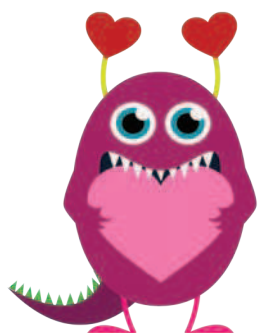


Health Department



Teen dating violence is a pattern of abusive behaviors that may include physical, sexual, psychological or emotional violence within a dating relationship of teenagers. Teen dating violence can also occur between former dating partners.



Teens who experience dating violence may suffer from depression and anxiety. These teens may begin to engage in unhealthy behaviors such as tobacco, drug, or alcohol use.

Survivors of this type of abuse may become involved in anti-social behaviors such as isolating themselves from friends and family. They may also have thoughts of suicide or engage in self-harm practices.

Teenage males or females from any family, culture, race, religion, sexual orientation or economic background can encounter dating violence. No group is exempt.

Those who are involved in abusive relationships as teens are more likely to experience intimate partner violence as adults.

If you or someone you know has been a victim of teen dating violence there are resources available.
Contact the Siletz CARE Program for more information:

Siletz CARE Program: (541) 444-9680
24 hour Hope Line: (541) 994-5959

Great Exercise for those with Arthritis

Those of you with joint pain and arthritis should try swimming as a great zero-impact activity. It allows you to use all of your muscle groups, increase your range of motion, and improve your cardiovascular health. The water helps to support your body and reduce the effect of gravity, so it takes the strain off your joints. It is a great alternative for those who cannot tolerate high-impact activities.

You don't have to do laps for hours to get the benefits of the water. Just soaking your body in warm water helps to increase your blood flow. It also helps to relax the tension in your muscles and reduces inflammation to the joint area. Doing simple movements, like stretching while dipping in warm water is good enough to promote healing. Those who struggle to walk regularly because of their joint pain would benefit from walking in a pool. The water reduces the effect of gravity and therefore, reduces the impact on your joints.

The **Siletz Community Health Department** invites you to join us at the **Greater Toledo Pool every Tuesday from Noon to 1:00pm. Those who have joined us find the Greater Toledo Pool to be pleasantly warm.** There is no charge to swim and you don't need to preregister. Just let Pool Staff know you are a Siletz Tribal Member. You must be 18 years of age or older. Lifeguards are on duty and transportation is being provided to Tribal Elders.

For more information please contact: Amy at 541.444.9652 or Hannah at 541.444.9613.