

PERSONAL DEVELOPMENT:(A leaders guide, based on the requirements for personal Development badge.)

►Section 1 Staying safe in Public and in School:

What You Can Do

Make a commitment not to contribute to violence in any way. Do not bully, tease, or spread negative gossip about others. Respect others and value differences. Try to broaden your social circle to include others who are different from you.

Get involved in your school and community. Volunteer with a community group, play sports, write a play or poem, play a musical instrument, or join a club or after-school program.

Avoid alcohol and drugs. Stay away from alcohol and drugs as well as people who use them. There is a strong link between the use of alcohol and drugs and violence.

Learn about ways to resolve arguments and fights without violence, and encourage your friends to do the same. Many schools, churches, and after-school programs offer training in conflict resolution skills.

Do not stoop low enough to carry a weapon If someone is threatening you and you feel that you are in serious danger, do not take matters into your own hands. **Find an adult you can trust** and discuss your fears, or contact school administrators or the police. Take precautions for your safety, such as avoiding being alone and staying with a group of friends if possible. If you feel you are in danger right now.... Call 911 or reach out to someone like those above... now.

If you know someone is planning to harm someone else, or themselves - report him or her. Most of us have learned from an early age that it is wrong to tattle, but in some instances it is the most courageous thing you can do. Tell a trusted adult, such as a teacher, guidance counselor, principal or parent. If you are afraid and believe that telling will put you in danger or lead to retaliation, find a way to anonymously contact the authorities. You can phone from a pay phone or call 911 from your cell, or Crimestoppers.at 1-800-222-TIPS (8477)

Take the initiative to make your school or community safer. Join an existing group that is promoting non-violence in your school or community, or start your own effort.

What to do if you need help with bullying or other kinds of violence.?

Tell an adult you can trust. This is not something you are expected to be able to handle by yourself.

►Section 2: DATING

Dating is a social situation with a member of the opposite sex usually without parental supervision. It also helps show the other person that you are not a psycho, or a jerk and that you also know how to use deodorant

What age? That depends on the parents.

Age 16 seems to be the usual age when most parents allow their teens to date . But you don't want to suddenly find yourself dating at 16 with no experience in being with the opposite sex or talking to them. So often a **Group Date** is easier to do and takes a lot of pressure off everyone. What kinds of things can you do with a group?
(Bowling, movies, goofing around in the Park, festivals-or whatever special event may be happening in the City... Ask for other suggestions)

One-to-one date.

The purpose of a one-to-one date is really simple. It's to get to know the other person better. If you think the other person is really hot you might want to try for some physical closeness- hugging, dancing, kissing....don't expect it right away....that stuff will still be waiting for you after you have gotten to know the other person better.

How to behave on a date:

Always: RESPECT! That is one thing you must always bring to a date. And end the date with respect for yourself and the other person.

Here are some ways to have a good date:

Thank the other person for the date - always, without exception. Say thanks for coming with me and at the end, say thankyou.

Good manners are still in style and they will make you stand out from some of the others.

Simple kindness. Never hurts

Focus on the Other Person - pay attention to your date.

No wandering eyes. Look at your date, not the person across the room.

Don't whine or complain! Don't talk about old relationships, how hard school is or how mean the teacher is, bank robberies, Tsunamis or other negative stuff. You are with a nice person. Enjoy their company.

Listen to what your date says.

Don't interrupt. While your date is talking, don't spend time thinking about what you're going to say when it's your turn. Just relax, listen and talk.

Attitudes and Habits - stay positive.

Don't complain on a first date.

When you're a bit older you might be offered alcohol or drugs. This is really idiotic. Your date wants to be with you, not a drunk or dope-head. They can go to the mall to see people like that.

And oh yea, **Always- RESPECT!**

Date ideas for the week:

*Take an activity outside of school together. Pottery making, photography, art, basketball, etc

*Movie followed by a snack somewhere else after the movie.

*Baseball- play it or watch it. Avoid playing Rugby on a first date!

*Miniature Golf- believe it or not, a lot of people are enjoying themselves there.

Here are some hints from some older Teens: *This section has been re-written, paraphrasing Teenager's responses* Throw out these comments and hints and ask them for their responses.

Nervous wreck? **Act** confident and you'll be *seen* as confident.

Confidence is something you have to work at, it's not easy being that way but the more you push yourself to do it, and the more you believe in yourself the more attractive you are to the opposite sex.

When talking are not, Keep the subject light and don't try to go too far in conversation at first.

If you confident enough to ask for a date yet, ask to "chill with your friends"

If arranging a first date, go for something like a movie or concert where there are lots of people and you don't have the pressure of having to make witty conversation for 2 hours straight.

Don't think that you have to be witty all the time...don't try too hard.

Often you won't feel like you have anything much to say. If you try too hard, the conversation sounds weird and unnatural. If the conversation is getting slow, ask the other person a question.

Rejection – AUGH!

Don't constantly ask out the same person out. Only once or twice. If they change their minds, they know where to find you.

Don't be afraid that if it doesn't work out, that there is something wrong with you.

There are lots of ingredients in a kitchen but not all combinations will end up working. And don't worry (I know you are going to anyway!) there is nothing wrong with you. It happens to everyone. Everyone! Much more than most people think.

Don't be surprised if you get turned down often. It doesn't mean (like you might think) that there is something wrong with you. It just means there is no spark with that particular person. At that time.

And if you are the one doing the turning down, just be honest about it and say something like "Thanks for asking but I'll have to say no thanks". Don't go out with someone you aren't attracted to because it will hurt them even more later when you reject them

For the guys: *Hints from girls:*

Guys, personality plays much more than looks do. Be the person you are.

Sometimes approaching girls in a group will take stress off and be less awkward.

Don't be afraid to approach someone you think is "out of your league" You might be surprised.

If you're the talkative one, keep in mind that this date is not ALL about you. Start asking the other person questions because otherwise the whole date would be about you, instead of both of you.

If you're the shy type like me and you never know what the heck to say, plan a few well thought out questions or subjects ahead of time to talk to the other person about. It helps you relax a bit so you will feel more normal as you are talking.

Don't bring flowers, or little gifts on the first date. You're only just starting to get to know this person and you really have to get to know somebody before all that romantic stuff happens. It's not that girls don't like gifts. It's just that when you buy gifts right away it seems like you're in this huge hurry to get serious right away.

-Use your imagination. If you get past the point where the girl/guy has finally agreed to go out with you, have something in mind that you want to do already. Because to me asking someone out, and not knowing what you want to do afterwards is a sign that you never really thought about it. You never took the time to decide what kind of date you want to go on. Even if it's the movies don't just say the movies, have a few movies in mind that you'd like to see.

Use eye contact

It's a sign of strength and confidence. When looking someone in the eyes while they talk it shows that you're really interested in what they have to say. I'm not saying keep your eyes on them every second, and every minute you're with them ...that would be creepy. But when they're talking, try to look their way instead of checking someone else.

Be yourself!

Everyone says this...what does it mean? Relax, it's just two people together. The fate of the world is not on your shoulders. Often you will feel like you have to be the smartest, funniest, most attractive person in the world. And that might be true-in YOUR head! If you're a girl, relax. He asked YOU out so don't be someone else on a date. If you are a guy, same thing. She said yes to YOU. Don't be someone else.

OH I'm nervous- what about a good night kiss?!?!?!?

(from a girl) Just because you accepted a date with him doesn't mean that he has any more privileges to hold your hand or touch your body any where. A date is an opportunity to get to know him better. You don't have to do anything except go with him, laugh, have a good time and just be yourself. The kiss is optional . And no-one has to kiss until you are ready to. Those lips will still be around later.

► Section 3 PUBLIC HEALTH

(Define: It's protecting the health of as many people as we can in our community, our country and the world)

What do you know about the Walkerton Water Disaster?

Bacteria from cow animal manure washed into the streams around Walkerton then got into the town's water supply. Usually the bacteria would have been killed by treating the water with chemicals at the Water Treatment Plant, but the equipment wasn't maintained properly and instead of telling the health Dept when there was too much bacteria in the water, the people in charge lied and pretended nothing was wrong with the water. The equipment failed and the people in charge failed. Hundreds of people got sick and about 9 died. Many who got sick had their bodies damaged so that they will be sick the rest of their lives.

How do hospitals get blood for transfusions?

People, called Blood Donors, give about ½ litre of blood at a clinic. It gets mixed in with hundreds of litres of other people's blood of the same blood type. Some gets processed into other products and some stays as whole blood for transfusion.

What would happen if something bad got into the water supply of our city?

Discuss

What would happen if somebody infected with a disease carried by the blood was a blood donor?

Discuss

Who would we call if there was a big problem with the water supply in Waterloo? What about a disease like SARS or Swine Flu?

Waterloo Regional Health Unit. They are part of the Region's government and they are in the Blue Pages of the phone book.

What is a communicable disease? A transmittable disease? *Same thing. A disease that is spread from person to person easily by things like touching items an infected person touched then touching your own mouth, or eye or nose, coughing and sneezing, sharing cups and cutlery. Examples? A Cold. Meningitis. The Flu (influenza), E.Coli in water, like happened in Walkerton*

Doctors and Public Health Units thought that they had most diseases under control or even wiped out by the 1960 and 1970s. Antibiotics and vaccinations did a lot but new diseases like HIV/AIDS came along, and some old ones started to resist the antibiotics.

Infectious diseases are still the leading cause of death world-wide. In our Region we still vaccinate against diseases like Rubella (German measles), Pertussis (whooping cough), Influenza, and Tuberculosis. Sexually transmitted diseases and increasingly HIV/AIDS infection continue to be a problem.

Define: Virus- A tiny piece of genetic material that can infect, destroy or change our body's cells.

Bacteria- Single celled organisms that are sometimes harmful to our own body cells. But not all kinds of bacteria are harmful. Some are needed to live, like the millions of bacteria in our guts right now that help us digest food!

VIRUSES AND BACTERIA HAVE NO BRAINS, THEY HAVE NO CONSCIENCE. THEY DO NOT CARE IF YOU ARE A NICE PERSON, A BAD PERSON, A CARELESS PERSON OR SOMEONE

WHO IS USUALLY CAREFUL! THEY DON'T CARE IF MAKING YOU SICK IS UNFAIR. Their purpose is to infect and if they get the chance they will do it without caring about you or anyone else you come in contact with.

► **Section 4 SEXUALLY TRANSMITTED DISEASES (STDs) – or(STI's Sexually Transmitted Infections.)**

Teens sometimes look at the dangers of sexually transmitted diseases the same way they see the dangers of tobacco: "It won't happen to me...let's change the subject." Many people think that someone who contracts a sexually transmitted disease (STD) is "dirty" or promiscuous, but that's totally wrong. Remember a virus doesn't care who you are!

Quiz: What is an STD (or STI)? *It's a disease transmitted from one person to another through some type of sexual contact. Usually it's sexual intercourse but not always.*

How many types are there? *More than 25!*

In the United States, how many teenagers are diagnosed with an STD of some kind? ½ a million? 1 million? 3 million? 5 million?

A: 3 million. We have fewer people in Canada so we can figure that approximately 300 thousand Canadian teenagers get infected each year.

Can STDs be cured? *Many can but sometimes it depends on how soon it's diagnosed. Some STDs are caused by viruses that never leave the body but only show up from time to time, like something called Genital Warts. Other viruses like the HIV virus which causes AIDS can be slowed down but it can't be stopped. HIV destroys the body's immune system so people actually die of some other disease that the body can't fight off.*

What is the most common STD being passed along these days in North America?
(Expect AIDS, Syphilis, Gonorrhea)

Teenagers from 15 to 19, both male and female, have the highest rates of chlamydia and gonorrhea, the two most common sexually transmitted diseases.

Chlamydia. *Many people have never even heard of it and many people who have it don't know they have it! It's caused by a bacteria. Many men, and most women, who are infected don't have any symptoms.*

*It's a disease that, in women can cause **PID** (Pelvic Inflammatory Disease) which causes a lot of pain inside. It has been linked to cancer of the ovaries in women. It can also cause women not to be able to have babies, or a baby starts forming in the wrong place which is dangerous for the baby and the mother. If a baby is born OK to a woman who is infected, the baby can become blind or develop pneumonia from it, if it isn't treated. (Most babies get checked at birth for this). If a man is infected and doesn't get treated (because he doesn't know he has it) the bacteria can ruin the tubes that carry sperm and he won't be able to become a father.*

Another extremely common STD called HPV (human papillomavirus) is estimated to have already infected at least half of Teens and Adults in the USA and it's usually just a little

lower rate in Canada.. There are about 30 different types of this virus that can be transmitted through sexual contact. The disease it causes is best known as “Genital Herpes” or “Genital Warts” but it has also been linked to cervical cancer inside women. The usual protection against STDs is not effective against the HPV virus

HPV, and “Genital Warts” can be transmitted by different types of sexual contact, not just sexual intercourse. It is one of the viruses that stays in the body and shows symptoms only sometimes.

True or false: Almost everyone who gets an STD will have *some* symptoms. **False**

True or false : You can tell if someone has AIDS or any other STD **False.** *While some STDs show obvious symptoms, it takes a test by a doctor to diagnose an STD.*

True or false: Infertility (not being able to have a baby) might be caused by an STD. **True**

True or False: HIV , which leads to AIDS only happens in Gay people. **False.** *AIDS was first noticed in Gay men in the 1970's but since then it has spread to all sorts of people. A virus does not care who it gets into!*

True or false: If a person is under 16 they must get their parent's permission to be treated for an STD or get information about it.

False

(Info from W.Reg. Health Unit) It does not matter what age you are to get treatment for STDs. If someone was really really young the nurse or doctor would have to decide if the person really understood what they were asking about. A family doctor should keep everything **confidential** - not tell parents -but it's a good idea to ask the doctor's office first if the visit will be kept confidential.

If you have any questions the Health Unit nurses are happy to answer them for you. No cost and they don't ask who you are. You can ask the Public Library for the number or check the Blue Pages of the phone book or the internet..

Exceptions to confidentiality:

- If assault or abuse is suspected, or if the person says they were assaulted or abused, then Family & Children's Services would also be called.
- If there is more than a 2 year difference between the age of the person being treated and the age of the person who might be abusing them.
- If the other person is in authority over them, like a coach or a mentor, even if they are within two years of each other.

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