



NEWSLETTER



HALLOWEEN SAFETY



TIP OF THE MONTH

OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

National Bullying Prevention Month was founded in 2006 by (The National Bullying Prevention Center, which promotes kindness, acceptance, and inclusion. This month is all about stopping bullying and harassment in the various forms it presents itself. Bullying can take place at home, school, and online also known as cyber-bullying. Bullying will have effects on a person's educational performance and can harm a person's physical and mental state.

Prevention Methods:

Notice – Consider the cause of changes in the mood or behavior of a person being bullied.

Talk – Ask questions about what might be happening, who's involved, and where it started.

Document – Keep a record of what is happening and where. Take screenshots of harmful content if possible.

Report- Bullying can be reported to the school, reported on social media, or reported to the police if a student has received physical threats.

Support – When necessary, adults and peers should positively intervene to influence a situation online or seek additional help from a counseling service.



NATIVE FACTS

Native Americans spoke more than 300 languages, and many words and place names in English come from Native languages.

Mississippi: The Ojibwe people spoke the Ojibwe language; they called the Mississippi river the **misiziibi** for "great river."

Raccoon: Belongs to the Algonquin tribe that lived in the area surrounding Virginia spoke Powhatan. Was pronounced **Arahkun**.

Chocolate: Comes from a drink from ground cacao seeds called **chikolatl**, language Nahuatl, a spoken by the Aztecs.

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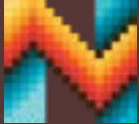
YOUTH SUPPORT BULLYING RESOURCES



Stopbullying.gov
www.stopbullying.gov/resources/teens



Cyberbullying
www.cyberbullying.org/resources/students



We R Native: Bullying
Prevention
www.wernative.org/my-life/life-hacks/bullying-prevention



Girls Health.gov
<https://www.girlshealth.gov/index.html>



Internet Crimes Against
Children Task Force Program
<https://www.icactaskforce.org/>





SUGAR RUSH

As the holiday season approaches so do our sweet cravings and our exposure to junk foods. Have heard of the term SUGAR RUSH? What does it actually mean? A sugar rush is when an individual experiences high energy after eating or drinking a lot of sugar. Foods like candy, cookies, cakes, ice cream, juice, and soda include sugars that are responsible for causing a sugar rush. In the long run, a sugar rush can make you feel tired, (crashing) and gain weight. Youth are at an increase risk of childhood obesity rates as they consume the most “junk foods”. Diets that are high in sugar are at a higher risk of health complications such as weight gain, obesity and diabetes.

OBESITY

Obesity is a disease that involves having too much body fat due to excessive consumption of fatty foods. Obesity may lead to other serious long-term health risk like diabetes, heart disease, high blood pressure just to name a few. Obesity has an effect on a person's mental health by causing depression and other emotional distress.

According to the U.S. Department of Health and Human Services Office of Minority Health, American Indian/Alaska Native adolescents are 30 percent more likely than non-Hispanic white adolescents to be obese.



DIABETES

Diabetes is a condition that happens when the body cannot regulate glucose which sugar in the blood stream. There are two types of diabetes; type 1 diabetes which is when the body cannot produce enough insulin, and type 2 diabetes produces insulin, but the body can use the insulin effectively. Symptoms of both type 1 and 2 diabetes are excessive thirst, constantly hungry, weight loss, fatigue, and frequent urination.

According to the Centers for Disease Control and Prevention American Indians and Alaska Natives have a greater chance of having diabetes than any other US racial group.

TRICK OR TREAT





HALLOWEEN COSTUME

APPROPRIATION



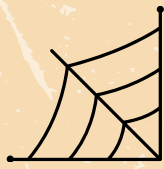
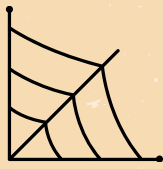
Halloween is just around the corner and costume picking is on our minds. When picking a costume this year consider a costume that's not coming off as racist or offensive. Although there has been a long-time use of cultural appropriation for Halloween it does not make it ok to use others cultural and traditions .

What is cultural appropriation ?

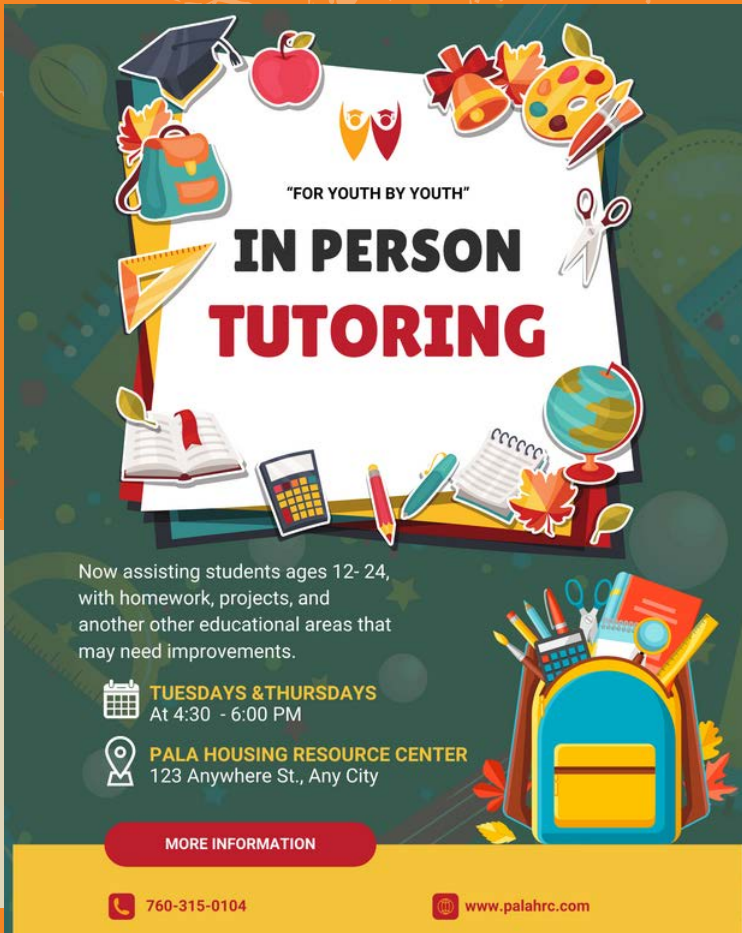
Cultural appropriation is when someone adopts a culture that isn't their own and does not acknowledge or respect the culture being used for their own benefit, according to the Cambridge Dictionary.

Every year, there is always the generic "Native American" costume of the woman or man wearing fringe, fake suede, feathers and braids. Rather than dressing up, people should respect and engage with communities instead, by learning about their interest or needs as a community and not for playing dress up on Halloween.

OUR CULTURE IS NOT A COSTUME!



YOUTH UP COMING EVENTS



"FOR YOUTH BY YOUTH"

IN PERSON TUTORING

Now assisting students ages 12- 24, with homework, projects, and another other educational areas that may need improvements.

TUESDAYS & THURSDAYS
At 4:30 - 6:00 PM

PALA HOUSING RESOURCE CENTER
123 Anywhere St., Any City

MORE INFORMATION

760-315-0104 www.palahrc.com



PALA GIRLS EMPOWERMENT GROUP AGES 12-17

SEPTEMBER 29
OCTOBER 13
OCTOBER 27
NOVEMBER 10

4-5 PM PALA HOUSING RESOURCE CENTER

QUESTIONS: CALL PALA LEARNING CENTER
MISS LYNN: 760-891-3582

SNACKS, CRAFTS & GOOD VIBES




Logo Contest

Submission by October 30th

Pala Youth Development and Investment Program is in need of a logo! The selected logo will be sent to a graphic design company for final touches.
Special prize for the lucky winner!

Email to: mvillegas@palatribe.com

"For Youth By Youth"



HALLOWEEN THEMED Movie Night at Pala Housing Resource Center

Join us for a night of popcorn, candy & amazing flicks!

OCT. 30, 2023 | 4 PM - 6 PM

YOUTH UP COMING EVENTS

SUICIDE PREVENTION TRAINING
CERTIFICATION FOR AGES 12-24



QPR TRAINING



◆◆ QUESTION, PERSUADE, REFER ◆◆



19 OCT. FREE DINNER 4-5:30 PM



PALA HOUSING



RESOLUTION



35990 PALA TEMECULA RD,
PALA, CA 92599



IHC PRESENTS



INDIAN HEALTH
COUNCIL, INC.
EMPOWERING NATIVE WELLNESS

DRACULA'S HALLOWEEN EXPERIENCE



OCT. 25TH
COME 4:00 PM - 7:00 PM

RSD DEPT. @ IHC

50100 GOLSH RD. VALLEY CENTER, CA 92082

GOODY BAGS • RESOURCES • SCARES • FUN FOR ALL AGES
LEARN MORE AT WWW.INDIANHEALTH.COM

HALLOWEEN



CARNIVAL

JOIN US FOR A NIGHT OF FRIGHTFUL FUN,
CARNIVAL RIDES, COSTUME CONTEST, & FOOD!
SATURDAY, 21 OCTOBER 2023

5PM-8PM

JIM BANKS SPORTS PARK
12194 PALA MISSION RD
PALA 92059

OPEN TO THE PUBLIC

PALA YOUTH CENTER EVENT

CLOTHING DRIVE



Continue to
donate gently
used items

Donate gently used clothing, shoes, &
accessories to the Pala Housing
Resource Center 10am-6pm beginning
now until the day of the event!
The event will be open to community
members of all ages!

Pala Housing Resource Center
35990 Pala Temecula Road



Happy HALLOWEEN

Safety Tips

1. TRICK-OR-TREATING SAFETY



Always accompany young children during trick-or-treating and plan a safe route in well-lit areas.

2. CANDY INSPECTION GUIDELINES

Instruct children not to eat any candy until it has been inspected at home by a parent or guardian.



3. COSTUME PRECAUTIONS



Ensure costumes fit well and do not obstruct vision or impede movement to prevent trips and falls. Avoid long, trailing costumes or accessories that may cause accidents or entanglements.

4. PARTY SAFETY TIPS

Keep well-lit paths and stairways to prevent trips and falls at Halloween parties and gatherings. Use flameless candles or battery-operated lights for decorations to avoid fire hazards.



5. SAFETY AT HAUNTED ATTRACTIONS

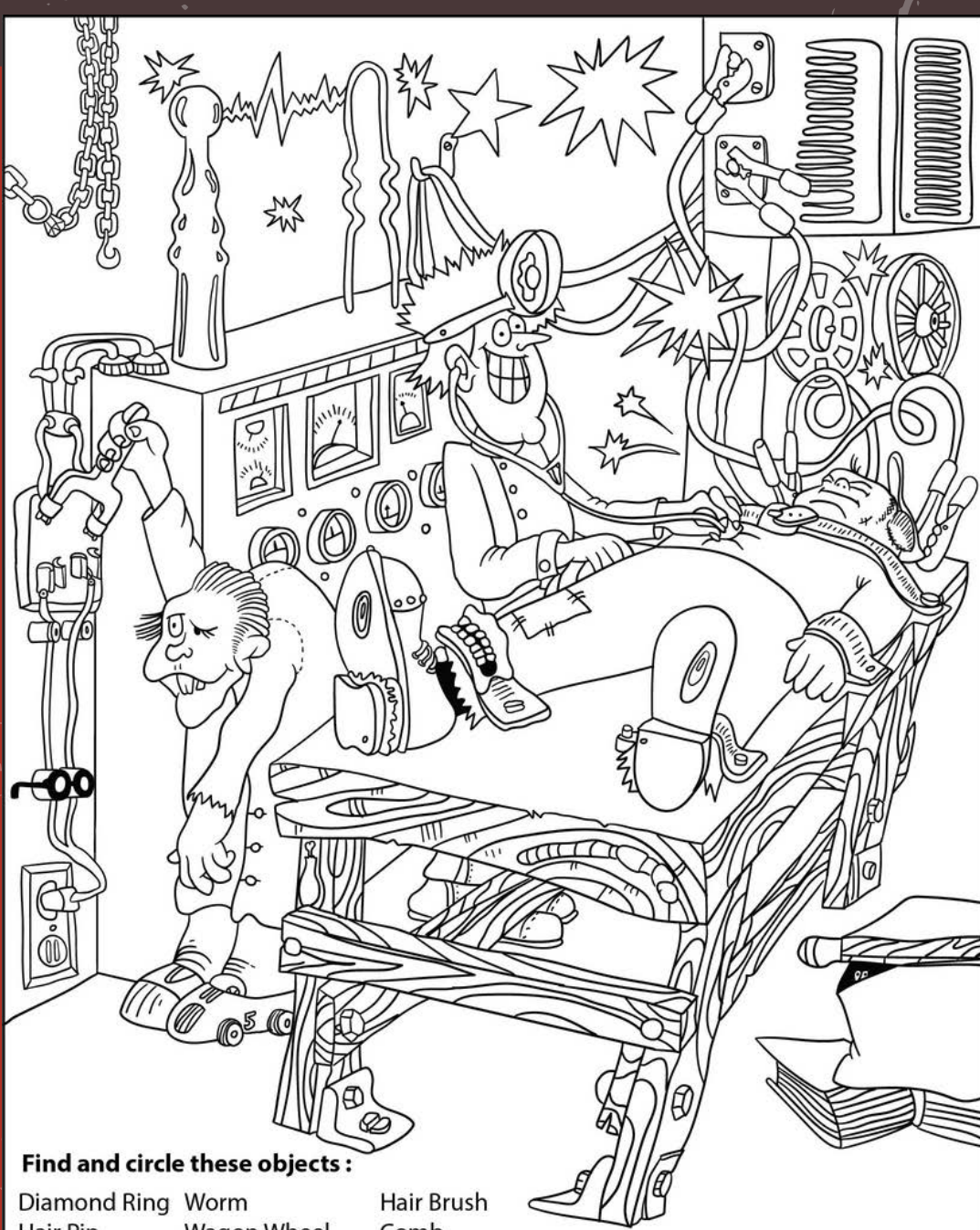


Follow all posted rules and guidelines when visiting haunted houses or mazes. Be aware of any age restrictions or recommendations for certain attractions.

6. PET SAFETY ON HALLOWEEN

Keep pets indoors during Halloween festivities to prevent them from getting scared or agitated.





HALLOWEEN FACT

Halloween happens every evening of the 31st of October. Typically, black and orange are associated with Halloween. Orange is a symbol of strength and endurance and, along with brown and gold, stands for the harvest and autumn. Black is typically a symbol of death and darkness and acts as a reminder that Halloween once was a festival that marked the boundaries between life and death.

Find and circle these objects :

- | | | |
|--------------|-------------------|-------------|
| Diamond Ring | Worm | Hair Brush |
| Hair Pin | Wagon Wheel | Comb |
| Sling Shot | Egg in Frying Pan | Star |
| Sandwich | Match Stick | Toy Car |
| Drumstick | False Teeth | Eye Glasses |

Name _____



Pala Youth Development and Investment Program

"For Youth, by Youth"



**OPEN UNTIL 7PM
MONDAY- FRIDAY
PALA HOUSING
RESOURCE CENTER**

Calling all Youth! Pala Housing Resource Center is planning some big upcoming events, and we need your help! Stop by anytime Monday-Friday. To keep up with our events visit our social media or website.



@palahousingresourcecenter



WWW.PALAHRC.COM

Pala Youth
Development and
Investment Program
"For Youth, by Youth"



Location:

35990 Pala Temecula Road Pala,
CA 92059

Contact

(760) 891-3529 www.palahrc.com
housing@palatribe.com
mvillegas@palatribe.com

The Pala Youth Development and Investment program is based on a "for youth by youth" approach. We encourage youth to actively be involved with the newsletter, content, trainings, podcasts and activities.



HALLOWEEN THEMED

*Movie Night at
Pala Housing
Resource Center*

Join us for a night of popcorn, candy & amazing flicks!

OCT. 30, 2023 | 4 PM - 6 PM

