

2007



Teen Guide

Hoffman Estates

Teen Guide

Hoffman Estates

Brought to you by:

The Intergovernmental
Youth Agreement

*A Partnership among the Township of Schaumburg, the
Hoffman Estates Park District and the
Village of Hoffman Estates*

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Additional events and information for teens can be found at schaumburgtownship.org/vogelei.htm.

Abuse



Child Abuse Hotline: 800-25-ABUSE

The problem of child abuse will not go away if it is kept a secret. If you are being abused, call the number above or tell someone you trust. Good people to tell are teachers, social workers, police, and doctors. If you know someone who is being abused, please tell someone so that they can be helped.

Maryville Academy

847-824-6126

Des Plaines

www.maryvilleacademy.org/index.cfm

Provides residential care for abused, neglected or dependent youth.

Shelter, Inc

847-255-8060

Arlington Heights

www.shelter-inc.org/

Provides emergency help for neglected, abused or dependent youth.

Counseling



Alexian Brothers Behavioral Health

800-432-5005

Hoffman Estates

www.abbhh.org

Provides inpatient and outpatient counseling, specializing in eating disorders, self injury, chemical abuse, deaf and hard of hearing program, anxiety disorders and attention deficit hyperactivity disorders .

The Bridge Youth & Family Services

847-776-3730 (during business hours)

847-776-3720 (after hours)

Palatine

www.bridgeyouth.org

Provides affordable counseling to children and families, specializing in the many emotional and behavioral problems facing children and families.

Health & Human Services

847-882-4445

Hoffman Estates

www.hoffmanestates.org/government/departments-hhs.shtml

Provides affordable counseling to teens and their families in Hoffman Estates. The first appointment is free!

Spectrum Youth & Family Services

847-884-6212

Hoffman Estates

www.schaumburgtownship.org/spectrum.htm

Provides affordable counseling to teens and families in Hoffman Estates and Schaumburg Township.

Health



AllKids– Health Insurance

866-All-Kids (State)

847-882-4445 (Hoffman Estates)

www.allkidscovered.com

State health insurance program for youth who are uninsured.

Cook County Department of Public Health

847-818-2860

Rolling Meadows

www.cookcountypublichealth.org

Provides a variety of health services at no fee.

Health & Human Services– Immunizations

847-882-4445

Hoffman Estates

www.hoffmanestates.org/government/departments-hhs.shtml

Health and Human Services also provides monthly immunization clinics for youth.

PHD– Pregnancy Counseling

847-359-4919

Palatine

www.sphd.org/

A counseling center for pregnancy help and education.

Planned Parenthood– Reproductive Healthcare

847-839-1600

Schaumburg

www.plannedparenthood.org/

Provides sexual and reproductive healthcare.

Homeless Teens



Bridge Youth and Family Services

847-776-3730 (during business hours)

847-776-3720 (after hours)

Palatine

www.bridgeyouth.org

The Crisis Team provides 24-hour crisis intervention to runaway youth, youth who have been thrown out of their homes or are otherwise homeless, or youth who pose a risk to themselves or others.

Journey from PADS to HOPE

847-818-1916

padstohope.org/index.htm

Provides free overnight shelter and hot meal for people 18 years or older (unless with a guardian). Call for locations.

Shelter, INC

847-255-8060

Arlington Heights

www.shelter-inc.org

Emergency, temporary housing for children up to 17 years old.

Teen Help Line

866-803-8336 (press 0)

www.teenliving.org/teen1/crisis.html

Call this number if you are in the Chicago area, are between the ages of 13 and 21, and need help now. We are available anytime, 24 hours a day, 7 days a week.

Places of Worship

Alliance Fellowship Church
847-884-0951

Baha'i Faith
847-885-2172

Beth Tikvah Congregation
847-885-4545

Church of the Cross
847-855-1199

Destiny Church
847-885-2908

Episcopal Church of the Holy Innocents
847-885-7900

Faith Alliance Bible Church
847-885-2908

Gideons International
847-839-9355

Harvest Community Church
847-884-9687

Hope Community Church
847-310-9020

Interest Ministries
847-519-1495

Korean Church of Chicago
847-359-1522

Life Changers International Church
847-645-9100

Living Bread Ministries
847-882-8715

New Life Lutheran Church
847-934-1675

St. Hubert Catholic Church
847-885-7702

Summitview Christian Church of Hoffman
847-885-3683



Recreation



Hoffman Estates Park District

www.heparks.org

The Hoffman Estates Park District offers a variety of programs for everyone!

- baseball & softball
- basketball
- volleyball
- martial arts
- gymnastics
- Teens Take Over (teen night with DJ & open gym)
- soccer
- dance
- art classes
- summer camps
- Teen Band Nights

Visit www.heparks.org for a list of current programs and activities.

The Hoffman Estates Park District also offers employment opportunities for teens as athletic league referees, scorekeepers and Jr. camp counselors.

Grand Sports Arena

www.grandsportsarena.com

Indoor soccer and ball hockey

2350 Hassell Rd

847-884-0919

Hoffman Estates Schools



High Schools

Barrington High School
Conant High School
Elgin High Schools
Fremd High School
Hoffman Estates High School
Schaumburg High School
Streamwood High School

Junior High Schools

Canton Junior High School
Eisenhower Junior High School
Keller Junior High School
Larsen Junior High School
Plum Grove Junior High School
Sandburg Junior High School
Sundling Junior High School

Teen Centers



Vogelei Teen Center

schaumburgtownship.org/vogelei.htm

847-885-2622

Corner of Higgins Road and Golf Road

The Teen Center gives teens a place to meet up and hang out. The center has pool tables, foosball, video games, board games, cards, music, TVs, and magazines. If you want to just sit around and hang out, you can do that too. Open to junior high and high school students.

Spectrum Teen Center

schaumburgtownship.org/spectrum.htm

847-884-6212

Schaumburg Township Hall

The Teen Center gives teens a place to meet up and hang out. The center has pool tables, foosball, video games, board games, cards, music, TVs, open basketball, volleyball and magazines. If you want to just sit around and hang out, you can do that too. Open to junior high and high school students.

Willow Recreation Teen Center

heparks.org

847-285-5440

Stop in and spend some time with your friends in our teen room, open to 11-17 year olds. You can relax and watch television or do homework on our computer. Our shared game room is also open to teens during all teen drop-in hours, offering pool tables, foosball, darts, ping pong and more. There is a small fee for admission.

Things to Do In Hoffman



Bowling

AMF Hoffman Estates

amf.com/hoffmanestates/centerHomepage.htm

80 W Higgins Road

847-885-2500

Poplar Creek Bowl

2354 W Higgins Road

847-310-9585

Ice Skating

Community Center and Ice Arena

heparks.org

1685 W. Higgins Road

847-885-7500

High school sports games

Indoor Soccer, Ball Hockey, Video Games

Grand Sports Arena

grandsportsarena.com

2350 Hassell Rd

847-884-0919

Lazer Tag

Lazer Quest

lazerquest.com

860 N. Roselle Road

847-839-0000

Local Bands

Vogelei Teen Center

schaumburgtownship.org/vogelei.htm

650 W. Higgins Road

847-885-2622

Things to do continued

Mini Golf

Putting Edge
putting-edge.com
2535 W. Golf Road
847-885-1701

Congo River Golf & Exploration
1325 Barrington Road
847-843-1778



Professional Sports Games & Concerts

Sears Centre Arena
searscentre.com
5333 Prairie Stone Parkway
Teams:

- Chicago Storm (Soccer)
- Chicago Shamrox (Lacrosse)
- Chicago Hounds (Hockey)
- Chicago Slaughter (Arena Football)

Skateboard & Inline Skate Park

Willow Skate Park
heparks.org
3600 Lexington Drive
847-285-5440

Water Park

Seascape Aquatic Center
heparks.org
1300 Moonlake Blvd
847-310-3626

[Near Hoffman](#)

Movie Theaters

AMC Loews Streets of Woodfield 20
847-330-1017
601 N Martingale (Schaumburg)

AMC South Barrington 30
847-765-7AMC
I-90 & North Barrington Road (South Barrington)

Volunteering



The Volunteer Center of Northwest Suburban Chicago

www.volunteerinfo.net
847-228-1320

Hoffman Estates Park District

heparks.org
847-885-7500

Spectrum and Vogelei Teen Centers

schaumburgtownship.org/spectrum.htm
847-884-6212



Annual Events

Movie Nights

June – September

Various parks in Hoffman Estates

Enjoy a free movie outdoors. Concessions are available. Check out heparks.org for more information.

Summer Sounds on the Green

June-August

Virginia Mary Hayter Village Green

Prairie Stone Parkway

Free concerts every Thursday during the summer. Bring a blanket and enjoy a picnic in the outside amphitheater while listening to the concert. Check out www.hoffmanestates.org for more information.

Roselle "Rose" Parade

1st Sunday in June

Roselle

Help represent Vogelei and Spectrum & hand out candy in the parade!

Beginning of summer BBQ

June

Vogelei Teen Center

Free food, fun sports & activities

Unity Day

June

Experience different sights, sounds and tastes of Hoffman Estates through a variety of entertainment and food. Visit hoffmanestates.org for more information closer to the event.

Fourth of July Parade

July 4th

Hoffman Estates

Help represent Vogelei and Spectrum & hand out candy in the parade!

4th of July Celebration

Village Hall

1900 Hassell Road

4th of July Celebration includes fireworks, carnival, parade, bands, and food! Visit hoffmanestates.org for information close to the event date.

Trip to China Town

July 23, 2007

Chicago China Town

Join the Vogelei Teen center for cultural experience, shopping & lunch. Cost is \$6 (includes cost of lunch).



Great America Trip

July 30, 2007

Great America

Join Vogelei Teen Center for the annual Great America trip and get discounted admission: only \$25!

Beach Trip

August 4, 2007

Indiana Dunes

Join the Vogelei Teen Center on a trip to the Indiana Dunes on Lake Michigan. Cost is \$3

Party in the Park

2nd Saturday in August

High Point Park

1704 Glenlake

Party in the Park includes local teen bands, food, outdoor movie and more! Check out heparks.org for more information close to the event date.

Teen Appreciation Week

Second full week of August

Vogelei Teen Center

Food, games and prizes during teen center shifts; also a BBQ at Maple Park w/free food, fun sports & activities on August 17, 2007. This year it is Aug. 12-18, 2007.

Other Annual Summer Events at Vogelei Teen Center

- Schaumburg Flyers Game trip
- Miniature Golfing at Congo River
- Trip to Starved Rock State Park for hiking and picnic lunch
- Trip downtown to Navy Pier, w/carnival rides, miniature golfing, lunch & shopping on the Pier



Annual Events

Teen Take Over

During the School Year
Willow Recreation Center
3600 Lexington Drive
DJ, food, open gym and other activities. Check out
www.heparks.org for more information.

Septemberfest Parade

Labor Day
Help represent Vogelei and Spectrum & hand out candy in the parade!

Cultural Party

October 4
Vogelei Teen Center
Celebrate Mexican Independence Day & Hispanic Heritage Month with
food, games, Hispanic trivia & a piñata.

Health & Hygiene Week

Sept. 24-28, 2007
Vogelei Teen Center
Teens get healthy food, hygiene tips and goody bags throughout the week.

Great America Fright Fest Trip

October 19
Great America
Join the Vogelei Teen center when they go to Fright Fest!

Halloween Party

October 30
Vogelei Teen Center
Party with food, costume contest & pumpkin decorating contests, &
prizes.

Talent Show

November 16
Vogelei Teen Center
Participate in the Vogelei Talent Show and win prizes!

Thanksgiving Dinner

November 20
Vogelei Teen Center
Join the Vogelei Teen Center for a traditional Thanksgiving Dinner.

Holiday Tree Lighting Ceremony

3rd Saturday in November
Village Hall

Join the Village for their annual tree lighting ceremony. The ceremony includes holiday music, cookies and lights!



Winter Holiday Party

December 19 and 20

Vogelei and Spectrum Teen Centers

Join the teen centers as they celebrate the holidays.

Celebration of Lights

December

Willow Recreation Center

3600 Lexington Drive

Event includes; entertainment, food, activities/games and a visit from a special guest. Check out www.heparks.org for more information.

Chinese New Year Celebration

February

Vogelei Teen Center

Celebrate the Chinese New Year with food, games and prizes.

Black History Month Celebration

February

Vogelei Teen Center

Celebrate Black History Month with food, games and prizes at teen center.

Pool & Foosball Tournaments

February

Vogelei and Spectrum Teen Centers

Compete in the Pool and Foosball Tournaments for a chance to win prizes.

Cinco de Mayo Party

May

Vogelei Teen Center

Celebrate Cinco de Mayo with food, games, Hispanic trivia and a piñata.



Do You Blog?

Blogging allows people to tell the world what they think. It is a diary that everyone can read. It's a way to talk about things and have other people read what you wrote. Blogging can be a fun hobby, but it also can turn harmful. Keep in mind the following tips when you blog:

- **Be as anonymous as possible.** Avoid postings that could allow a stranger to locate you including your last name, the name of your school, sports teams, the town you live in, and where you hang out.
- **Protect your info.** Check to see if your service has a “friends” list that allows you to control who can visit your profile or blog. If yes, allow only people you know and trust. If you don't use privacy features, anyone can see your info, including people with bad intentions.
- **Avoid in-person meetings.** Don't get together with someone you meet in a profile or blog unless you are certain of their actual identity. Although it's still not risk-free, if you do meet the person, arrange the meeting in a public place and bring some friends along.
- **Photos: Think before posting.** What's uploaded to the Net can be downloaded by anyone and passed around or posted online pretty much forever. Avoid posting photos that allow people to identify you (for example, when they're searching for your high school), especially sexually suggestive images. Before uploading a photo, think about how you'd feel if it were seen by a parent/grandparent, college admissions counselor, or future employer.
- **Check comments regularly.** If you allow them on your profile or blog, check them often. Don't respond to mean or embarrassing comments. Delete them and, if possible, block offensive people from commenting further.
- **Be honest about your age.** Membership rules are there to protect people. If you are too young to sign up, do not attempt to lie about your age. Talk with your parents about alternative sites that may be appropriate for you.

Information taken from safeteens.com and blogsafety.com.



8 Tips for Getting a Job

Written by Eriko LaPoint

If you are looking for some tips on ways to earn a little cash while building up your resume, read on!

- 1- What are your interests? Do you like working with kids? Look into babysitting gigs or day camps. Do you like working with animals? How about a vet's office or the zoo? If you're going to be working, you might as well enjoy what you're doing.
- 2- Think about your future. It's a good idea to start thinking about what experiences you want to put on your college application. Working at a place that fits with your career goals will serve you well.
- 3- Volunteer at a place you want to work. You will stand out when they are looking to hire someone new.
- 4- Talk with your school counselor or visit your local library to get other ideas on places to work. These are also good places to get help with writing a resume and figuring out what your interests are.
- 5- Family and parents of friends can be great ways to find out about jobs and get referrals for jobs. You never know who may be able to hook you up with a cool job, so tell people you are looking.
- 6- The newspaper classifieds and the internet are terrific ways to find out what jobs are out there.
- 7- Talk with someone in the field who is doing what you want to do. They may know someone looking to hire.
- 8- Is there a particular store or place you want to work? Don't be afraid to call the store and ask about openings. Make sure you are always professional and polite. Write down what you want to say to help you feel less nervous when you call.

Good luck on your quest to find a fantastic job! Be realistic in your search and be confident in yourself. Finding a job may take some time. In the words of Thomas Palmer, "If at first you don't succeed, try, try again."



Dating Safety

Written by Julie Harris

Dating can be really exciting. Just imagine the butterflies in your stomach right before you ask someone out or right before your first kiss. If you've experienced those things you know what I'm talking about...it's L-O-V-E. Unfortunately, sometimes the feelings of love or infatuation can blind us from taking the proper steps to keep ourselves safe when we go on dates. Below are some helpful tips for you to keep in mind.

- Don't be alone with your date unless you know them really well
- Meet your date in a well-lit public place
- Go on group or double dates
- Tell a friend or family member where you are going to be on your date
- Keep your beverage with you at all times
- Talk to your date about "how far" you want to go so there is no miscommunication
- Be responsible for making your date feel safe. If your date says "NO," then listen to him/her
- Follow your instincts. If you don't feel safe cut the date short.



Like how you look

Written by Julie Harris

Do you feel awkward about your body? Well, you're not alone. Teens all over the world feel insecure, especially when they compare themselves to models and actors who seem to have a "perfect body." Unfortunately the majority of us just can't look like that no matter what we do because the biology of our body doesn't let us. I know this might sound really cheesy, but every BODY really is different and it may be unfair to hold yourself to unattainable standards set by the media.

Being concerned about your body is normal, but it should never be a source of fear and misery. When you worry a lot about your body you are at risk for developing unsafe eating habits, or eating disorders, like anorexia or bulimia. Anorexia occurs if a person eats little or starves themselves. He/she also sees his/her body as obese when in fact they look skinny to others. Bulimia occurs when an individual engages in "binge eating," or uncontrollable eating of large quantities of food at one time. The "binge" is usually followed by throwing up or taking laxatives in an attempt to rid themselves of the food they just ate.

If you relate to either of these disorders, you are not alone. However, both of these disorders can have serious negative effects on your mind and your body. It is important to be able to manage your anxiety and maintain a healthy body at the same time. The best way to help you overcome eating disorders is to seek help. For more information about eating disorders and how to get help please visit www.edap.org and click "eating disorder information" at the top of the screen.

National Eating Disorders Association Helpline:
800-931-2237



College 101

Written by Sharon Turlek

Congratulations, you've made the decision to go to college! Getting ready for college may seem overwhelming, but by keeping in mind the following, it may be less stressful than you think.

Picking a College

Picking a college is an exciting, fun and personal decision. One of the best strategies for picking a college is to do what is getting you there in the first place: homework! You've probably received piles of mail from different colleges. You may be wondering- which is the best college for you?

One of the best places to begin is the college's Web site, which can provide a wealth of information including majors the school offers, cost, extracurricular activities, and pictures of the campus.

Another good resource is the public library and the internet. The library has books that rate colleges and provide statistical information about the school's demographics, location and history. A statistic to consider is the percent of students who return for their sophomore year: a high percentage probably means students are satisfied with the school.

One site to look at is www.usnews.com (click on education, best colleges, then college search). On this site you can see a list of schools in a specific area and read general information about each.

The best resource is first-hand experience from visiting a school. Most colleges offer tours (many led by students who can give you the inside scoop about the school) and have academic and financial aid counselors who can meet with you to answer questions.

Lastly, consider going to a community college your first 2 years.

It's close by and will save you a ton of money. Check out Harper College's website for more info: harpercollege.edu.

Deciding on a Major

Choosing a major can be very exciting and stressful at the same time. Some schools or courses of study require you to choose a major when you apply, but many schools will accept you without a declared major. Your interests, passions, career goals and talents will help you determine what you would like to study in college. If you're not sure what a particular major is about, talk to other students in that major or a professor in the department; most will be very excited to tell you about their field!

The library and internet can also help with choosing a major. Ask for books at the library that include "quizzes" you can fill out that can help you choose a major. Also, if you Google "choosing a college major" a number of helpful websites are listed.

Social Opportunities

Aside from studying hard, college is a great social experience, with opportunities to meet new people, join student activities and clubs, and become whoever you want to be. Student organizations, clubs, student government associations, intramural sports leagues, music groups, religious groups, Greek organizations, academic clubs and many other groups provide opportunities to meet new friends, develop new interests and try new activities. So take advantage of anything that interests you!

Paying for College

College is expensive. However, don't let money be a reason for not going to College. There are many ways to pay for college including scholarships, student loans, and employment. The first step is filling out the Free Application for Federal Student Aid (FAFSA). The application can be found at: www.fafsa.ed.gov

Other good internet links are:

- Sallie Mae (private student loans and student loan consolidation): www.salliemae.com
- Free Scholarship Search Engines: www.scholarships.com , www.fastweb.com
- Google "finding college scholarships" for additional scholarship searching.



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schaumburgtownship.org/vogelei.htm

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