

POCKET GUIDE

for youth

A guide to local help & community resources

Steuben County, NY

Bath - Corning
Hornell
and surrounding
communities
I-86 • I-99 • I-390



Hey Youth, reading this guide

This pocket guide is for You

From people who care about You

We've all been there... when we just needed a little help (or a lot!). Maybe because of decisions we made, or maybe even things we had no control over... we found ourselves needing someone who could help...when we just didn't know what to do, or which way to turn.

Maybe you are there now.

Maybe you know of someone who is.

Or maybe you will hang onto this guide because it feels like that time may be coming.

This pocket guide is for you whenever you need it. The resources included are here for you whenever you need them.

If today is that day for you, be strong.

You are worth the effort.

CALL FOR HELP

Local Programs & Resources

2-1-1 Teen Helpline

CALL 211 (1-800-346-2211)

or

TEXT your Zip Code to 898211

They can help with (almost) anything...24/7

Or... call the Steuben County Youth Bureau
(607) 664-2119 (M-F, 8:30 a.m. - 4:00 p.m.)

National Human Trafficking
Resource Center 1-888-373-7888
www.traffickingresourcecenter.org

Text BE FREE to: 233733

National Runaway Switchboard
800.RUN.AWAY (1-800-786-2929)
WWW.1800RUNAWAY.ORG

National Suicide Hotline
1-800-273-TALK(8255)
Text START to 741741

Safe Spaces

& Emergency Services

Libraries

Many communities across Steuben County have free public libraries, and the days/hours of each are different. To find a library where you are, or its hours, go to www.stls.org.

Youth Centers

- ◆ Addison Youth Center (607) 359-2116
21 Community Drive, Addison
- ◆ Canisteo Valley Youth Center (607) 324-0808
10 S. Main St., Canisteo
- ◆ Corning Area Youth Center (607) 936-3507
79 Flint Ave., Corning
- ◆ Hornell Concern for Youth (607) 324-0808
76 East Main St., Hornell

Food, Shelter, or Emergency Needs

⇒ Turning Point Services:

Bath: (607) 776-8085

Corning: (607) 962-0704

Hornell: (607) 324-3457

⇒ Steuben County Dept. of Social Services
(607) 664-2000 After 5:00 p.m., call 2-1-1

⇒ Various Churches and Food Pantries
Call 2-1-1 to find services in many areas

Community Supports

LGBTQ

- ◆ Southeast Steuben County Library Support Group
ssclibrary.org (607) 936-3713, x216
- ◆ Planned Parenthood: Health, educ., & support
Corning Health Center (607) 962-4686

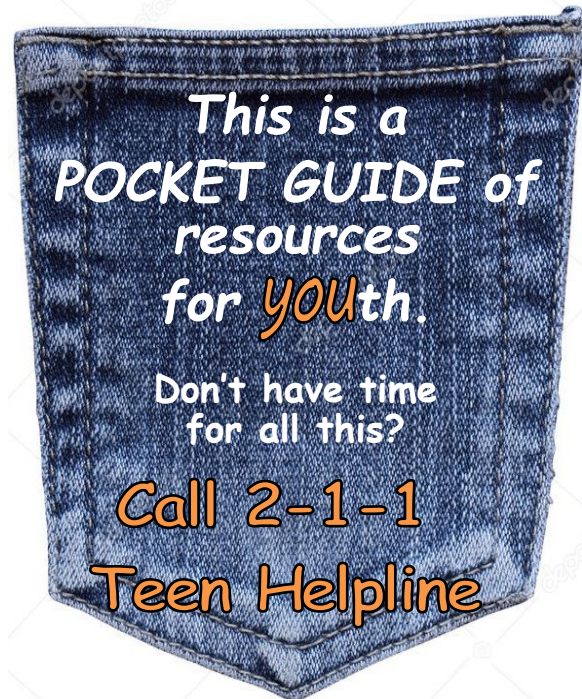
Drugs/Alcohol/Substance Abuse

- ◆ Steuben Co. Alcohol & Subst. Abuse Services
 - Bath-115 Liberty St. (607) 664-2156
 - Corning-114 Chestnut St. (607) 937-6201
 - Hornell-7454 Seneca Rd. N. (607) 324-2483
- ◆ Steuben Council on Addictions (607) 776-8085
Prevention Educ., Screenings, and Referrals
- ◆ Family Service Society, Inc. (607) 962-3148
Prevention Educ. and Counseling Services
- ◆ Hornell Concern for Youth (607) 324-0808
Prevention Educ. and Counseling Services

Pregnancy Resources

- ◆ PRC of the Valleys—Free pregnancy tests, ultrasounds, and support
 - * Bath: 22 Liberty St. (607) 776-8004
 - * Corning: 8 Denison Pkwy. W. (607) 936-3100
- ◆ Planned Parenthood: Health, educ. & support
Corning Health Center (607) 962-4686

No matter where you are,
It's what you do NOW that
determines your future.



(Dial 2-1-1 (1-800-346-2211) or
Text your zip code to 898211).

What **youth** need to Know

- ◆ **PERSONAL IDENTITY**...you are your own person. You do not belong to anyone else, or owe anyone anything that gives them control over you.
You are unique. Do what is right for you.
- ◆ **BOUNDARIES**...make it clear what behaviors and/or touching are OK and NOT OK to you.
No one else can set your boundaries for you.
- ◆ **EMPOWERMENT**...means you having control over your life and your body. It means that you make decisions that pertain to you.
Only one person is in charge of you. Make it you.
- ◆ **CONSENT**...is when someone 17 or over agrees, gives permission, or says "yes" to sexual activity with other persons. Consent is your choice, is given only by you, and you must feel that you are able to say "yes" or "no" or stop the sexual activity at any point. (A person under 17 years old can NOT legally give consent, and the other person(s) involved is/are committing a crime.)
If you don't have a choice, it isn't consent.
- ◆ **SAFETY PLANNING**...means thinking of ways to stay safe that may also help reduce the risk of future harm. It can include planning for a future crisis and making decisions about your next steps.

You should know a safe way out of any situation.

The Basics of Safety

EXPLOITATION: Taking advantage of someone or treating them unfairly for personal benefit or gain.

HUMAN TRAFFICKING:

Labor Trafficking: Doing work for someone who uses force, lies, or threats to make you do it.

Sex Trafficking: Performing a sex act when someone uses force, lies, or threats to get you to do it, and they receive money or other "payment" from someone else. *If the victim is under age 18, force, lies, or threats do not need to be present*

Call 1 (888) 373-7888 or Text BE FREE to 233733

FORCE Physical restraint, beatings, rape, confinement

FRAUD False promises, lying, tricking, withholding wages

COMMERCIAL SEXUAL EXPLOITATION OF CHILDREN

Sexual abuse of a child (under 18) by any person in return for something of value. Including producing, selling, or holding child pornography, transporting children, and child marriage when payment is made

SEXUAL ASSAULT/RAPE Sexual contact or behavior that occurs without explicit consent of the victim.

You Deserve Better... You Always Deserve Better

Dating & Sexual Violence

Dating and sexual violence hurts teens from all backgrounds in every community.

Dating Violence...can appear in many ways, and can take place in-person, by phone or electronically:

- ◆ **Physical violence**—hitting, kicking, or other force
- ◆ **Sexual violence**—forcing a partner to take part in a sex act, touching, or even non-contact events when he/she does not or cannot consent... *including sexting and unwanted nude/sexual pictures online*
- ◆ **Psychological aggression**—using verbal or non-verbal communication to harm another person mentally or emotionally and/or to exert control over them... *including online threats or messages*
- ◆ **Stalking**—giving repeated unwanted attention and contact that causes the victim fear or concern for their safety... *including repeating texting*

Victims of dating violence sometimes say...

"It's OK, he/she doesn't mean it, he/she loves me."
If you are a victim... it isn't OK— **Get Help Today**

◆ **Sexual Assault Resource Center 1** (888) 810-0093

◆ **The Net Shelter** (Emergency Shelter) 1 (800) 286-3407

◆ **The Potter's Hands Foundation** (607) 962-2942

◆ **Safe Harbour Steuben** (607) 664-2100
Steuben Co. Trafficked & Exploited Youth Services

Physical & Mental Health

Emergency Rooms/Hospitals:

Bath ◆ **Ira Davenport Memorial Hospital**
7571 State Rte. 54 (607) 776-8500

Corning ◆ **Guthrie Corning Hospital**
1 Guthrie Drive (East Corning) (607) 937-7200

Dansville ◆ **UR Medicine/Noyes Health**
111 Clara Barton St. (585) 335-6001

Hornell ◆ **UR Medicine St. James Hospital**
7329 Seneca Road North (607) 247-2200

Counseling Services

◆ **Steuben County Mental Health Services**

***Bath:** 115 Liberty St. (607) 664-2487

***Corning:** 114 Chestnut St. (607) 937-6201

***Hornell:** 7454 Seneca Rd. North (607) 324-2483

***After Hours Crisis #** (607) 937-7800

◆ **Family Service Society, Inc.** (607) 962-3148

***Bath:** 104 E. Steuben St. ***Hornell:** 101 Main St.

***Corning:** 280 Princeton Ave. Ext.

This Youth Pocket Guide was created by:

Safe Harbour Steuben

Steuben Co. Dept. of Social Services
Steuben Co. Youth Bureau
& partner agencies and school districts