

GIRLS:Challenges/Choices  
SCRIPT DRAFT 7

OPEN TITLE CARD

**GIRLS: Challenges/Choices**

MODERN HIP HOP MUSIC

CHANNEL CHANGE

SLIGHT **LETTER BOX**

OLD TIME AD

Sometimes I feel sorry for those who have to run an office set up. Especially if it employs a number of girls.

CHANNEL CHANGE

(Animated cartoon, guys whistle at girl) Hey Susie Q, What's cookin with you.

CHANNEL CHANGE

Any way you look at it, women's work is not for sissys

CHANNEL CHANGE

No Margie, you're cake didn't turn out so well because you misunderstood a term in your cookbook.

CHANNEL CHANGE **LETTER BOX**

MODERN HEADLINES STUTTER LOOK / HIP HOP MODERN MUSIC

HEADLINES INCLUDE:

**Survey: Pregnancy Concerns NM Teens  
Rape, Drugs Also Worry Females**

CHANNEL CHANGE ANOTHER OLD AD SEGMENT

(visual of girl getting oggled)

CHANNEL CHANGE

Look at this bridesmaid hair, and if I wash with this, it will wash all the body out (cut to) creamy lather, dreamy body

V/O STARTS AS THIS SEQUENCE CONTINUES

JAN PALMER SANDIA PREP DISC. PG. 16 MID

The most prominent, Seventeen Magazine model at the time was about 5-7 and a half and she weighted 120 pounds. That was everybody was striving for 30-some years ago.

CHANNEL CHANGE

Molly had lots of questions about what was happening to her//(cut to)...and this is true of women everywhere, so you see, menstruation is just the natural normal process leading up to being a mother.

V/O SYLVIA RUIZ, NM PREG COALITION PG. 4 BOT

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There was a time when a young woman ended up pregnant and she was totally outcast from services, from school, her infant didn't receive the well child exams that the baby needs...

CHANNEL CHANGE MODERN HEADLINES STUTTER LOOK  
HIP HOP MODERN MUSIC

HEADLINES INCLUDE:

**Teens Influenced by Suggestive Sexual content in Media**  
**More Teen Girls Trying Drugs than Boys**

V/O VALERIE VALLES-PEDROZA, NMCADV PG. 3 TOP

Teen dating violence is something that's been happening for generations, for all of our lives, but I think what's happening now is people are realizing that there is help out there....

V/O ISLETA MARTINEZ pg. 3 top mid

There's been an increase in prescription drug abuse. Specifically (name) in this age group between eighth grade to twelfth grade age range.

CHANNEL CHANGE ANOTHER OLD AD SEGMENT

there are times when she feels lonely in this responsibility to her family.///(cut to sound under) More often than not, it's the woman who holds the family purse strings ///

V/O DR. TRACY ANTHONY PG. 6 TOP

30 or 40 years ago, people didn't really think depression existed in children and adolescents. So 30 or 40 years ago people weren't looking for treatments for teenagers.

CHANNEL CHANGE

FULL SOUND AD FULL SCREEN

(full sound) Mary Ann Lynch took off at 7:45am,,(sound under) flew 943 miles and made three stops and most of the trip lies ahead (continue with ad sound under

JUMP TO SLO MO OF AD AS WE GO 4/5 SCREEN WITH

(WHAT I WANT TO BE SEQUENCE... pg. 2 Shelby 5 )

When I grow up I want to be a doctor and an athlete

(Brittney 12 pg. 4)

I want to be a professional ice skater.

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(Riley 13)  
a zoologist

(Amber 2)  
a teacher

(Caitlin 14)  
Olympic soccer player

(Miranda 1)  
a chef

(Rachel 3)  
I want to be a paleontologist

(Ad continues and including this full sound)  
served hundreds of hot meals, greeted thousands of new people. It all demands a lot of charm///

CHANNEL CHANGE ANOTHER OLD AD SEGMENT

(Open full sound)You learn to anticipate his needs and have ready for him materials he might need during an interview///(cut to)

(sound under during next set of bites) Yes Barbara learned to be on guard against the visitor who asked too many questions...to handle him tactfully but firmly///(cut to)

When you work in an office, meeting the public, whether it's in person or on the phone, is an important part of your job.

JUMP TO SLO MO OF AD AS WE GO 4/5 SCREEN WITH

(Veronica pg. 1)  
Querria estudiar la medicina  
I'd like to study medicine

(Hope pg. 1)  
get my counselor degree.

(Nica Shields pg. 1)  
have my own Christian music network.

(Yajaira pg. 1)  
Nurse or study to dance.

(Dianna Pilcher pg. 1)  
I want to be an EMT on a helicopter.

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FULL SCREEN OLD AD ...FULL SOUND

(full sound) Our modern girls play as hard and with as much stamina as any man...(sound under during next bite) how do they do it, where do they find all that energy, that seemingly inexhaustible supply of pep and ginger?

JUMP TO SLO MO OF AD AS WE GO 4/5 SCREEN WITH

YVONNE SANCHEZ, COACH PG. 4 MID

The era that I grew up in I was the only girl playing baseball with all the guys...I was the only girl playing basketball with all the guys. /// ...your identity was almost lost in some respect and I think that was really hard growing up in that era.

CHANNEL CHANGE

FULL NAT SOUND LOBO WOMENS BASKETBALL PRACTICE

DIONNE MARSH PG. 3

It's really difficult when you get to middle school and you get the people who want to tease you about everything and whatnot///

JULIE BRIODY PG. 3 BOTTOM

especially like in junior high they start messing with the alcohol, the drugs, that kind of stuff...///, that's huge for young kids, especially younger girl, I mean, to not get in with the wrong crowd. ///...

ABBY LETZ PG. 3

There is hope, there is a future, you don't have to be doing what your parents did and what you think you're going to do.

MORE NATS OF PRACTICE

NATS AND TWO OR THREE BASKETS

HIP HOP MUSIC FROM OPEN COMES IN FULL

OLD ADS INTERSPERSED

OPENING CREDITS ON LOWER LETTERBOX, CONTINUE TILL DONE:

**New Mexico Commission on the Status of Women**

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CREDIT

**New Mexico Public Education Department**

CREDIT

**New Mexico Department of Health**

CREDIT

**ValueOptions New Mexico**

CREDIT

**New Mexico Children, Youth and Families Department**

OLD ADS

...She must be a companion, a sweetheart, a wife and a mother. She must stir his ambition, pull him through fears....(up to and through) She must widen her own horizons and find time for culture.

CREDIT

**And  
Christopher Productions  
Present**

CHANNEL CHANGE

My goodness molly is certainly growing up

DISSOLVE TO HEADLINE TITLE CARD:

**GIRLS: CHALLENGES/CHOICES  
Life is Changing**

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LIVE SECTION 1

CHRISTINE:

GOOD EVENING AND WELCOME TO GIRLS: CHALLENGES AND CHOICES, I'M CHRISTINE JONES

CHRIS:

AND I'M CHRIS SCHUELER, TONIGHT WE'LL BE EXAMINING ISSUES THAT YOUNG WOMEN THROUGHOUT OUR AREA HAVE SAID ARE THE MOST IMPORTANT ISSUES THEY'RE DEALING WITH TODAY:.

THEY INCLUDE:

DATE VIOLENCE, BODY IMAGE, DEPRESSION, TEEN PREGNANCY AND SUBSTANCE ABUSE.

CHRISTINE:

FOR THE PAST YEAR TEEN GIRLS ALL OVER THE STATE HAVE VIDEO TAPED STORIES ABOUT THESE ISSUES. WE'VE RUN THOSE STORIES ON KOAT 'S FIVE PM NEWSCAST LAST WEEK. WE'VE ALSO HAD THOSE GIRL VIDEO CREWS CREATE SEGMENTS OF THE DOCUMENTARY YOU'RE ABOUT TO SEE.

AFTER EACH SECTION WE'LL COME BACK HERE LIVE TO DISCUSS THAT ISSUE, WE'LL ALSO HAVE GIRLS THROUGHOUT THE STATE ON WEB CAMS JOIN US TO EXAMINE HOW THESE SUBJECTS AFFECT THEIR LIFE.

CHRIS:

IF YOU'D LIKE TO JOIN IN THE CONVERSATION, YOU CAN VISIT [WWW.YEAROFTHEGIRL.COM](http://WWW.YEAROFTHEGIRL.COM) AND EMAIL YOUR THOUGHTS AND SUGGESTIONS ABOUT EACH OF THESE TOPICS.

CHRISTINE:

AS YOU COULD SEE FROM THOSE OLD ADS IN THE PREVIOUS SECTION, LIFE FOR YOUNG WOMEN HAS CHANGED DRAMATICALLY IN THE PAST SEVERAL DECADES....

CHRIS:

AND IT REALLY AFFECTS US ALL. WE HOPE YOU'LL JOIN IN THE DISCUSSION TONIGHT, THIS IS A FIRST FOR NEW MEXICO, AN INTERACTIVE DOCUMENTARY, WE'LL VIEW A SEGMENT, THEN DISCUSS...

CHRISTINE:

AND WE START FIRST WITH A LOOK AT DATE VIOLENCE

**DATE VIOLENCE SECTION**

TAKE OLD TIME AD FULL SOUND

The three girls all need new dresses for the party and papa is saying he can't afford it...

CHANNEL CHANGE

Your coffee sir. Thanks honey. You're welcome. It's great, how can such a pretty wife, make such great coffee.

CHANNEL CHANGE

Well there's the happy ending, the girls learn how to sew and they got three dresses for the price of one.

CHANNEL CHANGES AGAIN

HIP HOP MUSIC STARTS WITH REAL HEADLINES 2 OR 3 SECONDS

**Dating Dangers Outlined**

**R-Rated Movies Linked to Abuse**

END FULL SCREEN WITH OUR HEADLINE

**DATE VIOLENCE  
Enough**

CHANNEL CHANGE

YOUTH VIDEO OPEN SEQUENCE...HOT/HIP LOOKING GIRLS PREPPING  
CAMERA/ INTERVIEWING/ EDITING...SHORT, 5 SEC TOPS

(We have this video at Onate and New Futures)

PERHAPS CHANNEL CHANGE

ONATE STORY ON DATE VIOLENCE **LETTER BOX** TO INDICATE YOUTH  
Amanda Fretwell, Reporter:

Teen Date Violence is controlling or abusive behavior in a teen dating relationship. Many young girls experience it, not knowing how to identify it or how to get help. First one must find out if they're in an abusive relationship. Ask yourself questions about your significant other: do they threaten you? Are they jealous? Do they check up on you constantly? Do they not accept breaking up? Are they too serious too fast? Are they

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physically or sexually aggressive? If you answered yes to any of these questions you could be in a violent relationship.

Chelsea: At first it was a lot of name calling. It was a lot of “you’re gross or you’re ugly, or nobody likes you. I don’t like you.

Amanda: nmsafedate.info is a website you can visit to take a full relationship quiz and find out more about teen date violence. There are also local telephone numbers you can call listed in the resources section. Reporting from Las Cruces at Ocate High School, this is Amanda Fretwell.

CUT TO:

FULL NATS DATE VIOLENCE SEMINAR AHS. PG. 6

Valerie: Explain to me a little bit more about what you mean when you say verbal abuse.

Girl: Well, when the abusive person in the relationship insults their partner.

Valerie: So they might say things like what? What’s an insult?

Boy: Like you ugly. Something like that.

VALERIE PG. 2 3:15 TC

of young women who are effected by relationship violence, we see that approximately one in five girls will be effected directly, so this may be that they’re physically harmed, this may mean emotionally or verbally harmed, maybe sexually harmed, and a realm of other types of issues.

SEMINAR PG. 1

So what we’re going to do today is we want to sit with you guys and just kind of talk about what dating violence is, what relationship violence is and how it effects you all in your lives and more so in your community.

VALERIE PG. 1 TOP

this particular project is working with high school youth to educate them about issues regarding dating violence and for them to then decide, on a certain type of project here at their school and then present that to their school, in an effort to create awareness at their school about dating violence.

FULL NATS OF SEMINAR

SEMINAR PG. 6 BOTTOM (LINK VISUALS) NEAR 18:35

Boy: My name is Felipe Ordaz and I just want to talk about a... sexual abuse. You what that mean,

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Boy: Touching and sexual contact with other person where they don't want to be touched or wanting to do something they don't want to do.

Boy: Why they want to do that?

////

Boy: They just want to have control of the other person.

/////

Boy: And what about intimidation?

Girl: When a person tries to scare their partner by looking at them and saying something offensive that they might get scared.

VALERIE PG. 3 BOTTOM NEAR 7:00

I'd like to think that young women are talking about relationship violence more because I think they feel that it's not just their problem. ///// When they're hearing young men saying that this is not acceptable, when they hear their peers say, girlfriends say, this is not acceptable, when they hear teachers, so when they're hearing it from all around them I think the power to change this, to stop this, is much greater.

NATS

VALERIE PG. 4 BOTTOM NEAR 10:25

We see a lot of times that youth who are either live in a home where domestic violence has occurred or are in a relationship where... it's... it's an abusive relationship, they're more at risk to be involved in risky behaviors or delinquent HEADLINES ABOUT DRUGS, ETC OVER behaviors. ///

VALERIE PG. 4 BOTTOM

domestic violence, relationship violence, teen dating violence, it can happen to anyone. It can be a woman, it can be a man, male, female, it can be an older person, a younger person, a quiet person, a outspoken person, it can be any one of us, people from... who are rich, people who are poor, middle class, Hispanic, Mexicano, African American, Native American, Caucasian, it can be any one of us

SEMINAR PG. 4 MID BOTTOM

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..... in the center of an abusive relationship we have power and control. Why might you think that power and control is in the middle? What is power and control really have to do with an abusive situation?

Girl: Because you want to have control over the person.

VALERIE PG. 5 BOTTOM NEAR 13:30

having power and having control aren't necessarily bad things, when there's a balance of power of control so that you share power and control within the relationship, so it's not that one has power or control over the other person, so it's this equal balance of those things. One feels respected, one feels loved and one feels that they have the independence and that they have dignity within themselves to do the things that they want to do, with the support of their partner.

DISSOLVE TO HEADLINE: **DATE VIOLENCE**  
**Enough**

GIRLS:Challenges/Choices  
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LIVE SECTION 2

CHRISTINE: SHARING POWER AND CONTROL...A SIGN OF A HEALTHY RELATIONSHIP. AND, OBVIOUSLY, VIOLENCE IS NEVER ACCEPTABLE.

LET ME REPEAT AGAIN THAT WEBSITE AMANDA MENTIONED IN HER STORY ON DATE VIOLENCE. IT'S:

[WWW.NMSAFEDATE.INFO](http://WWW.NMSAFEDATE.INFO)

AND IT'S GOT A RELATIONSHIP QUIZ YOU CAN TAKE ALONG WITH LOCAL NUMBERS IN YOUR COMMUNITY TO GET HELP.

NOW, WE'VE GOT A GROUP OF YOUNG WOMEN IN THE STUDIO WITH US TONIGHT TO BE A KIND OF SOUNDING BOARD ABOUT WHAT WE'VE SEEN. HERE'S A QUESTION TO GET US STARTED:

Do you feel you have someone you can go to if you or a friend were experiencing violence in a relationship?

Is this something that girls are talking about and doing something about?

Do you think boys your age are understanding it more?

CHRISTINE: AD LIB TOSS TO CHRIS

CHRIS: WEB CAM LAS CRUCES

How would you help someone who was in an abusive relationship?

CHRIS TOSS TO CHRISTINE

CHRISTINE: EMAIL RESPONSES

Have you ever been exposed to an abusive relationship (yourself, a friend, your family)? What have you done about it, or what would you do about it if you were?

CHRISTINE TOSS TO CHRIS

CHRIS: INTV....VALERIE VALLES PEDROZA NMCADV

Valerie Valles-Pedroza works with the NM Coalition Against Domestic Violence. And date violence is certainly related to domestic violence.

What are the key messages for young people beginning to date?

Where do we start and who do we start with to deliver the message?

What needs to change for date violence to end?

ANOTHER ISSUE IMPORTANT TO YOUNG GIRLS IS 'BODY IMAGE' MANY PRESSURES PLAY INTO THAT.....LET'S TAKE A LOOK.

**BODY IMAGE SECTION**

TAKE OLD TIME AD FULL SOUND

For casual wear, carefree cotton is most preferred by designers for this most creative of communities.

CHANNEL CHANGE

Men, take it off, take it allll off

CHANNEL CHANGE

Think of all the energy that our charming millions spend on keeping beautiful.

HIP HOP MUSIC STARTS WITH REAL HEADLINES

**Sandia Prep Students put on  
Fashion Show to  
Promote  
Healthy Body Image**

END FULL SCREEN WITH OUR HEADLINE

**BODY IMAGE  
No Weigh**

DISSOLVE TO PICTURES FROM ARTICLE AND PERHAPS STILLS OR TREATED VIDEO FROM FASHION SHOW START NEXT BITE OVER VID FOR A BIT.

JAN PALMER SANDIA PREP DISC. PG. 1 BOTTOM

I mean, this is novel. You usually see a fashion show with extremely skinny girls, maybe girls that are big busted.

SANDIA PREP PG. 2 MIDDLE

. I had my family and friends from other schools come and they were like really excited about it and had never heard of like a fashion for people that are actually normal size, as opposed to really skinny

*SP PG. 3 TOP*

you said this was different because people, you know, you don't see normal sized people, women, in a fashion show. So what's normal?

[laughing]

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//// I think normal's diverse. Being different and not being all the cookie cutter, same, really thin wasted, really big busted

SP PG. 3 BOTTOM

before the show I was like I don't really want to do it, I don't think I'm going to have fun, I don't think I'm going to look good, /////

Jan: We're talking about how the image is of a very thin girl and I'm wondering how we got that... to that place

//// from men like just because they like a certain body type and then somebody who doesn't fit that criteria like they won't be attracted to so then we feel bad about ourselves because a man doesn't like us.

//////////

And honestly I think it has a lot to do with the media because you see like stereotypical beer commercials with hot girls wrestling in mud //// Not all girls look like that either, and most girls don't, that's the point.

JAN PG. 16

/// when I was your age the model body, not the normal body, but the model body, the most prominent, Seventeen Magazine model at the time was about 5-7 and a half and she weighed 120 pounds. That's what everybody was striving for 30-some years ago. /////

So is everybody striving for 5-7 and 120 pounds today?

Oh, no.

[laughing]

Like 98 pounds.

5-7, 98?

SP PG. 7

Jan:

Let me ask you a question. Have any of you been told by somebody, either a coach or a teacher or a parent that you need to lose some weight?

*[A few kids saying yes]*

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////

I have had actually quite a few people tell me. /// it'd be... it'd be good for you to lose some weight. And it kind of hurts a little bit sometimes.

SP. JAN PAGE 16

How many of you have dieted? How many of your mothers diet?

SP PAGE 14 PICK UP

My mom just lost like 40 pounds.

////////

Your mom's dieting so maybe I need to diet, my neighbor's dieting, the girls at the lunch table are dieting. Isn't dieting just huge?

SP.PG. 15 JAN

So tell me, where does this all lead?

/// in the past few months I've been dealing with a friend of mine who's had //////////  
She has anorexia. She has hid it from her parents for a long time but she doesn't eat at dinner, she doesn't eat at school, never eats

SP PG. 13 TOP

And a lot of parents are in denial ///

Also, growing up I had a friend from grade 5...///, she used laxatives to purge food from her ////

SP PG. 18 BOTTOM

/// if we do like look at a magazine and see someone that is overweight or is not skinny, 98 pounds, it looks weird to us. Like even though we all look like that, we don't look small, we look normal, when we see someone like us in a magazine it looks really weird. //////////

TAKE SLO MO OF OLD AD AS WE HEAR

That's the saddest part.

That's really sad.

(inaudible) ... to identify with an image that isn't ours and so we're totally separating ourselves from...

From reality.

BY END DISSOLVE TO TITLE CARD:

**BODY IMAGE**  
**No Weigh**

YOUTH VIDEO OPEN SEQUENCE...

PERHAPS CHANNEL CHANGE

CARLSBAD STORY USE **LETTER BOX** TO INDICATE YOUTH VIDEO STORY

Sharenelle Sena: Thin is in and teen girls across the nation are buying into the image they see on tv, at the movies and in magazines. But while many girls are getting the image by exercising and eating the right foods, others may turn to more desperate measures. They develop eating disorders called anorexia and bulimia. But why?

Peggy Townsend, CHS school nurse: When anorexic and bulimic people see themselves in a mirror they see a very distorted image. They see themselves as fat, even if fat is not there. //

Sharnelle: But just how anorexics and bulimics choose to starve themselves is quite different.

Mary Hiebert, Carlsbad Medical Center Dietician: Anorexics are afraid to eat. They often at tiems will move the food around the plate to make ti look like they've had something to eat, and then cover it with a napkin. They also like to have warm liquids to drink because it helps to quench their hunger.

Bulimics will binge eat, got to the bathroom, turn on the water and purge their food or exercise to excess. //

Sharnelle: Warning signs for anorexia include: dropping weight to about 20% of normal, denies feeling hungry, exercising excessively, feeling fat and, withdraws from social activities. Bulimics: eat huge amounts of food but doesn't gain weight, uses laxatives or diuretics, and also withdraws from social activities.

Treatment includes psychotherapy, family therapy, and learning to eat right. From Carlsbad High School this is Shanelle Sena reporting.

CUT TO:

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LIVE SECTION 3

CHRIS: AS WE MENTIONED, YOUNG WOMEN THROUGHOUT THE AREA HAVE CREATED THOSE NEWS STORIES, THAT ONE FROM CARLSBAD HIGH SCHOOL. ALSO THEY'VE LOGGED ON TO [WWW.YEAROFTHEGIRL.COM](http://WWW.YEAROFTHEGIRL.COM) TO TAKE OUR SURVEY, AND UNDER THE BODY IMAGE TOPIC THE QUESTION WAS:

Is being thin important to young girls? If so, why?

TOSS TO CHRISTINE

CHRISTINE: INTV GIRLS IN AUDIENCE

Who defines beauty? Who tells us what is beautiful?

What images come to mind when you think of a "healthy body"? What is a "healthy body"?

Who's opinion of you and how you look matters the most to you? Why?

TOSS TO CHRIS

CHRIS: WEB CAM ROSWELL

How young were you when you first started to worry about how you looked physically. Why?

TOSS TO CHRISTINE

CHRISTINE: INTV. JAN PALMER, THERAPIST

Jan Palmer is a therapist who specializes in Body Image and young women.

Any of these responses you'd like to address?

We hear so much about Americans suffering from obesity. How does that relate to the overwhelming media message that "thin is in"?

OUR NEXT TOPIC THAT THE GIRLS SELECTED WAS DEPRESSION

**DEPRESSION SECTION**

TAKE OLD TIME AD FULL SOUND

Can she prepare those favorite dishes of Tims just like his mother used to make?

CHANNEL CHANGE

I was a little worried about that first job. I guess everybody is...

HIP HOP MUSIC STARTS WITH REAL HEADLINES

**School spotlights Suicide**

END FULL SCREEN WITH OUR HEADLINE

**DEPRESSION**  
**Blues Sisters**

YOUTH VIDEO OPEN SEQUENCE...

PERHAPS CHANNEL CHANGE

FARMINGTON STORY OVER **LETTER BOX** YOUTH VIDEO STORY

“Look at Goldy next door, she’s been spicin and spanin for days now”

Jesse

I participate in a lot of theatre because it saved my life.

/////

I tried to commit suicide when I was in the eighth grade, I was 13 years old. I just kept trying to be someone that I wasn’t. My parents were the only ones who did understand me, but I didn’t want them to understand me.

Claudette Wolff, English Teacher

Sometimes kids are reluctant to figure out that what they have going on is a problem.

It was this whole frustrated thing inside myself that I didn’t want my parents to be my friends. /// I think the most appropriate way to deal with your depression is to just understand that you are depressed and that there are ways that you can fix it.

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Reporter

People with mental illness can recover and resume normal activities.

////////

Reporter

From Farmington High School in Farmington this is Amber Glasgow reporting,

CHANNEL CHANGE

(USE COMING BACK COVER FOR THIS SECTION)

DR. TRACY ANTHONY: PG. 1

In adolescent girls depression is one of the more common mental illnesses that we can see. ///

TRACY ANTHONY PG. 3

and it seems that the number of girls experiencing depression are probably twice as many as boys experiencing depression, ///

COVER ALL GIRLS BITES WITH CB COVER FULLY

KATRINA PG. 2

*When I'm depressed I... I... I don't want to be around anybody, I... I... I'm always thinking bad stuff about myself*

TRACY ANTHONY PG. 1

It can get extremely serious. It can get to the point where an adolescent may have thoughts of wanting to die, may have difficulty functioning and their family may have difficulty functioning, and the schools, you may see their grades fall, you may see moiré fights with their family, more fights with their friends

CHERISH PG. 4

. I just remember like getting in a fight with my sister and my mom and then getting in a fight with some girls at school

KATRINA PG. 6

When I was in class I really couldn't concentrate.

TRACY ANTHONY PG. 4

///// when it really starts effecting relationships, when it starts affecting how someone functions so all of a sudden a teen may not be doing well in school //// or a child who's sleeping all day long everyday and not wanting to get out of bed,/////or they're just withdrawing from their friends so the relationships are

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changing or their behavior is significantly changing, then it becomes ///// more of an illness.

KATRINA PG. 5

Like I was still tired no matter what. If I got too much sleep I was tired, if I got enough sleep I was tired, if I didn't get enough sleep I was tired.

TRACY ANTHONY PG. 5

so what you may see is someone like a teenage girl is experiencing feelings of sadness, develops depression and tries to figure out how to navigate this on her own, so she may do things like engage in risky behaviors such as using alcohol, using drugs,

KATRINA PG. 8

I actually started at the start of eighth grade year... I started drinking.

I used to drink like twice a day. /// it made me feel cool and at the moment while I was drinking I'd feel a little bit better.

CHERISH PG. 5

I just wanted it to end. ///// I was trying to kill myself.

TRACY ANTHONY PG. 4

it's unfortunate that there's so much stigma in our society and so much I think misconception about mental illness and even about depression, that it means something negative about the person, when actually it's an illness. It's like having asthma. It's an illness that someone develops and that they can get treated for and so whereas people may think it's a weakness or it makes them feel like something's wrong with them, it's actually something that they should get treated and they should get help with.

TAKE HEADLINE:

**DEPRESSION**  
**Blues Sisters**

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LIVE SECTION 4

CHRISTINE: KOAT RAN A PROGRAM CALLED “NOT IN MY FAMILY” THIS PAST JANUARY EXAMINING THE ISSUE OF MENTAL HEALTH STIGMA AND HOW IT’S KEEPING FOLKS FROM SEEKING HELP. YOU CAN LEARN MORE ABOUT THAT THROUGH THE WEBSITE FOR THAT SHOW

[WWW.SAFETEENNM.ORG/NIMF](http://WWW.SAFETEENNM.ORG/NIMF) (FOR NOT IN MY FAMILY)

AND FOR YOUNG WOMEN, AS TRACY SAID...MUCH MORE LIKELY TO SUFFER FROM THIS: SO LET ME ASK YOU GIRLS:

What would you do if you had a friend who was seriously depressed?

TOSS TO CHRIS

CHRIS: EMAIL RESPONSES

Would you be embarrassed to ask for help if you thought you were depressed? Why or why not?

TOSS TO CHRISTINE

CHRISTINE: WEB CAM FARMINGTON

Where would you go for help if you were feeling depressed and why would you go there?

TOSS TO CHRIS

CHRIS: INTV. TRACY ANTHONY

Dr. Tracy Anthony joins us, she’s a psychiatrist. What strikes you as you hear this discussion?

When is it clear that this is something to take seriously and not just a teenage angst thing?

What should they do, if they recognize it in themselves or friends?

NOW WE MOVE ON TO THE TOPIC OF TEEN PREGNANCY. NEW MEXICO HAS ONE OF THE HIGHEST RATES IN THE COUNTRY.....WHY? TAKE A LOOK.

**PREGNANCY SECTION**

TAKE OLD TIME AD FULL SOUND

Ironing is another kind of work that's a lot of jobs rolled into one

CHANNEL CHANGE

Jeepers, is he cool, really cool....

CHANNEL CHANGE

in cooking the way to a mans heart is most of all through the coffee pot.

CHANNEL CHANGE

Mother they're here and look at me, I'm a mess

HIP HOP MUSIC STARTS WITH REAL HEADLINES

**Teenagers Cope with Pregnancy**

**Fragile Motherhood**

END FULL SCREEN WITH OUR HEADLINE

**PREGNACY  
Mommy?**

SYLVIA RUIZ PG 3

There was an economic impact study that was commissioned in 2003 by the New Mexico Department of Health that looked at the cost of teen childbearing to taxpayers in New Mexico and it was half a billion dollars a year.

VANESSA NAVARRETTE PG. 1 bottom

I want him to have a good live, ///// for me to be able to have a good job to support him, help raise my family and not always depend on my boyfriend for things. I want to be able to be a woman, not only the house, but a woman of the family and make money for my family.

SYLVIA RUIZ PG 1 BOTTOM

, the risk factors for teen pregnancy are poverty, a disconnect to school, and a disconnect family so when you think about those risk factors and then look at our state as a whole, it makes sense that our teen birth rate would be so high. We

GIRLS:Challenges/Choices  
SCRIPT DRAFT 7

have one of the highest child poverty rates in the country. Our dropout rates, high school dropout rates, are exceedingly high

JESSICA PEDRONCELLI PG. 1

As a junior in high school I did drop out, when I got pregnant and I went back just because I know that I can't just sit around and do nothing with my life while I have a kid. That I need to continue my education///

SYLVIA RUIZ PG 2

Education is a priority ///// especially for young women who have a child at a very young age, they need the support to understand their child... their infant's development, to understand how important well child exams are, to understand how important it is to continue with their education and graduate from high school and hopefully go onto secondary education so that /// we break ///// the teen pregnancy cycles, teen birth cycles, poverty cycles, cycles of children not doing well in school, so that again kids can reach their potential and become contributing members of society.

HOPE PG. 1

First of all, there's no graduates in my family and me having a daughter, I wanted to be the example for her, to show her that she can graduate and she does not have to live the life that my family has lived.

SYLVIA RUIZ PG 5

When a young woman becomes pregnant it shouldn't be the end of the world for her and her infant. It shouldn't be the step toward poverty and dysfunction and criminality. ///

HOPE: PG. 2

Over and over again, I repeat over and over again that I am strong and I can succeed.

CHANNEL CHANGE

YOUTH VIDEO OPEN SEQUENCE...

PERHAPS CHANNEL CHANGE

OVER **LETTER BOX** TO INDICATE YOUTH VIDEO STORY

New Futures is a school in Albuquerque for students like me to come to when we want to continue our education. We choose to come here because we got pregnant. /////Everyday in New Mexico 12 teenagers give birth to babies.

GIRLS:Challenges/Choices  
SCRIPT DRAFT 7

At New Futures //// We take classes to learn about what is going on in our bodies. We become our baby's first reading teacher, physical trainer and speech coach. After we have our child we take classes with child development experts. With this guidance we know what to look for and we are able to recognize the stages of our own baby's amazing cognitive growth.

SUPER: school seminar

RUTHIE H. DEARING, NM Teen Parent Services Program

They're fabulous but the way it changes your life and the challenges it causes for you, the younger kids need to hear that

JESSICA PEDRONCELLI, STUDENT

For one thing you can't carry on a conversation when they're crying. And... it just... going to school with the baby and all the responsibilities like financially, it's just harder than anybody would imagine. ///

ALICIA PINO, STUDENT

You have to wake up in the middle of the night, you have to change their diaper every time that they're dirty, //// whatever you're doing you have to stop it for that baby.

Those of us who attend New Futures have chosen to come here. We have made an active decision to graduate with a high school diploma and like the national research shows, we're much more likely to stay off the welfare roles after we graduate.

COVER VID FROM GRADUATION FOOTAGE

We have a support system of teachers, counselors and nurses that we can always turn to and most important of all we have confidence in ourselves.

I now present to you the graduates of 2006.

GIRLS:Challenges/Choices  
SCRIPT DRAFT 7

LIVE SECTION 5

CHRIS: I VOLUNTEER TIME AT NEW FUTURES SCHOOL AND I MUST TELL YOU THAT NEW FUTURES HERE IN ALBUQUERQUE IS A MODEL NATIONALLY AND HAS BEEN SINCE THE 70'S, THAT SCHOOL IS ONE OF THE THINGS THIS STATE CAN BE VERY PROUD OF.

NOW HERE'S MY QUESTION FOR OUR LIVE AUDIENCE:

Do you feel you have all the information and resources you need so you don't become a teen mother?

What information would be good to have and how should we get that to young girls? And at what age?

TOSS TO CHRISTINE

CHRISTINE: WEB CAM ALBUQUERQUE

What can we do for youth that we're not currently doing to help prevent teen pregnancy?

At what age do you think young girls are exposed to sexual information and how do they get that information?

TOSS TO CHRIS

CHRIS: EMAIL RESPONSES

What are you doing to insure you reach your goals and don't become part of the teen pregnancy cycle?

TOSS TO CHRISTINE

CHRISTINE: INTV. SYLVIA RUIZ

THIS IS SYLVIA RUIZ WHO IS THE EXECUTIVE DIRECTOR OF THE TEEN PREGNANCY COALITION.

The good news is that the teen pregnancy rate is going down, but we're still way to high here in New Mexico?

What can communities do to help?

What about parents?

OUR FINAL TOPIC TONIGHT, AND CERTAINLY ONE THAT CAN HAVE A BERING ON ALL OF OUR OTHER TOPICS....SUBSTANCE ABUSE.

**SUBSTANCE ABUSE SECTION**

TAKE OLD TIME AD FULL SOUND

Among the good things in life, is the vast array of food choices we have

CHANNEL CHANGE

(colt 45 ad) in the dull and commonplace....(etc)

HIP HOP MUSIC STARTS WITH REAL HEADLINES

**Girls Pass Boys in Drug, Tobacco, Alcohol Use**

**Federal survey finds 1.5 million female teens took up drinking in 2004**

END FULL SCREEN WITH OUR HEADLINE

**SUBSTANCE ABUSE  
Reality: More of a Trip**

CHANNEL CHANGE

COVER WITH HEADLINES AND HIP HOP MUSIC UNDER ALL

ISLETA MARTINEZ PG. 1

between eighth graders to twelfth graders, that there's four common substances that are abused. The top one of course being alcohol, the second one being cigarettes, third marijuana and the fourth inhalants.

IM PG. 1

what we find is people in that age group they do tend to have a higher occurrence of binge drinking

IM PG. 2

On regards to inhalants it's a little disturbing that eighth graders on up there's actually been an increase in inhalant abuse. And inhalants are found in many different products that you can buy.

IM PG 2 CONTINUED

So these chemicals that they get, they take them and they spray them in a rag and they literally, they huff on them and it's sometimes actually preferred high to other drugs. It causes different psychological euphorias or good feelings that unfortunately it could have very life threatening effects

GIRLS:Challenges/Choices  
SCRIPT DRAFT 7

IM PG. 4

one of the trends in New Mexico and nationwide is the fact that more and more people are using meth, ////////////// methamphetamine's actually being used more and more in the teenage age range.

IM PG. 6 BOTTOM

I think what I find the most tragic is that they themselves, because they don't understand what's going on and how they are setting themselves up based on a substance for a tragic life, devastating consequences, whether it's with their loved ones or their children or losing everything that they have because of the fact that the chemical can cause addiction and it can cause life threatening events.

PERHAPS CHANNEL CHANGE

YOUTH VIDEO OPEN SEQUENCE...

OVER **LETTER BOX** TO INDICATE YOUTH VIDEO STORY

New Mexico youth and resiliency organization surveyed 307 high school girls in 2003. They found that 84.6% of the girls had drunk alcohol at least once. //////////////

On February 9<sup>th</sup>, 2006 the Washington Post reported that teenage girls already having caught up with their male counterparts and illegal drug abuse and alcohol consumption now have the dubious distinction in surpassing boys in smoking and in prescription drug abuse.

The past two years, in fact, more young women than men started using alcohol, marijuana and cigarettes according to government findings.

According to teachers.net about half of all unintended teen pregnancies occurs when one or both parties are under the influence of drugs or alcohol.

Not a lot of girls know how to deal with peer pressure. I think a lot of people like to follow the crowd and do what their friends are doing. I personally just say that I don't want to do it if I don't want to do it////

Other girls drink because, yea, they have this desire to fit in with the crowd and desire to be accepted by others and I also think they do it because a lot of times they get hopeless and they stop caring.

I know that... I have a friend that just won't go out like in the night. She'll go out like to the movies and stuff or whatever but she won't go to parties. And I know there's girls that do go out to parties and they won't drink there. Good. In fact, I

GIRLS:Challenges/Choices  
SCRIPT DRAFT 7

was at a party this weekend and there was a girl there and everyone kept saying, come on drink, drink and she's all do not. I'm just going to have a Sprite. ///

I think we can still maintain our friendship. They just have to know that being that I'm an athlete I'm not going to want to go out and party and ruin what I've built up so far. I think they might even learn a little from it. If they see that I'm not doing it then they might think, well, yea, that's a good idea.

Families need to stop drinking during family gatherings in order for youth to stop. ////

//// I'm very goal oriented and I concentrate on the things I want instead of concentrating on all the things that other people are doing. Everybody's different. Everybody has to make their own decisions.

From Española Valley High School in Española, this is Daviana Ortiz, Heather Martinez and Melissa Trujillo reporting ///.

CHANNEL CHANGE

GIRLS:Challenges/Choices  
SCRIPT DRAFT 7

LIVE SECTION 6

CHRISTINE: SOME VERY GOOD ADVICE AND THOUGHTS FROM THE GIRLS AT ESPANOLA HIGH SCHOOL.

NOW PARENTS YOU'LL WANT TO PAY CLOSE ATTENTION TO THE ANSWERS TO THESE NEXT QUESTIONS...WE ASKED GIRLS ON OUR WEBSITE:

How involved do you think your parents should be in your social life?  
Do your parents know what you're dealing with when you go out?

TOSS TO CHRIS

CHRIS: WEB CAM SANTA FE

How prevalent is substance abuse among youth in your community?  
Are there other activities available for teens in your community besides partying, that teens actually use?

TOSS TO CHRISTINE

CHRISTINE: INTV. ISELA MARTINEZ, PHARMACIST

You work at the poison control center, what age are you seeing youth in trouble with drugs?

What kinds of drugs besides alcohol are becoming more prevalent?  
How dangerous is this really? Is there something parents can do, in terms of access to prescription drugs?

TOSS TO CHRIS

CHRIS: INTV. GIRLS IN AUDIENCE

Is it difficult to stay away from drugs and alcohol?  
What do girls do when their boyfriends drink or use drugs and they themselves don't want to?

TOSS TO CHRISTINE

GIRLS:Challenges/Choices  
SCRIPT DRAFT 7

WRAP UP INTO FINAL SECTION

CHRISTINE: WE'VE COVERED A NUMBER OF IMPORTANT TOPICS FOR YOUNG WOMEN WHICH HAVE HOPEFULLY OPENED UP SOME DISCUSSION IN YOUR COMMUNITY AND YOUR HOME ABOUT THESE ISSUES.

CHRIS: ONCE AGAIN, IF YOU HAVE COMMENTS IDEAS OR NEED INFORMATION, PLEASE GO TO [WWW.YEAROFTHEGIRL.COM](http://WWW.YEAROFTHEGIRL.COM) THEY HAVE RESOURCES THERE AND ALSO LINKS TO OTHER SITES AND PHONE NUMBERS THAT MAY BE HELPFUL TO YOU.

CHRISTINE: WE BRING THESE ISSUES UP IN ORDER TO FACILITATE CONVERSATION AND, IDEALLY, ACTION AT THE COMMUNITY AND STATE LEVEL. AND THERE ARE A NUMBER OF GOOD THINGS HAPPENING THROUGHOUT NEW MEXICO ON ALL THESE ISSUES. YOU'VE SEEN SOME OF THEM IN THE PAST HOURS PROGRAM.

CHRIS: ONE OF THOSE THINGS THAT IS PRETTY GREAT....IS THAT NEW MEXICO WAS RANKED AS THE SECOND BEST STATE IN THE COUNTRY IN THE NUMBER OF WOMEN OWNED BUSINESSES. THAT BODES WELL FOR YOUNG WOMEN HERE IN TERMS OF PROFESSIONAL OPPORTUNITIES.

CHRISTINE: TO WRAP UP OUR SHOW, LET'S HEAR FROM YOUNG WOMEN ABOUT THEIR GOALS AND DREAMS. WITH ALL OF US WORKING ON THIS, THE TEENAGERS OF TODAY WILL HAVE WONDERFUL OPPORTUNITIES TOMORROW.

TAKE VIDEO FULL SOUND

**21<sup>st</sup> CENTURY WOMAN SECTION**

TAKE OLD TIME AD FULL SOUND

in other homes the daughter goes to college

CHANNEL CHANGE

I guess all offices have someone like Betty, a little short on personality maybe, but darned efficient.

CHANNEL CHANGE

Time saving devices in the home that free a woman so she can add to the family income by carrying on with a working career.

HIP HOP MUSIC STARTS WITH REAL HEADLINES

**NM Second in Women-Owned Firms**

**Create your Own Career**

END FULL SCREEN WITH OUR HEADLINE

**21<sup>st</sup> CENTURY WOMAN**  
**Intuition, Imagination, Intelligence**

CHANNEL CHANGE

JESSICA NEW FUTURES PG. 1

I'm going to go to the University of Phoenix for my nursing degree

DIANNA PILCHER LAS CRUCES PG. 1

I want to go to medical school in Albuquerque to UNM

XOCHITL AHS

My plans are to go to NMSU in Las Cruces and I'm planning to study for forensics.

WHAT I WANT TO BE SEQUENCE

Kylie pg. 3 #8

When I grow up I want to be a veterinarian

GIRLS:Challenges/Choices  
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Natalia pg. 2 # 6  
A sprinter

Courtney pg.3 #9  
A professional basketball player

CHANNEL CHANGE

LOBO PRACTICE ...NATS AND VO'S

ABBY LETZ PG. 1  
I'm studying to be a math teacher, high school math teacher.

KATIE MONTGOMERY PG 1  
coaching, you know, maybe at the college level

DIONNE MARSH PG 1  
I've always wanted to be a doctor

JULIE BRIODY PG. 1  
I'm majoring in special education with a dual license in elementary ed.]

PRACTICE COVER SHOTS

OVER NEXT BITES...SLO MOS OF GIRLS FROM SHOW

JULIE BRIODY PG. 3  
... it's okay if you have a pimple, it's okay if you're a little overweight. I mean, it's okay if you have big feet. I mean, it's the stuff that we go through. I mean, you know, somebody's going to see the good in you and you need to surround yourself with those people.

KATIE MONTGOMERY PG. 2  
I don't want someone //// watch me out there and all of a sudden I don't feel good, all of a sudden my legs hurt or something and I quit. You know, I have too much self pride for that. //// I want people saying, you know, she's hurting but she's trying. She's going all the way through and she's finishing, she's doing something like that, you know, even if you finish last, at least you finish ////

DIONNE MARSH PG. 3  
like anything in life, once something bad happens you just got to try and pick yourself up and dust yourself off and know that, you know, it can't really get too

GIRLS:Challenges/Choices  
SCRIPT DRAFT 7

much worse than it already is and things usually always tend to get better and that's the way I look at things.

SOUND OF PIT CROWD CHEERING....

VISUAL OF PRACTICE

CHANNEL CHANGE

Sometimes I feel sorry for those who have to run an office set up. Especially if it employs a number of girls.

CHANNEL CHANGE

LOBOS

CHANNEL CHANGE

It is a new cream...it is a washing cream

CHANNEL CHANGE

LOBOS

CHANNEL CHANGE

Every woman needs to be herself at times, your answer...baking, baking good, baking often

CHANNEL CHANGE

LOBOS

CHANNEL CHANGE

(Joy soap commercial) Like what you see? I sure do. I can see myself in this plate.

CHANNEL CHANGE

LOBOS

ABBY LETZ PG. 2

You don't want to go through life just thinking, well what if I did this, or what if I would have done something else?

P2 CONTINUED

And it goes by so fast and you have to realize that you don't want to have any regrets and you want to go out there and play 110% every single day///

DISSOLVE TO TITLE CARD:

**GIRLS: CHALLENGES/CHOICES**  
**Life is Changing**

CREDITS