

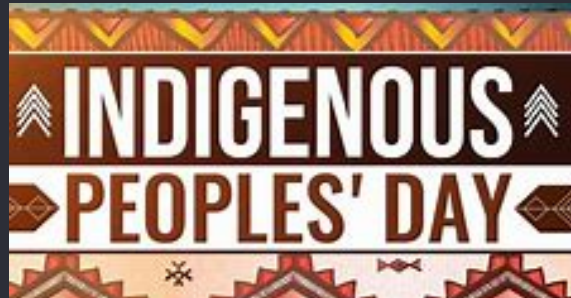
OCTOBER

NATIONAL BULLYING PREVENTION MONTH



DON'T BE A MONSTER!

October is here, and that means it's Bullying Prevention Month! This month is all about raising awareness, promoting kindness, and empowering each other to stand up against bullying. It's important to remember that bullying can have a lasting impact on victims, and that it's never ok. Let's all work together to create a safe and inclusive environment for everyone.



NATIVE FACT

Indigenous Peoples' Day will be celebrated on Monday, October 14. One important fact is recognized as Indigenous Peoples' Day in many places, an alternative to Columbus Day. This day acknowledges the history and culture of Indigenous peoples, focusing on the resilience and contributions of Native communities throughout history. It is a day to celebrate the Indigenous peoples who have inhabited North America for centuries and to recognize their rights and sovereignty.

Spread Kindness



Stand Up Against Bullying!



October is bullying prevention month. Let's use this as an opportunity to spread awareness about the effects of bullying, and to take action to prevent it. Everyone can play a role in creating a culture of respect and kindness. Let's all do our part to make bullying a thing of the past.

WHAT IS BULLYING?

Bullying isn't just physical—it can be verbal, social, or even online. It can leave lasting scars, affecting a person's self-esteem and mental health. Whether it's name-calling, spreading rumors, or exclusion, every act of bullying hurts.

WHY IT MATTERS

Bullying impacts everyone—those who are bullied, those who bully, and even those who witness it. By addressing bullying, we create a safer, more supportive environment for everyone. Remember: kindness and respect go a long way!



BULLYING STATISTIC

Bullying among Native American youth is a significant concern, with statistics highlighting the challenges they face. For example:

- According to the 2019 Youth Risk Behavior Survey, Native American students reported higher rates of being bullied compared to their peers in other racial groups. Approximately 22% of Native American high school students reported being bullied on school property.
- Additionally, the National Institute of Justice has noted that Native American youth experience bullying at rates that can be twice as high as those of other racial groups, which can contribute to higher rates of depression and anxiety.

These statistics underline the importance of targeted bullying prevention efforts within Native American communities and schools. Creating supportive environments can help reduce bullying and promote resilience.



Stand Up Against Bullying!



REMEMBER: YOU MATTER

If you're being bullied or struggling, it's important to reach out for help. Talk to a friend, family member, or counselor. You don't have to face it alone.



HOW YOU CAN HELP

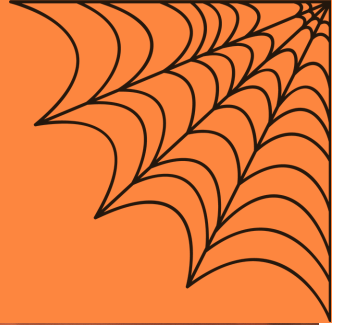
- **Be an Ally:** If you see someone being bullied, step in if it's safe. Offer support to the person being targeted and let them know they're not alone.
- **Speak Up:** Report bullying to a trusted adult or authority figure. It's important to let someone know what's happening.
- **Practice Kindness:** Small acts of kindness can make a big difference. Compliment someone, include others in activities, or simply smile at someone who looks down.
- **Educate Yourself:** Learn more about the impact of bullying and ways to prevent it. Knowledge is power!



Let's make October a month of compassion, understanding, and action. Together, we can create a community where everyone feels valued and safe.

Stay strong and spread kindness!

YOUTH GUIDE TO HALLOWEEN SAFETY



Going to a Teen Halloween Party?

If you're going to a Halloween teen party, make sure to inform your parents aware of your whereabouts and who you'll be with. Don't be embarrassed if they contact the other parents for safety reasons. Always notify them if you leave the party or if plans change, as your safety is their main concern! Keeping them in the loop helps build trust and shows you respect their concerns. Remember, communication is key to enjoying your time out while keeping everyone comfortable.



Crime is not cool.

Vandalism is never acceptable, regardless of peer pressure. Actions like throwing eggs can damage cars, and splashing paint on homes can be costly for homeowners. If caught, you could face serious consequences, and being a juvenile doesn't excuse such behavior. Consider how you'd feel if someone did the same to you.

Take extra care when driving.

If you're the designated driver, ensure your car has enough gas to avoid getting stranded in a dark or isolated place. Always carry a fully charged cell phone, and remember: no drinking and driving! Since safety is a concern during Halloween, discuss a curfew with your parents before heading out. Meeting that curfew will ease their worries and help build their trust, which is important for maintaining a good relationship.

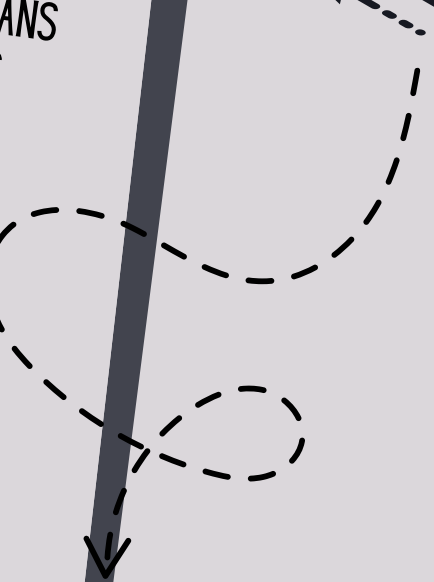
Pala Youth UPDATES



october edition



OUR YOUTH ARE DRESSING IN STYLE THANKS TO A GENEROUS DONATION OF BRAND NEW VANS SHOES! THE EXCITEMENT WAS PALPABLE AS THEY FOUND THEIR SIZES AND SLIPPED ON FRESH KICKS. THESE SHOES WERE DONATED TO SUPPORT THE "AMINES TO END YOUTH SUICIDE" INITIATIVE ON THE RESERVATION.



what's new?

**AT THE
PHRC**

STAY TUNED FOR THE YOUTH SKATEBOARD FOR RESILIENCE EVENT ON NOVEMBER 9TH! IT'S GOING TO BE AN AMAZING DAY OF FUN AND COMMUNITY.

WHAT'S NEW?

PALA YOUTH UPDATES



Let's Go
Skateboarding!

Weekly youth trips to



Fun and no judgement!

Open to all ages, ability and skill level!

Starting Friday, October 11, 2024
Ages 5-11 from 3:45pm to 4:45pm
Ages 12-24 from 5:00pm to 6:00pm

Limited to groups of 7

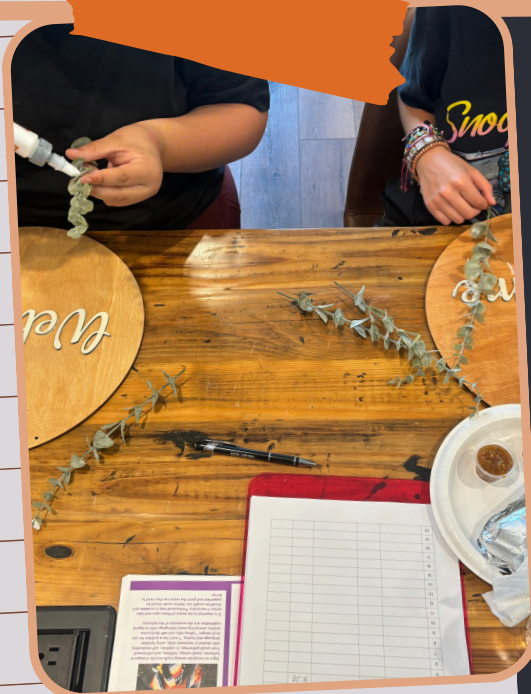
RSVP with Matt Morning Star
Email: mmorningstar@palatribe.com
Cell: (760) 717-0448



CALLING ALL YOUTH! THIS IS AN AMAZING OPPORTUNITY TO LEARN A NEW SKILL THAT BENEFITS YOU BOTH PHYSICALLY AND MENTALLY. SKATEBOARDING ISN'T JUST ABOUT TRICKS AND FLIPS; IT PROMOTES PHYSICAL FITNESS, COORDINATION, AND BALANCE. IT ALSO ENCOURAGES CREATIVITY AND SELF-EXPRESSION, ALLOWING YOU TO FIND YOUR UNIQUE STYLE ON THE BOARD.

JOIN US FOR THE **YOUTH SKATEBOARD FOR RESILIENCE CLUB EVERY FRIDAY 3:45-4:45PM FOR AGES 5 TO 11 AND FROM 5PM -6PM AGES 12-24**. WHERE YOU CAN LEARN TO SKATE AND HAVE FUN TOGETHER! LET'S BUILD A SUPPORTIVE ENVIRONMENT THAT EMPOWERS EVERYONE TO THRIVE. DON'T MISS OUT!

LAST MONTH'S WELLNESS WORKSHOP FOCUSED ON SUICIDE PREVENTION, BRINGING TOGETHER YOUTH AND ELDERLY TO DISCUSS THE IMPORTANCE OF MENTAL HEALTH AWARENESS. PARTICIPANTS SHARED THEIR EXPERIENCES AND INSIGHTS IN A SUPPORTIVE ENVIRONMENT, HIGHLIGHTING THE VALUE OF OPEN CONVERSATIONS. AS PART OF THE WORKSHOP, ATTENDEES ENGAGED IN A CREATIVE ACTIVITY, CRAFTING WELCOMING SIGNS THAT SYMBOLIZE HOPE AND COMMUNITY SUPPORT. THE WORKSHOP IS **HELD EVERY LAST TUESDAY OF THE MONTH FROM 3 TO 5 PM AND IS OPEN TO INDIVIDUALS AGED 12 AND UP**, PROVIDING A VITAL SPACE FOR CONNECTION AND RESOURCES RELATED TO MENTAL WELL-BEING.





Pala Youth SPOT LIGHT

Titus Nieto Chair Volleyball Referee



IN A REMARKABLE DISPLAY OF LEADERSHIP AND DEDICATION, 18-YEAR-OLD TITUS NIETO HAS MADE A NAME FOR HIMSELF IN THE WORLD OF CHAIR VOLLEYBALL, RECENTLY OFFICIATING THE CHAMPIONSHIP MATCH HELD AT THE PALA CASINO ON OCTOBER 3RD. AFTER FOUR YEARS OF REFEREEING, TITUS'S HARD WORK AND PASSION FOR THE SPORT HAVE CULMINATED IN THIS PRESTIGIOUS OPPORTUNITY.

CHAIR VOLLEYBALL, AN ADAPTIVE SPORT THAT ALLOWS ELDERS AND SENIORS TO PARTICIPATE IN A COMPETITIVE ENVIRONMENT, HAS BEEN CLOSE TO TITUS'S HEART. HE BEGAN HIS JOURNEY AS A REFEREE AT A YOUNG AGE. HE IS QUICKLY BECOMING A RESPECTED FIGURE IN THE LOCAL SPORTS COMMUNITY.

"TITUS IS AN EXCEPTIONAL ROLE MODEL FOR OUR YOUTH HERE AT PALA," SAID COACH ERIC VARELA WHO HAS WORKED CLOSELY WITH HIM. "HIS COMMITMENT TO THE GAME AND TO SUPPORTING HIS PEERS IS TRULY INSPIRING."

DURING THE CHAMPIONSHIP MATCH, TITUS SHOWCASED HIS EXPERTISE AND PROFESSIONALISM, ENSURING THAT THE GAME RAN SMOOTHLY AND THAT ALL PLAYERS FELT INCLUDED AND VALUED. HIS ABILITY TO COMMUNICATE EFFECTIVELY AND MAINTAIN A POSITIVE ATMOSPHERE ON THE COURT WAS NOTED BY PLAYERS AND SPECTATORS ALIKE.



Pala Youth Empowerment Initiative



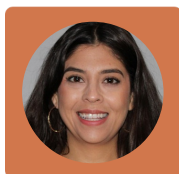
“FOR YOUTH BY YOUTH”



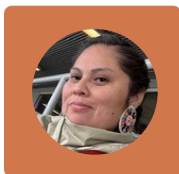
WHO WE ARE

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, training’s, podcasts, and activities. We service youth ages 12 to 24 years of age. We strive to provide Pala youth with the life skills needed to become successful adults. Hours of operation Monday through Friday from 11 am-7:30 pm and every other Saturday from 11 am-7 pm.

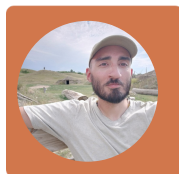
MEET THE STAFF



Maria Villegas
Youth Empowerment Lead
Cell: (760) 315-0104 Email:
mvillegas@palatribe.com



Paula Ellenwood
Youth Empowerment
Cell: (760) 638-1676 Email:
pellenwood@palatribe.com



Matt Morning Star
Youth Empowerment
Cell: (760) 717-0448 Email:
mmorningstar@palatribe.com

OUR SERVICES

Life Skills

- Cooking Classes Driving
- School Budgeting Workshops
- Resume Building

Personal Skill Development

- After School Tutoring
- GED Classes Goal Setting
- Community Service
-

Community Events

- Youth Field Trainings
- Community Trips
- Social Media Outreach

Other Services

- Mentorship and Career Guidance
- Youth Development/Mental
- Health Guidance





Pala Social Services and Pala Housing Resource Center
invite you to

Skateboard for Resilience



Saturday, 11/9 10am - 2pm
@ Pala Skate Park!

Food and drink provided!
Music and raffle!

PARENTAL SUPERVISION REQUIRED FOR PARTICIPANTS 12 AND UNDER

Very special thank you to the donors Give Skate and Solride Skateboards!

RSVP with Matt Morning Star.
First 50 to sign up receive a
skateboard with helmets and
pads!

mmorningstar@palatribe.com
760-717-0448



Follow us @palahousingresourcecenter



PHRC October Events

2024

Pala Youth Empowerment initiative

WE ARE OPEN

Saturdays

October schedule

Monday - Friday 10:30 am-7 pm
Saturday, Oct. 19th & 26th 11am-7 pm

For Any Questions

Contact Maria Villegas
(760) 315-0104



IN PERSON TUTORING

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

MONDAY- FRIDAY
At 4:30 - 6:00 PM

PALA HOUSING RESOURCE CENTER
35990 Pala Temecula Rd,
Pala, CA 92059

MORE INFORMATION CONTACT:
MARIA VILLEGAS

760-315-0104

www.palahrc.com

Tutoring services offered at the
Pala Housing Resource Center
Monday through Friday from 10:30 am to 7:00 pm



Pala Housing Resources Center Presents

DRIVING LESSONS

Calling all youth 15 and up to come get your driver's license with one-on-one behind the wheel training



IN PARTNERSHIP WITH



REGISTRATION NOW

Contact: Maria Villegas
(760) 315-0104



TRTS Registration

REGISTER NOW

The Pala Housing Resource Center is calling all youth 15 and up to join the waiting list for driving school. Let's work together on getting our youth safely on the road.

OCTOBER EVENTS 2024



HALLOWEEN
Movie Night

18
OCT

MOVIE STARTS AT 5PM
Pala Housing Resources Center

AGES
12-24

BETIE JUICE

*Movie of the night will be Beetlejuice - PG-13
*Permission slip required

Contact Maria Villegas (760) 315-0104



Fall Clothing Drive

DONATE GENTLY USED JACKS, SWEATERS, CLOTHING, SHOES, AND ACCESSORIES FOR ALL AGES AND GENDERS

NOW UNTIL NOVEMBER 18TH

DROP OFF TIMES 10AM - 6PM

**PALA HOUSING RESOURCE CENTER
35990 PALA TEMECULA ROAD**

For more information Contact:
Maria Villegas (760) 292-6272

Listening Circle

CALLING ALL YOUTH AGES 12-24
LET US KNOW WHAT WE CAN DO TO HELP PALA
YOUTH WITH JOB TRAINING, MENTORSHIP,
EDUCATION, AND SUMMER ACTIVITIES.

Incentives will be provided

Tuesday Oct.15 at 4pm

AT THE PALA HOUSING RESOURCE CENTER

CONTACT MARIA FOR MORE INFORMATION

(760) 315-0104 | mvillegas@palatribe.com



Let's Talk About Wellness

JOIN US THE LAST TUESDAY OF EVERY MONTH FOR
CRAFTS, FOOD, AND OPEN DISCUSSION

Open to ages 12 and up

Location: Pala Housing Building
35990 Pala Temecula Rd, Pala, CA 92059
Time: 3pm- 5pm



Brought to by: Pala Senior Department,
Pala youth Empowerment Initiative, and Indian Health Council



OCTOBER EVENTS 2024



PALA FIRE DEPT.

19TH ANNUAL OPEN HOUSE
HALLOWEEN GOODIE HANDOUTS

SATURDAY
10AM - 2PM
OCTOBER 26TH

Please join us! For our 19th Annual Fire Prevention Open House and spend the day with your local firefighters. There is something for all ages to enjoy at this annual event. There will be food, fire safety booths, tours of the fire station, fire truck demonstrations & much more!

34884 Lilac Extension Road Pala, CA 92059

AMR. A Global Medical Response Solution | SDGE | INLAND VALLEY CERT COMMUNITY EMERGENCY RESPONSE TEAM | LISTOS CALIFORNIA



PALA YOUTH CENTER'S
TRUNK OR TREAT!

OCTOBER 26TH
5PM-9PM
JIM BANKS SPORTS PARK

CARNIVAL RIDES
FOOD
MUSIC
COSTUME CONTEST

TO ENTER A TRUNK CONTACT APRIL
760-638-6462



IHC INVITES YOU TO OUR
HALLOWEEN Extravaganza

FRIDAY **11** OCT
From **5-9** PM

FREE FUN FOR THE WHOLE FAMILY

CARNIVAL GAMES • 5:00-8:00 SPOOKY FOOD • 6:00-8:00
HAUNTED HOUSE • 6:00-7:30 OUTDOOR MOVIE • 7:30-9:00


Indian Health Council • Rincon
50100 GOLSH ROAD, VALLEY CENTER

To register, scan the QR Code or visit LINKTREE IN BIO


The PHRC will be taking youth to IHC's Halloween Extravaganza on Oct. 11th
For a permission slip please contact Maria Villegas at (760) 315-0104 or mvillegas@palatribe.com

OCTOBER EVENTS 2024

RSVP
Today!



Location: Pala Housing Resource Center
Date & Time: October 30th from 5pm to 6pm



AVAILABLE FOR
12-24
YEARS OLD

- Basic Techniques
- Situational Awareness
- Info on healthy relationships and healthy choices

RSVP
Maria Villegas (760) 315-0104

YOUTH SELF DEFENSE

Learning self-defense boosts self-confidence and security, enabling individuals to assert boundaries and communicate effectively, which fosters healthier interactions. Healthy relationships thrive on trust, communication, respect, and support, focusing on open dialogue, valuing boundaries, and making fulfilling choices like setting limits and resolving conflicts constructively.

Keychain Beading Workshop

With Brigid Pulskamp

Part One - Tuesday, October 15th
Part Two - Tuesday, November 12th
10:00AM-2:00PM

This event will be photographed and videotaped




Location:
Pala Old Tribal Hall
Space is limited so please be committed
Ages 13+ unless accompanied by an adult
All materials will be provided.
Bead colors are limited, if you would like to purchase different colors the bead size will be provided when you reserve your space.
No drugs, alcohol, vaping, or smoking are permitted at this event

PLEASE CONTACT NA'LEIGHA AGUAYO AT
Naguayo@palatribe.com/760 891 3590 TO RESERVE YOUR SPOT



YOUTH WORKSHOP SERIES



In collaboration, the United 'ataaxum Youth Council, CIMC's Vision Keepers Youth Alliance, and 'ataaxum Pomkwaan's Native Youth Stewardship programs are inviting Native American Youth residing in Southern California, ages 12-24 years-old, to learn about our substance abuse prevention projects that will focus on cultural workshops and social justice trainings.

Workshop Topics will include:

- Leadership Development
- Social Justice Trainings
- Bird Singing & Dancing Classes
- Cultural Activities

**Workshops will be the 1st & 3rd Tuesday of each month until Dec. 2024

We invite youth and their families to join our first meeting to get an overview of the project.

When: Tuesday September 17th, 2024
4:30 - 6:30pm
Where: Old Rincon Tribal Hall
(1 West. Tribal Rd. Valley Center CA 92082)
Dinner & Give Aways provided!!

For more information or any questions please reach out to:
Andrea Gaspar, ataaxum@gmail.com Phone: (619) 649 1559
Anthony Hurtado, anthonyhurtado203@gmail.com (760) 859 5122
Priscilla Ortiz, priscillao@cimcinc.com Phone: (916) 775 9377

Elevate Youth California supports this project through Proposition 64 funds. The California Department of Health Care Services contracts with The Center at Sierra Health Foundation to support the implementation of this project.



Let's Go Skateboarding!

Weekly youth trips to



Fun and no judgement!

Open to all ages, ability and skill level!

Starting Friday, October 11, 2024
Ages 5-11 from 3:45pm to 4:45pm
Ages 12-24 from 5:00pm to 6:00pm

RSVP with Matt Morning Star
Email: mmorningstar@palatribe.com
Cell: (760) 717-0448

Limited to groups of 7



FUTURE EVENTS

2024



PALA'S COLLEGE & CAREER FAIR

NOVEMBER 14TH, 2024

Jumpstart your future at our College and Career Fair! Meet with college reps and career experts to explore exciting opportunities and get all the info you need to succeed. Enjoy delicious food, score free swag, and enter our raffle for a chance to win awesome prizes— including an iPad!

3pm - 6:30pm
12196 Pala Mission Rd, Pala, CA 92059

Contact Rhiannon Johnson for more details
rhjohnson@palatribe.com / 760-292-6275



Save THE Date

AMERICAN INDIAN COLLEGE MOTIVATION DAY

LOCATED IN THE USU BALLROOM

NOVEMBER 22 2024

FREE ADMISSION
LUNCH PROVIDED
COLLEGE READINESS WORKSHOPS
CAMPUS TOUR
RAFFLES & MORE
SIGN UP TODAY!



CICSC
Cultural, Indian Culture and Sovereignty Center

CSUSM
AMERICAN INDIAN STUDIES
"Our existence is our resistance"

san diego county office of EDUCATION
FUTURE WITHOUT BOUNDARIES™

PALOMAR COLLEGE
Learning for Success

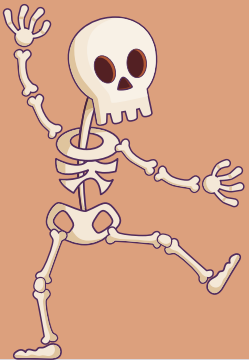
CALIFORNIA INDIAN EDUCATION FOR ALL

MIRACOSTA COLLEGE

NCHEA³
NORTH COUNTY HIGHER EDUCATION ALLIANCE
CSU San Marcos - MiraCosta College - Palomar College

333 S TWIN OAKS VALLEY RD, SAN MARCOS, CA 92096

HAPPY Spooky SEASON



PALA YOUTH EMPOWERMENT INITIATIVE

"FOR YOUTH, BY YOUTH"



Location:
35990 Pala Temecula Road
Pala, CA 92059
www.PalaHRC.com

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

Paula Ellenwood
(760) 638-1676
pellenwood@palatribe.com

Matthew Morning Star
(760) 717-0448
mmorningstar@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.

To empower Native youth, ages 3-25, to be resilient, positive, and productive members of the community. Youth Suicide Prevention engages youth with a culturally sensitive, trauma-informed approach through social group events, and peer mentoring.