A Student's Guide to Police Practices

Office of the Independent Police Auditor
City of San Jose

A Student's Guide to Police Practices

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Table of Contents

Acknowledgements 4
You and the Police 5
To the Parents and Guardians 5
Respect (textbox). 6
Suggestions. 6
Police Practices 7
- Police Officers at School (textbox) 7
- Consensual Encounters & Detentions 7
- Interview of Youth at School (textbox) 8
- Miranda Rights & Arrests 9
- Warrants & Searches at School 11
- Traffic Stop 12
- Search Clause (textbox) 12
  - Driving Under the Age of 18 14
  - Zero Tolerance for Drinking and Driving. 14
  - Driving Without a License 15
- Profile Stops & Discrimination 16
- Bicycles 16
- Skateboards 17
- Safely Surrendered Baby Law 17

Common Crimes 18
- Curfew Violations 18
- Trespassing. 19
- Jaywalking 19
- Loitering 19
- Disturbing the Peace 20
- Street Racing 20
- Shoplifting. 20
- Vandalism & Graffiti ("Tagging"). 20
- Gang Activity 22
- Smoking Cigarettes 23
- Drugs & Alcohol 24
- Truancy or "Cutting School" 24

Bullying . . . 25
Hate Crimes (textbox) . . . 26
Cyberbullying . . . 26
Fighting & Threatening Others . . . 27
Disrupting or Interfering with Classes . . . 27
Threatening School Employees . . . 27
Weapons on Campus . . . 28
Youth as Victims of Crime . . . 28
Staying Safe . . . 29
Internet Safety . . . 29
And now a word about SOCIAL NETWORKING (textbox) . . . 30
Sexting . . . 30
Child Abuse . . . 30
Dating & Abuse . . . 31
Self-Harm . . . 32
Suicide . . . 33
Running Away from Home . . . 33
Bright Futures (text box) . . . 34
IPA Teen Leadership Council . . . 34
IPA Presentations . . . 34
Police Complaints . . . 34
Resource Guide . . . 36

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You and the Police

We hope that the information in the Student's Guide to Police Practices (Guide) will help you make smart decisions if you are stopped by the police. The Guide describes some of your basic legal rights, common crimes, and how to avoid becoming the victim of a crime. The Guide cannot replace legal advice from a lawyer. We hope you will find it helpful and that you will let us know if you have any questions. You can call the Office of the Independent Police Auditor at (408) 794-6226, or email *Ind_Pol_Aud@sanjoseca.gov*. Our website is: *www.sanjoseca.gov/ipa*. You can also find us on Facebook under "Office of the Independent Police Auditor, San Jose."

To Parents and Guardians

We hope you will find this guide useful in understanding common issues that arise when young people come into contact with police officers; such interactions can be intimidating and confusing. It is important that you and your son or daughter understand basic legal rights and are familiar with common police practices. As you educate your young person on these topics, we hope you will include the suggestions offered on the following pages. Many times, a young person's behavior can influence the outcome of the police interaction. We strongly encourage the public to demonstrate respect for police officers.

If a young person or parent believes that police misconduct has occurred, a complaint can be filed with the Independent Police Auditor (IPA) or San Jose Police Department (SJPD). Please see page 34 for further information on filing a complaint. The resource information provided at the back of the Guide lists City and community services that may be helpful to you. If you have questions or comments about anything in the Guide, feel free to call the IPA office at (408) 794-6226.

Respect

Everyone deserves to be treated with respect. In every situation, it's important to treat others the way you would like to be treated. This is true with police, teachers, friends, or anyone you come into contact with. Even if someone is not being respectful toward you, it's best to remain calm and resist the urge to lose your temper, call him or her names, or start fighting. Losing your temper will make the situation worse and could result in criminal charges, physical injury, or death. Treating someone with respect, even when that person is insulting you, is not a sign of weakness. Respect is a sign of strength and intelligence.

Suggestions

If you are contacted by the police:

- **Remain calm.** Don't assume the worst. Fear and adrenaline can create problems for both you and the officer.
- **Be respectful.** This includes your attitude and the way you act. Don't raise your voice or "cop an attitude." Treat the officer the way you would like to be treated.
- **Follow directions.** Don't resist arrest or run away. Failure to follow an officer's directions can lead to arrest, serious injuries or death. This is not the time to challenge the officer. If necessary, you can file a complaint later or argue your case in court. (See page 34 of this guide for more information on complaints.)
- **Tell the truth.** It's better not to say anything to a police officer than to lie. Lying to an officer can be a crime. If the officer finds out you lied, s/he probably won't believe anything else that you say and may become angry.
- **Keep your hands open and where the officer can see them.** Don't put your hands in your pockets or reach for something out of view. The

officer may think you have a weapon. Don't reach for something in your backpack, on the floor of your car, or in your belt or waistband unless the officer gives you permission.

- **Avoid making sudden movements.** Again, the officer may think you're trying to take out a weapon or trying to hide something. Even toy weapons can cause serious misunderstandings.
- **Never hit a police officer.** Hitting or pushing a police officer is a crime.

Police Practices

Police Officers at School

The police department has police officers that work at some San Jose schools. They patrol the school campus to provide safety and investigate crimes. You may have seen them at your school — taking reports, breaking up fights or investigating crimes. They make sure that people who come on school property actually belong there. Sometimes, these officers provide security for school activities like dances, plays and sporting events. Usually, they wear police uniforms or polo shirts / jackets that say "SAN JOSE POLICE." They are at your school to conduct official police business. Please be respectful of them and obey their instructions. Remember, the officers are there for your safety so be sure to tell them if you see anything suspicious or illegal. Let them know if you hear about anything that may cause someone to get hurt.

Consensual Encounters & Detentions

Consensual Encounter

A "consensual encounter" is when an officer contacts you with no legal reason to suspect you are doing anything wrong and you speak to the officer voluntarily. This type of police contact usually involves a police officer asking for basic information like your name, address, date of birth, and probation status. An officer may also stop you to see if you are okay (called a welfare check).

- You can ask the officer if you are being detained or if you are free to leave.
- If the officer says yes, you are free to leave, s/he should not stop you from leaving because the conversation is voluntary.
- In some situations, a consensual encounter can become a detention.

Detention

If the officer says you're NOT free to go, *you are being detained*. An officer may detain you in order to investigate a *reasonable* suspicion that a crime has occurred. The officer may write your name and other information on a yellow card.

- This doesn't mean you're under arrest. The information is sometimes used to track investigations.
- The officer may take a picture of you or your tattoos. S/he is allowed to do this if you give him/her permission or if s/he is investigating a specific crime.
- The officer may also do a "pat-down" of your clothing if s/he suspects you are hiding a weapon. The officer does not need your permission to do this kind of quick pat search of your clothing.
- A pat-down may lead to a more involved search if the officer feels something that might be a weapon or if you are actually arrested.

Interview of Youth at School

A police officer can interview a student at school if the student is suspected of committing or witnessing a crime. A parent's permission is not required for such an interview. As stated above, you can ask the police officer if you're free to go. If not, the officer must read you your rights. Then you can either talk with the officer or ask to speak to a lawyer first.

If a student is removed from school by the police, the school must immediately contact the parent, guardian or responsible relative, unless child abuse is suspected.

Once the investigation is done, if you're not being taken into custody, you should be allowed to leave.

- The officer should not keep you there for a long time against your will just to take photographs or ask you questions about some other unrelated matter.
- If you believe what is happening is wrong, don't challenge the officer or run. You could end up being arrested or physically forced to cooperate.
- If you think an officer has done something wrong to you or someone else, you can file a complaint about it later. (Please see page 34 for information on how to file a complaint.)

If the officer forms a reasonable belief that you were involved in a crime, also known as *probable cause*, you may be arrested or taken into custody.

- Ask if you are under arrest.
- If you are, then ask the reasons why. You have the right to know this, but use a respectful tone of voice.

Miranda Rights & Arrests

You have the right to...

When do officers have to read you your rights? On TV, it seems the police tell people their Miranda rights every time they're contacted or arrested. In reality:

- if you're under 18 and you're taken into temporary custody or arrested, the police must read you your Miranda rights within a reasonable amount of time; and,
- if you're over 18, they don't have to read you your rights unless you're arrested AND you're going to be questioned about a crime.

Police officers can ask you general questions such as your name, address, and date of birth without reading you your Miranda rights. When you're read your Miranda rights, the officer should say the following things, although not necessarily in these words:

- You have the right to remain silent.
- Anything you say can be used against you in a court of law.
- You have the right to talk to a lawyer and have him/her present with you while you're being questioned.
- If you cannot afford to hire a lawyer, one will be appointed to represent you before any questioning if you wish. Do you understand?

What's the point of reading you your Miranda rights?

The point of the Miranda rights is to let you know that what you say can be used against you in court – *so be careful.*

- If you aren't sure you should talk, tell the officer you would like to speak to a lawyer before answering any questions.
- If you understand your rights, you may choose to speak to the officer, but doing so may put your legal rights or defense at risk.
- It's usually okay to provide basic information like your name, address or date of birth.

What happens if you are arrested or taken to a police station?

Whether or not you're guilty, go with the officer. If you're a minor (under the age of 18):

- California law requires that the officer immediately make a reasonable effort to contact your parents.
- Under Miranda, you have the right to remain silent and to talk to a lawyer before you talk to the police.
- You can talk to the police or tell them that you wish to remain silent, but you should provide them with your name, date of birth, address, and other identifying information when asked. It is a crime to give an officer false information.
- After talking to a lawyer, you and your lawyer can decide on the best way to handle your case.

You have the right to ask to see a lawyer. If you cannot pay for a lawyer, the court will assign one to represent you. This lawyer is called a ***public defender***.

- In Santa Clara County you may call the public defender by calling (408) 299-7040.
- If you are in custody (Juvenile Hall) you will meet your public defender at your first court appearance. That usually happens within three working days of your arrest.

After being booked, or within one hour after your arrest, you have the right to make two free local phone calls to: (1) a lawyer and (2) a parent, guardian, or responsible relative.

- Keep in mind that if you call your boyfriend or girlfriend, that is one of the two phone calls you will be permitted to make.
- Use good judgment. Try to reach a parent or adult who can help you.
- Telephone calls are often tape recorded, even calls to your parents. Only calls to a lawyer are confidential.
- "Jail house informants" may be listening to any conversation you have while in custody.

Once you're released from custody, only talk to your lawyer and parents or legal guardian about your case. It's not a good idea to discuss it with other people.

Warrants & Searches at School

Arrest Warrants

What's an arrest warrant? It's an order signed by a judge to take you into custody.

- It does not expire unless it's taken back by the court or you're arrested.
- If you think there's a warrant for your arrest, call your local police or sheriff's department and ask how to take care of it. Follow up right away.
- One way to avoid a warrant is to go to court whenever you're scheduled.
  - If you don't show up and you didn't have permission from the court ahead of time, a warrant will be issued for your arrest.
  - Calling the court or writing a letter is not enough.
  - You need a written notice from the court that your date has been rescheduled or that you don't have to appear.

Search Warrants

What's a search warrant? It's an order signed by a judge that gives officers permission to search certain places for specific items. Officers must give you: (1) a copy of the warrant and (2) a list of any items they take. If you're on probation or parole and have a search condition, an officer doesn't need a warrant to search you, your car, or your home.

Searches on Public School Campuses

In most cases, police officers need a search warrant based on probable cause in order to search you, your house, or car.

- In a school, school officials, teachers, or officers don't need a search warrant if they have a special need to conduct a search or suspect criminal activity.
- Searches can be done in schools based on ***reasonable suspicion.***
- This means that if a teacher or school administrator suspects that you're breaking a law or school policy, you may be searched.
- If your personal property (like your backpack, locker, purse or car) is on school property, it can be searched.

Traffic Stops

Search Clause

Be aware that if you or a passenger in your car is on probation or parole, officers can stop you. If your probation or parole order contains a "search clause," they can search you as a condition of your probation or parole. They can usually search your car as well. If you're not on probation or parole but your passenger is, they can only search the areas of the car that were in your passenger's reach.

Traffic stops are one of the most dangerous situations for police officers, especially at night. In addition to driving violations like speeding or running a red light, police officers can legally stop cars for many other reasons. The list is too long to include in this guide but here are some examples:

- Not wearing a seat belt

- Throwing objects from a car
- Having only one license plate (you must have 2 plates, one in the front and one in the back)
- Having cracks in the windshield
- Illegally modifying the vehicles (loud exhaust, tinted windows, etc.)
- Covering both ears with headphones
- Having dim or broken tail and/or signal lights
- If you're under age 18, it's against state law to talk on the phone while driving — *even if you are using a hands-free device.* The only exception is calling 911.
- No matter what your age, it is against state law to send, receive or even read text or any other written messages while driving.

Officers can also stop you if they have: (1) a warrant for your arrest (2) suspicion you're involved in a crime, or (3) probable cause to arrest you. The suspicion or probable cause can be based on what officers have seen or on information from witnesses, or other official sources.

For example, if the police radio puts out an emergency announcement that a dangerous suspect is fleeing in a bright yellow van, and you're driving a bright yellow van in that neighborhood, you'll probably be stopped on suspicion that you may be the suspect.

What happens if you are stopped while driving a car?

When asked, show your driver's license, registration, and proof of insurance.

- Keep your hands on the steering wheel where the officer can see them until the officer tells you what to do next.
- The officer can order you to stay inside or to step out of the car while s/he decides if you will be given a ticket.
- This is for officer safety and you should obey these orders.

Normally, your car can't be searched without your permission or a warrant but there are *exceptions*. For instance:

- the police have probable cause (like the smell of marijuana or visible empty beer cans)
- you are placed under arrest
- it's a condition of your probation or parole (or your passenger's)
- your car is going to be towed ("inventory search")

Unless one of the above exceptions is met, the officer needs your consent or a warrant to search your car.

- Be respectful toward the officer but clearly let him/her know if you object to the search.
- You can say, "Officer, I do not agree to this search."
- Do not physically resist, yell, or insult the officer.
- You can always file a complaint later or argue your case in court.

If you are given a citation (ticket), you should *sign it*.

- If you don't sign it, ***you can be arrested.***
- Are you admitting you're guilty? ***NO!*** By signing the ticket you're just promising to appear in court. Remember, court is the place to fight a ticket.

Driving Under the Age of 18

Driving in California while under the age of 18 is controlled by very specific laws. For instance, there are restrictions on teens driving with other teens in the car. For further information, call your local California Department of Motor Vehicles or go to their website at *www.dmv.ca.gov.*

Zero Tolerance for Drinking and Driving

California law is very clear: ***if you're under age 21 and driving a car with any alcohol in your body you will be arrested.***

- Your driver's license will be suspended for 12 months – longer if this has happened before.

- At the scene, the officer may order you to walk a straight line, do some counting, follow his finger with your eyes or blow into a small device called a P.A.S.
- If you are arrested for drinking and driving, your driver's license will be suspended if you refuse a blood, urine, or breathalyzer test during booking.
- No matter what your age, it is illegal to drive with any open containers of alcohol in the car.
- If you're under age 21, it's illegal to have even a closed container in the car with you – unless your parent or legal guardian is with you.
- Driving under the influence of marijuana or any other drug is also against the law.

A word about smoking *Not only is it illegal for teens to smoke in California, it's now illegal for anyone to smoke inside of a car if someone inside is under the age of 18. The smoker can be fined and/or required to complete community service hours.*

What if you are caught driving a car without a driver's license?

If you have a driver's license or a learner's permit, you must have it with you any time you are driving a vehicle.

- If you're stopped and you don't have your license or permit with you, you may receive a citation and/or not be allowed to drive away.
- The vehicle may be towed. It's up to the officer.
  - You can ask the officer for permission to call someone with a valid license to come drive the car home.
  - The person would have to get there pretty quickly, usually within 20-30 minutes.

If you've never been given a driver's license by the DMV or if it's been suspended, driving without a license is more serious.

- You'll be given a ticket and you may be arrested.
- Your car may be towed or the officer may let you call someone else who has a license to drive the car home. It's up to the officer.

- If the car is towed it will cost a lot of money to get it back.
- You will be required to go to court.
- If your vehicle is towed by the police in San Jose, you may want to call (408) 277-5429 for information about a tow hearing.

Profile Stops & Discrimination

What is profiling? When an officer bases the decision to stop someone mostly on how the person looks, their race, skin color, or the type of car they drive, without really focusing on what the person did, the officer may be making a "profile stop."

What is discrimination? If an officer treats a person differently than s/he treats others because of the person's race, skin color, religion, age, sex, disability, or sexual orientation, it is discrimination.

For instance, if you're the only boy with a group of girls and you're all jaywalking, but you're the only person who gets a ticket for jaywalking, it may be discrimination.

The San Jose Police Department has rules against "bias based policing" which includes profile stops and discrimination. If you feel that you were improperly stopped you may file a complaint so your concern can be investigated. Please see page 34 for more information about filing a complaint.

Bicycles

Biking is fun and good for your health if you ride safely. Bicycle riders must follow most traffic laws, including:

- stopping at stop signs,
- signaling when turning,
- riding with the flow of traffic, and
- giving pedestrians the right-of-way, etc.

Other things to remember:

- If you are under 18, you must wear a helmet.

- If you're riding at night, you should wear reflective clothing.
- You must use a front light, red rear reflector, pedal reflectors and side reflector or reflective tires.
- You must sit on a regular, attached seat. Never sit on someone's handlebars, center frame, or over the rear tire.
- Do not wear ear phones while biking.
- Drivers may not see you so always watch for cars and stay alert.

Skateboards

In California, you must wear the following items to ride a skateboard:

- a safety helmet,
- elbow pads, and
- knee pads.

Unless you're crossing in a crosswalk, never ride your skateboard in a street or roadway.

Skateboard parks in San Jose include:

- Lake Cunningham, 2305 S. White Road (southeast corner inside of park)
- Stonegate, Gassman Drive & Apollo Drive (behind the school)
- Platta Arroyo, King & McKee Roads (across from E. St. James St.)
- Great Oaks, Snow & Battle Dance Drives (between basketball court & basketball field)
- Roosevelt, Santa Clara & 20th Streets (back of parking lot on 21st St., past hockey rink)
- Mayfair, 2039 Kammerer Avenue

Safely Surrendered Baby Law

The Safely Surrendered Baby Law (also known as the Safe Haven Law) allows a parent who is not able to care for an infant to surrender the newborn to a Safe Haven location within 72 hours of birth.

- As long as there are no signs of abuse or neglect, the parent will not be arrested for abandoning the child.
- In Santa Clara County, a newborn may be surrendered to any on-duty firefighter or hospital emergency room employee.

- A baby can be safely surrendered ***24 hours a day, 7 days a week***.

A bracelet will be placed on the baby for identification and a matching bracelet will be given to the parent. This will help to identify the child if the parent changes his or her mind during the 14-day cooling off period.

Every baby deserves a chance for a healthy life. If you or someone you know is considering abandoning a newborn, let them know there are options. For more information, call (408) 975-5117.

Common Crimes

that sometimes involve young people ...

This section describes common crimes that sometimes involve young people. Some of the crimes are misdemeanors that carry fines and possible jail time. Others are more serious and have stronger penalties. The punishment may be increased if you have been convicted of the same type of crime in the past, if the crime is gang-related, or if it was a "hate crime" (see box on page 26 for information on hate crimes).

Curfew Violation

What's a curfew? It's a law that requires some or all people to be at home at a certain hour. In San Jose, it's illegal for young people to be out on the street when it's late at night or super early in the morning.

- Ages 15 and under: cannot be out between 10 PM and 5 AM unless with a parent or legal guardian
- Ages 16 and 17: cannot be out between 11:30 PM and 5 AM unless with a parent or legal guardian
- If you're on probation, follow the curfew time that the court set for you. Ask your probation officer if you have a curfew and what time it is.

If an officer stops you for a curfew violation, s/he will ask your age and reason for being in a public place. If you have violated the curfew law:

- You may be taken to a curfew center.
- Your parent/legal guardian will be called and asked to pick you up.
- You and your parent/guardian may be referred to counseling.

Curfew Exceptions (these may not apply if you are on probation):

- Your parent/legal guardian sent you on an errand (don't make stops or detours).
- You're the driver or passenger in a car or on public transportation (like a bus).
- You're going to or coming from work or lawful volunteering (don't make stops or detours).
- You're responding to an emergency (like a fire, car accident or earthquake).
- You're "hanging out" on your property (front porch, yard or sidewalk).
- You're going to or coming home from a school, religious, cultural, sports, amusement, entertainment, or recreation activity or any organized rally, demonstration, meeting or similar activity (don't make stops or detours).
- You're waiting at a train or bus station for transportation.
- You've been declared by the court "legally emancipated" (an adult).

Trespassing

You're trespassing if you enter property without permission. If a "No Trespassing" sign is posted or you don't leave a business or other private property (or you return) after being asked to leave by an authorized person, you are trespassing.

Jaywalking

Unless a police officer orders you to do something else, use the crosswalk when you cross the road. Don't take a short-cut in the middle of the block. Cross only at the intersection where signal lights or other control devices are present and you have the signal to go. It's not only illegal to jaywalk; it's dangerous.

Loitering

To loiter means to delay, linger, or "hang out" in a school or public place with an unacceptable purpose. Other locations include parking lots, convenience stores, malls, and parks after closing.

Disturbing the Peace

It's illegal to create unreasonably loud noises that disturb the peace and quiet of any neighborhood. Loud music, noisy car exhaust systems, and repeatedly honking a car horn can lead to a citation for disturbing the peace; so can fighting in a public place.

Street Racing

What is street racing? Street racing, also known as "drag racing," is illegal car racing that takes place on public roads.

If the police catch you street racing, they can arrest you and tow your car away for 30 days.

- You may also lose your license for a period of time.
- You may have to pay a fine and/or complete community service.

Each year, hundreds of people are injured or killed while drag racing. Don't risk your health and safety, or anyone else's, by street racing. Don't put your car or freedom on the line.

Shoplifting

What is shoplifting? Shoplifting is stealing something from a store without paying for it.

- It can also involve changing the price tag on an item or eating food and leaving without paying the bill.
- If you are charged with shoplifting, it will be treated as either a misdemeanor or a felony depending on two things: the value of the item stolen and your criminal record.

Teenagers who shoplift sometimes do it for the thrill. Penalties can range from small fines, probation, and community service, to juvenile detention, jail, or prison time. Don't shoplift! It's wrong and you will end up getting in a lot of trouble.

Vandalism & Graffiti ("Tagging")

What is vandalism? It's a crime that involves damaging, destroying or defacing a school building, or any public or private building or structure

without the owner's permission. This includes fences, vehicles, mailboxes, street signs, etc.

What is graffiti? Graffiti is a form of vandalism. It involves putting words, figures, marks or designs on property that doesn't belong to you.

What is the punishment for vandalism or graffiti?

- The punishment depends on (1) how much damage was done, and, (2) whether you have a prior record of vandalism or graffiti.
- It usually includes a fine ($$$).
- If you can't afford to pay, your parents or legal guardians may be forced to pay it for you.
- If you have a driver's license, it may be suspended. If you don't have one, they may make you wait longer to get one.
- You may get jail time in addition to a fine, especially if you've been found guilty in the past.
- Other punishments may include community service, or cleaning, repairing or replacing the damaged property – with or without your parents' help.
- The court may require that you get counseling.

Is "tagging" a form of art? Some view graffiti, "tagging", as a form of art but it can lead to serious trouble. Areas that are tagged are often considered to be "gang turf." Graffiti may attract gang activity and can result in violence and retaliation.

What about items used for tagging? Sometimes it's even illegal to just have items normally used for tagging in your possession, meaning having them on you or in your backpack.

- If you are under 18 and in a public place, like on the street or in a park, it's illegal for you to have etching cream or aerosol containers of paint, even if you are in a car.

- If you intend to commit vandalism or graffiti, it's illegal to possess things like glass cutters, chisels, and certain felt tip markers.

The bottom line is that tagging is not cool and even possession of certain items can get you in trouble. Make the right choice – don't tag! If you see someone tagging or you wish to have graffiti removed, please call the City of San Jose's Anti-Graffiti hotline at 1-866-249-0543.

Gang Activity

What is an illegal gang?

- A group of three or more people,
- with a common name or symbol,
- who are or have been involved in a pattern of committing crimes.

Gangs in California have become more and more violent. Gang members can be male or female and almost any age. They usually gather in a certain location and claim it as their "turf." Gang members sometimes have particular tattoos or haircuts. They may wear clothes that are a specific color or have a certain number or logo on them.

Is it illegal to join a gang? It's not illegal to join a gang but because many gang members commit crimes, like selling drugs, stealing, and fighting, members often end up in Juvenile Hall, prison, or on probation or parole.

- If someone commits a crime and it is proven that he or she did it to benefit his or her gang, the punishment for the crime will probably be much more serious.
- Note: If a gang member is placed on probation or parole, the court may order him or her to stay away from other gang members and from known gang hang-outs.

Do the police hassle gang members? Police officers have to keep the City safe from crime. If you hang out in a neighborhood where there's a lot of gang activity or you spend time with gang members, the police may suspect you are a gang member. They may question you. Please see the sections in this guide about "Consensual Encounters & Detentions" on page 7.

Why do people join gangs? Young people may join gangs to gain friends, "respect", and a sense of belonging. Others say their family members were gang members. Some say that they were pressured into joining or that they needed gang protection. No matter what the reason, joining a gang can cause you and your family a lot of problems.

- A person who joins a gang becomes the immediate enemy of rival gangs.
- The new gang member and his/her family are "marked" by enemy gangs and may be attacked, seriously injured or killed.

What about people who "recruit" new members? Recruiting new gang members is a crime in California. It's also a crime to keep someone from leaving a gang. The punishment for these crimes is more serious if done to someone who is under the age of 18.

What is a gang "wannabe?" Someone who's not really a gang member but tries to look or act like one is a "wannabe". Sometimes a young person dresses like a gang member to look cool. This is dangerous!

- It can attract the attention of enemy gangs.
- It can attract the attention of the police.

Gangs have been known to use girls, children, or gang "wannabes" to hold their drugs, act as look-outs, or help commit crimes. Such use puts non-gang members at risk of gang retaliation and arrest.

How do you get out of a gang? If you join a gang, it will be difficult to get out. The gang may not let you quit, so it's best not to join in the first place. If you or a friend are in a gang and want to get out please call the Mayor's Gang Prevention Task Force at (408) 794-1630. Other City and community resources are listed in the back of this guide.

Smoking Cigarettes

If you're under age 18, it's illegal for you to smoke or to "buy, receive, or possess" cigarettes. It's also illegal for someone to give or sell cigarettes to you. If you don't smoke -- good for you! Don't start! If you do smoke, please quit. It's illegal and very bad for you. For free help in California, please call 1-800-NO-BUTTS or visit *www.californiasmokershelpline.org*.

Drugs & Alcohol

What is the problem with using drugs or alcohol? Sometimes young people take drugs and drink alcohol to make them feel smart, confident, happy, energetic, or relaxed. The problem is that (1) the only drugs you can legally take are ***those that a doctor prescribes for you***, and (2) it's illegal to drink if you're under age 21.

- Taking someone else's prescribed medicine or using street drugs is dangerous and illegal.
- It's illegal for anyone under the age of 21 to even possess alcohol (not just drink it).
- It's illegal to buy it and illegal for someone else (including your parents) to buy it for you.
- Alcohol and some drugs can be addictive; once a person starts, s/he may need them all the time.
- Drugs and alcohol can cause a person to make bad decisions and to harm themselves or put themselves in risky situations.

You may not be able to do anything about your friend's decision to take drugs or use alcohol, but you do have the choice to stay away from drugs and alcohol yourself. Be smart. Don't do drugs or alcohol. If you want to stop drinking, call Alcoholics Anonymous at (408) 374-8511. If you want to stop using drugs, call Narcotics Anonymous at (408) 998-4200.

Truancy or "Cutting School"

What is truancy? Truancy is another word for skipping or cutting school. In California, students ages 6 to 18 are required to go to school. ***Truancy is a crime.***

- A student is truant if s/he is absent from school for more than three days or
- 30 or more minutes late at least three times and
- the student does not have a valid excuse.

What's a valid excuse? A valid excuse is one that falls within your school district's guidelines. It must be written by your parent or guardian.

(Examples: illness or a family death.) Exceptions are made for 16 or 17 year olds who have graduated or passed the California High School Proficiency Exam.

If an officer sees you out on the street when you should be at school, the officer may stop you to find out why you are not in school. If you don't have a valid excuse or school pass:

- you may be taken to a truancy center,
- a report will be filled out, and
- your parent or guardian will be called to come get you.

There are many consequences to truancy, ***especially if you do it a lot***:

- you may be referred to counseling,
- there may be school disciplinary action,
- you may end up messing up your grades or failing your classes,
- legal action may be taken against you or your parents (you or your parents may be arrested!),
- your parents may have to pay a big fine,
- you may lose your driver's license,
- you may have to do community service, and/or
- you may have to go to school on Saturdays.

Bullying

What is bullying? It's repeatedly acting hurtful toward another person, usually someone less powerful. It can involve the following behaviors. Some are illegal.

- Teasing
- Threatening
- Name calling
- Embarrassing
- Hitting
- Kicking
- Spitting
- Pushing

Bullies may think that they look cool but the truth is that only weak people bully. Bullying someone else is not something to be proud of and can lead to criminal charges. Sometimes bullying is "hate motivated." Please see the text box about Hate Crimes. Be aware that the penalty for bullying

may increase if it can be proven it was done out of hatred for a certain group of people.

Hate Crimes

In California, a hate crime is a crime that is committed against someone because of his/her nationality, race, ethnicity, religion, sexual orientation (gay, lesbian, etc.), disability, or gender (male, female, transgendered). Hate crimes are illegal and can lead to serious criminal charges and more severe punishments than non-hate crimes. If you think you have been the victim of a hate crime, report it to the police so they can try to prevent it from happening to others. For more information on this topic or to ask a question call the Santa Clara County Network for a Hate Free Community's 24-hour anti-hate hotline: (408) 279-0111.

Cyberbullying

What is cyberbullying? It is online bullying. It happens when someone uses the Internet, cell phone, or other technology to send or post words or images intended to hurt or embarrass another person. Some youth who cyberbully

- pretend they are other people online to trick others,
- spread lies and rumors about victims,
- trick people into revealing personal information,
- send, post, or forward mean text messages, blogs, or emails, and
- post pictures of victims without their consent.

Although cyberbullies may think they are anonymous, they can be found. If you are cyberbullied or harassed and need help, save all communication with the cyberbully and talk to a parent, teacher, police officer, or other adult you trust. There are ways to prevent cyberbullying:

- refuse to pass along cyberbullying messages,
- tell friends to stop cyberbullying,
- block communication with cyberbullies, and
- report cyberbullying to a trusted adult.

Don't forget that even though you can't see a cyberbully or the bully's victim, cyberbullying causes real problems. If you wouldn't say it in person, don't say it online.

Fighting & Threatening Others

Fighting and threatening others is against the law both on and off of school property. The legal term for a threat is "assault" and for hitting someone, is "battery."

- An assault is a threat or attempt to hit someone when you have the ability to do so.
- A battery is the unlawful touching of another person, even if it's just one punch. It's using force or violence against someone. Other examples are: pulling hair, shoving, spitting, and throwing food or other objects at someone.

Both of these crimes can get you in a lot of trouble, especially if they're directed at police, fire fighters, or school employees. Although it can be hard to walk away from a fight, in the long run, it's the best decision you can make.

Disrupting or Interfering with Classes

It's illegal to disrupt classes or other school activities on purpose. Anyone who comes onto school grounds or nearby sidewalks and interferes with school activities or disrupts students may be charged with a crime.

Threatening School Employees

It's illegal to try to stop a school employee or officer from performing his or her duties by threatening to hurt the employee or to damage his or her property if the employee feels that you can carry out the threat. No matter how angry you are, never threaten a teacher or school official. It's better to take a time out and calm down.

Weapons on Campus

Bringing a weapon to school is a crime. It can get you in trouble with the law and also get you suspended or expelled from school. It's a felony to have a firearm (gun) at school. A felony is a serious crime which can result in being sent to a state prison for a year or more. It's also illegal to have plastic or toy guns, paint balls or pellet guns at school. Remember that a school official can search you or your locker, purse or backpack without a warrant.

What's a weapon? Any object that can be used to cause serious injury can be considered a weapon. Some of these objects are

- razors
- pocket knives
- pointed objects
- billie clubs
- metal knuckles
- nunchucks
- pellet guns
- spot marker guns
- explosives including fireworks
- stun guns
- pepper spray
- and others.

While the possession of some of these objects may not be illegal, their possession at a school is not allowed. Even if you're not arrested, you can be suspended or expelled for bringing them to school.

Youth as Victims of Crime

Everyday there are people who experience robbery, rape, assault, domestic violence, child abuse and other crimes. **If you have been the victim of a crime, call 911.** The police will investigate and get you to a hospital if you need medical care. The State of California offers some important services to survivors of crime. **Call Victim's Assistance at (916) 324-9140 and/or Victim's Compensation at (916) 323-3432. In San Jose, you may reach the local programs at (408) 295-2656 and (408) 535-5061.** Other agencies listed in the resource section of this guide may also be useful to you. Remember, you're not alone.

Staying Safe

There are steps you can take to keep safe.

- Always be aware of where you are and what's going on around you.
- Avoid dangerous situations like walking alone at night in an isolated area.
- Whenever possible, go with a friend and stay in well-lit, open areas.
- Never accept a ride from a stranger and never open your door to someone you don't know or trust. Never tell a stranger that you're home alone.
- Don't give your address to unknown callers – even if they say they need it for a business reason.
- If you sense trouble, trust your instincts and get away from the situation.
- If you feel you're in danger, call the police at 911.

Internet Safety

The Internet is used by millions of people all over the world, not just by your friends and family. While many Internet users are friendly, some may want to hurt you. Below are some ways to stay cyber-safe:

- Never post or share your personal information online (this includes your full name, address, telephone number, school name, parents' names, credit card number, Social Security number, date of birth, and details about where you hang out.)
- Never post personal information about your friends.
- Never share your internet passwords with anyone, except your parents.
- Never meet anyone face-to-face whom you only know online.
- Never post private photos of yourself or anyone else online. Once the picture is online, it can get passed around for a long time.
- Never talk about sex with strangers.
- Talk to your parents about what you do online.

And now a word about SOCIAL NETWORKING ...

Facebook, MySpace, YouTube, Twitter, instant messaging, blogging … the list goes on. No one can deny how popular it has become to use websites to contact your friends, meet new people and share information. (This is sometimes called "social networking.") Sometimes, you can create your own profile or page with personal information like your name, interests and picture. There are also sites that let you send messages to your friends or comment on other people's pages.

There are benefits to using these sites. They can make you feel less lonely. You can communicate with other people quickly and develop a long list of "friends." The down-side or danger is that you may give out information that is way too personal. Sometimes, sensitive information can end up in the wrong hands. Down the line, colleges and employers may demand to see your "page" before they'll accept or hire you.

It's important to be careful about what you post. Ask yourself: Would I want this post on the front page of the school newspaper? If not, don't post it. Don't post anything that will hurt someone else or yourself. See the Internet Safety section of this guide for more information.

Sexting

Some youth participate in "sexting." They send sexual messages or photos of themselves by phone or Internet. Sexting is very risky. If the message or photo ends up in the wrong hands, you will be humiliated and, in some situations, it can even be a crime.

Child Abuse

Children and youth need a caring and safe environment in order to grow into healthy and happy young persons and adults. Some people grow up

in families that hurt or neglect them. Child abuse can be physical, sexual, emotional, or a combination of those things.

- Physical abuse is when a child is hurt by punching, kicking, choking or other ways. It can involve bruising or serious injuries like broken bones.
- Sexual abuse includes being touched in ways that make you uncomfortable or being forced to have sex.
- Emotional abuse is when a child is constantly put down or told they are no good. It can include shouting, criticizing, or swearing at a child.
- Neglect is when a child is not given the basic things he/she need to grow, like food, clothes, and medical care.

If you have been abused it's not your fault. Everyone makes mistakes but that does not give adults the right to abuse you. If you are being abused or neglected, call the **Child Abuse Reporting Hotline at (408) 299-2071 or the police at 911.** If you're too afraid to call, talk to an adult you trust, like a teacher or relative. Child abuse is against the law and you should not have to deal with it on your own or keep it a secret.

Dating & Abuse

Dating violence happens when one person tries to control another person using words or actions. Types of dating violence can include sexual assault, physical abuse, and/or emotional abuse. These types of activities can be crimes and they can happen in casual or serious and gay or straight relationships. It is never a victim's fault when these things happen—no one deserves to be hurt or violated in these ways.

Sometimes a victim is given alcohol or "date rape" drugs that make it hard to resist an attack and cause the victim to forget what happened. BE CAREFUL:

- These drugs may be slipped into a victim's drink while a person is hanging out or at a party.
- Be aware of situations where you can become a victim of dating violence.
- Stay out of uncomfortable or threatening situations and know if you are in an abusive relationship.

What are the signs that you're in an abusive relationship? You're boyfriend or girlfriend

- wants to know what you're doing all the time,
- criticizes you for little things,
- accuses you of cheating or is extremely jealous,
- doesn't want you to see your family or friends,
- blames you for everything,
- tries to control how you spend your money and what you wear,
- puts you down in front of other people,
- hurts you or threatens to hurt you,
- doesn't allow you to leave when you want to, and
- tries to force you to have sex when you don't want to.

Understand that you are not to blame and you shouldn't be ashamed to ask for help. Even though dating violence is a crime, victims may be too embarrassed to report it to the police. If you or someone you know has been the victim of dating violence, **call 911.** Reach out by calling the **National Teen Dating Abuse 24-hour hotline at (866) 331-9474** or by talking to a counselor at school. Talk with a nurse or doctor, especially if you have been physically hurt. Please see the resources section of this guide for agencies that can help if you have been a victim of abuse.

Self-Harm

The feelings you experience as a teenager can be very strong and feel overwhelming. Maybe that's why some youth act out by harming themselves. For instance, some teenagers cut themselves with sharp objects or burn themselves with cigarettes in order to release the pain that they feel inside. While it may make them feel better at the moment, cutting and burning can lead to infections. A better choice is to talk to a trusted family member, counselor, teacher or friend. Self-harm behavior does not make you a bad person. It's just a sign that you need help to find a way to express your feelings without harming yourself. Get help. You deserve it!

Suicide

No one gets through life without feeling all kinds of emotions, both good and bad. We all have ups and downs but for some people, the "bads" become so deep that they feel hopeless. It feels as if things will never get better, as if they'll always be sad, stressed or confused. At such times, it's hard to think straight and make good decisions. If you or someone you know is thinking about committing suicide, call the **Suicide Crisis Hotline of Santa Clara County at (408) 270-3312**. You don't have to give them your name if you don't want to. Call them any time, day or night.

People who commit suicide usually give a warning ahead of time so don't ignore friends or classmates who tell you they are thinking about suicide. Call the crisis hotline and get help from someone who is trained to deal with these situations.

Running Away from Home

A young person who runs away from home is usually facing a tough problem and feels it's the only escape. The problem is that running away is dangerous. It creates new problems like not having food, money or a safe place to sleep. The police will become involved if you are reported as a missing person. If you feel there's no way to fix a problem, try talking to your parents, a relative, a teacher, a counselor or a trusted adult. Or ask for help by calling the **National Runaway Switchboard. Their free 24-hour hotline is (800) 621-4000.**

Bright Futures

This guide discusses serious issues that students and youth may be confronting now or may face in the future. Many of these topics are scary, depressing and difficult to talk about. This guide is designed to alert you and your parents to issues that challenge young people when dealing with their families, friends and communities. Talk about these issues, learn from this book, and have conversations about these topics. Get in touch with the resources listed in the Youth Resource Section of this guide. They have experienced people who are committed to helping young people overcome their problems. The knowledge and insight you gain will help you build a positive future.

IPA Teen Leadership Council (IPA-TLC)

The IPA-TLC is a group of high school students from San Jose who meet once a month to learn more about laws that affect teenagers. Members are taught about city government and meet important guest speakers. The group advises the Office of the Independent Police Auditor (IPA) on how to reach other teenagers throughout San Jose. In the summer, IPA-TLC members volunteer a few hours a week to help with outreach. For more information, please call (408) 794-6226.

IPA Presentations

The IPA office offers presentations to schools, churches, neighborhood groups, business associations, community centers, local agencies, and community organizations. A youth-focused presentation is available that includes discussion of the topics presented in this guide. For more information, please call (408) 794-6226.

Police Complaints

When to file:

If a San Jose police officer did his or her job the wrong way, you have a right to file a complaint. You can also file a complaint if you think the police department has a policy that should be changed.

How to file:

You may contact the Office of the Independent Police Auditor (IPA) or the Internal Affairs Unit of the San Jose Police Department (SJPD).

Office of the Independent Police Auditor (IPA)

The IPA Office is NOT part of the police department. It is a City agency where you can file a complaint about a police officer in San Jose. The IPA monitors investigations and reviews them when they're done.

75 East Santa Clara Street, Suite P-93, San Jose, CA 95113
Tel. (408) 794-6226, Fax (408) 977-1053
Email: *Ind_Pol_Aud@sanjoseca.gov*
Website: *www.sanjoseca.gov/ipa*

Internal Affairs Unit

The Internal Affairs Unit is part of the police department. When someone files a complaint with them or with the IPA, this unit investigates the complaint.

777 North First Street, Suite 666, San Jose, CA 95112
Tel. (408) 277-4094, Fax (408) 277-3920
Website: *www.sjpd.org*

Helpful Information:

- You don't need your parents' permission to file a complaint.
- You may file by phone, fax, mail or email. You can also file in-person.
- It's helpful to provide the date, time, and place where the incident happened.
- You don't have to have the officer's name or badge number to file a complaint.
- If you have criminal charges related to the incident that are pending, we suggest that you speak to an attorney before filing a complaint.
- Although you have one year from the date of the incident to file a complaint, you should file it as soon as possible.

No Retaliation

The City of San Jose has a policy against retaliation. It's illegal for an officer to try to "get back at" a person for filing a complaint.

Resource Guide

City of San Jose

After School Programs
(408) 793-5565 • *www.sanjoseca.gov/index.aspx?NID=3057*
A partnership with the City of San Jose, school districts, community-based organizations, teachers and parents to provide safe, fun and enriching after-school activities for youth.

Anti-Graffiti Program
1 (866) 249-0543 24-hour hotline • *www.sanjoseca.gov/index.aspx?NID=606*
Call the hotline to report graffiti in your neighborhood. Their mobile app is "San José Clean."

City of San Jose Call Center
(408) 535-3500 • *www.sanjoseca.gov*
Directory assistance for finding City of San Jose departments. Main City webpage.

Clean Slate Tattoo Removal Program
(408) 794-1660 • *www.sanjoseca.gov/index.aspx?NID=565*
Serves former gang-involved and at-risk youth of San Jose between the ages of 14-25 who find tattoos to be a barrier to education and employment.

Community Centers Administration
(408) 535-3570 • *http://sanjoseca.gov/Facilities?clear=False*
Main number for City of San Jose community centers. Website provides individual center names, addresses and phone numbers.

Independent Police Auditor (IPA)
(408) 794-6226 • *www.sanjoseca.gov/ipa*
A non-police office where you can file a complaint against a San Jose police officer. A Student's Guide to Police Practices can be downloaded from the website in English, Spanish or Vietnamese. Presentations about the topics in this guide and IPA services are available to the public.

Mayor's Gang Prevention Task Force (MGPTF)
(408) 794.1630 • *www.sanjoseca.gov/index.aspx?nid=642*
A work group made up of City, county and state entities, community-based organizations, SJPD, faith community, schools, and other stakeholders that offer community resources to fight negative influences that youth receive from gangs. Please call for more information on available resources.

Safe School Campus Initiative
(408) 277-2741 • *www.sanjoseca.gov/index.aspx?NID=565*
A mobile outreach unit that provides citywide mediation for street gangs and intervention in volatile situations. Works to reduce gang violence and refers gang-involved individuals to intervention programs.

San Jose Fire Department
(408) 794-7000 (non-emergency) • Emergency #911 • *www.sjfd.org*
Public education staff are available to meet with schools, community organizations or other groups to do presentations on Fire & Life Safety, community awareness, fire station tours, and others.

San Jose Parks, Recreation and Neighborhood Services Department
(408) 535-3570 • *www.sanjoseca.gov/prns*
Offers a variety of programs throughout San Jose for residents, families and youth. See their website for the Citywide Activity Guide, recreational activities, parks, youth programs and neighborhood services.

San Jose Police Department
(408) 277-8900 (non-emergency) • Emergency #911• *www.sjpd.org*

San Jose Police Department - Crime Prevention Unit
(408) 277-4133 (non-emergency) • Emergency #911• *https://www.sjpd.org/bfo/community*
Specialists provide safety information, referrals, and training on various safety topics for individuals, community groups and businesses.

San Jose Public Library
(408) 808-2000 • *www.sjlibrary.org*
Offers homework resources, job and vocational guidance resources, leisure resources (paperbacks, DVD/VHS videos, music CDs, magazines). To reach the youth service department, call (408) 808-2183 or send email to youth.sjpl@sjlibrary.org.

work2future Youth Training Center
(408) 794-1234 • *www.work2futureyouth.org*
Assists with youth employment, career counseling, job search services, and job training. Some services require eligibility.

Youth Commission
(408) 793-5559 • *www.sanjoseca.gov/clerk/CommissionBoard/Youth.asp*
Provides young people with the opportunity to be involved in the City of San Jose's decision-making process. The Commission is the official youth advisory group to the City Council and serves to educate the community about youth issues.

Other Resources

Al-Anon/Alateen
(408) 379-1051 • *www.ncwsa.org*
Al-Anon groups meet regularly to help families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Alateen is part of Al-Anon and focuses on helping young people.

Alcoholics Anonymous (AA)
(408) 374-8511 • *www.aasanjose.org*
AA groups meet regularly to help people recover from alcoholism. The only requirement for membership is a desire to stop drinking.

Alum Rock Counseling Center (ARCC)
(408) 294-0500 • *www.alumrockcc.org*
(408) 294-0579 24/7 Youth Crisis Hotline
Offers a range of crisis intervention, case management, counseling, mentoring, prevention, education, and early intervention services including programs designed for at-risk youth and families at schools and community sites throughout east and central San Jose.

Asian Americans for Community Involvement (AACI)
(408) 975-2730 • *www.aaci.org*
Provides youth support groups and mentoring on school campuses; afterschool programming; mental health, substance abuse, problem gambling, HIV testing, domestic violence, and medical services.

Asian American Recovery Services, Inc. (AARS)
(408) 271-3900 • *www.aars.org*
Works to decrease substance abuse in the Bay Area within the Asian and Pacific Islander communities. AARS develops and provides innovative outreach treatment, prevention, and research services for its target populations.

Big Brothers Big Sisters of the Bay Area
(408) 586-0150 • *www.bbbsba.org*
Builds responsible, independent children and youth by matching each with a supportive and caring adult role model. Offers mentoring programs for children who are at-risk for substance abuse, juvenile crime, academic failure, low self-esteem, teen pregnancy, and gang activity.

Bill Wilson Center
(408) 243-0222 • (408) 850-6125 Crisis Line • *www.billwilsoncenter.org*
Supports and strengthens the community by serving youth and families through counseling, housing, education, and advocacy.

The Billy DeFrank Lesbian, Gay, & Transgender Community Center

(408) 293-3040 • *www.defrankcenter.org*

Provides a safe space for youth and young adults to develop their sexual and gender identities, and to realize their potential as valuable members of the community. Several groups meet on a weekly basis and drop-ins are always welcome.

California Youth Crisis Line

(800) 843-5200 24-hour hotline • *www.youthcrisisline.org*

Offers support, encouragement, and referrals to youth in crisis who need help with issues such as family problems, sexual assault, eating disorders, teen pregnancy, substance abuse, suicide and more. Call for a referral or just to talk.

California Youth Outreach

(408) 280-0203 • *www.cyoutreach.org*

Serves gang-impacted youth, families and their communities with education services, intervention programs and resource opportunities that support a healthy and positive lifestyle.

Catholic Charities

(408) 468-0100 • *www.ccsj.org*

Offers recreational activities, gang prevention and intervention, youth and parent support groups, community resources, street outreach for run-aways, mentoring, and truancy outreach.

Child Abuse Reporting Hotline (Child Protective Services Agency)

(408) 299-2071 24-hour hotline • *(800) 422-4453* • *www.childhelp.org*

A 24-hour hotline where individuals can report child abuse and/or neglect. Children and youth can request help for themselves and/or their families.

Center for Training & Careers (CTC)

(408) 213-0961

Offers education, career development, and job training programs with a focus on services for youth ages 16-24. GED is offered in collaboration with East Side Union High School District.

Community Solutions Center, Inc.

(408) 225-9163 • *www.communitysolutions.org*

Provides group & family counseling, alcohol & drug assessment and treatment, home-based support for teen parents, foster care housing & support for teen parents, transitional housing for homeless youth & young parents, youth activity center, and teen assault awareness programs.

Crime Stoppers of Silicon Valley (Anonymous Tip Hotline)
(408) 947-STOP • (408) 947-7867 • *www.svcrimestoppers.org*
An independent organization where you can report information about a crime without having to give your name or appear in court. You may also submit information on-line.

Department of Social Services Application Center
(408) 758-3800 • *www.mybenefitscalwin.org*
Assists with the application process for food stamps, cash aid and MediCal.

Dr. Martin Luther King, Jr., Association of Santa Clara Valley
(408) 861-5323 • *www.scvmlk.org*
Works to eliminate prejudice, discrimination, racism, poverty, and violence from society. Organizes annual community events and forums. Awards scholarships to young people for civil, social and academic achievements.

EMQ Children & Family Services (Eastfield Ming Quong)
(408) 379-3790 • (877) 412-7474 Crisis Line • *www.emq.org*
Crisis line for teens and children dealing with trauma and severe depression. Other programs include family-centered (in-home) wraparound care and truancy case management services. For more information, call (408) 379-3796.

Emergency Housing Consortium (EHC) (Currently known as Home First)
(408) 539-2100 • *www.ehclifebuilders.org*
Provides shelter, housing opportunities, and supportive services for homeless individuals, families, and youth.

Family and Children Services
(408) 292-9353 • *www.fcservices.org*
Provides counseling, deaf and hard of hearing services, gay/lesbian services, HIV/AIDS counseling, program for youth emancipating from foster care and juvenile probation, psychiatric services, school-based services, seriously mentally ill services, and youth leadership development.

Filipino Youth Coalition
(408) 391-1688 • *https://twitter.com/fycsanjose*
Offers personal development, youth group support, and truancy case management services. Provides intervention and prevention services for high-risk and at-risk youth. Culturally competent services for Filipino youth but all ethnicities are served.

Firehouse Community Development Corporation
(408) 327-9622 • *www.the-firehouse.org*
Empowers youth and their families to break the cycles of poverty and become productive members of the community. Offers gang mediation, intervention response, services for adjudicated youth, and parent/family support services.

Fresh Lifelines for Youth, Inc. (FLY)
(408) 263-2630 • *www.freshlifelinesforyouth.com*
Provides mentoring, leadership training, and legal education for youth to reduce juvenile crime and incarceration.

Friends Outside, Santa Clara County – please see Inmate & Family Services

Girl Scouts of Santa Clara County
408-287-4170 • 800-447-4475 • *www.girlscoutsofscc.org*
Provides girls and young women, ages 5-17, with life skills that will empower them to reach their full potential, make life-enhancing decisions, develop self-esteem, and be active.

Girls for a Change
1-866-738-4422 • *www.girlsforachange.org*
Works with girls to develop leadership skills, personal power and confidence through mentorships and projects for social change.

Inmate & Family Services (Formerly Friends Outside)
(408) 325-5147
Assist families, youth, prisoners and ex-prisoners to overcome the effects of incarceration. Youth services include after-school programs, mentoring for ages 4-16 with a parent in prison and summer camp.

La Raza Roundtable
www.facebook.com/LaRazaRoundtable
Holds a monthly forum to discuss issues affecting the community. Brings together community organizations, community leaders, elected officials, private and public sector representatives. Advocates for juvenile justice and works to develop youth leaders.

Legal Advocates for Children and Youth (LACY)
(408) 280-2416 • *www.lawfoundation.org/lacy.asp*
Free legal information and services in the areas of education/school, youth emancipation, and legal guardianships. Special programs for homeless youth and pregnant/ parenting teenagers.

Mexican American Community Services Agency (MACSA)
(408) 929-1080 • *www.macsa.org*
Male Involvement Program uses traditional rites of passage for young men ages 14-19; Adelante Program connects youth with supportive mentors; Teen Success Program assists mothers aged 18 and younger. Athletics include Futsal, indoor soccer, karate, Folclórico dance, open gym, and weight room, etc.

Mexican Consulate
(408) 294-3414 • *www.consulmexsj.com*
Consular protection and assistance on immigration, civil, labor and criminal matters. Services provided only to Mexican nationals.

National Association for the Advancement of Colored People (NAACP)
(408) 295-3394 • *www.sanjosenaacp.org*
The NAACP works to ensure equality of rights, and eliminate hatred and discrimination. The local chapter offers youth scholarships and events.

Narcotics Anonymous (NA)
(408) 998-4200 (24-hour hotline) • *www.sjna.org*
NA groups meet regularly to help each other stop using drugs and find a new way to live. Membership is open regardless of the type or amount of drugs used.

National Runaway Switchboard
1-800-RUNAWAY (1-800-786-2929) 24-hour hotline • *www.1800runaway.org*
Help for young people who are thinking of running away, have friends who have run away, or have run and want to go home. Also provides educational materials for teachers.

National Dating Abuse Hotline (NTDAH)
(866) 331-9474 (24-hour hotline) • *www.loveisrespect.org*
A 24-hour hotline that provides immediate and confidential help to teens (ages 13-18) experiencing dating abuse. There is no charge for the phone call.

Next Door, Solutions to Domestic Violence
(408) 279-2962 (24-hour hotline) • *www.nextdoor.org*
Crisis counseling for victims of domestic violence. For administration, legal services, shelter, support groups and counseling, please call (408) 501-7550.

Office of the District Attorney, Santa Clara County
(408) 299-7400 • *www.santaclara-da.org*
This office is responsible for prosecuting crimes in Santa Clara County. They also offer information on the criminal process and a resource guide for crime victims.

Office of Human Relations, Santa Clara County
(408) 792-2300 • *www.sccgov.org/portal/site/ohr*
Reduces discrimination and helps the community through a Youth Task Force, Domestic Violence Council, Immigrant Relations & Integration Services, Dispute Resolutions Program, Network for a Hate-Free Environment, Institute for Non-Violence and Human Relations Commission.

Office of the Public Defender, Santa Clara County
(408) 299-7700 • *www.sccgov.org/portal/site/opd/*
This office provides legal representation if a person is charged with a crime in Santa Clara County but cannot afford a private lawyer. They also provide information on various types of cases and special programs.

Pathway Society, Inc.
(408) 244-1834 • *www.pathwayinc.com*
Provides counseling for families, individuals, and groups regarding drug addiction, substance abuse, and other issues.

Parents, Families and Friends of Lesbians and Gays (PFLAG)
(408) 270-8182 • *www.pflagsanjose.org*
Offers support, education and advocacy to lesbians, gays, bisexuals, and transgender persons and their friends and family members.

Rohi Alternative Community Outreach (RACO)
(408) 270-4854 • *www.rohi.org*
Serves at-risk youth and low income families in Silicon Valley through mentoring and athletic, academic and job training programs including midnight basketball, young ladies division, boys to men program, homework center, technology education and career training.

San Jose Police Activities League (PAL)
(408) 272-9725 • *www.sjpdpal.com*
A youth crime prevention program that uses education, athletics and recreation to cement a bond between officers and youth. Offers cheerleading, football, softball, baseball and soccer.

Silicon Valley De-Bug (De-Bug)
(408) 971-4965 • *www.siliconvalleydebug.com*
A collective of writers, artists, organizers, and workers that publishes De-Bug Magazine and produces Block 2 Block Radio and Open-World TV, has media workshops for schools and community organizations, and fights for justice through community campaigns.

Suicide Crisis Hotline, County of Santa Clara
(855) 278-4204 (24-hours/day) •
www.sccgov.org/sites/mhd/Resources/SP/Pages/default.aspx
Immediate and confidential emotional support and crisis intervention for people in life-threatening situations.

Ujima Adult & Family Services, Inc.
(408) 928-1700
Offers various services targeting African families and youth at risk. Provides 24-hour home-based case management services to those who are involved in the juvenile justice system and African life skills groups for youth and families.

Volunteer Center of Silicon Valley

www.vcsv.us

Offers an annual 9-month volunteer leadership training program for young adults through the Caminos program. Provides community service hours for at-risk youth, including those who have been suspended or expelled from school.

Youth Build San Jose

(408) 283-7171 • *www.sjccharterschool.org/youthbuild_san_jose*

Helps high school dropouts develop job skills. Construction training and education for youth ages 16-24. Pre-journeyman program.