

Guide for Girls!



Credit

This book was created especially for one person: YOU. But many people were involved in that process.

The writers were Barbara Cottrell and donalee Moulton.
The cover and page design was the work of Cathy Little.

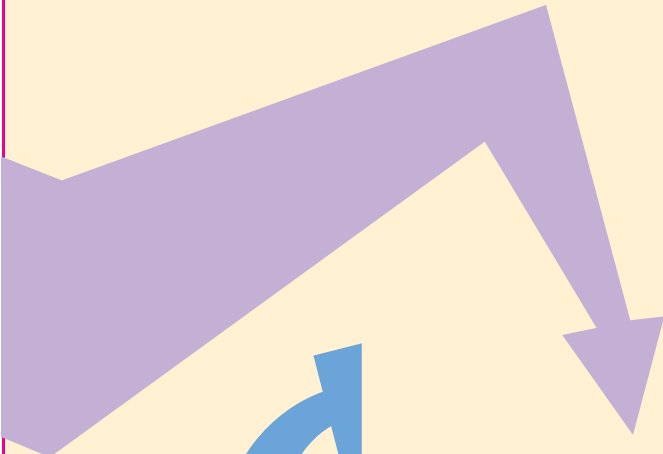
A committee guided planning, writing, and design. They were: Nan Armour, Hypatia; Advisory Council members Linda Carvery and Janette Peterson; Sheri Price, IWK Health Centre; Pamela Fry; students Valerie MacPherson and Kate Manicom; Patti Melanson, Phoenix House; and Nicole Watkins Campbell, Advisory Council on the Status of Women. Barbara Miles, Addictions Services, Colchester-East Hants Health Authority and Laurie Edwards, Nova Scotia Community College also provided input. Thanks to the Antigonish Women's Resource Centre for their support and expertise and the use of their space. And finally, thanks to Brigitte Neumann, who provided guidance and quality assurance at many key points.

Many teenage girls contributed to this book. For their time, their honesty, and their wisdom, we thank Val, Nicole, Sarah, Kate, Gwen, Fiona, Emily, Erika, Gelisa, Letitia, Jennifer, Ashley, Brittany, Caitlin, Kara, Katrina, Kristal, Kyla, Leah and Rochelle.


Countless Nova Scotian girls inspired this book and inspire the work of the Nova Scotia Advisory Council on the Status of Women. You hold some of the keys to the future of our province.
Your achievements and aspirations inspire hope and optimism.



Thank you.



Guide for Girls!



Nova Scotia
Advisory Council on
the Status of Women

Conseil consultatif sur la
condition féminine de la
Nouvelle-Écosse

introduction

The Advisory Council on the Status of Women has published this guide for teenaged girls.

This book is a tool to help you prepare for all kinds of challenges. It has ideas from girls like you, as well as from women who work with girls. It also has space for you to write about your dreams, so that you can think about them, play with them, and make some decisions.

This book helped us start talking with teenaged girls. We plan to keep up the conversation over the coming years.

We hope you enjoy the book and use it. It's a new start for us, so if you have ideas or opinions about it that you would like to share, please e-mail us at nsacsw@gov.ns.ca.

We are looking forward to hearing from you.

A note about web sites & addresses.

When we created the book, we reviewed every web site listed and we checked the addresses. They were fine then, but may have changed by the time you read this. If you visit a web site and it has changed, especially if it has been taken down or has become something quite different and unpleasant, we would appreciate hearing from you, at the e-mail address above.

You can also visit our web site to find more links for girls. We're at www.gov.ns.ca/staw.





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"Life shrinks
or expands in
proportion to
one's courage."
- Anais Nin

GIRL power

reality check

Have you ever seen a photo of the mayors of the major Canadian cities, or the world heads of state? They're almost all men. In Canada, of the 308 members of Parliament, only 65 are women. That's a mere 21% — and that's the best it's ever been in the history of the country!

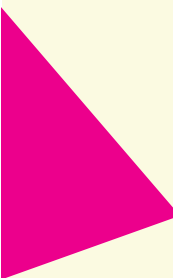




Take a **look**.

In Nova Scotia in 2001, women who worked full-year, full-time earned on average \$28,822. Men earned on average \$40,155. *In other words, those women earned 71.6 cents for every dollar earned by men.*

Girls and women take the lead in many ways. We've made gains in the professions, like business management, medicine, and law, and we're moving more and more into trades and technological fields and into politics in Nova Scotia. Look for women in the lead and you'll find them.



Girls are taking charge of their lives, telling their stories, working for change for themselves and for others.

Drop by this web site:

www.girlsinc.org

and pledge allegiance to the Girls' Bill of Rights! It encourages you to be yourself, resist stereotypes, express yourself, love your body, have confidence ... and more!


You'll also want to stop by **www.mediawatchyouth.ca** to build a healthy skepticism about media images and the messages of popular culture. It's all about girl **em*power*ment**.

Working on it



*"I want to walk
through life instead
of being dragged
through it."*

- Alanis Morissette



Chances are you didn't have just one pair of jeans your whole life or even one best friend. And chances are you won't have just one job. You'll find your passion as you walk through life. It just might be a job. Then again, it just might not.

Find your **passion** 
— and your own path

Deciding today what you want to do with the rest of your life is a major decision. Or is it? The reality is there's no rush. And there are many paths. There can be enormous pressure to decide but the truth is, there is no panic. (Pressure, yes. Panic, no.) You can take time to turn your passion on, find a job, volunteer overseas, or go to college or university.

Start by figuring out where you are now, where you want to go, and how to get there from here. Write your dream in this space:



✓ reality check

Most girls do not want to be a salesclerk or an office clerk.

More than half of women in Nova Scotia work in the retail service sector.

What can I do?

DREAM! AND GET REAL. It can be done. Match your potential with your dreams; your abilities with your opportunities. If you can write you might want to think about a career public relations. Like math? How about working in computer sciences? If you want to see the world, you might enjoy a career in international development or in e-commerce.



"It's important
to give it all you
have while you
have the chance."
- Shania Twain

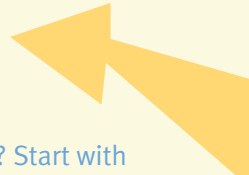
Journal-ize

Write down here what your dreams are:

Now think: Where did those dreams come from? What influenced your dreams?

Ask yourself: Am I buying into a stereotype? Is this really what I want, or is it a magazine fantasy?

Interview yourself



So you want a great job. How do you get from here to there? Start with yourself – and write down your answers to these questions:

What is important to me about a job?

Opportunity to travel? Co-workers with similar interests?

Financial security? An important title? New experiences?

What do I want my life to look like in 2 years? In 5 years?

Be true to you



"I love kids. Love them. I couldn't stand not working with them. I couldn't stand being at a desk all day. I'd go crazy, insane, completely gone."

Nova Scotia teen

Here is a web site that also helps you think about options for your career.

● ● <http://www.jobfutures.ca>

● ● Before you decide, check out www.educatingjane.com/
EducatingJane.com is an American site for girls, parents and teachers dedicated to girls' self-esteem, self-awareness, and involvement in the world. Their philosophy: girls should make educational and career decisions based on their interests and abilities.

This web site points you to plenty of career information to get you started. www.jobsetc.ca

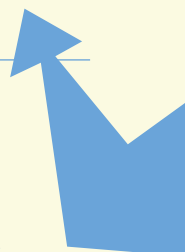
Think about this

Know your strengths! Girls often rate their skills lower than boys with the same skills. Selling yourself as an employee starts with believing in yourself.

Begin here by writing down what you like about yourself and what skills you have:

Then write them down in your résumé. Your school might have information about résumé writing. Check with the guidance counselor or in the library. Public libraries have books on résumé writing, and this publication, from the federal Youth Employment Strategy, also offers useful advice.

www.youth.gc.ca/projects/pubstext/looking_e.pdf



Experience pays

It's the same old same story: You can't get a job because you don't have experience. You don't have experience because you can't get a job. But you can get both if you volunteer, have fun in the process, give something back and learn stuff you'll never learn anywhere else. Look in the **Getting Out There** section for information to get you started.

"There are other things I think a lot of people don't know about, like other career paths that will get you good jobs you're really interested in. You don't necessarily have to go get formal university education for it." Nova Scotia teen

Summer job ideas for teens

- life guarding at a pool or beach (www.redcross.ca)
- camp counsellor • babysitting • food and flower delivery
- dog walking • pet care • retail • fast food, coffee shops
- maintenance staff in a hotel or hospital • movie theatre staff

Summer Work Student Exchange

This program runs for six weeks (from early July to mid-August) and is aimed at 16- and 17-year-old students who plan to return to school in September. The program finds jobs that allow participants to travel to another province to work in their second official language. www.summer-work.com/

Or start your own business

Students in business.ca is the result of a collaboration of governments to provide opportunities and loans of up to \$5000 to Nova Scotia students. Visit the web site for more information.

The costs and rewards

What does a gynecologist really make? A geologist? A graphic designer? And all those other jobs that don't start with "g" like a Pulp and Paper Manufacturing Technologist? A teacher? Technical sales specialist?

| CAREER | SALARY | TRAINING REQUIRED |
|---|-------------------|---|
| Gynecologist/ Obstetrician | \$105,000 in 1995 | You'll need to spend four years in university getting a B.Sc. and then go on to four years of medical school. When you finish that you become an intern for a year and then need to spend four to six years as a resident and take licensing exams. |
| Geologist | \$53,000 | Geologists need a minimum of a B.Sc. but good jobs usually require a Master's Degree. |
| Graphic Designer | \$27,000 | Graphic designers would typically go to the Nova Scotia College of Art and Design and take an undergraduate degree. |
| Pulp and Paper Manufacturing Technologist | \$45,000 in 1995 | A two-year diploma in Manufacturing Engineering Technician is offered at the Institute of Technology Campus. |
| Teacher | \$55,400 | Would-be teachers must complete an undergraduate degree and then take another two years' of university to complete their Bachelor of Education degree. |
| Technical Sales Specialist | \$43,000 in 1995 | Related training is offered at various campuses of the Nova Scotia Community College (NSCC). Certificate and diploma programs can provide technical background for a career in technical sales. |

What does it cost to be a geologist? A graphic designer? There's the cost of school and the time it takes to train. And once you're there, what are the costs to your life? Will you be working long, long hours? The information below comes from the Department of Education's Career Options 2003 book. It's available at most high schools and online, at <http://careeroptions.ednet.ns.ca/>

COSTS OF TRAINING

WORK SCHEDULE

The tuition for one year at university can be \$7,000. The tuition for a year in medical school is about \$12,000. Four years of undergraduate education plus five years of medical school adds up to almost \$90,000.

Trained doctors work long hours. Obstetricians who deliver babies often work through the night since babies don't arrive on 9-5 work schedules. Interns and residents typically work very long hours and are on-call for days at a time.

The tuition for four years at university could be \$28,000. A master's degree usually takes two years and will cost a little more than \$15,000.

Geologists often need to work in remote locations where work schedules may be more controlled by weather than the clock.

Four years at an art school could cost more than \$20,000. Designers often work on contracts and always work to deadline.

Designers often work on contracts and always work to deadline.

A year-long program at NSCC costs \$2,400.

Technicians and technologists provide technical support and services related to their fields. Some mechanical engineering technologists and technicians test and inspect machines and equipment in manufacturing departments, or work with engineers to eliminate production problems.

Tuition for a Bachelor's Degree costs more than \$20,000 and the B.Ed. can cost another \$10,000.

Teachers get two months off in the summer but can work long hours grading papers and preparing for classes during the school year.

Two year program NSCC

Full time, full year work

reality check

When we see articles about women breaking work-related barriers in most every field, it looks as though we have achieved equality with men at work. We have made great progress, but can still go further.

Sample occupations: male and female participation and earnings full-year, full-time earners, Nova Scotia

| | Number of Earners | | | Average 2000 Earnings \$ ¹ | |
|--|-------------------|-------|---------|---------------------------------------|------------------------------|
| | Men | Women | % Women | Men | Women |
| Specialist Physicians | 330 | 100 | 23% | \$150,117 | insufficient #s ² |
| Managers in engineering, science & architecture | 280 | 50 | 15% | \$138,281 | insufficient #s |
| General Practitioners and Family Physicians | 520 | 255 | 33% | \$117,112 | \$114,126 |
| Dentists | 175 | 55 | 24% | \$111,006 | insufficient #s |
| Lawyers | 805 | 435 | 35% | \$89,263 | \$63,752 |
| Managers - insurance, real estate, and financial brokerage | 375 | 250 | 40% | \$91,608 | \$45,006 |
| Babysitters, nannies, and parents' helpers | 40 | 1,060 | 96% | \$12,207 | \$12,448 |
| Food & beverage servers | 250 | 1,245 | 83% | \$18,380 | \$13,938 |
| Cashiers | 260 | 1,670 | 86% | \$17,343 | \$15,014 |
| Food counter attendants & kitchen helpers | 485 | 1,570 | 77% | \$16,811 | \$15,667 |
| Bartenders | 300 | 255 | 46% | \$20,378 | \$12,665 |
| Early childhood educators and assistants | 20 | 980 | 98% | insufficient #s | \$17,482 |

1. Statistics Canada, 2001 Census, quoted from *Paid and Unpaid Work: Women in Nova Scotia* (www.gov.ns.ca/staw/pubs2004_05/Paid_Unpaid2004.pdf).

2. "Insufficient numbers" means there are fewer than 250 workers in the category, and Statistics Canada will not release their income data.

Check this out



See the world, learn a new language, share your skills

Check this web site and find out what Canada World Youth can offer, and what you can offer them. The travel option can give you time to think too. www.cwy_jcm.org/en

- Take part in a school exchange
- Work on a ship



Learn a trade.

More women are entering trades, which sometimes pay better wages than traditional “women’s work”. Community colleges and private trade schools give certificates in these trades and many more.

reality check

You can be a woman in a man’s world, but you have to be prepared for an extra set of challenges. Women have done it and you can, too. If you want to have a trade or work where few women work, go for it. But go for it with your eyes open.



Have you ever thought of working on an oil-rig? Being a welder?

Find out more about occupations in these areas, what they involve and what they pay. You can find out more about gaining the right skills by calling employers and Nova Scotia's community colleges. Ask what skills training they offer, where trained trades people are needed, and where there are the job openings.

reality check

**5 % of apprentices in the trades are
now women.**

This web site is loaded with info about women in engineering:
www.engineergirl.org

This one is Canadian, from Simon Fraser University,
in British Columbia. **Yeah!**
www.harbour.sfu.ca/scwist/explore/index.htm



School didn't work for you?

You can upgrade and improve your vocational and personal development skills. You can also do job searches, work placements and résumé writing, and learn interviewing techniques.


Check out: Options at **(902) 453-6246**

or email them at **options@ns.sympatico.ca**

And Phoenix Learning and Employment Centre **(902) 431-9111**

or email **phoenixlearn@ phoenixlearn.ns.ca**

or drop in to the Centre at 6169 Quinpool Road, Halifax.



The military wants you!

And 60,000 Canadians are military personnel, including sailors, soldiers, air force personnel and administrative and support personnel.

Take a look – www.recruiting.forces.gc.ca/engraph/home/index_e.aspx?bhcp=1/.

You can also test-drive this idea through the reserves – 21,500 Canadians are doing it.

www.recruiting.forces.gc.ca/engraph/reserve/jobs_e.aspx/.



Considering university?

Universities have advisors who are waiting for you to talk to them. Find out what programs they offer and what you are best suited for. Every profession has many aspects, explore them. If you want a career in medicine, you could check out what it takes to be a nurse, a doctor, a dentist, a dental hygienist. And if you don't have the money, check out student loans, bursaries and scholarships or think about part-time studies.



Start your own business.

The government might lend you some seed money.

Check this out

www.cbsc.org/ns/english/display.cfm?Code=8385&coll=NS_PROVBIS_E/.

Katimavik

Katimavik is Canada's leading national youth volunteer-service program. It pairs young people with volunteer work in communities across Canada. The pay is low, but the experience is highly rated. www.katimavik.org

Numbers game

It's a myth that girls aren't good at math. The fact is, until we hit high school, we're better at numbers than boys. You can have fun with it at a couple of cool web sites:

1 www.mathgoodies.com

2 www.cut-the-knot.com/games.html

3 www.math.ucalgary.ca/~laf/colorful/games.html

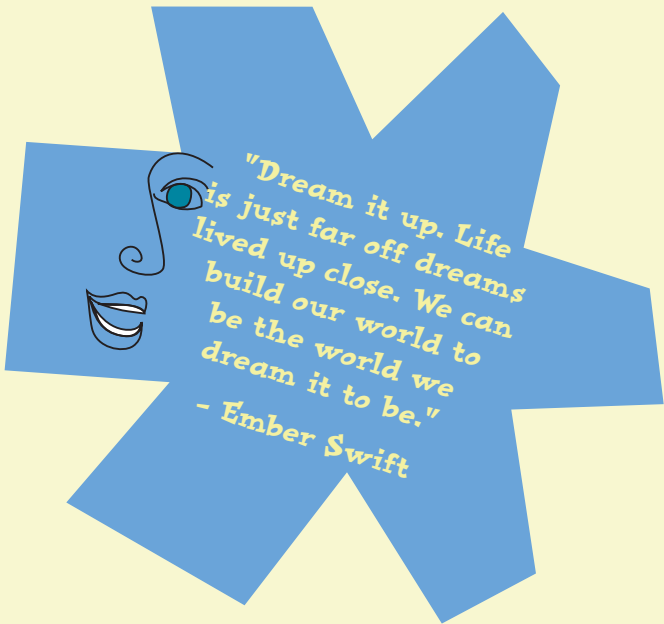
4 www.quia.com/dir/math/

On your marks...
get set...

go ● ●

If you've chosen college or university, you'll also need to know how to study. Avoiding the books simply doesn't work.

Check out www.sa.utoronto.ca/handbook.php?cid=11



*"Dream it up. Life is just far off dreams lived up close. We can build our world to be the world we dream it to be."
- Ember Swift*



feeling fine



"Life is either a daring
adventure or nothing. To
keep our faces toward
change and behave like
free spirits in the
presence of fate is
strength undefeatable."
- Helen Keller



Think about this question:



what does well-being mean to you? When do you feel really good - healthy, energetic, and full of vitality?

Health isn't just an absence of disease. It's a balance of body, mind and spirit, an ability to cope well with problems, a belief that you can make a difference in your own life.

When you're healthy, you feel well and look well. You achieve it by actively taking care of yourself. Know about how to care for your body, and how to prevent the health problems that affect women, like osteoporosis and anemia. Learn about healthy eating and exercise. And see a doctor or nurse for regular check-ups, especially if you don't feel well.

This guide aims to promote positive health. If you need more specific information, talk to a health professional, like a doctor, a nurse, or a pharmacist.

Girl stuff

“We did this activity called the **“bone busters”** about osteoporosis. If you’re a woman you’re automatically more at risk than a man. If it’s in your family, you’re at risk. If you’re drinking lots of calcium it’s less risk. If you’re drinking a lot of caffeine, you’re more at risk.” *Nova Scotia teen*

“Vegetarians or vegans may not necessarily get a full balance of everything they need, so supplements they can take or other things they can eat with...” *Nova Scotia teen*

“Anemia is another really big thing for females. I don’t think a lot of people know about that, or know the symptoms. They just think they’re tired.” *Nova Scotia teen*

Whether it’s questions about sex, menstruation, nutrition, your skin, staying in shape—your Teen Health Centre is ready to answer. The Teen Health Centres are listed at the back of this Guide. Your family doctor may also be able to answer your questions.

Want more info?

This Nova Scotia web site has lots of health-related information for teens.

www.chebucto.ns.ca/Health/TeenHealth/

You can also get reliable information from these web sites:

www.canadian-health-network.ca/

www.youngwomenshealth.org/healthinfo.html



Body image 2

Some people are satisfied with their bodies. Some of us think we're too fat, too thin, too tall, too short, the wrong shape or size. Often it's because we see so many touched up images of people who are tall and thin. We lose our perspective after a while. If you know you're healthy, but you're not happy with the way you look, think about why you feel that way. Then change the way you feel.

Write down five things about your body that you like.

Write down five things about yourself that friends and family have complimented you on.

Handling stress



Stress comes with change, and some of that is good.

Other times, school, parents, friends, work, love—it all gets too much!

What stresses you?



How do you cope?

TIP **Manage your time.** Organizedteens.com offers free information about organizing your study time, your bedroom, your whole life, if that's what you want. They are selling a book, but the free tips are great. Your public library probably also has books on managing your time, and your school library should have some resources for getting organized.

TIP **Chill out.** Teens who make time to relax on their own are less stressed and more in tune with themselves. Relaxing might mean walking while listening to your favourite tunes, reading alone in your room, or simply staring out the window and letting your mind go where it wants to for a while. You can find out more about yoga and meditation all over the internet. An interesting site is cyberparents. It's got a weird name, but good ideas. www.cyberparent.com/stress

TIP **Nature's tranquilizer** – exercise. When you are stressed it's especially important to eat properly, get enough sleep, spend time with supportive people.

TIP **Drinking and drugs are really lousy coping tools.** See the following sites for information about those issues.

www.chebucto.ns.ca/Health/TeenHealth/Links/drugsalcohol.htm

www.cyberisle.org

www.thecoolspot.gov

undercontrol

Think you or a friend has a drug problem?

Take this test:

- Is drinking, drug use, or smoking making it difficult to do well at school, job, team sports or extracurricular activities?
- Are you or is a friend drinking or using drugs to quit hurting or to hurt someone else?
- Do you or does a friend drink, use drugs, or smoke to reduce the stress in your life?
- Does your Mom, Dad, brother, sister, or someone else close have problems as a result of alcohol or drug use?
- Have you or has a friend ever had a complete loss of memory after drinking or done or said things you can't remember?

If the answer to any question is **“yes,”** it may be worth it to talk to an addictions counsellor about the situation.

Call 911 – right away – if you think a friend has overdosed on alcohol or other drugs. You might save someone’s life.

Sick of Smoke?



Fewer young Nova Scotians are smoking. They're catching on that it is unhealthy and expensive. People who smoke, and the people who hang around with them, face higher risk of disease. People who don't smoke take control of their lives.

If you don't smoke, way to go. If you do smoke, try to quit. You'll be glad you did and so will everyone who cares about you.

If you want to quit, check out this web site for some support:

www.sickofsmoke.com

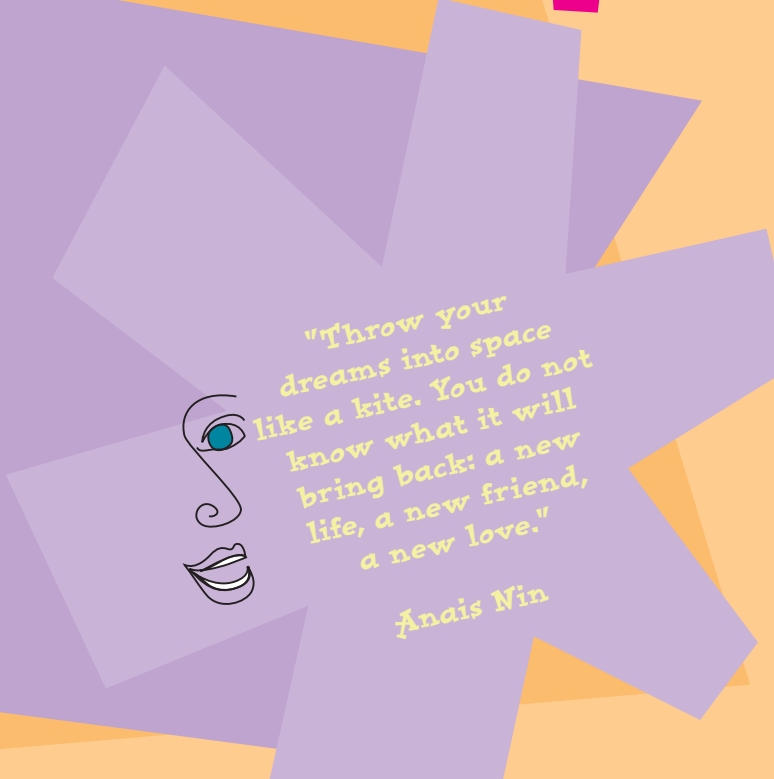
Two other web sites with great information about how to quit are listed below. The first one is just for girls.

www.4woman.gov/QuitSmoking/teens.cfm

www.hcsc.gc.ca/hecssesc/tobacco/youth/quit/quit.html



relationships



"Throw your
dreams into space
like a kite. You do not
know what it will
bring back: a new
life, a new friend,
a new love."

Anais Nin

Healthy Relationships ... with yourself

Fact of life: You will live with yourself all your life.
Learn how to enjoy it!

Step one:

Know yourself. Like yourself. Care about yourself.
I like myself because I:

Step two:

Make sure you have people in your life who care
about you and support you.
My best supports are:

Being alone



Some of us hate being alone.

“When there’s not people there I get bored, get me outta here.” *Nova Scotia teen*

Sometimes we want to be alone.

“Sometimes I feel I need my alone time, too. I don’t want to have too much time with people. I need to just go home and veg.”
Nova Scotia teen

Being alone can be a good time. It’s a time to think and dream without interruption. It’s a time to plan what to do and who to do it with. It’s a time when you don’t have to work hard at anything . . . just be yourself.

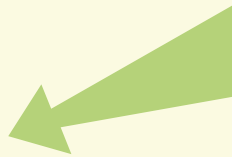
reality check

We all have different moods at different times.



I like to be alone because:

I want to be with other people because:



Happiness is ...

"If I'm just tired and cranky I like to be by myself. And sometimes when I'm upset, I just let it out and just cry on my bed. Sometimes, I just need that." Nova Scotia teen

We all get cranky, worry, see red – and green. These feelings can drag us down. They block happiness. They stop us from moving forward. Do you know how to make yourself feel better?

For some people, it's being with friends.

"When you're not feeling good, it just makes you feel down, but sometimes just to get out and do something, especially if you haven't been doing anything and to be around your friends is helpful." Nova Scotia teen

Be good to yourself

Ask for what you need

"I need a hug. Could I have some time alone please? Could you say that to me in a nicer way?" Nova Scotia teen

Every one feels sad at times and has disappointments.

It's even healthy!

Go through your experiences and learn from them!



Chew on **this**

Feeling down? Did you know that exercise helps fight sadness? Maybe you're more than sad. Have you heard about depression? It's a disease. Want to find out the signs of depression?

Try


http://kidshealth.org/teen/your_mind/mental_health/depression.html and
www.psychologyinfo.com/depression/teens.htm.

Do you know someone who is really depressed?

Are you afraid your friend may even kill herself or himself? Teens are more likely than adults to be aware of a friend's despair, and you can help, but you need to know what you are doing. If you are afraid for a friend, call the Youth Help Line and they'll help you make a decision about the right thing to do.

Who's responsible for what?

Remember: you aren't responsible for anyone else's behaviour – but you are responsible for your own. Erase these words from your vocabulary: They made me do it.



DAILY DOSE: Look in the mirror and say
"I'm wonderful!" Repeat every morning and evening.

Build your self-confidence the creative way

Submit to Blue Jean Online "the only website written and produced by young women from around the world" is a creative space for young women ages 14-22 to submit their writings, reviews, artwork, photography, crafts and other works for online publication to a worldwide audience. It's about what girls are thinking, saying, and doing around the world.

www.bluejeanonline.com/index.html

Did you know?

Girls who exercise have more than strong bodies: they have strong self-confidence. You don't have to work out two hours a day or join the soccer league to enjoy feeling strong. There are lots of fun options.

Take a look at:

www.hcsc.gc.ca/hppb/paguide/child_youth/index.html

Healthy relationships ... with your family and other adults

The Adults in Your Life

They'll probably be with you for a long time.

"The relationship with your parents is extremely important, it's never going to be good when you're 17. Well, it could be but it's going to be difficult." *Nova Scotia teen*

So you think your adults want you to spend all your time with them. Or you feel they don't care about you. Or you think you'll always be 12 years old to your mom and dad.

DEAL.

"My parents are really strict. I hardly get out of the house nowadays. If I want to go to a movie, I have to be home right after the movie, and I don't like that. I like being out and being around friends." *Nova Scotia teen*

"In my family we don't see a lot of each other, because we're all with different people. But we do spend time, it just depends on where we are. It's just different that way." *Nova Scotia teen*

How to deal

Girls talk more to their moms or other women than to their dads or other men. So try talking to the adult woman in your life. She probably knows what's on your mind anyway.

"I talk to my mom a little bit, I tell her some things, but even if I don't she always finds out things that I don't tell her. How do you know that, I didn't tell you!" Nova Scotia teen

Or talk to someone else important to you.

"I talk more to my dad because I'm an only child, too, but I've always been more close to my dad because we have the exact same personality." Nova Scotia teen

Things not good with the folks right now?
www.parentsandteens.com/teenscene.html
might help you make them better.

Write a letter

Write a letter to your mom, dad or other important adult in your life. Tell them what you love about them. Tell them how you feel about what happened.

***Wait!** Don't give them the letter yet. Keep it for a couple of days then decide if you want to share it with them, or just keep your feelings to yourself for now.*

reality check ✓

Getting — or keeping— a friend at any cost may be too costly. Take this survey.

Healthy Relationships ... with your friends

We all need friends

Fitting in matters, but it isn't always easy. There has to be give and take on both sides.

"Your most important relationships are with your friends because they're the ones that understand you the most, but you also have a lot of drama with your friends and so that's where it gets tricky." Nova Scotia teen

"You always knew that even though you couldn't see them every single day, there was always someone that if you were having a bad day, or whatever, you could call them. So it was, that was a real confidence boost for me."

Nova Scotia teen

- Am I trying to fit into the right group for me?
- Am I sacrificing myself to be with the cool kids?
- How important is this really?
- What is it costing me to fit in?
- How can I make this work for me?
- Do I really like them and want to spend time with them?
- Do I like to do the same things they do?
- Do I like the way they treat other people?

Problems



"My relationship with my friends changed too, so I don't really hang with them anymore, just because of problems."

"They were just really catty and they tried to gang up on me for some reason, accuse me of doing stuff that I didn't do. One of the girls didn't like my other friend, but somehow they got together and now that friend doesn't like me either, and so they're both ganging up on me."

"I find that with our friends, it's really hard to relate because they're all older than me. It gets kind of hard at times because they're all leaving next year, and grade 12 is going to suck!"

"Why should I care what other people think of me? I am who I am. And who I wanna be."

- Avril Lavigne



Solutions

Radical idea: Talk to them.

"Some of us have been friends forever, and some of us are newer friends, but at the same time I think we're really close, and we work out our differences."

"When it comes down to it, the people who stress you out are not good for you, and your real friends will stick by you no matter what."

"I have really different groups of friends, so if one group turns on me, then I just go to the next."

Finding friends

"If you're able to do things that interest you, you're going to meet people that have the same interests and you're going to feel a lot better about yourself. So knowing what you like to do is really important in having a healthy relationship with yourself."

"I met Alice through a choir that I'm in."

"I think one of the biggest things is just to get involved in different things to meet other people, instead of just who's at your school."

"I got dragged to curling this year, and I met people who live close to me, and it's a two-minute walk to their house."

Bully for you

Don't know when to talk things over and when to rat? You aren't alone. Teens often feel that asking for adult advice is "ratting". First step, listen to your gut. You'll know what's the right thing to do. Second, ask for advice. Your parents or a teacher are usually the best first step. If you want to remain anonymous, call the Youth Help Line or ask your doctor or someone else you trust.

You don't ever have to tolerate bullying, abuse or violence. Ever. Do you know what to do when someone crosses your boundaries? **Visit www.bullying.org**

What are your lines in the sand?

I will tell my friends I find it unacceptable when they:



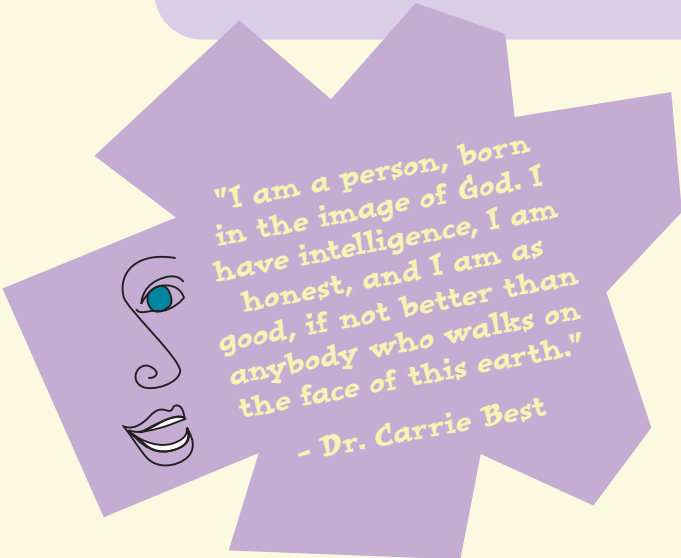
Call me names, like "stupid"



Say they'll call, then don't



Ignore me when they're with another friend



"I am a person, born
in the image of God. I
have intelligence, I am
honest, and I am as
good, if not better than
anybody who walks on
the face of this earth."

- Dr. Carrie Best

Healthy Relationships ... with some romance

Ready for love? Take the test.

Write down the answers to these questions:

1. How have I prepared myself for making Big Decisions?

2. How do I know I have the self-confidence to ask the questions I need to ask?

3. What makes me believe I am a good listener?

4. Can I communicate how I really feel? Write down when you last communicated your feelings, and what happened.

5. When did I last say “no” to something I really didn’t want to do? Am I ready to say it when I need to? How will I?

6. Can I ask for what I really do want? What will I say? What’s likely to stop me?

Check out Scarleteen: sex education for the real world at www.scarleteen.com. Great information to help girls freely make their own decisions about their bodies and sexuality.

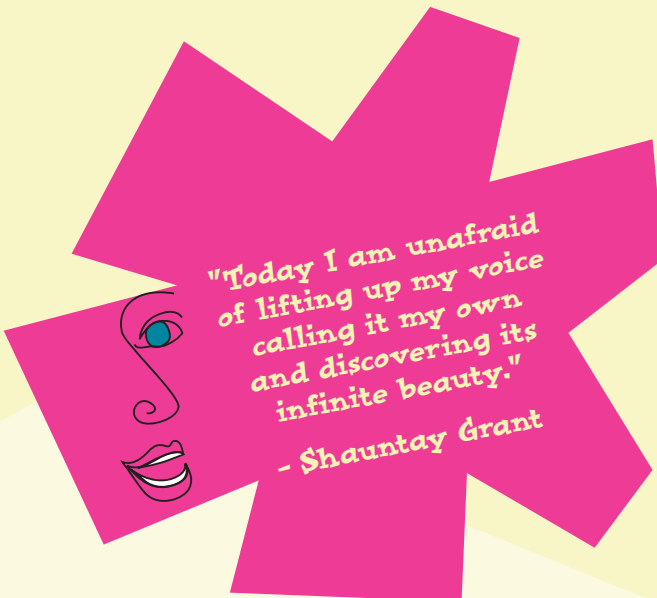
And ask yourself:

Do I think I have to be a pleaser?

Am I experiencing abuse and too shy/embarrassed/afraid to talk about it?

Am I losing my self-respect?

If the answer is **“Yes”** to any of these questions: visit this Nova Scotia web site and find out where you can get help: www.chebucto.ns.ca/Health/TeenHealth/sexualhealth/home.htm



Ready or not...for **sex?**

Sex is a big deal. It can bring with it some pretty serious problems, like disease and pregnancy.

Drive your own agenda. If you are thinking about having sex, think about it carefully.

Sex? – A Healthy Sexuality Resource
is a book that gives facts and explores the issues.

You can get it from your school or download it from the Nova Scotia Office of Health Promotion web site, at www.gov.ns.ca/ohp/healthySexuality.html

Want to talk to a real person? Need help? Call the Youth Help Line and they'll put you in touch with an organization that is there for you. **1-800-420-8336**

"I think for a lot of young girls, it is because 'oh, I really like him, I want to impress him, I think I should sleep with him.' But that's not at all how it should be."

"If you're not comfortable and stuff to talk with your partner about sex, then it's another question you should ask yourself if you should be having sex?"

"If you don't feel comfortable to talk to them, why are you with them? Why are you having sex with them?"

Prefer girls to boys? **Not sure?**

Do you know your sexual identity?

Aren't sure?

Feeling anxious about your likes and dislikes?

Feeling different from other girls?

Feeling guilty about your sexual orientation?

Worry about the response from your families and friends?

These web sites can help:

www.puberty101.com/aacap_gayteens.shtml

www.msnusers.com/GayLesbianBisexualTeens/home

www.bidstrup.com/cool.htm

reality check ✓

A person's sexual orientation is not a matter of choice. Individuals have no more choice about being homosexual than heterosexual. Many gay and lesbian individuals first become aware of and experience their homosexual thoughts and feelings during childhood and adolescence.



Cash



reality check

If you buy a jacket for \$149.99 on your credit card, at the end of six months you'll owe \$ 157.49 and at the end of a year, it'll have climbed to \$164.99. Credit companies can charge up to 30% in interest!



It doesn't grow on trees

Do you know where your money goes? If you earn money or get an allowance, you are ready to learn to manage your money.

Why \$\$ smart?¹

- Self-sufficiency - you can make your own decisions
- Power - to create your own opportunities
- Equality - it's not about having a lot of money, it's about having your own money
- Choice - to marry, to study, to move, to start a business - independence means options

1. Adapted from: Ontario Women's Directorate, *Your Money, Your Life, Your Way*
www.gov.on.ca/citizenship/owd

The Canadian Bankers Association offers lots of great information for teenagers on managing money.

Check out

www.yourmoney.cba.ca/eng/resource_guide/index.cfm.

In Debt/Out of Debt

Credit is as easy to find today as the pimple on your nose before you're going out. But although buying on credit is easy, it means you owe money, or you're in debt. And once you're there, it's really hard to dig out.

Here is some advice from the experts:

- 1 Save 10% of whatever you earn. Take it right out of your pay and put it in a special account. Try it for three months. Think about what you can buy for yourself with the money – that'll make it easier to do.
- 2 Tax yourself. Take some time to learn about income tax. Know what is taxed and where you can get a tax break.
- 3 If you have any debt, make regular payments.
- 4 Figure out what you owe. You should not owe more than 40% of what you earn.
- 5 Be cool about credit. One card is all you'll ever need.
- 6 Pay bills on time. Interest can turn into a nightmare. It eats away at your cash.

Did you know...

You can get a free copy of your credit report once a year by contacting Equifax Canada (1-800-465-7166/www.equifax.ca) or Trans Union of Canada (www.tuc.ca), the two major credit reporting agencies.



Keep a record



Where does the money go? What do you spend your money on? It's interesting and fun to find out! For one month, write down everything you spend in a little book.

What do you think it costs to live on your own?

List what you think you'd have to spend money on.

Don't forget :

- rent
- electricity
- phone
- cable
- heat
- food/cleaning/personal care
- clothes
- entertainment
- transportation
- spending money
- savings

Did you remember to include your cell phone costs?

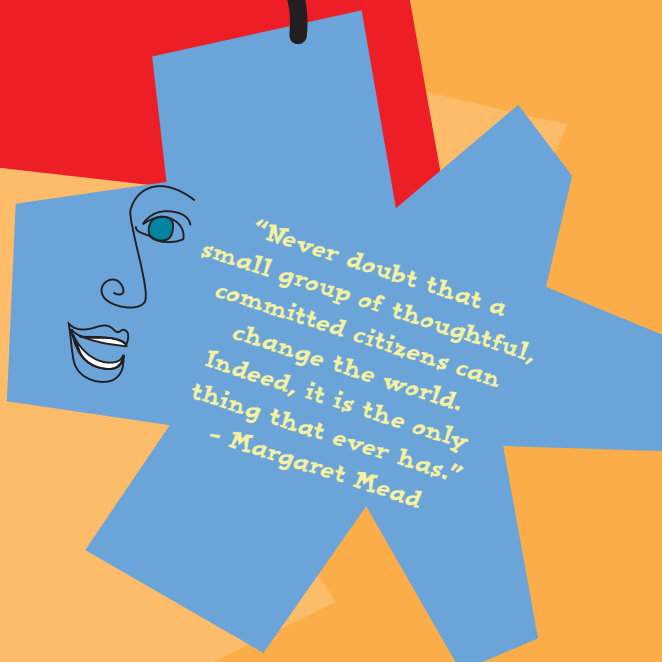


Check out this book:

The Complete Idiot's Guide to Personal Finance in Your 20s and 30s in Canada, by Sarah Young Fisher, Susan Shelly and James Gravelle



Getting out there



*"Never doubt that a
small group of thoughtful,
committed citizens can
change the world.
Indeed, it is the only
thing that ever has."
- Margaret Mead*

What did you do for others that made you feel good about yourself today?

Did you hold the door open for someone who needed a little help? Did you smile instead of ignoring someone who needed comfort?

Want to make a difference in the world and have fun at the same time? Want to put your head on your pillow at night knowing you've done something for your community?

Getting involved in your community can make a difference to others. It can also help you fight stress, open up a world of new friends and look great on the résumé. Changing the status quo starts with you. Stand up for yourself. Take the lead. Become involved. You do have what it takes, and what others need.

So what's out there for you? Plenty. Call the Youth Help Line for information 1-800-420-8336. Tell them that you want to get involved; they'll tell you how.



Here are some suggestions to start with:

Check out www.takingitglobal.org. This is a global online community, providing youth with inspiration to make a difference, a source of information on issues, opportunities to take action, and a bridge to get involved locally, nationally and globally. Membership is free of charge and allows you to interact with various aspects of the web site, to contribute ideas, experiences, and actions.

The YWCA and Women's Centres

The Halifax YWCA offers programs for girls and young women ages 12-30. One is Leadership In Action, a free eight-week program that offers the opportunity to try new things and explore your ideas in a safe space with mentors. You can discover your talents and interest and develop an understanding of healthy relationships. When you graduate from the program you can become a youth member for a small fee, and join one of the YWCA youth clubs. Many women's centres have programs for girls. See the directory for locations and phone numbers.

www.ywcahalifax.com

Politics

Even if you're not old enough to vote, you can still be involved in politics, especially if you're interested in what goes on in your world. Young people are becoming more politically aware and involved.

School councils are a great way to get involved and organize students around issues they care about. You might not be concerned about the next wastewater treatment facility or dog bylaw, but you might have an opinion to share with your municipal council about the opening of a new park or what's happening in your school.

Then there's party politics. Provincial and federal governments are formed by elected representatives who belong to political parties, and most political parties have young caucuses.

Check them out.

Progressive Conservative Party of Nova Scotia
www.pcparty.ns.ca

Nova Scotia Liberal Party
www.liberalcaucus-ns.com

Nova Scotia New Democratic Party
www.ndpcaucus.ns.ca

Green Party of Canada www.greenparty.ca

Nova Scotia Party www.nsparty.com

Help someone else

It's good advice when you're feeling blue: help someone else and you'll feel a lot better about yourself and your life. Find a charity that you believe is important and donate some time to it. Try the local food bank, a seniors' centre or a day care. They can all use your help.

Go green

The Nova Scotia Youth Conservation Corps (NSYCC) can give you environmental experience and training by putting you to work on a community project. **Check out their web site:** www.gov.ns.ca/enla/ess/ycc.

For animal lovers

The Nova Scotia Society for the Prevention of Cruelty to Animals (NSSPCA) welcomes your help. You don't have to be an animal expert to help out at your community's shelter. You just need to have a little time and want to lend a helping hand. They believe everyone has the necessary skills and talents the shelter can use.

www.spcans.ca/help/index.html

Don't know what you'd be interested in? Youth Help Line staff will help you find what's right for you.

Try a world view

Many schools participate in Model UN projects. This is a chance to find out how other countries view the world. Learn about another country and participate in a UN style meeting. You could be a delegate from Algeria or New Zealand. Ask your social studies teacher if your school has a team. If they don't, start one. This web site is a good place to start:

<http://cyberschoolbus.un.org/modelun/index.asp>

The Youth Advisory Council (YAC) is a voluntary group of young Nova Scotians between the ages of 15-24 who are concerned about issues facing youth across the province. Council members meet at least four times a year to discuss current and upcoming issues and how they relate to government policies and programs. To find out more or to apply to become a member of YAC visit the Youth Secretariat web site at

<http://youth.ednet.ns.ca>
or call 902 424-7387.



*"How wonderful it
is that nobody
need wait a single
minute before
starting to improve
the world."
- Anne Frank*

The **Provincial Student Education Council (PSEC)** is a voluntary group of Nova Scotia students in grades 10-12 who are involved in providing advice to the Minister of Education about the secondary school system. PSEC meets at least six times a year to discuss current and upcoming issues concerning Nova Scotia students. For information about getting involved **call 902 424-7387**.

Halifax Regional Municipality offers opportunities for youth to become active in their communities through various projects developed by the youth themselves with assistance from recreation staff. The Youth Help Line knows the contact numbers for the group nearest you.

Prefer to get involved via the web?
Drop by www.shamelessmag.com/community

NSSSA

The Nova Scotia Secondary Schools Students' Association is a non-profit organization run by students that focuses on leadership development at the high school level. Every high school student is a member of the N.S.S.S.A. The organization promotes communication among the students in Nova Scotia. **www.nsssa.ca**



go

ahead.



get

involved

Guide to resources in Nova Scotia

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Addiction Services

Addiction Services provides specialized addiction prevention and treatment services for youth throughout the province.

Addiction Services (A Shared Service)

South Shore Health

South West Health

Annapolis Valley Health

50 Vancouver Street

Yarmouth

Phone: (902) 742-2406 Fax: (902) 742-0684

Addiction Services (A Shared Service)

Colchester East Hants Health Authority

Cumberland Health Authority

Pictou County Health Authority

199 Elliott Street

Pictou

Phone: (902) 485-4335, Fax: (902) 485-7026

Addiction Services (A Shared Service)

Guysborough Antigonish Strait Health Authority

Cape Breton District Health Authority

235 Townsend St.,

Sydney

Phone: (902) 563-2060, Fax (902) 563-2059

Addiction Prevention and Treatment Services

Capital Health

300 Pleasant Street

Dartmouth

Phone: (902) 424-5623, Fax: (902) 424-0627



Day Care

Child Care Connections

(To connect child care practitioners with information, resources, and support regarding quality child care.)

(902) 423-8199

1-800-565-8199

Day Care Subsidy Program

(Subsidized spots for low income women to put their children in day care at an affordable rate.)

(902) 424-6679



Disability

Disabled Persons Commission

(The mission of the Nova Scotia Disabled Persons Commission is "to champion the social and economic inclusion of citizens with disabilities.)

(902) 424 - 8280

1 - 800 - 565 - 8280

Disabled Women's Network (DAWN)

<http://dawn.thot.net>

League for Equal Opportunities

www.nsnet.org/leo

Reach Nova Scotia

(Is a charitable organization dedicated to the social and legal representation of all persons with disabilities.)

(902) 429-5878

1-866-429-5858



Discrimination & Cultural Awareness

Human Rights Commission

(902) 424-4111

1-877-269-7699

Canadian Human Rights Commission: Atlantic Regional Office

(902) 426-8380
1-800-999-6899

Centre for Diverse Visible Cultures

(CDVC is the only organization in Nova Scotia for diverse visible cultures that promotes the presence, participation, accessibility and self determination of persons from such cultures by enhancing their well being within our Canadian community.)

(902) 445-0946
1-888-912-1131

MANS - Multicultural Association of Nova Scotia

(902) 423-6534
www.mans.ns.ca

Black Cultural Centre for Nova Scotia

(902) 434-6223 or Toll Free: 1-800-465-0767
www.bccns.com

Micmac Native Friendship Centre

(902) 420-1576

**Education and Employment****Phoenix Learning and Employment Centre**

(902) 431-9111
(Provides pre-employment, life-skill and academic skill development. Also, strives to support youth in their transition from adolescence to adulthood by providing a wide range of opportunities for competency development.)

Student Loan Office

(902) 424-8420
1-800-565-8420
<http://studentloans.ednet.ns.ca>

Canada Study Grant

www.canlearn.ca

Employment Support Services

(902) 424-4329

(You must be receiving income assistance.)

Human Resources Development Canada

www.jobbank.ca

Human Resource Development Centers

(Human Resource Development offices have Career Resources Centres that provide information to help you find employment now or to decide on a career for the future.)

Amherst: (902) 661-6618

Antigonish: (902) 863-7037

Bedford: (902) 426-5185

Bridgewater: (902) 527-5524

Dartmouth: (902) 426-1945

Digby: (902) 245-4784

Glace Bay: (902) 842-2414

Guysborough: (902) 533-2119

Halifax: (902) 426-8119

Inverness: (902) 258-2301

Kentville: (902) 679-5772

New Glasgow: (902) 755-7821

North Sydney: (902) 564-7245

Port Hawkesbury: (902) 625-4116

Shelburne: (902) 875-3940

Sydney: (902) 564-7245

Truro: (902) 893-0023

Windsor: (902) 798-6518

Yarmouth: (902) 742-0813

Manpower

(902) 422-1373

www.manpower.ca

Monster Search Engine for Employment

www.monster.ca

Workopolis Search Engine for Employment

www.workopolis.com



Health and Sexuality

Canadian Abortion Rights Action League

1-613-789-9956 or 1-888-642-2725

Planned Parenthood

Planned parenthood is youth friendly and does not require parental consent. Everything is totally confidential.

Clinical Services are FREE.

Cumberland County Family Planning - Amherst

12 LaPlanche Street

Amherst, NS B4H 4B8

Phone: (902) 667-7500

Web site: www.cumberlandcounty.pffc.info

Planned Parenthood Cape Breton - Sydney

150 Bentinck Street

Sydney, NS B1P 1G6

Phone: (902) 539-5158

Web site: www.capebreton.pffc.info

Planned Parenthood Lunenburg County - Bridgewater

12 Dominion Street

Bridgewater, NS B4V 2W8

Phone: (902) 543-1315

Web site: www.lunenburgcounty.pffc.info

Planned Parenthood Metro Clinic - Halifax

201-6009 Quinpool Rd.

Halifax, NS B3K 5J7

Phone: (902) 455-9656

Web site: www.pphalifax.ca

Planned Parenthood Pictou County - New Glasgow

36 Riverside Street

New Glasgow, NS B2H 5K7

Phone: (902) 755-4647

Web site: www.pictoucounty.pffc.info

Planned Parenthood Sheet Harbour

17 Behie Road
Sheet Harbour, NS B0J 3B0
Phone: (902) 885-2789
Web site: www.sheetharbour.ppfc.info

AIDS Coalition of Nova Scotia

Suite 326-1657 Barrington St.
Halifax, NS B3J 2A1
Phone: (902) 425-4882
Web site: www.acns.ns.ca

AIDS Coalition of Cape Breton

150 Bentinck Street
Sydney, NS B1P 6H1
Phone: (902) 567-1766
Web site: www.accb.ns.ca

Home of the Guardian Angel

2893 Agricola St.
Halifax, NS B3K 4E8
Phone: (902) 422-7548
(No in-house residents, but provides pregnancy options counselling.)

Lower Sackville Teen and Youth Clinic

(902)-869 - 6106
(Pregnancy testing and options counselling, emergency contraception, sexuality, pregnancy, self-esteem, birth control, sexually transmitted diseases etc. You can discuss anything that concerns you with the nurse educator in privacy and it is confidential.)

BLT Teen Health Centre

Ridgecliff Middle School
(902) 876-4381 (ext. 3)

Tantallon Senior High School

Tel. (902) 428-8540 (voicemail)

Teen Issues Lounge

Duncan MacMillan High School
(902) 885-2777

The Teen Health Clinic

Cobequid Multi-Service Centre
(902) 869-6115

Youth Health Centre @ Halifax West

Halifax West High School
(902) 457-8900 ext. 457-1280

Musquodoboit Valley Youth Health Centre

(902) 384-3920
(The clinic provides access to a full network of services and supports as well as a full program of education on many issues including pregnancy, sexuality, relationships, diseases, and healthy lifestyle.)

Northside Youth Wellness Centre

(902) 794-6254

CEC and Community Youth Health and Support Centre

(902) 895-4495

Hants Youth Health and Resource Centre

(902) 792-2124

Guysborough Youth Health and Services Centre

(902) 533-2250

**Help Lines****Nova Scotia Youth Help Line:**

1-800-420-8336

Cape Breton and Sydney:

(902) 562-4357 or 1-800-957-9995
(6 p.m. -midnight)

Halifax Regional Municipality:

(902) 421-1188
(24 hours)

Pictou County:

(902) 752-5952
(Noon - midnight/7 days a week)

Strait, Richmond, Inverness Area:

(902) 625-5117
(6 p.m. -midnight)

Kids Help Phone:

1-800-668-6868
<http://kidshelp.sympatico.ca/en/>
(Canada's only toll-free, 24-hour, bilingual and anonymous phone counselling, referral and Internet service for children and youth.)



Income Support

Income Assistance (Department of Community Services)

Central Regional Office:

Halifax: (902) 424-5074

Central Region District Offices:

Halifax: (902) 424-4150
Dartmouth: (902) 424-3298
Sackville: (902) 869-3600
Lakeside: (902) 876-0580
Cole Harbour: (902) 435-7472
Alderney Gate: (902) 424-1600
Sheet Harbour: (902) 885-2874

Eastern Regional Office:

Sydney: (902) 563-3300

Eastern Region District Offices:

Sydney: (902) 563-3300
Port Hawkesbury: (902) 625-0660
North Sydney: (902) 794-5110
Glace Bay: (902) 842-4000

Northern Regional Office:

New Glasgow: (902) 755-7023

Northern Region District Offices:

Cumberland (Amherst): (902) 667-3336
Colchester (Truro): (902) 893-5950
New Glasgow: (902) 755-7363
Antigonish: (902) 863-3213
Guysborough: (902) 533- 4007

Western Regional Office:

Kentville: (902) 679-6715

Western Region District Offices:

Yarmouth: (902) 742-0720

Digby: (902) 245-5811

Shelburne: (902) 637-2335

Annapolis Royal: (902) 532-2358

Queens (Liverpool): (902) 354-2771

Lunenburg (Bridgewater): (902) 543-5527

Hants (Windsor): (902) 798-8319

Kings (Kentville): (902) 678-6176



Law and Legal Services

Legal Information Society

(902) 454-219

1 800-665-9779

Dalhousie Legal Aid

(902) 423-8105

Police and RCMP Emergency 911**Dial-A-Law**

(902) 420-1888

(A recorded phone legal information service on a variety of topics. Accessible only from a touch-tone phone. Long distance charges apply outside the Metro Area. 24 hours a day.)

Coverdale Court Work Services

(902) 422-6417

(Supporting women in conflict with the law. Call for more information.)

Elizabeth Fry Society

Halifax: (902) 454-5041

(For women in conflict with the law.)

Sydney: (902) 539-6165

(For women in conflict with the law.)

Nova Scotia Legal Aid

(May provide a lawyer to someone who could not otherwise afford one. To be eligible for the service in NS, an applicant must be receiving Social Assistance or be in an equivalent financial position. Also must determine if your case has merit.)

Amherst: (902) 667-7544
Annapolis Valley: (902) 532-2311
Antigonish-Guysborough: (902) 863-3350
Bridgewater: (902) 543-4658
Dartmouth: (902) 420-8815
Halifax South: (902) 420-6565
Halifax North: (902) 420-3450
New Glasgow: (902) 755-7020
Port Hawkesbury: 1-888-817-0116
Sydney: (902) 563-2295
Truro: (902) 893-5920
Windsor: (902) 798-8397
Yarmouth: (902) 742-7827



Lesbian Support

Youth Project

Halifax: (Provincial)
(902) 429-5429
<http://youthproject@youthproject.ns.ca>
(Support for gay, lesbian bi-sexual youth)

Parents and Friends of Lesbians and Gays (PFLAG)

(902) 443-3747

Sexual Orientation and Gender Identity Committee

(902) 422-1905
(Information on your rights as a lesbian.)

Equality for Gays and Lesbians Everywhere (EGALE)

(902) 889-2288
National Tel: 1-888-204-7777

Nova Scotia Rainbow Action

(902) 832-9100

Humans Against Homophobia

(902) 494-6662

Other Support

Eating Disorders Action Group

260 Wyse Rd., Suite 300
Dartmouth, NS
B3A 1N3
Phone: (902) 443-9944
Web site: www.edag.ca

(A variety of services and programs offered, peer support groups, educational workshops and presentations on disordered eating and related issues. A resource centre equipped with a resource lending library and volunteer opportunities.)

Alateen

(902) 466-7077
1-800-443-4525

(An organization of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Alateen is based on the 12 steps of Alcoholics Anonymous.)

Bully Busters Program

Second Story Women's Centre
(902) 543-1315

LOVE (Leave Out Violence)

(902) 429-6616

(LOVE is a not-for-profit anti-violence youth program that works with youth who have experienced violence as victims, witnesses or perpetrators.)

Phoenix Centre for Youth

(902) 446-4663

(Services offered through the Centre include crisis intervention, supportive counselling, health services, shower and laundry facilities, healthy snacks, personal care items, emergency food, and referral and advocacy services.)

Single Parent Centre

(902) 479-0508

(Offers counselling to adolescent mothers, pre-natal classes; parenting programs; human development and educational programs; advocacy work; drop in centre; and much more.)

Self Help Connection

(902) 466-2011

(A program for self-help resource development. Concerned with assisting individuals to define and meet their health needs in a supportive environment. Provides information and assistance to self-help groups.)

Youth Live

(902) 490-7370

(Programs aim at increasing self-reliance of individuals while addressing community needs. Provide full-time 9-month program job and life skills development, career exploration, and job search techniques. Includes a stipend (living allowance). Call for criteria, serves ages 16 - 30 years old.)

Saint Leonard Society of NS

(902) 463-6159

Out-reach Coordinator: Rose Trevors

(Serves youth to the age of 30. Provides links to community: example: employment, housing, health, food, clothing, etc.)

YWCA Halifax

1239 Barrington St., Halifax

(902) 423-6162



Prostitution Support

Stepping Stone

(902) 420-0103



Sexual Assault Centres and Interventions

Halifax:

Avalon Sexual Assault Centre

(902) 425-0122 Crisis Line 24hrs

(902) 422-4240 Business Line

(16 yrs or older)

Truro:

Colchester Sexual Assault Centre
(902) 897-4366

You can also go to the ER at your nearest hospital if you've been assaulted. Women's centres and transition houses can also provide support



Transition Houses and Shelters

Amherst:

Autumn House
(902) 667-1200 Crisis Line
(902) 667-1344 Office Line

Antigonish:

Naomi Society
(902) 863-3807 Office Crisis
1-888-831-0330 Weekend Crisis

Bridgewater:

Harbour House
(902) 543-3999 Crisis Line
(902) 543-3665 Office Line
(902) 543-9970 Outreach Worker
1-888-543-3999 Toll Free

Halifax:

Adsum House
(902) 429-4443
(902) 423-4443
(For homeless women and children.)

Halifax:

Barry House
(902) 422-8324
(Emergency shelter for women and children at risk.)

Halifax:

Bryony House
(902) 422-7650 Crisis Line
(902) 423-7183 Office Line
(902) 429-9008 Outreach Line

Halifax:

Phoenix Youth Programs (Emergency Shelter)
(902) 422-3105

Halifax:

Universal Shelter Association
(902) 454-5459
(Culturally sensitive safe houses, also gays and lesbians, and
bisexuals.)

Kentville:

Chrysalis House
(902) 679-1922 Crisis Line
(902) 679-6544 Office Line
(902) 679-1155 Outreach Line
1-800-264-8682 Toll Free

Musquodoboit Harbour:

Eastern Shore Safe House Association
(902) 889-2146 Crisis Line

New Glasgow:

Tearmann Society
(902) 752-0132 Crisis Line
(902) 752-1633 Office Line
(902) 752-2591 Outreach Line
1-888-831-0330 Toll Free

Port Hawkesbury:

Leeside Transition House
(902) 625-2444 Crisis Line
(902) 625-1990 Office Line
(902) 625-1106 Outreach Line
1-800-565-3390 Toll Free

Sydney:

Cape Breton Transition House
(902) 539-2945 Crisis Line
(902) 562-2666 Office Line
(902) 562-3045 Outreach Line
1-800-565-4878 Toll Free

Truro:

Third Place Transition House
(902) 893-3232 Crisis Line
(902) 893-4844 Office Line
(902) 895-9740 Outreach Line
1-800-565-4878 Toll Free

Yarmouth:

Juniper House
(902) 742-8689 Crisis Line
(902) 742-4473 Office Line
(902) 742-0231 Outreach Line
1-800-266-4087 Toll Free

**Women's Centres****Antigonish: Antigonish Women's Resource Centre**

(902) 863-6221

Bridgewater: Second Story Women's Centre

(902) 543-1315

Cornwallis Park: The Woman's Place

(902) 638-8052

New Glasgow: Pictou County Women's Centre

(902) 755-4647

Sheet Harbour: Lea Place

(902) 885-2668

Sydney: Every Women's Centre

(902) 567-1212

Truro: Central Nova Women's Resource Centre
(902) 895-4295

Yarmouth: Tri County Women's Centre
(902) 742-0085

Digby: Citizens Against Spousal Abuse
(902) 245-4789



Youth Centres

Dartmouth: Spartan Lifestyle Program
(Dartmouth High School)
(902) 464-2457 (Ext. 104)

Glace Bay: Youth Centre
(902) 842-1612

Halifax: Mainland South Teen Health Centre
(J.L. Ilsley High School)
(902) 479-4281

Phoenix Youth Programs (Emergency Shelter)
(902) 422-3105

Kentville: The Red Door
(902) 679-1411
(Provides youth access to clinical services, counselling, health education, and workshops designed to meet their needs. Youth 13-30 years of age.)

Musquodoboit Harbour:
Youth on the Move Eastern Shore District High School
(902) 889-3581

New Waterford: Youth Centre (Breton Education Centre)
(902) 862-9670

North Sydney: Northside Youth Help Centre -
(Thompson Junior High School)
(902) 794-6245

Shelburne: Our House Youth Wellness Centre

1-877-469-6884

(They provide a variety of services: tutoring, help with homework and projects, health information and services, internet access, planned activities, and career exploration.)

Sydney: Youth Centre - Sydney Academy

(902) 567-1056



**Nova Scotia
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