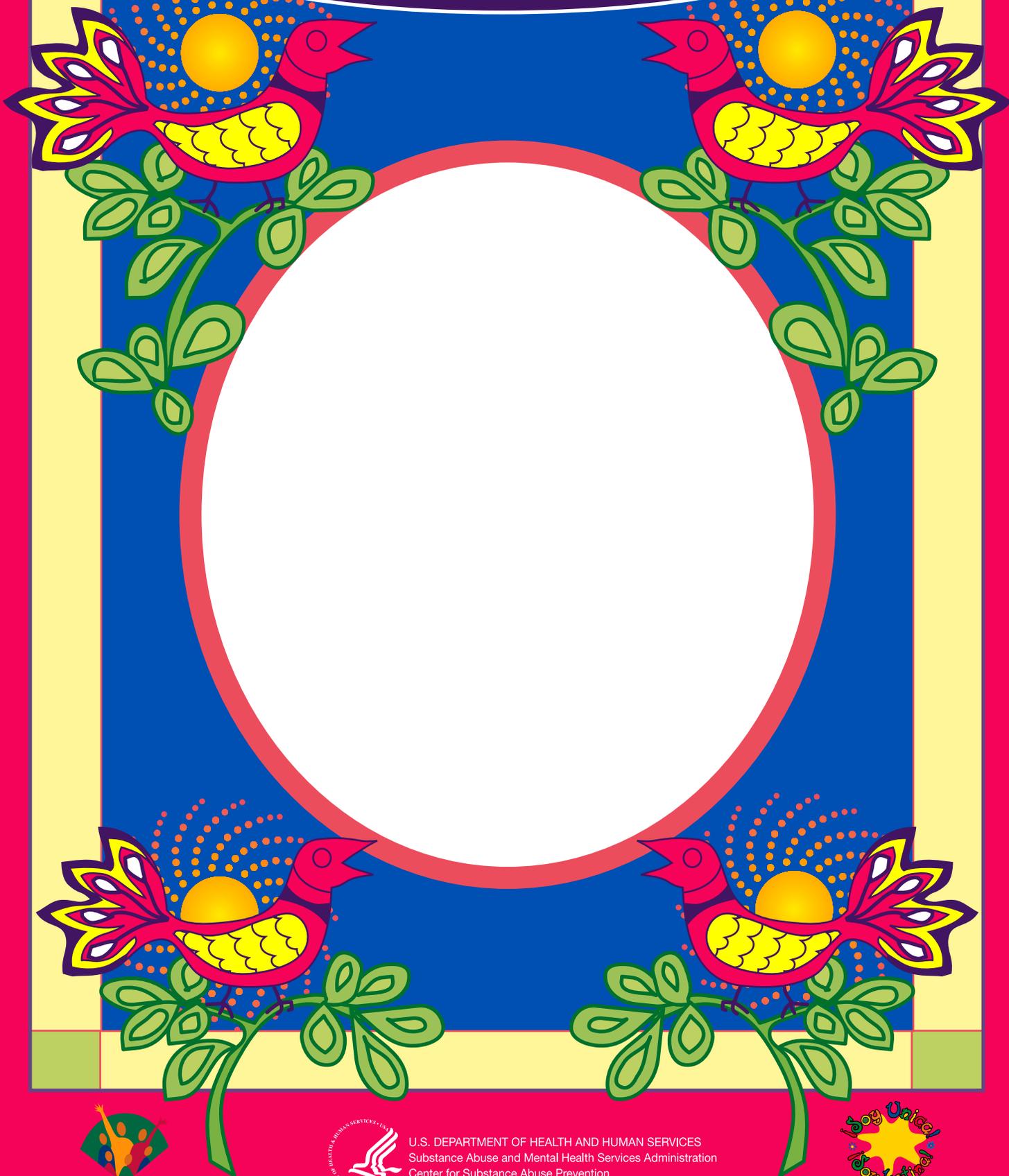


# Who am I?



Hispanic/Latino Initiative



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention



1-800-773-8546  
[www.soyunica.gov](http://www.soyunica.gov)

*Attach your  
photo here*

*For information or to order ¡Soy Unica! ¡Soy Latina! campaign materials,  
call 1-800-773-8546 or visit  
[www.soyunica.gov](http://www.soyunica.gov)*

## **Comité Asesor de la Iniciativa Hispano/Latino**

En nombre de los 7 millones de niñas Latinas viviendo en los Estados Unidos y Puerto Rico, deseamos expresar la agradecimiento al Comité Asesor por su infatigable y valioso aporte en la preparación de nuestra la primera campaña bilingüe que usa los factores culturales para realzar la autoestima y fomentar la salud y bienestar de nuestras niñas.

## **Hispanic/Latino Initiative Steering Committee**

On behalf of the 7 million Latina girls living in the United States and Puerto Rico, we would like to express our appreciation to the Steering Committee for their tireless guidance in the development of the first bilingual campaign that uses cultural factors to enhance the girls' self-esteem. Their efforts will foster their health and well-being for years to come.

**Ruth Sanchez-Way, PhD**

*Director*

*Center for Substance Abuse Prevention*

*Substance Abuse and Mental Health Services Administration*

*U.S. Department of Health and Human Services*

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Luisa del Carmen Pollard, MA  
*Chair*  
*SAMHSA's Hispanic/Latino  
Initiative Steering Committee*  
*Rockville, MD*

Ana Anders, LICSW  
*Senior Advisor on Special  
Populations*  
*National Institute on Drug Abuse*  
*National Institutes of Health*  
*Bethesda, MD*

Myrta Cardona  
*Coordinator*  
*LaJoya Independent School*  
*District*  
*ACE Program*  
*LaJoya, TX*

Jaime Delgado  
*Director of Services*  
*School of Public Health*  
*University of Illinois at Chicago*  
*Chicago, IL*

Patricia B. Fennell  
*Executive Director*  
*Latino Community Development*  
*Agency*  
*Oklahoma City, OK*

Eduardo Hernández-Alarcón,  
PhD  
*Director*  
*CalPartners Coalition*  
*Sacramento, CA*

Guadalupe G. Lara, MSW  
*Manager*  
*Supporting Children & Families*  
*Through Peaceful Mediation of*  
*Conflicts*  
*Children's Hospital of Michigan*  
*Allen Park, MI*

Henry Catano Lozano  
*President and CEO*  
*Californians For Drug-Free*  
*Youth, Inc.*  
*Big Bear City, CA*

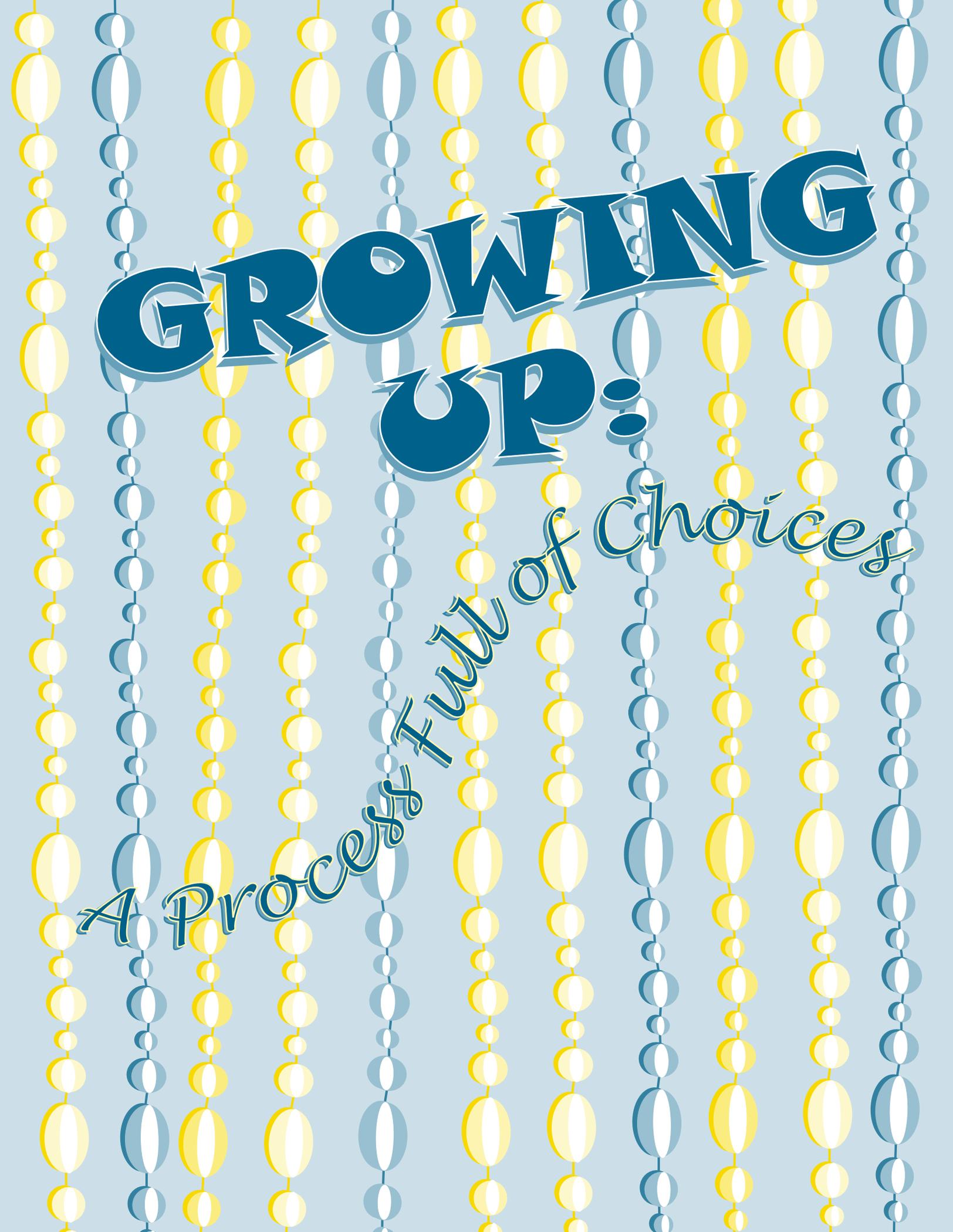
Mireya Martinez  
*Coordinator*  
*Girls Advocacy Project*  
*Department of Juvenile Justice*  
*Miami, FL*

Norma Nieves-Blas, MSW, CPP  
*Deputy Director*  
*Bureau of Alcoholism &*  
*Substance Abuse Services*  
*(BASAS)*  
*Department of Mental Health,*  
*Mental Retardation and*  
*Alcoholism Services*  
*New York, NY*

Eduardo Olivarez  
*Executive Director*  
*Rio Grande Valley Council on*  
*Alcohol & Drug Abuse*  
*Edinburg, TX*

Vera O. Pina, MSW  
*National Consultant in Human*  
*Service Leadership*  
*Oconomowoc, WI*

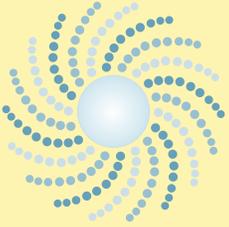
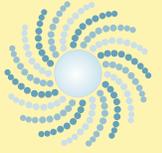
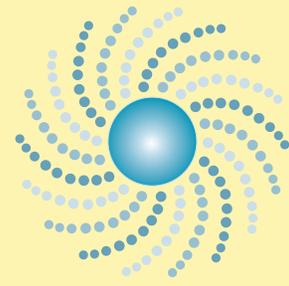
Irene Redondo-Churchward  
*Executive Director*  
*SPIRITT Family Services*  
*(formerly Project INFO*  
*Community Services)*  
*Whittier, CA*



# GROWING UP!

*A Process Full of Choices*

# For you: Unique and Latina



For young ladies like you, the process of growing up is called adolescence. It is a time of transition, during which many things can happen. Some beautiful, others new, and yet others may be difficult.

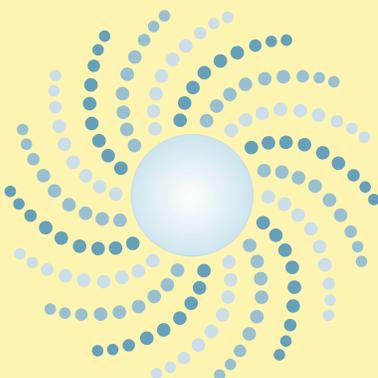
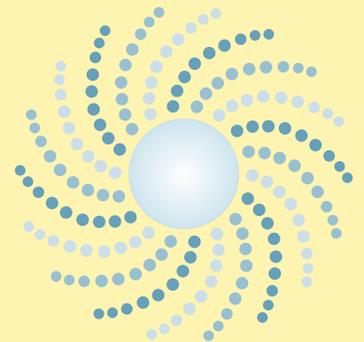
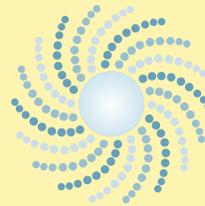
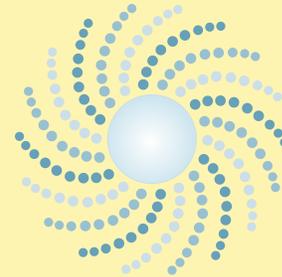
Growing up means learning to get to know yourself, changing and facing easy as well as difficult times.

This activity book is designed to help you develop a positive self-esteem.

Having such a positive attitude will let you face and overcome obstacles. You will live a loving and happy life among your family, friends, and others.

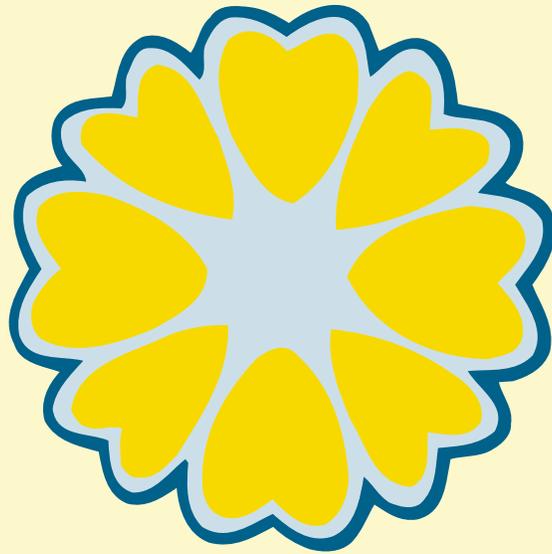
This book is divided into four sections:

- \* Me
- \* Me and others
- \* Me and my abilities
- \* Me and my future



Each one of these sections includes activities which will help you think about yourself and your world.





## Who Am I?

Living implies constant change. This means that you are dynamic and that you continue developing each day.

Now that you are beginning adolescence, your reality will change. What is adolescence? Adolescence is a several-year phase during which many changes occur. As you begin the delicate process of growing up, you will better understand how to adapt to new situations.

These changes will allow you to see yourself in a new way, and you will have many opportunities to try to find your true identity. This should not scare you; on the contrary, you should consider this an excellent opportunity to reflect and think about your opinions and the things you like.



# Get to know yourself

A good way to get to know yourself is to start thinking of adolescence as a trip full of many surprises.

To help you go forward in your journey, we have included the following exercise to help you get to know yourself better.



For example: My name is Susan



- \* My name is \_\_\_\_\_
- \* I am \_\_\_\_\_ years old
- \* I was born in \_\_\_\_\_
- \* My ethnic background is \_\_\_\_\_
- \* What I like most about myself \_\_\_\_\_
- \* What I like least about myself \_\_\_\_\_
- \* I feel happy when \_\_\_\_\_
- \* I feel sad when \_\_\_\_\_
- \* I feel uncomfortable when \_\_\_\_\_
- \* What I value most is \_\_\_\_\_
- \* What I reject most is \_\_\_\_\_
- \* My favorite hobby is \_\_\_\_\_
- \* My favorite food is \_\_\_\_\_
- \* My favorite book is \_\_\_\_\_
- \* My eyes are \_\_\_\_\_
- \* My hair is \_\_\_\_\_
- \* My body is \_\_\_\_\_
- \* My favorite class is \_\_\_\_\_
- \* My biggest responsibility is \_\_\_\_\_
- \* My best quality is \_\_\_\_\_
- \* My greatest weakness is \_\_\_\_\_
- \* My best ability is \_\_\_\_\_





# I Am My Best Friend

As you grow up there will be moments in which you will feel happy or sad. At these times, it is important that you learn to recognize your qualities.



Your self-worth can be positive or negative. Learning to recognize your strengths and weaknesses will allow you to reaffirm the positive and overcome the negative.

Study and complete each of the following boxes:



## Physically

*Example: I am pretty.*

I am \_\_\_\_\_  
I can \_\_\_\_\_  
I want to \_\_\_\_\_  
I accept \_\_\_\_\_  
I have \_\_\_\_\_  
I feel \_\_\_\_\_

1

## Intellectually

*Example: I am intelligent.*

I am \_\_\_\_\_  
I can \_\_\_\_\_  
I want to \_\_\_\_\_  
I accept \_\_\_\_\_  
I have \_\_\_\_\_  
I feel \_\_\_\_\_

2

## Emotionally

*Example: I am strong.*

I am \_\_\_\_\_  
I can \_\_\_\_\_  
I want to \_\_\_\_\_  
I accept \_\_\_\_\_  
I have \_\_\_\_\_  
I feel \_\_\_\_\_

3

## Socially

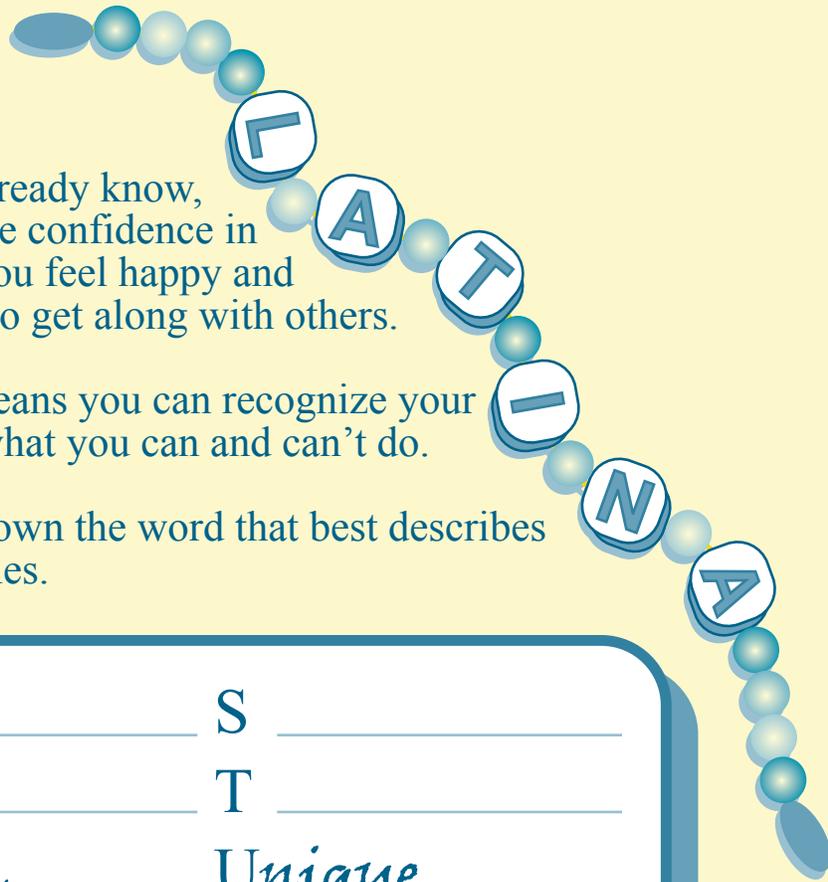
*Example: I am a good friend.*

I am \_\_\_\_\_  
I can \_\_\_\_\_  
I want to \_\_\_\_\_  
I accept \_\_\_\_\_  
I have \_\_\_\_\_  
I feel \_\_\_\_\_

4



# My ABC's



You are unique and special. As you already know, self-esteem is to love, respect, and have confidence in yourself. All these things will make you feel happy and most importantly, they will teach you to get along with others.

If you have a positive self-esteem it means you can recognize your strengths and weaknesses, as well as what you can and can't do.

For each letter of the alphabet, write down the word that best describes you. We have given you a few examples.

A _____	J _____	S _____
B _____	K _____	T _____
C _____	<i>Latina</i>	<i>Unique</i>
D _____	M _____	V _____
E _____	N _____	W _____
F _____	O _____	<i>eXtraordinary</i>
G _____	P _____	Y _____
<i>Hispanic</i>	Q _____	Z _____
I _____	R _____	

## What I Can Change

Think about a few things that you would like to change.

*For example: I would like to change my pessimism.*

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# My Characteristics

You can achieve self-esteem in many ways. For example:

- \* How you look
- \* How you value yourself as a person
- \* What you recognize in yourself
- \* How others view you

Mention 3 things that you like about yourself. Then interview the people suggested in the following exercise and ask them:



*"What do you like about me?"*



<b>Myself</b>	<b>One of my parents</b>	<b>My brother or sister</b>
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
<b>A teacher</b>	<b>A friend</b>	<b>Another person</b>
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____

*I love  
Myself,  
You love  
Yourself,*

*She loves  
Herself*

During adolescence, your self-esteem can become weakened because of physical, emotional, and intellectual changes that are common at your age. It is in this process of changing that you form your own system of judgment and values.

If you have a high self-esteem, you can grow as a free, creative, friendly, and happy person who is capable of giving, receiving, and having success in life. On the other hand, if you have a low self-esteem, you will feel insecure, useless, and unable to be successful in life.

During this time of change, your self-esteem can vary depending on what you are going through.

Remember that if you have a low self-esteem, this doesn't mean you won't be able to raise it.

You just have to work hard in order to increase it.



# In the following list, identify which characteristics correspond to a high or low self-esteem

If the word makes you think of low self-esteem, draw an arrow pointing to the left. If the word makes you think of high self-esteem, draw an arrow to the right.

## — Characteristics +

- ← *For example:* Selfish
- Jealous
- Confident
- Pessimistic
- Positive → *For example:*
- Respectful
- Fearful
- Optimistic
- Aggressive
- Depressed
- Attractive
- Ugly
- Hopeful
- Sure
- Clever

## — Mention other characteristics: +

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MIC  
and Others



We are unique!

## Me and Others

If you are filling out this activity book, maybe it is because you are part of two cultures: one from your family's country of origin and the other from the United States.

The term "culture" is defined as social heritage, traditions, and values that families pass from generation to generation. Everything that you think, believe, know, do and value is a part of your culture. Foods, dances, and the customs of different regions are also considered "culture."



# Other Cultures

The celebrations and ceremonies related to your background are a part of your culture. Your culture will help you keep your traditions alive, better understand your family, and feel proud of being a part of it.

Draw a line connecting the various cultures on the left with the corresponding celebrations on the right:

*If you were...*

*You might participate in...*

Irish	Kwanzaa
Latin American	Duvali
Afro American	Pow Wow
Arab	St. Patrick's Day
Jewish	Christmas
Indian	Ramadan
Native American	Passover

## Connect and Learn!





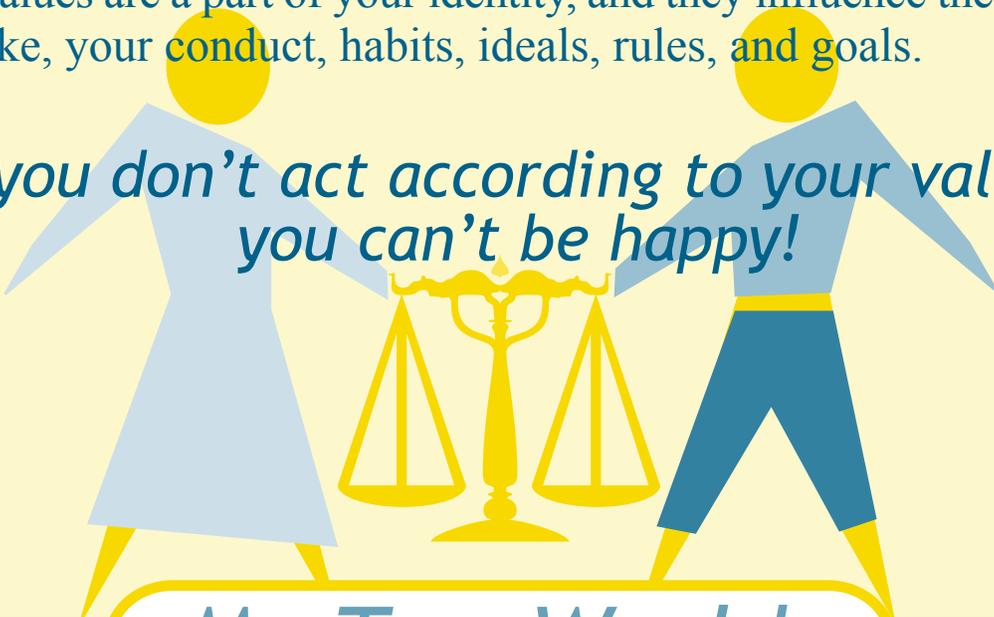
# My Values

It is very important to know your values. What are values? They are guides that show you how to live and act. Therefore, they have great meaning in your life; they show that you are part of your family and culture.

These are basic elements for your identification as a person, and to learn about your cultural heritage. That way, you will feel proud of it.

These values are a part of your identity, and they influence the decisions you make, your conduct, habits, ideals, rules, and goals.

*If you don't act according to your values,  
you can't be happy!*



## My Two Worlds

Aspects of Latin American culture that I like:

*Example: the food*

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Aspects of North American culture that I like:

*Example: the music*

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## *Important Women in my Life*



In every culture and social group there are different values, rules, behavior, and customs. Each one of us incorporates these as part of our everyday life.

Throughout your life, there are many people and experiences that will influence you in your way of thinking, feeling, acting, and viewing the world.

Among these people are your parents, sisters and brothers, teachers, friends, and people that you know and will know. Each of these persons will help you think, feel, and act in a unique way.

Of course, many of these people are women that you admire and have influenced the way you are today, and how you will be tomorrow.



Think about how they have influenced you and why you admire them. Mention some of them in the following exercise.



### Women that have influenced me

**Who?**

**How?**

Example: My mother

With her advice

From my family \_\_\_\_\_

Among my friends \_\_\_\_\_

Among my teachers \_\_\_\_\_

From my community \_\_\_\_\_

### Women that I admire

**Who?**

**Why?**

Example: My Aunt Gloria

For what she has achieved

From my family \_\_\_\_\_

Among my friends \_\_\_\_\_

From my school \_\_\_\_\_

On TV \_\_\_\_\_

Famous women \_\_\_\_\_





# Knowing your Friends

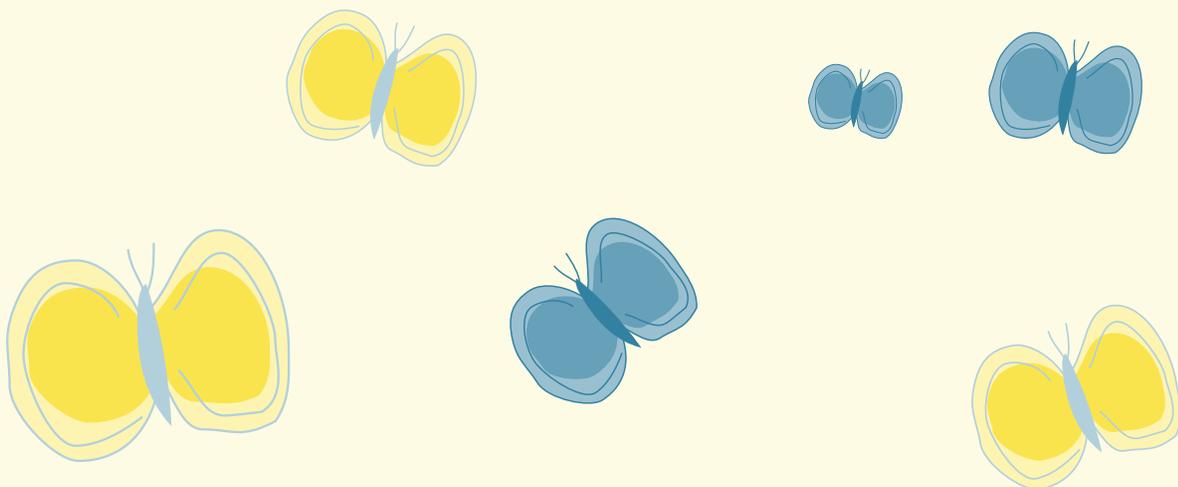


During adolescence, friends are very important to you.

Through your friends, you will identify yourself as part of a group. Like you, they are developing tastes, feelings, and behavior similar to yours.



While you are with your friends, you feel as though you are part of the group. For this reason, it is important to know the values and qualities of your friends. It is equally necessary for you to recognize the sincerity of your friends. This will allow you, as well as your friends, to feel secure in life.





# Knowing Your Friends



***What are your friends like?***

*Example: My best friend is Sarah.*

My best friend is \_\_\_\_\_

What is his/her cultural background? \_\_\_\_\_

What I like most about his/her personality \_\_\_\_\_

What are his/her interests? \_\_\_\_\_

What do you value in him/her? \_\_\_\_\_

***How do you relate?***

*Example: We like the same music.*

What common interests do you share? \_\_\_\_\_

What does he/she offer you? \_\_\_\_\_

What do you offer him/her? \_\_\_\_\_

What do you need from him/her? \_\_\_\_\_

What help have you given him/her? \_\_\_\_\_

What help have you received? \_\_\_\_\_

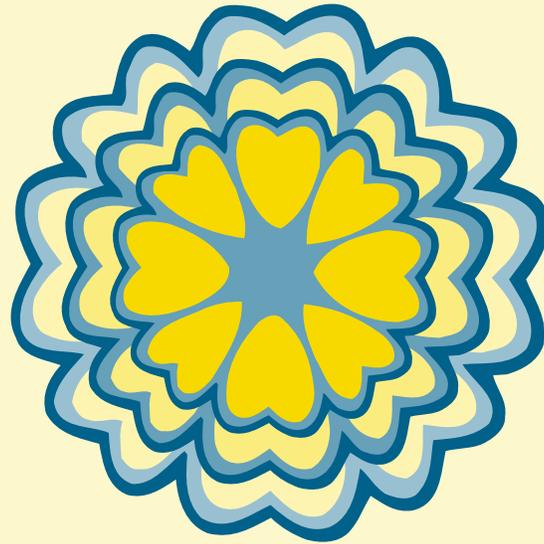
What did you learn? \_\_\_\_\_





MC

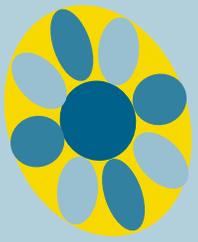
and My Abilities



## Abilities that I Possess and Want to Develop

It is very important to know your abilities in order to relate to others in an effective way. Clearly and directly express what you are like and how you feel. This is the best way to communicate on a regular basis.

Learn how to develop, from an early age, a firm and direct way of communicating. This will help you become a unique and independent person.



# Always Sure of Yourself



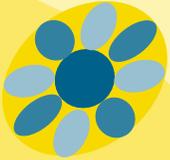
Being assertive means clearly and firmly stating what you really feel without disrespecting others.

If you are assertive, you can say what you really want without hurting others. But be careful, don't confuse being "assertive" with being "aggressive."

The difference between these two types of communication is that with *aggressiveness*, you blame, humiliate, or criticize others and in general, you cut off communication instead of keeping it open.

*Assertive* communication will let you firmly, directly, and honestly express what you feel and think without injuring others, while inviting dialogue.

Be assertive! You will feel better about yourself and it will make it easier to get along with your family and friends.



*Complete the following phrases:*



*Example:*

*I clearly express my needs, ideas and feelings*

Almost never

Some-times

Almost always

A. I clearly express my needs, ideas, and feelings

B. I can say "no" without feeling bad or guilty

C. I express my feelings, whether they are good or bad

D. I try to find the cause of my anger

E. I look for solutions to my problems

F. I can express my anger

G. I recognize my feelings

H. I demand to be treated with respect

I. I seek help from my family when I have problems

J. I respect the rights of others while being firm

Almost never

Some-times

Almost always

Count how many times you have checked "almost always" and evaluate the results.

0-3 Not very firm

4-7 You're fine

8-10 Very good; Keep it up!



# Speak Clearly

It is important to speak clearly in order to have a good relationship with members of your family, your friends, and society in general.

It won't always be easy. Sometimes you will feel scared that they will make fun of your feelings and you may want to hide the way you feel. Other times, probably due to the way you express yourself—using negative words or body language—people may misinterpret your words.

We recommend that when you want to express your feelings, start by saying “My opinion is...” or “I believe...”

*Here are some examples:*

**Teresa:** Mom, you never let me go out with my friends.

**Mother:** What do you mean never? On Saturday you went to the movies.

**Teresa:** I know, mom. But today I want to go to a party with Mariana.

**Mother:** Oh! The fact that you want to go to a party doesn't mean I “never” let you go out. Now I understand what you want.

*By expressing your desires, feelings, and opinions you will improve your ability to communicate with others.*



# Carefully Select a Way to Express Your Feelings

Learning to express your feelings is important in order to achieve good communication. As we have told you, it is also important to understand what the other person is saying. This helps us obtain better results through dialogue. That is, avoid misinterpretations or misunderstandings.

*In the right hand column below, change the phrases using “I.”*

## “You”

- You never let me go out with my friends
- You don't respect my independence
- You don't understand me
- You never call me
- You're always late
- Don't yell at me
- No one appreciates me in this house
- You always come into my room without knocking
- You always make promises that you don't keep

## “I”

*For example:*

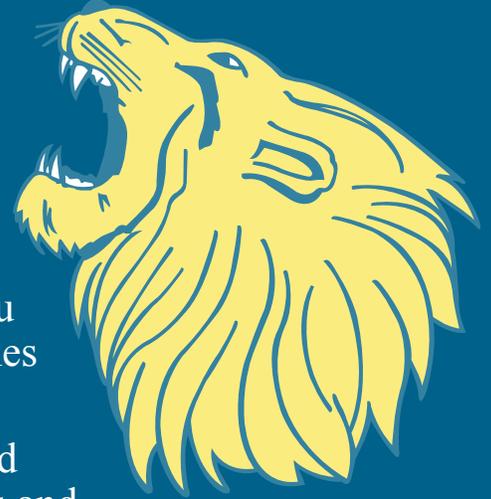
- I would like to go out with my friends
- I feel that I need independence
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_





# Anger ¡Grrrrr!..

- ◆ Anger or annoyance is an intense and normal feeling that all people have a right to express.
- ◆ Dealing with it in a positive way means expressing yourself directly, honestly, and openly, in an assertive manner.
- ◆ If you deal with your anger in a negative way, you can become passive or aggressive. These extremes don't allow you to express yourself effectively.
- ◆ If you are passive, you tend to avoid conflict and disagreement; you don't stand up for your rights and you have difficulty expressing your anger, which leads others to take advantage of you.
- ◆ If you are aggressive, you don't observe others' rights. You tend to dominate and intimidate with immediate reactions.
- ◆ Being assertive, on the other hand, will allow you to express yourself with firmness and confidence, recognizing your rights and respecting the rights of others.



## *How do you react when you are angry?*

*Example: I slam the door to my bedroom.*

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_



*If you have trouble dealing with your anger in a positive way, try the following:*

- ☀ Go for a walk
- ☀ Write in your diary
- ☀ Exercise
- ☀ Draw
- ☀ Read
- ☀ Listen to music
- ☀ Talk



*What helps you calm down when you are angry?*

*Example: I talk to my friends.*

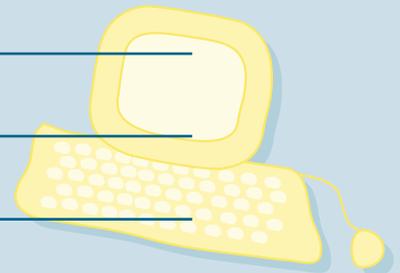
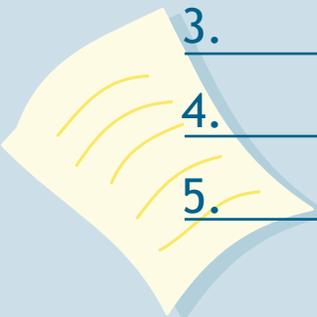
1.

2.

3.

4.

5.



**TRY IT!**

# I'm Sad!

You have already read about how important it is to have a high self-esteem, accept the way you are, and be unique. At those times, you will see that everything in your life is smiling; school seems great, you look beautiful in the mirror, you feel that your friends are the best and your family is very special.



Nevertheless, under certain circumstances you will sometimes feel that this wonderful world is crumbling around you. You become sad, depressed, you don't like your body, you think your friends have "abandoned" you and your parents "don't understand you." At times like this you can't find any support, you feel alone, like crying, and you often don't know where your sadness is coming from.

***Don't be afraid! It's normal!  
Lean on someone!***

At your age, emotional changes are common; one day you might feel happy, another day you may be sad, and yet another furious. The important thing is that you learn to identify these moods. During these times, remember that you are not alone, and that there are many people around you who love, respect, and value you.

When you are sad, don't become isolated! Find someone to talk to, not only about your happiness and sadness but also about other things. Find someone to lean on.

***Don't let your sadness take over.  
If you let it, your self-esteem will become  
weakened, along with your dreams.***

When a young lady doesn't know how to value herself, she runs the risk of making the following mistakes:

Accepting verbal, emotional, and physical abuse as normal behavior

Joining a gang in order to feel accepted

Stealing, because she feels like she has nothing

Thinking about suicide as a solution to her problems

Using cigarettes, alcohol, or illegal drugs in order to fill an emotional void

Running away from home as a solution or to escape from her problems

Not wanting to eat, or eating too much, as a substitute for worries or problems

Getting pregnant in order to feel loved and needed

When sadness becomes your constant companion, it is important that you seek help. You can get this help from your parents, grandparents, loved ones, some teachers, or your guidance counselor. They can help you regain your confidence, respect, and love for yourself, to revive your dreams and hopes, and to find your beautiful smile again.

*Your life is your greatest treasure.  
Live it!*





# And Then...

With all the changes you are going through, you will soon realize that what caused you sadness a short while ago does not affect you today. What other things or events can affect your mood?

Think about the things that made you sad when you were little and what makes you sad now.

## In the Past

Event	Age	Emotion	Who did I lean on?
<i>Example: When my parents didn't buy me a doll I wanted</i>	7	<i>Anger, Sadness, Tears</i>	<i>My grandmother</i>

## Present

Event	Age	Emotion	Who can I lean on?
<i>Example: When my parents don't let me stay out late</i>	14	<i>Sadness</i>	<i>My friends, Maria and Claudia</i>



# Decisions

In this book you can practice learning how to make decisions. Every day we make decisions, some more important than others. Maybe you don't even realize when you decide what time to get up, what to wear, and if you are going to have breakfast. Since you do this daily, you don't even realize that these things are decisions.

As you get older, you will make more and more important decisions. For example, you will decide what classes to take and what job/profession you will have.

Choosing what is best for you is a skill you can learn little by little.

For example, learn to reject pressure from other people who push you to do things that are not good for you. Make your own decisions freely and responsibly and you will show that you are capable of choosing on your own.

For example, you will show firmness when you decide not to smoke, drink, or use illegal drugs, even if your friends insist that it's fun.

Below are some simple steps that you can use to make your own decisions.

- A. *Think about the situation or problem and describe it clearly.*
- B. *Look for solutions.*
- C. *Choose the one that is best for you.*

**The following exercise will teach you how to make decisions responsibly.**

**Situation or Problem**

Clearly describe the situation or problem you want to resolve.

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**Different Solutions**

Write down the different solutions that you have thought of to resolve the situation or problem. For each solution describe the advantages and disadvantages.

**Solution 1**

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**Advantages**

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**Disadvantages**

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**Solution 2**

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**Advantages**

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**Disadvantages**

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**Solution 3**

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**Advantages**

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**Disadvantages**

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*If you have more solutions, add them in the same way.*

**My Decision**

Out of all the solutions you wrote down, decide which is the best and make a list of the reasons for your decision.

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**Now that you made your decision...  
Act responsibly.**



*and My Future*



## My Future!

The decisions you make now will affect your future. Sometimes it's hard to think about the future; it seems too far away. Nevertheless, in order to achieve your goals, both short- and long-term, it is important that you learn to plan.

Imagine that your future is unique and full of opportunities. Set reasonable and reachable goals.

Of course you cannot know for sure what the future will bring, but if you have a plan with different alternatives, you will have a better chance of reaching your goals.

# What goals do I want to achieve?

The goals that you propose are related to your values, thoughts, desires, and who you are. A “goal” is when you choose something that you can achieve and you do everything possible to achieve it.

There are short- and long-term goals. Short-term goals are those that you want to achieve in a week or at the end of the month.

Long-term ones are those that you want to achieve at the end of the year or when you graduate.

## What are your short-term goals?

*Examples of short-term goals would be cleaning your room next weekend, or trying to get an “A” on your English test at the end of the month.*

1



2



3



4



5



6



# Long-term goals

There are other goals which are long-term. This means that you must make decisions and act in order to achieve them.

For example, planning to buy sound equipment and CDs at the end of the year. Practicing Spanish for when my grandmother visits. This means that, although your goal may be long-term, you must start planning now. How? Save a certain amount of money each month so that you can buy your CDs. Speak Spanish at home or with your friends so that you can improve it.

Your short-term goals can lead to achieving your long-term goals.

***What are your long-term goals? Plan them.***

1



2



3



4



5



6



# Opportunities

Throughout your life there will be many situations that can present beautiful opportunities, new roads, interesting adventures, some problems, and a few stumbles.

Due to your own changes, as well as continuous challenges and intense experiences, there will be times when you will not see a

blue sky every day. You will also find that the world is not full of wonderful things all the time.

During these difficult times, your self-esteem and confidence may become weakened. The important thing is that you don't give up. Keep moving forward; be optimistic.

Always try to achieve higher goals and don't put your dreams aside. Above all, love yourself so that you can have a unique and bright future.

# My Community Resources



Remember that you are not alone; look for support from your family and your loved ones, your friends and community. Surround yourself with people who love and respect you and will help you grow into the unique person that you want to be!

In the boxes below, write the names of people you think would help you in case you need it.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Telephone: \_\_\_\_\_  
e-mail: \_\_\_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
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Telephone: \_\_\_\_\_  
e-mail: \_\_\_\_\_



Name: \_\_\_\_\_  
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