



# Siletz Community

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## Domestic Violence Awareness Month

#1Thing: We can all do #1Thing towards eradicating domestic violence. The #1Thing that will end DV is our collective power.

AWARENESS + Action = Social Change

### Activities

**Ribbon Skirt Making:** Join the CARE Program team in learning to make ribbon skirts that we can wear in solidarity to Restoration Pow Wow.

October 9, 16, 23 & 30. 10-1pm, Clinic Shell Room

**Survivor Stories:** Come listen to stories of strength, resilience, and survival from trauma survivors in the Siletz Community.

October 17. 6-8pm, Siletz Dance House

**Sweat:** Join the CARE Program in a sweat

October 28. Time TBA, Siletz

### What does domestic violence look like?

Domestic violence is a continuous pattern of abusive behaviors which are used with the intent to gain power and control over another individual within a relationship. It can come in many forms including;

- Physical violence
- Verbal abuse
- Emotional abuse
- Economic/financial abuse
- Sexual assault
- Elder Abuse

For more information about CARE Program services please call: 541-444-9680 or our 24 hour Hope Line: 541-994-5959



## What is Second and Third-hand Smoke?



Secondhand smoke is the smoke that comes from the burning end of a cigarette, cigar, pipe or even an E-cigarette. It is also the smoke/vape that smokers breathe out (exhale). Even smoke/vape that is exhaled contains substances that irritate the lining of your lungs and other tissues, such as your eyes and throat. These substances cause changes that interfere with cells developing normally in your body. These changes in cells increase the risk of some cancers and other health conditions. What is third-hand smoke? Third-hand smoke is the invisible tobacco "dust" (or chemical) that settles in the environment and stays there even after a cigarette has been put out. Third-hand smoke contains more than 250 chemicals. We know that children exposed to third hand smoke are at risk, because they have higher levels of cotinine (the by-product of nicotine) in their urine and blood. These harmful chemicals stay on your clothes, hair, carpet, toys, coat, chair, couch and every surface in your home and car. Babies and children can be harmed because they breathe or eat the toxins when they crawl on floors, sit on car seats, or cuddle adults, where toxins may have built up over time. Pets are also at risk because the toxins stay on their fur. Pets are also vulnerable to health conditions including cancer's caused from second-hand smoke exposure.

