

Work Hard to Keep Youth Away from Alcohol, Tobacco and Other Drugs

Mission: Four Healing Principles

- Healing from problems associated with alcohol, tobacco and other drugs comes from within ourselves, our Tribe, our community. Together we will find the resources to heal, renew and rebuild.
- Our journey is linked to the past. We will use traditions, cultural values and knowledge to strengthen ourselves and our community.
- We will send a message to our children and families about the harmful effects of alcohol, tobacco and other drugs.
- The healing of the individual, the community and the Tribe go hand in hand and are inseparable.

By Jenifer Metcalf, Prevention Coordinator

As the Prevention coordinator for the Tribe, my position is to decrease risk factors and increase protective factors in the community. You might be asking yourself, "What are risk and protective factors?"

- **Risk factors** are characteristics of individuals, their families, schools and community environments that are associated with increases in alcohol and other drug use, delinquency, teen pregnancy, school dropout and violence.
- **Protective factors** are conditions that buffer young people from the negative consequences of exposure to risks either by reducing the impact of the risk or changing the way a person responds to the risk. Enhancing protective factors can reduce the likelihood that problem behaviors will arise.

Another part of my position is to be a supportive role model for youth in our community and educate them in alcohol and/or other drug prevention. I wanted to share this information with you so you can utilize the Prevention program if you as a parent or guardian need any assistance.

Our youth, our future generations, need to be educated on the dangers of alcohol and/or other drugs and the harmful effects they have on the body. If you need assistance, just need some questions answered or want to know what kind of activities are going on through the Prevention program, please feel free to call me at 800-600-5599 or 541-444-9618.

Underage Drinking Awareness

I feel it's my duty to give these facts that tell the truth about underage drinking. I am here to serve my community and

want to share this information with you so you know how important it is for parents to be active in their children's lives.

Take a look at the information below and if you have any questions or concerns about this or other topics related to other drugs, please feel free to contact me. Have a safe summer and enjoy alcohol-free activities.

While parent-child conversations about drinking are essential, talking isn't enough. You also need to take concrete action to help your children resist alcohol. Research strongly shows that active, supportive involvement by parents and guardians can help teens avoid underage drinking and prevent later alcohol misuse.

The message is clear: Young teens need plenty of adult supervision. Here are some ways to provide it:

- ✓ Monitor alcohol use in your home. If you keep alcohol in your home, keep track of the supply. Make clear to your children that you don't allow unchaperoned parties or other teen gatherings in your home. If possible, however, encourage them to invite friends over when you are at home. The more entertaining your child does in your home, the more you will know about your child's friends and activities.
- ✓ Connect with other parents. Getting to know other parents and guardians can help you keep closer tabs on your child. Friendly relations can make it easier for you to call the parent of a teen who is having a party to be sure a responsible adult will be present and alcohol will not be available. You're likely to find out that you're not the only adult who wants to prevent teen alcohol use - many other parents share your concern.

- ✓ Keep track of your children's activities. Be aware of your teens' plans and whereabouts. Generally, your children will be more open to your supervision if they feel you are keeping tabs because you care, not because you distrust them.
- ✓ Develop family rules about teen drinking. When parents establish clear "no alcohol" rules and expectations, their children are less likely to begin drinking. While each family should develop agreements about teen alcohol use that reflect their own beliefs and values, some possible family rules about drinking are:

- ✗ Kids will not drink alcohol until they are 21.
- ✗ Older siblings will not encourage younger brothers or sisters to drink and will not give them alcohol.
- ✗ Kids will not stay at teen parties where alcohol is served.
- ✗ Kids will not ride in a car with a driver who has been drinking.

Once you have chosen rules for your family, you will need to establish appropriate consequences for breaking those

rules. Be sure to choose a penalty you are willing to carry out.

Also, don't make the consequences so harsh that they become a barrier to open communication between you and your teens. The idea is to make the penalty "sting" just enough to make your child think twice about breaking the rule. A possible consequence might be temporary restrictions on your child's socializing.

Finally, you must be prepared to consistently enforce the consequences you have established. If your children know they will lose certain privileges each and every time an alcohol-use rule is broken, they will be more likely to keep their agreements.

Information for this article was gathered from the National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health and U.S. Department of Health and Human Services. Some websites for parents to check out are listed below:

www.parentingisprevention.org

www.health.org/nacoa

www.theantidrug.com (AOL Keyword: drug help)

CTSI Jobs

Tribal employment information is available at www.ctsi.nsn.us.

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

CTSI is constantly looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are retired, a homemaker or a student and are looking for temporary work that can last from two weeks to 12 weeks, please submit a temporary application for the temp pool.

New Youth Elk Hunt Added for Youngsters to Hunt this Summer, Fall

New Youth Elk Hunt: We are offering a new hunting opportunity for Tribal member youth age 12-17 who have successfully completed their Hunter Safety Course.

A new youth antlerless elk hunt in Western Oregon runs from Aug. 1 through Dec. 31. Two tags will be available for Tribal youth to apply for - one each for the Stott Mountain and Alsea hunt areas.

To enter the drawing, youth should fill out the drawing form (available June 1) on the Tribe's website or in the Natural Resources Department office and return it to the Natural Resources Department by July 2.

The drawing will be held at the Natural Resources Committee meeting on July 12 at 5 p.m. in the Natural Resources Department Map Room.

Youth must be accompanied by an adult age 21 or older when hunting using this tag.

Youth Deer Hunt: We will once again offer the youth antlerless or spike deer hunt for Tribal member youth age 12-17 who have successfully completed their Hunter Safety Course.

Six tags will be available by drawing for the Oct. 2 to Nov. 7 antlerless or spike deer hunt in the Stott Mountain and Alsea units (three tags each unit).

To enter the drawing, youth should fill out the drawing form (available July 6) on the Tribe's website or in the Natural Resources Department office and return it to the Natural Resources Department by Aug. 2.

The drawing will be held at the Natural Resources Committee meeting on Aug. 9 at 5 p.m. in the Natural Resources Department Map Room.

Youth must be accompanied by an adult age 21 or older when hunting using this tag.

Vendor and Parade Applications

Nesika Illahee Pow-Wow • Aug. 13-15, 2010

For parade and vendor applications/entries, please contact Mona Fisher at 800-922-1399, ext. 1230, or 541-444-8230.

You also can go online to www.ctsi.nsn.us or pick them up at the Tribal Community Center or administration building in Siletz.

Tipi Drawing

Name: _____

Address: _____

Phone: _____

Roll #: _____

For Siletz Tribal members to use during the Nesika Illahee Pow-Wow on Aug. 13-15, 2010. One entry per household, please. Deadline for entries is July 2, 2010. Names will be drawn soon after the deadline. Return the form to Siletz Pow-Wow, Attn: Tipi, P.O. Box 549, Siletz, OR 97380-0549.