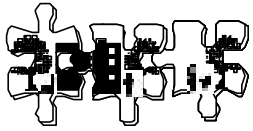




# The Winnipeg Street Youth Survival Guide



**2003**



Winnipeg Inner-city  
Research Alliance (WIRA)



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We hope you find the information in this guide helpful.

## What do I do with this guide?

This guide is for you. It can help you find food, a place to sleep for the night, or clothes. You can find a doctor, a lawyer, or a counsellor if you need one. There is also information about staying safe and healthy. The services in this guide can help you find the things you need.

This guide is not a complete list of services, but it will give you a place to start.

## Frequently Called Numbers

Emergencies .....	911
Police Non-Emergency Line .....	986-6222
AFM 24 Hour Line .....	944-6200
AIDS/STD InfoLine .....	945-2437
Child and Family Services .....	944-4050
Children's Advocate .....	945-1346
Crimestoppers .....	786-8477
Facts of Life Line .....	947-9222
Gay, Lesbian, Bisexual InfoLine .....	284-5208
Klinik Crisis Line .....	786-8686
Legal Aid .....	985-8500
Legal Aid In Custody Line .....	985-8570
Operation Go Home .....	783-5617
Powerhouse .....	953-1310
Sexual Assault Crisis Line .....	786-8631
Welfare .....	945-0183
Winnipeg Police Victim's Services Unit .....	986-6350

**Remember the area code in Manitoba is 204.**

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## Services for Street Kids

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### Here are a few agencies just for street kids:

B&L Homes for Children  
45-761 Wolseley Avenue  
774-6089

We have an independent living program for 16 to 18 year olds.

Operation Go Home – Winnipeg Chapter  
195 Young Street  
783-5617

1-800-668-4663 (toll free 24 hours)

We provide services for street kids, including a food bank. We can help you leave the street or reunite you with your family. Call our phone line for help, info, advice, and advocacy.

Powerhouse Winnipeg  
Suite 11 - 222 Osborne Street  
953-1310

We offer drop-in, free meals, coffee house, laundry, emergency services, internet and phone access.



## Shelters

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### Here are some places you can stay:

MacDonald Youth Services  
Youth Resource Centre and Shelter  
161 Mayfair Avenue  
477-1804

We provide short-term shelter between 9:30 pm and 9:00 am for youth 13 to 21 years old.

Main Street Project  
75 Martha Street  
982-8240  
982-8260 Hostel

We provide emergency shelter and short-term hostel services at 71 Martha Street.

Ndinawemaaganag Edaawaad  
586-2588

We offer short-term shelter for youth 11 to 17 with long-term placements through Child and Family Services. Child and Family Services will be contacted. You can stay the first three days without your parents being contacted.

Salvation Army – Men's Services  
Booth Centre  
180 Henry Avenue  
946-9402

We provide short-term shelter to men, couples, and families.

Salvation Army – Women's Services  
180 Henry Avenue  
946-9461

We help women and children find immediate shelter.

## Food

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### These places offer free food:

Operation Go Home – Winnipeg Chapter  
195 Young Street  
783-5617

1-800-668-4663 (toll free 24 hours)

We have a food bank and other services just for street kids.

Teen Stop Jeunesse  
533 St. Anne's Road  
256-9523 (Teen's line)

We offer dinner for youth Monday to Thursday at 5:30 pm.

West Broadway Community Ministry  
Crossways in Common  
102-222 Furby Street  
774-2773

We run a food bank and cooking programs.

Winnipeg Harvest  
1985 Winnipeg Avenue  
982-3660 Food Assistance Line

We have free food for pick up. Call the Food Assistance Line for an appointment to pick up food Monday to Friday 9:15 am to 3:30 pm. You will need your Manitoba Medical Card number to use the service.

## Drop-in Programs

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Anishinabe Fellowship Centre  
287 Laura Street  
942-8682

We provide a drop-in centre and after-school program for youth.

Art City  
616 Broadway  
775-9856

We have art classes for free to youth. We're open from 4:00 pm to 8:00 pm Tuesday to Saturday.

Freight House Recreation Centre  
Door 1, 200 Isabel Street  
986-5385

We have recreation, cultural, and education programs from 8:30 am to 9:00 pm.

Kildonan Youth Activity Centre  
Room C-105, 1874 Main Street (Main office)  
339-3724  
339-3721

Locations:

1. Riverbend School  
123 Red River Boulevard West  
6:00 pm – 10:00 pm Friday
2. West Kildonan Collegiate  
1874 Main Street  
7:00 pm – 10:00 pm Monday to Friday  
2:00pm – 10:00 pm Saturday & Sunday

We have drop-in, after school, and outreach programs for at-risk youth.

Lord Selkirk Family Resource Centre  
12-254 Stella Walk  
586-1595  
586-1588

We offer a family support centre, including parenting classes, children's programs, and family drop-in. Community kitchen and laundry services also available.

Our Place/ Chez Nous Drop-In Centre  
676 Main Street  
956-1359

We have a safe place for you to go during the day.

Powerhouse  
Suite 11 - 222 Osborne Street  
953-1310

We have coffee, food, clothing, laundry, phone, and other essentials.

Rossbrook House  
658 Ross Avenue  
949-4090

We have drop-in social, recreational, alternative education and teen mothers programs from 8:00 am to 12:00 midnight Monday to Friday, and 24 hours Saturday, Sunday, and school holidays.

### Street Connections

Sage House  
50 Argyle Street  
943-6379

We have free laundry and bath facilities. Drop-in for free dinner and a movie 5:00 pm Tuesdays and Fridays. Drop-in from 1:00 pm to 5:00 pm Mondays and Thursdays, 1:00 pm to 7:00 pm Tuesday, 1:00 pm to 3:00 pm Wednesday, and 3:00 pm to 10:00 pm Friday.



## Money & Jobs

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### **Check out these agencies for money and job help:**

Community Unemployment Centre  
501-275 Broadway Avenue  
942-6556

We can help you apply for Employment Insurance (EI).  
You can apply for EI if you had a job and you lost it  
through no fault of your own (e.g., you got laid off).

Employment and Income Assistance  
948-4000 General Information  
945-0183 Emergency Night Number

We provide money for food, clothing, housing, utilities, and  
some medical costs. We have job training, resume writing,  
and job placement programs. We can help you with money  
for work-related needs while training or looking for a job.

Goodwill Industries  
70 Princess Avenue  
943-6435

We have work for low-income people.

New Directions for Children, Youth, and Families  
Training Resources for Youth (TRY)  
400-491 Portage Avenue  
786-7051

We have a 9 week life skills and job prep program for  
youth 16 to 19 years old. You can gain work skills or return  
to school. Get paid \$57 per week if you attend everyday.  
You can work for \$6.50 per hour for four weeks part-time  
or minimum wage full-time for eight weeks.

Osborne Village Resource Centre  
107-1/2 Osborne Street  
989-6503

We have job prep workshops, career advice, computer  
classes, access to computers, GED prep, high school  
credit courses, literacy and ESL courses.

Pluri-elles  
570 Des Meurons Street  
233-1735

We can help you write a resume and look for a job.

Powerhouse Winnipeg  
Suite 11 - 222 Osborne Street  
953-1310

We offer job help, work placement, and alternative  
schooling.

Salvation Army – Work Readiness & Placement Program  
324 Logan Avenue  
946-9141

We have a literacy program and work experience program  
for people on welfare.

Social Assistance for Minors  
944-4200 (Contact Sandy Reid)  
291-7840 (Cell)

We can help get you on Social Assistance if your parents  
say you cannot come home. You must attend a job-training  
program or school to be eligible.

Youth Employment Service Manitoba  
330-267 Edmonton Street  
987-8660

We help youth 16 to 24 years old find work. We can give you info, referrals to education and training programs, job counselling, and job search help.



## ID

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**Lots of kids on the street need ID. Here's how you can get it:**

Birth Certificate  
254 Portage Avenue  
945-3701 (8:30 am to 4:30 pm Monday to Friday)  
945-772 English  
945-8775 French  
Cost: \$25.00

We can get a copy of your birth certificate if you were born in Manitoba. If you were born outside of Manitoba, call 945-8177. You will need: 1) your full name; 2) where you were born; 3) when you were born; 4) your father's name; 5) your mother's maiden name (before she got married); and 6) where your mother and father were born.

Certificate of Indian Status  
1100-275 Portage Avenue  
983-5910

We can help you get your Indian Status card. You need two pieces of ID – one with your signature and a current picture of yourself.

Manitoba Health Card  
Client Services Centre  
Manitoba Health  
300 Carlton Street  
786-7101

1-800-392-1207 toll free outside of Winnipeg  
We can give you your own card if you are 18 years or older. You are covered under your parent's card if you are under 18.



Social Insurance Number (S.I.N.)  
391 York Avenue  
983-4662

We can give you a SIN card, which is needed to get a job. You must: 1) fill out an application form; 2) provide original copy of birth certificate, passport, or citizenship card; 3) if you are a Status Indian and want it recognized, you must provide your Certificate of Indian Status.



## Child Protection System

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What is my social worker supposed to do for me?

- \* The job of social workers is to keep you safe and step in when there are problems in your family – including if your needs aren't being met, your parents can't take care of you, your parents can't control you because you are acting out, or you are being abused.
- \* Anyone, including you, can phone Child and Family Services when there are problems in your family.
- \* Sometimes social workers decide to keep you with your family, but offer support to your family. Other times, they decide to place you in care until your family can fix the problems.
- \* Your social worker should keep in contact with you while you are in care. They should ensure that your needs are being met. They should also work with you and your family so you can go home if possible.

If you think a social worker  
can help you phone  
**CHILD AND FAMILY SERVICES**  
24-Hour Help Line at 944-4050

## Do I have any rights while in care?

### Yes! Here are a few of your rights:

- \* To be told your rights.
- \* To live in a place that is safe and where your needs are met – including safety, food, clothing, shelter, to be treated with respect, to be cared for, and to express your culture and religion freely.
- \* To have a say in the decisions being made about you. You can call the Children's Advocate Office if you don't like what's going on (see below).
- \* To be able to call your social worker whenever you need to.
- \* To have your personal information stay private.
- \* To have services and counselling if you need it.

## I need a Children's Advocate. How do I get one?

- \* Anyone can call the Children's Advocate, including you!

Phone the CHILDREN'S ADVOCATE  
OFFICE at 945-1346  
OR 1-800-263-7146 for free if you are  
outside of Winnipeg.

## Mental Health

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### What is mental health? Why should I know about it?

- \* In general, mental health describes how we feel and act. A person might have a mental illness if they experience distress, emotional pain, suffering, or trouble doing everyday things. Most mental illnesses are caused by physical problems. For example, if the chemicals in your brain are out of whack, you will feel and act differently. Stress can also affect mental health.
- \* We all feel bad sometimes. It's normal to be down when something bad happens – like a break up with a boyfriend or girlfriend. But, if you feel REALLY bad over weeks and months without it getting better, it can be a problem. Any problem that keeps you from living your life and doing the things you like to do needs help from a doctor or counsellor.



- \* Common signs of mental illness are:
  - Any big changes in personality. This can range from being violent or taking lots of risks to feeling really sad for a long period of time
  - Using lots of drugs or alcohol
  - Changes in eating or sleeping
  - Lots of physical problems (like headaches or stomach aches)
  - Not wanting to be around friends
  - Having no energy or feeling bored
  - Not wanting to do fun things
  - Not taking care of looks (like not brushing teeth or hair)
  - Being afraid of getting fat or being fat when there is no weight problem
- \* Mental illnesses can be treated with medication, counselling, or both. With treatment, people with mental illnesses can live normal, healthy lives. About 1 in 5 children and teens have a mental illness. It's very common, but no one likes to talk about it.
- \* If you or someone you know has these signs, see a doctor (see pages 42-47 for clinics), counsellor, social worker (see page 19), or help line (see pages 17-18).
- \* People who have mental illnesses are at high risk for suicide. **DON'T WAIT. GET HELP RIGHT AWAY** (see the Suicide section on page 15 for info).

## Suicide

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### What are the warning signs of suicide?

- \* **Some risk factors are:**
  - Depression or other mental illness
  - Previous suicide attempt
  - Family history of suicide
  - Recent suicide of someone close
  - History of abuse – physical, sexual, or verbal
  - History of hurting themselves on purpose
  - Substance use (drugs and/or alcohol)
  - Being separated from family
  - A traumatic event
- \* **Warning signs that someone is thinking about or planning to commit suicide include:**
  - Feeling hopeless and down all the time
  - Lack of interest or energy or wild swings in energy levels
  - Feeling anxious
  - Changes in eating, sleeping or appearance
  - Any big changes in the way a person acts or talks
  - Being unusually quiet or angry
  - Not doing fun things
  - Making jokes or artwork about death or suicide
  - A previous suicide attempt
  - Serious talk about death or suicide (e.g., have a plan to commit suicide)
  - Giving things away or saying goodbye to people

What should I do if I see these warning signs?

If someone you know is showing any of these signs call KLINIC'S CRISIS LINE at 786-8686 OR 1-888-322-3019 outside of Winnipeg.



## Crisis Lines

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- \* When you need help, these crisis lines are there 24 hours a day.
- \* For EMERGENCIES, call **911**.

### Kids Help Phone

1-800-668-6868 (24 hours, free call)

We provide support, counselling, info, and referrals for youth.

### Klinik Community Health Centre

870 Portage Avenue

786-8686 Crisis and Suicide Line (24 hours)

1-888-322-3017 (24 hours, free call outside of Winnipeg)

786-8631 Sexual Assault (Rape) Line (24 hours)

784-4059 Crisis Appointment

784-4067 Drop-in Hours

We provide crisis counselling over the phone 24 hours a day. See the "Counselling" section on page 19 for our non-crisis services.

### MacDonald Youth Services

161 Mayfair Avenue

949-4777 Mobile Crisis Centre

We provide crisis services for youth. We have live-in services for boys 12 to 18 years old.

### Marymound Inc.

442 Scotia Street

338-7971

We provide crisis services for youth. We have live-in services for girls ages 8 to 18.

### Operation Go Home

195 Young Street

783-5617

1-800-668-4663 (24 hours, free call)

Our help line offers info, advice, and advocacy to street youth.

### Psychealth Health Sciences Centre

Emergency Department

787-3167 (Crisis Line)

We offer crisis services.

### Salvation Army Mobile Crisis Unit

946-9109 (Ages 18 & over)

We provide crisis services for adults.

### Teen Touch

210-800 Portage Avenue

783-1116 Help Line (24 hours)

1-800-563-8336 (free outside of Winnipeg)

We provide private, non-judgemental help for teens.

### Winnipeg Child & Family Services

2<sup>nd</sup> Floor, 835 Portage Avenue

Intake Unit

944-4200

944-4050

1-999-834-9767 (free outside of Winnipeg)

We look into child abuse and neglect cases.

### Youth Emergency Crisis Stabilization System

MacDonald Youth Services

226 St. Mary's Road

949-4750

We provide crisis services to youth 24 hours a day, seven days a week.

## Counselling

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We all need someone to talk to from time to time. When life gets too tough and you don't know where to go, these places can help.

### Circle of Life Thunderbird House

715 Main Street

940-4240

We have traditional Aboriginal programs, counselling, and support.

### Klinic

870 Portage Avenue

784-4090 (Monday to Friday for appointment)

786-8686 (crisis line)

1-888-322-3019 (toll free crisis line)

### MacDonald Youth Services Centre

Youth Resource Centre

161 Mayfair

477-1804 (Monday to Friday 9:00 am – 5:30 pm)

We provide services for youth 13 to 21 years old.

### North End Women's Centre

294 Selkirk Avenue

589-7347

We offer support and peer counselling. Drop-in centre.

### West Broadway Community Ministry

Crossways in Common

102-222 Furby Street

774-2773

We have counselling services and computer use on a drop-in basis from 1:00 pm to 4:00 pm Mondays, Wednesdays, Thursdays, and Fridays.

## Birth Control

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I don't want to get pregnant. What can I do?

- \* There is no birth control that can prevent pregnancy 100%. But there are lots of good methods for preventing pregnancy.
- \* You can get free or low cost birth control from the clinics listed on pages 42-45.



Here are some of the kinds of birth control available:

### Birth Control Pill (The Pill)

- \* **What it is:**  
A small pill with low dose hormones.
- \* **What it does:**  
One pill taken every day prevents an egg from being released. No egg means no pregnancy.
- \* **How effective is it:**  
98-99% effective when taken at the same time every day.
- \* **Where to get it:**  
Must be prescribed by a doctor. See clinics on pages 42-46.
- \* **How much does it cost:**  
\$12-15 per month. Available free or low-cost from clinics on pages 42-45.
- \* **Things to think about:**  
You must take it every day at the same time.

The Pill can cause side effects and shouldn't be used by women who smoke.

Provides NO protection against STDs, STIs, and HIV.

## Cervical Cap

- \* **What it is:**  
A rubber cap that is filled with spermicide (e.g., Nonoxynol-9).
- \* **What it does:**  
Inserted into your vagina before you have sex. It covers the cervix (where your vagina meets your uterus) so sperm can't reach the egg.
- \* **How effective is it:**  
80-91% effective.
- \* **Where to get it:**  
Must be fitted by a doctor. See clinics on pages 42-46. You can buy spermicide in drugstores.
- \* **How much does it cost:**  
\$40 for one cervical cap. Resusable. May be available free or low-cost from some clinics listed on pages 42-45.
- \* **Things to think about:**  
You must be comfortable putting your fingers in your vagina to insert it.  
  
It must be inserted every time before sex and left in place for 6 to 8 hours after sex.  
  
Provides NO protection against STDs, STIs, and HIV.

## Female Condom

- \* **What it is:**  
A soft polyurethane pouch covered in lubricant (e.g., K-Y Jelly) that lines the vagina. It is held in place by two soft rings – one inserted in the vagina and one that covers your vulva (outside of vagina).
- \* **What it does:**  
Traps sperm in the condom so they can't reach the egg.
- \* **How effective is it:**  
79-85% effective.
- \* **Where to get it:**  
Drugstores. No prescription needed.
- \* **How much does it cost:**  
\$5 per condom. Not reusable. Available free or low-cost from clinics listed on pages 42-45.
- \* **Things to think about:**  
You must be comfortable putting your fingers in your vagina to insert it.  
  
Female condoms provide protection against STDs, STIs, and HIV.  
  
Never use oil-based lubricants with condoms (e.g., Vaseline) because it may cause the condom to break.

## Male Condom

- \* **What it is:**  
A thin, latex sheath that covers the penis during sex.
- \* **What it does:**  
Traps the sperm inside the condom so they can't reach the egg.
- \* **How effective is it:**  
86-97% effective
- \* **Where to get it:**  
Drugstores or grocery stores. No prescription needed.
- \* **How much does it cost:**  
\$9 per dozen lubricated condoms. Not reusable.  
Available free or low-cost at clinics listed on pages 42-45.
- \* **Things to think about:**  
Condoms are not reusable.  
  
Lubricated latex condoms are your best defence against STDs, STIs, and HIV.  
  
Never use oil-based lubricants with condoms (e.g., Vaseline) because it may cause the condom to break.

## Depo-Provera

- \* **What it is:**  
An injection of hormones given once every twelve weeks.
- \* **What it does:**  
Prevents the egg from being released. No egg means no pregnancy.
- \* **How effective is it:**  
99% when injection given every twelve weeks.
- \* **Where to get it:**  
Must be prescribed and injected by a doctor. See clinics on pages 42-46.
- \* **How much does it cost:**  
\$30 per shot.
- \* **Things to think about:**  
You must get the injection every twelve weeks for it to be effective.  
  
Depo-Provera can cause side effects.  
  
You may not be able to get pregnant for up to a year after you stop taking it.  
  
Provides NO protection against STDs, STIs, and HIV.



## Diaphragm

- \* **What it is:**  
A soft rubber cup with a soft rim that is filled with spermicide (e.g., Nonoxynol-9).
- \* **What it does:**  
Inserted into your vagina before sex. It covers the cervix (where your vagina meets your uterus) so sperm can't reach the egg.
- \* **How effective is it:**  
80% effective.
- \* **Where to get it:**  
Must be fitted by a doctor. See clinics on pages 42-46. You can buy spermicide in drugstores.
- \* **How much does it cost:**  
\$40. Reusable. Available free or low-cost from clinics on pages 42-45.
- \* **Things to think about:**  
You must be comfortable putting your fingers in your vagina to insert it.

Must be inserted each time before sex and left in place for 6 to 8 hours.

Provides NO protection against STDs, STIs, and HIV.

## The Sponge

- \* **What it is:**  
A soft disc made of sponge-like material that is filled with spermicide.
- \* **What it does:**  
Inserted into your vagina before sex. It covers the cervix (where your vagina meets your uterus) and stops sperm from reaching the egg. The spermicide in the sponge kills the sperm.
- \* **How effective is it:**  
80-91% effective.
- \* **Where to get it:**  
Drugstores. Available free or low cost from clinics listed on pages 42-45.
- \* **How much does it cost:**  
\$8 for a package of 3. Not reusable.
- \* **Things to think about:**  
You must be comfortable putting your fingers in your vagina to insert it.

The sponge is effective for 12 hours after it is in place. Must be left in for 6 hours after sex.

Provides LITTLE protection against STDs, STIs, and HIV.

For more information phone the  
FACTS OF LIFE LINE at 947-9222 OR  
1-800-432-1957 outside of Winnipeg.

## Morning After Pill

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What can I do if I didn't use birth control or it failed?

- \* **The Morning After Pill** is used when a condom breaks, cervical cap or diaphragm dislodges, no birth control is used, or a woman has been raped (see page 30 for info about what to do if you or someone you know has been raped).
- \* The Morning After Pill should **NOT** be used as a regular form of birth control. There is a 2% failure rate when taken once, but a 24% failure rate over the year. The birth control methods listed on pages 21-27 are more effective, easier to get, and easier to use.
- \* The Morning After Pill must be taken within 72 hours of having sex.
- \* **Provides NO protection against STDs/STIs or HIV.**
- \* See clinics on pages 42-46 to get the morning after pill. Hospital emergency rooms can also be used if necessary.

For more information phone the FACTS OF LIFE LINE at 947-9222 OR 1-800-432-1957 outside of Winnipeg.

## Pregnancy

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I think I'm pregnant. What should I do?

- \* Get a pregnancy test right away. You can buy a pregnancy test at the drugstore. You can also go to one of the clinics listed on pages 42-45 for a free, confidential pregnancy test.
- \* The sooner you find out whether you are pregnant, the more options you have open to you.
- \* You have three options if you are pregnant: parent your baby, adoption, or abortion. The clinics listed on pages 42-45 of this guide are pro-choice, which means they will tell you about all of your options. You should start looking into your options early in your pregnancy.
- \* If you don't know what to do, the clinics listed on pages 42-45 of this guide offer counselling and support so you can make the best decision for you.

For more info phone the  
FACTS OF LIFE LINE at 947-9222 OR  
1-800-943-1957 outside of Winnipeg.

## Rape

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### What should I do after a rape?

- \* Rape is a traumatic event. If you or someone you know has been raped it is important to seek help right away.
- \* It is **NOT** the victim's fault in any way. The attacker is 100% to blame.
- \* Go to a doctor right away, even if there are no visible injuries. The doctor can look for any injuries on the inside or outside of the body, test for and treat STDs/STIs, and give the Morning After Pill to prevent pregnancy.
- \* You can see your own doctor or go to a walk-in clinic, hospital emergency room, or a community health clinic (see pages 42-47).
- \* If you want to report the rape to police, it should be done as soon as possible. Only the person who has been raped can decide whether to report it or not.
- \* If you decide to report the rape, **DO NOT** wash, bathe, or change your clothes because evidence is needed to arrest and convict the rapist.

Phone the SEXUAL ASSULT CRISIS LINE  
at 786-8631 24-hours a day for  
counselling, info, and support.

## STDs, STIs, & HIV

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### What are STDs, STIs and HIV? How do you get them? What can I do to protect myself?

- \* **Most people who have a STD, STI, or HIV don't know it!** They look and feel healthy. They can infect other people without knowing it. STDs, STIs, and HIV can cause serious health problems.
- \* STD and STI mean the same thing. They are sexually transmitted diseases or infections. That means you get them from sex – oral, anal or genital. You can also get them from sharing sex toys and mutual masturbation.
- \* HIV is the virus that causes AIDS. HIV is spread through anal and genital sex. You can also get it from sharing needles for drugs, piercing, or tattooing. It can be spread from mom to baby during pregnancy, birth, or breastfeeding.
- \* There is no way to protect yourself 100%, but you can reduce the risk.
- \* The best way to protect yourself from STDs, STIs, and HIV is to **use condoms and don't share needles!**

Here are the facts:

## Chlamydia & Gonorrhea (Clap, Dose, Drip)

- \* **How you get it:**  
From oral, genital or anal sex.
- \* **How you know if you or your partner has it:**  
A person with chlamydia or gonorrhea may have no symptoms. If there is a chance you or your partner has chlamydia or gonorrhea, get tested right away (see clinics on pages 42-46).

You might notice:

- Burning when you pee
- Discharge, itching or burning in the vagina
- Discharge from the penis
- Pain in the lower abdomen (area below your belly button)

- \* **How it is treated:**  
A doctor can prescribe antibiotics that will cure the infection.  
  
Left untreated, it can damage your sex organs. You might not be able to make babies.
- \* **How you can protect yourself:**  
You can reduce the risk by using **condoms** when having oral, genital, or anal sex.

## Crabs or Lice & Scabies

- \* **How you get it:**  
Crabs and scabies are spread through close physical contact, or sharing bedding or clothes with someone who has them.
- \* **How you know if you or your partner has it:**  
Crabs and scabies are too small to be seen. They live in hair on your body, usually pubic hair, but also in hair in your armpits, eyelashes, and eyebrows.  
  
You will feel very itchy if you have crabs or scabies. There may also be small black spots or bloodstains on your underwear. You can feel their eggs as little bumps where the hair goes into your skin.
- \* **How is it treated:**  
Crabs and scabies can be treated with non-prescription lotion or shampoo from the drugstore or clinic. Your sexual partner or anyone you share bedding or clothing with will have to be treated too. After the treatment, wash clothing, bedding, and towels in hot water to get rid of any eggs.
- \* **How you can protect yourself:**  
The only way to protect yourself is to avoid close physical contact or sharing clothes or bedding with someone who is infected.  
  
Fortunately, crabs and scabies are very treatable and not serious if treated quickly.

## Genital Warts (HPV)

- \* **How you get it:**

From touching skin inside the mouth, vulva (outside of vagina), vagina, penis, balls, ass, or any other infected area.

- \* **How you know if you or your partner has it:**

Genital warts can be spread when you can't see any warts. If you think you or your partner may have it, get tested right away.

Genital warts are growths on the skin. They can range from invisible lumps below the skin's surface to lumps that look like cauliflower.

- \* **How it is treated:**

Chemical freezing or burning, or laser therapy can remove genital warts. Treatment often needs to be repeated because new warts can reappear.

Your doctor can prescribe drugs that reduce the size and number of warts.

- \* **How you can protect yourself:**

You can reduce the risk of getting genital warts by using condoms when having oral, genital, or anal sex.

Parts of the body not covered by the condom may not be protected (e.g., balls, lips of vulva).

The female condom covers more area so it **may** protect better than a male condom.

## Herpes

- \* **How you get it:**

Touching infected skin of the mouth, vulva (outside of vagina) or vagina, penis, balls, ass or any other area infected herpes.

- \* **How you know if you or your partner has it:**

You may get herpes sores between 2 and 360 days after having sex with an infected person!

**Herpes can be spread when there are no visible sores.** If you think you or your partner has it, get tested right away.

Herpes appear as small red bumps on your vulva (outside of vagina) or vagina, penis, balls, anus, mouth, or any other skin. The bumps break open into painful sores. The sores dry out and get scabby.

Sores usually go away within 2 to 4 weeks. **You are still infected.** The virus can be set off again causing another outbreak.

- \* **How it is treated:**

There is no way to cure the infection. Antiviral drugs from your doctor can shorten and lessen outbreaks.

- \* **How you can protect yourself:**

You can reduce your risk of getting herpes by using condoms when having oral, genital, or anal sex.

Parts of the body not covered by the condom may not be protected (e.g., balls, lips of vulva).

The female condom covers more area so it **may** protect better than a male condom.

## Hepatitis B & C

### \* **How you get it:**

You get Hepatitis B from body fluids, including blood, saliva, vaginal fluid (pussy juice), semen (cum), getting into a break in your skin that you might not even be able to feel.

You get Hepatitis C when infected blood contacts your blood.

You can get Hepatitis B and C from genital or anal sex.

Sharing needles for drugs, piercing, or tattoos also spreads both. Sharing snorting straws for drugs spreads Hepatitis C.

### \* **How you know if you or your partner has it:**

Many people with Hepatitis have **no symptoms** for a very long time.

Hepatitis B and C can be spread when there are no signs of infection. Both can be very harmful to your liver. If you think you or your partner has Hepatitis, get tested right away.

You might feel tired or sick, not feel like eating, have pain in your abdomen, or yellowing of skin.

### \* **How it is treated:**

Hepatitis B and C are **NOT** curable. Most people with Hepatitis B get better and no longer spread the infection. Some become carriers and continue to spread it.

Most people who have Hepatitis C carry it in their blood their whole lives and can infect other people. Most people will develop liver damage. Prescription drugs can be used to reduce liver damage.

### \* **How you can protect yourself:**

Use condoms when having oral, genital, or anal sex.

Do NOT share needles or straws for snorting drugs with anyone else. See page 65 for info on safer needle use.

Do NOT share toothbrushes or razors.

Do NOT share tattooing, piercing, or hair removal equipment.

Get vaccinated for Hepatitis B.

## HIV & AIDS

### \* **How you get it:**

HIV is the virus that causes AIDS. It is spread when infected blood, semen (cum), or vaginal fluid (pussy juice) gets into your blood through small breaks in your skin that you might not know you have.

You can get HIV from oral, genital, or anal sex.

You can also get it from sharing needles for drugs, piercing, or tattooing.

HIV can be spread from mom to baby during pregnancy, birth, or breastfeeding.

- \* **How you know if you or your partner has it:**  
Most people with HIV **DO NOT** have any symptoms for 7 to 10 years. Early symptoms are like a cold or flu.

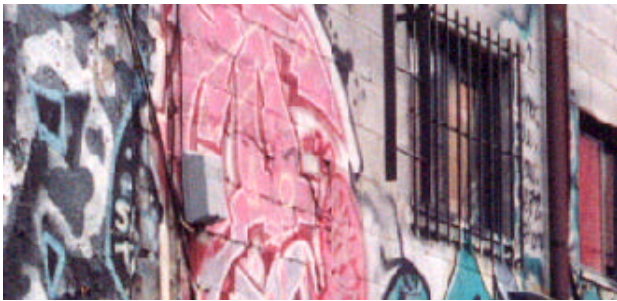
If you think you or your partner has HIV, get tested right away.

- \* **How it is treated:**  
HIV **CANNOT be cured**. HIV weakens your immune system so you get sick a lot. Severe infections and cancers are common in people with AIDS. Most will **DIE** from HIV related infections after being sick for a long time.

HIV can be treated with drugs and taking care of yourself (getting enough sleep, eating healthy, and exercising). Treatment can keep you well longer, but cannot cure it

- \* **How you can protect yourself:**  
You can reduce your risk of getting HIV by using condoms when having oral, genital, or anal sex.

Do not share needles. See page 65 for info on safer needle use.



## Syphilis

- \* **How you get it:**  
Syphilis is spread through oral, genital, or anal sex. It is passed when you come into contact with sores, rashes, saliva, semen (cum), blood, or vaginal fluids (pussy juice) from an infected person.

- \* **How you know if you or your partner has it:**  
Signs show up about three to four weeks after contact. Usually, a hard, round, red sore shows up on the penis, vagina, or vulva (outside of vagina). Women may not notice the sore. You may also have flu-like symptoms and a rash over your whole body.

Sores usually go away in a few weeks, but the bacteria are still in your body. If left untreated, it can cause damage to your heart or brain. It can even cause **DEATH**.

If you think you or your partner has syphilis, get tested right away.

- \* **How it is treated:**  
Syphilis can be treated with antibiotics.
- \* **How you can protect yourself:**  
Use a condom when having oral, genital, or anal sex.

Phone the AIDS/STD INFOLINE at  
945-AIDS(2473) OR 1-800-782-2437 outside  
of Winnipeg for more info.

## STD, STI, & HIV Testing

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### What should I do if I think I have an STD, STI, or HIV?

- \* **STOP** having sex or any other sexual activity.
- \* Go to a doctor, walk-in clinic, or health clinic (see pages 42-46) right away.
- \* Tell your sex partners and anyone else who might have come in contact with it.
- \* Take all of the medication prescribed by your doctor – even if the symptoms go away.
- \* Find out if you need to go for a follow-up visit with your doctor or clinic to make sure the infection is gone. **DO NOT** have sex until your doctor says its OK.
- \* Use a condom every time you have sex. Get tested two or three times a year even when you use a condom.

### What will happen when I go to get tested?

- \* STD, STI, and HIV testing are not a routine part of a visit to the doctor or clinic. You must request these tests.
- \* Your penis or vulva/vagina may be examined for sores, growths, swelling, or stuff coming out. The doctor may swab any sores.
- \* Men may have a swab from the urethra (when the pee and cum comes out). Women may have a swab from the cervix (inside your vagina). Swabs may also be taken from your mouth, throat, or ass.
- \* You may have to give a pee sample.
- \* You may need to have blood taken.
- \* You may have to provide contact info for your sexual partners if you have a STD, STI, or HIV. If you do not want to tell your partners yourself, public health will contact them so that they can get tested and treated. Your name will never be mentioned.



## Health Clinics

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Here's a list of clinics where you can go for healthcare:

### Community Health Clinics

Adolescent Gynaecological Clinic  
Children's Hospital  
840 Sherbrook Street  
787-2401

Teen drop-in Tuesday to Friday 1:00 pm – 5:00 pm.

Drop-in pregnancy testing Monday to Friday 9:00 am – 5:00 pm.

Appointment needed for times outside of teen drop-in clinic.

Birth control counselling, birth control prescriptions, Morning After Pill prescribed, free/low cost birth control and condoms, STD/STI/HIV testing.

Family Planning Clinic  
Women's Hospital, Outpatient Department  
Health Sciences Centre  
735 Notre Dame Avenue  
787-1781

Appointment needed. Drop-in for pregnancy testing Monday to Thursday 8:30 am - 4:30 pm.

Birth control counselling, birth control prescriptions, Morning After Pill prescribed, free/low cost birth control and condoms, STD/STI/HIV testing.

Health Action Centre  
425 Elgin Avenue  
947-1626

Drop-in pregnancy testing Monday to Friday 8:00 am – 6:00 pm and Saturday 8:30 am – 5:00 pm.

Appointments needed for other health services.

Birth control counselling, birth control prescriptions, pregnancy testing, Morning After Pill prescribed, STD/STI/HIV testing.

Klinik Community Health Centre  
870 Portage Avenue  
784-4090

Teen drop-in clinic 12:00 pm – 3:00 pm Saturday.

Appointments needed for times outside of teen drop-in clinic.

Birth control counselling, birth control prescriptions, pregnancy testing, Morning After Pill prescribed, free/low cost birth control and condoms, STD/STI/HIV testing.

No ID required.

Morgentaler Clinic  
883 Corydon Avenue  
477-1887

Appointment required.

Birth control counselling, abortions, pregnancy testing.

Mount Carmel Clinic

886 Main Street  
582-2311

Teen drop-in clinic 12:00 pm – 4:00 pm Saturday.

Drop-in pregnancy testing Monday to Friday 8:45 am – 5:00 pm, Tuesday & Thursday 6:30 pm – 9:30 pm, and Saturday 12:00 pm – 4:00 pm.

Appointments needed for times outside of teen drop-in clinic.

Birth control counselling, birth control prescriptions, pregnancy testing, Morning After Pill prescription, free/low cost birth control and condoms, STD/STI/HIV testing, pharmacy with low cost medications.

No ID required.

Norwest Co-op Community Health Centre

103-61 Tyndall Avenue  
633-5955

Teen drop-in clinic 4:00 pm – 6:30 pm Wednesday and 10:00 am – 2:00 pm Saturday.

Drop-in pregnancy testing Monday to Friday 9:00 am – 6:00 pm.

Birth control counselling, birth control prescriptions, pregnancy testing, Morning After Pill prescription, STD/STI/HIV testing.

Aboriginal health program offered.

Street Connections

50 Argyle Street  
943-6379

We have nursing services, including pregnancy and STD/STI/HIV testing.

Village Clinic

668 Corydon Avenue  
453-0045

AIDS LINE: 945-AIDS (2437)

Walk in for STD/STI/HIV testing Monday 8:30 am – 8:00 pm and Tuesday to Friday 8:30 am – 4:30 pm.

Drop-in Saturday 12:00 pm – 4:00 pm.

Appointment needed for other medical services.

Birth control counselling, birth control prescriptions, Morning After Pill prescription, free/low cost birth control and condoms.

Women's Health Clinic

A-419 Graham Avenue  
947-1517

956-0385 TTY

Provides health services for women. Boyfriends are welcome to come with their girlfriends.

Teen drop-in clinic 3:00 pm – 9:00 pm Thursday.

Drop-in pregnancy testing Monday to Wednesday 9:00 am – 8:00 pm, Thursday 9:00 am – 9:00 pm, Friday 9:00 am – 4:30 pm, and Saturday 9:00 am – 4:00 pm.

Appointment needed for times outside of teen drop-in clinic.

Birth control counselling, birth control prescriptions, pregnancy testing, Morning After Pill prescription, free/low cost birth control and condoms, STI/STD/HIV testing.

No ID required.

## Walk-In Clinics

### St. James Walk In Clinic

1600 Portage Avenue (across from Polo Park)  
774-1868

Provides health care services to men and women. No appointment needed.

Open daily until 11:00 pm.

Birth control prescriptions, pregnancy testing, Morning After Pill prescription, STI/STD/HIV testing.

## Hospitals and Emergency Rooms

### Children's Hospital Emergency Department

840 Sherbrook Street (Downtown)  
787-2595 Patient Information  
787-2306 Emergency Department  
787-4244 Crisis Line

### Concordia Hospital

1095 Concordia Avenue (East Kildonan)  
667-1560 Patient Information  
661-7194 Emergency Department

### Grace General Hospital

300 Booth Drive (St. James)  
837-0111 General Inquiry  
837-0157 Emergency Department

### Health Sciences Centre

820 Sherbrook Street (Downtown)  
787-3661 Patient Information  
787-3167 Emergency Department

### Misericordia Health Centre

99 Cornish Avenue (Downtown)  
788-8364 Patient Information  
788-8200 Urgent Care Centre

### Seven Oaks General Hospital

2300 McPhillips Street (West Kildonan)  
632-3224 Patient Information  
632-3232 Emergency Department

### St. Boniface Hospital

409 Tache Avenue (St. Boniface)  
233-8563 Hospital Switchboard  
237-2260 Emergency Department

### Victoria General Hospital

2340 Pembina Highway (Fort Gary)  
269-3570 Patient Information  
477-3148 Emergency Department



## Gay, Lesbian, Bisexual & Transgender (GLBT)

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### What do gay, lesbian, bisexual and transgender mean?

- \* Straight, gay, lesbian, and bisexual refer to a person's sexual orientation. Sexual orientation is about feelings and ideas about yourself, not sexual actions. A person can be straight or GLBT without having sex.
- \* Gay refers to men who are sexually and romantically attracted to men.
- \* Lesbian refers to women who are sexually and romantically attracted to women.
- \* Bisexual refers to people who are sexually and romantically attracted to people of both sexes.
- \* Transgender is a bit different. People who identify as transgender say they feel like they were born in the wrong body. For example, a person who is born female can identify as male on the inside. A person who is born male can identify as a female on the inside.
- \* Transgender and sexual orientation are different. Transgender is about how you see yourself not being the same as your body. If you are transgender, you can be attracted to a person of the same sex and still see yourself as straight. You can be attracted to a person of the opposite sex and still see yourself as GLBT.

### How do I know if I'm GLBT?

- \* The easiest answer is you know when you know. It can take time to figure things out. You don't need to rush to label yourself right away.
- \* Many GLBT people say they felt different since they were children. Others don't have these feelings until they are a teenager or adult. Whatever stage you are at, your feelings are normal and over time you'll find out who you are romantically and sexually attracted to.
- \* It is normal for teenagers to experiment with a lot of things, including who they are sexually attracted to. It doesn't make you GLBT to think about or have sexual encounters with people of the same sex. It doesn't make you straight to think about or have sexual encounters with people of the opposite sex.
- \* You can be straight, gay, lesbian, bisexual, or transgender without ever having sex. These categories are the ways people see themselves. Only you can decide how you want to identify yourself.



## I'm GLBT. Should I come out?

- \* You should come out when you feel ready. It is a difficult decision and you should find people who will support you. If you don't know someone you can talk to, there are places where you can connect with other people who are GLBT.
- \* The first person you need to come out to is yourself. Tell yourself that you are GLBT and that's OK. Later, you might want to tell someone else who you trust and think will be supportive. You might also want to meet other GLBT people for friendship or a romantic or sexual relationship.
- \* Coming out can make you feel really good because it is a part of who you are. It can make you feel less alone. You also won't have to worry about someone finding out. It can also make you feel bad because some people won't accept you. Homophobia, which means being afraid of people who are GLBT, is still common in Canada. It is changing as more and more people learn that being GLBT is normal and healthy.
- \* Whatever you do, remember **it is your decision**. No one can make it for you. If you do choose to come out, learn as much as you can about GLBT issues and find people who will be there for you.

Phone the GAY, LESBIAN, BISEXUAL INFO  
LINE at 284-5208 OR  
1-888-399-0005 outside of Winnipeg.

## Alcohol & Drugs

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### How do I know if I have a problem with drugs or alcohol?

- \* **Some signs that alcohol or drugs are a problem are:**
  - Drinking or doing drugs to make yourself feel better
  - Saying or doing things while you are drunk or high that you wish you could take back
  - Lying to people about your drinking or drug use
  - Stealing to get money for booze or drugs
  - Losing friends because of your use
  - You don't feel like doing things you used to like anymore
  - Trouble thinking clearly and remembering things
  - Thinking about cutting back or quitting but not being able to do it
  - Driving while drunk or stoned
  - Getting involved in illegal activities



## What should I do if someone I know is using alcohol or drugs too much?

- \* Remember you can't make anyone stop using. They have to decide to get help. But part of being a good friend is looking out for your friends and being supportive. **Here's what you can do:**

Tell them you are worried about them. Tell them why you think they should get help. Tell them how their use affects you and others.

Sometimes it can take a while for the person to agree with you that they need help. In the meantime, support and encourage the person anyway you can.

Get them info about where to go for help (see pages 66-67 for a list of agencies). Offer to go with them to talk to an addictions counsellor.

You might want to stop helping them use. That could mean not covering up for them when they are drunk or high. You might not help them get alcohol or drugs. You might also decide not to argue with them about their use.

Take care of yourself. It can be stressful to be friends with someone with an addiction. Find someone you can talk to, including a friend, adult, or a counsellor (see page 66-67 for referrals).

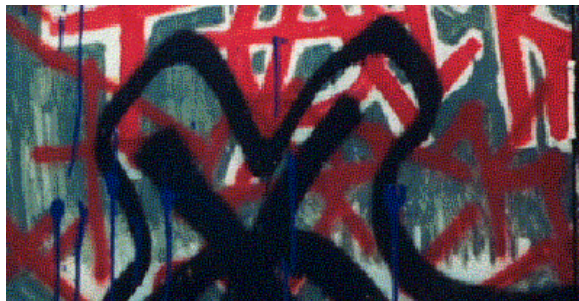
## I have tried drugs or I want to try drugs. What should I know?

- \* Some people choose to use drugs. We don't promote drug use. But we think it's important for you to have info about some common types of drugs and how to make them safer to use. Not all street drugs are the same. Some are lower risk. They give you a high, but aren't very addictive or dangerous. Others can be very addictive and deadly. You need to decide what drugs you will and won't use.
- \* All of the drugs listed in this section are illegal in Canada. You can be arrested for buying, carrying, or selling these drugs.
- \* Remember **there are always risks involved in drug use**. You never really know what you're getting when you buy street drugs because they aren't regulated. You might be sold a completely different drug or a drug laced with dangerous chemicals.



### Basic guidelines:

- Find a good dealer and know what you are buying.
- Drugs can be laced with dangerous things. A good dealer can tell you how strong the stuff is. This is VERY important for preventing an overdose (see page 64 for info on what to do for an overdose).
- Always start with a low dose until you know how your body will react to it.
- Never use drugs when you are alone or in an unfamiliar place. If you are already drunk or high, don't take more drugs.
- If you inject your drugs, always use your own needles and other equipment. **Never share needles or other equipment.**
- Skin popping (injecting under the skin) is the least dangerous way of injecting (see page 65 for safer needle use).



What kinds of drugs are out there?  
What do they do? What are the risks?

### Cocaine (C, coke, snow, nose candy, crack)

#### \* How it is sold and used:

Sold as a fine white powder. Can be sniffed, smoked or injected (see page 65 for info on safer injection drug use).

#### \* How much is a dose:

Common dose is 30-100 milligrams when sniffed. You should start with a low dose so you don't overdose.

#### \* What are the risks:

Cocaine is a dangerous drug. You can easily overdose on cocaine. Overdoses can result in **DEATH** (see page 64 for signs of an overdose). It can also cause lots of health problems including heart problems, impotence (men can't get or hold an erection), nose problems, strokes, and seizures. If you inject cocaine, you can get HIV and Hepatitis (see page 65 for safer injection drug use).

#### \* How addictive is it:

Cocaine is **HIGHLY** addictive both physically and mentally.

**Crystal meth** (meth-amphetamine, speed, crystal, ice, crank)

- \* **How is it sold and used:**  
Sold as a powder. Can be taken by mouth, smoked, or injected.
- \* **How much is a dose:**  
Varies widely.
- \* **What are the risks:**  
Crystal meth is a dangerous drug. You can easily overdose. Large doses can cause the blood vessels in your brain to burst, heart failure, and a very high fever. It can lead to **DEATH**. It also causes some people to be violent, which is also a leading cause of **DEATH**. It can also cause kidney damage, lung problems, and strokes. If you inject crystal meth, you can get HIV and Hepatitis (see page 65 for safer injection drug use).
- \* **How addictive is it:**  
Crystal meth is physically and mentally addictive.

**Ecstasy** (Euphoria, X, XTC, Adam)

- \* **How is it sold and used:**  
Sold as white or off-white tablets taken by mouth.
- \* **How much is a dose:**  
Common dose is 50 to 200 milligrams.
- \* **What are the risks:**  
A lot of Ecstasy is NOT pure MDMA (the chemical name for Ecstasy). It can be laced with amphetamine, LSD, heroin, or PCP. Ecstasy can cause kidney and/or heart failure because of dehydration (not enough water in your body) or hypothermia (your body temperature dropping too low). It can lead to **DEATH**. Safer use: dose depends on how much you weigh, how sensitive you are to it, and how much you have used before. High doses don't mean a better experience and can be dangerous. Start with a low dose. Drink lots of water. Take a break from dancing or moving around and take some deep breaths from time to time. Don't use alcohol or other drugs with Ecstasy. It can change the effect and dehydrate you more - putting you at risk.
- \* **How addictive is it:**  
Mentally addictive if you use it frequently. Not as addictive as "hard" drugs like cocaine or heroine.



## Hash (hashish)

- \* **How is it sold and used:**

Sold as light brown to black dry and hard or soft and crumbly pieces of Cannabis plant. Usually crumbled and smoked in a pipe or hand rolled cigarette with tobacco or pot. Can be baked in cookies or cakes.

- \* **How much is a dose:**

Common dose is 0.25 to 1grams a day.

- \* **What are the risks:**

Hash messes up your motor skills – like walking, balance, etc. It is worse when used with alcohol. Driving can be very dangerous, but so can walking in areas where there is traffic. Hash may cause problems with thinking and memory over a long period of time. Smoking it can damage your lungs – it actually has more cancer causing agents than cigarettes!

- \* **How addictive is it:**

People can become physically or mentally dependent on it. It is not as addictive as “hard” drugs like cocaine or heroine.

## Hash Oil (oil, honey oil)

- \* **How is it sold and used:**

Sold as thick greenish-black, reddish-brown, or yellow oil. Wiped on a cigarette or rubbed in tobacco and smoked.

- \* **How much is a dose:**

Hash oil is the strongest form of Cannabis. Only a small amount is needed to get high.

- \* **What are the risks:**

It has the same risks as hash (see page 58).

- \* **How addictive is it:**

People become physically and mentally dependent over time. It is less addictive than “hard” drugs like cocaine or heroin.

## Heroin (H, horse, junk, smack)

- \* **How is it sold and used:**  
Sold as white or brown powder. Can be sniffed, smoked, or take by mouth, but is usually injected (see page 65 for info on safer injection drug use).
- \* **How much is a dose:**  
Dose has to be guessed because of purity and your tolerance. This is one of the dangers of heroin!
- \* **What are the risks:**  
Heroin should **NEVER** be used with alcohol. Lung problems can develop. Injection users are at risk for Hepatitis and HIV. Liver and brain damage are other risks. There is a high chance of overdose with heroin, which can cause **DEATH**.
- \* **How addictive is it:**  
Heroin is **HIGHLY** addictive physically.

## LSD (acid, blotter)

- \* **How is it sold and used:**  
Sold in paper, tablet, capsules, or liquid forms taken by mouth.
- \* **How much is a dose:**  
Common dose is 15 to 50 micrograms. Kicks in within an hour and lasts 2 to 12 hours. High doses can last for days.
- \* **What are the risks:**  
LSD can alter your thinking, which can lead to accidents that can cause injury or death. LSD can cause flashbacks days, weeks, or months later.
- \* **How addictive is it:**  
Mentally addictive, but not physically.

## Magic Mushrooms (shrooms)

- \* **How is it sold and used:**  
Sold as mushrooms or capsules with coloured powder. Taken by mouth.
- \* **How much is a dose:**  
Common dose is 1 – 20 milligrams.
- \* **What are the risks:**  
No known deaths from overdose, but can cause dangerous behaviour leading to accidents. Sometimes dealers sell PCP or LSD as “shrooms.”
- \* **How addictive is it:**  
Mentally, but not physically, addictive.

**Marijuana** (cannabis, pot, grass, weed, reefer, ganja, joint)

- \* **How is it sold and used:**  
Sold as grey-green to greenish-brown leaves, seeds, and stems that look like oregano. Smoked in a pipe or hand rolled cigarette. Can be eaten in baked or cooked foods.
- \* **How much is a dose:**  
Varies widely.
- \* **What are the risks:**  
Using pot and driving is very dangerous - so is walking in areas with traffic while high. Smoking pot causes lung damage. It has more cancer causing agents than cigarettes!
- \* **How addictive is it:**  
Pot causes physical and mental addictions in long-term and heavy users. It is less addictive than “hard” drugs like cocaine and heroin.

**PCP** (angel dust, elephant, hog)

- \* **How is it sold and used:**  
Sold as a powder – it can be any colour. It can also be in crystals, liquid, tablet, capsule, or paste form. It can be sniffed, smoked, swallowed, or injected. It is frequently sold as LSD, THC (the active ingredient in Cannabis), or other drugs.
- \* **How much is a dose:**  
1 to 5 milligrams is enough to get high. Doses have been sold from 1.3 to 81 milligrams!
- \* **What are the risks:**  
Bad trips are more common with PCP than other drugs. Overdoses can occur – they can lead to **DEATH**. You can also die accidentally because PCP causes confusion. Like LSD, PCP can cause flashbacks. If you inject, you are at risk for Hepatitis and HIV.
- \* **How addictive is it:**  
PCP causes mental, but not physical addiction.

## What are the signs of an overdose?

### What should I do if it happens?

- \* When there are more drugs in your body than you can handle, you can overdose. Overdoses are **very serious. They can even be DEADLY.**
- \* Common signs of an overdose are difficulty breathing, nausea, anxiety, pain, and numbness in the chest, arms and neck, very fast heartbeat, seizure, breathing very fast, and fast eye movements.
- \* If someone has these signs, **call 911.**
- \* Move the person to a quiet, dim room. Apply ice or cold towels to their neck and forehead. If they are having a seizure, move everything out of the way so no one gets hurt. **DO NOT** put anything in their mouth or hold them down.



## I use injection drugs. How can I make it safer?

- \* Find a reliable supplier and find out what the drug is cut with. Use a smaller dose if you are unsure of the supplier's reliability or the strength of the dose.
- \* Wash your hands and clean the injection site.
- \* Keep drugs and equipment clean. **Use your own needle, spoon, water and filter for every shot.** If you can use **new needles each time.**
- \* If you need to reuse your needle, sterilize it:
  - Draw cold water into the syringe. Shake for 30 seconds. Plunge out the water. Repeat using new water.
  - Draw pure bleach into the needle. Shake for 30 seconds. Plunge out bleach. Repeat with new bleach.
  - Draw cold water into the needle. Shake for 30 seconds. Plunge out the water. Repeat with new water.
- \* The safest places to inject are veins in arms, hands, legs, and feet.
- \* **DO NOT** inject into wrists, head, neck, breasts, groin, or genitals. These spots are very dangerous.
- \* Switch injection sites to let the veins heal. Take a break from injecting by smoking, snorting, or eating your drugs.

- \* **If you experience fever, chills, dizziness, ringing in the ears, spots before the eyes, red line streaking away from an injection site, headaches, vomiting, or difficulty breathing PHONE 911 RIGHT AWAY.**

## Addictions Service Providers

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**Here is a list of agencies that provide help with alcohol, drug, gambling, and other types of addictions.**

Addictions Foundation of Manitoba – Youth Services  
200 Osborne Street North  
944-6200 (24 hours)  
944-6235

We provide help for alcohol, drugs, and gambling for youth 18 & under.

Addictions Foundation of Manitoba – Adult Services  
1031 Portage Avenue  
944-6200 (24 hours)

We provide help for alcohol, drugs, and gambling for adults.

Alateen  
202-310 Donald Street  
943-6051

We have self-help groups for people who want to quit drinking. Call for meeting times and locations.

Alcoholics Anonymous  
208-323 Portage Avenue  
942-0126 (24 hours)

We run self-help groups for alcoholics. Phone for meeting times and locations.

Main Street Project  
75 Martha Street  
982-8240

We offer 24-hour crisis services.

Narcotics Anonymous  
1650 Main Street  
981-1730

We have self-help groups for people quitting alcohol or drugs. Phone to find out when and where groups are meeting.

Native Addictions Council of Manitoba  
160 Salter Street  
586-8395

We offer services for alcohol, drugs, or gambling to Aboriginals.

Street Connections  
50 Argyle Street  
981-0742 Mobile van

Call the number above and a van will come to you to exchange needles. You can also go to their office to get new needles.



## Police & the Law

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The police are there to keep us safe and help us. Unfortunately, some street kids have bad experiences with police.

This section will give you info on what to do if you are the victim of crime. It will also tell you how to handle an arrest and get help if police treat you unfairly.

### What should I do if I'm the victim or witness of a crime?

- \* If you witness a crime you can file a report with police.
- \* The police will make a report and investigate. They will decide whether they have enough evidence to lay charges against the offender.
- \* It is important you give police as many details about the crime as you can. Anything that you think might be evidence should be kept. You should also get the names and contact information from any witnesses to the crime.
- \* If someone is arrested, you may need to testify at his/her trial.

**Phone WINNIPEG POLICE  
at 911 for emergencies OR  
986-6222 for non-emergencies.**

- \* You can also give info anonymously on unsolved crimes through CrimeStoppers. Cash rewards are offered for info leading to the arrest of a person involved in an unsolved crime.

**Phone CRIMESTOPPERS at  
786-TIPS (8477) OR  
1-800-222-TIPS (8477) for free outside of  
Winnipeg.**

### I'm having trouble coping after I or someone I know was the victim of a crime. What can I do?

- \* Winnipeg Police offer support and info to victims and their family and friends. They can help you deal with a robbery, physical assault, rape, murder, suicide, child abuse, threats, or harassment.
- \* Winnipeg Police Victim Service Unit will give you emotional support, info about your case, updates on the case, info about the legal system, and referrals to other services.

**Phone WINNIPEG POLICE  
VITCIM SERVICES UNIT  
at 986-6350 for more info.**

## What should I do if police arrest me?

- \* The Canadian Charter of Rights and Freedoms protects your rights in the legal system. You have the right to be treated fairly by police and the courts.
- \* Police can arrest you if you are caught committing a crime. Police can also arrest you if they have good reason to believe you have committed a crime.
- \* **DO NOT resist arrest** even if you believe you are being arrested unlawfully. You can be charged with resisting arrest or assaulting police officers even if you are innocent. Go with police and contact a lawyer as soon as possible (see the section “Police treated me unfairly. What can I do?” on page 72 for more information).
- \* To make a lawful arrest, police must identify themselves as police officers. They must tell you the reason for the arrest and your rights, including the right to remain silent and to have a lawyer present during questioning. If there is a warrant for your arrest, they should show it to you.
- \* Police have the right to search you for weapons and any evidence related to the crime after your arrest. They **CANNOT** search or seize anywhere else without good reason or a warrant.
- \* They can take you to the lock up and book you after your arrest. They can also fingerprint and photograph you.

- \* Police have the right to ask you questions as part of their investigation. **You have the right to NOT answer their questions without a lawyer present. Anything you say or write down can be used against you in court.**
- \* Police must allow you to talk to a lawyer right away after your arrest. You should be given privacy, a phone, and a phone book so you can call a lawyer.
- \* If you cannot afford a lawyer, Legal Aid can provide you with a lawyer. **You have the right to have a lawyer even if you cannot pay for one** (see pages 74-76 for a list of legal service providers).
- \* You have the right to go before a judge who will rule whether your arrest was legal. If the judge deems it was not legal, he/she can order your release. This should happen within 24 hours.

**If you are currently in police custody,  
phone LEGAL AID MANITOBA'S  
IN CUSTODY LINE at  
985-8570 24 hours.**

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**For legal advice while not in custody,  
phone LEGAL AID MANITOBA at  
985-8500 or 943-1131 TTY.**

## Police treated me unfairly. What can I do?

- \* The Law Enforcement Review Agency (LERA) is an independent, non-police agency that looks into complaints about police.
- \* **LERA will investigate any complaint involving:**
  - Abuse of authority
  - Making an arrest without good reason
  - Excessive force (police brutality)
  - Abusive language or behaviours
  - Acting impolite
  - Taking advantage of someone (e.g., asking for money)
  - Discrimination
  - Lying or tampering with evidence or official documents
  - Not maintaining confidentiality (telling people outside of the police about your arrest or case)
  - Carelessness or unnecessary use of a gun
  - Damaging property or failing to report property damage
  - Violating your privacy rights under The Privacy Act
  - Not following The Law Enforcement Review Act
  - Helping or participating in any of the above acts
- \* You can complain to LERA yourself or for someone else who believes police treated them unfairly.
- \* You must file a complaint in writing, including date, time, location, and all other details. LERA staff or police officers can help you with your statement.

- \* Your complaint can be sent to LERA, a police chief or any member of the police department. Police will forward the complaint to LERA.
- \* You must submit your complaint within 30 days of the incident. You can get an extension if you can prove you were unable to file it or if the criminal investigation or court proceedings are still going on.
- \* LERA will investigate your complaint. They will then decide whether to take action against police based on your complaint. You will be notified in writing of LERA's decision. If no action is being taken, you can ask the Commissioner of LERA to send it to a provincial judge for review within 30 days of the decision.
- \* You don't need a lawyer to go through LERA, but you might want to have one. You have to find a lawyer yourself (see pages 74-76 for a listing of legal service providers).

**To make a complaint about police  
call LERA at 945-8667  
OR 1-800-282-8069 outside of  
Winnipeg for free.**



## Police & Legal Services

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Aboriginal Court Work Program  
3<sup>rd</sup> floor, 408 York Avenue  
945-0024

We help Aboriginal people in the criminal justice system understand their rights and duties.

CrimeStoppers  
786-TIPS (8477)  
1-800-222-TIPS (8477) outside of Winnipeg

Law Enforcement Review Agency (LERA)  
420-155 Carlton Street  
Winnipeg, MB R3C 3H8  
945-8667 or 1-800-282-8069 (outside Winnipeg)  
Fax: 948-1014  
Email: [lera@gov.mb.ca](mailto:lera@gov.mb.ca)  
We look into complaints about Winnipeg Police.

Law Phone In and Lawyer Referral Program  
501-294 Portage Avenue  
943-2305 or 1-800-262-8800 (outside of Winnipeg)  
We provide free info and referrals to lawyers and legal agencies.

Legal Aid Manitoba  
402-294 Portage Avenue  
985-8500  
943-1131 TTY

24 hour in custody line: 985-8570  
We provide drop-in advice and information and free or low cost lawyer (application needed).

Other locations include:

1. Child Protection Law Office  
212 McDermot Avenue  
985-5215 (8:30 am-4:30 pm Monday to Friday)  
For info about child welfare laws.
2. Youth Office  
635 Broadway  
985-8570 (8:30 am – 4:30 pm Monday to Friday)  
For info on youth criminal law.
3. Aboriginal Centre Law Office  
181 Higgins Avenue  
985-5230 (8:30 am – 4:30 pm Monday to Friday)  
Works under the ideas of Aboriginal justice.

Salvation Army – Correctional & Justice Services  
2<sup>nd</sup> floor 324 Logan Avenue  
949-2100

We offer life skills training, counselling, practical help, and referrals to people in trouble with the law. Also help victims of crime and families of the offender.

Winnipeg Police  
Public Safety Building  
151 Princess  
986-6222 Non-Emergency (24 hours)  
**911 Emergency (24 hours)**

Broadway Police Service Centre  
699 Broadway  
986-4908 (Daily 9:00 am – 7:00 pm)

Portage Storefront  
378 Portage Avenue  
986-4908 (Daily 9:00 am – 7:00 pm)

Division 13 Police Station  
260 Hartford Avenue  
986-6313 (Daily 9:00 am – 7:00 pm)

Northend Police Service Centre  
1085 Main Street  
986-7682 (Daily 9:00 am – 7:00 pm)

Division 16 Police Station  
1350 Pembina Highway  
986-6042 (Daily 9:00 am – 7:00 pm)

Winnipeg Police Victim Service Unit  
294 William Avenue  
986-6350  
We provide info, support, and referrals to victims of crime and their family and friends.

Victim/Witness Assistance Program  
400-408 York Avenue  
945-3594  
We provide services to the victims and witnesses of crime. Offers info about the court system, your case, and referrals to other services.

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