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Fraser Direct Teens help teens by e-mail

Local teens want confidential information about sexual health and relationships. Questions on those two issues were the main topics e-mailed to a mentoring program that operated in Acton and Georgetown for the past six months.

The e Peer to Peer program, offered by Halton Hills Community Support and Information (HHC-SI), involved seven trained youth mentors – three from Acton – under the supervision of a youth worker, who provided information to the questioners.

Program co-ordinator Laura Demeester said the program is not a Dear Abby or crisis service, but an information resource service. She said in many cases, teens with questions just want someone to listen to them and know they are not alone.

Demeester said between January and May, they had 81 e-mails, and along with the questions about sexual health and relationships, the e-mails also dealt with bullying, self-harm, drug and alcohol use.

'A surprising number of teens e-mailed and said that their younger brother or sister was being bullied and wanted to know what they could do to help," De-



MENTOR MONEY: Three Acton High School students who volunteered as e-mail mentors to local teens received unexpected honorariums of \$600 each for their work. Program co-ordinator Lauren Demeester (second from left) presented the cheques to Alice Mick, Lauren McIntyre and Breanna Campbell. - Frances Niblock photo

meester said.

During an eight-week training period the mentors, who were recruited at each high school, learned what information and resources - confidential and free - are available for youth; they would refer the e-mail to those sources, along with proving some facts, statistics or information about the issue

Demeester said the mentors, who worked off-line on five laptops, were an empathetic group who quickly became confident and of-

fered the information in a friendly and easy to understand manner.

The mentors were told that they would be volunteering their time, but at the end of the program each received a \$600 honorarium.

One mentor, Acton High School Grade 12 student Lauren McIntyre, said she got involved to see if she would like a career dealing with people.

"I definitely loved it, and am going to Trent (University) to study psychology," McIntyre said on Sunday, adding the mentoring program allowed her to "really help people."

T'm not sure what I want

to do, but I know that I want to be working with people and this program gave me a chance to see what it would be like," she said, adding the program showed her there is a full range of programs available for teens in the north of Halton, but many don't know where to go for

The e Peer to Peer program was funded for one year with a \$50,000 National Crime Prevention grant, and Demeester hopes they can get on-going funding for the fall.

Over the summer, a trained youth worker will answer questions e-mailed to p2p@hhcsi.ca



to all 2006 Grads



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