

#ME TOO: Recognizing and taking action against sexual violence

Dear victim/survivor, community partners, and supporters:

Thousands of people have shared their experiences with sexual harassment and abuse using #MeToo, bringing this issue to the forefront of popular awareness. Conceived in 2006 by [Black anti-violence activist Tarana Burke](#) and recently popularized through a still-growing wave of [social media posts](#) and [news coverage](#), this movement demonstrates that no workplace or gathering space is immune to predatory behavior, harassment, and sexual abuse. Survivors sharing their stories online using #MeToo, as well as [recent news from our own state capitol](#), show the stark pervasiveness of this problem.

We commend [Senator Sara Gelsler's courageous disclosure](#), and we believe and support all survivors of harassment and abuse. People who are transgender, women, queer, people of color, and/or people with disabilities are especially targeted for these forms of violence, and those who hold multiple marginalized identities experience disproportionately high rates of abuse. Yet people of any identity can experience sexual harassment and/or abuse. There is absolutely no justification for harassing or abusive behaviors, yet sexual harassment and abuse persist with little recognition or support. All people deserve to be safe in their homes, workplaces, and community spaces.

We support survivors who come forward to share their stories, and we recognize this may not be possible or safe for everyone. Regardless, we acknowledge each person's lived experiences, and we call on all people to promote positive behaviors and cultural norms that oppose harassment and abuse.

A few ways we can each take action in our communities

1. If you have experienced sexual harassment or abuse, please remember that you are not alone and [support is available](#).
2. Speak up when you see or hear sexual harassment or sexually violent language or behavior among your family, friends, coworkers, and others in your community.
3. Believe and support people who tell you they have experienced harassment or abuse.
4. [Donate to](#) (or volunteer with) [groups and organizations working to end sexual violence](#).

We deserve homes, workplaces, and communities free from sexual harassment and abuse. This is not a lofty goal; it is a worthwhile and achievable one.

Let's take action every day to transform our communities, creating safety and justice for all.

This Information given by OCADSV

***If you or someone you know is looking for help or support, we are here for you and want to help!
Contact: Siletz Tribal CARE
541-444-9615 or 541-270-5581**

You're Invited



The CARE Program would like to create a safe space for those who would like to participate in a discussion around Sexual Assault and the # Me Too movement. Please join us for lunch and a guest speaker.

Date: January 17th

Time: 11:30-1:00

Place: Clinic Shell Room

Traditional foods are not herbicide targets

By Nancy Ludwig, MS, RDN, LD,
Siletz Tribal Head Start Nutrition

As part of my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Foods such as soy, corn, wheat, oats, lentils, peas, flax, rye, triticale, buckwheat, millet, canola, sugar beets and potatoes are often grown commercially with herbicide use. Over the past decade, Roundup has become the most widely used and heavily applied herbicide in history.

The active ingredient, glyphosate, is associated with cancer and problems in birth outcomes. Many individuals now report difficulty from eating soy, wheat, corn and many other grains. Most traditional Native foods do not include grains and legumes. Avoiding grains and embracing traditional foods appears to be protective in the modern world on many levels. Changes in the use and application of herbicides may be one of the factors contributing to some of today's health problems.

Glyphosate is present throughout the food system and our environment. A recent study identified glyphosate in 93 percent of individuals tested and in 60 percent of surface water in the Midwest. The herbicide has been found to persist in water and soil up to a year in some conditions.

Genetically engineered (GE) crops, such as soy and corn, are the largest driver of glyphosate sales. Although GE crops were promised to decrease pesticide use and provide a multitude of other benefits,

the vast majority of GE crops grown in the U.S. are engineered to tolerate direct applications of glyphosate or to produce Bt insecticide.

As use of GE crops has increased, use of the herbicide has skyrocketed. The use of herbicides, including Roundup, has been permitted on non-GE crops, such as wheat and the others mentioned above.

Herbicide application practices have changed significantly, creating differences in quantity, frequency and duration. Due to use of Roundup-ready seeds, the weeds have become resistant and require additional application (increasing exposure). The window of time for application has lengthened by allowing use on plants after germination (increasing duration of environmental exposure to vulnerable pregnant women and children).

There are some claims that glyphosate is not dangerous to people directly. Even if it doesn't hurt us, however, it affects our bacteria, which ultimately impacts us negatively because we need healthy bacteria in our gut (gastrointestinal tract).

As use of glyphosate has skyrocketed and weeds have developed resistance, the highly consolidated seed and pesticide industry has begun the introduction of new GE crops that are engineered for use with glyphosate as well as 2,4-D and dicamba. These herbicides are known to be more toxic and volatile than glyphosate.

Monsanto, the firm that sells half of the world's glyphosate, is strategically focused on continuing to sell GE crops that are to be used with herbicides. Now the company is merging with Bayer, another

major seed and pesticide company, which will further decrease competitiveness in the industry and provide greater synergy with the companies' pesticide sales.

Pre-harvest use of glyphosate significantly increases residues of glyphosate in food. This growing practice increases public health risks, provides farmers with marginal benefit and has been banned by Germany and Austria.

Estimates state that 28 percent of U.S. wheat was treated with glyphosate in 2015 and much of this use may be pre-harvest. As You Sow is working with leading food companies to investigate this practice. For instance, Kellogg Company has agreed to investigate pre-harvest glyphosate use in its supply chain.

Prenatal and early-life exposures to herbicides have been linked to a range of adverse reproductive outcomes, developmental abnormalities and chronic diseases. Women and children in areas where a high percentage of the landscape is sprayed with herbicides annually are at heightened risk.

Research over 30 years shows that exposures during the first trimester of pregnancy are the most likely to trigger reproductive problems and developmental deficits (e.g., lower IQ or birth weight, impaired immune response, metabolic disorders).

In addition, herbicide exposures can trigger epigenetic changes in the developing child that can increase the odds that later in life, a person will struggle with being overweight and/or with diabetes, heart disease, cancer or neurological and immune system problems. Emerging

science suggests that some epigenetic impacts can become part of the human genetic code and thereafter be passed on to future generations.

For more information on this topic, check out Food Sleuth Radio with host and Registered Dietitian Melinda Hemmelgran. She interviews Charles Benbrook, Ph.D., agricultural economist, visiting scholar at the Bloomberg School of Public Health, Johns Hopkins University, and member of the Children's Environmental Health Network (CEHN) Science Team at beta.prx.org/stories/222135 (or google Food Sleuth Radio Charles Benbrook), where he describes the risks associated with increasing herbicide use. With CEHN, Benbrook and colleagues research the impact of pesticide use on birth outcomes.

Also see cehn-healthykids.org/ and the article on the As You Sow website, *Roundup Revealed: Glyphosate in Our Food System* at asyousow.org/ays_report/roundup-revealed/.

What can we do? What would be a reasonable call to action? First of all, on a personal level, don't use herbicides. At the level of food purchase, look for organic or Non-GMO/GE (genetically engineered).

On the fundamental idealistic approach, embrace traditional foods, which do not include most grains and legumes, thereby supporting health at the deepest level.

As the Head Start consultant nutritionist, I am available to support families by discussing nutrition-related concerns via telephone. There is no charge for Head Start families.