

Attention parents! Is your teen dating? Warning signs of dating violence

One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.

Girls and young women age 16 to 24 experience the highest rate of intimate partner violence – almost triple the national average.

About 72 percent of eighth- and ninth-graders are “dating.”

Only 33 percent of teens who were in a violent relationship ever told anyone about the abuse.

Eighty-one percent of parents believe teen dating violence is not an issue or admit they don't know if it's an issue.

It may be hard to think of your teen as having an intimate relationship, let alone an abusive one. But now more than ever, your son or daughter needs your support. Support them by learning what dating

violence is, what it looks like and how to get help.

What is dating violence?

Dating violence is a pattern of abusive behaviors used to exert power and control over a dating partner.

What does dating violence look like?

Teens and young adults experience the same types of abuse in relationships as adults. This can include:

- Physical abuse: Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon
- Emotional abuse: Non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation or stalking

- Sexual abuse: Any action that impacts a person's ability to control his or her sexual activity or the circumstances in which sexual activity occurs, including rape, coercion or restricting access to birth control

While teens experience the same types of abuse as adults, often the methods are unique to teen culture. For example, teens often report “digital abuse” – receiving threats by text messages or being stalked on Facebook or MySpace.

10 Warning Signs of Abuse

While there are many warning signs of abuse, here are 10 of the most common:

1. Checking your cell phone or e-mail without permission
2. Constant put-downs
3. Extreme jealousy or insecurity
4. Explosive temper
5. Financial control
6. Isolating you from family or friends
7. Mood swings
8. Physically hurting you in any way
9. Possessiveness
10. Telling you what to do

Helpful Tips for Parents

It's never too late to talk to your teen about relationships and dating. It's a difficult conversation, but a necessary one. Here are some helpful tips for parents:

- Do your own research on teen dating violence to get the facts before talking to your teen.
- Provide your teen with examples of healthy relationships, pointing out unhealthy behavior. Use examples

from your own life, television, movies or music.

- Ask questions and encourage open discussion. Make sure you listen to your teen, giving him or her a chance to speak. Avoid analyzing, interruptions, lecturing or accusations.
- Keep it low key. Do not push if your teen is not ready to talk. Try again another time.
- Be supportive and nonjudgmental so your teen knows he or she can come to you for help if the relationship becomes unhealthy in the future.
- Admit to not knowing the answer to a particular question. This builds trust.
- Reinforce that dating should be fun! Stress that violence is never acceptable.
- Discuss options your teen has if he or she witnesses dating violence or experiences it themselves.
- Remind your teen that he or she has the right to say no and must respect the rights of others.
- If your teen is in a relationship that feels uncomfortable, awkward or frightening, assure him or her that they can come to you. And remember – any decisions they make about the relationship should be their own.

If you or a loved one are in a violent relationship, please get help. Contact your local dating violence hotline or Kelley Ellis, Siletz Tribal Violence Against Women Act advocate, at 541-444-9680 or 541-270-9010.

Online Teen Dating Violence Resources

breakthecycle.org
loveisrespect.org
wiredsafety.org

Elders Council Meeting

July 21 • 1-4 p.m.
Chinook Winds Casino Resort

For more details, contact Dee Navarro at 800-922-1399, ext. 1261; 541-444-8261; or deen@ctsi.nsn.us.

Siletz Tribal Charitable Contribution Fund (STCCF) Tribal Member Advisory Board Member Recruitment

The Siletz Tribal Charitable Contribution Fund Board currently is accepting applications from Tribal members for a three-year appointment beginning July 2012 through June 2015. Applications must be received before Aug. 10, 2012.

The Siletz Tribal Charitable Contribution Fund Advisory Board is composed of seven unpaid members, including a Siletz Tribal Council representative; three Siletz Tribal members; two non-Tribal members agreed upon by the governor and Tribal chairman and approved by the Tribal Council; and one non-Tribal member selected by the Tribal chairman and approved by the Tribal Council from a list submitted by the governor.

The Board receives travel reimbursement only for attendance at meetings, distributions and other approved public relations events.

The Advisory Board meets quarterly (January, April, July and October) to review approximately 100 applications received from charitable organizations or local governments.

For more detailed information, please visit ctsi.nsn.us/Charitable-Contribution-Fund or contact Rosie Williams, STCCF secretary.

Siletz Tribal Charitable Contribution Fund Advisory Board Member Application

Name: _____ Roll No: _____

Address: _____

City/State/ZIP: _____

Telephone: (Day) _____ (Evening) _____

E-mail: _____

Applications must be submitted by Aug. 10, 2012, to the address below to be considered for appointment at the Regular Tribal Council meeting in August.

Return form to Rosie Williams, STCCF, P.O. Box 549, Siletz, OR 97380-0549. Contact her at 800-922-1399, ext. 1227, or 541-444-8227; or rosiew@ctsi.nsn.us.

For more information about the Siletz Tribe, please visit ctsi.nsn.us.

Council approves 2012 out-of-area health benefits for Tribal members

The Tribal Council has approved the following plan for using 2012 out-of-area health benefits from July 1, 2012, through June 30, 2013.

To qualify, Tribal members must be registered for health care with the Siletz Tribal Health Department and reside outside of the Tribe's 11-county service area. These funds are intended for Tribal members who are not eligible for Contract Health Service (CHS).

One of the following benefits is available:

- \$400 – Vision
- \$1,200 – Dental
- \$2,000 – Hearing
- \$1,000 – Medical
- Plus \$500 maximum pharmacy through Pequot Rx

Prior authorization by CHS is required and benefits must be used within 90 days.

CHS must receive claims by the end of the 90-day funding period. Any funds not used within 90 days or claims not received will be returned to the pool for redistribution.

An individual can only access benefits one time per fiscal year.

CHS will authorize for household members only. Authorization will not be granted for anyone not residing in your household. Voicemail messages do not hold funds; this must be live contact.

Call CHS starting at 8 a.m. on the dates listed below – 800-628-5720 or 541-444-1236. If you have not already registered for health services, please call anytime to request an application.

Authorization schedule is as follows:

- July 2, 2012
- Oct. 1, 2012
- Jan. 2, 2013
- April 1, 2013