

PALA YOUTH

Empowerment Initiative Program



OCTOBER 2025

ISSUE 28

Bullying, Substance Use, and Fire Safety Awareness

Creating a safe and supportive community starts with awareness and education. This month, we're focusing on three important topics that affect youth and families: bullying prevention, substance awareness, and fire safety.

Bullying Prevention

Bullying can happen anywhere—at school, online, or in the community. It's important for youth and families to recognize the signs early. Changes in behavior, mood swings, or avoiding school may be indicators that something is wrong. Encourage open conversations at home, practice kindness, and remind youth that standing up for others helps build a culture of respect.

Substance Awareness

Teens today face more pressure than ever when it comes to experimenting with alcohol, vaping, or drugs.

Education and communication are key. Talk honestly about the risks and remind youth that staying substance-free helps them focus on their goals and keeps their minds and bodies healthy. Family support and positive activities can make a huge difference in helping teens make strong, confident choices.

Fire Prevention and Safety

Fire safety starts with small habits that make a big impact. Families should check smoke alarms monthly, plan and practice home fire escape routes, and teach youth what to do in case of an emergency. Remind teens that playing with lighters, fireworks, or candles can lead to dangerous situations. Being prepared saves lives.

Together, we can build a community that values safety, awareness, and respect—helping our youth grow strong and stay protected.

Indigenous Peoples Day



Today we celebrate the people who first called this land home. We remember the struggles and tragedies they endured. We honor their place in and contributions to the shared story of America.

UPCOMING EVENTS:

- 10/13 - Indigenous Peoples Day
- 10/16 - Family Paint Night
- 10/24 - Pumpkin Carving Day
- 10/25 - Trunk-or-Treat



INDIGENOUS PEOPLES DAY

OCTOBER 13, 2025

WHY DO WE CELEBRATE?

Indigenous Peoples' Day is a time to honor Native peoples, their history, and their ongoing contributions to our communities. It's also a day to recognize the strength, culture, and traditions that have been passed down for generations.

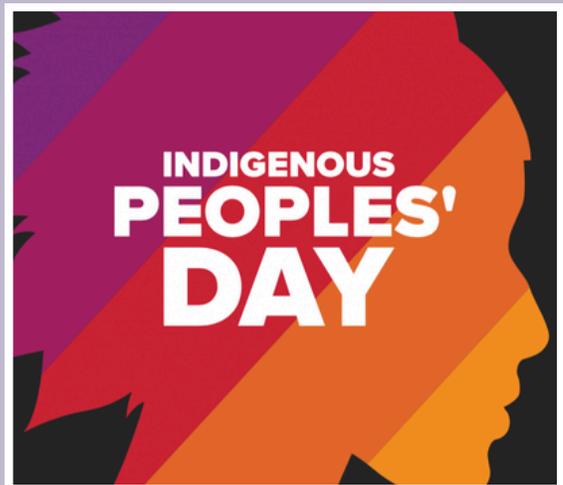
WHAT DOES IT MEAN FOR YOUTH?

- A reminder to be proud of who you are and where you come from.
- A chance to learn from elders, stories, and traditions.
- An opportunity to celebrate your culture and language.
- A way to stand together and show that Native peoples are still here, thriving and strong.

HOW CAN YOU CELEBRATE?

Celebrating can be as simple as spending time with family, attending a community gathering, learning a new word in your Native language, or taking a moment to honor the land we live on.

Indigenous Peoples' Day is not only about remembering the past, it's about celebrating the present and building a strong future. As youth, you are the next generation to carry our culture forward with pride, respect, and strength.



National Bullying

PREVENTION MONTH

NATIONAL
**BULLYING
PREVENTION
MONTH**

October is National Bullying Prevention Month

This month is a reminder that we all have the power to take action. If you see someone being bullied, step in safely or seek help, your support can make a difference.

Everyone faces challenges and hard days, even those who bully, but that never gives anyone the right to hurt others. Together, we can break the cycle by choosing respect, compassion, and kindness.

Let's take this time to spread awareness, stand up for one another, and build a community where everyone feels safe and supported.

Why it Matters?

Bullying prevention is about more than stopping negative behavior—it's about building a community where everyone feels like they belong. As youth, you have the power to create a positive environment where kindness and respect are the norm.

This month, let's all take action to spread kindness, support one another, and stand up against bullying. Together, we can make our schools and communities safer and stronger.

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.

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 BULLIES



Prevention begins with awareness:



- Promote respect, kindness, and inclusion in daily interactions.
- Educate youth on how to recognize and respond to bullying.
- Encourage open communication so children feel comfortable reporting concerns.
- Model positive behavior at home, in schools, and throughout the community.

Recognizing the signs of bullying:

- Repeated teasing, name-calling, or intimidation.
- Intentional exclusion from groups or activities.
- Physical aggression such as pushing, tripping, or hitting.
- Spreading harmful rumors or messages, including through social media.

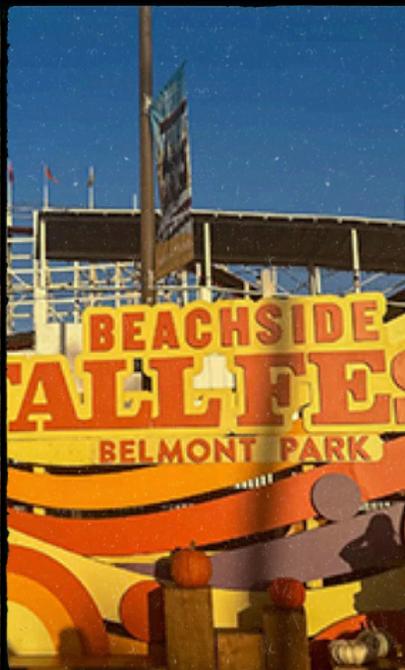
STOP

BULLYING

THINGS TO DO IN OCTOBER



- PUMPKIN PATCH (BATES NUT FARM, PELZTER, CARLSBAD)
- SEAWORLD HALLOWEEN SPOOKTACULAR
- BELMONT PARK CENTENNIAL AND BEACHSIDE FALL FEST
- APPLE PICKING IN JULIAN
- UNIVERSAL STUDIOS HALLOWEEN HORROR NIGHTS





YOUTH GUIDE TO HALLOWEEN SAFETY

TIPS & REMINDERS

1. Review safe walking routes on well-lit streets and point out any specific places to avoid, like vacant properties, homes with unleashed pets, or locations with “No Trespassing” signs posted. Teach them how to stop and check a map or GPS app on a smartphone for directions to stay on the safest route.
2. Remind them to only visit homes where the porch light is turned on and to never go inside another house or car.
3. Agree on a specific time to return home. Consider giving them a cell phone for the night so they can talk with you and make sure they know how to call 911 for emergencies.
4. Make sure they carry a flashlight or a cell phone with a light and wear reflectors or reflective tape on their costume.
5. Coach older kids to always walk (not run) on a sidewalk while trick-or-treating or to use the far side of the road facing traffic if there isn't a sidewalk available. Remind them to only cross the street with their group at crosswalks or intersections and to never walk across yards, through alleys, or between cars in the street.

TIPS FOR TEEN DRIVERS

- Avoid driving during peak trick-or-treating hours. If needed, plan safe routes and drive below the speed limit.
- Watch for excited kids who may run into the street, especially:
 - At intersections
 - Near driveways and alleys
 - Around parked or stopped cars
- Turn on headlights before dark and use hazard lights when picking up or dropping off kids.



Have Fun!



PALA TOBACCO PROGRAM



DID YOU KNOW ?



Smart Vapes, also known as Smart Phone Disposable Vapes, are a new product that makes vaping even more convenient. Smart Vapes come in many different forms, but they generally include a digital display screen and smart phone features like games, touchscreens, and Bluetooth connectivity. Many come in fruit or candy flavors and contain nicotine. This device combines addictive components like nicotine, video games, and smartphone applications, potentially attracting and addicting youth.

HAVE YOU SEEN?



Red Ribbon Week: Honoring Native Youth and Protecting Against Tobacco October 23-31



Red Ribbon Week is a time to stand together in promoting healthy, drug and tobacco-free lifestyles. For Native youth, this movement carries a deeper meaning, protecting the next generation while honoring our traditions and culture.

Tobacco has always held a sacred place in Native communities when used in its traditional form. But today, commercial tobacco products like cigarettes, vapes, and chew continue to target Native youth, leading to lifelong health challenges.

This Red Ribbon Week, let's:

- Celebrate our culture by teaching the difference between traditional and commercial tobacco use.
- Support Native youth in making positive, tobacco-free choices.
- Build a healthier community by encouraging wellness and cultural connection.

Together, we honor our ancestors and invest in a strong, healthy future for Native youth.



WHAT THE YOUTH UP TOO

YOUTH AUTOMOTIVE WORKSHOP

The Pala Youth Empowerment Initiative Program recently partnered with Girly Garage to host an automotive workshop for youth in its driving school program. The workshop, now a required class, equips students with essential car knowledge and safety skills.

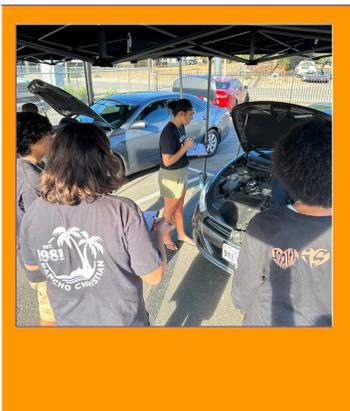
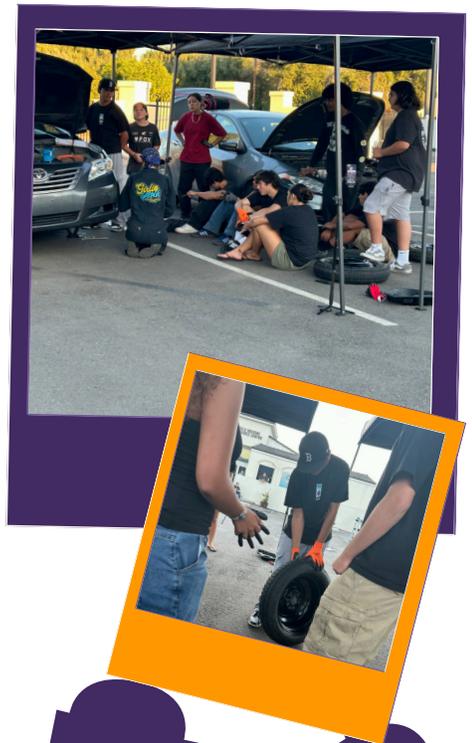
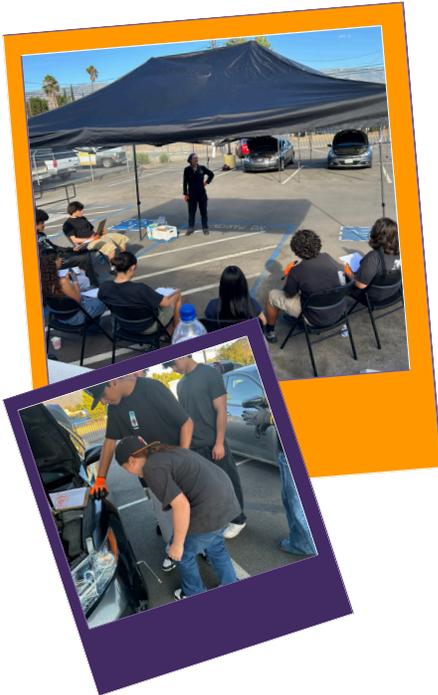
Participants learned how to perform a basic vehicle inspection before long trips, change a tire in roadside emergencies, and communicate effectively with mechanics. They also explored the differences between purchasing a car from a private seller, dealership, or public sale.

Hands-on lessons included identifying key parts under the hood, such as the engine, oil, and fuses, and practicing simple maintenance tasks like replacing basic components.

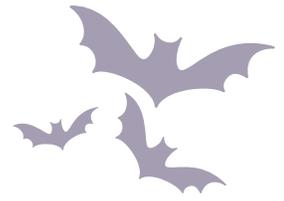
FUTURE AUTOMOTIVE WORKSHOP

The program is designed to grow with student interest. Upcoming workshops may expand into motorcycle, dirt bike, and electric bike maintenance, reflecting youth-driven ideas for future learning.

Pala continues to provide engaging, practical opportunities that prepare young people with the skills and confidence they need for independence and success.



WHAT THE YOUTH UP TOO



NATIVE AMERICAN DAY AT THE STATE CAPITAL

On September 26th, two of our youth had the exciting opportunity to attend Native American Day at the State Capitol. This was a unique and meaningful experience, as they were able to witness firsthand what it feels like to represent the Pala Band of Mission Indians in such a significant space.

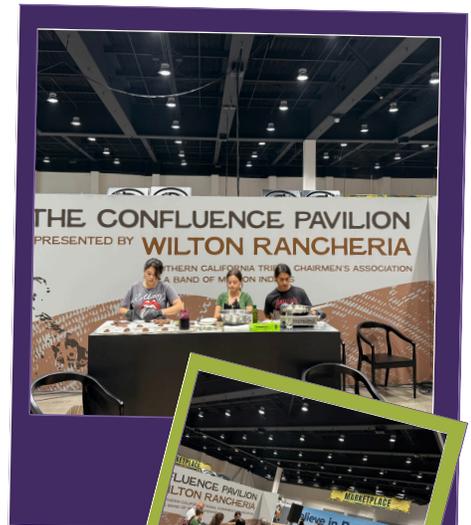
The event was filled with culture and celebration, including bird singers, traditional dancers from tribes across California, as well as vendors and native outreach organizations. One of the most memorable moments was seeing the flags of all the tribes proudly displayed, symbolizing unity and recognition of Native communities throughout the state.

YOUTH SHOWCASE NATIVE CUISINE AT TIERRA MADRE FOOD FESTIVAL

On Saturday, September 27th, our two youth also had the opportunity to participate in the Tierra Madre Food Festival in Sacramento. They proudly demonstrated a traditional fusion meal, drawing on the skills they have been building through our Stirring Up Culture: One Dish at a Time cooking classes at the Pala Housing Resource Center.



They dished up venison sliders on mesquite bread, highlighting the unique flavors of traditional Native ingredients while blending in contemporary tastes. This was an incredible opportunity for our youth to showcase Native cuisine to a wider audience and share how cultural traditions continue to thrive in modern ways.



PHRC EVENTS 2025

PALA YOUTH EMPOWERMENT INTIATIVE

WE ARE OPEN

IN OCTOBER

OCTOBER SCHEDULE

Monday - Friday 10:30 am-7 pm

Closed:

For Any Questions
Contact Maria Villegas
(760) 315-0104



Pala Housing Resouces 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

TRTS
TECH ROAD TO SAFETY

REGISTRATION NOW

Contact: Maria Villegas
(760) 315-0104

SCAN ME



TRTS Registration

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 you by: Pala Senior Department,
Pala Youth Empowerment Initiative, and Indian Health Council



PHRC EVENTS 2025



PALA TOBACCO PROGRAM

OCTOBER 16, 2025

PALA FAMILY PAINT NIGHT

Join us for a special evening to learn, create, and connect with culture. Enjoy a delicious meal while experiencing the art and stories of Bobby Von Martin, a talented Native American artist dedicated to empowering Native Communities and honoring tradition. Don't miss this uplifting and inspiring event for the whole family!

LEARN MORE ABOUT BOBBY VON MARTIN
[HTTPS://TOGETHERWEREMORE.COM/ARTISTS/BOBBY-VON-MARTIN/](https://togetherweremore.com/artists/bobby-von-martin/)

FOLLOW HIM ON IG:
 BOBBYVON14

***AGES 12 AND UP WITH PARENT /GAURDIAN**

RSVP TO:
 DEANDRA MOLINA
 DMOLINA@PALATRIBE.COM
 OR TEXT : 760-893-0769

LOCATION PALA ADMINISTRATION
TIME: 4:30-7:30 PM



PALA YOUTH EMPOWERMENT INITIATIVE

Halloween Movie Night

A SPOOKY MOVIE-WATCHING EVENT

FRIDAY
OCTOBER 17TH
 AT PHRC
 *AGES 12 AND UP

Movie begins at 4pm

RSVP: PAULA (760) 638-1676



PUMPKIN CARVING CONTEST

Halloween Celebration

OCT 24, 2025 | 3PM-6 PM | PHRC

Contest Categories:

- Scariest Pumpkin
- Most Creative Pumpkin
- Funniest Pumpkin

***AGES 12 AND UP**
 Carving kits provided!

*Sign-up required to participate! Text Paula (760) 638-1676.




Pala Youth Empowerment Initiative

BAKE SALE

FUNDRAISER

October 30th

- Chocolate Chip Cookies
- Banana Chocolate Chip Bread
- Pineapple Upside Down Cake

Location:
 Pala Housing Resource Center
 4:00 pm- 6:00 pm

All Proceeds go to support the Pala Youth Empowerment Initiative Program




PALA EVENTS 2025

Hair Barrette Workshop

With Brigid Pulskamp
 Part One - Tuesday, October 7th
 Part Two - Tuesday, October 21st
 10:00AM-2:00PM



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



20TH ANNUAL OPEN HOUSE



Please
 Join
 Us!

For our 20th Annual Fire Prevention Open House!
 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!

HALLOWEEN GOODIE HANDOUTS

SATURDAY
 10AM - 2PM
 OCTOBER 25TH

34884 Lilac Extension Road Pala, CA 92059



PALA YOUTH CENTER'S HALLOWEEN CARNIVAL

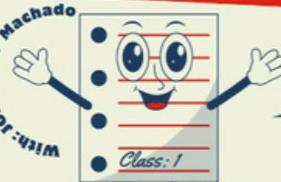
OCTOBER 25, 2025
 5PM - 9PM
 JIM BANKS SPORTS PARK

TRUNK OR TREAT
 FOOD
 MUSIC
 VENDORS
 COSTUME CONTEST
 CARNIVAL RIDES

To enter a trunk contact
 April @ 760-638-6462

Cupa Language

with: Jonathan Machado



Class

16 Sept. - 18 Nov.

2025*

Only 9 weeks
 Tuesday's
 @ 6:30 PM



In person:

@Cupa Cultural
 Center

Everyone, let's learn together.

Palatribe.com

More Info, Call/Email Bud:
 (760)420-2265 jmachado@palatribe.com

PALA EVENTS 2025

VIVIAN BANKS CHARTER SCHOOL

FREE MOVIE NIGHT

FRIDAY, OCTOBER 17, 2025

5:30 PM - 8:30 PM

NIGHT AT THE MUSEUM

Selling Hotdogs, Nachos, Popcorn, Candy, and Soda, Capri Sun & Waters

Mrs. Nancy
760-742-330

Gourd Art Class

Elaine Linton

Oct. 24, 2025

9am-3pm

Old Tribal Hall



Don't miss out on this exciting step by step gourd art class with Elaine Linton.

Learn how to transfer and wood burn designs on gourds.

No materials are needed.

Feel free to bring your own wood burner if you have one.



Participants must register.

Space is Limited

Contact: Naleigha Aguayo

760-891-3590



Healing Together
Date: October 15th, 2025
Location: Tribal Administration Hall

COMMUNITY AWARENESS EVENT ON OPIOID EPIDEMIC

JOIN US FOR AN IMPORTANT DISCUSSION WITH MR. STEVE FILSON

Dinner will commence at 4:00 PM, followed by Mr. Filson's presentation on prevention at 4:30 PM. At 5:30 PM, join us for "Rooted & Restored: Culturally Competent Practices Essential in Communities."

BE INFORMED, BE EMPOWERED



NOT INVISIBLE

Event Details

- Date: October 27, 2025
- Location: Tribal Administration Hall
- Time: 4:00 PM - 6:45 PM

For further information, please reach out to Clem Thunder at 760-515-0405.

Discussion

- Speaker: District Attorney Summer Stephan
- Topic: Indigenous Rights - MMIW, NMIP

PALA YOUTH EMPOWERMENT INITIATIVE

"FOR YOUTH, BY YOUTH"



HAPPY
Halloween

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

Deandra Molina

(760) 893-0769
dmolina@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.

The Pala Tobacco Program is dedicated to inspiring and motivating our community, especially our youth, to learn and honor the traditional use of tobacco. Our mission is to promote a culturally forward mindset, ensuring that our traditions are preserved and respected in today's world. By reconnecting with our roots, we strive to build a healthier future for generations to come, keeping our traditions alive for a long time to come.

