

THE PARENT SURVIVAL GUIDE

RESOURCE DIRECTORY



BROUGHT TO YOU BY THE LOS ANGELES COUNTY
SHERIFF'S DEPARTMENT – TEMPLE STATION AND
THE ROSEMEAD PUBLIC SAFETY CONNECTIONS FORUM



About The Public Safety CONNECTIONS Forum



The mission of Public Safety CONNECTIONS is to:

- Serve as a community “think tank” and “information clearinghouse” on ways to **prevent crime** and to **combat drugs and alcohol abuse**;
- Develop and promote positive and wholesome **recreational activities** and **community service opportunities** for young people and their families;
- Coordinate with organizations that address **human and social services** needs to promote a **healthy community**; and
- Promote and encourage **emergency preparedness** by all community members.



Participants in the CONNECTIONS monthly meetings include interested residents and representatives from the City of Rosemead, Los Angeles County Sheriff’s Department, school districts, faith-based organizations, service clubs, and various community-based organizations.



The CONNECTIONS Forum, in partnership with the Sheriff’s Department, created this guide to offer tips on how to approach children’s issues.



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USING THIS GUIDE

As a parent or guardian you are faced with questions, situations, and decisions that can be challenging. This Parent Survival Guide is a resource directory that focuses on critical topics, accessible information, and resources to connect you to regional services.

This guide contains information which may be useful in everyday situations regarding where to go for help, how to find support, and what to do in an emergency.

Help is available for physical, emotional, educational or recreational issues. This guide offers many agencies that are available to you, i.e., Sheriff's Department, Parks & Recreation Department, religious leaders, teachers, counselors, or friends.



WORKING TOGETHER

At times, you may feel alone or don't know where to turn. One of the first steps is to talk it over with others who have or have had a similar problem.

There are a number of local and regional agencies that can provide you with assistance for issues such as alcohol abuse, drug use, gang involvement, runaways, sexual abuse, unplanned pregnancy, and crime prevention and safety concerns.

These groups are set up to help people/parents like you. You will find support for your child and be able to help others with the same problems. The problem may not go away, but you may find that you are able to handle it better knowing that you are not alone.



THE DANGERS OF ALCOHOL AND OTHER DRUGS

Everyone is exposed to the temptation to try drugs. Some children experiment for curiosity, for kicks, because of peer pressure, or to escape emotional problems. Drugs change the way we act, think, and feel. Some drugs cause depression; some make users feel invincible and can give them a false sense of security. These feelings are often unpredictable and dangerous.

Becoming physically or psychologically dependent may happen immediately or gradually. This especially occurs when drugs are taken in excess, for a long period of time, or in the wrong combination. Effects also depend on how long a drug is taken, body size, attitude, and the setting in which the drug is taken. Drugs are very unpredictable and their effects on the body vary from person to person.



If you know a child with an alcohol or drug problem, get them help by calling one of these organizations:

A.S.A.P. Drug Hotline
1(800) 367-2727 (toll free)

Drug Abuse Hotline
1(800) 444-9999 (toll free)

National Council on Alcoholism and
Drug Dependence
(626) 331-5316

Alateen or Al-Anon
(888) 684-6444
(818) 760-7122



HELP PREVENT DRUG AND ALCOHOL ABUSE

Don't assume your children know you don't want them to use drugs. Make sure you set and discuss a clear family policy regarding drugs and alcohol.

Involve your children by giving them responsibilities. Reward or recognize their accomplishments when they complete tasks.

Pay attention to your child's grades and attitudes about school. Get involved and support your child.

Know your children's friends. Ask to meet them. Know their names, home phone numbers, and if possible, get to know their parents.

Help your children resist the pressure to use alcohol and drugs. Support them by developing strategies for saying "no" to peers who offer them while maintaining healthy friendships.

10 STEPS PARENTS CAN TAKE TO PREVENT TEEN ALCOHOL AND DRUG USE

- 1 Set a good example;
- 2 Know your child's whereabouts, activities, and friends;
- 3 Eat dinner together regularly;
- 4 Set fair rules and hold your child to them;
- 5 Be caring and supportive of your child;
- 6 Maintain open lines of communication;
- 7 Surround your child with positive role models;
- 8 Incorporate religion or spirituality into family life;
- 9 Learn the signs and symptoms of teen substance abuse and conditions that increase risk;
- 10 If problems occur, get help promptly.

Source: The National Center on Addiction and Substance Abuse (CASA) at Columbia University

Learn about their school's drug policies and how drugs are discussed in the classroom.

Host drug and alcohol free parties/activities at home.

Learn more about drugs and alcohol and how to prevent their abuse.



MOST COMMONLY USED DRUGS

ALCOHOL

- Most abused drug in the U.S.
- Slows the heart rate and respiration
- Affects the region of the brain that controls mood and emotion and acts as a depressant
- Takes approximately one hour to eliminate a shot of hard liquor, a can of beer, or a glass of wine
- Social, physical, financial, or emotional problems are just a few issues associated with alcohol abuse
- Games associated with drinking such as chugging can kill your child

COCAINE

- Can be snorted, injected, or smoked
- Acts as a stimulant of the central nervous system causing an increase in blood pressure, heart rate, respiration, and body temperature
- Risks include anxiety, paranoia, and other serious psychological problems
- Occasional use can cause a stuffy, runny, or bloody nose
- Overdose deaths can occur when the drug is injected, smoked, or snorted
- Dangers also include seizures followed by respiratory and cardiac arrest

CRACK

- Freebase form of cocaine that can be smoked
- May also be referred to as rock, hard, iron, cavy, base, or just crack
- First-time use can cause death
- Highly addictive
- Affects the brain chemistry causing euphoria, supreme confidence, loss of appetite, insomnia, alertness, increased energy, and potential paranoia

MARIJUANA

- Generally smoked, but can also be eaten
- Effects include distortion of time, space, and short-term memory
- Can result in poor coordination, an imbalance in hormonal levels, anxiety, panic, or paranoia
- Increases appetite
- Can affect decision-making ability and ability to learn



ECSTASY

- Also known as e, mdma, dennis the menace, rhubarb and custard, new yourkers, love doves, disco burgers, phase 4, diamonds, fantasy, echoes, essence, adam, eve, xtc,
- The affects of ecstasy include increased heart rate and blood pressure, anxiety, depression, paranoia, confusion, suspicion, and loss of control

METHAMPHETAMINE

- Also known as speed, meth crank, crystal-meth, and glass
- Acts as a central nervous system stimulant and is a powerful “upper” that produces alertness and elation, along with a variety of adverse reactions
- Can be swallowed, smoked, snorted, or injected
- Dangers include paranoia, depression, anxiety, and seizures

PRESCRIPTION DRUGS

- Can cause dependency
- Not safe for use by anyone other than the person for whom they were prescribed

NICOTINE

- Found in cigarettes, chew, snuff, and other tobacco products
- One of the most addictive substances
- Tobacco use can cause cancer
- Illegal for a student to possess any tobacco product while on any school campus (California Education Code)

Someone who abuses alcohol or other drugs may be unable to recognize the seriousness of their problem. It is important to seek information about how to get help for yourself or a friend. There are many positive alternatives to doing drugs. Help is available.



GUIDELINES FOR HOSTING A TEEN PARTY

1. Rosemead's "Social Host Ordinance" makes it illegal for parents to allow minors to consume alcohol in a private residence. Violations will result in a \$1,000 fine or up to 6 months in jail. Have a pre-party plan. Agree on party particulars so that both you and your child will avoid misunderstandings.
2. A responsible parent must be visible and aware at the party. Again it is illegal to allow minors to consume alcohol at your residence.
 - Designate a specific portion of the house for entertaining; this will allow you to properly supervise the festivities.
 - Help with serving snacks and drinks; this will allow you to meet your child's friends.
 - Your supervision of the party need not be intrusive or overbearing. Effective supervision can be accomplished through high visibility and low interference.
3. Teens frequently party when their parents are away. Make arrangements for adult supervision if a party is planned during your absence.
4. Let your teen know what you expect. Agree that no drugs or alcohol will be permitted. Develop a plan for guests who do not follow your house rules.
5. Limit access to liquor or drugs that may be in the house.
6. Limit attendance and party hours.
 - Agree to a guest list.



- Send out invitations. This helps control the possibility of undesirable guests or party crashers. Spontaneous or open parties are often difficult to control.
- Set hours that allow teen to be home at a reasonable time.
- Communicate with guest's parents when possible. Advise them of the party and what you expect of your teen.
- Control access to the party. Coming and going will often allow problem guests to use drugs and alcohol and then return intoxicated.
- Notify the Sheriff's Station before hosting a large gathering. Do not hesitate to call the Station if a large party gets out of hand.

7. Tell your teen about the laws regarding drug and alcohol use, including Rosemead's Social Host Ordinance.

- Let your teen know that under the Rosemead Social Host Ordinance, a parent/guardian who provides a teen with alcohol at a private party could be charged with misdemeanor, which is punishable by a \$1,000 fine or up to 6 months in jail.
- Advise your teen that you will not tolerate drug and alcohol use. Intoxicated guests will be asked to leave and their parents notified.
- Provide an intoxicated teen a safe ride home if you ask them to leave. Never let an intoxicated teen drive home.



WHEN TEENS ATTEND A PARTY

1

Know Where Your Teen Will Be

Obtain the name, address, and phone number of the host. Have your teen inform you if the party location changes.

2

Contact The Parents Of The Host

Get to know the parents of your teen's friends.

Verify the party location.

Offer assistance.

Make sure that an adult will be present.

Know that alcohol and other drugs won't be permitted.

3

Know How Your Teen Will Get To And From The Party

Discuss what choices your teen has for transportation.

Assure your teen that you or a pre-designated friend can be called for a ride home.

Make sure your teen has that phone number.

Discuss with your teen the situations in which he or she might need to make such a call.

4

Make An Agreement As To When You Expect Your Teen To Come Home

Be awake or have your teen wake you when they arrive home.

Talk to them when they get home. You can find out how they spent their evening.

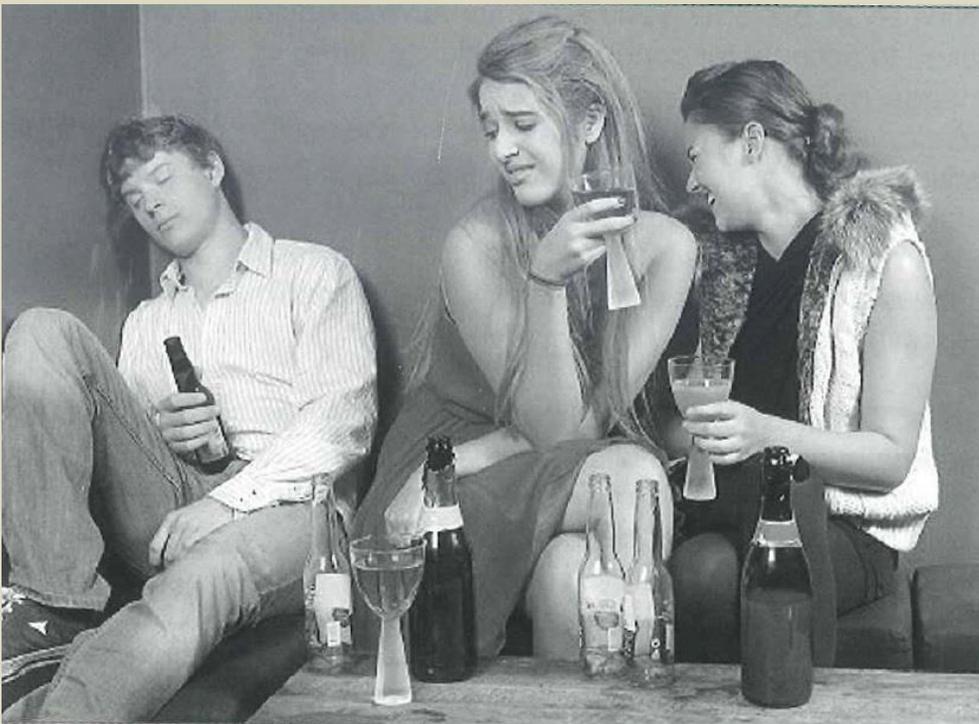
Overnight arrangements (where appropriate) should be discussed with both your teen and the host's parents beforehand.



The 17th annual teen survey conducted by the National Center on Addiction and Substance Abuse at Columbia University found that 52 percent of teens say that drugs are used, kept, or sold on school grounds.

Among public school students aged 12 to 17, 60 percent report that their schools are “drug-infected.” Drug-infected means that drugs are used, kept, or sold on school grounds.

-Columbia University



GANGS

According to the Los Angeles County District Attorney's Office, there are more than 1,000 criminal street gangs in Los Angeles County. Gang crimes affect a community's well-being and sense of security.

This behavior is exhibited by criminal activity involving other gangs or the general public. A gang sometimes uses graffiti to identify its existence or its members, activities, or territory. Once gang activity surfaces, law enforcement and other agencies pull their resources at a significant cost to society to combat the problems created by gangs. Gangs may or may not claim territorial area, a creed or belief, or a manner of dress. Gangs may have a name or insignia, and may be lightly or loosely organized.

Some of the signs of gang involvement you should look for are:

- A change of friends who are not known by parents.
- New styles of clothing and argumentative behavior, especially when asked to account for conduct, activities, or time
- A complete change in appearance (monotone colored clothing, reds, blues, or black), new or drastic hair styles, tattoos or odd jewelry, restlessness, or disinterest with past activities
- Fewer school activities and declining grades with discipline problems beginning to occur
- Graffiti written on clothing, school books, personal items and eventually, on public buildings and walls; and
- Late hours and anti-social behavior.

If your child decides to join a gang, they risk wasting their youth as well as their future. Most gang members leave their gang between the ages of 21-30 and have a bleak future as they are never able to leave or overcome their past. The criminal record of



a former gang member narrows his/her choice of jobs, and when combined with the lack of a formal education, there is the likelihood that your child may lower his/her earning potential as an adult.

If you suspect your son or daughter is involved in a gang, you can call the Operations Safe Streets (OSS) Team at Temple Station. A gang specialist will listen to your concerns and will help you. The OSS can be contacted at:

Los Angeles County Sheriff's Department
Temple Station
8838 Las Tunas Dr.
Temple City, CA 91780
(626) 285-7171

You can also contact The Los Angeles County Probation Department. In partnership with the City of Rosemead, the Probation Department offers Rosemead Citizens the Prevention Intervention Program, to aid with incorrigible youth, truancy, drug problems, and gang intervention. The City of Rosemead's Contract Probation officer can be contacted at:

City of Rosemead's Public Safety Center
8301 East Garvey Avenue
Rosemead, Ca 91770
(626) 569-2196

GANG APPAREL

You, as a parent, need to be aware of the clothing your child wears and how it may appear to be that of a gang member. Gang members traditionally have worn a certain type of clothing – loose and baggy. One very important fact concerning loose and baggy clothing is that it can easily conceal weapons.

Your teen may argue that wearing typical gang apparel it's considered "the fashion." The trouble with teens wearing "the fashion" is that they could be mistakenly identified as a gang member or associate. In the eyes of a gang member, a group of unrecognizable teens "hanging out" may result in some sort of confrontation. There is the strong possibility of an escalation to violence.



TAGGING

Is your child a tagger?

Most likely, your child will not leave the home looking like this. But if you find two or more of these implements among his or her things, your child is probably writing graffiti in your neighborhood.



Tagging is an act of vandalism, accomplished through spray painting, marking pens, or any other writing instrument or scribe. The term “tagging crew” refers to a group of individuals that band together to perform acts of vandalism who call themselves a particular name or have a designated symbol. Members of the “tagging crew” usually use a crew name or moniker when doing vandalism. In many cases, they write their moniker and crew name together.



Tagbangers are members of a tagging crew who are copying the style of more traditional gangs. They use intimidation and assault against their enemies—members of other tagging crews or gangs. Some crews may even carry guns.

PROFILE OF A TAGGER

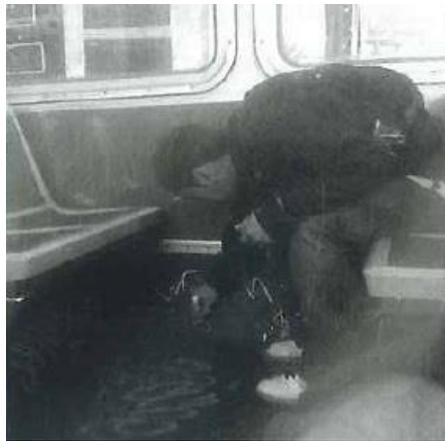
- Predominantly males between 13 and 25 years old.
- All ethnic and economic backgrounds.
- Usually trendy and stylish dressers preferring dark clothing with professional sports team logos, but they will adopt gang attire. May also begin as skateboarders.
- Prefer oversized clothing and backpacks to conceal graffiti tools and other paraphernalia.
- Adopt an individual moniker or “tag”.
- Join or form loosely organized groups called “crews.”
- Participate in, or have knowledge of crews’ activities (i.e., graffiti, assaults, robberies, and drug involvement).
- Taggers seek fame and recognition from other taggers.



TAGGER TERMINOLOGY

You should be aware of terminology used by taggers and gang members. In the event you hear your child using any of the terms listed below, this should be a warning sign to you that your child may be involved in a gang or tagging crew.

If you are unaware of what some of these terms mean, feel free to contact the City of Rosemead's Probation Officer at (626) 569-2196.



- **Battle**
- **Bite**
- **Buff**
- **Burn**
- **Crew**
- **Cross Out**
- **Dis**
- **Down**
- **Fat Cap**
- **Get Up**
- **Grills**
- **Heavens**
- **Head**
- **Heads-up**

- **Hit Up**
- **Jack**
- **Jump-In/Out**
- **Kicking It**
- **Kill**
- **Kings**
- **Landmark**
- **Ranker**
- **Mission**
- **Tag**
- **Tagbanger**
- **Tagger**
- **Toy**
- **Writer**



GRAFFITI



A local Rosemead Ordinance makes parents or legal guardians financially responsible for graffiti or other vandalism caused by minors. Make sure that your teen knows about this Ordinance and the financial risks to his/her parents. One of the first indicators that your child is doing graffiti is when you see graffiti on clothing, school books, and personal items in his/her room. If discovered, confront your child with your findings and seek help for them. Call your Sheriff's Department or the Probation Department if you need advice or don't know where to turn.

Acts of graffiti degrade and deface the community we live, work, and take pride in.

How graffiti affects our community:

- Established businesses leave
- New businesses are discouraged
- Property values decrease
- Money spent on graffiti clean-up could be spent on needed public and sports programs

The most effective deterrent to graffiti is the immediate removal and holding parents financially responsible for the costs.

Through well-planned, and persistent educational efforts, and good values taught at home, your child can make the choice not to become involved in graffiti and can become a responsible member of the community.



GRAFFITI IS A CRIME

Report acts of graffiti to the Temple Sheriff's Station or We-Tip immediately to ensure a crime report is taken. Call the Station at (626) 285-7171.

Remove graffiti as soon as possible	Adopt-A-Wall Program
<p>Call the Rosemead Public Works Department</p> <p>Regular business hours: Monday to Friday 8:00am to 4:30pm (626) 569-2262</p> <p>Graffiti hotline (626) 569-2345</p>	<p>Rosemead residents can partner with the City to abate unsightly graffiti.</p> <p>The City provides a supply of matching paint color(s) for residents and businesses to allow for the immediate removal of graffiti.</p>



If you suspect your child of being involved in a gang or tagging, feel free to contact the City of Rosemead's Contract Probation Officer at the Public Safety Center for help or advice. Please call (626) 569-2196.

Other hotlines:

1(800) 782-7463 – Report a Crime

1(800) 47 DRUGS – Report Drugs

1(800) 47 ARSON – Report an Arson

1(800) 87 FRAUD – Report a Fraud

For additional information on Gangs or Taggers call:

Temple Sheriff's Station
8838 Las Tunas Drive
Temple City, CA 91780
(626) 285-7171



THE LAW AND YOU



DRUG LAWS

Almost all activities involving narcotics or dangerous drugs are serious criminal offenses. This includes selling, possessing, manufacturing, growing, using and being under the influence. It is legal to have and use a drug given or prescribed by a doctor, dentist, nurse practitioner or physician assistant, but only if you are the person for whom the drug was prescribed.

The most serious drug laws are aimed at the distributor. A person convicted for selling controlled substances within 1,000 feet of a school can spend 25 years in federal prison for a first offense.

Even if your teens don't use drugs, it is a crime to remain in a place where they knowingly permit others to sell, keep, or use drugs.

Unlike adults, juveniles can be taken to court for possession of less than an ounce of marijuana. Adults are ticketed and required to pay a fine.

Growing marijuana plants is a serious crime and is a felony, even in small amounts (1 or 2 plants).



TOBACCO LAWS

The purchase or possession of tobacco by a minor is an infraction and can result in a fine or up to 25 hours of community service work (308b P.C.). It is also illegal (a misdemeanor) to sell tobacco to anyone under the age of 18 (308a P.C.). Schools prohibit smoking on school grounds, and most public places either prohibit smoking or are required to have non-smoking areas.



WEAPONS LAWS

IT IS ILLEGAL TO CARRY A CONCEALED WEAPON

(Knives, such as pocket knives which are less than three inches long, are excluded). In order to legally carry a concealed gun, you must have a concealed weapon license. As a practical matter, it is highly unlikely that a juvenile would ever be able to get such a license. An adult is forbidden by law to sell or give a concealable gun to a person under 18. It is also illegal to carry or concealed (upon your person), a switchblade, ice pick, metal knuckles, nunchakus, ninja stars, or martial arts knives.

PROSTITUTION

Prostitution is offering, agreeing to, or engaging in sexual conduct for a fee. It applies to both the buyer and seller. The offering or agreeing is enough to constitute the crime, even if no sexual act takes place. Loitering to solicit prostitution results from being in a public place in a manner and under circumstances which manifest the purpose of inducing, enticing, soliciting or procuring another to commit an act of prostitution.

PRANKS

Your children should always remember that a simple prank can lead to serious charges in juvenile court; in playing a practical joke, they may be committing a crime. A funny prank can become criminal if someone is hurt.

CURFEW

The communities served by the Temple Station have enacted a curfew ordinance for juveniles under the age of 18. The ordinance is enforced between the hours of 10 P.M. through 6 A.M. The curfew ordinance is primarily designed to target juveniles who are clearly loitering with no lawful purpose and does not prohibit juveniles from engaging in lawful activities such as school related events, or reasonable social and cultural activities. A curfew law also exists for the County areas surrounding Rosemead.



If in violation your son or daughter may be arrested for curfew violations and may have to pay a fine or do community service work. Some courts are now mandating that the parents whose children are arrested for curfew attend a parenting class or pay a fine.

TRUANCY

Truancy is absence from school without permission from school officials or parents. California law requires everyone between the ages 7 and 18 who have not completed the 12th grade to attend school. Children who are over 16 and are employed full-time or work part-time may attend school part-time with school approval.

In the San Gabriel Valley, deputies may pick up your child if they think they are truant from school and arrange for you to come and pick them up. If your child is frequently truant from school, you and your child will be referred to the school district School Attendance Review Board (SARB) or your child's care may be referred to the Juvenile Court. The law also provides that as a result of your child's continuing truancy you can be punished by the court.

RUNAWAYS

Almost everyone at some time thinks about running away, making a new life or leaving behind all the problems and troubles which make them feel bad. Your child may feel depressed about their life and may want to do something to change his/her circumstances. Having your child talk to someone may help them understand his/her situation better, think more clearly, and make an intelligent decision based on realistic choices. If your child won't talk to you, you might consider one of the agencies in this booklet for help.

Your child is considered a runaway if they leave your family home or a group home without the knowledge, permission, or consent of the parent or guardian. If your child runs away, he/she can be taken into custody by a law enforcement agency as a runaway. A Police Officer or Deputy Sheriff then has the option of taking your child home, to the Station, or to Juvenile Court. If your child is a runaway from home or regular place of residence, he/she may ultimately end up in a locked institution. You as a parent must accept your child from a peace officer, or you could be charged with Failure to Provide for Child (pursuant to penal code 270).



If your child or a friend of your child is determined to run away, and talking it out doesn't seem to help, advise them to at least "run" to a safe place. Even the most streetwise people can get ripped off, harassed, or seriously hurt while trying to make it on their own.



The city streets are a very hard place to survive. Children will be preyed upon by adults and other kids. You, as the parent, will need to try to work things out with your child. Just talking about your problems may help you both to change things.

National Runaway Hotline (800) RUNAWAY



The above organization has a 24-hour hotline for kids who are thinking of running away or who have already run away. They can help with shelter needs and arrange a meeting for you and your child to discuss your problems in a safe place.



R



IF YOUR CHILD IS ARRESTED

If your child is arrested, they will be read their Miranda Rights. If they start to volunteer information, a peace officer does not have to stop them from talking to give them the warning. A Miranda warning would include the following elements:

You have the right to remain silent;

Anything you say can and will be used against you in a court of law;

If you cannot afford to pay for lawyer, one will be appointed to represent you before questioning.

Your child can make use of these rights at any time. Even if they have decided to answer questions, they may change their mind and stop at anytime.

Generally, peace officers have the right to search your child if they have a reasonable suspicion a crime has been committed or is about to be committed. Even if the peace officer does not have enough reason to believe your child did or will commit a crime, they may frisk them if they have stopped them for questioning. This is a frisk for weapons so the peace officer and your child can be safer during questioning.



WHAT TO DO IN CASE OF A CAR ACCIDENT

The best advice to give your child if they are involved in an automobile accident is for them NOT TO PANIC!! Tell them not to run away from the scene of an accident. Your child should not move the cars involved unless there is safety hazard. If the accident is minor, the vehicles may be moved if causing traffic problems.

Always notify the Sheriff's Station at (626) 285-7171 (non-injury) or 911 (injury). Have your child notify you as soon as possible as they may need your advice. Your child should exchange names, addresses, phone numbers, names of insurance companies, and driver's license numbers with the driver(s) of the other vehicle(s).

The deputy at the scene will tell you everything you need to know. An accident report takes 5 working days to process.

DRIVING UNDER THE INFLUENCE (DUI)



The legal limit of intoxication is .08. Law enforcement officers are authorized to take the license of every person they arrest for drunk driving. The suspension is independent of any jail, fine, or

criminal penalty imposed in court for the DUI offense. It is illegal for any person under 21 with a blood alcohol level of .01 or greater to drive a vehicle. Any peace officer who has reasonable cause to believe a driver has been drinking can take their license or car on the spot. If a minor and/or unlicensed driver is convicted of driving under the influence of alcohol or drugs, he/she will have their driving privileges revoked for one year.



REFUSING TO TAKE A DUI TEST

Every time you or your child drives, it is implied that you will submit to a chemical test if asked. The following is the length of license suspensions if you or your child do not agree to a chemical test:

First DUI:	1 year and 48 hours in custody
Second in 10 years	2 years and 96 hours in custody
Three or more	3 years and 10 days in custody in 10 years

If you or your child take a chemical test and test .08 or higher, you will lose your license:

First DUI:	4 months, 6 months in jail, and a fine up to \$1000
Two or more in 10 years	1 year, 1 year in jail, and a fine of up to up to \$1000



FACTS AND FIGURES ABOUT DUI

- California has not had a day without a DUI traffic-related fatality since 1968.
- In California, presumptive evidence indicates that a party is “under the influence” when his/her blood alcohol level is .08 or greater. However, someone with a blood alcohol level less than .08 can still be arrested for being “under the influence.”
- In 2008, 20,898 persons were killed or injured by drivers who had been drinking.
- The age group with the highest number of fatalities resulting from drunk driving accidents is 21-34.
- The day with the highest number of alcohol-related fatal accidents is Sunday from Midnight to 6 a.m.
- The day with the highest number of alcohol-related injury accidents is Sunday mornings between midnight and 2:59 a.m.

Among drivers 15-20 years old, involved in fatal crashes, about 1/3 of the drivers killed had been drinking and about 3/4 of these drivers were not wearing seat belts.

Source: National Highway Traffic Safety Administration



EATING DISORDERS AND CUTTING



Although it is important to watch your weight, dieting can get out of hand. For people with eating disorders, it can even be dangerous.

ANOREXIA NERVOSA

self-starvation is one of the symptoms. A person suffering from anorexia may be obsessed with the idea of eating food, but because of emotional, environmental or physical factors, ignores the hunger and does not eat.



BULIMIA

symptoms. Bulimics consume enormous amounts of food in very short periods of time, and then fast, vomit, or use laxatives or diuretics to increase urine output. The sufferer may feel trapped within the destructive eat/vomit cycle and have no idea how to stop.



OVER-EATING AND COMPULSIVE EATING also unhealthy habits and can be symptomatic of underlying emotional or physical problems.

If you, a family member, or a friend displays any of these symptoms or conditions, you can get help. Please call:

National Eating Disorders Helplines: (800) 931-2237



CUTTING

scratches or cuts on their wrists, arms, legs, or bellies with a razor or other sharp object. Sometimes teens self-injure themselves by burning their skin with a cigarette or lighted match. Teens who do this usually hide the cuts or marks so no one else knows. Cutting can be a compulsive behavior – meaning the more a person does it, the more he or she feels the need to do it. Although cutting can be a difficult habit to break, it is possible. Getting professional help to overcome the problem doesn't mean the person is weak or crazy. Therapists and counselors are trained to help people discover their inner strengths and to cope with their problems or pressures in another way.



SEXUAL ASSAULT



Sexual assault is any forced or coerced sexual act. It can be anything from unwanted touching to rape. It is an act of violence and abusing power, not the result of an uncontrollable sex urge. Over half of all sexual assaults occur between people who know each other, but a rapist can be anyone.

RAPE

A rapist chooses victims who are the most vulnerable. Victims are often vulnerable because they know and trust their assailants. Understanding that men and women have a right to personal sexual limits and no one has the right to force changes in others' is the first step to ending rape.

If you or your child is assaulted, do whatever you need to do to get out alive. Do not change your clothes or wash-up, as you will destroy evidence. Go to a safe place and call for help:



Sheriff's Department
EMERGENCY
911

– and/or –

Rape Hotline – Pasadena Office
(626) 793-3385

Rape crisis staff is available 24 hours a day to talk with you or your child, to answer questions and provide support. You will be able to make your own decision and calls are confidential.

Medical treatment is encouraged to help with injuries, or to treat venereal disease or pregnancy. Support and help are available.



SEXUAL ABUSE

If your child is being touched by a family member, adult friend, or someone else that makes you or your child uncomfortable, unhappy, or confused, they may be the victim of sexual abuse. If they think they are a victim of sexual abuse, talk with them and help them sort out their feelings. To get help call:

Rape, Abuse, Incest National Hotline
(800) 656-HOPE

Child Abuse Hotline
(800) 4-A-CHILD (National)

Los Angeles County Department of Child/Family Services Hotline
(800) 540-4000 (CA)
(800) 272-6699 (For Hearing Impaired/TDD)

SEXUAL ACTIVITY

What should you do as a parent? First talk about sex with your teen. Do not assume that your son/daughter won't talk with you on this subject. There are many levels of touching and affection before sexual intercourse occurs. Your teen needs to know the dangers of pre-marital sex and to avoid situations where he/she might become involved in sexual relations.

As a parent it is your responsibility to make sure that your teen understands the potential dangers, risks, and consequences of sexual activity. You must also be aware of the people your teen spends time with, and to his/her whereabouts.

It can be hard to say "NO" to someone your teen really likes. But saying "NO" can help your teen avoid a pregnancy or a sexually transmitted disease (STD). Teens need to be taught how to set goals, set boundaries, and build healthy relationships. Risk avoidance skills and counseling begins at home. Parents are still the primary role models and educators of children, including teens.



If you or your teen needs help or advice, or have specific questions about sexual activity, counseling is available from entities and agencies listed in this booklet.

UNPLANNED PREGNANCY

The United States has the highest teen pregnancy rate in the world. Approximately one million unwed American teenagers become pregnant each year. Such pregnancies often bring medical problems and can cause emotional troubles and an abrupt change of lifestyle.

Although pregnancy may not be apparent to anyone in the early stages and may not seem real to your teen, it is important to know if there is a pregnancy. The options available to them should be discussed with you, a counselor, or a health professional.

The earlier a female has knowledge of the pregnancy, the earlier she can begin to take care of herself, especially by avoiding alcohol, cigarettes, and drugs.

If your teen, your teen's partner, or someone you know believes they may be pregnant, it is important to get a pregnancy test at a clinic or doctor's office as soon as possible. If pregnant they should get medical attention right away and receive counseling (services will be confidential).

Counseling about how to deal with pregnancy is available through local agencies as well as mental and medical health centers. Confidential pregnancy tests are available through the following:

Pregnancy Help Center of San Gabriel
5626 N. Rosemead Boulevard, Temple City
(626) 309-0788
(800) 395-HELP (24 hours)

Guadalupe Pregnancy Services
1168 San Gabriel Blvd., Suite E-F, Rosemead
(626) 872-2483 or (323) 360-5186/24hrs

American Pregnancy Helpline
(866) 942-6466

Planned Parenthood – Alhambra Health Center
320 S. Garfield Ave., Suite 126, Alhambra
(626) 281-1550



BIRTH CONTROL

As mentioned in the previous section, the United States has the highest teen pregnancy rate in the world. If your child is sexually active and doesn't use a birth control device, several choices are available.

Please have your child consult with you, a counselor, or even your physician as to the best choice for his/her needs.

Below are listed choices that are available:

- PILL
- IUD
- DIAPHRAGM
- SPERMICIDES
- CONDOMS

Help your child avoid becoming one of a million unwed American teenagers to become pregnant this year.

SEXUALLY TRANSMITTED DISEASE (STD)

Sexually transmitted diseases include chlamydia, gonorrhea, herpes, syphilis, AIDS, and other less common diseases that are transmitted by close body contact, either through sexual intercourse or other intimate contact with someone who has an STD (Chlamydia is the most prevalent). All STD services are confidential; your privacy is respected. In California, your child can be treated without parental consent.



One or more of the following symptoms may indicate that your child has an STD. However, your teen can be infected with a disease and may not have any symptoms, or they may have some of these symptoms for other reasons. The only sure way to know if your teen has an STD is to have him/her go to their doctor or public health clinic.

Some of the symptoms are:

- Unusual discharge or odors from penis or vagina
- Painful; burning sensation while urinating
- Sores or blisters on or around the mouth or sex organs
- Itching or swelling in the groin area
- Patchy hair loss from scalp

WARNING

If not treated, an STD can cause permanent damage including

- Death
- Heart disease
- Damage to an unborn baby
- Insanity or paralysis
- Blindness or deafness
- Non-healing skin ulcers
- Sterility (inability to have children)

Once in the body, an STD will continue to do damage until it is treated. Even if the outward symptoms disappear (and they often will), the germs which cause an STD are still in the body and can result in permanent damage.



Here are some basic facts about sexually transmitted diseases:

- FACT You cannot catch an STD from toilet seats.
- FACT You can get an STD at any age, and get it again and again.
- FACT No vaccine can prevent STDs; however, most can be treated.
- FACT Anyone can get an STD – people of all races, ages and incomes.

Because your teen can have an STD without knowing it (without having any noticeable symptoms), it is important to tell all sexual partners if your teen has been diagnosed as having an STD so they can be treated.

TESTS (Sexually Transmitted Diseases)

When your teen goes to a physician or clinic, he/she will be given a simple medical exam and lab tests to determine if they have an STD. STDs are diseases. Do not allow shame or embarrassment to keep your teen from seeking help. Have your teen see a doctor or contact a local public health clinic.

To get more information about preventing STD's, please call:

Los Angeles County
Health Center
(800) 854-7771

AIDS

Auto Immune Deficiency (AIDS) is a condition that may develop from the Human Immunodeficiency Virus. AIDS destroys the body's immune system so it can no longer fight off disease. Right now, there is no vaccine to prevent AIDS and there is no cure.

Widespread media coverage about AIDS has led to a state of panic (or "AFRAIDS") in many people. Don't be a victim of "AFRAIDS" – AIDS is preventable!





Here's how your teen **CAN'T** be exposed to AIDS:

- By casual contact (sitting next to or shaking hands) with an AIDS patient
- By contact with doorknobs, toilet seats, etc.
- By donating blood



Here's how your teen **CAN** be exposed to AIDS:

- By sexual contact that exchanges body fluids (kissing is low-risk, more involved contact is a higher risk)
- By sharing needles to inject drugs



Here's how your teen can **PREVENT EXPOSURE** to AIDS:

- Avoid having sex (abstinence)
- If they have sex, use a latex condom; this is not a guarantee but will make your contact safer
- If you use drugs, don't share needles with anyone
- Don't share items (razors, toothbrushes, etc.) that may become contaminated with blood



It is true that choosing to be sexually active or using drugs can cause serious consequence in your teen's life (see sections on **ALCOHOL AND DRUGS** and **SEXUAL ACTIVITY**).

To find out more about AIDS or AIDS prevention, call:

Los Angeles County
Health Center
(800) 854-7771

Southern California
AIDS Hotline
(800) 922-2437 (toll free)



VIOLENT BEHAVIOR

Nobody is entitled to hit or act violently towards another person or their property whether they are a relative, older, or stronger.

If your child or a friend is being threatened with violence, you must get help. The emergency number to call the LA County Sheriff's Station is 911. The non-emergency number (to report an incident after the fact) is (626) 285-7171.

If the situation is not immediate, there are other places for help. If the incident occurred on a school campus, your child should tell their school counselor. You or your child may also call the following resources:

Domestic Violence Hotline
Los Angeles County
(800) 978-3600

<http://da.lacounty.gov/domv.htm>

San Gabriel Valley Shelter
YMCA Wings Shelter
(626) 967-0658

<http://www.ywcasgv.org/wings.html>



SUICIDE PREVENTION



Many teenagers go through life hiding their problems and feelings from the world, their parents, and friends. If someone talks to you about suicide, take it seriously. People need to talk to someone if they can't cope with life. Someone may tell you or your teen about suicidal feelings and ask you to keep it secret. A good friend WILL NOT KEEP THIS SECRET. You or your teen must tell someone you can trust (a parent, teacher, member of the clergy, or counselor). Suicide threats are cries for help.

Mentioning suicide does not give people the idea or push them over the edge. Talking frankly permits people to discuss painful feelings and can prevent them from committing suicide. This period of crisis usually lasts a short time. With help, people can get past the crisis and start to work through the feelings and problems bothering them.

FACT About five thousand Americans between 14 and 24 commit suicide each year.

FACT Teenage pregnancy is considered one of the prime reasons for teenage suicide.

FACT Anyone has the potential to commit suicide.

Here are a few ways to help someone who is feeling suicidal:

- Be willing to listen
- Don't make the person feel guilty about his or her feelings
- Get help by encouraging the person to call a suicide prevention crisis line to seek professional counseling

If your teen has questions about suicide or is experiencing a crisis that seems too difficult to handle, he/she can get help:

Teen Suicide/Crisis Line
(800) 843-5200
24 HOURS

<http://www.youthcrisisline.org/>

Suicide Prevention
(877) 727-4747 (LA Area)
(800) 442-4673

<http://www.didihirsch.org/spc>



SERVICES FOR PHYSICALLY OR MENTALLY CHALLENGED YOUTH

According to First 5 California, more than 10% of California's children between ages 0 and 5 have a disability or special need that may impact their ability to play and learn.

There are many services offered by various agencies in the greater San Gabriel Valley area to help handicapped or disabled youth and their families.

AbilityFirst at the
Lawrence L. Frank Center
(Serves Rosemead)
(626) 449-5661

Through 24 locations across Southern California, AbilityFirst provides programs and services to help children and adults with physical and developmental disabilities reach their full potential. They offer a broad range of employment, recreational, and socialization programs and operate 12 accessible residential housing complexes.

Disability Rights
Legal Center (DRLC)
Based at Loyola
Law School, Downtown LA
(213) 736-1334

The DRLC promotes the rights of people with disabilities and provides resources to assist parents in advocating for their children.

Special Education
Local Planning Area
West San Gabriel
Valley Area
(626) 254-9406

Each school district belongs to a Special Education Local Planning Area (SELPA) which is responsible for providing special education problems for children with disabilities and other special needs.



MENTAL HEALTH

Being healthy mentally means feeling reasonably good about yourself and others. It does not mean feeling good all the time – no one does! Everyone has strong feelings, particularly about the emotional things happening in their lives. Your child is not unique or alone. The period of adolescence is a confusing time while young people transition from childhood to adult.

If these everyday feelings begin to interfere with your child's normal activities, they may be warning signs. They include:

- Sudden changes in mood or behavior
- Depression, prolonged unhappiness, withdrawal from friends and activities, and lack of interest.
- Anxiety, strong feelings of uneasiness, fear of imagined danger
- Increased physical health concerns
- Not working up to potential in school or sports
- Trouble sleeping

Emotional problems are not hopeless or incurable. A troubled person can get help. Consider contacting Pacific Clinics in Rosemead (626) 287-2988 or NAMI at (626) 577-6697.



COUNSELING

Counseling is an opportunity to discuss personal issues with someone you can trust to keep personal issues confidential. You explain to the counselor how you are feeling and why you are feeling that way. In the process of explaining those feelings, you can learn how to make more knowledgeable decisions about your life.

Sometimes you, your child's friend, other parents and relatives who are good listeners can help your child make decisions. One bit of advice you can give to your child is to trust their feelings and find someone who makes them feel comfortable.

If your child's problems seem too difficult or too personal to discuss with you or a friend, then they may need to find a trained counselor. Mental health centers, school counselors, and other agencies provide counseling on issues such as:

- Drugs or alcohol misuse and abuse
- Sexuality
- Peer pressure
- Depression and anxiety
- Confused thoughts, reality testing

Some agencies allow counselors to see a teenager without parental permission. You and/or your child should call the agency that can provide the service needed to determine their policies. Ask about special services for teens, fees, and appointment times. Remember, don't let anything keep you or your child from getting the help they deserve.

For assistance in locating mental health services, please call:

Los Angeles County
Department of Mental Health
(800) 854-7771

<http://dmh.lacounty.gov/wps/portal/dmh>

Asian Pacific Family Center
9353 Valley Blvd., Suite C, Rosemead
(626) 287-2988

<http://www.pacificclinics.org/>



SKIN CARE

Most teenagers have acne to some degree. Acne can be aggravated by stress and greasy cosmetics. In most cases, diet does not affect it. Keeping the skin clean with a mild soap, avoiding oily cosmetics, and the use of over the counter Benzoyl Peroxide or Salicylic is helpful in many cases. If more severe, your family doctor or dermatologist can suggest further treatment for your child. Usually, acne can be controlled.

Another issue that involves teenagers and their skin is overexposure to the sun and “tanning parlors.” It is known that overexposure to the sun can lead to skin cancer and premature wrinkles. These can be limited by regular use of sunscreens to avoid sun burning.

SMOKING

Many teenagers begin smoking because they think that it is cool. Your child should have already heard about the effects of smoking and what it does to their body. The effects of smoking go a lot further than just destroying the body.

Here are some other effects of smoking:

- Their teeth and nails become brown and stained
- Their skin sags and wrinkles
- They have less energy
- Smokers’ hands tremble slightly
- More than three out of four teenagers say they’d rather date a nonsmoker
- Smokers’ clothing smells

Eight out of ten smokers say they don’t like to smoke and wish they could quit. Your child needs to know that they have wonderful bodies and to keep them that way by not smoking. Try to convince them not to smoke tobacco or even e-cigarettes (vaping).

Cigarettes are the leading cause of fatal fires in the United States.



EDUCATION



Staying in school is important to your child's future. A good education will prepare your child to cope with life and help them to get a better job. Your child has a legal right to stay in school, even if he/she has special needs, pregnant, or is ill. If circumstances in his/her life make staying in a regular junior or senior high school seem impossible, there are alternative ways to complete his/her education.

GENERAL EDUCATION DEVELOPMENT (GED) TEST

This program is for students who have not graduated from high school. If your teen has dropped out, GED can open doors to jobs, colleges, trade schools, or apprenticeship programs. He/she is eligible to take the test if he/she is a resident of California and is at least 18 years old. To find out more about GED, call:



El Monte-Rosemead Adult School
10807 Ramona Blvd, El Monte, CA 91731
(626) 258-5800

PLANNING FOR COLLEGE

Talk with your teen about the advantages of graduating from college. Going to college, requires planning, and there are a number of helpful websites recommended by the U.S. Department of Education that provide tips on financing a college education and choosing the right school.

<http://www.college.gov>

<http://www2.ed.gov/students/prep/college/diplomamills/index.html>

<http://www.collegeboard.com/>

Evaluate your teen's best options. There are a variety of trade and technical school options available. Explore resources such as the one below to help make a wise decision;

<http://www2.ed.gov/students/prep/college/consumerinfo/index.html>



EMPLOYMENT

There are several things you can do to help increase your child's chances of getting a job:

1. Ensure that your child performs to his/her potential in school. Satisfactory grades and regular attendance are important to employers.
2. Have your child gain work experience by volunteering (such as in schools, hospitals, Chamber of Commerce, or community programs) or by doing odd jobs (such as babysitting or mowing lawns).
3. Your child should gather letters of recommendation: Letters from teachers or people they have worked for are best, but it is also valuable to have letters from people who can verify that they are responsible and dependable.
4. Practice interviewing and filling out applications with your child. Make sure they are prepared to answer all the questions, and that they also know how to dress for an interview.
5. Spend time to understand and develop your child's skills and interests that could be useful in the job market. Have your child talk to people or read about a variety of occupations to find help them learn about different fields and opportunities.
6. Talk to your child and make sure they can do the job for which they are applying. Your child needs to decide what hours they can work (days, nights, weekends), and whether they have reliable transportation to ensure success with their employment.



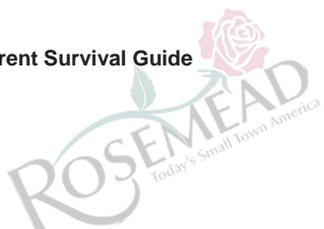


LABOR LAWS

Did you know there are many labor laws employers must follow that may keep your child from doing certain types of work? Your children can do more types of work when they are 16 and 17 than when they are 14 or 15. The labor laws also restrict when a child may work and the total number of hours they can work. Once your child reaches the age of 18, these restrictions disappear. Some restrictions are:

- Minors under 16 may not operate machinery.
- No one under 18 may be employed for the purpose of driving a motor vehicle on the highway or streets.

Minors under the age of 18 are required by law to have a work permit. A minor under the age of 12 years cannot receive a work permit except in the entertainment industry. Work permits should be obtained at your school Work Experience Office or Career Center.



THINGS TO DO

It is important for your children to take time for themselves. Have fun, go out and meet others. Have them make new friends.

The agencies listed below are good places to find adventure, hang out, make contact, dance, listen to music, and talk. They have people there who are interested in helping kids grow and enjoy life. Schools, churches, and local community centers are good places. If your child likes sports, contact the Rosemead Parks and Recreation Department at (626) 569-2160 and find out about our recreation programs.

- **Boys and Girls clubs**
(626) 573-2831; www.bgca.org
- **Camp Fire**
(562) 421-2725; www.campfirelb.org
- **Catholic Youth Organization**
(323) 264-4981; www.cyola.org
- **Girl Scouts**
(626) 445-7771; www.girlscouts.org
- **Boy Scouts**
(626) 351-8815; www.scouting.org
- **YMCA**
(626) 576-0226; www.wsgvymca.org
- **YWCA**
(626) 960-2995; www.ymcasgv.org
- **Asian Pacific Family Center Prevention Programs**
(626) 287-2988; www.pacificclinics.org
- **SGV Alcohol & Other Drugs (AOD) Prevention & Policy Youth Council**
www.facebook.com/sqvgotskills;
sgvaodyouthcouncil@yahoo.com
- **Local Church and Temple Youth Programs**
- **Local youth sports programs** (e.g. basketball, soccer, baseball, swimming, water polo, tennis, etc. Contact the City of Rosemead Parks & Recreation Dept. (626) 569-2160)
- **Rosemead Parks & Recreation Department**
(626) 569-2160



24 HOUR CRISIS AND EMERGENCY NUMBERS



These Services are offered for free, by donation, or a nominal fee. Please contact the agency for details regarding service fees.

ALCOHOL PROBLEMS

Alateen or Al-Anon
of San Gabriel
(818) 760-7122 or
(888) 684-6444 (24 Hour)

A 12-step self-help organization for alcoholics or support group for teens affected by someone else's drinking

Alcoholics Anonymous
San Gabriel Valley
Central Service Office
(626) 914-1861 (24 Hour)

A 12-step self-help organization for recovering alcoholics; hosts meetings to share experiences and talk about problems.

Alcohol Abuse Hotline
(800) 234-0246

Assessment and referral line for suicide, alcohol, drugs, gambling problems, etc.

National Council
On Alcoholism
And Drug Dependence
(626) 331-5316

Monitors court-related drug and alcohol cases; provides drug and alcohol treatment programs; and assists people with court procedures

BEHAVIORAL HEALTH

Asian Pacific
Family Center
(626) 287-2988

Outpatient treatment: children, youths, adults and older adults in individual and group sessions designed to reduce child abuse, gang involvement, and substance abuse, prevention programs

Los Angeles County
Department of
Mental Health
(800) 843-7771 (24 Hours)

Mental health services provided include assessments, case management, crisis intervention, medication support, peer support, and other rehabilitative services

Pacific Clinics
(877) PC CARES
1(877) 722-2737

Offers mental healthcare and behavioral therapy for children, adolescents, adults, seniors, and the Homeless at several clinics throughout the region



DRUG OVERDOSE OR POISON

Poison Control Center
(800) 222-1222

Assists the public with questions on first aid relating to various poisons, snake bites, insecticides, household chemicals, etc.



FAMILY VIOLENCE

Child Abuse Hotline
(800) 4-A-CHILD (24 Hours)
(800) 422-4453

The hotline is staffed with professional crisis counselors, who through interpreters, can provide assistance in 170 languages



National Domestic Violence Hotline
Youth Crisis Hotline
(800) 442-HOPE (4673)
(24 Hours)

Advocates for abused children and provides general assistance; provides a hotline for children with questions or problems and talk to a counselor

YOUTH CRISIS

California Youth Crisis Line
(800) 843-5200

Free service that offers advice counselors for runaways, gang members, gay and lesbian juveniles, suicide, homelessness, sexual assault, and other issues.



Rape Hotline
(626) 793-3385

Free service that offers counseling for or rape victims – referrals

Suicide Prevention
(877) 727-4747 (LA Area)

Free service that provides counseling and help to persons who are contemplating suicide

Youth America Line
(877) 968-8454

First and only toll free, peer to peer hotline network, linking callers to local community-based peer counseling hotlines to talk about issues such as suicide, bullying, depressing, etc.



OTHER REOURCES

L.A. County Sheriff's
Temple Station
8838 E. Las Tunas Dr.
Temple City, CA 91780
(626) 285-7171
(626) 330-3322

Provides a resource list of services



Evergreen Baptist Church
1255 San Gabriel Blvd.
Rosemead, CA 91770
(626) 280-0477



Y.M.C.A. of West San
Gabriel Valley
401 Corto St.
Alhambra, CA 91801
(626) 576-0226

Various youth programs and referrals



Asian Pacific Family
Center (APFC)
9353 E. Valley Blvd.
Rosemead, Ca 91770
(626) 287-2988

Parenting materials in Asian languages
(Chinese, Vietnamese, etc)

PCC Rosemead
4105 N. Rosemead Blvd.
Rosemead, CA 91770
(626) 585-3333

Pasadena City College newest location,
classes are open access and are
available to anyone who wishes to
enroll.



Asian Youth Center
100 Clary Ave.
San Gabriel, CA 91776
(626) 309-0622

A non-profit community based
organization serving the social service
and educational needs of all youth &
families, with a focus on Asian
immigrants.

