



COMMUNITY ~ AWARENESS ~ RESPECT ~ EMPOWERMENT

Educating and empowering our community to live a healthy non-violent lifestyle that strengthens spirit for future generations.

Confidential, culturally-specific services

Office: (541) 444-9679

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Facebook.com/SiletzCARE

April is Sexual Assault Awareness Month

This year's SAAM (Sexual Assault Awareness Month) campaign focuses on engaging youth. It's time to talk about supporting the young people in our lives. Youth are our **future**. If our goal is for a healthy future for all, we need to talk about meeting the needs and engaging the skills of teens and other young people in our lives. Here are a few ways you can play a role in creating a healthy future for our community.

Educate & empower

All adults can be an ally to the young people in their life. Being an ally means challenging adultism and any attitudes and assumptions that devalue the experiences and lives of youth. Youth

are leaders with tremendous skills and valuable life experience. Respect their experiences and empower them to make healthy decisions.

Start talking

Open up a dialogue about healthy sexuality, and be an approachable adult to the young people in your life. Provide age-appropriate, accurate information to young people. Model respectful communication and healthy behaviors. Remember you don't need all the answers to start the conversation.

Do you need resources to get the conversation started? Contact Brittany at (541) 444-9679 for assistance.

2nd Annual SAAM 5K

The 2nd Annual SAAM (Sexual Assault Awareness Month) 5K Run/Walk will be held on Saturday, April 26th.

The race begins at the Tillicum Fitness Center in Siletz. Registration opens at 8am. The race begins promptly at 9am.

Refreshments will be available after the race with an awards ceremony at 10:15. Awards will be given to Top Male & Female, Master's Male & Female, as well as age group awards. Prizes will also be given for "Best Dressed" — teal is the color of sexual assault awareness, so bring out all of your teal! Runners and walkers of all ages and abilities are invited, and dogs and strollers are welcome.

Registration is \$25 until April 10th and includes an event t-shirt and chowder from Newport's Chowder Bowl after the race. After April 10th registration is \$30 and a t-shirt is not guaranteed. Registration can be found at www.saam5k.eventbrite.com

Proceeds support CARE Program clients and activities. For more information contact Brittany Russell at (541) 444-9679.



Consent—What Is It?

Being in a relationship is NOT consent.

Kissing is NOT consent.

Being unconscious is NOT consent.

Flirting is NOT consent.

Being too drunk to say no is NOT consent.

Pushing you away is NOT consent.

Having sex in the past is NOT consent.

Being afraid to say no is NOT consent.

Not specifically saying "NO" is NOT consent.

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Only a freely-given, sober, enthusiastic "YES" is consent.

Coming Up

April 1: SAAM Day of Action

April 5: Information Table—
10am-2pm @ Newport
Farmer's Market

April 10: SAAM 5K Early
Registration Deadline

April 23: Denim Day

April 26: SAAM 5K—9am @
Tillicum Fitness Center