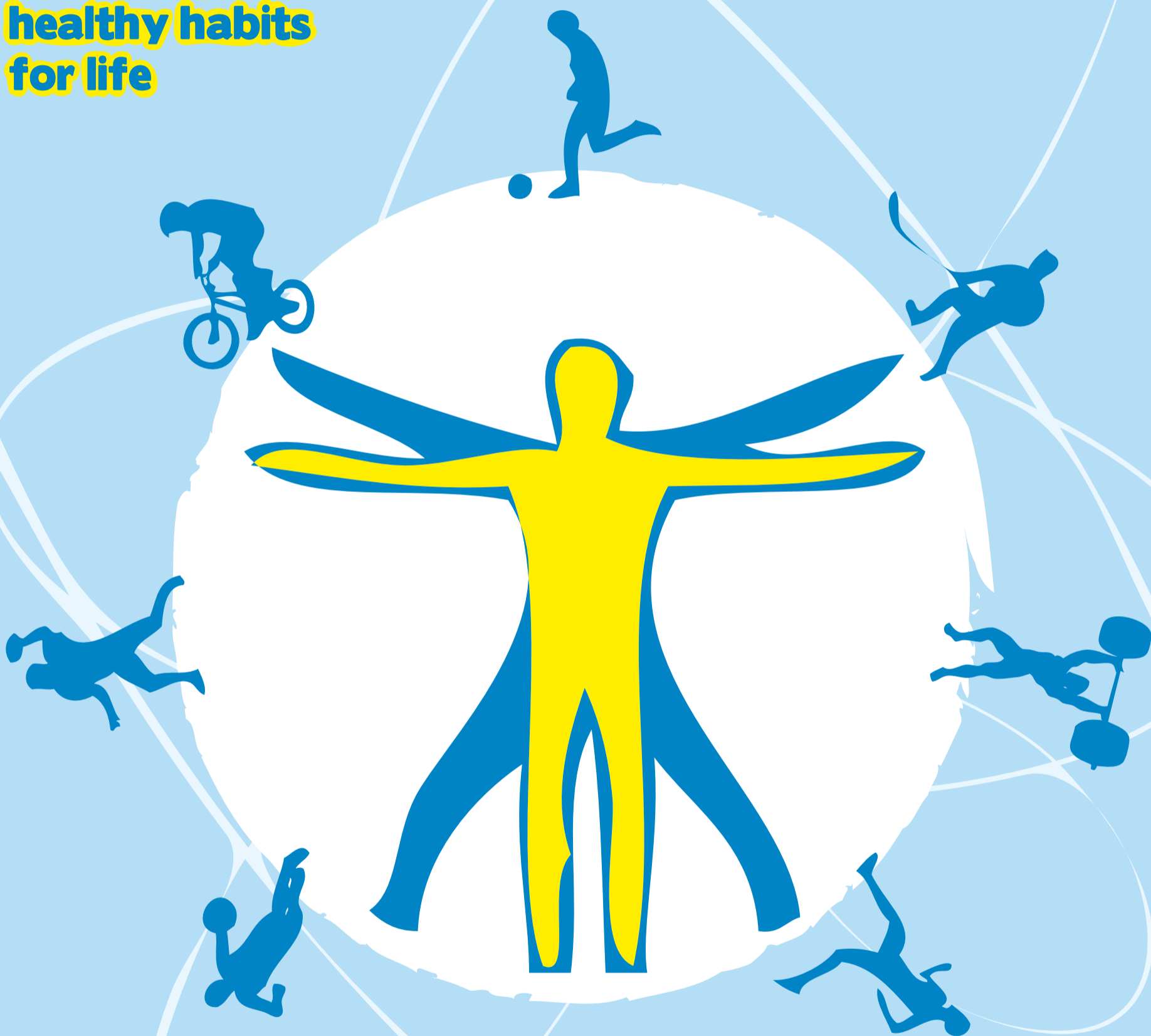


youthspeak

#03

January
2008

**Grooming
healthy habits
for life**



BE HEALTHY,

Activities insert **BE FIT!**



The Jakarta Post

The Lowdown on DRUGS

Jane Raniati Gianyar, Bali

While many teens are kept busy with school and homework, sports, music and creative activities, many also find themselves with time on their hands and not much to do except to gather with friends on street corners or to go to the malls or billiard halls.

Teens often find themselves experiencing pressure from peers to try something they might not be ready for, not comfortable with, or even afraid of, like cigarettes, alcohol, shoplifting, sex and drugs.

In large cities like Jakarta and others, teens face hard choices every day, and they may be feeling pressures or urges that adults can't comprehend. It's not helpful or realistic for adults to try to simply shield teenagers from these problems by telling them to shut their eyes, ears and mouths.

Just say "No!" Young people need to know the facts and make decisions with open eyes. Today's teens are tomorrow's leaders, and you hold the key to combating and solving serious social challenges like these in Indonesia.

Dangers

Drugs change the way you think, feel and behave, so you are not dealing with reality or being yourself. For example, ecstasy users say it makes them feel close to others and want to dance. People use *shabu-shabu* and other stimulants to feel more energetic or excited. Marijuana makes many

people feel relaxed and happy. Heroin gives a powerful rush, and the user doesn't think or care about anybody or anything while they are high.

You think this sounds cool? Think again. Taking any psychoactive drugs can lead to dependence: You may soon find you can't deal with reality without drugs.

As with most drugs, your body builds up a tolerance to it – this means that you need more, and more often, to get the feeling you want. That's why some people become addicts.

When their cash is gone, addicts may steal, even from friends and family, just to get their next dose. They often begin injecting the drugs to get a faster and stronger hit for a cheaper price, thus risking overdose.

In desperation, from peer pressure, or just because they don't care anymore, IDUs share needles with other users, risking infection with HIV, Hepatitis C and other dangerous diseases.

Once a person is addicted, trying to quit is really hard and withdrawal can be very painful. Seeing a friend or relative who is a drug addict go through all this, and trying to help them, can be just as difficult and hurtful.

Side effects

Using drugs also brings some nasty side effects, and does some truly scary damage to your health – sometimes permanently. You probably know that smoking and drinking alcohol really damage your body, especially your heart, lungs and liver, but also your digestive system and brain, and can kill you with cancer and other diseases.

With almost all drugs, there's the danger that while you are high or afterwards, you may feel deeply depressed – and this may last a long time or even become a permanent problem. Most teen suicides involve alcohol or drugs.

Getting help

Aside from the risks of overdose, addiction and health damage, think about this: Young people who use drugs to avoid bad feelings or problems will not learn how to cope with emotional pain and other problems in life. Dealing with these experiences is all part of learning and growing, but using drugs can mess all that up.

If you have questions about drugs, for yourself or a friend, talk to an adult or call a hotline.

Information and Help

- **Yayasan Cinta Anak Bangsa (YCAB):** free counseling 0-800-1-NO-DRUG (66-3784); www.ycab.org
- **Yayasan Harapan Permata Hati Kita (YAKITA)** Jabodetabek: (0251) 243-069, 243-077; Aceh (0651) 23213; Bali (0361) 465-203; Bogor (women's center) (0251) 244-375; Kupang (0380) 821-425; Makassar (0411) 873-658; Surabaya (031) 503-9228; www.yakita.or.id
- **NIDA for Teens** teens.drugabuse.gov
- **The Partnership for a Drug-Free America** www.drugfree.org

For the full story, see DISCOVER Jan. 27, 2008



Too Fat?

I'm a 16-year-old girl at a state high school. I think I'm too fat. My friends are all thin and pretty, and around them I feel like an elephant. My mother says I'm the right weight for my height and age, and so does my doctor, but I still feel chubby and ugly, and my clothes don't fit. Please help!

Unhappy

Dear Unhappy,

One good reason your clothes might not fit you is that you are growing, and at your age, everyone tends to grow really fast. Apart from that, each person is unique, including how our bodies are made.

There is no other person in the world who looks exactly like you. Isn't that great?

Comparing yourself with your slimmer friends is not really fair for you, because you're losing out on your own uniqueness. What's more important is that you are healthy, and according to what your mother and doctor have said, you are.

Now, try to list the unique things about yourself, and start liking them. The only person who is going to be with you all through your life is yourself, so you might as well like yourself as you are.

Everyone is beautiful, and I believe that others can recognize your own, unique beauty – but only if you believe that you are beautiful.

All the best, Nelden

Friend to a bully

Hi. I don't know if this is a good question, but I need some advice. One of my closest friends is a bully. I saw him picking on some of our juniors after school, and was shocked because he's usually funny and nice. There have been other times too, and I'm confused.

Is he my friend? Should I talk to him about this? Will I

Good luck! Nelden

lose him as a friend if I do? I've known him since kindergarten. Thanks before.

Confused

Dear Confused,

I think this is a really good question. Your concern about what your friend is doing to the juniors shows that you obviously know it is not supposed to be like this. If you want to help him stop bullying, one of the things you can do is to name the crime.

Saying something like, "Just because he's different doesn't mean you can pick on him," or, "Leave him alone, he's not hurting anyone," may help your friend realize that he's doing something not good. It will also show him that his friend (you) thinks that it's not cool of him to do so. You can also walk away from him after saying these.

If he thinks of you as his good friend, he will at least listen to you.

You can also help by distracting your friend when you see he's about to bully someone by making a joke, talking about something else or suggesting a different game to play. If you try all these and you see no change, you may need to let a helpful grown-up know about this.

Yes, there is a risk that he might not like what you're trying to do, but if he really appreciates you as a friend, he'll understand that you're actually trying to help him to be a cooler guy.

Have you noticed that bullies always pick on younger and/or weaker kids? That's because they think they have to do that to feel good about themselves. But there's actually nothing cool about picking on smaller or weaker kids.

I think you are cool, though, because you're trying to help him stop bullying.

A New Model for Sustainable Education

Michele Cempaka Ubud, Bali

Forty delegates to the United Nations Framework Convention for Climate Change (UNFCCC), scholars and members of the media were invited to visit the Green School at the Kul-Kul Campus on Dec. 9, 2007, during the UNFCCC's Bali Conference.

The Green School at the Kul-Kul Campus is blanketed with rice paddies, vegetable fields, fruit trees and aquaculture ponds and will supply enough food to feed the School community.



courtesy Green School



"I want them to fall in love with learning and to have a sense that learning is important..."

The school, which is still under construction, is located in Sibang Kaja, a village located midway between Ubud and Denpasar. The 8-hectare campus, situated along the Ayung River, offers a new model for sustainable living and holistic education.

John and Cynthia Hardy are the founders of the school. Their vision is to provide children with the opportunity to learn through experience in a stimulating and environmentally friendly setting.

The Green School's curriculum provides a

comprehensive program that focuses on three frameworks: the pragmatic, academic competence in skills such as reading, writing, mathematics and language studies; the holistic, which combines spiritual, intellectual,

emotional and kinetic modes of learning; and the authentic, in which students learn through real situations via workshops and daily life in the Learning Village.

"For example, if you were to put yourself in the shoes of a 15-year-old and your assignment was to learn how to design and construct the room that you're going to live in, you'll be working with architects, builders and other people who know about sustainable materials," said Brad Choyt, the school director.

"I guarantee that if you were in that position, you would listen to every single word that that architect or designer or builder would say, because if you don't, you might end up with a building that's lopsided, or doesn't look right or doesn't allow enough space for a bed. So the motivation to learn is inherent in the process of the education," he said.

The Hardys and Juergen Zimmer, the director of the Learning Village, have been instrumental in the creation of this "village", which will

provide students with entrepreneurial experience. These experiences range from manufacturing chocolate to designing product packaging, as well as marketing and sales skills.

The proceeds from sales will go into a scholarship fund for underprivileged children so they can attend the Green School.

"The real litmus test ... is that I hope the students become more curious when they leave than when they started (school). I want them to fall in love with learning and to have a sense that learning is important, and that they can become lifelong learners who are not just learning for extrinsic motivations, but more for intrinsic motivations," said Choyt.

All facilities at the Kul-Kul Campus are designed and constructed using Indonesian bamboo and other natural materials. The master builder, Jorg Stamm, has been at the forefront of constructing the first all-bamboo school ever to be erected in Indonesia.

Many of the campus

structures, from classrooms to guest houses, are made from 99-100 percent green materials. There are also plans to implement an alternative energy system, the Vortex Generator, which will divert water from the Ayung River to power generators for the school.

Other innovative academic programs include organic permaculture farming, Bamboo Reforestation to help offset carbon emissions, alternative transportation through a campus-wide Bicycle Program and a summer school.

The Green School will cover preschool up to 10th grade, with student boarding facilities for Grades 7-10 to open in September. Housing for international families with students enrolled at the school are also available. The school will add Grade 11 next year and Grade 12 in 2010.

"We're building this incredible school to give back to Bali," said John Hardy.

The Green School website: www.greenschool.org



courtesy Green School



courtesy Green School

The Green School's iconic bamboo bridge (left and right) crosses the Ayung River, which bisects the Kul-Kul Campus. Walking on the bridge (right) provides cool shelter within the warm glow of natural bamboo.