

# TOILET



# TALK

Issue #20

## Do you know what signs indicate an abusive partner?

Here are just a few:

- Wants to get serious in the relationship quickly
- Will not take no for an answer
- Is jealous and possessive
- Makes all the decisions
- Dismisses other people's opinions and feelings
- Wants to control a person's friends and activities
- Puts constant pressure on someone
- Demands to know where someone is all the time - includes frequent phone calls to "check up on you"
- Uses guilt trips, such as "If you really loved me, you would..."
- Feels that he or she deserves unconditional love and support
- Has a history of bad relationships
- Blames the person for his or her feelings and actions, such as "You asked for it" or "You made me mad"
- Apologizes for violent behavior and promises not to do it again

Contact the Collins Center in Harrisonburg @ 540-434-2272, or New Directions Center in Staunton @ 540-886-6800 for more information, or if you just need to talk to someone.

Source: [www.chooserespect.org](http://www.chooserespect.org)

**FACT:** 1 in 3 females and 1 in 6 males will be sexually assaulted before they reach their 18th birthday.

Source: [www.cfoc.org](http://www.cfoc.org)

**I CHOOSE NOT TO HAVE SEX BECAUSE IT ONLY TAKES ONE TIME TO GET PREGNANT OR TO GET AN STI.**

**FIND YOUR REASON**

[www.findyourreason.org](http://www.findyourreason.org)



## Tips for Talking with Parents

Do you want to talk to your parents about sex but aren't sure how to start the conversation? Here are some tips:

**The "To-the-Point" Approach:** An example includes, "Can we talk? I have a question about something we learned in sex ed class."

**The "Round-About" Approach:** An example includes, "This talk show had some teens on who had babies and the girls were only 13 years old. Do you think teens can be good parents?"

**The "Wonder If" Approach:** An example includes, "I wonder if you can get pregnant the first time you have sex."

**The "I've Heard That" Approach:** Two examples include, "I've heard that lots of kids have had sex by high school. Is that just a rumor?" OR "I've heard that if you say no to sex, the person you like will break up with you. How do you say no to someone and not hurt their feelings?"

Source: [www.cfoc.org](http://www.cfoc.org)

## Inhalants Stink!

What is inhalant abuse? Commonly referred to as "huffing," "bagging" or "sniffing", inhalant abuse is deliberately inhaling or sniffing vapors, fumes or gases for the purpose of getting high.

### Did you know...

- ☛ There are over 1,000 household substances that can be abused.
- ☛ You can DIE the FIRST time you try Inhalants.
- ☛ Short term effects of inhalant use include dizziness, slurred speech, depression, agitation, red eyes, frostbite of the throat and mouth, a runny nose, and an irregular heartbeat.
- ☛ Long term effects of inhalant use include short-term memory loss, cell damage in the brain, tremors, hallucinations, smell, vision and hearing loss, heart, lung, kidney, and liver damage, muscle weakness, and walking, talking, and thinking impairment.
- ☛ Most children, teenagers, and adults do not use inhalants. Inhalant use peaks in eighth grade and declines past middle school.
- ☛ In an emergency, stay calm, keep the victim calm, call 911 and your local poison control center, ventilate the area and keep the source of inhalant.

Source: <http://www.inhalants.org>

Information Provided By: RMH Community Health, Safe Kids and Strong Families Great Youth Coalition

Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative  
Questions? Contact us!

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