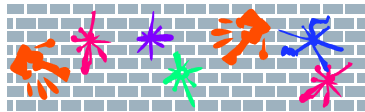


It might seem exciting to "borrow" someone else's car or bike and drive around the neighbourhood. But it is illegal if you do not have permission, or a licence. You may get into an accident, even causing harm or death to some innocent person.



Did you know that if you spray graffiti in public places, you can be imprisoned for up to 10 years, for \$25 of damage? Practice your artistic talents in more productive ways....learn to spray paint T-shirts or to make signs for businesses. There are many legal ways to express yourself.



Other damage to property also incurs penalties....show respect for people and property.

Think before you do anything that might get you into trouble.

Catch Yourself-Don't Wreck Yourself



Boys, it is so tempting to start a sexual relationship with a young girl, but did you know it is illegal if she is under the age of 16? Such behaviour can have serious consequences.

You can also catch serious diseases if you do not practice safe sex.

Boys can be victims too! Speak to someone you trust if anyone is trying to force you to have sex, or offering you gifts or money for sex.



Catch Yourself-Don't Wreck Yourself

Stay in school! Lessons may sometimes seem boring to you but education is the key to a successful future.....whichever career you choose.

If you have the opportunity, become involved in after-school activities, such as sport, marching bands, junkanoo groups and trades such as carpentry, plumbing, sewing or cosmetology. The more talents you develop, the more choices you will have on leaving school.



Catch Yourself-Don't Wreck Yourself



**Green Ribbon Campaign
2008**

Catch Yourself - Don't Wreck Yourself

Violence Is Out Of Style

The Crisis Centre

24-Hour Hotline:

328-0922

Fax: 328-7824

Family Violence Unit

Ministry of Health and

Social Development

322-4999

email: bahamascrisiscentre@yahoo.com
www.bahamascrisiscentre.org

Girls, you may feel special if older boys or men offer you gifts or money in return for a sexual relationship, but there is often a price to pay. You may become pregnant, infected with a sexually-transmitted disease or even HIV or Aids.

Your bodies are precious and you should want to protect them from abuse and disease.

Any boy or man who has a sexual relationship with a girl under the age of 16 can get into serious trouble. It is illegal.



Catch Yourself-Don't Wreck Yourself

It is unkind and cruel to bully others. Bullying causes children and adults to feel afraid, depressed and angry. Some react by becoming violent themselves but many retreat into a feeling of loneliness and helplessness. You may feel powerful when you feel you are in control of someone else but, in fact, you are destroying your own character. It may seem you are respected, but others are really just afraid of you. A bully has no true friend so keep that in mind if you are tempted to bully someone.



Catch Yourself-Don't Wreck Yourself

Respect your parents or guardians, teachers and pastors. They are there to protect you and to teach you values. Speak with respect to everyone you meet. Of course, if **anyone** is hurting you, please tell someone you trust. If they do not help you, talk to someone else.

If you show respect to others, you will find that others will respect you.



Catch Yourself-Don't Wreck Yourself

Taking illegal drugs, drinking alcohol or smoking cigarettes may seem cool, but they all do damage to you, physically and mentally.

Drinking and illegal drugs can also lead to other inappropriate behaviour, such as unprotected sex, violence and abusive behaviour. Driving while under the influence of alcohol or illegal drugs may result in serious accidents, sometimes resulting in, or causing, death.



Catch Yourself-Don't Wreck Yourself

Getting into fights seems to be happening more and more and there have been some serious consequences, with young people being killed because of some minor argument. Violence is **NOT** the answer.

If you become angry at someone else, take time out to avoid any violence. Walk away if you feel your anger getting out of control. One moment of reacting violently may result in years of imprisonment.



Catch Yourself-Don't Wreck Yourself

