



Siletz Community

TEEN DATING VIOLENCE AWARENESS MONTH



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

Teens who are victims of dating violence are more likely to do poorly in school, may engage in unhealthy behaviors like drug and alcohol use, may experience eating disorders and depression, are more likely to engage in self harm or may even consider or attempt suicide.

Some of the warning signs of teen dating violence:

- Changes in physical appearance
- Wearing more or less makeup
- Dressing differently
- Changes in eating habits
- Personality changes
- Excessively texting or calling partner
- Making excuses for partner's behavior
- Isolation/distance from friends & family
- Becoming withdrawn
- Newly failing grades

If you or someone you know has been a victim of teen dating violence, there is help. Contact the Siletz CARE Program:

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

WINTER GATHERING

Virtual gathering of Siletz artists sharing crafts
BROUGHT TO YOU THROUGH GRANT AWARDS FROM NATIVE ARTS AND CULTURES FOUNDATIONS

REGISTER BY FEBRUARY 12

Join us for a virtual series where Siletz artists share their knowledge of Siletz specific arts and crafts

BEADING
BASKET WEAVING
DRUM MAKING
STORYTELLING
REGALIA
WAX FLOWERS
MEDICINE BAGS

Reserve your spot at the website below or email kiraw@ctsi.nsn.us for the link
<https://www.eventbrite.com/e/siletz-winter-gathering-tickets-135891373757>

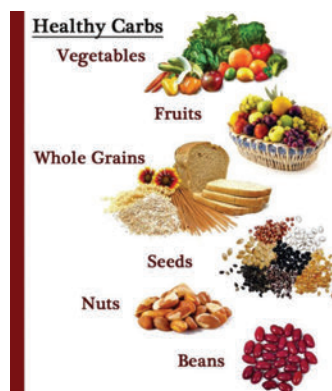
VIRTUAL ORIENTATION FEBRUARY 25

SPACE IS LIMITED SIGN UP TODAY!

National Cancer Prevention Month

February is National Cancer Prevention Month, so..... what does that mean?

With hundreds of thousands of cancer cases preventable through good diet, exercise and weight control, this month's "awareness" is not just to let someone know that you have a particular kind of cancer, or that there is another cancer out there that everyone should know about. But it is instead geared toward preventing as many of these cancer cases as possible from ever getting diagnosed.



It is estimated that over 340,000 cases of cancer could be prevented if people would make small changes in their lifestyle by moving more, weighing less, and eating healthier. Add quit smoking on top of that and nearly half of the new cancer diagnoses each year could be prevented.

You CAN have an impact on your own cancer risk. Make a list of activities that you like to do, start off small and work your way up to more strenuous activities. Something is better than nothing, every step you take is a step in the right direction. Remember to eat healthy and stay hydrated by drinking plenty of water.

So, during the Month of February, don't just tell people about your cancer, or any cancer in particular, but let's tell everyone one or two things that they can do to prevent cancer, and then let's follow up and do those things ourselves. The life we save might just be our own!