

Find the LUCKY GECKO



ISLAND FAMILY MAGAZINE
is celebrating our **13th Year**
as Hawaii's Only Monthly
Parenting Magazine.

For the next 13 months, look
for our **LUCKY GECKO** and
you could win a prize pack
valued at over **\$100!**

He's hidden somewhere in
this issue, so when you find
him, send us an email to:

FOUNDTHEGECKO@
ISLANDFAMILYMAGAZINE.COM

Tell us which ad you found
the Lucky Gecko on, and give
us your name and mailing
address in case your entry
is chosen. We'll choose one
lucky winner on the 13th day
of each month!

GOOD LUCK & HAPPY HUNTING!

Contest is open only to residents
of the island of Oahu.

AGES & STAGES

continued from 24

tweens

The Perfect Valentine's Gift is as Easy as 1, 2, 3!

Are you looking for a suitable Valentine's gift for that special 'tween?

Just send a favorite photo to 1-2-3 Art and you'll receive a paint-by-number canvas of your image with 42 acrylic paints and two brushes. Available at easy123art.com.

teens

Looking For a Summer Job?

It may seem like school will never end, but for teens looking for a summer job – the time is now!

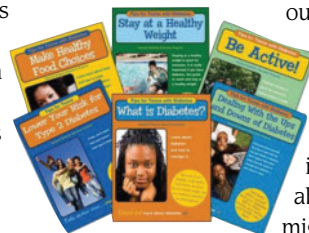
Young people who would like to spend their summer working at a camp should begin making contacts now. A great place to start is www.campjobs.com where teens can post their resumes to be found by camp administrators from all over the U.S.

Help For Teens with Diabetes

About 154,000 young people under the age of 20 have diabetes in the U.S. Among this group, 79 percent are aged 10 to 19 years. As obesity rates continue to soar, type 2 diabetes – a disease that used to be seen primarily in adults over age 45 – is becoming more common in teens.

Teens with diabetes often become tired of others teasing them if they are overweight, blame themselves or their families for their diabetes, or ask "Why me?"

The National Diabetes Education Program (NDEP) has developed a free series of tip sheets to encourage teens with diabetes to reach out and get support from others and take action to manage the disease. The Tips for Teens with Diabetes series, available at ndep.hih.gov, are helpful for anyone who has diabetes.



The Ugly Truths Behind Teen Dating Violence

For single teens, the prospect of a Valentine's Day without someone special may seem a bit unpleasant, but as child psychologist Christie Rizzo, Ph.D., will testify, it's better to be safe and single, than dating and in danger.

It's a sobering statistic that may surprise many parents and teachers: as many as 40 percent of teens (male and female) have been in physically abusive relationships, and the figure is even higher for those who say they've been in an emotionally abusive relationship (up to 96 percent).

Rizzo, an active researcher on adolescent dating violence, says that many parents are in the dark about their child's situation because teens are very good at hiding the signs of abuse. However, just because they may not see outward signs of violence, there are a number of other warning signs that parents can look for.

"Depression is strongly associated with dating violence, so if your teen is doing poorly in school or isolating themselves from their friends, these may indicate that he or she is in an unhealthy relationship," says Rizzo.

Sometimes, teens may not even realize they're experiencing early signs of abuse. A predominant indicator of an abusive relationship is extreme jealousy, but adolescents new to romantic relationships may equate jealousy with love, and think jealousy is a good thing.

"If you notice that your teen is constantly responding (by phone, text messages, IMs) to her boyfriend because she's afraid that he'll be mad if she doesn't respond, if she's worried about how she dresses, and that he might not like it, or he tries to prevent her from talking to other boys; these are good markers that something's not right," says Rizzo.

Rizzo maintains that the most important thing for parents is to have an ongoing dialogue with their teen.

"Kids are so inexperienced with dating, they don't recognize that a boyfriend's extreme jealousy is a form of abuse, so if you encourage an open and ongoing dialogue,