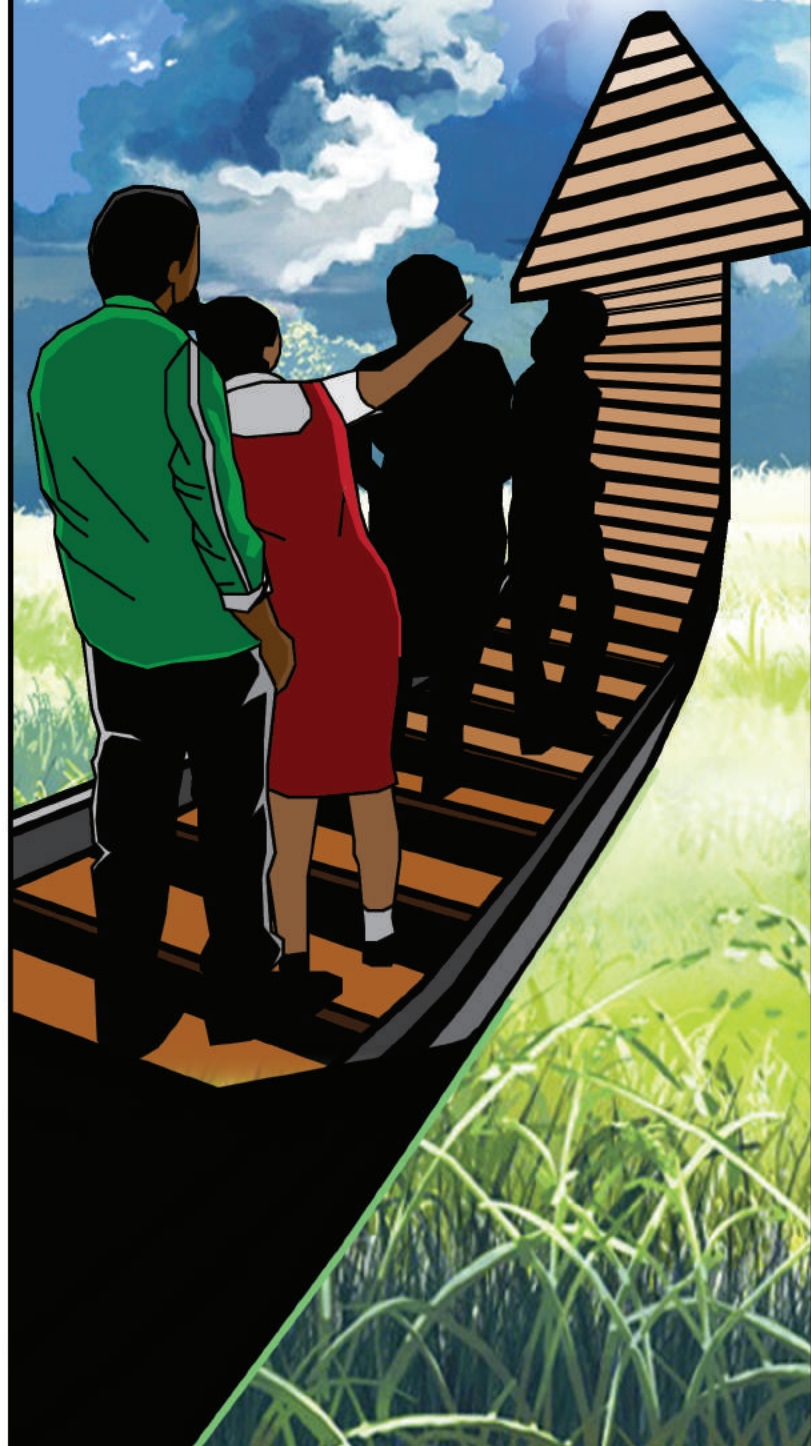


STAYING ON TRACK

**A healthy lifestyle guide for
adolescents 10-14 years.**



unicef 
unite for children



United Nations Population Fund

NOT IN MY CUP



A group of boys 12-14 years old are all standing together at a house party where alcohol is available. The boys all have cups in their hands. The older brother of one of the boys arrives with a bottle of liquor and cups. He starts teasing them about what they are drinking, making a point that they were not men because they are drinking non- alcohol drinks. Older sibling offers to buy them a drink at the 'big man' level. One of the boys takes up the offer.

services continued

Women's Centre of Jamaica Foundation

Category: Care and Protection; Skills Training and Career Development

Parishes Served: Islandwide

Phone: Kingston (929-7608)

Manchester (962-0293)

Portland (993-2133)

St. Ann (972-9138)

St. Catherine (984-5704)

Acknowledgements

of contributions from the Ministry of Health

Ambassador Marjorie Taylor

Adolescent Health Advisor to the Minister of Health

Adolescent Health Unit

Child and Adolescent Mental Health

National Council on Drug Abuse

Nutrition Unit

Written by Lovette Byfield and Norman Hall for the
Adolescent Health Unit of the Ministry of Health, Jamaica
Graphics by Kaif Pape

Some available services for adolescents

Government Services

Child and Adolescent Mental Health Services

[Child Guidance Clinics]

Category: Counselling and Psychological Intervention; Health Services

Parishes Served: Kingston, Manchester, Portland, St. Ann, St. Catherine, St. James, St. Mary, St. Thomas

Phone: Kingston (968-0300)

Manchester (962-2288)

Portland (993-2646)

St. Ann (972-2272)

St. Catherine (749-1727)

St. James (979-7820)

St. Mary (996-2222)

St. Thomas (734-0293)

National Council on Drug Abuse

Category: Advocacy, Research and Educational Services; Counselling and Psychological Intervention

Parishes Served: Islandwide

Phone: 926-9002-4; 1-888-991-4244

Nutrition Unit

Category: Nutrition Counselling Services
Ministry of Health 2-4 King Street, Kingston
Parish Health Departments Islandwide

Non-Government Organizations

Children First

Category: Care and Protection; Skills Training and Career Development

Parishes Served: St. Catherine

Phone: 984-0367; 869-0336

Address: 9 Monk Street, Spanish Town, St. Catherine

Hope Worlwide Jamaica

Category: Advocacy, Research and Educational Services; Health Services

Parishes Served: Kingston

Phone: 754-4446

Address: 7 Oxford Park Ave, Kingston 5

Rise Life Management Services

Category: Counseling and Psychological Intervention

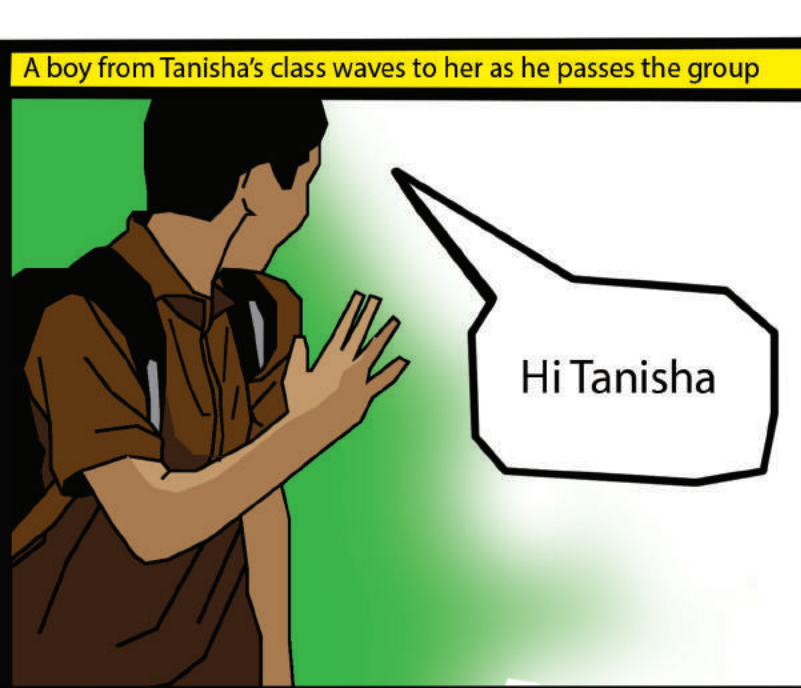
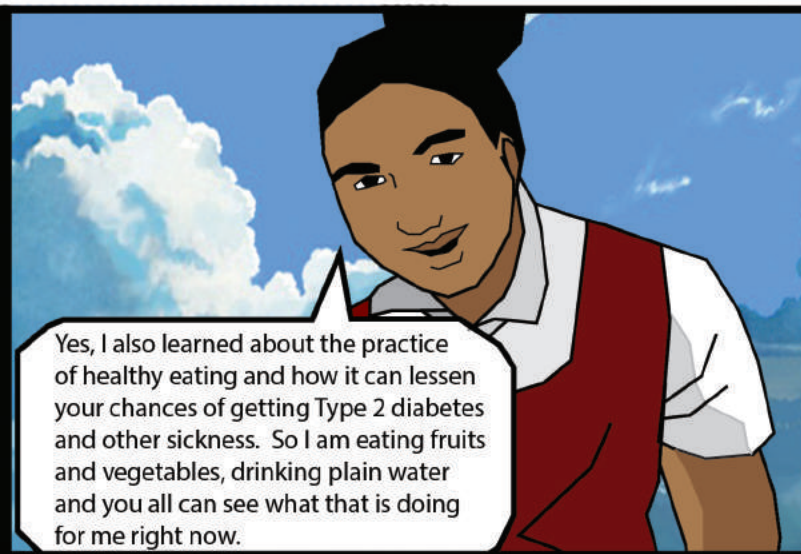
Parishes Served: Kingston

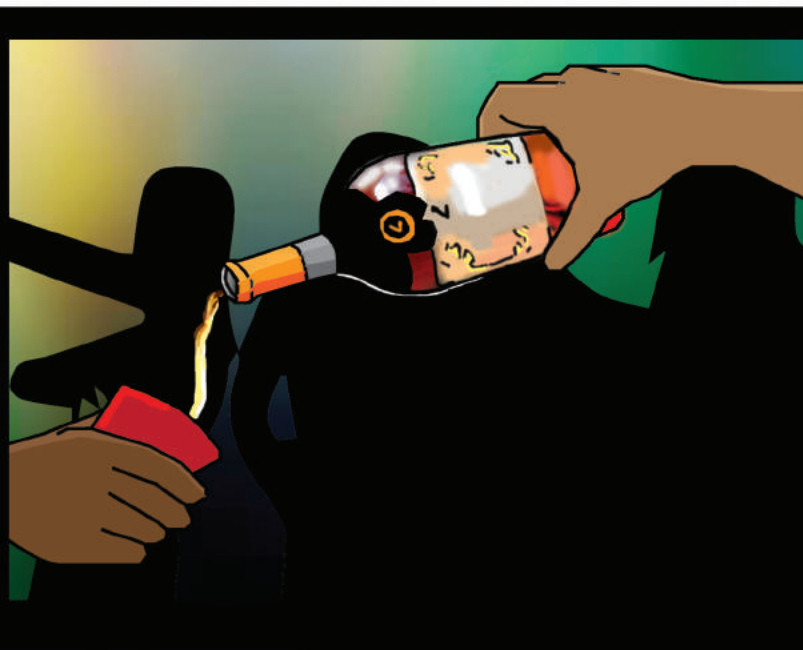
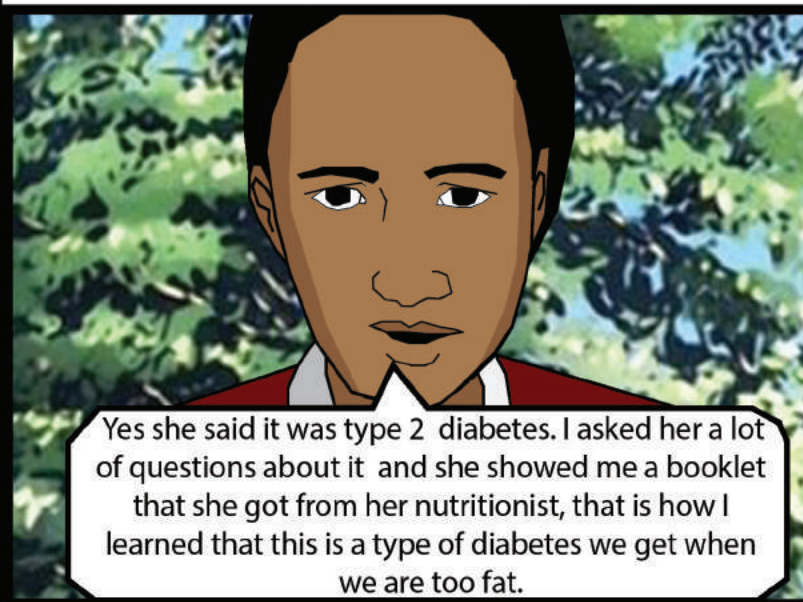
Phone: 967-3777

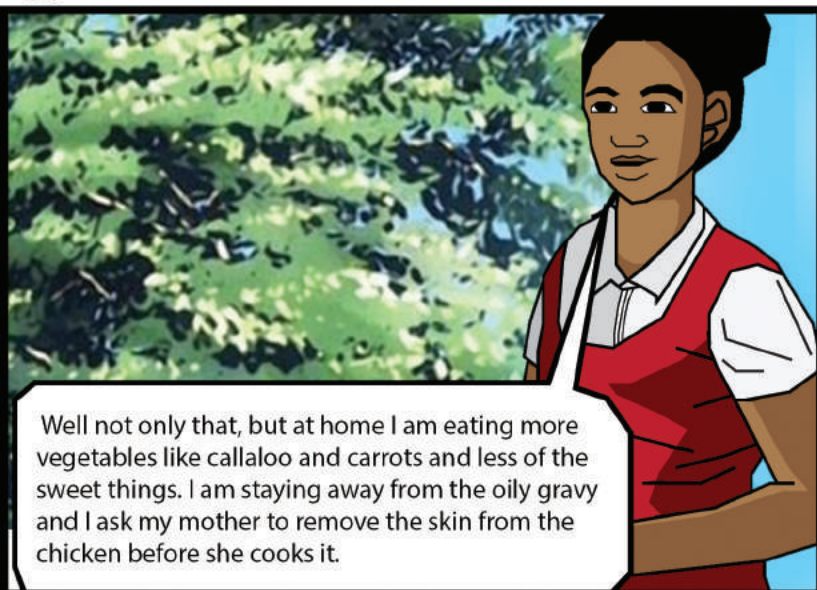
Address: 57 East Street, Kingston

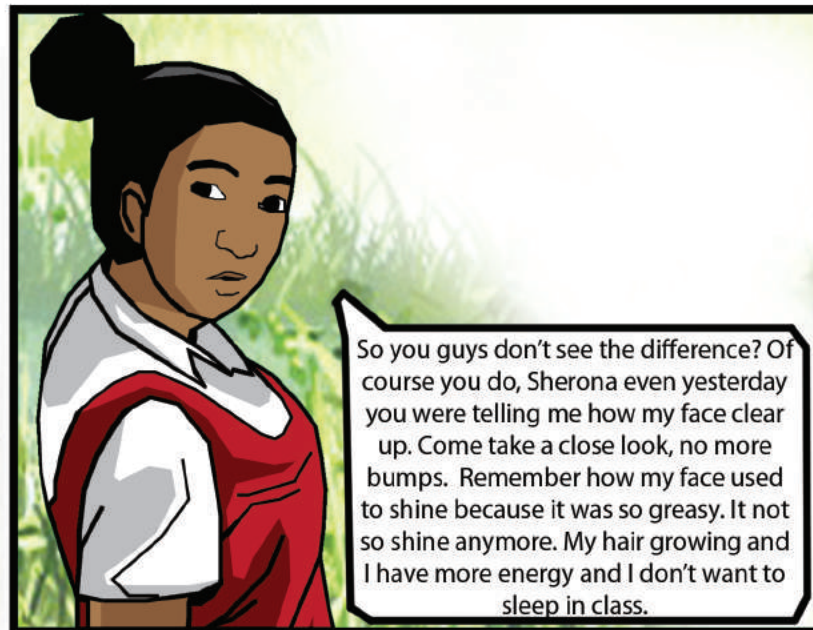














Sum time we doan tink bout wha can appen wen wi drink liquour , cauz yuh can hurt yuself, yu family ar peepl dat u doan even kno.



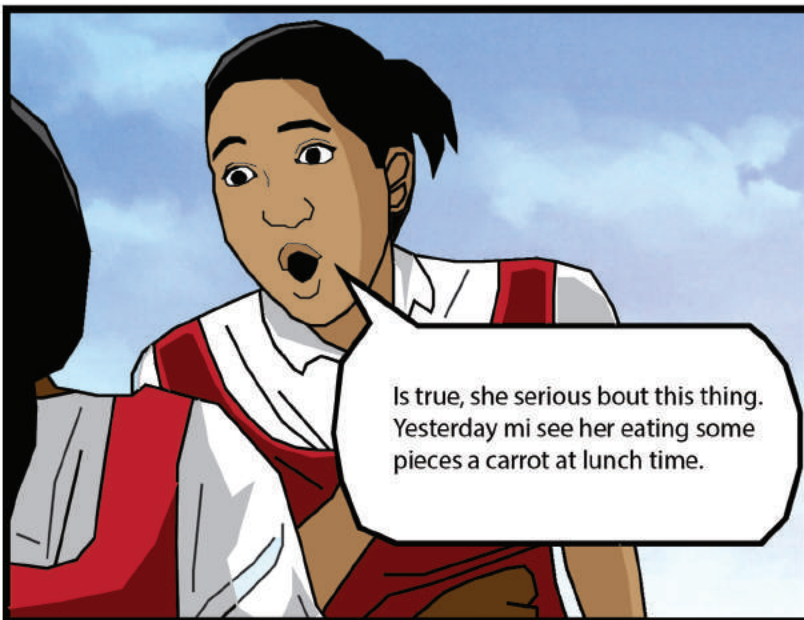
Yes that is Tanisha, I tell you last week she almost fell down at the gate because she was rushing to catch the fruit man because him was leaving early.



Dat is tru still, anyway mi a lef unno now. Gwan drink unno juice. Dat a d right ting. Respec.



Is true, she serious bout this thing. Yesterday mi see her eating some pieces a carrot at lunch time.



**Memba sey no drinking
until age 18**



Three of Tanisha's friends are sitting and talking about her.



You see, Tanisha don't reach yet, every day she get later and later.

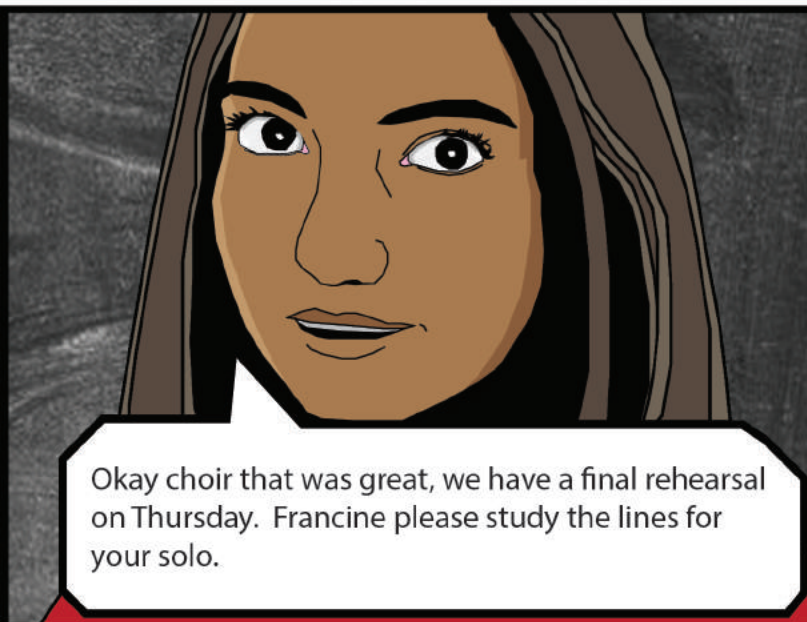


Yes from she take up this fruit and vegetable thing, if she don't buy fruits on her way to school then at lunch time she has to find the fruit man and she take forever to choose the best banana, or apple or mango or oranges, or melon or pine. "Yu kno how she is."

R U STRESSED OR DEPRESSED?



Francine was a bright, sociable, happy girl who was very involved in school activities, church etc. She was the life of the party, very popular; everyone wanted to be her friend. Gradually over a few months, she changed- her grades fell, she became withdrawn, dropped out of extra-curricular activities, went to the doctor for repeated bellyaches and headaches (he could not find anything wrong). Her friends realized that something was wrong and that she was different. One of them, a peer counselor, attended a talk on recognizing the signs & symptoms of depression. She then suspected that Francine was depressed. She spoke to the other friends in the group and they urged her to approach Francine, encourage her to speak to the guidance counselor who in turn would refer her to the Child Guidance Clinic.



Okay choir that was great, we have a final rehearsal on Thursday. Francine please study the lines for your solo.



Yes Miss, no mistakes tomorrow, I promise.



Francine how many things you have to do for this week? We have cheerleading Wednesday, You have choir Thursday and you are planning Marsha's birthday party for Saturday.

LOOKING GOOD FEELING GREAT



A group of girls meet every day for lunch under a tree near the second form block at school. They are not in the same classes but at lunch time they purchase lunch from different sources and sit together to catch up on happenings and relax together. Today, three of the four are already there and the fourth Tanisha, is late. The others have noticed that this is a growing trend with their friend since she has become so conscious of her appearance, she has new information and wants to "clean up" her skin.

I am glad you have made up your mind to wait until you achieve something in life. You made the right choice to 'drop the big man'. Early sex can "mash" up your life plan.



But you are not different from me, you are doing plenty things too. Because you have all of these plus peer counselors' meeting on Friday when I have science club.



True thing Aunty, I am looking at bigger and better things, my life plan cant "mash up" now.

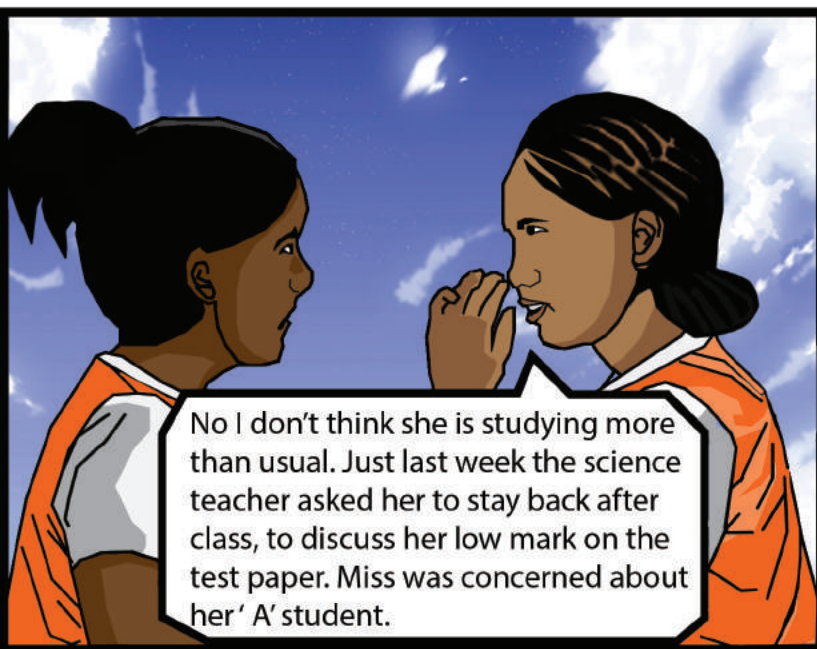
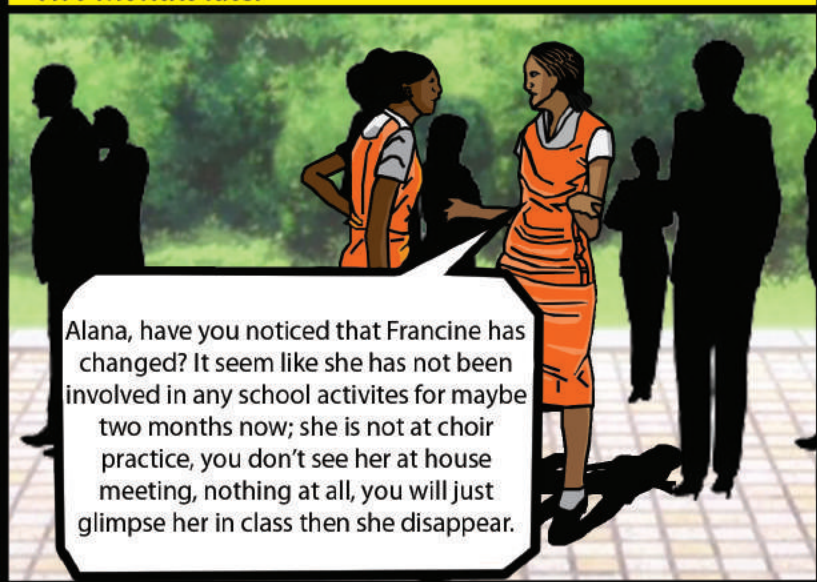


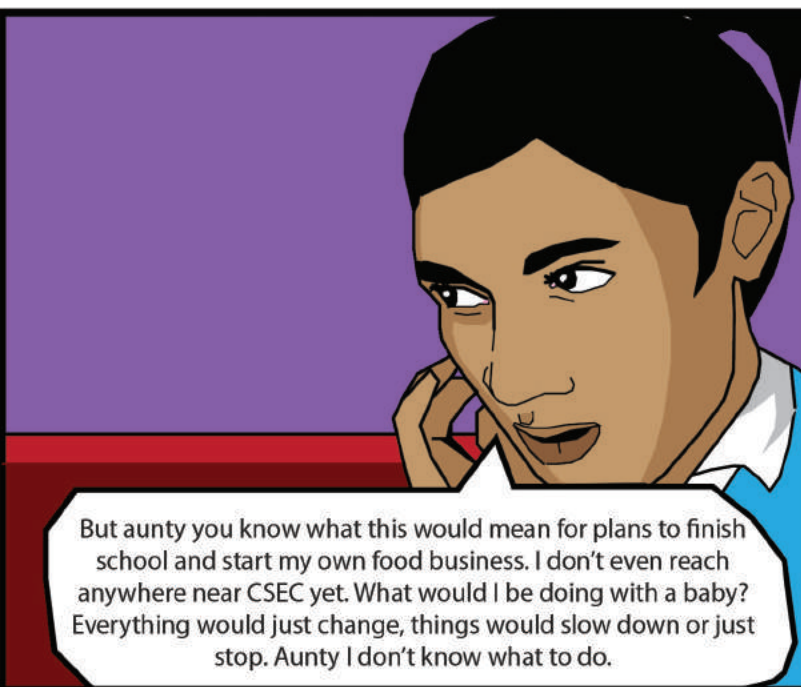
Seriously! , but you know nothing can't happen without us.



Francine that is why you have to help me with the party "it a go mad"!









Alana and Marsha are having lunch with Francine.







Francine you don't feel the "vibes". Something must be wrong. Have you been to the doctor?




Yes Aunty you did tell me, but I like him and I never plan for it to go that far, it just happen.




Mommy has taken me to the doctor twice. Headache goes away but comes back after a short time.



You know Abigail, that is the very reason why we warned you, to avoid sex. When you are so young, you don't plan for it, but the men are planning to get sex from you.

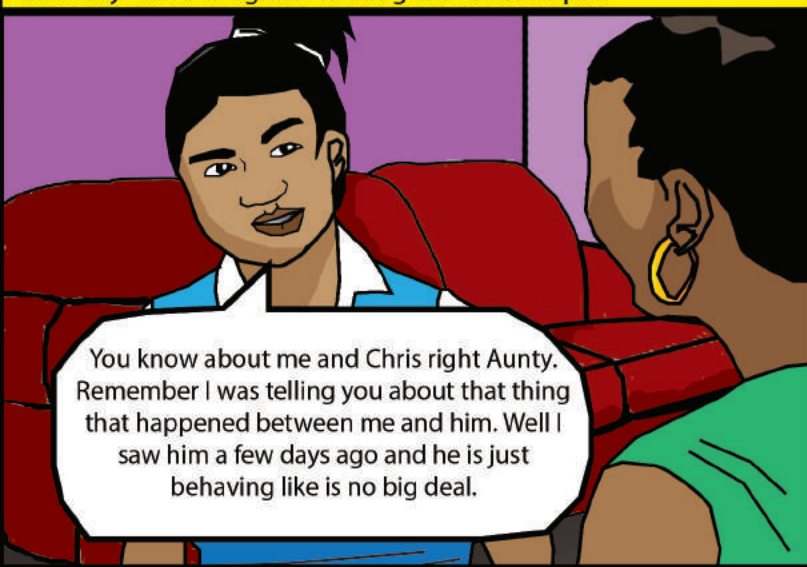


What did the doctor say about your headache?

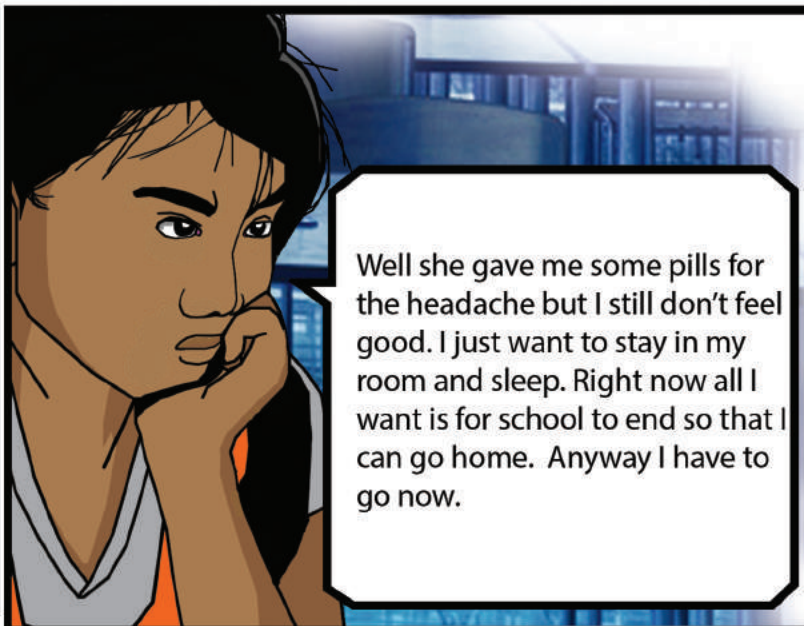


Aunty I am so scared, what would I tell Mommy and Daddy? Seriously, aunty I feel like I want to run away. I feel so stressed.

Two days later Abigail is visiting her aunt Raquel



You know about me and Chris right Aunty. Remember I was telling you about that thing that happened between me and him. Well I saw him a few days ago and he is just behaving like is no big deal.



Well she gave me some pills for the headache but I still don't feel good. I just want to stay in my room and sleep. Right now all I want is for school to end so that I can go home. Anyway I have to go now.



Aunty, suppose mi really pregnant, wha mi a go duh? Mi nuh waan nuh baby now. Mi still a go school.

Francine leaves Alana and Marsha still sitting at the table



Marsha that doesn't seem like the Francine we know.

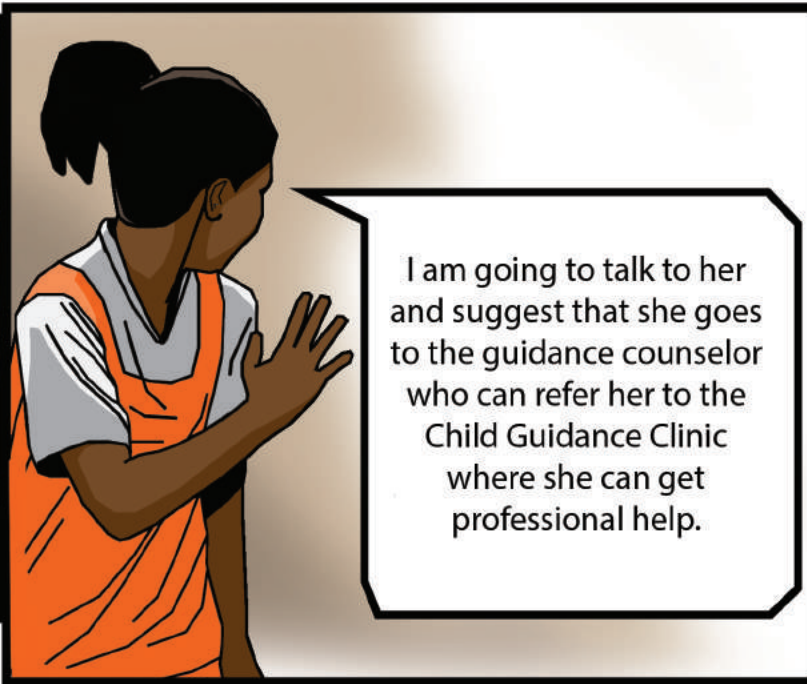


Well I did always tell you that he was too old for you, and you were too young to get mix up in that kind of thing. All those men have on their mind is one thing, sex. That is what they want from young girls.



I agree. She has always been involved in everything and seemed to manage. She has never gotten a B in class yet. Alana since you are the peer counselor you will have to talk with her.





Alana and Francine are outside the guidance counselor's office



CHOOSE2WIN



Abigail is a 14 year old who lives with both parents and attends a prominent high school. Chris is a 20 year old who lives in her community. He works at a phone company and has access to the latest mobile handsets. He has a nice car and is popular in the community. He has been observing her and she likes him. They start to build a friendship and over time he gives her gifts and they meet at community events and at his house.



Gooooaaal!!!
Chris!!!



After the match Abigail and Chris are at his house.

