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**LIVIN:**

**REALITY WITH AN INDEX**

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**Realty**  
The Met Center  
June 2002

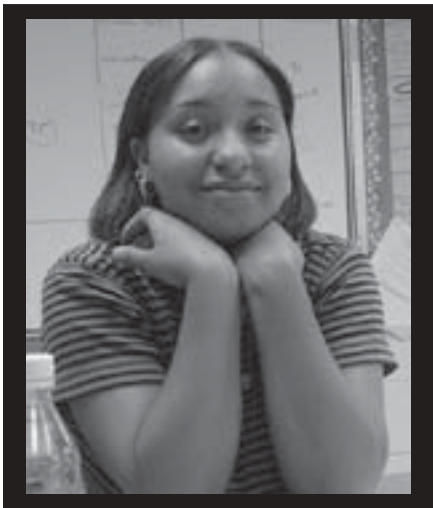
# *From the Author...*

## **Mission Statement**

*I know there are many things parents do not tell us about adolescence. Maybe it's because they don't know how to approach the fact that we are growing up: hey, I don't know the answer. But I do know that as a young woman I feel I should have total control over my body and know what's going on with my health at all times. I also think it is important for you to know what is going on with your body as well.*

*This booklet is here to teach teenagers how to properly care for themselves and help them get answers to questions they are afraid to ask. This booklet is going to tell you about many different types of birth control and how to practice safer sex. It is going to help you understand that safer sex is the best type of sex to have, if you choose to have sex. I don't recommend that anyone has sex, but if you choose to, I want to make sure that you are safe.*

*Just sit back, read and enjoy, and hopefully learn things that you didn't know that could help you make a choice that could change your life forever. Remember to respect yourself and make the best decision for you because you're the only one who's going to live with a mistake forever.*



*Takesha Lopes*

*Met student*

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# Birth Control...

## Tips on finding the best birth control for you

§ See if you can fit your birth control choice into your everyday schedule.

§ How effective will your choice of birth control be?

§ Can you afford to buy your choice of birth control?

§ Can your choice of birth control protect you against STD's?

## Birth Control Methods recommended for teens

### Lunelle

Lunelle is a hormone shot that is given in the buttocks or the arm every 30 days. The hormone keeps the ovaries from releasing the eggs. It also thickens the cervical mucus which keeps the sperm from meeting the eggs.

#### *Effectiveness:*

Lunelle is 99% effective in preventing pregnancy. Lunelle is as effective as birth control pills that are used properly.

#### *Pros*

- + Causes less side effects than Depo-Provera
- + It lasts only 30 days, so side effects only last 30 days
- + You do not have to take a pill or put anything into place before sex
- + It is good for people who have little privacy

#### *Cons*

- Doesn't protect against STD's
- May cause spotting in between period after the first injection
- The side effects are non-reversible

#### *Rough estimate on how much it will cost you:*

\$30-35 per injection, but may be less at local clinics

\$35-125 for the first exam, but some family planning clinics charge according to family income

#### *Places to go to get Lunelle:*

- § Local Health Clinics
- § Planned Parenthood
- § Private doctor and other health care providers

# Birth Control...

recommendations cont.

## Depo-Provera

Depo-Provera is a shot of progestin, a hormone that is shot into your arm or buttocks every 12 weeks. It prevents the release of the egg and thickens the cervical mucus to keep the sperm from joining the egg and implanting in the uterus.

### *Effectiveness:*

It is 99.7% effective in preventing pregnancy, but it doesn't protect against STD's.

### *Pros*

- + Protects against pregnancy for up to 12 weeks
- + Reduces menstrual cramps
- + No daily pills and can be used if the pill can't be taken by the individual
- + Protects against cancer of the lining of the uterus and iron deficiency and anemia.

### *Cons*

- Loss of monthly periods, or discomfort, including irregular bleeding
- Increased appetite, headaches, depression, abdominal pains
- Increased or decreased sex drive
- Side effects can't reverse until the 12 weeks are over
- May cause delay in pregnancies after you stop the shot
- May decrease bone mass in younger woman

### *Rough estimate on how much it will cost you:*

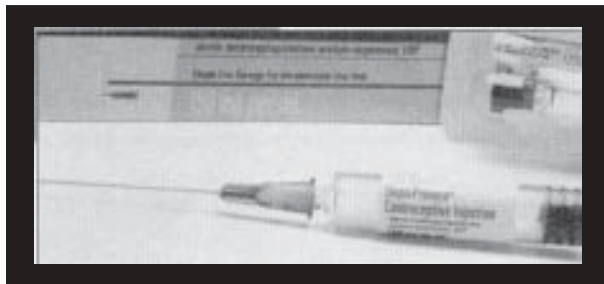
\$30-75 per injection, but may be less at local clinics

\$35-125 for the first exam, but some family planning clinics charge according to family income

\$20-40 for subsequent visits plus medication

### *Places to go to get Depo-Provera:*

- š Local Health Clinics
- š Planned Parenthood
- š Private doctor and other health care providers



*right:* Depo-Provera or Lunelle

# Birth Control...

recommendations cont.

## Diaphragm

A Diaphragm is a plastic cap that blocks the cervix keeping sperm from entering the uterus and tubes, where sperm could meet and fertilize the egg.

### *Effectiveness:*

The diaphragm is approximately 80% effective.

### *Pros:*

- + No side effects from hormones
- + Can be stopped at any time
- + Easy to use with a little practice
- + Can be put into place right before sexual acts or up to 2-3 hours before intercourse.
- + Can be used with spermicides to help get more protection

### *Cons:*

- Doesn't protect against STD's
- Can't take out until 6 hours after intercourse
- May get moved out of place during intercourse
- Some women may be allergic to spermicides and diaphragm
- You need to apply spermicides with every sexual act
- Can cause an increase in urinary tract infections

### *Rough estimate of how much Diaphragms might cost:*

\$25-\$45 plus the cost of spermicide gel  
(which you'll have to buy often).

### *Places to go to get a Diaphragm:*

- § Local Health Clinics
- § Planned Parenthood
- § Private doctor and other health care providers



Top: Male Condoms

left: Female Condom

# Birth Control...

recommendations cont.

## Condoms

A condom is a sheath, which is a covering, made to fit a man's penis. In addition to the more widely used male condoms, female condoms are now on the market; they are made similar to the male version but are inserted into the woman's vagina. Condoms are also known as rubbers, gloves, or jimmy hats. Condoms come in different sizes, flavors and many different colors.

### *Effectiveness:*

Used properly, female condoms are 95% effective and males are 96.5%.

### *Pros*

- + Lower your risk for transmitting or receiving STD's
- + Effective against pregnancy
- + Don't need to have a prescription from your health provider to get condoms
- + No harmful hormonal side effects
- + Can be bought at your local drug store

### *Cons*

- Have to use a new one every time you have sex
- Can break
- May cause allergic reactions due to latex or to spermicides
- May embarrass some people to buy them
- Can slip off
- May decrease sensation

### *Condoms have different types like:*

Latex and polyurethane: Help to protect against STD's and are materials that don't permit the passage of sperm.

Lubricated: Help with comfort and sensitivity during intercourse.

Non-Lubricated: Could be used with a water-based lubrication for more comfort.

Spermicidally lubricated with nonoxynol-9: The nonoxynol-9 helps with the extra protection against pregnancy by killing some of the active sperm when they enter the condom.

Lambskin: For people who are having bad reactions to the latex or polyurethane condoms.

Flavored condoms: Are used to protect females from contracting an STD during oral sex on a man.

The Dental Dam: Is a clear sheet of latex that is used to cover the woman's clitoris while a man is performing oral sex on her. This is used to keep a man from contracting a STD while performing oral sex on a woman.

# Birth Control...

recommendations cont.

## ***Rough estimate of how much condoms might cost:***

There are many different types of condoms on the market. However, the ones that are advertised most frequently are Trojan, Lifestyles and Durex condoms. The most expensive is the Trojan brand; they cost \$12.49 for a twelve pack. Durex costs \$11.99 for a twelve pack, and Lifestyles costs \$9.49 for a twelve pack. That seems like a lot of money, but it's approximately a dollar per sexual act (Durex price). Blue Cross' co-pay is \$25 a month for birth control. If you bought Durex for 24 sexual encounters, then you would pay approximately \$24, which is about what you would pay for a month's supply of birth control pills.

## ***Places you can go to get condoms:***

- § Local drug stores
- § Local health care providers
- § Free health clinics, local teen outreach programs

## **Spermicides and Foams**

Contraceptive foams, creams, jellies, films, and suppositories are inserted into the woman's vagina with a plastic applicator one hour before sex. The foam blocks the entrance to the uterus with bubbles that contain spermicide, trapping and killing the sperm, keeping them from getting to the egg.

***Effectiveness:*** They are 94% effective when used properly.

### ***Pros***

- + Easy to buy at the local drug stores
- + No prescription needed to get the spermicides

### ***Cons***

- Have to put it into place before every sexual act
- Can be messy
- May irritate vagina or penis; may set off allergies

## ***Rough estimate of how much spermicides might cost:***

\$8-\$18 for applicator kits of foam and gel  
\$4-\$8 for refills, similar prices for films and suppositories

## ***Places to go to get spermicides:***

- § Local drug stores
- § Doctor's office
- § Local health care clinics



# Birth Control...

recommendations cont.

## Birth Control Pills

Birth Control is a small tablet containing synthetic hormones which women can take every day for either twenty-one or twenty-eight days. There are two types of birth control pills: (1) combined oral contraceptives pills and (2) progestin-only oral contraceptive mini pills. The combined pills contain estrogen and progestin to suppress ovulation, thicken cervical mucus to block passage of sperm, and thin the endometrial lining. The mini contains only progestin.

**Effectiveness:** They are 95% effective when taken properly.

### *Pros*

- + Can be stopped anytime
- + Causes lighter, regular periods and less cramping
- + Doesn't interrupt sex
- + Protects against cancer of the ovaries and uterus as well as ovarian cysts

### *Cons*

- Requires strict daily pill-taking
- Requires a prescription and medical check-up
- May cause bleeding between periods
- May cause nausea and mood swings

### *Rough estimate of how much Birth Control might cost:*

with insurance its \$15-\$25 a month (without it's about \$30) plus doctor or clinic fees

### *Places you can go to get birth control:*

- § Doctor's office
- § Local clinics
- § Local Planned Parenthood



*above:* Spermicide and foam



*Top right:* Birth control pills



*Bottom right:* Diaphragm

# Birth Control...

Birth Control Not recommended for teens

## **Sterilization**

This method is for the most part permanent. Doctors discourage this operation for anyone under the age of 30. The reason they discourage teens from having this operation is because teens may decide to have a family later on in life.

### *What is sterilization?*

Sterilization is a surgical procedure performed by cutting the woman's fallopian tubes. This keeps the sperm from being able to meet the egg and fertilization to occur.

## **The IUD**

This method is usually discourage for teen-age girls because their uterus can be too small to hold the IUD. An IUD user can develop pelvic inflammatory disease and become unable to have children.

### *What is an IUD?*

The IUD (Intrauterine contraceptive devices) is a small plastic device with copper sleeves and a string. The device has strings much like that of a tampon so the user can make sure that the IUD is in place. The string also enables the IUD to be pulled out at anytime you choose to stop using that form of birth control. A professional health care provider inserts the IUD into the woman's uterus. It is a very effective and a reversible long-term method that is effective for up to 10 years. The IUD works by blocking the sperm from possibly getting through the vagina to the uterus to fertilize an egg.

## **Withdrawal**

It's important to remember that doctors don't recommend this method because some men lack the self-control to pull out or can't tell when they are going to ejaculate. Some other reasons are because men have pre-ejaculation. This method also has no protection against STD's

### *What is withdrawal?*

Withdrawal is when a male pulls his penis out of a woman's vagina before he ejaculates (cums).

# Birth Control...

*NOT recommended cont.*

## **Norplant**

It is not recommended for teens because teen's bodies are not fully developed and its hormones will stay in your body for 5 years and then it needs to be removed. It's a very expensive form of birth control costing \$500-600 for the initial implant and examination and \$100-200 for the removal.

### ***What is Norplant?***

Norplant is six capsules of progestin that are inserted under the arm through a needle. The progestin is a hormone that prevents release of the egg and thickens the cervical mucus to keep the sperm from joining the egg. It can be removed at anytime. It is 99.95% effective 24 hours after insertion. This method is effective for up to 5 years. Again, it does not protect against STD's.

### **The First Winter's Snow**

**By Takesha Lopes**

People come into your life and leave like the changing of the seasons.

In each person, different things for different reasons.

But with you, I don't know?

The Lord chose you, so you had to go...

Each day I look back on the past.

With something new to learn from the last.

So much hurt and sorrow, you will never know.

I will think of you at the first winter's snow.

With each flake that falls to the ground,

And another philosophy of what goes around comes around.

Many days I sit back and cry, but then it just makes me put my head high.

Hey, for all the things you didn't do, you have friends who will do them for

you.

For every day that I will miss you so, I will remember that everyone must soon

☪

## Student Poetry...

\*\*\*Love\*\*\*Lust\*\*\*Infatuation\*\*\*In-Love\*\*\*

By: Jacqueline Rivas

Some of us have been through them all, many only once or twice out  
of the four....

Do you know what it is like to love someone or better yet, do you  
know what it feels like to be in-love???

Know the difference???

"You don't love a woman because she is beautiful, but she is beauti-  
ful because you love her."

\*\*\*Obstacles\*\*\*

"What on earth would a man do with himself if something did not  
stand in his way?"

I make the best of all that comes, and the least of all that goes.  
I say this to say I don't have time for games; I don't play them.

Unless it's worth it...

Let my mind take you to where your focus is lost.

You say you want to build, you want to change, you want to make  
new.

But when I come through, it's the same old you:

b\*\*\*\* about this, b\*\*\*\* about that...

Let me lay down the facts.

I'm a woman and a woman is going to do woman things:  
take control of her world and everything in it.

Some dogs neglect the fact of the power they hold;  
they throw it away till it becomes as weak as the words they say.

# Sexually Transmitted Diseases...

## STD (Sexually Transmitted Disease)

Sexually transmitted diseases are diseases that can be spread from one person to another through sexual contact. STD's can cause pain and some can cause death if they go without being treated for a long period of time.

There are three general categories of sexually transmitted diseases. They are:

- 1) **bacterial** which are treatable and curable
- 2) **viral** which are treatable but not curable
- 3) **parasitic** which are treatable and curable

## Viral Sexually Transmitted Diseases

### Genital Warts

The Genital Warts virus is transmitted through direct contact with the warts.

**Symptoms:** Various appearing bumps (smooth flat, round, clustered; white, pink, brown) which are highly contagious. The virus responsible for the warts is called human papilloma virus. The warts are finger-like on genitals, usually on the penis, anus, vulva and vagina, or cervix.

**Treatment:** The warts can be surgically removed by freezing or laser therapy. The warts do not go away because the virus is still in your body. Since the virus is still in your body, you can have other outbreaks. There is no known cure for Genital Warts; there is only the treatment method described above.

### Genital Herpes

Genital Herpes is a virus that causes outbreaks of small painful blisters around the vagina, anus and penis. The blisters usually break, dry up, and scab. The blisters can last three weeks or more with the first outbreak which is usually the longest outbreak. The outbreak is reoccurring because the virus is still in your body. Genital Herpes can be spread by skin to skin contact or through unprotected sex or oral sex.

**Symptoms:** Small painful blisters on the sex organs. Flu-like symptoms such as fever, muscle aches, and sick feelings are common during first outbreak.

**Treatment:** There is medication that can help the outbreaks be less painful. The medication also helps keep the outbreaks last less time.

# *Sexually Transmitted Diseases...*

*virally transmitted cont.*

## **Hepatitis B**

Hepatitis B is a viral disease affecting the liver. Hepatitis B is 100 times more infectious than HIV; it is commonly spread through sexual contact and is in blood, semen, saliva, vaginal secretions and urine.

**Symptoms:** Fatigue, diarrhea, nausea, abdominal pain, jaundice, darkened urine (impaired liver function).

**Testing:** A blood test is given to see if you have Hepatitis B.

**Treatment:** There is no medical treatment available. Rest and fluids are prescribed until the disease runs its course.

## **HIV and AIDS**

**HIV:** Human Immunodeficiency Virus is the virus that breaks down the immune system so the body cannot fight back and that leaves the body vulnerable to a variety of life-threatening illnesses. A person with HIV is more susceptible to opportunistic infections, for example, tiredness, tuberculosis, loss of appetite, weight, diarrhea, yeast infections of the mouth and vagina, night sweats. A person who is said to have more than one opportunistic infection is said to have AIDS. They can also contract things that would be less severe in a person with a healthy immune system. Even if no such infections are present, an HIV infected person with a t-cell count below 200 is considered to have AIDS.

**AIDS:** Acquired Immune Deficiency Syndrome is the final and most serious stage of the HIV disease in which the signs and symptoms of severe immune deficiency has developed. A person with AIDS does not die from AIDS; they die from the opportunistic infection that has come into the body and cannot be fought off because the body is weak from HIV.

### ***Transmission:***

HIV is transmitted through IV drug use; sexual contact including oral vaginal and anal sex, and from mother to baby during birth, breast milk, vaginal secretions

### ***Prevention:***

Do not have sexual intercourse with:

- \* Multiple partners
- \* People who use IV drugs,
- \* Without using protection
- \* People known to have or suspected to have AIDS

**Treatment:** No known cure for AIDS.

# Sexually Transmitted Diseases...

## Bacterial Sexually Transmitted Diseases

### Chlamydia

Chlamydia has properties of both a bacterium and a virus. It affects the urinary tract and reproductive organs of both men and women.

**Symptoms:** Unusual vaginal discharge, Burning sensation when urinating, low abdominal pain, bleeding between periods, low grade fever, unusual discharge from penis, pain and swelling around the testicles, itching and burning around the urethral opening.

**Testing:** For women, pelvic examination; for males, urethral samples.

**Treatment:** Antibiotics.

### Gonorrhea

Gonorrhea is an organism that thrives in a warm, moist environment provided by the mucous membranes lining the mouth, throat, vagina, cervix urethra and rectum.

**Male Symptoms:** Itching or burning at the urethral opening, pain when urinating. If untreated, it's symptoms include thick yellow or greenish discharge, and increasing discomfort or pain with urination.

**Female Symptoms:** Thick yellow or white vaginal discharge, burning sensation when urinating, unusual pain during menstruation, severe lower abdominal pain.

**Testing:** Blood test is given to check you for Gonorrhea.

**Treatment:** Antibiotics.

### Syphilis

Syphilis is a disease that needs a moist environment such as genitals or mucous membranes inside the mouth to survive. It is spread by vaginal, anal or oral sexual contact.

**Symptoms:** In stage-1, there are red painless sores at the bacteria's point of entry. In stage-2, there is a skin rash over the body including, palms of hands and soles of feet. An individual may also experience flu like symptoms.

**Testing:** A blood test is given to check a person for Syphilis.

**Treatment:** Penicillin or other antibiotics and surgery.

# Sexually Transmitted Diseases...

## Parasitic Sexually Transmitted Diseases

### Pubic Lice or Crabs

A person can usually tell when he or she has pubic lice. There is intense itching in the pubic area, and upon inspection, one may discover a tiny, pale, crablike bug attached near the base of a pubic hair. In addition to sexual activity, coming in contact with an infected person's belongings, such as bedding, clothing, and underwear can also spread pubic lice.

**Symptoms:** Intense itching pearly nits attached to the base of the pubic hair.

**Testing:** A doctor can look at the genital area and see the parasites.

**Treatment:** Gammabenzene solution such as Kwell which is prescribed or over the counter nix (permethrin) and rid (A-200 Pyrinate).

## Preventing Sexually Transmitted Diseases

š Make sure that if you are going to have a sexual relationship with your partner that you protect yourself by using a condom.

š Make sure if you have any of the symptoms for an STD, you tell your partner so you can both be checked, keeping both of you from further spreading the disease.

š Everybody who is sexually active should get a check-up every three months to make sure you don't have a sexually transmitted disease.

š Check your private parts to make sure everything is normal for the most part.



# Student Poetry...

## Look at What You Have Done To Me!

by: Brady Hitley

Can't you see this is affecting me? I loved you, but you gave me an STD.  
My life is ruined, it really didn't begin, ever since this accident, I lost all my so-called friends.  
I'm invisible to people; they don't even care. They call me names, laugh and stare.  
It wasn't all my fault; I had trust in you. You said I was your first; now look, my face is in  
the dirt.  
Am I going to die? not yet, not soon. Don't get happy, there is no cure — no cure for  
this disease you could've prevented.  
I hate you for what you did to me. This disease I really didn't need. Well, I must live with  
the fact that I have HIV.  
I only have six years to live and breathe. Will somebody please pray for me?

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Frontin'

By: Allie Huertas

Why you gotta' be so naive?  
You gotta' be thinking that I'm a sleeze.  
You must be trippin'  
Using me like that.  
What you think, I'm a scandalous little rat?  
Never wanted to chill or go out; you always fronted;  
Now, I have no choice to take care of what's mine.  
You said you'll love me til' the end of time,  
So you lied.  
And now you got the nerve to deny  
That my baby is yours.  
It's 'aight, keep your back towards me and walk out the door,  
'Cuz even when I thought you were true,  
You were just being you.

# Depression...

## Depression

Depression is more than your everyday ups and downs. When you're feeling down for more than a couple of weeks, the condition may be diagnosed as clinical depression. Clinical depression affects the total person. It can also change your behavior, physical health, appearance and your ability to handle everyday situations.

## Teen Depression

Research proves that depression is something millions of teens deal with throughout their adolescent years. Depression is not always something easy to identify in teens whom society often ignores as "moody."

## Signs

There is not one symptoms that always means depression. Research shows some of the signs of depression include:

- § A feeling of sadness that goes on for weeks
- § Loss of appetite
- § Change in sleeping habits
- § Lack of motivation
- § Headaches, stomachaches, and other physical pains
- § Feeling that you're hopeless or worthless
- § Wanting to be alone most of the time
- § Using drugs or drinking alcohol to ease your worries

There are some other ways you can tell if you might be depressed. For example, if you have difficulties in school, like marks dropping or poor concentration, this could mean that you are possible depressed or stressed with school at this point in time.

# Depression...

## What to do if you're feeling depressed:

If you are feeling depressed here are a couple things to do to help you relieve some sadness. Remember there are many teens that could be feeling the same way you are, and here a couple of ways to get the help you need.

**Talk to a friend:** Talking to a friend may help someone realize that they need medical help. Your friend might be able to help you see things in a more positive way than how you see it at the time or they might be able to help you figure out a way to change what is bothering you.

**Seeking counseling:** If you are depressed, you should see a trained therapist or counselor so they can help you come up with more positive ways to cope with your problems and help you change your behavior.

**Going to a doctor:** If you don't know a therapist, going to a doctor could help you find out if what you have is depression and how serious your condition really is. After you are diagnosed with depression they can tell you what your options are for types of treatment.

## Things to avoid if you may be feeling depressed:

If you are feeling depressed, you might want to stay away from the things listed below. Alcohol, marijuana and other drugs are substances that increase the depression and may lead to more serious problems such as destructive behavior including suicide.

**Alcohol:** Slows down your motor responses, it can also make you dizzy, nauseated, and you can sometimes feel uninhibited or have very aggressive behavior.

**Marijuana:** Makes people feel giddy, silly and hungry at times. Marijuana can also make many people feel paranoid and very nervous.

**LSD (Acid):** Makes it difficult for you to think clearly; it also can make you have mood swings. LSD is also known to impair your judgment and sometimes it can make you panic.

**MDMA (Ecstasy):** Makes you have a loss in appetite; gives you headaches, nausea, chills and if taken long enough, it can lead to depression.

**Other drugs can lead to depression as well!  
So lay off the drugs -- they mess with your mind!**

# Depression...

## *useful tips on managing stress and depression*

***Eat breakfast:*** Researchers have found that students who eat in the morning are more alert and energized for the day. This gives you a head start on your day.

***Write out your feelings:*** By releasing your emotions and frustrations, you will feel better; you'll also learn that writing can be fun.

***Sing, Dance and Laugh:*** Your brain will release a bunch of natural chemicals that will make you feel good, thus your day more focused and positive.

***Talking to someone:*** By sharing your problems and concerns, you will gain a different perspective on a given situation. It is impossible for us to be objective about ourselves.

*(Bright Futures Guide to Infants, Children and Adolescents)*

## *Tips on how friends can help friends...*

š You can call 972-233-teen.

š The best thing to do is just listen.

š Understand what your friend is trying to tell you. Ask open ended questions for clarification.

š Don't be judgmental. Your friends need to be able to be honest with you.

š Help your friend evaluate their choice without directing them to the answer.

š Take any mention of suicide seriously. Tell someone right away.

š Accept their feelings. You don't have to agree with what they are saying.

# Student Poetry...

## Why my baby boy?

By Wynnel Wilson

Feeling helpless is a feeling I never want to experience again. Losing one of the people who meant so much to me so soon gave me a lot to think about. My nephew, my baby, my sweetheart. Why so soon did you have to be taken from us? The phone call rings in my memory forever. We sat around the table when the phone rang for the final time I knew he was gone. “Daddy he’s gone;, he’s gone. I heard my sister- in -law cry into the phone. As the tears welled into my father’s eyes, I took the phone. All I could say was, “I love you Leah. Leah, I love you”. She quickly hung up the phone and I knew this chapter of my life had cometo an end, but had also started in a way it ended because I could never get the chance to hold that beautiful baby boy or buy him name brand sneakers. It began because I would have to watch my brother and his wife overcome their pain as they buried their baby boy. I sang at the funeral; as I watched the coffin to the left of me, I tried to hold back tears as I sang *Amazing Grace*. I looked into my brother’s eyes and sang to him as though I was giving him strength to carry on. I couldn’t finish the last verse. Tears streamed down my face as I felt a collage of emotions overcome my body. I was angry and asking God why I had to stand in front of a church that was mourning my brother’s child. Why did I have to sing at his funeral and not his christening. Why did I have to say goodbye to my baby so soon? I’ve come to realize that my life moves on. I must keep strong because I witnessed that life is very short.

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## Understanding Others

By: Dominique Smith

Sometimes I wonder why people are so mean to each other. Didn’t people tell you that if you have nothing nice to say then don’t say it at all? I think before you judge someone by the outside, judge them from the inside. What I mean to say is, judge people on how they act and not how they look. If you take time to talk and understand someone, you may actually have something in common. Life and time is so precious, you never know when you’re gonna go, so make the most of it by becoming a friend and making a friend, and if you achieve that, you will find happiness within yourself and others.

# *Resources...*

## **Organizations:**

Planned Parenthood 421-9620  
Youth In Action of Providence  
Providence Center of Rhode Island 276-4020  
MAP Outreach Services 781-9915  
Children's Friend and Services 331-2900  
RI Victims for Advocacy & Support Center 943-9266  
AIDS Project RI 831-5522  
Family Service of RI 331-1350  
pregnancy hotline 1-800-672-22296  
RI Hospital Teen Clinic 273-1100x2747

## **Websites:**

[www.teenwire.com](http://www.teenwire.com)  
[www.avert.org/cpills.html](http://www.avert.org/cpills.html)  
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## **Textbook:**

Human Sexuality and contemporary America

# *Thank You...*

## **Dedication**

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**Journey To the Mountaintop**  
**By Dylan Tate**

I opened my eyes and saw my life  
The journey of a million people  
I began at dawn, running up the jagged rocks  
My breath was cold and raspy, but I knew I would make it  
Every challenge I encountered along the way, I faced it with courage  
I stood my ground with the bravery of a lion  
Only a few thousand more steps and I knew I'd be victorious  
From time to time, a stone would shoot up from the ground and I'd stumble  
Then I would fall, just to get back up and keep running  
At one point, I hit the concrete and my head shattered in a thousand pieces  
For days, I lied there, struggling to regain consciousness  
No one could feel the pain but me  
No one could see the things I saw  
Then one day, a feeling washed over me  
A power that I could do anything within my will  
I rose slowly, feeling the fire of the sun's phoenix engulf me  
I rose, and saw that I could find my way – that I could go on  
I ran, and the mountain's jagged, tormenting rocks became a blur  
Time became nothing – it couldn't stop me from doing anything  
I dashed up the mountain, and with the phoenix still within me  
I ignored all obstacles and let my life flow  
It didn't have to have one true meaning  
A million meanings came at me, and I took them on with pride  
As I ran up that mountain, my life became full of wonders  
Magical events swam through me like a playful dolphin at sea  
And when I finally reached the peak of that mountain  
I saw the actually meaning of life  
I saw that to find life, you must live a long one  
You must experience tears of pain and of joy  
You must climb the mountain to live life to its fullest  
And when you have finally reached the top of that mountain  
When you look out over the glorious things that you have accomplished  
You will be free