



Health and Learning

A Quarterly Newsletter of the Daly City Youth Health Center

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Students Speak Out Through Videos

*T*aking Charge and *It Takes Two* are the titles of two new videos created by Jefferson Union High School District students. *Taking Charge* is a video about sexual harassment for and by teens. In the video, there are different scenes that portray ways in which teens experience sexual harassment and sexual assault. The themes of the video are:

- Nobody asks to be harassed.
- Stopping abuse starts with talking about it.
- Using alcohol and drugs increases vulnerability to sexual assault.

Students at the Wilderness School (Daly City), who created the video, are interested in presenting their video at schools and various community groups. To arrange for a presentation, call the producers Meylin Jimenez or Olivia Tuimavave at (650) 550-7922.

At Terra Nova High School (Pacifica), a group of students participating in a Peer Health Education Group facilitated by Project PLAY created the video *It Takes Two*, which focuses on pregnancy prevention. In the video, a young couple, portrayed by Peer Health Educators, comes face to face with the responsibilities and consequences of becoming sexually active. The video will be used as a learning tool in high school presentations, televised on local TV stations, and played in the Health Center's clinic waiting room.

The teens who produced these videos went through the complete filmmaking process from story development, writing, and editing to camera operation and sound production. We would like to thank the Wilderness School teachers Reno Taini and Ed Lopez for their guidance with the production of *Taking Charge*. A special thanks also goes to Channel 26 in Pacifica for technical help and the Health Plan of San Mateo for funding the video *It Takes Two*.

Website For and By Teens

www.teenrelationships.org is a website focusing on teen relationships sponsored by the Center for Domestic Violence Prevention. The website features a Teen Chat Room facilitated by youth which is open every Monday through Thursday from 5:00-7:00pm. The website has links to other websites on dating, domestic violence, general youth programs, resources and information. The Center also has a local teen hotline that can be reached at (650) 259-8136 or (650) 312-8515.

Free Support Groups

NEW! Group for Lesbian, Gay, Bisexual, Transgender, Queer and Questioning Youth: This group will be a safe and respectful space to meet people, talk about life and relationships, and have FUN. Every Wed. starting Feb. 27, 4 to 5:15pm at DCYHC. Contact Cara or Susie at (650) 991-2240. All calls are confidential.

Parenting Your Teen: For parents, guardians, and caregivers of youth ages 13-19. New group starts Wed., February 6, 6 to 8pm. Contact Jane at (650) 991-2240.

Young Dads' Support Group: For parenting teens and young adults. New group starts Wed., January 30, 6 to 8pm. Contact Glenn at (650) 573-2828.

Pregnant and Parenting Teen Moms' Support Group: New group starts Thurs., January 10, 2:30 to 4:30pm at 825 Southwood Drive, So. S.F., Room 51. Contact Becky at (650) 991-2240.

Youth Needed for New Advisory Council

Teens are invited to participate in DCYHC's newly forming Youth Advisory Council. The Youth Advisory Council will provide an opportunity for local youth to have a voice in shaping the programs and activities of the Health Center. We are seeking in- and out-of-school youth between the ages of 16 and 21. The Council will meet monthly for an hour at the Health Center. The first meeting will be on Thursday, February 28 from 4-5pm. Refreshments and snacks will be provided. Stipends will be awarded to participating, committed youth. If you are interested, call Jo Ann at (650) 991-2240.

Who funds the Health Center?

The Health Center relies upon grant funds, contracts with San Mateo County and donations to support all of our programs and activities. We would like to thank the following foundations and agencies that currently fund us:

- Atkinson Foundation
- California Dept of Health Services and Dept. of Education
- City of Daly City (Community Development Block Grant)
- County of San Mateo (Health Services Agency, Mental Health Services Division, Probation Services Dept.)
- Criminal Justice Council of San Mateo County
- Health Plan of San Mateo
- Jefferson Union High School District
- Peninsula Community Foundation
- San Francisco Foundation
- Sandhill Foundation
- Seton Health Services Foundation
- Wells Fargo Foundation

Health and learning go hand in hand!