters insurance from the same company. For free brochures or for speakers who will talk with your class or group about either Auto and Renters Insurance or Auto Theft Prevention, contact the Washington Insurance Council at 800-664-4942.

ALCOHOL, DRUG, & FIREARM VIOLATIONS

If you are arrested for drinking and driving, the penalties are severe. You can be arrested for driving with a blood alcohol content (BAC) of .08 or more. If you are under the age of twenty-one, you can also be arrested for a BAC of .02 or more. You can also be arrested for driving under the influence with BAC levels lower than these if you are driving and impaired due to alcohol and drugs.

If you are age 13 through 17 and convicted of a first alcohol or firearm violation, or age 13 through 20 and convicted of a first drug violation, your driving privilege will be revoked for one year or until age 17, whichever is longer.

For a second offense, your driving privilege will be revoked for two years, or until age 18, whichever is longer.

ROAD RAGE

Today, heavy traffic and tight schedules are the norm. Some drivers take their anger out on the roadways.

When you see other drivers around you acting or reacting in anger, distance yourself from the situation, physically and mentally. Don't make eye contact. Body movements and gestures can provoke an angry response from another driver. Slow down, move over, or do whatever you safely can to put yourself out of danger. Your courtesy may encourage the same from other drivers.

If you feel you are being followed or harassed by another driver, seek help. Exit only in an area where there are other people and open businesses around you. If you have a cellular phone, use it to call the police.

For answers to other questions regarding driver licenses and motor vehicles call:

WASHINGTON STATE DEPARTMENT OF LICENSING (360) 902-3900

<http://drivers.com/>

VOTER INFORMATION

VOTER QUALIFICATIONS

To register to vote you must be:

- A citizen of the United States
- A legal resident of Washington State
- At least 18 years old by election day

REGISTRATION DEADLINES

While you may register to vote at any time, keep in mind that there are registration deadlines prior to each election. You must be registered at least 30 days before an election if you register by mail or through the Motor Voter program.

HOW TO REGISTER

Complete a voter registration form and put it in the mail. Forms are available from your county auditor or election department, public libraries, schools, other government offices or the Internet.

ADDITIONAL INFORMATION

Contact your county auditor or election department for help with voting your ballot or finding your polling location. Information on absentee ballot voting is also available.

Voter Information Hotline (800) 448-4881
www.vote.wa.gov TDD (800) 422-8683

YOUTH EMPLOYMENT

Many young people are interested in working part time. Often getting that first job can be a challenge. Some employers want someone with experience, but how do you get experience unless you've already had a job or some other related experience? There are, however many employers interested in hiring a young person who is eager and willing to learn new skills. Be prepared to tell an employer about your previous experiences such as baby-sitting, lawn care, animal care, and volunteer work. This will show the employer that you are dependable and committed. Here are some things to take into consideration as you start to think about jobs that interest you:

If you are 14 or 15 years old:

During the School Year:

1. You can work up to 3 hours per day during the week and 8 hours per day on the weekend (Friday - Sunday).
2. You can work up to 16 hours per week.
3. You can work up to 6 days per week.
4. You can start as early as 7 a.m. and must quit by 7 p.m.

Non School Times (June 1 - Labor Day):

1. You can work up to 8 hours per day.
2. You can work up to 40 hours per week.
3. You can work up to 6 days per week.
4. You can start as early as 7 a.m. and must quit by 9 p.m.

If you are 16 or 17 years old:

During the School Year:

1. You can work up to 4 hours per day during the week and 8 hours per day on the weekend (Friday - Sunday).
2. You can work up to 20 hours per week.
3. You can work up to 6 days per week.
4. You can start as early as 7 a.m. and must quit by 10 p.m. (Midnight on Friday and Saturday)

During All School Vacations:

1. You can work up to 8 hours per day.
2. You can work up to 48 hours per week.
3. You can work up to 6 days per week.
4. You can start as early as 5 a.m. and must quit by Midnight.

*for more information on teen worker labor laws see The Department of Labor website–
www.lni.wa.gov/scs/workstandards/teenworker.htm

When you have found a position that you think looks interesting, here are some tips to remember:

1. Put a resume together to give to employers (see next section for help).
2. Dress professionally, even if you are just dropping by to pick up an application or cruising through a job fair.
3. Do not bring friends or family with you to an interview or even to pick up an application.
4. Send a letter to the employer after the interview thanking her/him for her/his time and let her/him know that you would look forward to working with her/him.
5. Follow up with the employer within a couple of days after the interview to find out how the hiring process is going and if there are any other questions you can answer for her/him about yourself.

There are many career exploration opportunities available for youth outside of employment. Here are some other opportunities in which you could participate to gain some industry knowledge or experience:

1. Find a Mentor - If there is a particular field that interests you, ask an individual who is already working in that field if s/he would be your mentor. You could then set up a schedule to get together and talk about the profession and possibly get some hands-on experience.
2. Job Shadow - Ask someone in the field that you are interested in if you could follow her/him around for a day.
3. Internship - An internship is a paid or unpaid introduction to a particular industry. It usually runs for a set amount of time such as 1 semester or quarter. This almost always involves direct work experience under the supervision of a professional in the industry.

If you would like assistance finding the opportunity that is right for you, there are agencies that can assist you.

www.worksourceonline.com

WorkSource Everett
3201 Smith Avenue
Suite 414
Everett, WA 98201
(425) 258-6300

WorkSource Lynnwood
20311 52nd Avenue West
Lynnwood, WA 98036
(425) 673-3300

WorkSource Snohomish County Youth Website

www.keyconnections.org

This website hosts a variety of opportunities including: employment, job shadows, and internships just for youth.

Center for Career Alternatives
www.centerforcareeralternatives.org
2401 Hewitt Ave.
Everett, WA 98201
(425) 252-6400

Academy Plus
(Arlington and Lakewood School Districts)
Post Office Box 220
North Lakewood, WA 98259-0220
(360) 652-4514 & (360) 425-1296

AmeriCorps - www.americorps.org

Job Corps - www.jobcorps.org - (425) 388-0166

JobMart
20525 52nd Ave West
Lynnwood, WA 98036
Employment opportunities for youth
(Edmonds School District & South Snohomish County specific) (425) 670-7281
www.edmonds.wednet.edu/jobmart

Resume Tips

A resume is your personal advertisement to employers and its main purpose is to get you an interview. It should include your work experience, education, and career goals. Most importantly, a resume should answer one basic question: What can you do for the employer?

- 📖 Your resume should be typed, not hand written. It should be printed out on high quality paper.
- 📖 The heading should contain your full name, address, and telephone number.
- 📖 List your qualifications such as your abilities, training, skills, knowledge, and accomplishments/awards - just be honest.
- 📖 Describe your education and include significant courses you've taken as well as any other special training, seminars, or on-the-job-training.
- 📖 Start with the present and list the jobs you've had working backwards. Describe your responsibilities within each job. List any experience or responsibilities that relate to your capabilities.
- 📖 List any clubs, associations, or volunteer organizations in which you've been involved. If you have ever received a special honor, achievements, or held an office within the clubs or associations, mention that too.
- 📖 Mention that references are available upon request. Keep these handy on a separate sheet of paper and be ready to present them if requested. These references should be people who are not relatives who will be willing to give information about you. Make sure to let these people know that you will be using them for references.
- 📖 You can include personal information if you like, but keep it very brief, like a list of hobbies, sports, or special interests.

Make sure to include a cover letter along with your resume. Your cover letter should:

- 📖 Introduce you and your resume to the reader;
- 📖 Request an interview;
- 📖 Highlight the most important items in your resume;
- 📖 State your abilities and why you would be a good candidate for the position;
- 📖 Ask permission to set up an appointment for an interview at the employer's convenience.

Interviewing Tips

Your interview may be with a single person, with different people, or even an interview before a whole group. You will be judged on the basis of your appearance, attitude, personality, skills, and how well you respond to questions.

- 📖 Arrive 10 minutes early, no more.
- 📖 Wait until the interviewer extends her/his hand for a handshake.
- 📖 Walk erect and shake hands firmly.
- 📖 Introduce yourself and wait to be asked before you sit down.
- 📖 Don't smoke or chew gum.
- 📖 Avoid one word answers. Don't answer with "yeah" or "nope."
- 📖 Make eye contact with the person asking the question, and continue to do so while you answer. If you are interview with more than one person, make sure to make eye contact with everyone.
- 📖 Sell your abilities at every opportunity. Know what you have to offer and be confident about it.
- 📖 Ask questions.
- 📖 Present a good appearance. Sit up straight and do not cross your arms in front of you. Don't fidget.
- 📖 Be alert, enthusiastic, smile, use good manners.
- 📖 Ask to be considered for the job if you really want it.
- 📖 Thank the interviewer(s) for her/his time.
- 📖 When you arrive home, follow up with a short thank you note.

Hints on Keeping Your Job

Once you have the job here are a few tips on good work habits.

- 📖 Keep a positive attitude - Be a problem solver, welcome challenges, be a team member. Never talk negatively about your employer.
- 📖 Dress appropriately - Don't under or overdress in comparison to your co-workers.
- 📖 Stay busy - If there is "down" time use it to read a manual or reorganize files.
- 📖 Know your boss - What are her/his expectations of you?
- 📖 Arrange ahead of time for leave time - Talk with your boss in advance if you need time off from work.

- 📄 Keep personal and work issues separate - Don't bring personal problems to work.
- 📄 Be productive - Complete your assigned work on time.