



# Community Health Department

## Oppression - *what is it?*

Oppression is the experience of repeated, widespread systematic injustice. It doesn't always have to be extreme or involve the legal system. It exists in communities around the world and is experienced on a daily basis by many. Oppression is historically built into institutions like governments, cultures and education systems and is perpetuated over time. It gives power to some groups over other groups.

## Oppression often occurs on the basis of:

- Sexual Orientation
- Gender
- Physical Appearance
- Gender Identity
- Employment
- Age:
- Class
- Culture
- Religion
- Race
- Family History
- Education Level
- Ability
- Criminal History
- Nationality

## Common Tactics of Oppression

- **Dehumanization:** Depriving people of human value.
- **Economic Exploitation:** Preventing someone from obtaining economic security.
- **Genocide:** Planned annihilation of a racial, cultural, or political group.
- **Marginalization:** Socially excluding someone, or a group of people and pushing them to the fringes of society.
- **Scapegoating:** Blaming a person or group for things not their fault.
- **Tokenism:** Expecting one person to speak for their entire group.

## Events

August 3 & 17

Girls' Group

6pm-8pm - Clinic

August 7

Youth Tobacco 101

11am-2:30pm - Siletz Grange Hall

August 25

Wellness Carnival

3pm-7pm - Fitness Center

## Youth Tobacco 101

Save the Date August 7<sup>th</sup> 11:00-2:30



Siletz Grange Hall



## Snacks, Games & Prizes

Come & learn more about electronic cigarettes, chewing tobacco, hookah, commercial tobacco and traditional tobacco.

Questions: Call TPEP 541 444-9682.



Sponsored by NWPAIHB.

COME ONE COME ALL

CONFEDERATED TRIBES OF SILETZ INDIANS

PRESENTS IT'S 1ST ANNUAL WELLNESS CARNIVAL

FUN, FOOD, GAMES AND HEALTH

HEALTHY FOOD AND DRINKS  
INDOOR AND OUTDOOR GAMES  
PIE COOK-OFF  
DUNK TANK

WIN PRIZES AND GOODIE BAGS

FREE ENTRANCE, FREE FOOD  
FREE GAMES

FRIDAY AUGUST 25TH  
1:00PM - 7:00 PM FITNESS CENTER OUTDOOR GROUNDS

ADMIT ONE



## WISDOM



## Chronic Disease Self-Management Program

Empowering Individual, Empowering Communities

- 1 day a week, 2.5 hours class for 6 weeks
- Free book and Wisdom Warrior Wellness Pouch upon completion of the course!
- The class is for **ANYONE** with a **chronic illness** or those **caring for someone** with a chronic illness.
- **Topics include:** Chronic Disease Management, making action plans, problem solving, dealing with difficult emotions, healthy eating, communication skills, working with your Health Care Provider

**Where:** Siletz Community Tribal Center

**When:** August 1st, 8th, 15th, 22nd, 29th, and September 5th

**Time:** 10:00 am -12:30 pm

*Snacks and Refreshments to follow*  
**Sign up today— space is limited**

For more information or to sign up please call or e-mail: Rosalie Monroe at 541-444-1030 or rosiem@ctsi.nsn.us



Presented by

