

TEEN Choices



Good Decisions are Not Hard to Make



Peer Influence

Dating



Internet &
Technology

Bullying



Driving

Alcohol

Drugs



Mental Health

Community
Coalitions



A special publication brought to
you by the Clackamas Review and
Oregon City News

Teen Choices has been put together by local agencies who understand teens and the many choices they will face as they gain independence and responsibility.

ClackamasReview

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Welcome To Teen Choices

by Janelle Meredith



Welcome to the second edition of the **Teen Choices**. This guide was created by **Oregon Impact**, a non-profit organization aimed at preventing impaired driving, along with local agencies who understand teens and the many choices they will face as they gain independence and responsibility.

As the Executive Director of Oregon Impact I have had the great pleasure of working with the youth in our schools and community. Just this year alone we have had the opportunity to present our programs to over 10,000 teens and young adults. From them, I have learned that they are always connected with each other. No matter where they are, they know who is where and what they are doing. They are constantly communicating. As parents we need to be doing the same with our teens to help them develop the decision making skills they need. No matter how smart or remarkable our trusting 15, 16, or 17-year-olds are, their decision making capabilities are still developing. Perhaps this explains why good kids, even great ones sometimes make risky decisions.

You may see a theme throughout this guide that answers this important question: **How can you begin ongoing conversations with your teen?** First, **be a great role model**. Secondly, read through Teen Choices. We have covered many topics that you can use to start conversations with your children. Remember to **talk early & talk often**. Listen when the opportunity presents itself. **When your teen is ready to talk, make yourself available**. Make sure your teen is clear about **when and how to say no**. Reassure them if they find themselves in a situation that they need your help that **you have a plan in place and it is okay to contact you if they find themselves at risk**. So many of the stories I have heard from teens have started with “I was too scared to call my folks” and ended with a significant consequence from one impetuous decision. Our hope is that **Teen Choices** provides information to open conversations and helps you stay in touch with your teen. Read on.

Janelle Meredith, Executive Director
Oregon Impact

Don't dive in before you've considered these facts.



Our rivers, streams and creeks are beautiful and dangerous. The Firefighters and Paramedics with Clackamas Fire want to remind teens about the hidden dangers of our rivers before a fun day turns tragic, as many have.

The Clackamas River, Johnson Creek and several of our waterways in the area have been the last place several teens have ever been swimming. Please remember that these waterways in our area flow directly down from Mt. Hood. The water is very cold and swift throughout most of the year. These are not “lazy” rivers that are found in other parts of the state. These waterways in Clackamas County are often underestimated, and we hear those exact words when we are lucky enough to rescue someone just before they have become too tired and cold to stay above water.

Last year alone Clackamas Fire received 60 calls for assistance on our waterways, of those 60 calls, 29 ended up being a true rescue situation. Of the 29 rescues, not one of those persons was wearing a life jacket! Generally, our rescue team arrived within minutes of these people drowning. Wearing a life jacket and making good choices will be the difference between living and dying on our waterways. Did you know that the law requires you to wear a life jacket if you are floating on the river in anything other than an inner-tube? Clackamas County Sheriff's Office strictly enforces this rule year round.

“Our local rivers may look inviting in the warming weather, but this is also the riskiest time to swim, tube, or raft in local rivers because of the cold and rapid waters,” said Captain Don Davis, of the Clackamas Fire Water Rescue Team.

Keys to drowning prevention

- **Know the water** – Clackamas area waters are cold enough to cause hypothermia even on the hottest summer day; hypothermia may weaken even the strongest swimmer.
- **Know your limits** – drowning often happens when a person tires while swimming or a novice swimmer tries to

keep up with friends who are stronger swimmers.

- **Avoid drinking alcohol or using other drugs** while swimming, boating, tubing, or rafting.
- **Make sure someone knows where you are going to be** along our waterways and what time you are expected back home.



CLACKAMAS FIRE DISTRICT #1
www.clackamasfire.com

CLACKAMAS FIRE
WATER RESCUE
www.clackamasfire.com



Enjoy our beautiful waterways, have fun, but do it after considering the dangers and taking the appropriate precautions that will allow you to come back year after year.

TEEN DECISION MAKING

Your Child's Peers: Friends or foes?

By Kristen G. Anderson, Ph.D.

Assistant Professor of Psychology, Reed College
Adolescent Health Research Program,
Lead Investigator

As parents, it is very hard to understand whether we should embrace our child's friends or treat them like enemies. The media has trained us to think about peer groups in the teenage years as bad influences on our children, leading them down a dark path. However, it is important to remember that your child's friends can just as easily be a good influence on them, keeping them healthy and productive. Research shows adults and children alike benefit from having a strong network of friends and social supports. People with these supports are less likely to be physically ill, depressed, and more likely to make better lifestyle choices. Even "peer pressure" can often be a good thing-- children are much more likely to be influenced by their friends to do good things versus bad. However, having a greater number of friends who use alcohol, drugs, and antisocial behavior put youth at risk. So, is it just a matter of deciding who is a "good" friend or a "bad" friend for our teen?



Sadly, it is not this simple. Adolescence is a time when teens are deciding who they will be as adults. As a parent, this is a time when we give them chances to explore who they are on their own, but still stand close by in case things do not go as well as planned. Part of learning who they will be as adults is to "try on" different roles. Parents are often ready for the questions: Will I be an athlete? A musician? A doctor? But parents are less ready to face questions like: Will I drink alcohol? Use drugs? Be sexually active? All of these decisions are part of being an adult. Limited alcohol use, and to some extent experimentation with marijuana, are common in adolescence. Does this mean we

should throw up our hands and not be concerned? Absolutely not! Youth who begin drinking early in adolescence are at greater risk for having an alcohol use disorder and long-term negative consequences than those who start later. What can we do as parents?

One thing is to understand how teens make decisions. While your teen can make decisions like an adult by age 15, they are much more likely to take risks when they are upset or are around their friends. It isn't that they have failed to learn the right lessons from you; they just are less

likely to rely on that information when in these situations. If their friends are taking risks, they are more likely to do so as well. For example, in research using driving simulators, teens are riskier drivers when they have a peer sitting next to them than when they are driving alone. While we can't spend all of our time watching our teens or limiting whom they spend time with (plenty of research shows that overcontrolling teens can have negative consequences), there are some things parents can do to make it less likely their children will use alcohol and drugs.

1. Know your child's friends. Make sure you know who your teen hangs out

with-- meet them. Get to know their parents so the adults can contact each other if they have concerns.

2. Know where your child is and what they are doing. Youth are less likely to use alcohol and drugs if they believe their parents are monitoring them. But, how do we do this?

- Talk to your child. Ask them who they are going out with, where they are going, and when they are coming home. Even if s/he acts annoyed or angry at your questions (some will!), ASK. Be courteous and share your plans with them—it shows teens that it is normal and appropriate to do so.

-Encourage your child to be in school and community groups after school where adults are present (e.g., YMCA, Boys & Girls Club, school sports).

3. Look at your own behavior. What decisions do you make around driving, alcohol, drugs, or social situations? Are you role modeling good decision-making? Do you allow your teen to drink alcohol at home? (DON'T! Research suggest that American parents who allow their children to drink at home are MORE likely to have problems with alcohol later on).

4. TALK-TALK-TALK. Keep talking to your kids about what you think is right and wrong. While friends are very important during the teen years, parents are ALWAYS important.

5 Simple Ways to Keep your Teens Safe



By Cara Filler
Oregon Students
Against Destructive
Decisions

Teens may be graduating, but that doesn't mean it's time to let go. There are plenty of opportunities for teens to be "tested" this summer. They will be faced with the chal-

lenge of choice: "Do I take the risk or not?" Especially when it comes to drinking and drug use. A recent study shows that nearly one in three high school seniors were drunk in the last month and more than one in five used an illicit drug.

Teens may be pressured by their peers and need guidance now more than ever. How can you intervene? Here are 5 Simple Ways for educators and parents to help keep teens safe and encourage them to make positive choices.

1) ENROLL IN THE CONVERSATION. Let teens know it's not about taking the fun out the equation; it's about them having a good time safely.

2) PROVIDE SAFE ALTERNATIVES. Plan chaperoned alcohol-free parties around Prom or Graduation.

3) SET CLEAR RULES. Be clear that the rules are to be followed at all times, no matter where they are or in what situation they are facing. Avoid unrealistic threats.

4) REINFORCE YOUR EXPECTATIONS AND SET A GOOD EXAMPLE. Clearly articulate and reinforce your expectations and be the example. Be a Parent not a Friend.

5) HOST A PREVENTION AWARENESS EVENT. This could be a mock crash, bringing in a safety speaker, hosting a Prom Awareness assembly, or any event that promotes

positive choices. You could also start a SADD chapter in your school or community.

SADD (Students Against Destructive Decisions) is a nationwide organization that addresses everyday issues faced by youth, such as suicide, tobacco use, dating violence, drunk driving, smoking marijuana, and premarital sex. Its purpose is for students to educate students on the dangerous effects of destructive decisions and provide prevention and intervention tools to help deal with these issues. For more information about SADD or to get involved in helping teens make positive decisions in your community and school, check out our website at www.ORSADD.com.

DATING

My Future, My Choice

The Children, Youth & Families Division has been working on bringing a comprehensive sexual education program to the local 6th grade classrooms. This new curriculum is called My Future My Choice and is currently been approved in the Oregon City School District. Other school districts are looking at this program for implementation due to HB 2509 which calls for comprehensive sexual education in the classrooms.

As a parent you may have several questions regarding this program. We hope that by providing information to the most frequently asked questions it will encourage parents to contact their schools in support of this program.



What is My Future My Choice?

My Future My Choice is a comprehensive sexual health education curriculum. It was designed to meet the state health education standards and requirements to provide age-appropriate, medically accurate sexuality education as a fundamental part of the health education curriculum.

The ten-part education series aims to provide middle school students (6th grade) with tools to resist social and peer pressure to become sexually involved before they are ready.

What is the purpose of the My Future My Choice Program?

Young people today are reaching reproductive maturity at younger ages. As a result,



many are faced with making choices about sexual behavior that they are not equipped to make.

It is difficult for young people to project how their actions today could lead to life-long consequences. Young people need to learn to handle social and peer pressure in order to manage their own sexual behavior. My Future My Choice provides tools for youth to move beyond simple avoidance of harmful outcomes and prepares them to make informed, thoughtful choices for themselves.



What is the focus of this Program?

The curriculum focuses on:

1. The risks of early sexual involvement.
2. How the media influence choices about sexual involvement.

3. Different types of relationships and why peer pressure is so difficult to handle.
4. Learning assertiveness skills as a tool to resist social and peer pressure.
5. Understanding physical, social and emotional changes.
6. Vocabulary and the stages of puberty in both males and female.
7. Recognizing the consequences of becoming sexually active at a young age.
8. Identify methods of protection to reduce the incidence of diseases and pregnancy.
9. Factors in healthy and unhealthy relationships.

Can you give me information on the complete curriculum?

My Future My Choice is based in part of the curriculum, 'Postponing Sexual Involvement' (PSI). The philosophy behind PSI is:

- Persons younger than 16 are not able to understand fully the implications of their actions.
- Persons younger than 16 generally are not mature enough to deal with the consequences of their sexual actions. Furthermore, the needs that young people are trying to meet through sexual inter-

course could best be met in other ways.

- Young people under 16 are often pressured into doing things they really do not want to do. One source of pressure to become sexually involved comes from glamorous images presented by the media.
- Young people need awareness and skills to be able to resist pressure to become sexually involved. They need support and practice in learning how to resist this pressure.
- Young people respond most favorably to programs promoting postponement of sexual involvement when the information about how to say "no" comes from peers slightly older than themselves.

-exerpted from "The Emory University/Grady Memorial Hospital Program: 'Postponing Sexual Involvement', the Contraception Report, May 1994, Volume V, No. 2.

LESSON I Looking Into the Future Understand the differences between short-term, mid-term, and long-term goals and how they affect one's future

LESSON II The Advantages of Postponing Sexual Involvement: To help teens understand that postponing sex is a healthy choice for young people.

LESSON III Social Pressures Develop awareness that the images or messages about sexual behavior in the media are not necessarily accurate.

LESSON IV Peer Pressure Develop awareness about pressure and the importance of setting limits.

LESSON V Learning Assertive Techniques To help teens develop assertiveness skills in resisting pressure to become sexually involved.

LESSON VI Changes To understand appropriate vocabulary and the stages of puberty for both males and females.

LESSON VII Recognizing the risks To emphasize the short and long-term advantages of young people postponing sexual activity. Identify methods of protection including abstinence, disease reduction measures and contraception.

... story continued on page 5

SEXUALITY

Dating Violence: Tips for Teens and Parents

By Christina Bondurant, Clackamas County
Domestic Violence Coordinator

Whether you're a freshman in high school or the parent of a pre-teen, domestic violence is an issue you should be paying attention to. Domestic violence between teens that are seeing each other or dating is often called dating violence. Dating violence refers to a pattern of abusive behavior used by one person to control another in an intimate relationship. Sometimes this abusive behavior is obvious, other times it's well hidden. Controlling behavior includes telling someone what to wear, where they can go, and/or who they can hang out with. Calling someone names, humiliating them in front of others, and isolating them from their friends and family is also abusive. Someone who is controlling might say, "If you really loved me, you'd spend more time alone with me" when their partner tries to spend time with her friends. You may also be worried about the way the person you care about is treating their girlfriend/boyfriend. If you see this, let the person know you're concerned. The following could be some warning signs that your friend, loved one or daughter/son is in abusive relationship:

What Does It Look Like to be Abused?

- Constantly checking cell phone, unusually upset when asked to turn phone off
- No longer hanging out with her/his circle of friends
- Worry all the time about making their partner jealous or angry
- Has given up hobbies or other activities they once enjoyed
- Being pressured by partner to have sex when she/he doesn't want to

What Does Abusive Behavior Look Like?

- Insulting girlfriend or boyfriend in public
- Try to control how their partners dress/act
- Checking in on their partner over & over again
- Seem easily frustrated/annoyed when their partner does not do what they want
- Threaten to do something drastic if their partner ever tries to break up with them

If you're a parent, you're in a special position to teach your child about relationships with others. Not only can you talk about what it means to be respectful/respected in a relationship, but you can also be a role model and show what this looks like—with your partner, friends, co-workers and family members. If you're a friend of someone who



you think may be being abused or is behaving abusively, you're also in a special position. Friends listen to one another and care about what the other thinks. Don't be afraid to express your concerns.

We know dating violence is a common occurrence in all communities, including our own. You are not alone and do not have to try and deal with it by yourself. There are resources designed to help people experiencing abuse and their families. Whether you have a question, want to know what the resources are or just need someone to talk to, you can call anytime.

Clackamas Women's Services
(24 Hour Line):
503.654.2288//1.888.654.2288

Clackamas County District
Attorney's Office Victims
Assistance Program
(24 Hour Line): 503.655.8616

National Dating Abuse Helpline
(24 Hour Line): 1.866.331.9474

...continued from Page 4

LESSON VII Communication and refusal skills: To understand the importance of effective communication and to practice effective communication skills to handle sexual pressure.

LESSON IX Taking responsibility Recognize healthy and unhealthy traits in a relationship and the responsibility for making healthy choices in our relationships.

LESSON X Reinforcing Skills: Peer leaders return to review and reinforce previous learning.

Who teaches these lessons?

Lessons 1-5 are taught by peer mentors from local high schools that are accompanied by the My Future My Choice Project Coordinator. These mentors, called Teen Leaders, provide an example to the students and serve as a reminder that positive peer pressure and goal setting are instrumental in healthy living. The peer mentors are also set in place to help students see that although difficult, resisting negative peer pressure is an accomplishable goal. The Teen Leaders receive training on the curriculum and work

directly from a pre-approved lesson plan. These teens are taught to deal with many questions common in sixth graders and to stress the importance of being able to be assertive and resisting sexual pressures.

Lessons 6-9 are taught by a qualified teacher/counselor within the school or a community health nurse. Each school has the opportunity to determine who best fits this roll. The State of Oregon provides training for all facilitators.

Lesson 10 is taught by the teen leaders. They return for this lesson to review and reinforce previous learning.

How can I get involved?

If you are interested in learning how you can become a part of the success of this program, contact Rod Cook with the Clackamas County Children, Youth, & Families Division at 503-650-5678 or send us an email at myfuturemychoice@co.clackamas.or.us.

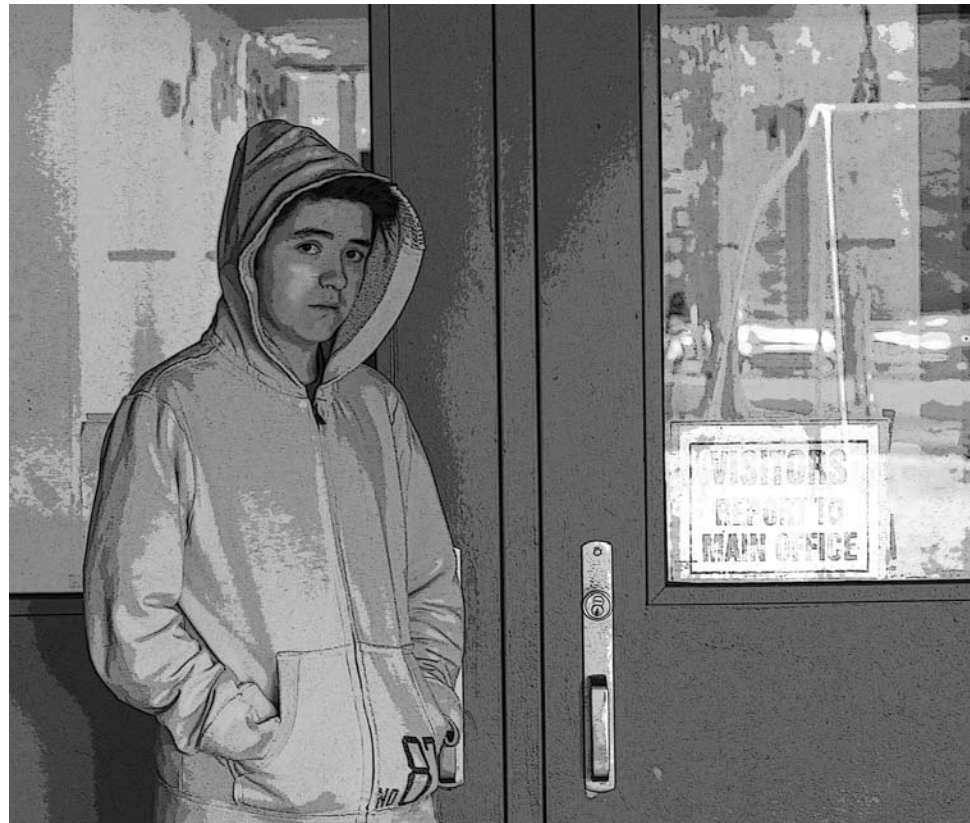
BULLYING

What You Need to Know About Being Bullied

By: Nicole Skala, Kayt Zundel, and Errin Sherman
OHSU's ThinkFirst Oregon

Bullying is when people – kids, teens, or adults – hurt or scare others on purpose. The words, “on purpose” are important because it is possible to hurt or scare someone without meaning to.

There are four common types of bullying: physical, verbal, social, and cyber-bullying. The most obvious type of bullying is physical which may include hitting, kicking, punching, shoving, or inflicting any kind of bodily harm. Verbal bullying includes name calling, teasing and insulting, and making derogatory or racial comments. Social bullying includes spreading rumors, leaving people out on purpose, or trying to break up friendships. Cyber-bullying includes using internet, or cell phones or other devices to intentionally post or text cruel comments, to scare, threaten, or emotionally hurt someone. Cyber-bullying can be difficult to stop. Cruel messages can be sent as text messages or posted to websites for hundreds of people to see instantly.



What can you do?

- Keep any evidence you have of the bullying. If you are being physically bullied take pictures of bruises, cuts, etc. If you have been cyber-bullied print copies of internet posts and keep all text messages.
- Yell “Stop!” This may seem simple, but yelling “STOP” can draw attention to the situation, making it harder for the bullying to go unnoticed.

What can parents do?

- If you notice a change in your teen’s usual behavior, ask “What’s going on?”
- If your teen tells you they are being harassed or pushed around, take it seriously.
- Contact school administrators, like teachers or the principal.
- Keep a written record of incidents your child tells you about.
- File a complaint with both the school and school district.
- File a police report.

- Ask for help. You should never feel ashamed to ask for help. There are many people who can help you. Talk to your parents, friends, guidance counselor, teachers, school administrators, or local law enforcement. Sometimes we ask for help and nothing is done. It is ok to talk with more than one person until you get someone to help you.
- Write down what happened in a notebook. Included times, dates, a detailed description of what bullying occurred, and what you did to help yourself, for example telling them to stop or getting a teacher or administrator.

For more information go to:
www.ohsu.edu/xd/outreach/programs/thinkfirst/

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We are proud to partner with Oregon Impact and support their programs in educating our teens about making the right choices.

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TECHNOLOGY



Sexual Predators Use the Internet to Lure Victims

By Sara McClurg,
CCSO Crime Prevention Officer

So, you decide as a teenager to try one of those “Romance Chat Rooms” to see if you can connect with someone interesting. Within minutes, you start chatting with a boy two years older than you. He says all the right things – You’re a cool girl. You have a great sense of humor. You’re very intel-

ligent. I bet you are really pretty. He also seems to know all about Bella and the Twilight Series. He loves Miley Cyrus and thinks Justin Bieber is a cool guy.

Then the conversation starts getting a little personal. He asks how old you are. He asks what school you go to. What time do you get home from school? Where do you live? Are you home alone right now, or are your parents there? What are you wearing? Have you ever made out with anyone? Did you like it? Can I have your cell phone number so we can text? If you find yourself engaged in a similar conversation with someone you just met in a chat room, the chances are you are you are chatting with a sexual predator.

Sexual predators are adults, usually males, who prey upon unsuspecting victims in order to lure them for sexual contact. In most cases, the victims are minor males or girls. Also, in most cases the predators are males between the ages of 25 – 65 years old. In order to find victims, they lie about their age, they lie about their looks, and they know how to sound like a teenager or young adult. Many sexual predators are masters of deception. They work hard to build trust with their victims. They know all the latest acronyms and slang. Most victims are convinced they are talking to someone near their own age who just happens to have common interests.

So, how do you know you are chatting with a sexual predator? Well, you can never know for sure, but a sign that you may be chatting with a predator is that they will ask a lot of personal information about your age, whereabouts, family, interests, and your daily routine. They will often push you to send a picture of yourself. They may ask you to do something naughty in front of a webcam, or send them a naked photo. They may say embarrassing things about sex.

Chat Rooms

Chat rooms are the number one place where sexual predators look for victims. They also look for male victims on online social gaming sites. In some cases, they look for victims on Facebook, or by any other electronic means available to them.

The best practice is to avoid chat rooms and social gaming sites altogether. If you won’t do that, avoid the “romance” sites and other sites that attract teens. Never chat privately with someone you do not know. On social gaming sites, you should only play with people you know in person. If you choose to play with someone you don’t know, turn off the live chat. Most sexual predators will become frustrated and move on to more likely victims.

If you do come into contact with someone you suspect is an online sexual predator, call your local police agency or the National Center for Missing and Exploited Children at <https://secure.missingkids.com/missingkids/servlet/CybertipServlet>. They will make sure the proper authorities are notified. If you have concerns or want additional information you may call Clackamas County Sheriff’s Office Crime Prevention Officer Sara McClurg 503-794-8064.



Texting Abbreviations and Lingo



*4u = kiss for you
*67 = unknown
07734 = hello
0noe = Oh No
10q = thank you

10x = thanks
12b = wannabe
143 = I love you
182 = I hate you
1daful = wonderful
1dering = wondering
1nce = once
2b4u = too bad for you
2bh = to be honest
2da = to the
2day = today
2ditd = today is the day
2ez = too easy
2g2b4g = To good to be forgotten
2g2bt = too good to be true
2ge4 = Together
2l8 = too late
2m = tomorrow

2m4u = too much for you
2qt = too cute
2tali = totally
2tm = to the max
2trd = too tired
2u2 = To you too
301ing = referring traffic to another site
3q = thank you
3u = thank you
4 = for
404 = Clueless
420 = Marijuana
459 = I love you (ILY on keypad)
42n8 = fortunate
4col = For crying out loud
4e&e = forever and ever
4gai = forget about it

4getu = forget you
4got = forgot
4gv = forgive
4head = forehead
4lyf3 = for life
4m = form
4r3al = for real
4rm = from
4sho = for sure
4tlog = for the love of god
4tw = for the win
4u = for you
4umb = For You Maybe
4us = for us
5-oh = cop
5n = fine
5o = police
6up = cops in area
6y = sexy

831 = I love you
9 = Parent watching
9009l3 = Google
911sc = emergency let’s stop chatting
99 = Parent no longer watching
<3 = love
?u@ = Where are you?
?up = what’s up?
?^ = hook up/what’s up?
@ = at
^5 = high five
)book = facebook
>3 = LOVE
?4u = Question for you
^ = up

SAFE DRIVING – SAFE RIDING

Smart Teen – Poor Choices Teens Behind the Wheel

by Alyssa Robert

Alyssa, a Junior at George Fox University recently interned with Oregon Impact, a non-profit aimed at preventing impaired driving through education and awareness. Her experience is more common than we wish to believe.



Preventing impaired driving through education and awareness



Just two short years ago I was a teenager in high school. My friends and I were outgoing and athletic. I was a varsity cheerleader; regularly attended youth group, and brought home good grades on my report cards. But my friends and I liked to party too. Despite being intelligent and having taken the standard health classes that taught of all the risks, many of the choices I made put both my friends and I at risk. As teenagers we simply lacked the ability to grasp both the gravity and long-term repercussions of our actions especially when it came to partying. Not only were we underage, drinking led to us making poor decisions.

Looking back, I realize we chose to drive when we shouldn't have because we had had too much to drink. I rode with friends who were driving drunk. And I believe we drove impaired for many of the same reasons adults do. It was convenient. We believed we weren't "that drunk." We were "good" kids. Honestly, sometimes we were just too scared to call our parents for a ride for fear of getting into trouble. We certainly did not want

to miss curfew or lose phone privileges looking for someone to take the keys. The idea of losing our license did sometimes deter us from getting behind the wheel impaired however riding in a car with an impaired driver was never considered a big deal. Utilizing a designated driver sometimes worked but more often than not, the moment caught us off guard and we impulsively drove. Last minute changes led to hasty decisions and dangerous choices. I recall an occasion where we got a sober ride to a party but after drinking, gladly accepted a friend's offer for a ride to the drive-thru even though they'd been drinking too. Diving for a spot in the first car with an empty seat felt like a necessity when swept up in a mass-exodus after a sudden change in party locations. The fact that the driver of that car was most likely intoxicated wouldn't phase my attempt to stay with the shifting crowd.

The way we thought, if getting grounded for breaking curfew was an absolute and there was "only a chance" of getting in an accident, the driver who "drank the least" sounded like the better option to my teenage logic. Moreover, when the fictional villain-esque drunk driver was our boyfriend or best friend, the craving for late-night Taco Bell made the choice to get in the car with a drunk driver suddenly a lot less life and death than our parents and teachers had made it seem. While it may have been true that being the passenger of an impaired driver meant I was not risking my driving privileges, I was in a very real way, risking my life.

Since those experiences, just a few years have passed but I now know that my parents gave me the privilege to make some of my scariest choices because of the responsibil-

"the driver who "drank the least" sounded like the better option to my teenage brain."

ity I "earned" in school and other activities. My parents trusted me. Like many of my friends, I was deemed trustworthy of owning a car and was allowed to take it out at night. Our parents took our word and believed we were at sleepover parties or at the movies when more often we were actually at house parties. When our parents attempted to talk about the dangers of alcohol they were happy to believe us when we told them we didn't drink, that we already knew it wasn't cool. Fortunately there were no tragic outcomes for me. But I can't say that is the case for all my classmates.

Today, I look at my high school choices very differently. Had our parents made it abundantly clear what they expected from us in these tough situations and did more to help me see the big picture we might have finally understood that getting behind the wheel drunk or getting in the car with a drunk driver is a life threatening choice. We needed them to offer their support as an ally for our safety by being repetitive and firm. Had our parents simply insisted our cars stay home after dark there would have been no impaired vehicles for anyone's child to think of getting into at all? Even a smart and trustworthy teen can make one bad choice. When it comes to drinking and driving that can mean their life. Help teens understand getting behind the wheel drunk or getting in a car with a drunk driver is not negotiable. It could be the conversation that saves their life.

For more information about Oregon Impact's programs go to www.oregonimpact.org or call 503-722-6287.

21 Feet
What does that mean to a teen? I asked a few and received the following answers....

- 10 pairs of flip-flops + 1 flip
- 7 yardsticks
- As far as my dog can run before I can catch him
- I think I can throw a Frisbee that far
- Shoes, lots of shoes

What does it mean to a teen driver using a cell phone or texting?

It could mean the difference in arriving home safe and sound or not at all.

The Answer:

21 feet is the average additional distance that your car will travel when you need to stop if you are on your phone or texting.



Like our page at www.facebook.com - 21 feet for more information.

TEXTING AND DRIVING

Distracted Driving – A Growing Epidemic

By Patty McMillan

– Clackamas County Sheriff's Office

In 2009, distracted driving killed nearly 5,500 people and injured 500,000 in the United States.

Driver inattention is attributed to 80% of crashes. While there are other activities that may be more dangerous than talking on cell phones, their use occurs more frequently and for longer durations. Thus the #1 source of inattention is **cell phones**.

Yet, in a public opinion poll, 81% admit to talking on a cell phone or texting while driving.

The facts are staggering:

- The annual cost of crashes caused by cell phone use is estimated at **\$43 billion**. (NHSTA)

- Drivers using a cell phone are **four times** more likely to be involved in a personal injury auto accident AND hands-free offers no improvement over handheld. (Insurance Institute for Highway Safety)
- Cell phone users driving performance was worse than a driver with a 0.08 blood alcohol content. (University of Utah Study June 2006)
- Driving while using a cell phone reduces brain activity associated with driving by 37 per cent (Carnegie-Mellon)

Are youth more at risk? The answer is yes. Combined with driving inexperience and a teen's natural tendency to use mobile communication devices, drivers under twenty have the greatest proportion of distracted driving crashes. 16 percent of fatal crashes in which the driver was under 20 years were reported to have been distracted while driving. In January 2008, a ban was passed for drivers under 18 years of age who hold:

- 1) an instruction permit;
- 2) a provisional driver license; or
- 3) a special student driver permit.

The ban prohibits novice drivers from using any mobile communication device. This includes handheld or hands-free devices and texting.



What can parents do?

Studies show that parents have a great influence on teen behavior. Talk to your teen and set rules to keep your teens driving while distracted. One way to start a dialog is the NO TEXT PLEDGE found on Oprah.com. This pledge asks drivers to make their car a No Phone Zone. Parents can also set the example by following Oregon's cell phone law which bans texting for all drivers and requires adult drivers to use hand-free devices. Violation of these laws is a Class D traffic offense and carries a fine of up to \$142.



You can find out more information at distraction.gov.



FARMERS

AUTO-HOME-LIFE-BUSINESS

209 7th Street • Oregon City, Or 97045

Office: 503-723-4488

Fax: 503-650-4784

ledmonds@farmersagent.com

374102.06211 OR OITC

**Don't let their potential go to waste.
Talk to your kids about drugs.
It's never too late...**



Oregon City Police Department
Chief of Police Mike Conrad
320 Warner Milne Road
503-657-4964 Business 503-657-0530 Fax
www.orcity.org/police

384682.06211 OITC

ALCOHOL AND DRUGS



Dazed and Confused? Tips for Talking to Your Kids about Drugs and Alcohol.

by Kitty Huffstutter

“That’s it” you think to yourself. “I know something is going on here.” Last week Shaina came home and she just wasn’t herself. She was loud and silly and saying things she doesn’t normally say. She has been coming home later than usual and spending time with friends that I don’t know. Whenever I try to talk to her she gets angry and explodes. I just don’t know what to do.

First of all, you are not alone. Did you know that nearly half of high school age youth in the US have had at least one drink in the last month? About one fourth have used marijuana. While alcohol is the most frequently abused substance among teenage youth, national surveys indicate that by the age of 14, slightly more than one third of

youth have used illicit drugs. Whether or not your teen is currently using alcohol or drugs, it is important to get informed and be prepared to support your child in making healthy choices. Here are some strategies parents can use to help prevent their child from using:

1. Get clear on the rules. Tell them about the law, consequences for drug and alcohol use, and your household rules. Talk to your child about the dangers of drugs and alcohol and let your child know that using drugs or alcohol is not ok. Establish limits and consequences for breaking the rules and follow through with them.
2. Know where your child is and get to know their friends. Make sure that they are not unsupervised or have activities to do when they are unsupervised by adults. It helps to network with other parents so that you can all work together in keeping your teens safe.
3. Make sure that your child stays engaged in hobbies they enjoy, such as sports or artistic activities. Give teens alternative activities to do on the weekends. Many communities have teen centers or community groups that provide drug and alcohol free activities for youth.
4. Practice refusal skills with your children and make a plan with your child to use so they can save face if their friends or other youth are using around them. Start early. Research shows that teens who delay the onset of drinking and drug use have lower chances of abusing drugs or becoming addicted.

Don’t be afraid to ask for help if you are concerned. There are many resources in our community who can assist you if you are struggling. Here are just a few people who may be able to help: school counselors, employee assistance professionals, family doctors or pediatricians, faith leaders, adolescent prevention specialists, therapists, drug and alcohol treatment professionals or community anti-drug coalitions (see article on community coalitions for your local group).

For further information check out:

www.TheAntiDrug.com



Join Our Family

Clackamas | Happy Valley | Sellwood/Moreland

503.659.4988

Physician Owned | nwpc.com

Welcoming New Patients



Parents: Be Aware Teens: Take Care!

**Each hour of the day,
Oregon Poison Center
phone line rings:**



“My friend isn’t acting right. He said he took something, but will not tell me what. He needs help. Do I need to take him to a hospital?”

Another caller asks:

“Tell me, what is the name of this pill? I found this pill in her bedroom. I think she is on something. What should I do?”

These calls are similar in their urgency. Anyone can feel caller’s fear and worry burning through the phone lines. The Oregon Poison “Control” (OPC) emergency call center receives calls like these every day, if not every hour; 24/7, 365 days a year. This article is to help parents to become familiar with the kinds of drug use and abuse cases documented by poison centers throughout the nation, even in Clackamas County.

Teen Drug Abuse Trends

In 2009, the Substance Abuse and Mental Health Services Administration (SAMSA) surveyed U.S. populations. They found the top five most common drugs used by teens were marijuana, prescription drugs, ecstasy, inhalants, and cocaine or heroin. It is now the spring of

2011. During the past year, the Oregon Poison Center case exposures have noted a change in this picture.

Teen Drug Abuse in Oregon

Teenagers in Oregon are frequent abusers of marijuana, alcohol, and prescription drugs. Marijuana is illegal, but easily obtained. Alcohol sales to minors are prohibited, yet easily acquired in many homes. Prescribed narcotic pain relievers like oxycodone or oxycontin are kept behind locked counters in pharmacies, but do not remain so carefully protected when purchased for use in the comfort of our own homes.

Not all drug abuse behavior involves illegal or regulated substances. Many sources for chemical misuse or abuse are everywhere. Parents, it is time to check your cleaning closets, first aid kits, travel cases, backpacks, car glove box, as well as your medicine cabinets.

Over-the-counter cough (OTC) and cold medications like Benadryl and Robitussin, have been abused for decades. The hallucinogenic effects of ‘Robotripping,’ is due to the over use of dextromethorphan containing drugs. Many OTC medications can cause blurred vision, dizziness, drowsiness, agitation, and potential death.

Herbals like salvia divinorum, morning glory seeds, and nutmeg round out the picture for the ‘organically’ inclined chemical abuser. There have been decades of documented use and abuse of these products. Cases of misuse, injury and death are easily found on the internet.

Pharming Parties

Teens have been attending ‘pharming’ parties for many years. It is expected each party participant to bring pills to the party. The names or physical effects of these drugs may or may not be known to the party attendees. The mystery pills are added to the communal party bowl; very much like brightly colored party favors. During the party, the guests are invited to try one or more of these pharmaceutically produced party treats.

K-2 or SPICE

K-2, also called Spice, is ‘synthetic marijuana,’ with psychoactive properties. It is sold online and in some ‘head shops.’ Though considered to have properties



The Impact of Drug and Alcohol Abuse on the Developing Teen Brain

The teen years are a time of tremendous growth and development. The adolescent brain, in particular, is still under construction. The parts of the brain which are responsible for expressing emotion and seeking gratification mature sooner than the areas of the brain responsible for impulse control and decision-making. Therefore, adolescents may not fully weigh the risks of substance abuse.

During a time when adolescents’ ability to make good judgments is not fully functioning yet, harmful substances seem to be more readily available. And also during this time, the still-developing adolescent brain is particularly vulnerable to the harmful effects of drugs and alcohol.

- Late adolescence, before the brain is fully matured, is the peak time for developing dependence on drugs and alcohol.
- More than any other age group, teens risk permanent intellectual and emotional damage from the effects of substance abuse.
- Heavy drug use during these times of critical brain development may cause permanent changes in the way the brain works and responds to rewards and consequences.
- One study detected cognitive impairments in adolescent alcohol abusers weeks after they stopped drinking (Brown et al, 2000), perhaps involving alcohol-induced injury to the nervous system.
- Behavior patterns and learning abilities can suffer permanent negative effects from drug use.

Being aware of these facts should create a particular sense of urgency by the community for the prevention of substance abuse by teens. PreventNet Community Schools, which are funded by Clackamas County Division for Children, Youth and Families, represent a partnership between local schools, community service providers, local businesses, local government and members of the community to help provide prevention and early intervention services within the local schools.

Project Alert is a school curriculum that is utilized at a number of PreventNet middle school sites. It was developed to help motivate teens by giving them the skills they need to effectively resist negative behaviors and actions. It is a multi-year program that has been proven to curb or stall alcohol, cigarette and drug use, and risky sexual behavior. *Project Alert* is effective in schools with a variety of socioeconomic populations of both low- and high-risk students. Results from field tests over a ten-year period showed a 38 percent reduction in marijuana use by moderate-risk kids; reduction in cigarette smoking and new smokers; lower alcohol use; reduction in highest-risk youth drinkers and other benefits. The *Project Alert* curriculum has been designated an exemplary program by the U.S. Department of Education’s Expert Panel on Safe, Disciplined and Drug-Free Schools, and Substance Abuse and Mental Health Services Administration (SAMHSA) recognizes *Project Alert* as a Model Program.

For more information about helping teens to avoid risky behaviors, contact Northwest Family Services, (503) 546-6377 or www.nwfs.org, or visit our website especially for parents: www.talktothem.org

- PreventNet School Programs
- Youth Leadership Opportunities
- Parenting Programs
- Healthy Relationship Classes
- Professional Counseling
- Job Readiness and Placement
- Enrollment in Healthy Kids Free Insurance
- Programs in English and Spanish

Northwest Family Services
6200 SE King Road • Milwaukie, OR 97222
503-546-6377
www.nwfs.org
service@nwfs.org

Equipping people with vital skills for a lifetime

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MENTAL HEALTH

Fact Check: Did you know?

Open Minds Open Doors Youth Media Contest

In Clackamas County,

- 25% of 11th graders and 19% of 8th graders reported that they had a depressive episode during 2010.
- 6% of 11th graders and 8% of 8th graders attempted to commit suicide in the past year.
- 38% of 11th graders and 21% of 8th graders reportedly drank alcohol in the past 30 days.
- 22% of 11th graders and 8% of 8th graders reported that they binge drink (5 or more drinks in a row)

Clackamas County Open Minds Open Doors Youth Media Contest

No matter who you are or what you do, friends are important to happiness and success. They cheer us on, help us through the tough times and even overlook our imperfections. People with illnesses such as depression, anxiety, ADHD and Bipolar and addictions to prescription drugs, alcohol and other street drugs are no different. You may never know which one of your friends has one of these illnesses or addictions. You usually can't tell by looking at someone, or even by their behaviors. Many people are getting treatment and any symptoms they might have are under control. When you show support and acceptance, it could be just the kind of help they need.

In celebration of the Open Minds Open Doors Campaign to fight stigma associated with mental illness and addiction, we invite you to participate in a media project contest. Tell us in your own creative way what it means to:

- Fight stigma associated with mental illnesses and addictions
- Accept and support mental health awareness

Media projects can include videos, posters, songs, speeches, public service announce-

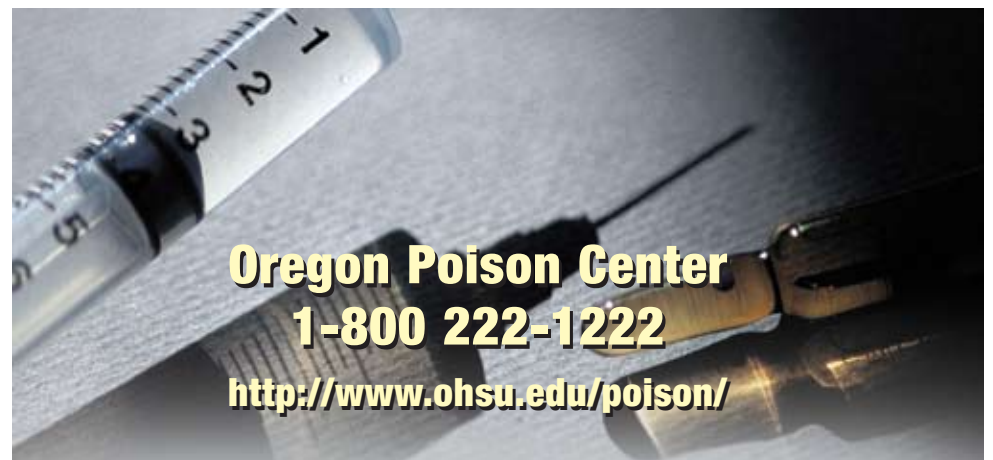


ments and any form of art that focuses on mental health. Chosen projects will be used in a county wide campaign geared toward awareness and acceptance.

**Prizes include:
Macbook laptop, iPad and iPod**

Questions?

Contact Gretchen Landgraf
at glandgraf@co.clackamas.or.us



Oregon Poison Center
1-800 222-1222
<http://www.ohsu.edu/poison/>

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similar to marijuana, K-2 can also cause vomiting, agitation and other unexpected harmful side effects. These effects are not what most party planners would want nor desire.

Bath Salts

'Bath Salts,' also called White Lightning, Vanilla Sky, Cloud Nine, or Ivory Wave, contain powerful stimulants. They are synthetically designed drugs similar chemically to cocaine and meth-amphetamines. The associated drug effect includes increased heart rate, seizures, agitation, and delusions. The names may change, but the deadly effects are the same.

Parents: Be Aware!

Easy acquisition often leads to initial drug experimentation. Any chemical or medication, which is readily available at a moment's notice, is likely to be the most

desirable product to try. Check your medicine cabinets. Grandparents may unknowingly become a drug supplier too.

Parents cannot be everywhere. However, you are the most important influence in your teen's life. Keep communication lines open between you and your teenager. Asking questions like, "Are you abusing alcohol, chemicals, or drugs?" can be difficult. These questions must be asked. The harder your questions, the easier they will become with repetition. Moreover, the answers may help to save your child's life.

Remember, knowledge is power. Learn the facts about teenage drug use and abuse. The health professionals at your regional poison center are also here to help. Please call. No question is too small!

COALITIONS

Get Involved!

Clackamas County is Home to Active Local Coalitions!

A coalition is a group of concerned citizens who join together to share resources and make changes in their communities that individuals would be unable to create on their own. Need resources or want to take action to improve your community? See the list of local coalitions below for contact information and upcoming events.



Clackamas County Prevention Coalition

Meets 2nd Wednesday of the month
Next Meeting: July 13th, 1:30 to 3:00 PM
Location: Public Services Building,
2051 Kaen Road, Oregon City, OR 97045
Contact: Kitty Huffstutter, 503-650-5682
khuffstutter@co.clackamas.or.us

Gladstone Youth Coalition

Meets 3rd Thursday of the Month, 9AM
Location: Gladstone Center for Children & Families
18905 Portland, Ave, Gladstone, OR
Contact: Pamela Wheldon, 503-740-1820
Or Wayne Win, 503-997-9578

DEFY (Drug Free Estacada Families & Youth)

Meets 3rd Tuesday of the month, 1:30-3
Location: Estacada High School
355 NE 6th Ave., Estacada, OR
Contact: Sonja McCarty,

sonjam@estacadefy.org
www.estacadefy.org

Upcoming Events:

- Compassion Estacada Health Fair, October 15th

Vibrant Future – Milwaukie/North Clackamas Community Coalition

Meets 4th Wednesday of the month,
12:30 -1:45
Northwest Family Services
6200 King Road, Portland, OR 97222
Contact: Tracy Gilbert, 971-255-5674
tgilbert@nwfs.org

Molalla Weed & Seed

Steering Committee Meeting
Meets 3rd Tuesday of the month, 6PM
Location: City Hall Training Room
117 N Molalla Ave.
Contact: Beth Faulhaber, 503-759-3678
beth@molallaweedandseed.org

Upcoming events:

- Above The Influence “Tag It” campaign
- National Night Out August 2nd 5-8PM Fox Park
- Citizen’s Academy with Molalla Police Department this fall

Sandy Community Partners

Meets 3rd Tues of the month, 6:00PM
Cedar Ridge Middle School Library
17255 Smith Ave., Sandy, OR
Contact: Kirsten Pitzer, 503-312-2380
pitzerk@ortrail.k12.or.us

Oregon City Together!

Meets 1st Wednesday of the month, 1:30-3PM
Eastham Community School
1404 7th Street, Oregon City 97045
Contact: Elizabeth Russell, 503-785-8520
Elizabeth.russell@orecity.k12.or.us

... continued from page 11

MANICURE - remove seeds from marijuana
MARCHING POWDER - Cocaine
MARIJUANA - buds, bhang, dope, goof butt, grass, hash, hay, hemp, herb, jive, pot, rope, stinkweed, stuff, tea, weed, wacky tobacky, whack,
MARY JANE - Marijuana
MARIJUANA CIGARETTE - bone, doobie, joint, J, reefer, spiff
MATCHBOX - measurement for a small amount of Marijuana
MAZZIES - Tranquillizers
MESCALINE - mess, crystal
METH - Methadone
MICRODOT - a tablet containing LSD
MITSUBISHI'S - Ecstasy
MIXTURE - Methadone
MISS EMMA - Morphine
MOGGIES - Tranquillizers
MONKEY - drug dependency; a kilogram of a narcotic
MULE - a carrier of drugs
MUSHROOMS - magic mushrooms, shrooms, mushies

N
NEEDLE FREAK - person who prefers to take drugs with a needle
NICKEL BAG - a \$5 bag of drugs
NORML - National Organization for the Reform of Marijuana Laws; lobbies for lenient drug laws
NORRIES - Tranquillizers
NUGGET - Marijuana
O
ON or ON A TRIP - under the influence of drugs
ON ICE - in jail
ON THE NOD - under the influence of narcotics or depressants
O.Z. - one ounce

P
P's - Crystal Meth
PAKALOLO - Hawaiian term for Marijuana
PANAMA GOLD, RED - Marijuana grown in Panama
PANIC - drugs not available
PAPER MUSHROOMS - LSD
PAPERS - rolling papers used to make marijuana cigarettes
PARAPHERNALIA - accessories used to take drugs
PCP - (Phencyclidine) angel dust, kools, sherns, wet daddies
PEACE PILLS - PCP
PEBBLES - Crack Cocaine
PEPSI HABIT - occasional use of drugs
PERCY - Cocaine
PEANUTS - Barbiturates
PEYOTE - hallucinogenic cactus, buttons
PIECE - usually one ounce of drugs
PILLS - Ecstasy
PINKS - Second (Barbiturate)
PLANT - a hiding place for drugs
POPPERS - Amyl Nitrate capsules (inhalant)
POT HEAD - Marijuana user
POWER HITTER - a device (often plastic) used to deliver a blast of Marijuana smoke to the lungs

Q
QUACK - doctor

R
RAINBOWS - LSD
RED DEVILS - Seconal (Barbiturate)
REEFER - Marijuana
RIG - the paraphernalia for injecting drugs
RIDING THE WAVE - under the influence of drugs
ROACH - the stub of a Marijuana cigarette
ROACH CLIP - tweezers-like device used to hold a Marijuana cigarette stub that is too short to hold
ROCKS - Crack Cocaine
ROLEXES - Ecstasy
ROOFIES - Tranquillizers
RUGBY BALLS - Tranquillizers
RUSH - an intense surge of pleasure; Butyl Nitrate inhalant

S
SAUCE - alcohol
SCAT - Heroin
SCHOOL BOY - Codeine
SENSI - Marijuana
SET UP - combination of uppers and downers
SHOOTING GALLERY - place where addicts inject drugs

SHOOT UP - to inject intravenously
SHOTGUN - a way of smoking Marijuana, by blowing smoke back through the joint into another's mouth
SINSEMILLA OR SINS - a potent type of Marijuana without seeds grown in Northern California
SKAG - Heroin
SKIN POPPING - to inject a drug under the skin
SKUNK - Marijuana
SMACK - Heroin
SMILIES - LSD
SNAPPERS - Amyl Nitrate capsules (inhalant)
SNORT - to inhale Cocaine through the nostrils
SNOW - Cocaine; SNOW BIRD - dependent on Cocaine
SOLID - Marijuana
SPACE CADET - habitual Marijuana user
SPACED OUT - under the influence of drugs
SPACED - unresponsive to surroundings
SPEED - Amphetamines
SPEEDBALL - a mixture of Cocaine and Heroin; “Bombita”
SPEED FREAK - person who repeatedly takes Amphetamines, usually intravenously
SPIKE - needle used to inject drugs
SPOONS - paraphernalia associated with Cocaine, often worn as jewelry
STAR DUST - Cocaine
STARS - LSD
STASH - a place where drugs are hidden
STEP ON - to dilute drugs
STICK - a Marijuana cigarette
STIMULANTS - pep pills
STONED - under the influence of drugs
STONES - Crack Cocaine
STRAIGHT - not using drugs
STRUNG OUT - heavily addicted to drugs
SUPERMAN - LSD blotter with Superman imprint

T
TAB - LSD
TEA - Marijuana
THAI STICKS - Marijuana laced with Opium
TINA - Crystal Meth
TOBACCO - butt, chew, weed, cig,
TOKE - inhaling Marijuana or Hashish smoke
TOLLEY - or toluene; a cheap, extremely harmful paint solvent (inhalant)
TOOT - to sniff Cocaine
TOOTER - small, hollow tube (straw-like) to sniff Cocaine
TRACKS - a row of needle marks on the skin
TRAP - a hiding place for drugs
TRIP - under the influence of drugs
TRIPPER - LSD
TURF - a location where drugs are sold
TURKEY - a substitute sold as a specific drug
TURNED ON - introduced to drugs, or under the influence of drugs
TWEEZES - a wild variety of psilocybin mushrooms (hallucinogen)

U
UNCLE - Federal Agents
UPPERS - Stimulants, Amphetamines

V
VALLIES - Tranquillizers
VALIUM - ludes, drunk pills, v's, blues

W
WACKY TOBACCKY - Marijuana
WASH - Crack Cocaine
WEED - Marijuana
WHITE - Cocaine
WHITE LIGHTENING - LSD
WIRED - addicted to Amphetamines or Heroin
WORKS - equipment for injecting drugs

X
XTC - Ecstasy

Y
YABA - Crystal Meth
YELLOW JACKETS - Nembutal, Barbiturate
YEN - a strong craving

Z
ZIGZAG - a brand of rolling papers used to make Marijuana cigarettes
ZOMBIE - heavy user of drugs
ZONKED - extremely high on drugs

For more information, go to <http://www.whitehouse-drugpolicy.gov/streetterms/>.

DIRECTORY

ACTS Oregon

8059 SW Cirrus Drive
Beaverton, OR 97008 • 503-643-5620
www.ACTSOregon.org

Big Brother Big Sister Program

Youth Mentoring services for ages 6-16
Phone: 503-249-4859
www.bbbsnorthwest.org

Boys and Girls Aid

Juvenile justice diversion, runaways, maternity/
post-birth and adoption services
Phone: 503-222-9661
Crisis Line: 800.342.6688

Clackamas Community College

Education Development and GED
Phone: 503-657-8400

Clackamas County Crisis Line

24 hour emergency mental health assessment,
information, & referral services
Phone: 503-655-8401

Clackamas County District Attorney – Crime Victims Support

Phone: 503-655-8616
www.co.clackamas.or.us/da

Clackamas Education Service District (ESD) Child Care Resource and Referral

Information and support for families
and care givers
Phone: 503-675-4100

*Clackamas County Sheriff's Office Patty McMillan 503-794-8061

pattymcm@co.clackamas.or.us
www.clackamassafecommunities.org

*Clackamas County Sheriff Crime Prevention

Safety presentations, crime prevention pro-
grams and community outreach to the unin-
corporated areas of Clackamas County and
contract cities of Estacada, Damascus,
Happy Valley and Wilsonville.
2223 Kaen Rd, Oregon City, OR 97045
503-794-8064
Officer Sara McClurg
crimeprevention@co.clackamas.or.us
www.co.clackamas.or.us/sheriff

Clackamas Women's Services

Crisis line, shelter, and support for domestic
violence survivors
Phone: 503-654-2288
www.myspace.com/cwsor
- MySpace page for teens

CTEC

Education, employment and training support for
low-income youth with barriers to employment.
134 Se 97th Avenue, Clackamas, OR 97015
503-675-4017

Equity Foundation

Information and Support for members of the
LGBTQ community
Phone: 503-231-5759

Face Value School Talks

503-593-3405
www.facevalueschooltalks.com

*Health, Housing & Human Services Children, Youth & Families Division

Positive youth development and prevention
programs for youth at-risk
Public Services Building, Suite 267
2051 Kaen Road, Oregon City, OR 97045
503-650-5678
www.myspace.com/clackamascountyphoto-
voice

Healthy Start

Support for families expecting their first baby
Phone: 503-650-5684
Spanish Line: 503-546-6533

Insights

Teen Parenting Program website, program infor-
mation and support
www.insightstpp.org

Juvenile Assistance Corporation

Clackamas County Youth Gang Task Force
Phone: 503-709-3173
www.juvenileassistance.org

Metropolitan Family Service (MFS)

Creates opportunities for children to succeed
Phone: 503-232-0007
www.metfamily.org

National Runaway Switchboard

24 hour crisis line for runaway youth
ages 12-20
Phone: 800-621-4000

Housing information for adults and youth

www.newavenues.org

Janus Youth Programs

Residential treatment, homeless youth
programs, teen parenting, education/
employment opportunities
www.jyp.org

*NW Behavioral Healthcare Services

NWBS is an adolescent, secure residential
treatment program for your 12-17 with men-
tal health and substance abuse issues. NBHS
provides free drug and alcohol assessments
for local area youth.
18000 SE Webster Road,
Gladstone, OR 97207 • 503-722-4470
help@northwestbhs.com
www.northwestbhs.com

National Dating Abuse Helpline

Phone: 1-866-331-9474

*Northwest Family Services

Equipping people with vital skills for a life-
time; positive youth development, parenting
workshops, case management, relationship
education, counseling, and job development.
6200 SE King Rd, Portland OR 97222
503-546-6377
service@nwfs.org • www.nwfs.org
Skill-based classes on healthy relationships.
www.lastingrelationships.org

*OHSU's ThinkFirst Oregon

A K-12 brain and spinal cord injury preven-
tion program which provides free curricu-
lum, presentations, and affordable bike hel-
mets to the general public.
L603 3181 SW Sam Jackson Park Road
Portland, OR 97239-3098
Kayt Zundel, Program Director
503-494-5353 • zundel@ohsu.edu
www.ohsu.edu/thinkfirst

*Oregon Impact

Impaired driving prevention education for
our schools and community.
Conducts the Clackamas County Adult,
Youth and Hispanic DUI Impact Panel
Janelle Meredith, Executive Director
Phone: 503-722-6287
info@oregonimpact.org
www.oregonimpact.org

Oregon Partnership Crisis Intervention & Referral Services

Helpline: Make the Call
Suicide Prevention Hotline 800-273-TALK
Hopeline Network- 800-SUICIDE
Youthline – 1-877-553-TEEN
Linea de Ayuda – 877-515-7848

*Oregon Poison Center, at OHSU

Regional poison center for poison informa-
tion, and emergency medical management of
poisoning exposures.
Open 24/7 every day of the year.
Phone: 1-800 222-1222
www.oregonpoison.org

Oregon SafeNet

Free health and dental information and referrals
Phone: 503-988-5858
Hotline: 800-723-3638

Oregon Youth Line

Resources and support just for teens
www.oregonyouthline.com

Parent Empowerment Program

Empowering and helping parents build relation-
ships with their children.
Tim O'Brien • 503-853-6843
www.parentempowermentgroup.com

Parrot Creek Child and Family Services

Counseling for children 0-18 and their families
Phone: 503-722-4110

PFLAG

Services for friends/family of GLBTQ people
Clackamas Phone: 503-998-1450
Planned Parenthood
Sexual health services and education
Phone: 503-775-4931

Samaritan Counseling Center

Sliding scale counseling clinic
Phone: 503-281-3318

Sexual Minority Youth Resource Center (SMYRC)

Sexual identity and gender issues; free HIV
testing, support groups, & therapy
Phone: 503-872-9664

Springwater Transitional Living Programs

Transitional housing, case management,
support for youth ages 16-21
Phone: 503-496-1160

State of Oregon, Department of Human Services • Child Welfare

Adoption, foster care, parent support, child
abuse & neglect investigations
Phone: 971-673-7200
www.oregon.gov/DHS

Sunnyside Counseling Center

Christian counseling services
for a variety of issues
Phone: 503-257-7572

Teen Info Line

Sexual health, pregnancy prevention,
low-cost exams
Phone: 503-988-5519

Teen Pregnancy

Information/support about pregnancy,
adoption, abortion
www.teenpregnancy.com

Young Parent Opportunity Program (YPOP) Clackamas County College

Education/Support services for pregnant and
parenting teens ages 15-21
Phone: 503-657-6958 ext. 2592

Youth Crisis Hotline

24 hour info and referral line for youth
(17 & under)
Phone: 800-448-4663

Western Psychological Mental health & drug/alcohol treatment

PO Box 82819 Portland, OR 97282
503-233-5405
www.westernpsych.com

White Shield

Residential home for pregnant
and parenting teens
503-239-1248

* Participant in the Teen Choices Guide

A REAL LIFE STORY

Prevention Education Goes Mobile.

It's not your ordinary car hauler. But the cargo inside is priceless. You may have seen it rolling on I-205 or at your local school. To get people to stop and think Oregon Impact's mobile education crash car trailer carries a local real-life story caused by drinking and driving. One in three people

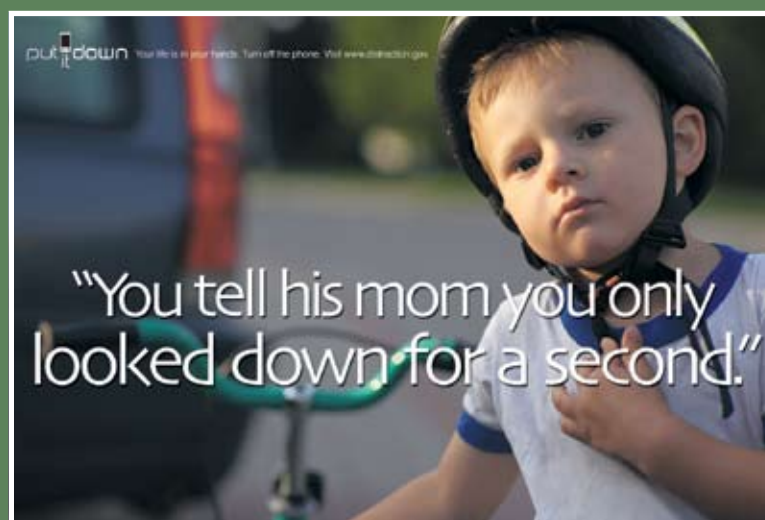
will be involved in an alcohol-related crash in their lifetime yet it is difficult to imagine it could happen to us. To increase awareness and motivate safe decisions behind the wheel, Oregon Impact's trailer is available for events throughout the area.



For more information, call Oregon Impact at 503-722-6287.

Our Mission Statement

Oregon Impact heightens awareness and opens conversations to stop impaired driving through community and school education.



Texting and driving is the equivalent to being under the influence of 4 drinks and increases your risk of crashing by 23 times. It's not worth it.
Please don't text and drive.



Providing community education, prevention and awareness activities to stop impaired driving.
www.oregonimpact.org 503-722-6287