


NEWSLETTER

TEEN DATING VIOLENCE AWARENESS MONTH

In this month's newsletter, we will be focusing on the topic of relationships, friendships, and teen dating. We will be discussing the importance of having positive relationships, how to be a good friend, and the risks of teen dating.

We will also offer tips on how to nurture healthy relationships and how to recognize signs of an unhealthy relationship.

With this information, we hope to empower youth to make healthy relationship choices that will last a lifetime.

 Love isn't something you find
love is something that finds you.

True love is never wrong 



NATIVE FACT OF THE MONTH



Some indigenous people in the United States use “American Indian” and some indigenous people in Canada use “First Nations,” “Native Americans” or “indigenous Americans” are often used across the border. How do you like to identify yourself?

TEEN DATING VIOLENCE AWARENESS MONTH



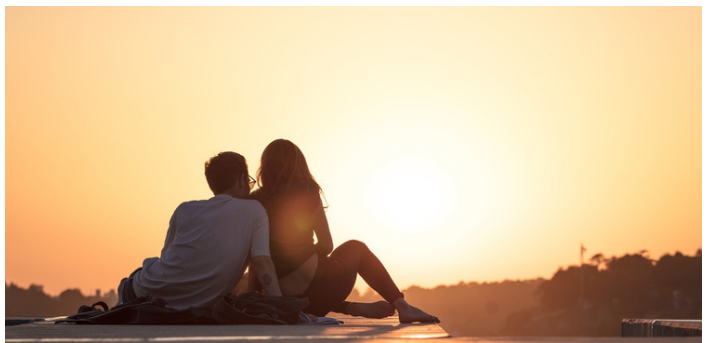
Boundaries & Respect

Every relationship requires setting and respecting boundaries, regardless of whether you are intimate, dating, or married. Having a mutual understanding of what each partner wants, needs, fears, and limits is essential, as well as acknowledging each other's boundaries. In other words, everyone feels comfortable communicating his or her needs without worrying what others will do.



Teen Dating Statistic

According to [LovelsRespect.com](https://www.lovelsrespect.com) among teens and young adults, dating violence is more common than you might think: 1 in 3 teens in the U.S. will experience physical, sexual, or emotional abuse before becoming adults. And 1 in 12 U.S. high school students experience physical or sexual dating violence.



Respect and trustworthiness can't be gained from a partner who minimizes your needs or violates your boundaries. Your boundaries are yours to build. Respect and trustworthiness can only come from someone who honors your boundaries. It is important to communicate your boundaries clearly and firmly with any potential partner. You should also be aware of your own boundaries and be aware of any behavior that puts your boundaries at risk.



Dating Abuse in Native Communities

There has been a legacy of violence among Native Americans throughout history that has unfortunately spread to the realm of dating abuse as well.

Tactics of abuse commonly used against Native Americans & Alaska Natives include:

Isolation: Using jealousy to justify isolation, abusive partners control what you can do including sports, school, or work.

Intimidation: If you feel intimidated, your appearance, actions, gestures, or behaviors may be used against you. Too much aggression is also another act of intimidation.

Emotional Abuse: Threats of harm to oneself or others, leaving the relationship, or forcing you to commit crimes are examples of insults, gaslighting, name-calling, humiliation, or guilt-tripping.

About **1 in 12**
U.S. high school students
experienced physical dating violence.



Minimize, lie, blame: In an attempt to avoid taking responsibility for their actions, abusers may minimize past abuse, lie about it, or blame you for it.

Cultural abuse : The use of culture to reinforce gender roles and competition over "Indian-ness" are warning signs of abuse.

Ritual Abuse: Depending on the context and people involved, ritual abuse can take a variety of forms. Spirituality may be abused against you, used to emphasize gender roles, prevented you from practicing your religion or used to justify abuse using interpretations of religious guidance.

Financial Abuse: An abusive partner may make you give up your money or become financially dependent on them. Abusive partners may also prevent you from furthering your career and isolate you financially and socially.

addressing dating abuse now, and paying particular attention to the ways in which it appears in is important to you and those around you.

Effects Of Teen Dating Violence

Violence or abusive relationships can have long- and short-term negative effects on a developing teen, as well as severe consequences. According to the CDC, youth who are victims of teen dating violence are more likely to:

- Depression and anxiety symptoms
- engage in unhealthy behaviors, like using drugs, and alcohol
- Antisocial behaviors, like lying, theft, bullying, or hitting
- Thoughts of suicide



Resources

Native American and Alaska Native dating abuse resources: Native American and Alaska Native teens and young adults can receive confidential, free, and culturally relevant support from 7 a.m. to 10 p.m. CST through the [StrongHearts Native Helpline](#), a partnership with the [National Indigenous Women's Resource Center](#).

- **Call: 844.7NATIVE (762.8483)**

Youth Support

For free 24/7 crisis support



Suicide and Crisis Lifeline
Dial or Text: 988
www.988lifeline.org/chat/

CRISIS TEXT LINE |

Crisis Text Line
Text: NATIVE to
741 741
www.crisistextline.org/

Abuse & Sexual Assault



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
www.strongheartshelpline.org



National Sexual Assault Hotline Call
(24/7): 1-800-656-HOPE
www.rainn.org/



National Teen Dating Abuse Helpline
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



Childhelp National Child Abuse
Hotline (24/7): 1-800-4-A-Child
(422-4453)

Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for
Teens
Call: 1-800-662-HELP
www.nida.nih.gov/research-topics/parents-educators



Truth: Smoking, Vaping, and Opioids
Text: DITCHVAPE to 88709
www.thetruth.com/article/this-is-quitting



Get the Facts About Drugs:
Just Think Twice
Call: 1-855-378-4373
Text: 55753
www.justthinktwice.gov/



National Drug Information
Treatment & Referral Hotline
Call: 1-800-662-4357
www.samhsa.gov/find-treatment

Mental Health



Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741
www.mhanational.org/



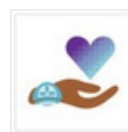
National Hotline. Reach
Out & Get Help
Call: 1-800-448-3000
Text: VOICE to 20121
www.boystown.org/hotline

YouthLine
A Service of Lines for Life

We listen. We support.
We keep it to ourselves.



Teens Helping Teens
Call: 1-800-852-8336
Text: YLNATIVE to 839 863
www.theyouthline.org
We R Native: My Mind
Text: CARING to 65664
www.wernative.org/my-mind



Caring Messages - to
remind you of how
awesome you are!
Text: CARING to 65664
Text: COLLEGE to 65664



Youth Support

Sexual Health Relationships & Dating



StrongHearts Native Helpline
Call, text, or chat 24/7 1-844-7NATIVE (762-8483)
strongheartshelpline.org/



Love is Respect
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org
That's Not Cool



Healthy Relationships, Online & Off
Call (24/7): 1-866-331-8453



We R Native: My Relationships
www.wernative.org/my-relationships

Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project
Text: 2SLGBTQ to 94449
www.pathsremembered.org/



Native Youth Sexual Health Network
www.nativeyouthsexualhealth.com/



The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
www.thetrevorproject.org/
It Gets Better



Project
www.itgetsbetter.org/



Planned Parenthood
Call: 1-800-230-7526
Chat:
www.plannedparenthood.org/learn/roo-sexual-health-chatbot



We R Native: Sexual Health Text:
SEX to 94449
www.wernative.org/ask-your-relatives



I Know Mine
www.iknowmine.org/ask-nurse-lisa



It's Your Sex Life
www.itsyoursexlife.com



Bedsider
www.bedsider.org/



Get Yourself Tested #GYT
www.cdc.gov/std/saw/gyt/howtoGYT.htm



Trans Lifeline
Call: 1-877-565-8860
www.translifeline.org/



Human Trafficking Hotline
Call (24/7): 1-888-373-7888
Text HELP to 233 733
www.humantraffickinghotline.org



Youth Support

BullyingText Message Campaigns

stopbullying

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



Text: NATIVE to 94449
For health & wellness tips



Cyberbullying
www.cyberbullying.org/resources/students



Caring Messages - to remind you of how awesome you are!
Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college youth)



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



Text: SEX to 94449
Get tips and resources to protect your sexual health



Text: 2SLGBTQ to 94449 or ALLY to 94449 Native. Two-Spirit. LGBTQ. #BornSacred

Find Help Near You



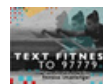
SAMSHA - Find the treatment center closest to you
www.samhsa.gov/find-treatment



Text: STEM to 94449
For inspiration and motivation on your journey in Health, Technology, Engineering or Math



Mental Health America - Find the clinic closest to you
www.mhanational.org/find-affiliate



Text: FITNESS to 94449
For inspiration and motivation to conquer your personal wellness goals and you could win fitness gear or a fitbit!!!

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NO BUENO

We ALL need Help...

... at different points in time. Every single one of us! Trust your gut and...

Share- any concerns you have

Talk- with someone you can trust

Report - if you're worried about someone



Friendship

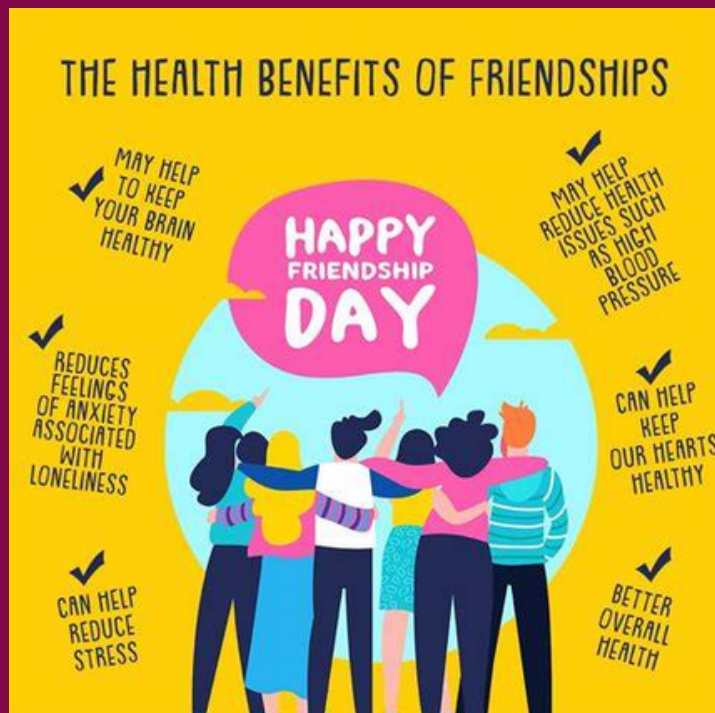
The purpose of a healthy friendship is to meet each other's needs and to support each other's growth. Love is the foundation of friendship, not power.

The pursuit of similar or compatible goals in life. Honesty and trust are also essential components of a healthy friendship. Respect and understanding are also important, as is the ability to compromise and forgive.



Good communication is also important for a healthy friendship. Using effective communication skills. Trying to resolve conflicts. Respecting each other's differences.

Trusting and supporting each other. Listening to each other. Apologizing and saying sorry when needed. Showing empathy and understanding. With these skills, it is possible to build a strong and lasting friendship.



WHAT ARE THE YOUTH UP TO?



Pala Youth Empowerment Initiative



This month the participants of the Pala Youth Empowerment Initiative are taking part in a variety of projects. The youth are actively engaged in extracurricular activities such as culinary art class, chocolate making, and driver's ed/behind the wheel courses.

The youth are excited to be learning new life skills that will be helping them transition to adulthood.



CHP START SMART CLASS

CALIFORNIA HIGHWAY PATROL



Upcoming Events

As part of Pala Housing Resource Center's Youth Empowerment initiative program, CHP will help teach young drivers the education they need to stay safe. It is crucial to teach youth drivers road safety so they can protect themselves and others on the road. It helps instill good habits, such as obeying traffic laws, wearing seatbelts, and avoiding distractions, which can reduce the likelihood of accidents and injuries. By educating young drivers, we can contribute to the overall safety and well-being of our road communities and future generations.



CHP California Highway Patrol

CHP California Highway Patrol is responsible for overseeing the safety and security of state highways and roads. The CHP Start Smart class is a state wide class the CHP Officers to teenage drivers. It was created over 20 years ago, and in San Diego County alone we teach to more than 20,000 teens and their parents each year. The course covers the Graduated Driver's License program, the dangers of distracted driving, speeding and DUI. One of the perks to taking this course is that many insurance companies offer discounts for new teenage drivers.

You can find more information too at:
[Start Smart: Driving Smart to Stay Safe \(ca.gov\)](http://Start Smart: Driving Smart to Stay Safe (ca.gov))

5 WAYS to a SAFER TEEN

1. No cell phones
2. No extra passengers
3. No speeding
4. No alcohol
5. Always buckle-up



The more the merrier?
The more the scarier.



Risk of Fatal Crash
The risk of a fatal crash goes up in direct relation to the number of teens in the car.

FEBRUARY EVENTS

2024

PLEASE JOIN US FOR A

Chocolate Making Class

FEBRUARY 7TH
5:00PM- 6:30PM
HOUSING RESOURCE CENTER
35990 PALA TEMECULA ROAD

MINIMUM AGE TO PARTICIPATE IS 8 YEARS OLD. IF YOUNGER THAN 13, MUST BE ACCOMPANIED BY AN ADULT

SPACE IS LIMITED!
PRE-REGISTRATION IS REQUIRED

TUCHILY HEALING HEARTS
(760)292-6271



Pala Youth Empowerment Initiative & Fallbrook Food Pantry

COOKING CLASSES

Every Thursday
Starts February 22, 2024
5-week program, 1 hour a week

CLASSES ARE FULL!!

Classes will fill up Quick

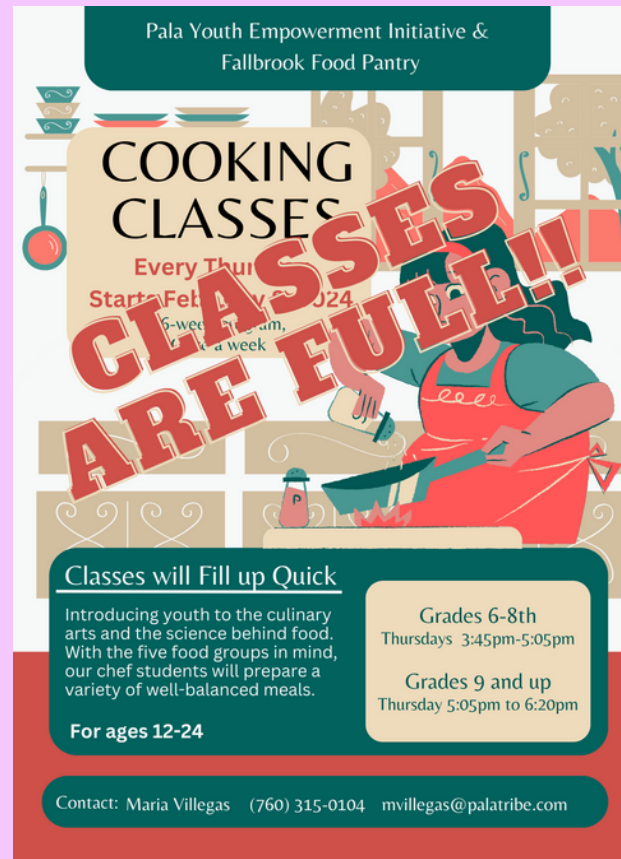
Introducing youth to the culinary arts and the science behind food. With the five food groups in mind, our chef students will prepare a variety of well-balanced meals.

For ages 12-24

Grades 6-8th
Thursdays 3:45pm-5:05pm

Grades 9 and up
Thursday 5:05pm to 6:20pm

Contact: Maria Villegas (760) 315-0104 mvillegas@palatribe.com



FEB. 28 **AT 4PM**

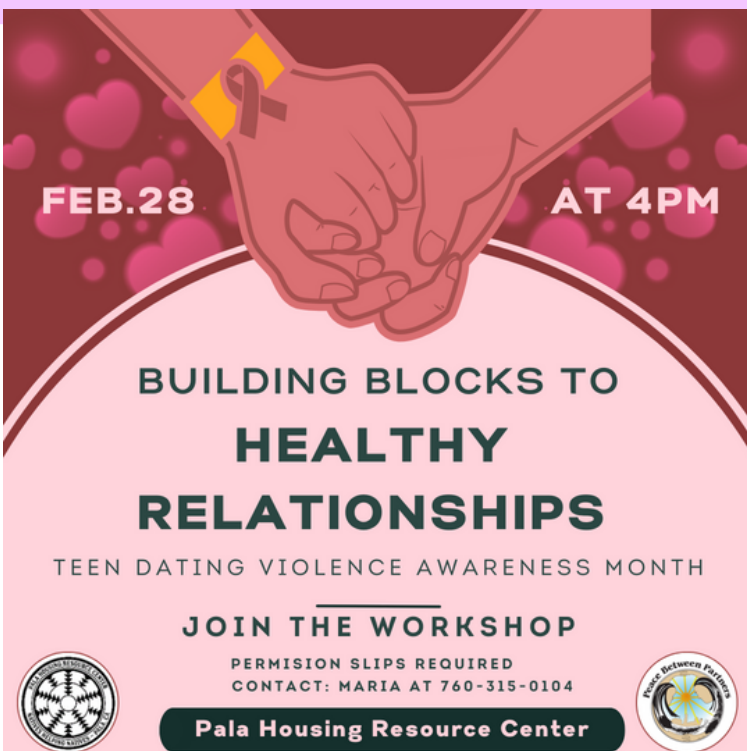
BUILDING BLOCKS TO HEALTHY RELATIONSHIPS

TEEN DATING VIOLENCE AWARENESS MONTH

JOIN THE WORKSHOP

PERMISSION SLIPS REQUIRED
CONTACT: MARIA AT 760-315-0104

Pala Housing Resource Center



JOIN US



February is Teen Dating Violence Awareness Month. The Pala Youth Empowerment Initiative has partnered with IHC to help educate and prevent teen dating violence. Permission slips will be required. Educating teens about dating violence is important because it equips them with the knowledge and skills to identify healthy relationships and recognize signs of abuse. By raising awareness, we can empower teens to make informed decisions, set boundaries, and seek help when needed, ultimately creating a safer and more supportive dating environment for themselves and their peers.

FEBRUARY EVENTS

2024

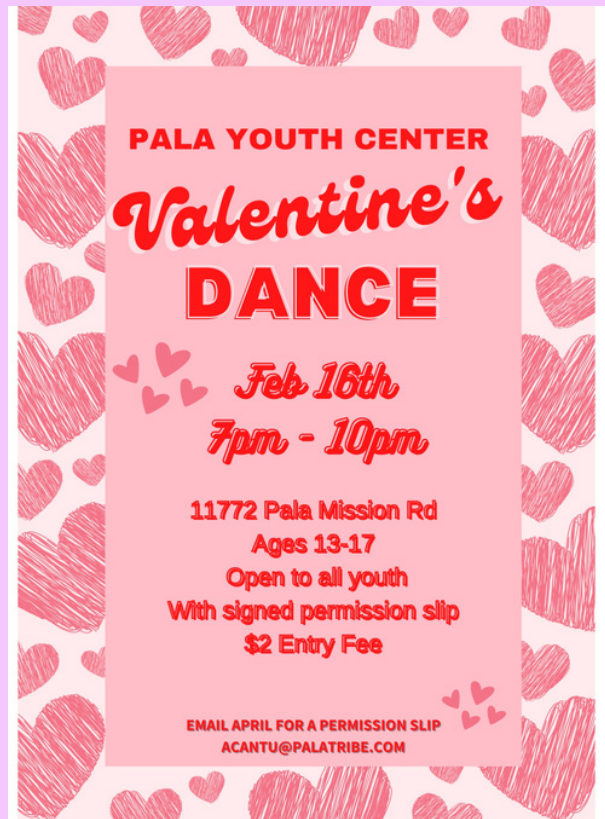


Valentine's
MOVIE NIGHT

Ages 12 to 24
Starting at 4:30pm

Friday February 16	Pala Housing Resource Center
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RSVP Required
Maria Villegas
(760) 315-0104



PALA YOUTH CENTER
Valentine's
DANCE

Feb 16th
7pm - 10pm

11772 Pala Mission Rd
Ages 13-17
Open to all youth
With signed permission slip
\$2 Entry Fee

EMAIL APRIL FOR A PERMISSION SLIP
ACANTU@PALATRIBE.COM



Sorry
We Will Be Closed

Pala Youth Empowerment Initiative

Tuesday 2/13/2024
Re-Opened
Wednesday 2/14/2024

Monday 2/19/2024
Re-Opened
Tuesday 2/20/2024



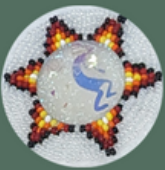
CLOSED

Pala Housing Resource Center will be closed for Presidents day on February 19, 2024 and reopen February 20, 24

FEBRUARY EVENTS

2024

Cupa Cultural Center Presents



WEEKLY BEADING CLUB

It is never too late to pick up a new hobby.


FRIDAYS @ CULTURAL CENTER

Date and Times

Feb 2.....	1pm-4:30pm
Feb 9.....	2pm-5:00pm
Feb 16	2pm-5:00pm
Feb 23.....	2pm-5:00pm

March Schedule TBA


AGES 12 AND UP
ADULTS AND SENIORS WELCOMED
BEADING SUPPLIES ARE PROVIDED
SPACE LIMITED
CALL TO SIGN UP



CUPA CULTURAL CENTER 760-891-3590
Arameshwar@palatribe.com

CHAIR VOLLEYBALL SENIORS VS. YOUTH



FEBRUARY 22TH
10:30AM-12PM



AT THE FITNESS CENTER

SENIOR REGISTRATION
ERIC VARELA | 1 (760) 361-9771

YOUTH REGISTRATION
AGES 12-24
MARIA VILLEGAS | 1 (760) 315-0104



COLLABORATED EVENT WITH
THE PALA HOUSING RESOURCE CENTER
AND SENIOR DEPARTMENT

CHP

California Highway Patrol

START SMART CLASS

MARCH 5TH
PALA HOUSING RESOURCE CENTER
STARTING AT 5PM
AGES 15-24

SAVE THE DATE

RSVP
Maria Villegas: 760-315-0104



Save the Date

Calling all teen driver and potential drives to attend the CHP seminar at **Pala Housing Resource Center at 5pm March 5th**. The CHP Start Smart class is a state wide class the CHP Officers to teenage drivers. The course covers the Graduated Driver's License program, the dangers of distracted driving, speeding and DUI.

You can find more information too at:
[Start Smart: Driving Smart to Stay Safe \(.ca.gov\)](http://Start Smart: Driving Smart to Stay Safe (.ca.gov))

FEBRUARY EVENTS

2024

SDUSD INDIAN ED.
YOUTH & SOCIAL
POWOW

SAVE THE DATE

**MARCH
16
2024**

San Diego Mesa College
7250 Mesa College Dr.
San Diego, CA 92111



For any questions, please contact
tmayasa@sdcdd.edu
carlatourville@yahoo.com.




SAT, MAR 16 AT 10 AM
Youth & Social Powwow
San Diego Mesa College

☆ Interested


WOMEN'S EMPOWERMENT CIRCLE

Every Wednesday 1-4pm at Rincon Dreamweaver Room
Every Thursday 2-3:30pm at Santa Ysabel Oak Room



Peace Between Partners

Made possible by a grant from Indian Health Services



Follow
-US-



@ palahousingresourcecenter

Pala Youth Empowerment Initiative

"For Youth, by Youth"



Location:

35990 Pala Temecula Road
Pala, CA 92059

Contact

(760) 315-0104
www.palahrc.com
housing@palatribe.com
mvillegas@palatribe.com

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