

North County Youth Resource Guide



CHATncsd staff and volunteers in Oceanside

This guide was created by the CHATncsd Program at Vista Community Clinic. CHATncsd is funded by a grant from the United States Department of Health and Human Services, Office of Minority Health.



Touching Lives Across Our Region



Emergency Numbers/Hotlines

In case of emergency, always dial 911.

Alcohol Treatment Center	(800) 711-6375	24-hour helpline
Alcoholic Anonymous	(760) 758-2514	24-hour hotline.
Adult Protective Services	(800) 510-2020	Hotline for reporting elder abuse.
California AIDS Hotline	(800) 367-2437	Hotline.
California Poison Control System	(800) 876-4766	A 24-hour hotline that provides services on what to do if someone has ingested something poisonous.
California Youth Crisis Line	(800) 843-5200	A 24-hour service that provides crisis intervention and referrals.
Child Abuse Hotline	(800) 344-6000	Hotline for reporting child abuse.
Crisis Intervention – The Access and Crisis Line	(800) 479-3339	Crisis intervention, mental health information and referral, and suicide intervention resources.
Crisis Intervention – Girls and Boys Town National Hotline	(800) 448-3000	24-hour crisis, resource, and referral line for youth and parents.
Narcotics Anonymous	(800) 479-0062	24-hour hotline.
National AIDS Hotline	(800) 342-2437	National Hotline.
National Runaway Hotline Switchboard	(800) 621-4000	For a runaway who needs help to contact home or to return home.
National Youth Crisis Line	(800) 448-4663	A 24-hour crisis service that provides counseling and referrals.
Sexual Assault/Domestic Violence Crisis Line – Center for Community Solutions	(888) 272-1767	A 24-hour toll-free crisis line.
Sexual Assault/Domestic Violence Crisis Line – South Bay Community Services	(800) 640-2933	Domestic Violence/Rape Crisis (hotline).
Sexual Assault/Domestic Violence Crisis Line - Women's Resource Center	(760) 757-3500	This is a domestic violence/rape crisis center/hotline and referral service.
Sexual Assault/Domestic Violence Crisis Line – YWCA	(800) 799-7233	A 24-hour crisis hotline that provides counseling and referrals for rape and domestic violence.
Suicide Crisis Center 24-hr Crisis Line	(800) SUICIDE (800) 784-2433	The website www.suicide.com is dedicated to providing resources that help share hope with those who are hurting.
Youth Crisis Intervention - YMCA Juvenile Crisis Program	(619) 543-9850	Hotline for youth in crisis.
Youth-to-Youth Helpline	(866) 222-1886	A number that youth can call and talk to other youth for help.

Introduction

Being a teenager in San Diego is tough. There are difficult choices to be made and pressures to deal with everyday. Sometimes it will be up to you to make your own choices but there may be times when you need some outside help. This resource guide was made with the intention to get you help when you need it. If you just need someone to talk to, you can also find that information in this guide. Whatever your needs may be – physical, emotional, educational, or otherwise – there is someone out there to help you! Aside from getting information and advice from family, friends, teachers, counselors or other supports in your life, you can use this booklet as guidance to get the information you need to make the best decisions for your life.

If you need help – ask! Everyone has problems that are difficult to handle and nobody wants you to deal with them on your own. There is a solution to every problem so keep asking until you get the help you need to safely resolve your situation. There is always someone that cares.

Referrals and Information

CHATncsd	(760) 533-3130	A program of Vista Community Clinic, CHATncsd offers English and Spanish language referrals, support, and education to young people in North County San Diego. Referrals are offered via text message and over the phone.
Building Bridges Together	(888) 843-5800 or (619) 477-0242	A program of Mental Health Systems, Building Bridges Together offers English and Spanish language referrals, support, and education to families and professionals in San Diego.
211 Information Line	Dial 211 or (760) 943-0997 (North Coastal) or (760) 740-0997 (North Inland)	Free, confidential information and referral service supported in part by the County of San Diego, United Way, the City of San Diego, other cities, and community partners. http://www.211.org/

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Alcohol, Tobacco and Other Drugs

It might seem like everyone is drinking or taking drugs, but this isn't true. If you don't want to drink, take drugs or use tobacco then you are certainly not alone. Using alcohol, tobacco, and other drugs can negatively affect nearly every aspect of your life – your physical well-being, mental and emotional health, money, and relationships. There can also be very serious consequences if you are caught using them illegally. Even legal and prescription drugs can come with their own problems. So why do people use them? People begin using these substances for many reasons – to satisfy curiosity, to fit in with the crowd, to overcome depression, to seem more mature, etc... Most people don't think about the side effects or the possibility of addiction. Ending harmful habits like these takes willpower and sometimes requires outside help.

Alcoholics Anonymous

604 East Vista Way
Vista, CA 92084
(760) 758-2514
www.nosdco-aa.org

Al-anon and Al-ateen San Diego

(Meetings held throughout North County)
3108 Fifth Avenue, Suite E
San Diego, CA 92103
(619) 296-2666
www.alanonsandiego.org

Girls Inc – Prevention Programs

PO Box 300683
Escondido, CA 92030
(800) 891-7332
www.girlsincsd.org

Interfaith Community Services - Escondido Sobering Services

550 West Washington Avenue B
Escondido, CA 92025
(760) 489-6380 ext. 221
www.interfaithservices.org/our-programs/addiction-recovery

Mental Health Systems - Family Recovery Center

1100 Sportfisher Drive
Oceanside, CA 92054
(760) 439-6702
www.mhsinc.org

Mental Health Systems - North Inland Regional Recovery Center

200 East Washington, Suite 100
Escondido, CA 92027
(760) 741-7708
www.mhsinc.org

Mental Health Systems - North Inland Teen Recovery Center

340 Rancheros Rd, Suite 166
San Marcos, CA 92069
(760) 744-3672
www.mhsinc.org

McAlister Institute - Teen Recovery Center

323 Hunter Street
Ramona, CA 92065
(760) 788-6520

New Resolve Drug and Alcohol Detox

1207 South Escondido Boulevard
Escondido, CA 92027
(760) 745-7829

North County Lifeline

707 Oceanside Boulevard
Oceanside, CA 92054
(760) 842-6214
www.nclifeline.org

North County Serenity House - Residential Treatment

1341 North Escondido Boulevard
Escondido, CA 92026
(760) 747-1015
www.ncsh.org

North County Serenity House - Non Residential Treatment

130 South Fig Street
Escondido, CA 92025
(760) 747-1015
www.ncsh.org

Phoenix House - North Coastal Teen Recovery Center

785 Grand Avenue, Suite 220
Carlsbad, CA 92008
(760) 729-2830
(800) 378-4435
www.phoenixhouse.org/locations/phoenix-house-teen-recovery-center

San Diego County of Education

6401 Linda Vista Road
San Diego, CA 92111
(858) 569-5389
www.sdcoe.net

Above the Influence – Anything that makes you less than you is not for you, especially drugs and alcohol. This site offers information for youth.
www.abovetheinfluence.com

The Cool Spot – A teen place for information on alcohol and resisting peer pressure. Resources, information, and support on alcohol use and abuse among teenagers.
www.thecoolspot.gov

The Science Behind Drug Abuse – Interactive information and resource site for teens that was developed by the National Institute on Drug Abuse and teens like you!
www.teens.drugabuse.gov

Child Abuse and Neglect

There are more than three million reports of child abuse in the United States each year! If you or someone you know is a victim of child abuse or neglect, there are a lot of people out there to help you. It is against the law for anyone to physically or emotionally abuse a child or put a child in harm's way. It is also illegal to intentionally neglect a child by not giving them proper care, food, clothing, and shelter. If you think you are being abused or know someone who is, it can be a really scary time. The best thing for you to do is to tell someone you trust – a teacher, a counselor, a friend's parent, or contact one of the resources listed here.

New Haven Youth & Family Services

216 West Los Angeles Drive
Vista, CA 92083
760-630-4035
www.newhavenyfs.org

Casa de Amparo

325 Buena Creek Road
San Marcos, CA 92069
(760) 754-5500
www.casadeamparo.org

Circle of Friends

105 North Rose Street, Suite 211
Escondido, CA 92027
(760) 705-8468

Rady's Children Hospital

3605 Vista Way, Suite 258
Oceanside, CA 92056
(760) 547-1190

County of San Diego, Child Welfare Services

1320 Union Plaza Court
Oceanside, CA 92054
(760) 754-3456
www.sdcounty.ca.gov/hhsa/programs/cs/child_welfare_services/index.html

County of San Diego, Child Welfare Services

463 North Midway Drive, Suite 200
Escondido, CA 92027
(760) 480-3404
www.sdcounty.ca.gov/hhsa/programs/cs/child_welfare_services/index.html

Fred Finch Youth Center

504 West Mission Avenue, Suite 106
Escondido, CA 92025
(619) 281-3706
www.fredfinch.org

North County Family Violence Prevention Center

330 Rancheros Drive, Suite 116
San Marcos, CA 92069
(760) 798-2835
www.ccssd.org

North County Family Violence Prevention Center

240 South Hickory Street, Suite 110
Escondido, CA 92025
(760) 747-6282
www.ccssd.org

North County Lifeline

707 Oceanside Boulevard
Oceanside, CA 92056
(760) 757-0118
www.nclifeline.org

North County Lifeline

200 Michigan Avenue
Vista, CA 92084
(760) 726-4900
www.nclifeline.org

Polinsky Children's Center

9400 Ruffin Court, Suite B
San Diego, CA 92123
(858) 514-4600

Advocates for Youth – Advocates for Youth champions efforts that help young people make informed and responsible decisions about their reproductive and sexual health.

www.advocatesforyouth.org

Kidpower Teenpower Fullpower – Provides information on bullying prevention, child abuse prevention, stranger awareness, and personal safety for children, teens, and adults, including those with special needs.

www.kidpower.org

Promises to Kids – Provides access to services to youth dealing with child abuse and neglect in the County of San Diego.

www.promises2kids.org

Decision-Making

Decisions, decisions, decisions. Everywhere you turn; there is another decision to be made. In fact, decision- or choice-making is part of everyday life. Making decisions isn't always easy – especially when you are a teen and are still learning a lot about who you are, who you want to be, what you want, and what you like. It's important to remember that in the end your decisions are going to affect you the most, so try to stop and think about what is really best for you.

Peer Pressure

Make sure that the decisions that YOU make are directly related to the needs YOU have, how important it is for YOU to satisfy this need and, of course, what YOU want to get out of it. It can be really easy to be influenced by friends or other people, but most of the time you will feel much better in the long run if you follow your heart and instincts and make the choices that are right for you in YOUR life – not anybody else's.

Making Mistakes/Having Regrets

Depending on the outcome of the decision or choice that you made, it's normal to feel that you should/could have made a better choice. Everybody makes mistakes – it is a part of life and it is completely okay! Try to make the best of the situation even if it's painful. Learn from the mistake or regret and use that information to make better decisions in the future. If there are any consequences from your decisions, deal with them as soon as you can. Avoiding them usually just makes things worse!

How Are Decisions/Choices Made?

You make certain decisions or choices because you have a certain need - whether you're conscious of it or not. The need could be:

- Physical – you're hungry, thirsty, tired
- Emotional – you're feeling afraid, unloved, angry, stressed, unsure
- Social – you're feeling lonely, miss your friends, or want to have fun
- Economic – you need money

And what you actually end up deciding will depend on a bunch of different factors:

- Personality type
- Likes/dislikes and needs/wants
- Values and beliefs
- Knowledge and previous experiences
- Self-confidence

Tips/Steps for Decision Making:

- Define and clarify the problem. Try writing a short description of the decision you need to make.
- Identify what you want to come out of the decision and identify any challenges you may have to overcome them in order to make the decision.
- Come up with options. What are your choices? List them. Brainstorm to help you find different ways of dealing with the problem.
- Analyze the options. What are the consequences of each option? How will each choice affect you?

- Choose an option. Which option feels best? What does your gut instinct say to choose?
- Justify the option. Why does that choice feel best? What is it about that decision that feels so good? If there are clear-cut reasons why, list them.
- Take Response-ability. While you are not always responsible for or in control of what happens to you, you are completely responsible for your reaction and how you deal with a situation. The way you react to a situation can completely change its outcome!

Mano-A-Mano

1103 Quail Gardens Court
Encinitas, CA 92024
(760) 492-8897

Community Housing Works – Community Programs

1820 South Escondido Boulevard, Suite 100
Escondido, CA 92025
(760) 432-6878 ext. 5454
chworks.org/chw-programs-services

Girls, Inc.

PO Box 300683
Escondido, CA 92030
(800) 891-7332
www.girlsincsd.org

North County Lifeline - Community Assessment Team

707 Oceanside Boulevard
Oceanside, CA 92054
(760) 842-6214
www.nclifeline.org

San Diego County of Education

6401 Linda Vista Road
San Diego, CA 92111
(858) 569-5389
www.sdcoe.net

YMCA Mary's House

2374 Avenida Del Diablo
Escondido, CA 92029
(760) 746-1944

Students Against Destructive Decisions – A peer-to-peer education, prevention, and activism organization dedicated to preventing destructive decisions, particularly underage drinking, other drug use, risky and impaired driving, teen violence, and teen suicide.

www.sadd.org

Teen Source – Health information to help you make informed decisions!

www.teensource.org

Disabilities

Everyone comes into this world with different abilities. This, among other things, is what makes humankind so diverse, which is a beautiful thing. Sometimes, if other people don't know what it is like to be differently abled or don't understand a disability, they can react in ways that don't always make sense. Teens living with disabilities not only face the issues that all other teens do; they must also deal with many other problems that are related to their disability. As a teen living with a disability, it is important to know that you have rights and to know what your rights are. Some disabilities can be seen by looking at a person, while others may be hidden. Whether it is a physical disability, learning disability or other challenge you are facing, there is plenty of support out there that you should be aware of.

Community Interface Services

2621 Roosevelt Street
Carlsbad, CA 92008
(760) 729-3866
www.communityinterfaceservices.org

Disability Help Center

1833 4th Avenue
San Diego, CA 92101
(619) 282-1761
www.ssdhelpcenter.org

Disability Rights California

1111 Sixth Avenue, Suite 200
San Diego, CA 92101
(619) 239-7861
www.disabilityrightsca.org

Exceptional Family Resource Center

255 Pico Avenue, Suite 101
San Marcos, CA 92069
(760) 761-5553
www.efrconline.org

New Haven Youth and Family Services – Community Connections

1146 Melrose Drive, Suite 804
Vista, CA 92083
(760) 603-4035 ext. 431
www.newhavenc4cc.org

Toward Maximum Independence

1900 Sunset Drive, Suite E
Escondido, CA 92025
(760) 839-5255
www.tmi-inc.org

Disability.gov – Provides easy access to comprehensive disability-related information and resources.
www.disability.gov

The Learning Disabilities Association of California – A non-profit volunteer organization that provides information, articles and resources.
www.ldaca.org

Discrimination

Most people experience discrimination at some point in their lives based on some quality or identifying factor. Gender, age, race, ethnicity, income, religion, sexual orientation, immigration status, and more are all protected under law. In a study done at the University of California, Los Angeles, 60% of teens that were surveyed reported discrimination from other teens, 63% reported discrimination from adults, and 12% said they experienced discrimination every day. So what do you do when you get discriminated against? Unfortunately, the world is not a "fair" place for anyone – there are always going to be people who think they have a right to disrespect others. It is okay to feel frustrated or upset. Try to use the situation as a learning experience and speak up for yourself respectfully if it is appropriate. If the discrimination is taking place at school or at work, you can report it. You have the right to feel safe at school and at work. You might not always be able to make a report at school or at work but you can definitely get help from the following organizations.

American Civil Liberties Union – A national organization that advocates for individual rights and educating the public on a broad array of issues affecting individuals and groups.
www.aclu.org

Amnesty International – Works to protect human rights worldwide.
www.amnesty.org

County of San Diego, Office of Internal Affairs – If you feel you have been discriminated against based on race, color, religion, sex, national origin, age or disability, you can check out this website to file a complaint with the County of San Diego.
www.sdcounty.ca.gov/cao/oia.html

YouthRights.org – The largest and most active youth rights organization in the country.
www.youthrights.org

Driving

Getting your driver's license is a major rite of passage. In California, you must be at least 16 years old to be eligible for a driver's license. If you aren't 18 yet, you'll need to get a learner's permit first, take driver education, and have to follow certain rules until you turn 18. If you are already 18, you can get an instruction permit so that you can practice driving before you apply for a license. Anyone that wants to get a permit or driver's license will need to provide certain information and documents to the Department of Motor Vehicles such as a social security number, name, address, birth date, and proof of insurance. A vision exam, written test, and driving test have to be passed before you will be issued a license.

Department of Motor Vehicles

4005 Plaza Drive
Oceanside, CA 92056
(800) 777-0133
www.dmv.ca.gov

Department of Motor Vehicles

13461 Community Road
Poway, CA 92064
(800) 777-0133
www.dmv.ca.gov

AAA Keys2Drive – AAA has a full range of tools to help teens and parents.
www.teendriving.aaa.com/CA-Teens

California Department of Motor Vehicles Teen Driver Website – Take sample tests, find statistics, and learn the rules of the road straight from the CA DMV.
<http://www.dmv.ca.gov/coi/teen/teen.htm>

California Driver Handbook – Available online or to download!
www.dmv.ca.gov/pubs/hdbk/driver_handbook_toc.htm

California Teen Drivers – Information for obtaining a learner's permit in the state of California and learner's permit restrictions.
www.dmv.org/ca-california/teen-drivers.php

TeenDriving.com – This site is full of tips to help new drivers. Take a look – it could save your life!
www.teendriving.com

Eating Disorders

Pressures from friends, family, the media, and ourselves to look a certain way can sometimes lead to the misuse and abuse of food. Eating disorders are so common in America that one or two out of every 100 students will struggle with one. Each year thousands of teens develop eating disorders or problems with weight, eating, and body image. An eating disorder can prevent someone from thinking clearly about their bodies and the food they eat. Eating disorders come in many forms: anorexia, bulimia, bingeing, compulsive eating, and emotional eating. No matter which form an eating disorder takes, it can be extremely harmful to your physical and mental health and well-being. Eating the right kinds of food in the right amounts is one of the most important things you can do to keep your body functioning at 100%. As a growing person, you need the right foods in your body so that you develop properly and still have enough energy to do all the things you need and want to do! Developing healthy eating and exercise habits now will make it much easier to continue making better food choices in the future.

Casa Palmera

14750 El Camino Real
Del Mar, CA 92014
(858) 481-4411
www.casapalmera.com

Eating Disorder & Body Image Support Group

2277 Rosecrans Street
San Diego, CA 92106
(858) 442-5994

Eating Disorder Center of San Diego

990 Highland Drive, Suite 312B
Solana Beach, CA 92075
(858) 353-5378
www.healingwithinreach.com

Girls, Inc.

PO Box 300683
Escondido, CA 92030
(800) 891-7332
www.girlsincsd.org

Montecatini - Residential Program

2524 La Costa Avenue
Carlsbad, CA 92009
(877) 762-3753

Montecatini - Non Residential Program

7720 El Camino Real, Suite 2F
Carlsbad, CA 92009
(877) 762-3753

San Diego County of Education

6401 Linda Vista Road
San Diego, CA 92111
(858) 569-5389
www.sdcoe.net

Sharp Hospital Eating Disorders Program

7850 Vista Hill Road
San Diego, CA 92123
(858) 836-8408

www.sharp.com/mental-health/eating-disorders-treatment-program.cfm

Andrea's Voice – An organization dedicated to promoting understanding of the prevention, identification, diagnosis, and treatment of disordered eating and related issues.

www.andreasvoice.org

Eating Disorder Referral and Information Center – A website with a comprehensive list of therapists and resources in San Diego County for those dealing with eating disorders.

www.edreferral.com/states/sandiego.htm

It's My Life – It's My Life deals with (you guessed it!) life and the stuff that we deal with every day.

Whatever problem you're dealing with, believe it or not, other kids and teens have gone through the same thing!

www.pbskids.org/itsmylife

Something Fishy – Contains information and resources pertaining to anorexia, bulimia, and compulsive overeating. Included are definitions, signs and symptoms, physical dangers, and more.

www.something-fishy.org

Education

Going to school might seem like a pain sometimes, but getting a high school education can open huge doors for your future. There are not only personal and social benefits to going to school but getting an education will have a great influence on your future. In addition, did you know that it is a basic human right to have access to education?? Anything declared to be a basic human right must have some importance, right? However, school isn't always easy and you might find yourself in need of some help getting to graduation, earning your G.E.D., and deciding if you want to continue your education afterwards. There are a lot of options so you should never give up! Talk to friends, family members, teachers, and school counselors until you find the educational path that is right for you.

Cal-SAFE Escondido Unified School District

750 San Pasqual Road
Escondido, CA 92025
(760) 291-6062

Cal-SAFE Oceanside Unified School District

3131 Oceanside Boulevard
Oceanside, CA 92056
(760) 901-8633
www.oshs.oside.us

Cal-SAFE San Marcos Unified School District

920 Boardwalk
San Marcos, CA 92078
(760) 290-2435
www.smusd.org/domain/1776

Foothills Teen Parent Program

920 Boardwalk
San Marcos, CA 92078
760-290-2973

Cal-SAFE Vista Unified School District

One Panther Way
Vista, CA 92084
(760) 941-4993

Community Housing Works – Community Programs

1820 South Escondido Boulevard, Suite 100
Escondido, CA 92025
(760) 432-6878 ext. 5454
chworks.org/chw-programs-services

Escondido Adult School/Regional Occupation Program

220 West Crest
Escondido, CA 92025
(760) 739-7300
escondidoadultschool-rop.org

Escondido Public Library - Literacy Program

239 South Kalmia Street
Escondido, CA 92025
(760) 839-4684
www.ci.escondido.ca.us/library

Girls, Inc.

PO Box 300683
Escondido, CA 92030
(800) 891-7332
www.girlsincsd.org

Juvenile Court & Community Schools - SDCOE North Region

255 Pico Avenue, Room 112
San Marcos, CA 92069
(760) 761-5130
www.sdcoe.net/jccs/Pages/North-Network.aspx

Interfaith Community Services - Transitional Youth Academy

2195 Oceanside Boulevard
Oceanside, CA 92054
(760) 721-2117
www.interfaithservices.org/our-programs/children-and-youth-programs

Interfaith Community Services - Transitional Youth Academy

550 West Washington Avenue
Escondido, CA 92025
(760) 489-6380
www.interfaithservices.org/our-programs/children-and-youth-programs

Mano-A-Mano

1103 Quail Gardens Court
Encinitas, CA 92024
(760) 492-8897

San Diego Community College District

3375 Camino Del Rio South
San Diego, CA 92108
(619) 388-6500
www.sdccd.edu

San Diego Migrant Office of Education

135 Vallecitos de Oro, Suite A
San Marcos, CA 92069
(760) 510-0250
www.sdcoe.net/student-services/migrant-education

San Diego Adolescent Pregnancy & Parenting Program (SANDAPP)

104 South Barnes Street
Oceanside, CA 92054
(760) 967-4559

Vista Adult School

510 Sunset Drive
Vista, CA 92081
(760) 758-7122
www.vistaadultschool.com

Boys and Girls Clubs of Greater San Diego

www.sdyouth.org

California State University – With 23 campuses, almost 412,000 students, and 43,000 faculty and staff, the California State University system is the largest, most diverse, and one of the most affordable university systems in the country.

www.calstate.edu

College Board – Get connected to your college. Find official college planning and preparation tools to help you succeed.
www.collegeboard.com

San Diego County Office of Education – A directory guide of county districts, schools and administrative offices. Educational resources for parents and students!
www.sdcoe.net

San Diego Workforce Partnership – Provides education and skills to job seekers in need of training to prepare them for occupations in the San Diego area.
www.workforce.org/training/individual-training-accounts-ita

Technical & Trade Schools – Find and compare accredited technical trade schools and colleges online.
www.educationguys.com

University of California – The 10 campuses of the University of California open their doors to all who work hard and dream big. Through its teaching, research, and public service, UC drives California's economy and leads the world in new directions.
www.universityofcalifornia.edu

Vocational Schools Database – A database full of Private Postsecondary Vocational Schools in all 50 states.
www.rwm.org

Emotional and Mental Health

Teens are under a huge amount of stress these days. School, friends, family, jobs, dating, and more can be overwhelming – even when all those things are going great! When problems come up in one or more of those areas, the stress may become more and more difficult to deal with and begin to take its toll on your emotional and mental health. It is normal to have ups and downs and you don't have to feel good all the time. If you are having bad feelings or thoughts that start to interfere with your life or normal activities or you are so overwhelmed with your problems and feel like you'll never solve them, you might want to consider talking to someone. Sometimes just talking about it will make you feel better. But if you need more than that, there are people out there that can help.

Center for Community Solutions

240 South Hickory Street, Suite 110
Escondido, CA 92025
(760) 747-6282
www.ccssd.org

Rady Children's Hospital Outpatient Psychiatry

3605 Vista Way, Suite 258
Oceanside, CA 92056
(760) 758-1480
(760)435-9472 (fax)

Rady Children's Hospital Outpatient Psychiatry

625 West Citracado Parkway, Suite 102
Escondido, CA 92025
(760) 294-9270

New Haven Youth and Family Services

216 West Los Angeles Drive
Vista, CA 92083
(760) 630-4035
www.newhavenyfs.org

Exodus Recovery Mental Health Walk-In/Urgent Care

1520 South Escondido Boulevard
Escondido, CA 92025
(760) 796-7760
www.exodusrecovery.com

Exodus Recovery Mental Health Walk-In/Urgent Care

524 West Vista Way
Vista, CA 92083
(760) 758-1150
www.exodusrecovery.com

Lifepoint Counseling Center

973 Vale Terrace Drive
Vista, CA 92084
(619) 526-7110

Mental Health Systems

550 West Vista Way, Suite 407
Vista, CA 92083
(760) 758-1092
www.mhsinc.org

Mental Health Systems

940 East Valley Parkway, Suite D
Escondido, CA 92025
(760) 747-0205
www.mhsinc.org

Milestone House

1816 Portofino Drive
Oceanside, CA 92054
(760) 433-6361
www.milestonehouse.org

North County Health Services

150 Valpreda Road
San Marcos, CA 92069
(760) 736-6767

North County Lifeline

707 Oceanside Boulevard
Oceanside, CA 92054
(760) 842-6214
www.nclifeline.org

North County Lifeline

200 Michigan Avenue
Vista, CA 92084
(760) 757-0118
www.nclifeline.org

Palomar Family Counseling Service

1002 East Grand Avenue
Escondido, CA 92025
(760) 741-2660

Rady Children's Hospital Outpatient Psychiatry

3605 Vista Way, Ste 258
Oceanside, CA 92056
(760) 758-1480
www.rchsd.org

Rady Children's Hospital Behavioral Crisis Center

3605 Vista Way, Suite 258
Oceanside, CA 92056
(760) 730-5900
www.rchsd.org

San Diego Center for Children

1640 Magnolia Avenue
Carlsbad, CA 92008
(760) 547-2800
www.centerforchildren.org

North Inland Mental Health Center

125 West Mission Avenue, Suite 103
Escondido, CA 92025
(760) 747-3424

North Coastal Mental Health Center

1701 Mission Avenue
Oceanside, CA 92058
(760) 967-4475

Vista Community Clinic

1000 Vale Terrace
Vista, CA 92084
(760) 631-5000
www.vistacommunityclinic.org

YMCA Oz North Coast

215 Barnes Street
Oceanside, CA 92054
(760) 721-8930
www.yfs.ymca.org/residential-services/oz-shelter-services.html

Kid's Health – Provides lots of health information and resources for teens.
www.kidshealth.org

Mental Health America – An organization dedicated to promoting mental health.
www.nmha.org

Teen Mental Health – This guide designed by young people, for young people was made to help you understand the issues that matter to you and your mental health.
www.teenmentalhealth.org

Employment

In California, anyone 12 – 18 can get a work permit but the places, hours, and times that you can work will vary and might be limited based on your age, family situation, school status, and other circumstances. Here are some general guidelines but it is best to check the State of California, Department of Industrial Relations website below for up to date laws. Here is a brief review of state laws:

- Work permits can be obtained from your school. You will need to get one before you start a job.
- School is a priority! Depending on your age, the hours you can work on a school day and during a school week will be limited.
- You won't be able to do certain jobs because of safety issues.
- You might need to file a tax return if you make a certain amount of money.
- Employers must pay you minimum wage.
- When you turn 18, you no longer need a work permit and child labor laws no longer apply to you.

California Conservation Corps

401 West 35th Street, Suite A
National City, CA 91950
(619) 409-4380
www.ccc.ca.gov

Escondido Education COMPACT

220 South Broadway
Escondido, CA 92025
(760) 839-4515
www.educationcompact.org

Goodwill Employment Center

329 West Grand Avenue
Escondido, CA 92025
(760) 739-0600

Interfaith Community Services

550 West Washington Avenue
Escondido, CA 92025
(760) 489-6380
www.interfaithservices.org

JobCorps San Diego

1325 Iris Avenue, Building 60
Imperial Beach, CA 91932
(619) 429-8500
SanDiego.jobcorps.gov

North County Lifeline

1210 Division Street
Oceanside, CA 92054
(760) 842-6223
www.nclifeline.org

North County One Stop Career Center

463 North Midway Drive, Suite 100B
Escondido, CA 92027
(760) 871-1962
www.sandiegocatwork.com

Toward Maximum Independence

1900 Sunset Drive, Suite E
Escondido, CA 92025
(760) 839-5255
www.tmi-inc.org

Groove Job – The #1 site for part-time employment. Search thousands of hourly and part time jobs, jobs for teens and students, summer, and seasonal jobs.

www.groovejob.com

Snag-A-Job – A website for hourly and part-time job listings for teens!

www.snagajob.com

State of California Department of Industrial Relations – A website that outlines the restrictions and regulations regarding minors and employment.

www.dir.ca.gov/dlse/dlse-cl.htm

Teens and Young Workers – A website that provides information about working as a young person.

www.youngworkers.org/teens

Young Workers – A site by the Occupational Health and Safety Administration that provides lots of information about getting a safe and meaningful work experience as a teen.

www.osha.gov/SLTC/teenworkers

YouthRules! – Provides information about working, getting paid, and safety on the job. The information is from the Wage and Hour Division of the U.S. Department of Labor.

www.youthrules.dol.gov

Gender Identity and Sexual Orientation (LGBTQIA)

As you grow up and start figuring out who you are, part of that includes learning more about your own sexuality and exploring relationships with other people. Many people at some point think about or question their sexuality and/or gender identity. That is very normal. Be patient with yourself as you are figuring out who you are and what you want. Some people know their sexuality or gender identity at a very young age, while others figure it out when they are much older. Remember to be patient with yourself. Everyone's process is different. The terms used to describe gender and sexuality often changes over time. If you hear a term you don't know you should feel comfortable asking what it means. Some of the terms you might hear people use are below. Remember, you have the right to choose how you identify regardless of the definitions, and other people should respect that.

Heterosexual or straight – someone who is romantically, emotionally, and/or sexually attracted to people of a sex different from their own. Commonly thought of as “attraction to the opposite sex”.

Gay – a term given to males who are sexually and emotionally attracted to some other males. Colloquially used as an umbrella term to include all LGBTQI persons.

Lesbian – a term given to women who are sexually and emotionally attracted to some other women.

Bisexual – also “bi.” A person who is attracted to two sexes or two genders, but not necessarily simultaneously or equally. Also, because there are more than two sexes or genders (see transgender and intersex) this term can mean different things to different people.

Pansexual – also omnisexual. A person who is attracted to people across the gender spectrum including men, women, genderqueer, and transgender people. This does not mean they are attracted to every person, but that their attraction is not based on gender.

Gender – a socially constructed system of classification based on masculinity and femininity. Gender characteristics can change over time and are different between cultures. One's sense of self as masculine or feminine can be independent of external genitals. Gender is often conflated with sex. This is inaccurate because sex refers to bodies and gender refers to personality characteristics.

Transgender – an umbrella term for people whose gender identity, expression or behavior is different from those typically associated with their assigned sex at birth, including but not limited to androgynous people, genderqueers and gender non-conforming people. Many people use the term “trans” for short. When referring to transgender people it is important to use the pronoun they prefer or the pronoun that they identify with. Some transgender people decide to use hormones or surgery to change their physical bodies, while others may not. Both may identify as transgender.

Transgender Man – also referred to as transman or FTM (female to male). A term for a transgender individual who currently identifies as a man.

Transgender Woman – also referred to as transwoman or MTF (male to female). A term for a transgender person who identifies as a woman.

Genderqueer (or Gender nonconforming) – a person who redefines their gender, or who refuses gender altogether, or does not conform to traditional gender norms.

Intersex – having both male and female anatomical characteristics, including in varying degrees, reproductive and secondary sexual characteristics. Intersex individuals may or may not identify as transgender.

Preferred Gender Pronoun – or PGP refers to the pronoun (i.e. he, she, and they) that a person prefers when referring to themselves. Sometimes you cannot tell by looking at someone what their gender identity or preferred pronoun is, so it can be helpful to ask someone what they prefer.

Questioning – anyone that isn't sure about their sexual orientation or gender identity.

Queer – historically a negative term used against people perceived to be LGBT. However, “queer” has been more recently reclaimed by younger people as an umbrella term to describe all those who do not conform to rigid notions of gender and sexuality. Queer also has been used in a political context and in academic settings to challenge traditional ideas about identity. However, queer is still seen as a derogatory term to some folks who are used to hearing it in a more negative context.

Ally – a person who advocates for or supports members of a community outside their own, reaching across differences to achieve mutual goals. Ally is used differently in different contexts. For example, a straight person could be an ally to the gay community or a white person could be an ally to communities of color.

Asexual/nonsexual – someone that does not feel sexually attracted to other people and doesn't have a desire for sex.

Down Low – a term used to refer to men who maintain a heterosexual identity and lifestyle in their daily lives, but engage in same-sex intercourse as a secret part of their lives.

Outing – exposing someone's sexual orientation to others, usually without their permission. Even if you know someone's sexual orientation, it is important to respect their privacy and right to decide when and if to disclose that to other people.

There are many terms used within the LGBT community. You may feel that you strongly identify with some of them or that you don't identify with any of them. Remember that these are just labels. Some people find the labels helpful in finding community, while others prefer not to use labels at all. Being attracted to other people and having sexual feelings is a natural part of life. If these feelings are new or not what you expect, you might be a little confused. As you grow and get older, there will be a lot of changes going on in your body and your mind. Just know that whatever you are feeling is okay, and you are not alone. Take your time to figure out your feelings and talk to someone you trust.

Empowering Spirits Foundation

4423 Tremont Street, Suite 24
San Diego, CA 92103
(858) 847-5222
www.empoweringspirits.org

North County LGBTQ Resource Center

510 North Coast Highway
Oceanside, CA 92054
(760) 944-1690
www.ncresourcecenter.org

Our Circle

North County LGBTQ Resource Center
510 North Coast Highway
Oceanside, CA 92054
Group meets 6-8PM every Thursday
(760) 717-3293
www.ourcircle.org

Project Youth

North County LGBTQ Resource Center
510 North Coast Highway
Oceanside, CA 92054
(760) 994-1690
www.ncresourcecenter.org/project-youth/

San Diego LGBT Community Center

3909 Centre Street
San Diego, CA 92103
(619) 692-2077
www.thecentersd.org

Gay Straight Alliance Network – Empowers youth activists to fight homophobia and transphobia in schools. Find a chapter near you and learn how to get involved!
www.gsannetwork.org

National Coalition of LGBT Health – An organization committed to improving the health and well-being of lesbian, gay, bisexual, questioning, and transgender individuals.
<http://lgbthealth.webolutionary.com/>

PFLAG – Provides information and support to parents and friends of lesbians and gays.
www.community.pflag.org

San Diego LGBT Pride – The official website of the San Diego Pride Festival and Parade.
www.sdpride.org

The Trevor Project – A national organization that provides crisis intervention to LGBTQ youth.
www.thetrevorproject.org/organization

Y.E.S. San Diego – A youth empowerment summit for LGBTQ youth, young adults and friends.
<http://www.yessandiego.org/>

Youth Resource – A website created by and for gay, lesbian, bisexual, transgender, and questioning young people that offers support on sexual and reproductive health issues.
www.amplifyyourvoice.org/youthresource

Health and Nutrition

When you've got your health, you've got everything. If you think about it, it's true. When you don't feel good, other things seem less important. Getting healthy and staying healthy are important goals. As a teenager, it might be difficult to feel like you are in control of your own health. You might have to eat the food that your parents buy and make for you, are limited to lunch in the school cafeteria, or have lots of extracurricular activities or obligations that keep you from getting enough activity. Many health problems can be prevented if you take care of yourself. The best way to do that is to make it a habit to exercise, eat right, get enough sleep, and get regular medical, dental and eye checkups. Eat and drink in moderation, don't smoke and if you choose to have sex, protect yourself!

County of San Diego, Health & Human Services Agency, Maternal, Child and Family Health Services Child Health and Disability Prevention Program

San Diego, CA 92110
(800) 675-2229
www.sdmcfhs.org

County of San Diego, Health & Human Services Agency, Maternal, Child and Family Health Services Perinatal Care Network

San Diego, CA 92110
(800) 675-2229
www.sdmcfhs.org

Neighborhood Healthcare

460 North Elm Street
Escondido, CA 92025
(760) 520-8100
www.nhcare.org

Neighborhood Healthcare

1001 East Grand Avenue
Escondido, CA 92025
(760) 520-8200
www.nhcare.org

Neighborhood Healthcare - Women's Center, Family Planning and Teen Clinic

728 East Valley Parkway
Escondido, CA 92025
(760) 737-6900
www.nhcare.org

Neighborhood Healthcare - Pediatrics and Prenatal

426 North Date Street
Escondido, CA 92025
(760) 690-5900
www.nhcare.org

Neighborhood Healthcare - Ray M. Dickinson Wellness Center

425 North Date Street
Escondido, CA 92025
(760) 520-8300
www.nhcare.org

Neighborhood Healthcare

16650 Highway 76
Pauma Valley, CA 92061
(760) 742-9919
www.nhcare.org

North Coastal Public Health Center - STD Clinical Services

104 South Barnes Street
Oceanside, CA 92054
(760) 967-4401
www.sdcounty.ca.gov/hhsa/programs/phs/hiv_std_hepatitis_branch/std_clinical_services.html

North Inland Public Health Center

606 East Valley Parkway
Escondido, CA 92025
(760) 740-4000

North County Health Services

1295 Carlsbad Village Drive, Suite 100
Carlsbad, CA 92008
(760) 720-7766
www.nchs-health.org

North County Health Services - Women's Health Center

1130 Second Street
Encinitas, CA 92024
(760) 753-7842
www.nchs-health.org

North County Health Services

727 West San Marcos Boulevard, Suite 112
San Marcos, CA 92078
(760) 736-8810
www.nchs-health.org

North County Health Services

3220 Mission Avenue, Unit 1
Oceanside, CA 92058
(760) 433-3155
www.nchs-health.org

North County Health Services

605 Crouch Street
Oceanside, CA 92054
(760) 757-4566
www.nchs-health.org

North County Health Services

2216 El Camino Real, Suites 121-122
Oceanside, CA 92054
(760) 400-0277
www.nchs-health.org

North County Health Services

2210 Mesa Drive, Suite 12
Oceanside, CA 92054
(760) 966-3306
www.nchs-health.org

North County Health Services

2210 Mesa Drive, Suite 5: Women, Suite 12: Children
Oceanside, CA 92054
(760) 757-5841
www.nchs-health.org

North County Health Services

217 Earlham Street
Ramona, CA 92065
(760) 789-1223
www.nchs-health.org

North County Health Services

150 Valpreda Road
San Marcos, CA 92069
(760) 736-6767
www.nchs-health.org

San Diego County of Education

6401 Linda Vista Road
San Diego, CA 92111
(858) 569-5389
www.sdcoe.net

Tri-City Medical Center

4002 Vista Way
Oceanside, CA 92056
(760) 724-8411
www.tricitymed.org

Vista Community Clinic

134 Grapevine Road
Vista, CA 92083
(760) 631-5000
www.vistacommunityclinic.org

Vista Community Clinic

517 North Horne Street
Oceanside, CA 92054
(760) 631-5000
www.vistacommunityclinic.org

Vista Community Clinic

4700 North River Road
Oceanside, CA 92057
(760) 631-5000
www.vistacommunityclinic.org

Vista Community Clinic

818 Pier View Way
Oceanside, CA 92054
(760) 631-5000
www.vistacommunityclinic.org

Vista Community Clinic

1000 Vale Terrace
Vista, CA 92084
(760) 631-5000
www.vistacommunityclinic.org

Kid's Health – Includes articles, animations, games, and health resources for parents, teens, and children
www.kidshealth.org

Nutrition.gov – U.S. federal guide offering access to all government web sites with information on nutrition, weight management, health issues, shopping, and more.
www.nutrition.gov

Shaping America's Youth: Childhood, Teenage, & Youth Obesity – Provides childhood, teenage, and youth obesity, nutrition, health, and exercise information and statistics.
www.shapingamericasyouth.org

Intimate Partner Violence

Relationships can be hard work. It's normal to have ups and downs. But there are some things that do not belong in a healthy relationship and that you shouldn't put up with. These include being:

- Put down
- Yelled at
- Shoved
- Controlled
- Ignored
- Afraid of your partner
- Embarrassed in front of others
- Told what you can or cannot wear

These are indications of intimate partner violence, which is defined as violent behavior between people that are in romantic relationships. It could be physical, emotional, financial, or sexual. No matter what kind it is, intimate partner violence can happen to anyone and have some pretty serious long-term effects on individuals and families. Even if it happens once, it's not what you deserve – you deserve respect.

Just like in any other case of violence or abuse, there are lots of people that can help you. If you need someone to talk to, somewhere to go, or need any other form of assistance, tell someone you trust or contact one of the numbers provided here.

Alternatives to Domestic

24-Hour Crisis Line
(800) 339-SAFE (7233)

Center for Community Solutions

240 South Hickory Street, Suite 110
Escondido, CA 92025
(760) 747-6282
www.ccssd.org

Community Resource Center

111 C Street
Encinitas, CA 92024
(760) 753-8222
www.communityresourcecenter.org

National Domestic Violence Hotline

(800) 799-SAFE (7233)
www.ndvh.org

North County Family Violence Prevention Center

330 Rancheros Drive, Suite 116
San Marcos, CA 92069
(760) 798-2835
www.ccssd.org/get-help/north-county-family-violence-prevention-center

North County Family Violence Prevention Center

240 S. Hickory St., Suite 110
Escondido, CA 92025
(760) 747-6282
www.ccssd.org/get-help/north-county-family-violence-prevention-center

North County Lifeline

200 Michigan Avenue
Vista, CA 92084
(760) 842-6244
www.nclifeline.org

San Diego Domestic Violence Hotline

(888) DVLINKS (385-4657)
www.sandiego.gov/sandiegofamilyjusticecenter

San Diego County of Education

6401 Linda Vista Road
San Diego, CA 92111
(858) 569-5389
www.sdcoe.net

San Diego Stalking Hotline

(619) 515-8900
www.sdcca.org/protecting/stalking.php

Sexual Assault Hotline

(858) 272-1767

Women's Resource Center

1963 Apple Street
Oceanside, CA 92054
(760) 757-3500
www.womensresourcecenter-wrc.org

Institute for Counseling

Teen relationship violence treatment
(760)721-6241

A Thin Line – MTV's A Thin Line campaign was developed to empower you to identify, respond to, and stop the spread of digital abuse in your life.

www.athinline.org

Break The Cycle – Break the Cycle is the leading, national non-profit working to end teen dating violence and abuse.

www.breakthecycle.org

The Hotline – The National Domestic Abuse Hotline website has lots of information and resources.

www.thehotline.org

My Strength – Take action in your community to stop rape.

www.mystrength.org

San Diego Domestic Violence Council – An organization dedicated to developing, promoting and enhancing creative prevention and effective intervention initiatives, which will reduce the amount of violence in intimate relationships.

www.sddvc.org

The Safe Space – Relationships can be hard. Learn about building healthy relationships and dealing with abusive relationships here.

www.loveisrespect.org

Start Strong Teens – Promoting healthy relationships and ensuring violence and abuse are never tolerated.

www.startstrongteens.org

Stay Teen – The best time to think about how you'd handle something risky is before it actually happens
www.stayteen.org

Teen Relationships – You deserve a healthy relationship! This site tells how to recognize the signs of an abusive relationship and what a healthy relationship is.
www.teenrelationships.org

That's Not Cool – If it feels bad, it is bad. Draw your digital dating line.
www.thatsnotcool.com

Mentoring

We all have dreams for the future but figuring out how to make them come true isn't always easy. Sometimes influence from family and friends makes it difficult for us to see our goals clearly. Finding a mentor to help you work through some of those difficult decisions in your life can really help. Mentors provide support, guidance, and encouragement to help you figure out how you can achieve your dreams. A mentor is not just a friend, their purpose is to be a positive role model for you and help you lead a successful life. Whether your goals are school- or career-oriented, mentors will work with you to develop a plan customized to your own life and will support you along the way.

Big Brothers Big Sisters of San Diego County

8515 Arjons Drive, Suite A
San Diego, CA 92126
(858) 536-4900
www.sdbigs.org

Club Xcite

1137 Camino Del Mar
Del Mar, CA 92014
(858) 922-0617
www.exciteway.com

Community Housing Works – Community Programs

1820 South Escondido Boulevard, Suite 100
Escondido, CA 92025
(760) 432-6878 ext. 5454
chworks.org/chw-programs-services

North County Lifeline

707 Oceanside Boulevard
Oceanside, CA 92054
(760) 842-6214
www.nclifeline.org

San Diego County of Education

6401 Linda Vista Road
San Diego, CA 92111
(858) 569-5389
www.sdcoe.net

Vista Community Clinic – Step Up

1000 Vale Terrace
Vista, CA 92084
(760) 631-5000 ext. 7141
www.vistacommunityclinic.org/StepUp

National Mentoring Partnership – A comprehensive site on youth mentoring.
www.mentoring.org

Personal Safety

Personal safety just means keeping yourself safe from harm. People, places, and things should not lead you to danger. Being aware of your surroundings and prepared to protect yourself will go a long way in keeping you out of harm's way.

Tips to keep safe:

- Set and communicate limits – people won't know unless you tell them!
- Trust your intuition – if something feels wrong, bad, too good to be true, etc... it probably is! If someone gives you the creeps, follow your instincts.
- Be aware of yourself, others, and your surroundings.
- Avoid unnecessary risks.
- Say no – and mean it – scream it out loud and make a scene if you have to!
- ALWAYS have a plan.

In an emergency, always call 911.

Kidpower Teenpower Fullpower – Provides information on bullying prevention, child abuse prevention, stranger awareness, and personal safety for children, teens, and adults, including those with special needs.
www.kidpower.org

National Crime Prevention Council – Articles on personal safety, securing a home and property, and safeguarding a family
www.ncpc.org

Running Away and Homelessness

Getting through your teens years and living at home with parents/guardians can seem nearly impossible sometimes. Maybe you think they don't understand you or they won't let you do the things that you want to do. Maybe they have some rules that you don't like or there is some domestic violence going on. It doesn't matter what the reason is – sometimes you might feel like you want to just run away. Running away from home might sound fun, glamorous, or like it is the only answer. Think it through before making a quick decision, though – it can be a tough world out there and you are going to need food, money, and a roof over your head. Try talking through whatever problems you might be having. Or, maybe talk to your parent/guardian about a safe place (a friend or relative's house, a safe local hangout) where you can go to get away when things get tough without putting yourself in any danger.

Brother Benno's Kitchen

3260 Production Avenue
Oceanside, CA 92058
(760) 439-1244
www.brotherbenno.org

Interfaith Community Services

2195 Oceanside Boulevard
Oceanside, CA 92054
(760) 721-2117
www.interfaithservices.org

Interfaith Community Services

550 West Washington Avenue, Suite B
Escondido, CA 92025
(760) 489-6380
www.interfaithservices.org

North County Solutions for Change

722 West California Avenue
Vista, CA 92083
(760) 941-6545
www.solutionsforchange.org

San Diego Youth Services

3255 Wing Street
San Diego, CA 92110
(619) 221-8600
www.sdyouthservices.org

St. Clare's Home, Inc.

2201 East Valley Parkway
Escondido, CA 92027
(760) 741-0122

Stand Up For Kids

1905 Apple Street
Oceanside, CA 92054
(760) 433-5437
www.standupforkids.org

YMCA Oz North Coast

215 Barnes Street
Oceanside, CA 92054
(760) 721-8930
www.yfs.ymca.org/residential-services/oz-shelter-services.html

YMCA TAY Academy

215 Barnes Street
Oceanside, CA 92054
(760) 908-8357

YMCA TAY Academy

1050 North Broadway, Building C
Escondido, CA 92026
(760) 908-9373

Youth Homelessness & Run Away Prevention – Call (800) RUNAWAY if you are thinking of running from home, if you have a friend who has run away, or if you are a run-away ready to go home.
www.1800runaway.org

Sexual Health Issues

Everyone is having sex, right???

Wrong. Less than half of teenagers in high school are having sex. With that said, everyone is talking about it. How do you know if you are ready? How do you keep yourself safe from STDs, unplanned pregnancy, and abuse? There is so much information out there about sex. Make sure you have all the facts so that you can make the best decisions for YOU and stay safe.

Am I Ready for Sex?

For most people deciding when to have sex can be a pretty difficult decision. Only you can decide when you are ready for sex. Don't let anyone pressure you into having sex. The answer to "Am I ready?" is different for every person. There is no "magical" age. There is no set time in a relationship to start having sex with your partner. And, there is no rule which says you must have sex with someone, even if you have been dating for a long time. Sex should be a joyful, comfortable, and guilt-free experience for both you and your partner. To make the best decision for you, you should know:

- The right person will wait until you are ready.
- You always have the right to say "No" to sex even if you have said "Yes" before!

Here are some questions to help you decide if you are ready:

- Am I feeling pressured to have sex by my partner, my friends, or television and movies?
- Will having sex fit with my religious or moral beliefs?
- Will I feel guilty if I have sex?
- Do I want to have sex to get love, affection, or attention?
- Do I want to have sex to prove that I am sexually attractive?
- Am I afraid that my reputation will be hurt if I have sex?
- Do I think sex will bring my partner and me closer together, both emotionally as well as physically?
- Do my partner and I both want the same things from sex?
- Can I talk to my partner about birth control and can we share the responsibility for birth control?
- Can I talk to my partner about sexually transmitted diseases and how we can protect ourselves?
- If birth control fails, are we ready to deal with an unplanned pregnancy?

Sexually Transmitted Diseases (STDs)

Sexually transmitted diseases (STDs) are passed from one person to another during sexual contact. The bad news is that they are very common – more than half of sexually active people will get one at some point in their lives! The good news is that you can protect yourself by practicing safe sex (condoms please!). Most STDs don't have any symptoms, so you might not even know that you have one. If you're sexually active, it is really important that you get tested regularly so that if you do become infected with an STD, you can get treatment. Some STDs can be cured with medications. Others can be treated with medications to ease the symptoms and long-term effects of the diseases. Your best option is to use protection and talk to your partner(s) about getting tested for STDs.

Birth Control

If you are having sex with someone of the opposite gender, it is a good idea to use one or more forms of birth control to avoid an unplanned pregnancy. Four out of five teen pregnancies are not planned. Parenting is expensive and hard work!! Talk to your doctor about which kind of birth control is best for you and your partner. Some common forms of birth control are condoms, the pill, the patch, and intrauterine devices (IUDs). In California, anyone 12 and older can go to certain health clinics (find the clinic closest to you at familyfact.org) to get free or low-cost birth control – so there is no excuse! Whether you are a guy or a girl, make sure you are talking to your partner about birth control. It is never up to just one partner.

Sexual Abuse/Sexual Assault

Any type of sexual activity that you don't consent to is sexual assault and is illegal. There are lots of ways that sexual assault can occur. It could be touching someone without their consent or it could be rape. Young women in their late teens and early 20s are more likely to be victims of sexual assault, but it can happen to anyone. Sexual abuse or assault can also occur between any two people – not necessarily strangers. It could be friends, family members, or a boyfriend/girlfriend. If you think you have been sexually assaulted, contact someone you can trust to support you to make a report and get help. If you don't know who to talk to, call any of the resources below and someone will be there to help you.

Sexual Harassment

Sexual harassment is unwelcome sexual behavior at school or in the workplace. It could be coming from a teacher, administrator, peer, supervisor, co-worker, or customer. This includes sexual comments, degrading jokes or pictures, pressure for sexual favors, inappropriate touching, or even an assault. If sexual harassment happens to you at school or your job, there is likely a contact person in your student or employee handbook. If you need help, talk to a trusted teacher or supervisor.

Alternatives Women's Center

257 East Second Avenue
Escondido, CA 92025
(760) 741-9796

Birth Choice of San Marcos

277 South Rancho Santa Fe Road, Suite S
San Marcos, CA 92078
(760) 744-1313
www.birthchoice.net

Birth Choice of Oceanside

611 Mission Avenue
Oceanside, CA 92054
(760) 231-8885
www.birthchoice.net

Chadwick Center for Children and Family

3605 Vista Way, Suite 101
Oceanside, CA 92056
(760) 967-7082
www.chadwickcenter.org

Girls, Inc.

PO Box 300683
Escondido, CA 92030
(800) 891-7332
www.girlsincsd.org

North County Health Services

1295 Carlsbad Village Drive, Suite 100
Carlsbad, CA 92008
(760) 720-7766
www.nchs-health.org

North County Health Services

1130 Second Street
Encinitas, CA 92024
(760) 753-7842
www.nchs-health.org

North County Health Services

727 West San Marcos Boulevard, Suite 112
San Marcos, CA 92078
(760) 736-8810
www.nchs-health.org

North County Health Services

3220 Mission Avenue, Unit 1
Oceanside, CA 92058
(760) 433-3155
www.nchs-health.org

North County Health Services

605 Crouch Street
Oceanside, CA 92054
(760) 757-4566
www.nchs-health.org

North County Health Services

2210 Mesa Drive, Suite 12
Oceanside, CA 92054
(760) 966-3306
www.nchs-health.org

North County Health Services

2210 Mesa Drive, Suite 5: Women, Suite 12: Children
Oceanside, CA 92054
(760) 757-5841
www.nchs-health.org

North County Health Services

217 Earlham Street
Ramona, CA 92065
(760) 789-1223
www.nchs-health.org

North County Health Services

150 Valpreda Road
San Marcos, CA 92069
(760) 736-6767
www.nchs-health.org

North County Lifeline

707 Oceanside Boulevard
Oceanside, CA 92054
(760) 842- 6247
www.nclifeline.org

North County Lifeline

200 Michigan Avenue
Vista, CA 92084
(760) 757-0118 ext. 6326
www.nclifeline.org

North Coastal Public Health Center

104 South Barnes Street
Oceanside, CA 92054
(760) 967-4401
www.sdcounty.ca.gov/hhsa/facilities/north_coastal/public_health_center_north_coastal.html

Planned Parenthood

1820 Marron Road, Suite 110
Carlsbad, CA 92008
(888) 743-7526
www.plannedparenthood.org

Planned Parenthood

347 West Mission Avenue
Escondido, CA 92025
(888) 743-7526
www.plannedparenthood.org

Pregnancy Resource Center

1830 Hacienda Drive, Suite 8
Vista, CA 92081
(760) 945-4673
www.pregnancyresourcecenter.com

San Diego Adolescent Pregnancy & Parenting Program (SANDAPP)

104 South Barnes Street
Oceanside, CA 92054
(760) 967-4559

STD Community Interventions Program

3851 Rosecrans Street
San Diego, CA 92110
(619) 293-4744

Tri-City Medical Center

4002 Vista Way
Oceanside, CA 92056
(760) 724-8411
www.tricitymed.org

Vista Community Clinic
517 North Horne Street
Oceanside, CA 92054
(760) 631-5000
www.vistacommunityclinic.org

Vista Community Clinic
1000 Vale Terrace
Vista, CA 92084
(760) 631-5000
www.vistacommunityclinic.org

Advocates for Youth – Helps young people make informed and responsible decisions about their reproductive and sexual health.
www.advocatesforyouth.org

AVERT – Provides AIDS & HIV information, including information about HIV/AIDS infection, HIV testing, prevention.
www.avert.org

Go Ask Alice! – Ask your most awkward questions with complete privacy. The answers are frank, comprehensive, and scrupulously researched.
goaskalice.columbia.edu

I Wanna Know: Sexual Health and You – Sexual health and STD prevention information for teens, including chat, education, games, and other resources.
www.iwannaknow.org

It's Your (Sex) Life – MTV campaign to spread information about preventing pregnancy and STDs, including information about testing and relationships.
www.itsyoursexlife.com

NCSO Off the Record – CHATncsd's website, which includes information about sexual health and substance use with a focus on what's happening in North County.
www.ncsdofttherecord.org

Scarleteen – Sex Education for the real world. Sex Positive Sex Education. Articles, advice, accurate information and interactive media for young adults to explore and understand their sexuality.
www.scarleteen.com

Sex, Etc. – Why Wonder? This is a sex ed website and magazine for teens, by teens that provides info and advice on sex, love and relationships, pregnancy, birth control and condoms, HIV/STDs, and more.
www.sexetc.org

Suicide

Suicide is the third leading cause of death for 15 to 24 year olds and the fourth leading cause of death for children between the ages of 10 and 14 according to the Centers for Disease Control and Prevention (CDC). Feelings of hopelessness and anxiety, along with feelings of being trapped in a life that one can't handle, are very real contributors to teen suicide. Sometimes the pressures of life seem like too much to handle, and suicide seems like an easy escape. Suicide is never the way to solve a problem and will have a deep impact on everyone around you. If you or someone in your life is thinking about suicide, get help right away by calling one of the suicide hotlines, your doctor, or a trusted friend or adult. There are definitely tough times and it is okay to feel sad, depressed, or overwhelmed. Just know that it is possible to overcome any challenges that you are facing and there are people around you that are willing to help you out.

Girls, Inc.

PO Box 300683
Escondido, CA 92030
(800) 891-7332
www.girlsincsd.org

San Diego Access & Crisis Line

(800) 479-3339

Yellow Ribbon Suicide Prevention Program

7700 El Camino Real, Suite 207
Carlsbad, CA 92009
(760) 635-5904
www.yellowribbonsd.org

YMCA Oz North

215 Barnes Street
Oceanside, CA 92054
(760) 721-8930
www.yfs.ymca.org/residential-services/oz-shelter-services.html

National Suicide Prevention Line – Call the National Suicide Prevention Lifeline at: (800) 273-TALK (8255), a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.
www.suicidepreventionlifeline.org

Suicide.org – An organization that provides suicide prevention, awareness, and support.
www.suicide.org

Teen Suicide – Offers statistics and articles on adolescent suicide prevention as well as teenage suicide warning signs.
www.teensuicide.us

The Trevor Project – The leading national organization that provides crisis and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.
www.thetrevorproject.org

Support Groups

We can all feel like we are alone if we are going through a difficult time. That is just a fact of life. The good news is that we are not alone! If you are going through something, it is pretty much a guarantee that someone else is going through or has been through the same exact thing. There are support groups for pretty much anything you can imagine. If you need someone to talk to or feel like nobody understands, a support group can be a great place for you to connect with others.

Girls, Inc.

PO Box 300683
Escondido, CA 92030
(800) 891-7332
www.girlsincsd.org

Our Circle

North County LGBTQ Resource Center
510 North Coast Highway
Oceanside, CA 92054
(760) 717-3293
www.ourcircle.org

San Diego County of Education

6401 Linda Vista Road
San Diego, CA 92111
(858) 569-5389
www.sdcoe.net

Daily Strength – A free and anonymous online community and talk to friendly people facing the same challenges you are.
www.dailystrength.org

GoLiveWire – Teen Forums, Teen Advice, College Forums, Technical Peer Support Discussion Boards - Teens and college students share their problems in forums.
www.golivewire.com

National Alliance on Mental Illness – A website with a list of many different support groups and hotlines for varying topics.
www.naminorthcoastal.com/?page_id=95

TeenHelp – An international not-for-profit organization who provides anonymous support and advice to anybody who needs it.
www.teenhelp.org

Teens and the Law

Turning 18 means that you are an adult in the eyes of the law. What does that mean? It means that your parent or guardian is no longer responsible for anything that you do...YOU ARE! You now have rights and responsibilities that you didn't have to worry about in years 1-17. At age 18:

I have a duty to:

- Register for the draft (males only) within 30 days of my 18th birthday or be imprisoned or fined.
- Pay taxes on the money I make.
- Serve on juries when I am summoned.

As an adult, I can:

- Vote.
- Make a will and/or trust.
- Apply for credit in my own name.
- Rent or lease an apartment in my own name.
- Buy real estate in my own name.
- Get a job without a work permit.
- Get married without my parent's consent.
- Register as a domestic partner without my parent's consent.
- Get medical treatment without my parent's consent.
- Get a driver's license without my parent's consent.
- Join the military without my parent's consent.

I can no longer:

- Depend on my parents to support me or pay my bills.
- Let my parents take legal responsibility for my actions.
- Have my police record "sealed".
- Be tried in juvenile court on a criminal charge.

Until I am 21, I cannot legally:

- Buy, sell or consume alcoholic beverages.
- Be in a car with liquor, even if the container is sealed, without a parent or guardian.
- Work in a place that sells alcohol as its main business.
- Be in a bar unless I have legal business there.

Sometimes this freedom can feel great, but it is important to know all the facts so that you don't get yourself into any trouble with the law. Even if you don't feel different or ready for it, you carry much more responsibility for your actions when you turn 18.

San Diego Volunteer Lawyer Program

707 Broadway, Suite 1400
San Diego, CA 92101
(619) 235-5656
www.sdvlp.org/get_help/services/children_youth

North County Domestic Violence Restraining Order Clinic

325 South Melrose Drive
Vista, CA 92081
(619) 235-5656
www.sdvlp.org/get_help/services/children_youth

STD Community Interventions Program

3851 Rosecrans Street
San Diego, CA 92110
(619) 293-4744

Ask The Judge! – Ask the Judge provides answers to teens about juvenile law, youth rights, and juvenile justice issues. Know your rights and the legal consequences of your actions.
www.askthejudge.info

California Bar Association – Free and downloadable information and pamphlets to teach you about the law.
www.calbar.ca.gov/public/pamphlets.aspx

Teen Health Law – Links, resources, publications on all kinds of laws that affect teens and their health.
www.teenhealthlaw.org

Teen Pregnancy

Being a teen and being a parent can add a lot of new responsibilities and stresses to a persons' life. It can feel isolating and scary to have so many changes and new responsibilities and financial strain on top of the stresses that teens experience already. However, there are programs aimed at supporting teens through this process. Below are a few resources that may be helpful in supporting you through this process.

Cal-SAFE Escondido Unified School District

750 San Pasqual Road
Escondido, CA 92025
(760) 291-6062

Cal-SAFE Oceanside Unified School District

3131 Oceanside Boulevard
Oceanside, CA 92056
(760) 901-8633
www.oshs.osite.us

Cal-SAFE San Marcos Unified School District

920 Boardwalk
San Marcos, CA 92078
(760) 290-2435
www.smusd.org/domain/1776

Foothills Teen Parent Program

920 Boardwalk
San Marcos, CA 92078
(760) 290-2973

Cal-SAFE Vista Unified School District

One Panther Way
Vista, CA 92084
(760) 941-4993

Neighborhood Healthcare

460 North Elm Street
Escondido, CA 92025
(760) 520-8100
www.nhcare.org

Neighborhood Healthcare

1001 East Grand Avenue
Escondido, CA 92025
(760) 520-8200
www.nhcare.org

Neighborhood Healthcare - Women's Center, Family Planning and Teen Clinic

728 East Valley Parkway
Escondido, CA 92025
(760) 737-6900
www.nhcare.org

Neighborhood Healthcare - Pediatrics and Prenatal

426 North Date Street
Escondido, CA 92025
(760) 690-5900
www.nhcare.org

Neighborhood Healthcare - Ray M. Dickinson Wellness Center

425 North Date Street
Escondido, CA 92025
(760) 520-8300
www.nhcare.org

Neighborhood Healthcare

16650 Highway 76
Pauma Valley, CA 92061
(760) 742-9919
www.nhcare.org

North Coastal Public Health Center

104 South Barnes Street
Oceanside, CA 92054
(760) 967-4401

North Inland Public Health Center

606 East Valley Parkway
Escondido, CA 92025
(760) 740-4000

North County Lifeline

707 Oceanside Boulevard
Oceanside, CA 92054
(760) 842-6214
www.nclifeline.org

North County Health Services

1295 Carlsbad Village Drive, Suite 100
Carlsbad, CA 92008
(760) 720-7766
www.nchs-health.org

North County Health Services

1130 Second Street
Encinitas, CA 92024
(760) 753-7842
www.nchs-health.org

North County Health Services

727 West San Marcos Boulevard, Suite 112
San Marcos, CA 92078
(760) 736-8810
www.nchs-health.org

North County Health Services

3220 Mission Avenue, Unit 1
Oceanside, CA 92058
(760) 433-3155
www.nchs-health.org

North County Health Services

605 Crouch Street
Oceanside, CA 92054
(760) 757-4566
www.nchs-health.org

North County Health Services

2210 Mesa Drive, Suite 12
Oceanside, CA 92054
(760) 966-3306
www.nchs-health.org

North County Health Services

2210 Mesa Drive, Suite 5: Women, Suite 12: Children
Oceanside, CA 92054
(760) 757-5841
www.nchs-health.org

North County Health Services

217 Earlham Street
Ramona, CA 92065
(760) 789-1223
www.nchs-health.org

North County Health Services

150 Valpreda Road
San Marcos, CA 92069
(760) 736-6767
www.nchs-health.org

North County Lifeline

707 Oceanside Boulevard
Oceanside, CA 92054
(760) 842- 6247
www.nclifeline.org

Planned Parenthood

1820 Marron Road, Suite 110
Carlsbad, CA 92008
(888) 743-7526
www.plannedparenthood.org

Planned Parenthood

347 West Mission Avenue
Escondido, CA 92025
(888) 743-7526
www.plannedparenthood.org

Pregnancy Resource Center

1830 Hacienda Drive, Suite 8
Vista, CA 92081
(760) 945-4673
www.pregnancyresourcecenter.com

San Diego Adolescent Pregnancy & Parenting Program (SANDAPP)

104 South Barnes Street
Oceanside, CA 92054
(760) 967-4559

Tri-City Medical Center

4002 Vista Way
Oceanside, CA 92056
(760) 724-8411
www.tricitymed.org

Vista Community Clinic

517 North Horne Street
Oceanside, CA 92054
(760) 631-5000
www.vistacommunityclinic.org

Vista Community Clinic

1000 Vale Terrace
Vista, CA 92084
(760) 631-5000
www.vistacommunityclinic.org

Volunteering

Volunteering is a really great way to spend time in your teen years – you will benefit in so many ways. It will help you to build skills, learn new things, explore jobs and careers, meet people, stay active, have fun, AND give back to the community! Still not convinced? Volunteering is an amazing resume/college application-builder and can often lead to a paid job. The best part is that almost any business or community organization would welcome a volunteer – so the possibilities are endless! If you are looking for ideas, check out the links below to find a project or opportunity that is right for you. There are also special opportunities like the AmeriCorps and PeaceCorps that are paid volunteer positions with opportunities to earn money that you can use for your education.

Community Housing Works

1820 South Escondido Boulevard, Suite 100
Escondido, CA 92025
(760) 432-6878 ext. 5454
chworks.org/chw-programs-services

Girls, Inc.

PO Box 300683
Escondido, CA 92030
(800) 891-7332
www.girlsincsd.org

AmeriCorps – Offers challenging and rewarding full-time and part-time opportunities to volunteer in communities throughout the US.
www.americorps.gov

PeaceCorps – Travel and volunteer overseas to make real differences in the lives of real people.
www.peacecorps.gov

San Diego County Volunteer Service Program – Volunteering with the County of San Diego is an opportunity to give back to your community or gain valuable job training.
www.sdcounty.ca.gov/cob/volunteer

Serve – Helps you find volunteer opportunities and resources.
www.serve.gov

Volunteer Match – Provides volunteer information and listings in your local community. Find local volunteering opportunities now!
www.volunteermatch.org