



# IDIOM

defn: (noun) the language particular to a people or district, community, or class.

## Bassendean Youth Services

Bassendean Youth Services are situated at 85-87 Old Perth Road Bassendean, on the corner of Whitfield Street.

The Youth Centre is open for young people to 'drop-in' between 3pm and 6pm Tuesday to Friday, and offers a broadband internet and computer game café, XBOX, mini skate ramp, guitars, amps and drums, table tennis, squash courts and DVD movie projector. Everything going on in the afternoons is free, and the centre is available for young people aged 12 to 25. There is also stuff going

on at the centre like LAN parties, band rehearsals and entertaining activities most weeks. Saturday activities are also offered although only limited places are available. Scheduled outings so far include a visit to Adventure World and the WA Museum in March, and competing in a Treasure Hunt for big prizes in May. Most of these activities only cost a few dollars per person. During the April and October school holiday periods

BYS runs a camp. We have been on snorkelling and skateboarding camps as well as bush activity camps in Margaret River where young people can experience abseiling, horse riding and caving. The Youth

Service is open during the day

for young people needing support with accommodation, legal problems, employment assistance and medical issues etc. A JPET program – which helps young people who are homeless or at risk of homelessness - also operates from the centre, as does the RAP Program which can provide counselling and other assistance to families, young offenders and refugees.



## Youth Health...Some facts on smoking

Many young people who start smoking think they will be able to stop whenever they want but discover just how difficult it is to give up. Smoking is more addictive than heroin, cocaine or alcohol. Up to 90% of smokers begin smoking before the age of 19. Young people are twice as likely to smoke if they have one or more parents who smoke.

### The negative health effects -

- More than 19,000 Australians die prematurely each year from smoking.
- Smoking is a slow way to die. Its effects can cause years of suffering.
- Smoking causes more sickness than any other drug in Australia.
- Smoking can cause blindness, mouth, throat and/or lung cancer.

### Smoking effects on your body

- The tar in cigarettes makes your teeth, fingers and fingernails go yellow.
- People who smoke develop wrinkles around the eyes and mouth sooner.
- Smoking can cause bad breath and hair loss.
- Smoking contributes to lowered fertility in both men and women.
- Smoking reduces fitness and motivation to participate in physical activity.

### If you already smoke here's some strategies next time you feel like lighting up.

- Call the Quitline on 131 848 to get the Quit book sent to you
- Use the Quitbook's 4Ds model to help you cope: delay, drink water, deep breathe, and do something else.
- Your friends may be pressuring you to smoke, be aware of this.
- Be proud of saying 'No thanks'.

### The benefits of quitting

- Cutting out one \$11 pack per day will save you around \$80 a week!!
- Quitting will improve your overall health.
- You will notice improvements in your skin and sense of taste and smell.



### Tobacco and the law

- Big moves are on towards total smoking bans in all public places and tougher penalties for retailers who sell cigarettes to people under 18.
- Graphic warnings on cigarette packs have been introduced to alert young people in particular to the dangers of smoking.

# Young people and the law... School Bag Searches

You can not take things to school that are dangerous or illegal eg. Guns, knives, nunchakus, irritant sprays, drugs etc.

Your school Principal may forbid certain other items to help ensure the safety of staff and other students such as cigarettes, matches and even some types of jewellery. Noisy whistles, toys or music equipment that may distract other students are often outlawed as well.

Teachers have no right to randomly search your bag unless you agree to it. If however they see a knife or weapon in your bag - or on your body - then they can take it from you for your own protection and that of the other staff and students. In extreme cases, teachers can search your bag where there is reasonable suspicion that you are carrying something dangerous. In general, teachers can not use force to carry out bag searches, again, unless they have good reason to be suspicious. Random searches by teachers are not justified.

Finally, teachers can not search you or your bag if they are suspicious of you carrying drugs. Only the police have these special powers. The school may call the police to execute a search for drugs however your parent or guardian must be present for the search. It might be wise to notify your teacher or school if you are taking any prescription medicines.

# Winners of the 2006 Youth Cultural (Arts) Achievement Award

The Town of Bassendean acknowledges that a vast artistic richness exists in the local community and that it needs to be profiled. Rolf Harris has credited the people of Bassendean as having kick-started his career. In the hope of continuing this tradition, the Town of Bassendean offers the Youth Cultural (Arts) Achievement Awards annually. In November 2006, three young residents of the Town were presented with this award in

recognition of their efforts in their chosen field of cultural (artistic) pursuit. The winners were presented with an Award Certificate and a \$200 cheque.

Pictured L-R: Blaine Hall-Jones (Dance), Andrew Hislop (Music) & Dorothy Helfgott (Music).



Nominations for the 2007 Youth Cultural (Arts) Achievement Awards open in August. Contact Youth Development Officer, Evan Hillman for more information on 9279 2329

# Did you know?

## Room for NOISE!!!

Bassendean Youth Services (BYS) has a music rehearsal room for budding young artists to 'jam' in. We have a couple of guitars, amps, and a drum kit for young people to use from Tuesday through to Friday between 3.00pm and 6.00pm. BYS and the rehearsal room are both open until 9.00pm every second Thursday. Why not come on down to the youth centre and have a go? BYS is also looking to start its own band very soon and is currently looking for musicians. So come and down and rock your heart out!

## 'Femme Fatale 2'

Following on from the success of 'Femme Fatale' twelve months ago, BYS is planning to run another group for young women. 'Femme Fatale 2' will explore health and lifestyle issues and include stacks of other really cool girl stuff like facials and skincare workshops, massage workshops and aromatherapy fun. Then its movies, music and popcorn till you drop! In the meantime you may want to check out this awesome website...

<http://www.youth2youth.com.au/frank.asp>

## Awesome Skate Park for Bassendean!

The Town of Bassendean is building a skate park at the corner of Guildford and West Roads in Bassendean – behind the McDonald Grandstand, near the existing skate ramp. Convic Skateparks will begin construction shortly with completion scheduled for April 2007. All bladers, skaters and bike riders will be welcome to use the facility. Check out Convic's website at [www.convic.com](http://www.convic.com) where you can view photos of the world's biggest skate park – built by Convic!

## BYS Website

Our funky NEW website will be up and running soon and will feature lots of cool stuff to look at as well as stacks of other useful information about other programs on offer at Bassendean Youth Services. So, don't forget to check out [www.bys.net.au](http://www.bys.net.au) soon!

For more info, please call Evan Hillman, Youth Development Officer at the Town of Bassendean on 9279 2329.

