

RAZAMATA



Winter 2009

Kildare
Youth Services
Youth Work Ireland

The Voice of
Young People at

Comhairle na nÓg



See inside for **Winners of KYS Christmas Card Art Competitions** and **Mosquito Campaign Update**

The Voice of Young People at Comhairle na nÓg

Over 120 young people gathered together on November 17th in Naas at the Co. Kildare Comhairle na nÓg, the annual youth forum, to discuss issues that are important for them in their lives.

The forum was coordinated by Kildare County Council and Kildare Youth Services as part of the Office for the Ministry for Children's Strategy to hear the voice of young people right across Ireland. Young people that gathered represented their schools and youth club groups. Ethnic minorities such as young Travellers and non Irish nationals were also present. The whole of County Kildare was represented from north to south.

One young person from Kildare said 'the workshops were cool, good fun, at least now adults are taking us seriously'. Des O'Sullivan from Kildare Youth Services said "I am very proud of the young people's participation and vision for better services and infrastructure in their communities in the county. The challenge for us adults now is to ensure that the voice of young people is heard and that there is real action in the community and local government structures in the form of outcomes for young people in the towns and villages throughout Co. Kildare."

Local politicians – Mayors of Newbridge and Leixlip Town Councils, a number of town and county councillors came and supported the event. There were facilitators from Kildare County Council, An Garda Síochána, County Kildare Community Partnership, Fas, Kildare Youth Theatre, the New Media

Institute, VEC School Completion programme as well as the many youth workers from Kildare Youth Services.

The whole youth Comhairle then elected 6 youth candidates

council. "When given the opportunity young people can come up with their own solutions to their own unique challenges that they face in the county." said Siobhan and we are very happy to support them.

Issues that young people raised were a free safe place to hang out, free youth and sports facilities, negative stereo-typing of young people by adults, youth suicide, banning of mosquito devises in shops and premises in Co. Kildare, cheap and accessible transport, concerns around drugs and alcohol and the mental health of their peers. It was strongly stated by the young people that they want to contribute to a better Kildare not just for themselves but for young children coming after them in the future. "If there are very few facilities in their community then negative consequences will result." Young people also were willing and able to contribute positively in their community.

All the young people developed and discussed their issues through creative media, drama, graffiti wall, sculptures and digital technology. A group of young people acted as the media team for the day and will be documenting the report in the form of a bebo page and DVD on line for all young people in the county to access.

What is hoped from the workshops is that young people's voice and issues will be heard and each local youth forum will meet regularly to present their ideas to local councils and committees- so that there can be positive change, maximising the efforts of young people their own communities right across the county.

KYS was proud to be so involved in the event this year and a fantastic day was had by all. It just shows you if you "Mol an Oige, tiocfaidh siad" (praise the youth and they will come).



from a county panel of 18 young people who will represent the young people of Co. Kildare at Dail na nÓg, the annual national youth forum, in Dublin in March of next year. Youth delegates will get the opportunity to make presentations to the County Development Board, Dáil na nÓg Executive council, full county council meeting. Invites will also be extended to delegates to present and attend Strategic Policy Committee meetings of the County Council.

Siobhan O'Rourke of Kildare County Council reiterated the commitment of KCC to work with, promote and incorporate the voice and needs of Comhairle na NÓg in the mainstream work of the

Winners of KYS Christmas Card Art Competition 2009

A big thank you to all the young people across County Kildare that entered our annual art competition.

Local artist Carly Mc Nulty judged the competition this year. The standard of entries was very high once again. The judging was made more difficult with many different mediums being used including computer generated designs.

Three winners were chosen from each age category 10-12 / 13-15 / 16-17

And from these winners, one overall winner was chosen, which became Kildare Youth Services official Christmas card for 2009. Prizes and certificates were presented to all winners. Visit our website www.kys.ie to see photos of the presentations to the winners.

Congratulation to our winners



Overall Winner: Sandra Uba Age 11
Leixlip Youth Project



Winner: Katie Kelly age 17 from Naas Youth Project



Winner: Nadia Russell age 14 from Naas Youth Information Centre



Sandra age 11
Overall winner of KYS Christmas Card Competition



Above: Ger Halpin KYS with winner Katie in the age category 16-18

Below: Ger Halpin KYS with winner Nadia in the age category 13-15



DA CLUB

How we planned two days in the Wicklow Mountains

Newbridge Youth Project

In July 2009, we set out on our long journey from Newbridge across the Wicklow mountains not knowing what was in store or what was ahead of us. All we knew was that it had rained for 10 days, the world was going crazy about swine flu and we were headed to a place called the Hidden Valley.

But this story doesn't start here. This story starts four months previous when in our planning session for the Summer; we had decided that as a group we would like to go camping. We realised that we had no camping equipment or transport to do this. A plan was hatched using a very interesting tool called a Doodle Brain to come up with ideas on how to raise funds to go camping. We felt the camping trip was really important

as we wanted to go away from all modern technology(including our mobiles, I know what were we thinking!) so that we could experience what it would be like growing up without all our mod cons, just like young people our age do in developing countries.

We decided on a double whammy for fund raising. The first was a wakeathon. On May bank holiday weekend with the rest of Ireland debating who would win - Munster or Leinster, we entered the Youth project to spend 24 hours awake. The time would be spent just like big brother- no hair strengtheners, no mobiles, just us, the leaders and the food that we would have to prepare. On the wakeathon we were set a challenge. The challenge was to go out and about in

Newbridge to take photos of landmarks and items that are unique to our town. What time do you think we had to do it?
DUSK AND DAWN

And so the second part of our fundraising scheme. The photos we took were developed into postcards and these postcards were sold to family, friends and local businesses in order to raise the extra money needed to buy our camping equipment, and the transport there and back. Though the staff were there to help we had to do all the pieces of work ourselves. We checked out insurance cover, we did a costing for the printing of postcards, spent time with the printer to make sure the postcards were exactly right, we called bus companies to get the best price for our trip. We met with Steve from Athy to look at camping equipment needed and much much more.

And finally here we were heading out with our packs on our backs, filled with tent, sleeping bag and the food we would need for three days and two nights in the Hidden Valley.

DA CLUB

PS Thanks to everyone who helped us along the way.



Surfing the Wave of Technology

The Information & Communication Technology Project (ICT) has come to the end of its first year. It has been well received by the young people in Kildare Town and The Curragh Youth Project.

Each project has seen the benefit of 5 new computers and a printer. They also share a projector and screen between them.

The Internet Café in the Curragh Youth Project is open on Monday and Wednesday nights with good attendance. Up to 20 young people usually

come down to use the computers. They mostly are looking at their Bebo pages but some serious research has happened also.

It has been a great benefit to the project and the young people who attend.

Kildare Town Youth Project also reports the same high degree of usage. The computers are constantly in use and the keyboards get hot with the amount of use.

We have been able to save costs by having home cinema nights using the projector and screen. These

nights are organised by the young people and the films are picked by them. The cinema nights have been a great success and now we are going to have them on a monthly basis. It just goes to show that with a little bit of ingenuity

and input from the young people we work with, problems can be solved and new outlets explored. The film nights are great fun and we hope to have many more of them.

All the groups in both projects get to use the computers at some stage in their interaction with the projects. We are now in the position where we can offer a FETAC Level 3 Certificate for those who are interested in it.

At this stage nearly all the young people involved with the two projects have taken part in the Internet Safe Surfing Induction Programme. This has been a good programme and the young people have used the advice both inside and outside the projects.

One group in the Curragh Youth Project have gone on to make a Bebo page for the project. This is a great space for the young people to share luv and for the youth workers to use it for polls and quizzes. We have been able to post photos from Summer programmes and trips away. This allows the young people to interact with the project in cyber space and in their own time.



Legends of Kildare



Kildare Town Youth Project

It was a busy Summer here in Kildare Town Youth Project with lots happening. We had two weeks of Junior Leadership Training with 18 young people completing the course, then they went on to help with Summer camps – Congratulations on all their hard work.

Leadership Training

My first day of junior leadership training was a bit exciting for me because I was struggling with work and I saw this as a stepping stone towards an interesting career. The first session of our training I'll admit was a bit too repetitive but in a way it was good because it stayed with us. It was fun meeting people who were also interested in it and I made a few friends along the way. The best part of our training was our trip to Carlingford to help build up our leadership skills and learn more about team building.

The first group we had, were the Savage Legends Group and I helped the youth club with their Summer camps. I

found it exciting because it was a new experience and a challenge but with the help of the youth workers I got

through it and I can say it was a great experience. Since then I've been regularly helping the Homework Group, the youngest group, and I enjoy working with the younger people in the Homework Group and I'd love to pursue a fulltime career in this kind of work. This will further educate myself and go one step closer to achieving my goal, Tina our youth leader set me and Gary up with an opportunity to get a FETAC level 5 in Community Development. I've only just started the course and I'll admit the first day was boring but afterwards it got more interesting and I am going to see it out to the end and when I finish and receive my cert, I will see where to go from there.



Jason Pearson

The Legends of Kildare Group worked hard on a Drug & Alcohol and racism programme and had a great day out at Avon Ri Adventure Centre.

The Crazy Daises Group had their first overnight which you can read about below. The Savage Legends Group looked at a healthy lifestyle and drugs and alcohol with a trip to the Aquatic Centre.

We then had two weeks of Stepping Stones Camps where the groups looked at issues facing them starting secondary school and then ended with a trip to the Aquatic Centre.



Carlingford

On the 16th and 17th of July, the Crazy Daises Group went on a trip to Carlingford. We enjoyed it so much because all our friends were together. We did the high ropes course where everyone participated. The girls were quick enough to get to the top, but when it came to me I was so nervous. I was dying to get down, I was freaking out, the girls thought it was hilarious. Later that day the group went canoeing, that had to be the best crack of the day, me and Nicole were stuck in the middle of the sea harbour, we kept calling for help. Finally the instructor came over to us, but we were expecting him to rescue us but he was too busy chatting to his mates for at least 10 whole minutes, finally he toed us back to shore. We had

a great laugh it was hilarious. We slept over and had great crack, we were so hyper we couldn't go asleep, we kept checking to see if our leaders were still asleep we kept them up all night. About the 50th time we checked we noticed they fell asleep in the corridor.



Daynah Rogers

Since the Summer all our groups are busy working on various projects;- from a history DVD of Kildare Town, mask making, a magazine on issues young people face, St Bridget's visit to Kildare Town in the 21st Century, to sexual health. The groups have also been involved in Comhairle na Nog.

Comhairle na nOg

On the 28th of October my fellow students and I thought Comhairle na nOg

was fun because we got the chance to meet other people and express our opinions on some drug issues in Kildare town. We discussed the issue of young people being able to get drugs easily. Having Hemp shops in our area only adds to this problem. We worked together with other people from around Kildare and came up with the idea of 'Damo' who is a cartoon character who is "high" and using him as an illustration of how the effects of drugs can have a bearing on young people in today's society.

On the 17th of November the Comhairle AGM took place in Naas. The issue that we explored at our local Comhairle was talked about here. We were nervous about talking to other people at Comhairle but looked forward to it.

By Leah Ellwood and Alison Flynn



Update: 'Something buggin' us, teenagers'



Petition to ban the Mosquito device

Since we wrote the article 'Something Buggin Us Teenagers' which appeared in the Summer 2009 edition of Reach, we brought a petition on the banning of the Mosquito Device to Comhairle na nÓg in October. Over one hundred and ten people (so far) put their names to the petition. They were from schools, youth groups and other groups in county Kildare, members of An Garda Síochána

and staff from Kildare Youth Services and other agencies. We have set up an Anti Mosquito Group who meet in Naas Youth Project every Friday from 3-4pm. We also sent out petitions and leaflets to the other Youth Projects and we hope that you can sign the petition and encourage other young people to do the same. We are now bringing it to schools in the Naas Area to raise more awareness amongst young people. We want to outlaw the Mosquito Device and we need your help.

For more information on what we are doing you can contact NYP on 045 897893, you can also check out our Bebo page. Also have a look at the Voices of Youth Campaign - Mosquito Device on www.youthworkireland.ie.

Katie (17) and Sarah (16) Anti Mosquito Group

Getting our names out there!

The Graffiti Project took place with young people from the Naas Youth Project Senior Drop-In to learn new skills, be creative and add something positive to our community. The project took place over two days, Saturday 10th and 17th of October and outside our premises by the Canal in Naas. The project involved us tagging the wall with logos (Naas Youth Project and Kildare County Council) and our initials. The experience was great and people showed up to talk to us, look at us spray painting and hang out with friends. The facilitator John Pender showed us how to start off, by roughly drawing our initials in pencil. Then he got us to finish it off and then start with the spray paints. The outline was done in black spray paint and if we made



a mistake we used white spray paint to erase it. When we had that finished it was time to colour it in and also add stencils to it. I felt this was a great experience and it gave us something to do. It also adds something positive to our community. I found this rewarding because it gave young people who have never done this before a chance to try it out. During the project there were comments made by people walking by saying that it was "a good thing to put up",



that it was "cool", and some younger people wanted to put their own initials on the wall too. When the project was finished it turned out great and it is a nice sight to see.

This project was funded by Kildare County Council, Naas Town Council, facilitated by John Pender and carried out by Young People from the Naas Senior Drop In Group.

Report by Jason Uhlemann (16)

DRAWING YAAAY



BEFORE:



SPRAY TIME

I CAN'T BREATHE



COLOUR!!!!

COLOURING FUN



ADD THE BLACK PAINT



FINISHED





Celebrating National Parents Week

The Naas Child and Family Project recently celebrated National Parents Week by inviting a cross section of parents from the community to write down their thoughts, experiences and challenges of being a parent.

Parents comments were posted on a window display at the project so that the local community passing by could take some moments out of their busy schedules to read the comments. The display drew a lot of attention from passers by.

Val O'Loughlin, Project Worker in NCFP who organised the display had invited comments from parents who access Naas Library, from parents who access NCFP for family support and from parents who use NCFP playgroup. Parents who use the local HSE Public Health Nurse Services also participated in the display.

Val further added that the aim of the display was to give parents an opportunity to reflect on their parenting role and to share this reflection in an anonymous manner with the community. Community parents reading the comments would



hopefully get some inspiration and support and know that other parents share their views, reflections etc.

Overall Val said the comments were very positive while acknowledging the many challenges that are out there for parents.

Val also highlighted the fact that lots of school children passing by showed a keen interest in the window display, taking time out to read the comments.

Some comments ...

"Being a parent is all about late nights, early mornings, clumps of weetabix on my clean jeans, cold cups of tea, sloppy kisses, big hugs, toothy smiles, crazy bath times and lots of love"

"Parenting is a process of providing a child with the means to develop physi-

cally, socially, intellectually and emotionally in an atmosphere of care, peace, moral and safe loving environment."

"Being a parent is hard work".

"My parents are also on a journey, still learning"

"Parenting is about your children needing your presence more than your presents"

"Parenting is exhausting, frustrating, scary, expensive and a privilege".

"My parents are always there for me through the good times and the bad times"

"Parenting is a rewarding and fulfilling experience, yet tiring and exhausting too. Every day brings a new lesson to be learnt and another reason to be thankful for being a parent. It's a life long experience and a gift to those granted it".

First of it's kind in Clane Youth Project

Clane Youth Project



Summer Junior Leadership Programme

Clane Youth Project ran its first Junior Leadership Training Programme this Summer. The programme had a number of components which focused on young people's personal and social development. Activities focus on team work, communication skills, facilitation skills, health and safety as well as reporting.

This programme is the first of its kind to be run in Clane Youth Project since it's opening in late 2008. The establishment of Clane Youth Project as a pilot initiative is a recommendation from research carried out by the Clane Youth Partnership

Initiative between 2004 and 2005, which involved representatives from Clane Local Development, Kildare Youth Services, the community of Clane and also local young people. The 'Clane Youth Needs Initiative' research report was published in 2005, and the results showed that the majority of young people felt that Clane needed a dedicated youth space for young people to attend.

'The Hardy Sardinez' group took part in this one week workshop as they wanted to learn new skills as well as becoming leaders themselves in the youth project in the future. This young womens group also fundraised over €850 to fund their overnight trip to



Carlingford Adventure Centre at the end of the week.

The group participants described their time on the programme:

Tara: "I enjoyed all the games because some I never played. Each day we did different stuff so that was fun."

Gemma: "I enjoyed the week as I learned new stuff and I played enjoyable games. I enjoyed myself in Carlingford doing the teamwork games."

Dorina: Junior Leadership "I thought this was a bit of alright ya no yarselves. We learned a heap of interesting things at it. I enjoyed doing the programme for the week is was savage". Carlingford- This was the Job! it was Serious Crack, I really liked it, we had some buzz, I'd go again for longer. P.S. our Leaders 'r de Best better then the Rest."

Boo: "The junior leadership was a grand time, we had a good laugh.

CARLINGFORD that was deadly so it was, mad buzz, had great craic, would definitely go back. I would like to say sound out to our leaders they're cool dudes and that's a fact"

Rachel: "I enjoyed the junior leadership training soooooo much. We learned lots of stuff and had a deadly time. Would deffo do it again if I couldluv the leaders they're the best!!!! Wooh yeah!!! Go team!!!!"

Shauna: "I really enjoyed the Junior Leadership Programme, I learned loads of new things, we had loads of fun. Carlingford the best time ever, we have the best Leaders ever and that's a fact, Thanks Guys"

Kayla: "I thought the Junior Leadership Programme was deadly, I learned loads.

We had a good laugh. Carlingford was brilliant. Had mad craic down there and we just have the best leaders ever man!!"

Naomi: "I thought the junior leadership programme was a lot fun. We had some craic and Carlingford was some laugh and we had lethal leaders."

If you would like to volunteer or help in Clane Youth Project, please contact Aidan on 087 6912995 or www.kys.ie/clane-yp.htm

the curragh youth project

The Hunt around the Curragh Camp

This year's Summer Programme lasted two weeks. We played many sports such as tag-rugby, soccer, basketball and swimming. We also had soccer and pool tournaments. Congratulations to Jamie Connolly who won the snooker tournament and John Doran who got the prize for best cook in the cooking workshop. Other fun activities we did during the Summer Programme were crazy games, such as three legged races, egg and spoon races, relay race and sack race. We went round the camp during the Treasure Hunt which brought us through the army barracks down to Centra and back to the Project. The best part was our trip to Carlingford where we did many activities such as pier diving,

canoeing and rock climbing. This was great fun. During the evenings we had two movie nights, bingo and a disco. We watched "Step-brothers" and "Role-models" videos. Our BBQ and disco finished off the two weeks and everyone came out of their shell.

During Halloween our project was being painted so we decided to hold our scary movie night in the back room. The two scary movie screenings were organised by our group "The Bright Young Things". The Junior Café Group screening was shown in the afternoon and afterwards the older group's movie. The film was "Jeepers Creepers", and in the evening time. The place was in darkness, and the mood was creepy but fun.



the curragh youth project

The film was super scary and we had butter popcorn and drinks. Everyone had a great time. There was a good turnout and we look forward to the next screening. Although some of the project was out of action while the painting was going on it was worthwhile as the place is now colourful and bright and smells of paint!

Stepping Stones 09 was a great success altogether. There were 17 young people involved, the most so far. The groups took part in cooking, basket ball, tournaments, soccer, as well as discussion groups around peer pressure, relationships and other issues relating to what they expect to experience in Secondary School. To give the group



ownership of the project they designed a wall in the youth project with their own names on it. They also had a day with the army where they got to experience

what they do and see some of the equipment they use. The week long programme finished with a trip to Fort Lucan which was enjoyed by all.

Leixlip Youth Project

Make a change

Comhairle na nÓg (youth council) is a country wide event that sets up county wide youth councils that provide young people with an opportunity to raise issues of concern to them. These issues are brought firstly to the Kildare Comhairle AGM , which takes place on November 17th in Naas this year, and then to the national youth parliament (Dail na nÓg) and thus to the attention of the Office for the Minister for Children. Leixlip Youth Project (Kildare Youth Services) hosted a local Comhairle meeting on Wednesday the 28th of October. The following is a report by one of the members who attended.

Make a change by Mark Rossiter – Leixlip Youth Project

Lexlip Youth Project group meeting to identify issues to bring to Comhairle na nÓg

When we arrived at the Easton Meadows Community Centre we were all offered refreshments before digging our heads in the sand. Eight of us attended the meeting along with four mentors. Prior to the meeting we had received a letter informing us briefly on Comhairle na nÓg. Eventually when we settled down to work we were divided into two separate groups of four, and both groups entered separate board rooms to brainstorm ideas to bring forward to Comhairle na nÓg on the fast approaching November 17th. After a lot

of talk, and plenty of brainstorming, the issues that affect young people were agreed on, and both groups joined together to narrow these down to a mere three. This was very difficult as we all felt every issue was more important. After much discussion we finalised our three issues, boredom (not enough for young people to do), recession and the environment. It was decided that we present our issues in an artistic format and in a creative way to make them eye catching. Our issues were transferred on to canvas. After much time our canvases were ready to be presented and looked great. Everyone hopes our issues will be brought forward and eventually resolved.

Make a change by Mark Rossiter – Leixlip Youth Project

A Work Experience in the Youth Information Centre



The Youth Information Centre is a free and confidential service. You can get information on a whole range of subjects, or just ask a Question!

We have Free Internet Access for 19 years and under as well as a CV advice and typing service. Buy a Student Travel Card, ask a question on Europe using Eurodesk. Find more details on our website www.kys.ie phone 045-897893 or e-mail yic@kys.ie

We also offer opportunities for students from Secondary Schools in the Naas area to do work experience with us during the year.

Work Experience Week

I'm Ryan McGinley and I am currently a transition year student in Naas CBS, and part of this programme involves going out on work experience during the year. We do this to gain experience of the work place. I spent a week in 'Kildare Youth Services' Youth Information Centre, which is a voluntary service for young people and others who need it. During the week I learned a lot about the tough things that face people in Ireland and Europe today, which are covered in two websites I looked at. One of these websites was the Youth Portal.ie

Seen as how there are very few websites designed for young people only, I was surprised that I hadn't heard of the 'European Youth Portal', which is a website that provides information and a forum on many issues young people face in Europe today. It is available in 25 languages. You can also ask them questions on many topics, make a complaint etc. or just talk to other young people in the forum. You are also able to send

them an e-mail about the site, and how it can be improved, which I availed of by sending them an e-mail asking a question. This was, if I was to message a person from another country in the forum, would the text be automatically translated for them, because if this wasn't the case, then it would seriously set back international communication on it. I found out that English is the international language on the youth portal, "good news"

By Ryan McGinley (CBS Transition Year)

What other work experience students thought of the website:

The European Youth Portal is a website which gives young people a chance to learn about their rights and opportunities. This is very good because many young people do not know about their rights. It also informs them about Family, Immigration, Consumer and Educational Rights. It also has volunteering opportunities and much more.

They run volunteering abroad and closer to home, which gives people a chance to help those less fortunate than themselves which is a very good cause. They also run work camps and charities.

They have discussion forums which will let you voice your opinions. This is important because many young people's opinions are not noticed or taken

into consideration.

The youth portal website tells you about studying abroad, and how it has helped many young people get involved in foreign schools and universities. This experience informs young students about the benefits of learning a language, and in this day and age is useful, because many people need to speak to people of all nationalities.

This website will also help you get your ideal job by giving you helpful tips on what path to take for whatever career you choose.

There is a new "What's Up" link which keeps you up to date on the latest news and views of people going across the world.

I would recommend this site to all people as I found it very helpful.

By James Burke (Pipers Hill College Transition Year)



I did some research on this website and found out that there is a great deal that young people can do on it. It is a friendly and well known community website. It lets young people write a short story about their life, their school and college holidays, and even lets them comment on other people's stories. There are lots of fun activities that people can do. There is also a 112 emergency quiz that helps you if an emergency occurs

Steven Kavanagh (Pipers Hill College Transition Year)



Internet Usage and Mental Health!

KYS Counselling Service

Is too much social networking bad for your health?

Young people are accessing internet sites on a very regular basis and with technology expanding rapidly, the use of mobile phones in relation to social networking is also on the up.

There are many reasons why young people use internet sites but communication is by far the most obvious. Bebo, Facebook, Myspace, Youtube and Twitter are among the most popular sites.

Communication is a vital part of our social development and involves much more than electronic interaction. For example:

Verbal communication:

- The words we use
- The tone of our voice
- Our listening skills.

Non verbal communication:

What we see when interacting with others

- Body language
- Eye contact
- Facial expressions

All of the above are essential in effective communication and are important in building self esteem, confidence, assertiveness and the social skills required in developing and nurturing positive mental health.

The majority of young people cope well with finding a balance between general social activities and internet usage. However, for some the balance may be tilted towards too much time spent online. Some mental health issues may arise as a result of this. For example:

Too much time spent online can result in a young person becoming isolated from society which in turn can lead to depression.

If a young person is finding it hard to log off or stay away from the computer for a period of time, it may be cause for concern that an obsession/compulsion may be developing.

Long periods of usage can lead to lack of exercise, poor posture, irregular eating and sleeping patterns which directly impacts upon health and well being.

Social networking can involve disclosing personal information including photos, which can be held indefinitely on a computer or a mobile phone and could at a later stage be used against a person for one reason or another. This is a term called "cyber bullying". The effects of cyber bullying can contribute to mental illness in the forms of depression, anxiety and self harm. This can be a very serious problem and young people need to be aware of the dangers and effects of this occurring.

In some cases the risk of addiction may set in as a result of dependence or need to access sites.

People don't become addicted to the Internet itself, but rather addicted to stimulation that the Internet provides i.e. gambling, pornography, chat rooms or shopping sites.

Young people use these sites because they provide an opportunity to interact with close friends in very personal ways. It also provides instant communication with their peers, mostly without parental control.

We do have to acknowledge that communication irrespective of it being

face to face or electronically can play a positive role in the social development of young people.

However, it helps dramatically if young people are aware of the time they spend communicating electronically. Consider the ratio between time spent online and other social activities and if there are any doubts as to problems arising in relation to over use, please seek help from someone you can trust.

Websites to visit:

HeadsUp.ie

Information on where to go for help in a crisis. This is now available through your mobile phone. Text the word HeadsUp to 50424

Headstrong.ie

National Centre for Youth Mental Health

Some Parents Advice on Child Safety on the Internet

By The Youth Information Centre

Empower your children to protect themselves. Although fun, social, educational and creative, its important children learn to use the Internet wisely. We can't be with our children all the time, so it's important to give them skills so that they can make the right decisions in potentially dangerous situations. By empowering them, you can hopefully teach them to avoid dangerous situations altogether. Always engage with your children and talk to them about their Internet experience. Keep up-to-date with the technology they're using so that you can learn with them. Know whom they're talking to and what sites they're visiting while online. www.makeitsecure.org

Another website to visit: www.watchyourspace.ie

working with young people and their communities

Offices & Contacts

Kildare Youth Services

Central Office, Canal Stores, Basin Street, Naas, Co. Kildare.

045 897893

reception@kys.ie www.kys.ie

Youth Information Centre

Canal Stores, Basin Street,
Naas, Co. Kildare.

045 897893

yic@kys.ie

Naas Youth Project

Canal Stores, Basin Street,
Naas, Co. Kildare.

045 897893

naasyp@kys.ie

Counselling Service

Central Office

Canal Stores, Basin Street,
Naas, Co. Kildare.

Direct Line: 045 856968

counselling@kys.ie

Naas Child & Family Project

1 New Row,
Naas, Co. Kildare.

045 898623

ncfp@kys.ie

Athy Youth Project

9 Priory Court,
Athy, Co. Kildare.

059 8638989

athy@kys.ie

Athy Tracking & Mentoring

eimearpathways@kys.ie

059 8638989

Leixlip Youth Project

Newtown House,
Captains Hill, Leixlip, Co. Kildare.

01 6245749

leixlipyp@kys.ie

Curragh Youth Project

Old NCO's Mess,
McDonagh Barracks,
Curragh Camp, Co. Kildare.

045 442989

curraghyp@kys.ie

Newbridge Youth Project

Family Resource Centre,
Dara Park, Newbridge, Co. Kildare.

045 435672

newbridgeyp@kys.ie

Kildare Town Youth Project

Unit 1 & 2 Fairview,
Kildare Town, Co. Kildare.

045 520412

kildaretownyp@kys.ie

Tracking & Mentoring North West Kildare

Allenwood Enterprise Park,
Allenwood North,
West Kildare.

085 7129227

annepathways@kys.ie

Curragh/Newbridge Garda Youth Diversion Project

Family Resource Centre,
Dara Pk., Newbridge, Co Kildare.

045 435672

teresagdcurnwb@kys.ie

The Bridge Celbridge

Unit 17a,
The Mill Community Centre,
Celbridge, Co. Kildare.

01 6275100

niamhgdcelbridge@kys.ie

Clane Youth Project

Unit 16,
First Floor Office,
Clane Shopping Centre,
Clane, Co Kildare.

087 6912995

aidanclane@kys.ie

Youth Clubs

Kildare Youth Services also support youth clubs through the provision of training, advice, information and programme support.

KYS Affiliated Youth Clubs 2009

Naas Club 4U - Clane Youth Club – Newbridge Resource Centre Ltd. – Sallins Youth Club
– Scooters Club - Leixlip Club 4U - Teen Spirit – Kill Youth Club
– The Mill Youth Club – Monasterevin Youth Club

Kildare Youth Services is a member region of Youth Work Ireland

working with young people and their communities

