

*the girls' guide*

To  
Antigonish  
and  
Guysborough  
Counties



# Acknowledgements

This guide was researched, written, and designed by Lisa Garrett, with support from Wyanne Sandler, through the *Violence against Women and Girls: A Rural Response* project. Thanks to the staff and to the women and girls who use the Antigonish Women's Resource Centre for their input.



This guide drew on many existing resources for quotes, information, and advice. These resources include:

- The Courage to Change: A teen survival guide
- Girlsource: A book by and for young women
- GLBTQ: The survival guide for queer and questioning teens
- You Deserve to be Safe: A guide for girls with disabilities



A special thanks goes to all the girls and young women who have been part of this project, and to the adults who have supported them.



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September, 2009

## What's this book about?

The Antigonish Women's Resource Centre and Sexual Assault Services Association has put together this guide for girls and young women in Antigonish and Guysborough Counties, Nova Scotia.

This guide provides info about where to go when issues come up. We focused on the issues you told us are important.

We give you the contact information for people and organizations that you can get in touch with in your local area, or places to look for more information on the Internet.

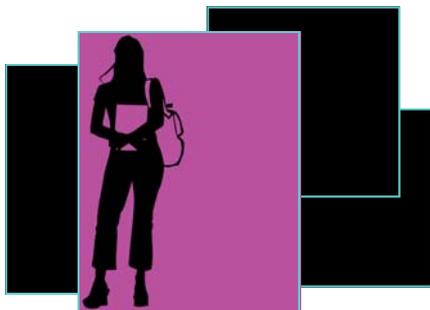


We would love to hear what you think of this book, or any suggestions you might have. Please email us at [swc.awrc@ns.sympatico.ca](mailto:swc.awrc@ns.sympatico.ca).

We hope you enjoy the guide, and use it well!

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# Women's Centre

The Antigonish Women's Resource Centre and Sexual Assault Services Association (AWRC & SASA) has been **supporting women and girls in Antigonish and Guysborough for over 25 years!** The Women's Centre provides women and girls with the info and support they need to make informed and healthy decisions for themselves. **We are a feminist, community-based women's organization!**

## Contact Info

The AWRC & SASA is located in Antigonish in the Kirk Building, 219 Main St, Suite 204 (above Tim Hortons)

**Hours:** Mon to Fri  
9am-4:30pm

**Phone:**  
863-6221

**Email:**  
antig.women  
@ns.sympatico.ca

www.antigonish  
womenscentre.com

## We offer...

—**in the community...** outreach services (we take this show on the road in Guysborough County), INSPIRE program for girls, Healthy Relationships for Youth, the Rural Girls project...

—**in the centre...** info (books, magazines, pamphlets, and helpful people), one-on-one support and problem solving, advocacy (we've got your back!), support groups, referrals, and more

**You can also come in just to take a break and hang out. Feel free to stop by and check it out, give us a call, or drop us a line.**



# Taking action

**Think for yourself and take a stand! What changes do you want to see in your community and across the globe?** Passionate about the environment? Organize a fundraiser and donate the money to an environmental organization! Interested in women's rights? Volunteer at the women's centre! Upset about a political issue? Write your MP or MLA! Check out the resources on this page to get more ideas.



## Training Guides and Resource Manuals

### **Empowering Young Women to Lead Change: A Training Manual**

[www.worldywca.org/world\\_ywca/  
communications/resources/  
empowering\\_young\\_women\\_to\\_lead\\_change](http://www.worldywca.org/world_ywca/communications/resources/empowering_young_women_to_lead_change)

### **Zine Step it Up: The Young Women's Guide to Influencing Public Policy**

[www.powercampnational.ca/en/zine-step-it-  
young-womens-guide-influencing-public-policy](http://www.powercampnational.ca/en/zine-step-it-young-womens-guide-influencing-public-policy)

### **Make Some Noise: A Young Women's Guide to Media Arts and Social Change**

[www.powercampnational.ca/en/zine-make-some-  
noise](http://www.powercampnational.ca/en/zine-make-some-noise)

[www.kickaction.ca](http://www.kickaction.ca)

[www.amplifyyour  
voice.org](http://www.amplifyyourvoice.org)

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



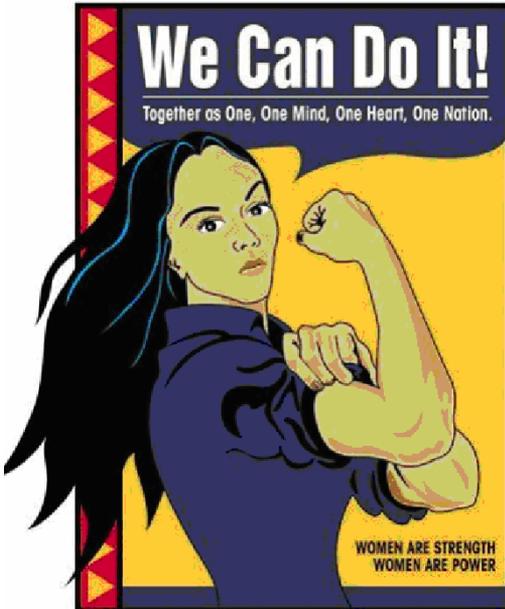
# Feminism

“I have something to prove, as long as I know there’s something that needs improvement, and you know that every time I move, I make a women’s movement.”  
Ani Difranco

**Feminism** is the movement for the social, political, and economic **equality** of all women and men.

## Awesome feminist media and blogs:

[www.shamelessmag.com](http://www.shamelessmag.com)  
[www.bust.com](http://www.bust.com)  
[www.bitchmagazine.com](http://www.bitchmagazine.com)  
[www.racialicious.com](http://www.racialicious.com)  
[www.feministing.com](http://www.feministing.com)



Be sure to check out the Women’s Centre!



“I will not have my life narrowed down. I will not bow down to somebody else’s whim or to someone else’s ignorance.”  
bell hooks

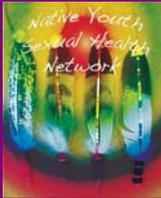
# Mikmaq girls

Did you know... Cape Breton University offers a **Mi'kmaq Studies program**. Head over to [www.cbu.ca](http://www.cbu.ca) and search for 'Mi'kmaq studies' to find out more.

[www.aboriginalcanada.gc.ca](http://www.aboriginalcanada.gc.ca)

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

[www.redwiremag.com](http://www.redwiremag.com)



## Native Youth Sexual Health Network

A North-America wide organization working on issues of healthy sexuality, cultural competency, youth empowerment, reproductive justice, and sex positivity by and for Native youth

[www.nativeyouthsexualhealth.com](http://www.nativeyouthsexualhealth.com)

## Healing Our Nations

Teaches and supports our people in the prevention of HIV/AIDS in a manner that's respectful of our native ways of life. The website has info on available services as well as stuff about sexual health and safer sex.

[www.hon93.ca](http://www.hon93.ca) Toll-free: 1-800-565-4255

## NADACA (Native Alcohol and Drug Abuse Counselling Association of Nova Scotia)

Provides education, workshops, info, and treatment programs around drug and alcohol abuse.

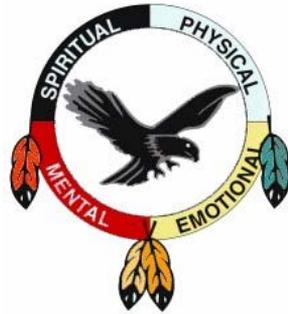
[nadaca.ca/index.html](http://nadaca.ca/index.html)

902-379-2262

# Mikmaq girls

## **Paq'tnkek First Nation Band Medical Centre**

386-2048, 128 Saqamaw Road,  
Antigonish County  
Medical centre for residents of the  
Paq'tnkek First Nation Band.  
Services include clinics, check-  
ups, immunizations, dental care,  
and pre-natal care.



## **Mi'kmaw Family Healing Centres**

Waycobah 24 hour crisis line: 1-800-565-3440

Waycobah office: 902-756-3440

Offers protection, safety, and shelter for women and children. Counselling, outreach, and referrals are also offered, as well as support and info for women, men, and children to help them develop and maintain a healthful and violence-free lifestyle. Mi'kmaw Family Healing Centres are located in the Waycobah and Millbrook First Nations Communities. Check out [www.thans.ca/Content/FindShelter](http://www.thans.ca/Content/FindShelter) for more info.

## **Mi'kmaq Resource Centre**

[mrc.uccb.ns.ca](http://mrc.uccb.ns.ca)

Tons of info - and be sure to check out the miscellany section for some great language resources

## **Native Youth Crisis Hotline**

**1-877-209-1266**

24-hour toll free hotline for Native youth. Info and support around suicide prevention and intervention, medical issues, and addictions.

# African Nova Scotian girls

**Did you know...** There are more than **19,500 African Nova Scotians**. There are over **48 major African Nova Scotian communities**, including Lincolnville, Sunnyville, and Upper Big Tracadie.

**Did you know...** **Guysborough** plays an important role in Nova Scotia's Black history. A Loyalist ship with 226 Blacks arrived in **Chedabucto Bay** in 1784, creating one of **Canada's and Nova Scotia's first Black settlements**.

For more stories, experiences and accomplishments of people of African origin, check out

[www.blackhistorycanada.com](http://www.blackhistorycanada.com)



Antigonish/Guysborough Black Development Association  
9996 Chedabucto Place, Guysborough  
533-3397

The association provides employment services to the African Nova Scotian community in Antigonish and Guysborough Counties.

**"If we stand tall it is because we stand on the backs of those who came before us" Yoruba Proverb**

# African Nova Scotian girls

## **Afrikan Canadian Heritage and Friendship Centre**

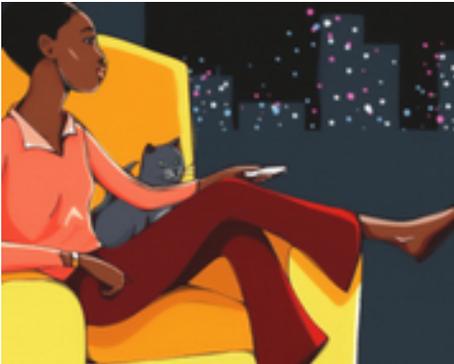
Chedabucto Place, Guysborough, 533-4006

The Centre is open to anyone, and has tons of different events, programs, and educational activities. The goal of the ACHFC is to promote and enhance the cultural values and traditions of the African Canadian Community, and African heritage is celebrated throughout the year.

## **Antigonish/Guysborough Congress of Black Women**

27 Oak Lane, Antigonish, 863-8278

Improves the status of black women and their families through education and advocacy on issues related to health, pensions, etc.



[www.my-sistahs.org](http://www.my-sistahs.org)



[www.black-womens-health.com](http://www.black-womens-health.com)



[www.gov.ns.ca/ansa](http://www.gov.ns.ca/ansa)

# Girls with disabilities

Maybe you have a mobility, visual, or hearing disability. Or maybe you have a facial disfigurement, or communication, learning, psychiatric or developmental disability. Some girls have disabilities that are hard to see, such as chronic illness, diabetes, epilepsy or environmental illness.

Whatever it is, **there are resources for girls with disabilities**, both online and in Antigonish and Guysborough Counties.



“This guy at my work kept bugging me to be his girlfriend. I guess he thought I was an **easy target** because I have cerebral palsy.”

“**You Deserve to be Safe: A Guide for Girls with Disabilities**”

[dawn.thot.net/safe.html](http://dawn.thot.net/safe.html)

“**Sexual Assault and Women with Disabilities**”

[dawn.thot.net/sexual\\_assault.html](http://dawn.thot.net/sexual_assault.html)

“**Illness and Disability**”

[www.girlshealth.gov/disability](http://www.girlshealth.gov/disability)



# Girls with disabilities

## East Novability Society for Persons with Disabilities

Helps people with all disabilities find and keep jobs  
Call 1-800-686-1899  
or 625-0001

## Guysborough Options for Adaptive Living

60 Green Street, Guysborough  
For adults with intellectual disabilities aged 19+  
Call 533-3140

## CACL Community Workshop

83 Kirk Street, Antigonish  
For adults with intellectual disabilities aged 21+  
Call 863-5024

## Heatherton Activity Centre

For adults with intellectual disabilities aged 19+  
Call 386-2808

**“Because of society’s lack of understanding,** many people may think that girls with disabilities do not experience violence and abuse. Also, some people may think that disabled people are not sexual or that no one would ever want to harm a girl with a disability. **Such assumptions are not true.** Over two thirds of women with disabilities have been physically or sexually assaulted as children.”

**Taken from “You Deserve to be Safe: A Guide for Girls with Disabilities”**

"There are only two people in my school who have a physical disability, and I'm one of them. **I have problems when I try to use my wheelchair in the crowded hallways.** People give me a hard time and say that I'm in the way."

# What is violence?

Most forms of violence are based on **gaining power and control over another person**. Violence can be physical, emotional, verbal, sexual, social, internalized, or structural. It's important to know that not all violence can be seen or heard, and that it's not all physical.



Antigonish Women's Resource Centre and  
Sexual Assault Services Association  
863-6221

Naomi Society  
Crisis line 1-888-831-0330

Sexual Assault Nurse Examiner program  
1-877-880-SANE (7263)

Kids Help Phone 1-800-668-6868

See page 17 for more info



[www.leave  
out  
violence.com](http://www.leaveoutviolence.com)



child-abuse; sexual abuse; bullying (including assault, ostracization, and verbal harassment); gang-related violence; self-mutilation (cutting); eating disorders; suicide (family members, friends or personal attempts); alcohol and drug abuse; domestic abuse; rape; sexual harassment; and hate crimes (racism, homophobia, sexism)

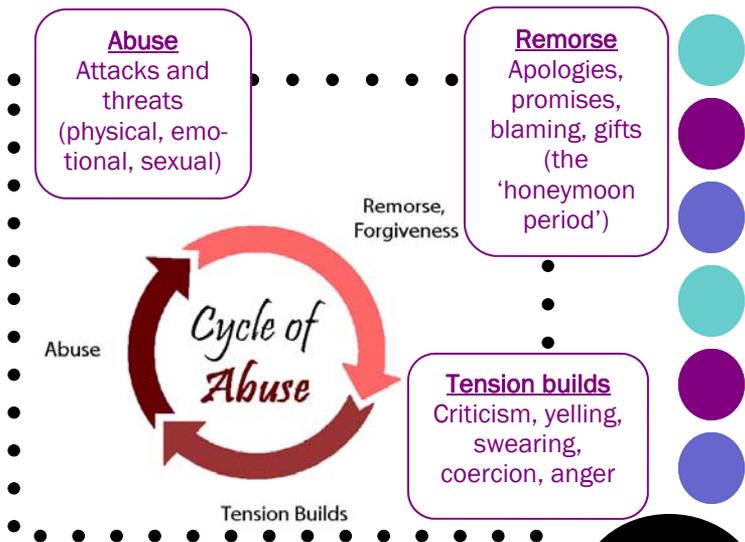
# Abuse and assault

## Abuse

Abuse is a form of behaviour that uses violence to get and keep power or control in a relationship. Types of abuse include: physical, emotional, sexual, financial, neglect, threats, destruction of property, isolating, and stalking/harassing.



If you are in **danger**, you can call the police.  
If you have been **injured or hurt**, you can go to a doctor or hospital and get medical help.  
**Talking to someone** about it can help – a friend, an adult you trust, someone from a counseling service.



"I used to think that it was all my fault that I was physically abused, that I deserved it. Talking with others helped a lot. I've learned that **it's not my fault or problem** and that at this time in my life, I have a lot going for me."

# Abuse and assault

**Sexual assault** is any form of unwanted sexual activity. Sexual assault is against the law in Canada.

## Examples of sexual assault include:

- Unwanted kissing or forcing you to kiss another person
- Someone touching your genitals, thighs, breasts or somewhere else on your body in a sexual way (clothes on or off) without your permission
- Forcing or coercing you to masturbate (touch you or them)
- Anal or vaginal penetration/intercourse without your permission
- Removing or attempting to remove your clothing without your permission

**Getting medical care after a sexual assault is important.** You may have some injuries. You may be worried about getting an STI or becoming pregnant.

## Consent is agreement and provides permission.

Consent is given by you, never by someone else. **You can't give consent if you're drunk, stoned, sleeping, or unconscious.** You can't give consent if the other person is abusing their power, trust or authority. **You can't give consent if someone is threatening to harm you or someone else** if you don't agree. If you say 'no', or imply 'no' through your words or behaviour, you have refused to give consent. **You always have the right to change your mind and say 'no.'**

**NO** means NO. **Not now** means NO. **I have a boy/girlfriend** means NO. **Maybe later** means NO. **\$#@!!! Off** means NO. **You're not my type** means NO. **Don't touch me** means NO. **I really like you but...** means NO. **I'm not sure** means NO. **You've/I've been drinking** means NO. **Tears** mean NO. **Silence** means NO.

# Abuse and assault

## Antigonish Women's Resource Centre & Sexual Assault Services Association

Kirk Building, 219 Main St, Suite 204

Offers info, referrals, and support. **If you're not sure if you've been assaulted/abused**, you can talk to someone and get more info about what assault/abuse is. See page 5 for more about the AWRC & SASA, or call 863-6221

### Naomi Society

Antigonish Mall and Business Centre, Unit 2  
133 Church Street, Antigonish

**Offers support, info, and crisis intervention for women, children and youth living with family violence.**

Crisis: 1-888-831-0330

Office: 863-3807

## Sexual Assault Nurse Examiner (SANE) program

**On-call SANE nurses provide immediate care and conduct forensic examinations of victims of sexual violence.**

Services are for both girls and guys who are aged 13+. You will get info about all of your choices, including stuff about STI testing, community resources, and whether or not you want to involve the police.

Call 1-877-880-SANE(7263)

Kids Help Phone: 1-800-668-6868

**Toll-free, 24-hour, anonymous and confidential phone counseling for children and youth.** Check out

[www.kidshelpphone.ca](http://www.kidshelpphone.ca) for Internet counseling.

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

[www.burstingthebubble.com](http://www.burstingthebubble.com)

[www.loveisnotabuse.com](http://www.loveisnotabuse.com)

[www.scarleteen.com/article/crisis](http://www.scarleteen.com/article/crisis)

"I am just starting to realize now that **that was two years wasted**, because I didn't do anything, and he didn't let me do anything, and he was ashamed of me, and took advantage of me. **I feel like I'll never get those years back.** And so I feel like I have to make up for them now. But they don't realize that. **I'd like for them not to be in that situation**"

# Abuse and assault

## How to build a safety net



1. Take a blank sheet of paper and draw a circle in the middle. **That represents you.**
2. Around that first circle, write all the names of **family members, friends, or acquaintances** that you're in contact with. Circle their names.
3. Draw a solid line between your name and those people whom you can **always count on for support.**
4. Put dotted lines between your name and the people you can **sometimes count on for support.**
5. On the outer corners of your 'net,' jot down all the **places you feel safe** – whether it's home or the local library. Draw a box or the symbol for a house around these places.
6. Now think of the people in your life who you cannot count on for support. **What places in your life are dangerous?**

Are there ways that you can build stronger relationships with some of the reliable people in your net? Do you need a wider net? What do you have to do to be able to draw more solid lines? **Do you have at least two safe places?** How can you **avoid** people and places that make you feel unsafe?

# Transition houses

A transition house is a safe place where you can get emergency shelter and food for you and for your kids, if you have them.

For more info on shelters, emergency plans and abuse, or to read about other girls' and women's stories, go to:  
[www.shelternet.ca](http://www.shelternet.ca)

**Crisis lines aren't just for people 'in crisis.'** Maybe you just want some info, or need someone to talk to.

**Tearmann House**  
New Glasgow, NS  
**24 Hour Crisis Line: 752-0132 or 1-888-831-0330**  
Guysborough County  
Outreach Worker: 533-2106  
Office: 928-0260  
Offers shelter to women and their children in abusive relationships (physical, emotional, and/or sexual). Other services include counseling, support groups, referrals, and info.

**Leeside Transition House**  
Port Hawkesbury, NS  
**24 Hour Crisis Line: 625-2444 or 1-800-565-3390**  
Office: 625-1990  
Offers shelter to women and their children in abusive relationships (physical, emotional, and/or sexual). Other services include counseling, support groups, referrals, and info.



**Mi'kmaq Family Healing Centres**  
**Waycobah 24 hour crisis line:**  
**1-800-565-3440**  
Waycobah office: 756-3440  
Offers protection, safety, and shelter for women and children. See the Mi'kmaq girls section in this guide for more info.

# Bullying



[www.girlshealth.gov/bullying](http://www.girlshealth.gov/bullying)

[www.bullyingcanada.ca](http://www.bullyingcanada.ca)

[www.cyberbully411.org](http://www.cyberbully411.org)

“School is a battleground. Everybody’s cranky. The teachers. The students. There are all sorts of students who want to oppose you. They judge you for who you are, for your skin color, and they just want to take you down for who you are.”

**Bullying can take lots of different forms.**

Pushing or hitting, hurtful comments, spreading rumours, giving someone the silent treatment, sending harassing emails... these are all forms of bullying.

Cyber bullying can happen in instant messages, through email or text messages, on social networking sites like Facebook, or in chat rooms. **If you’re upset about what someone’s saying, talk to someone you trust.** You’re not alone. Check out the online resources for more info.



If you feel **scared, overwhelmed, or trapped**, it’s definitely time to talk to an adult.





# Sexual orientation

**Lesbian:** a woman who is emotionally, romantically, and sexually attracted to other women

**Bisexual:** a person who is emotionally, romantically, and sexually attracted to people of either sex

**Gay:** a man who is emotionally, romantically, and sexually attracted to other men

**Queer:** refers to LGBTQ (lesbian, gay, bisexual, transgender, queer) people. Sometimes used as a slur, it's a term that's been reclaimed by many (but not all) LGBTQ people as an expression of pride

**Heterosexual:** a person who is emotionally, romantically, and sexually attracted to people of the opposite sex

## Resources

[www.youthproject.ns.ca](http://www.youthproject.ns.ca)

[people.stfx.ca/xpride](http://people.stfx.ca/xpride)

[wayves.ca](http://wayves.ca)

[www.glbtc.com](http://www.glbtc.com)

[www.alterheroes.com](http://www.alterheroes.com)

"First I had to come out to myself and **just lift off layers of denial**, then I had to come out to my parents. When I first told my mom, **she asked me if this was just a phase** and I told her no. It's still kinda hard for her. I actually had the first good conversation with her about this just two weeks ago."



**Outline: LGBT Youth Line  
1-800-566-2437**

Info, referrals, and peer counseling for youth 25 and younger

## Homophobia

when someone feels a **negative emotion like fear, anger, or suspicion toward someone else for being LGBTQ**. It can also take the form of **ignorance** about LGBTQ people. Homophobia can be **overt**, like someone shouting 'dyke' in the hall, or it can be more **subtle**, like a teammate quietly trying to avoid being near you in the locker room

# Gender identity



**Sex:** refers to a person's physiological, biological, and chromosomal make-up. At birth doctors determine a baby's sex (such as female or male) by examining the genitals

**Gender:** reflects a set of socially imposed physical and behavioural standards associated with a particular sex. Gender roles (such as woman or man) can have a broader or narrower range of acceptable behaviours and appearances, depending on the society or culture

**Transgender:** describes anyone who transgresses gender boundaries

**Two Spirited:** term adopted by some contemporary North American Aboriginal peoples to refer to those who embody both the male and female spirit. The term is inclusive and can refer to both sexual orientation and/or gender identity or expression.

**Intersex:** people who are born with a mixture of both male and female genitals

## Resources

[www.transproud.com](http://www.transproud.com)

[www.youthresource.com/living/trans/index.htm](http://www.youthresource.com/living/trans/index.htm)

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

**And be sure to check out the resources for sexual orientation.** Most have info on gender identity too.



"I think the most difficult part of being transgender is the way **my gender identity and my body just don't match.**

It's a constant source of frustration and annoyance for me. I'm not currently on hormones because I have not had enough counseling yet. One of the things that annoys me most is the attitude of protecting a young transsexual from him/herself."

# Puberty

**Puberty is a time of change.** All of this change can seem pretty overwhelming, but puberty can also be a time to **celebrate yourself** and the fact that you're growing up.

The basic stages of puberty for females are:

- Breast development
- Vaginal discharges
- Body hair and pubic hair growth
- Menarche (your first period)
- Body size and shape changes
- Skin changes

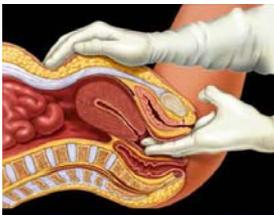
If you have questions or concerns about what's happening to your body during puberty, **see a doctor or nurse and ask!** Check out the section in this guide on youth health centres/clinics for contact info

## Online Resources

[www.gov.ns.ca/hpp/publications/11020\\_GrowingUpOk\\_booklet\\_Mar09\\_En.pdf](http://www.gov.ns.ca/hpp/publications/11020_GrowingUpOk_booklet_Mar09_En.pdf)

[www.scarleteen.com/article/body/not\\_everything\\_you\\_wanted\\_to\\_know\\_about\\_puberty\\_but\\_pretty\\_darn\\_close](http://www.scarleteen.com/article/body/not_everything_you_wanted_to_know_about_puberty_but_pretty_darn_close)

For a description of what a pelvic exam is, check out: [www.youngwomenshealth.org/pelvicinfo.html](http://www.youngwomenshealth.org/pelvicinfo.html)



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“I don't like having gynecological exams because I'm shy and it feels weird to have someone looking up inside of me but I also know that I need to look out for myself so I go.”

# Menstruation

**Periods** are part of a complex fertility cycle that takes place about every month. You get your period when there is no fertilized egg and the lining of the uterus (endometrium) is shed. During menstruation, about **4 to 6 tablespoons of blood and fluid** leave a girl's body through her vagina. It usually happens about every 28 days and takes between 2 and 7 days. The exact length of time and amount of fluid are **different for each girl.**

## **Pads and tampons**

Those without perfumes, fragrances or bleach are healthiest.

## **Reusable pads**

You can find washable, reusable pads (like Luna pads) at health food stores, on the internet, or you can make them yourself.

## **Menstrual cups**

You can insert these cups (like the DivaCup or the Keeper) into your vagina to catch the menstrual blood, then take it out, empty, wash, and re-insert.

## Menstruation Resources

[www.scarleteen.com/  
article/body/on\\_the\\_rag\\_  
a\\_guide\\_to\\_menstruation](http://www.scarleteen.com/article/body/on_the_rag_a_guide_to_menstruation)

[www.youngwomens  
health.org/alternative\\_  
menstrual.html](http://www.youngwomenshealth.org/alternative_menstrual.html)

[www.wikihow.com/Make-  
Your-Own-Reusable-  
Menstrual-Pads](http://www.wikihow.com/Make-Your-Own-Reusable-Menstrual-Pads)



## Ways to Honor Menstruation

[healingblackwomanhood.blog  
spot.com/2008/12/  
5-easy-ways-to-honor-  
menstruation.html](http://healingblackwomanhood.blogspot.com/2008/12/5-easy-ways-to-honor-menstruation.html)

[www.yoni.com/menstrual.shtml](http://www.yoni.com/menstrual.shtml)



# Sexual health

Sexuality begins before birth and lasts a lifetime, and it's influenced by ethical, spiritual, cultural, and moral factors. It involves giving and receiving sexual pleasure, as well as enabling reproduction. Sexuality is a total sensory experience, involving the whole mind and body.

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

Women's total health guide

[www.scarleteen.com](http://www.scarleteen.com)

Sex and sexuality education, info, and advice for youth, parents, and allies

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

Sexual health info by teens, for teens

[www.youthproject.ns.ca](http://www.youthproject.ns.ca)

Info for lesbian, gay, bisexual, and transgender youth (lots of links!)

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

Sexual health info by and for young women of colour

[womenshealthmatters.ca](http://womenshealthmatters.ca)

Click health centres, and then sexual health

[www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)

A health question and answer service

# Mental Wellness

## Mental Health Services

St Martha's Regional Hospital, 25 Bay Street, Antigonish  
Psychiatric and social work services (on-site and out-reach)

Your doctor can refer you or you can head on over yourself

◆ 863-4511 (for Outpatient Services)

◆ 863-2830 ext. 4328 (for Inpatient Services)

## Guysborough Mental Health Office

◆ Community Mental Health Nurse 533-3300

◆ Community Mental Health Social Worker 533-3301

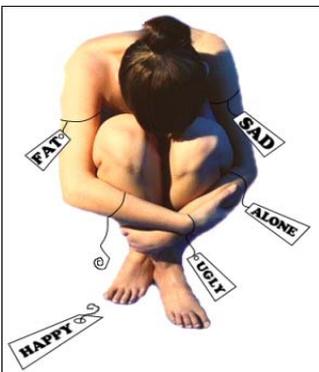
# Self-Injury

◆ [www.selfinjury.com](http://www.selfinjury.com)

## Online Resources

◆ [www.self-injury.net](http://www.self-injury.net)

◆ [www.sexetc.org/topic/emotional\\_health](http://www.sexetc.org/topic/emotional_health)



“A lot of people do it – I will admit I've done it in the past. Some people do it because of **depression** or **you've been hurt a lot** or **you're having problems** with your families and you just have nothing else to do – and the only thing that works is just **pain**.”

## Stress

[www.algy.com/  
anxiety](http://www.algy.com/anxiety)

[www.checkupfrom  
theneckup.ca](http://www.checkupfrom<br/>theneckup.ca)

[www.youngwomens  
health.org/  
stress.html](http://www.youngwomens<br/>health.org/<br/>stress.html)



"I feel stress when I have **too many responsibilities** at school, work, and home. I might have tests and papers due, or at home I might have to clean the house and my younger sisters won't help with the mess. **When I get really stressed out, I just don't do anything;** I watch TV and sleep a lot. Sometimes **talking about** it with my mom helps. Usually she's comforting and listens to what I have to say."

## Depression

"Anytime you're depressed, it's gonna take you **a period of time to turn around.** What I used to do was I would keep like a **depression diary** or whatever, and every time I was depressed or mad I **would write down what made me mad and why I was mad and then sometimes I would feel better.** . . .But the best thing you can do is **keep yourself occupied.** Go out with a friend, a friend that's gonna make you smile, make you happy. Or do something, take a walk, **anything that's not gonna let you just dwell on the problem.**"

### Creative Wellness Program

Antigonish, 867-1776  
[www.depressionsupportgroup.com](http://www.depressionsupportgroup.com)

A local organization that provides info and support to people dealing with mental health issues. Holds a weekly peer-directed self-help support group

[www.ourbodiesourselves.org/book/](http://www.ourbodiesourselves.org/book/)  
[www.youngwomenshealth.org/depression.html](http://www.youngwomenshealth.org/depression.html)

# Body image

I want to change  
Learn to breathe again  
I lost myself to food  
I let it eat my life  
I want to change  
Learn to eat again  
I counted calories  
I counted snacks  
I want to change  
Learn to live again  
Forget the constant  
Obsession  
I want to change  
Break the pattern  
Binge  
Purge  
Starve  
Slowly suicide  
I want to change  
A day without  
Diet pills  
Laxatives  
Diuretics  
Slowly dying body  
I want to give it back  
Restore its breath  
Restore its life  
Renew its life  
The choice used to be  
simple:  
Thin or dead  
To be fat was to die  
Control and strength  
Is thin  
Beauty is thin  
I forgot life  
Life is beauty  
Beauty is in survival  
Survival is in food

Take your favourite magazine, get together with some friends, and try and **guess the average size of the models in the ads**. Count how many women with visible disabilities there are. If you're a girl from a racial minority group, **do you see yourself reflected in these images?** What's made to look 'normal'? Who decides what's 'normal' anyways, and **why do certain images get used instead of others?** Find out how you can write to the editor, or to the producer of your favourite TV show, and **tell them what you think** about what you see. Try to imagine what the world would be like if we didn't think there was such a thing as an 'ideal' body at all.

[www.about-face.org](http://www.about-face.org)  
[www.gurl.com/topics/bodyimage](http://www.gurl.com/topics/bodyimage)  
[adiosbarbie.com](http://adiosbarbie.com)  
[www.racialicious.com](http://www.racialicious.com)  
[bitchmagazine.org](http://bitchmagazine.org)

I want to change  
Take back my life  
Restore a hollow  
heart  
I want to live  
I will learn to live



# Addictions



## Addiction Services, GASHA

Martha Centre, 3<sup>rd</sup> Floor,  
23 Bay Street, Antigonish, 863-5393  
An outpatient service offering  
assessment, counseling, and referrals.  
Access to detox, short and long term  
education therapy. A doctor can refer  
you, or you can refer yourself.

## Recovery House, 13 Whidden Street, Antigonish, 863-5661

Intervenes in the addiction process by  
providing a safe, supportive place  
where people can learn new behaviours  
and make positive life changes. A doctor  
can refer you, or you can refer yourself.  
[www.recoveryhouse.ca](http://www.recoveryhouse.ca)

## Self-help Services

**Adolescent Services:** 863-5393  
**Women's Services:** 863-5393  
**Alcoholics Anonymous:** 863-3808  
**Al-A-Non (Helping Hands Group):**  
863-6716  
**Narcotics Anonymous:**  
1-800-205-8402  
**Gambling Anonymous:**  
1-888-347-8888  
(for TTY call 1-888-347-3331)



"I remember shooting up a mixture of heroin and cocaine, and **what happened next really scared me** to the point of not wanting to touch drugs and alcohol again. **I was 20 and I was down on my knees in the middle of the night, blood pouring out of my nose, throwing up,** and I just remember praying that if I woke from this that I would never touch drugs again. **I was very lucky during that time** when I was using drugs that I did not catch anything, that I wasn't raped, or that I didn't kill anyone else or myself."

# Drugs and alcohol

“I think that people who’ve gotten bored as a result have gotten into drugs. **That’s a huge problem around here.** A lot of people around here either smoke or drink. Or both. And it’s just because there’s nothing else to do.”

## If you are taking drugs, you’ll want to know:

Is the drug **physically addicting**? Can the drug cause **short-term memory loss or damage**? How much is safe to use? What’s a **safe place** to use this drug?

**How long will I be high** on this drug? What can I do if I want to **come down sooner**?

How can I be sure the **dealer is giving me the real thing**? Where can I go to get the drugs **tested** to make sure they’re not poisonous? **Am I partying with people who care about me** and who will take care of me if I get messed up?

How can I **protect myself from assault while I’m high**? Or from stumbling in front of a moving vehicle? Or acting out of control and getting locked up?

Will there be people who aren’t getting high **who will be in control if something goes wrong**? Is there a phone to call emergency services?

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



[www.freevibe.com](http://www.freevibe.com)



[www.sexetc.org/topic/drugs](http://www.sexetc.org/topic/drugs)



## Youth health centres/clinics

### Guysborough Youth Health and Services Centre

Chedabucto Place 27 Green Street Guysborough  
533-2250

The centre provides info, education, counseling and referrals for topics important to your health and well-being. This includes topics such as healthy sexuality, active living, and healthy eating. All youth in grades 6-12, as well as youth of the same age in the community who are not currently in school, can access services.

### Youth Health Centre - Antigonish

Dr. John Hugh Gillis Regional High School  
863-7492 or 863-7494

The Youth Health Centre is located in the Regional High School, and is operated by a team of health professionals from Public Health, Mental Health Services, Addiction Services, and a family physician. Services are provided as requested by students or guidance counselors.



### Lindsay's Health Centre for Women

Antigonish Women's Resource Centre, 204 Kirk Place,  
219 Main Street. 863-6221. Thursdays 9am-4pm

Provides women-centered primary health care services for all women and teen girls.

Go to [www.antigonishwomenscentre.com/healthcentre.htm](http://www.antigonishwomenscentre.com/healthcentre.htm) for more info.

### Antigonish After Hours Clinic

40 Church St, Antigonish. 735-5000  
Walk-in clinic open Monday to Friday 6-9pm.  
Call after 5pm for an appointment.



# Jobs and money

## Antigonish Career Resource Centre

50 James Street, Antigonish  
[www.theacrc.ca](http://www.theacrc.ca)

The centre helps people who are looking for a job. Career counseling, job search resources, workshops, and a youth program are some of what's offered.



[youth.gc.ca](http://youth.gc.ca)

This site has info about work experiences, careers, and employment opportunities

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

This site has info, games and simulations on how credit works, how to save money, and how to make major purchases like a car

[www.quintcareers.com/teen\\_jobs.html](http://www.quintcareers.com/teen_jobs.html)

This site has info on job searching, summer jobs, and resumes.

[www.servicecanada.gc.ca/eng/about/publication/youth/job.shtml](http://www.servicecanada.gc.ca/eng/about/publication/youth/job.shtml)

This guide has sections on knowing yourself, what employers are looking for, planning your career, learning how to sell yourself, and lots of other stuff you should know about, like health and safety

# Emergency numbers

**Police, Ambulance, or Fire**  
911

**Sexual Assault Nurse Examiner (SANE) Program**  
Crisis line 1-877-880-SANE (7263)

**Naomi Society (abuse/assault)**  
Crisis line 1-888-831-0330

**Tearmann House (abuse/assault)**  
Crisis line 1-888-831-0330

**Leeside Transition House (abuse/assault)**  
Crisis line 1-800-565-3390

**Mi'kmaw Family Healing Centres (abuse/assault)**  
**Waycobah First Nation**  
Crisis line 1-800-565-3440

**Millbrook First Nation**  
Crisis line 1-800-565-4741

**Native Youth Crisis Hotline**  
Crisis line 1-877-209-1266

**Kids Help Phone (phone counseling for youth)**  
Crisis line 1-800-668-6868

And remember... crisis lines aren't just for people 'in crisis.' Maybe you just want some info, or someone to talk to.

# Sources

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