

Health Department

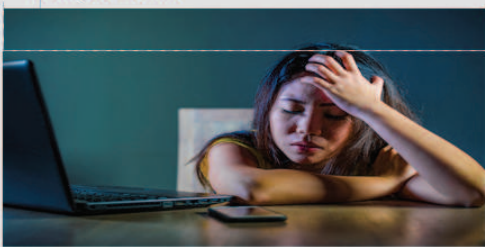


#LoveShouldntHurt #LovesRespect

1 in 3 Native American youth will face dating violence in their lifetimes.

Teen dating violence is a type of violence that happens between two young people in a relationship. The nature of the harmful and aggressive behavior can be physical, emotional, sexual or technological abuse:

- **Physical abuse:** pushes, shakes, slaps, kicks or spits on you. Holds you down. Throws or breaks your personal belongings (ex. books, cell phone, etc.)
- **Emotional abuse:** insults you, calls you hurtful names or embarrasses you in public. Constantly accuses you of cheating. Threatens to hurt you or expose secrets about you.
- **Sexual abuse:** unwanted kissing or touching, pressures you to have sex or makes you feel guilty for not wanting to have sex, or demands that you send them sexually explicit photos or videos.
- **Digital abuse:** constantly calls, texts or DMs you to find out where you are or who you're with, tells you who you can be friends with on social media, or sends mean messages on social media either directly from them or anonymously. Cultural/Spiritual abuse: Criticizes your spiritual or tribal beliefs.
- **Financial abuse:** Steals money from you, your family or friends.



February Is Teen Dating Violence Awareness Month

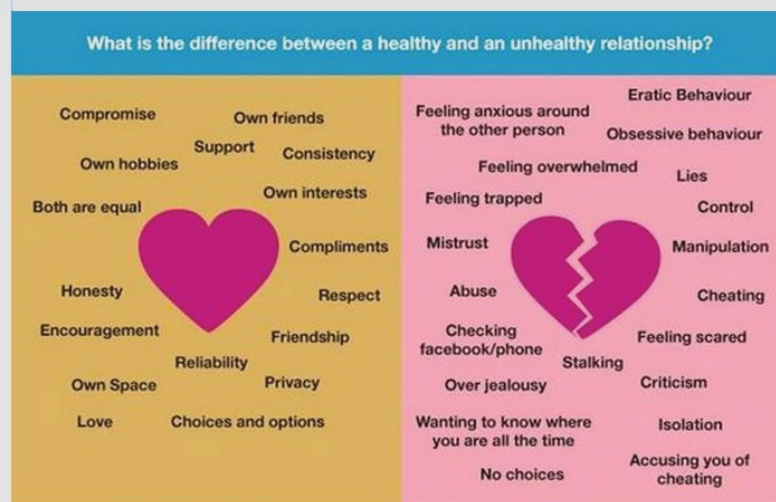
What Is Digital Abuse?

Digital abuse is a tactic of abuse that uses digital platforms, social media, or technology to gain or maintain power and control over an intimate partner. Examples of digital abuse are:

- Logging into or using a young person's social networking account without permission
- Sending unwanted sexual messages or pressuring a young person to send sexual or naked photos
- Monitoring a young person's activity or other conversations online; preventing a person from talking to friends or having conversations with anyone besides them
- Spreading rumors about a young person via text message, email, or social media or posting embarrassing photos of a young person online
- Creating a false profile page using the victim's name to control them
- Threatening or harassing a young person over the phone or social media
- Using GPS locators from social media platforms

If this has, or you think this has, happened to you or someone you know, the CARE Program can help. Please contact us at 541-444-9638.

We must remember that we have Indigenous solutions to our problems.



- 23% of females and 14% of males have experienced partner violence between 11 and 17 years old. (CDC, 2014).
- Teen girls who are sexually and physically abused are six times more likely to become pregnant and twice as likely to get a Sexually Transmitted Infection (loveisrespect, 2014).
- Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence, almost tripling the national average for women over 24 (Institute for Native Justice, 2015).
- Suicide attempt rates are much higher for teens that experience violence: 50% of teens that were abused compared to 12.5% non-abused girls and 5.4% of non-abused boys (loveisrespect, 2015).
- Teen victims tend to minimize the seriousness of the situation (Foshee & Langwick, 2010).
- 81% of parents do not consider teen dating violence an issue or do not know if it is an issue (loveisrespect, 2015).
- Only 33% of teens that have experienced dating violence have told someone about it

Healthy relationships involve

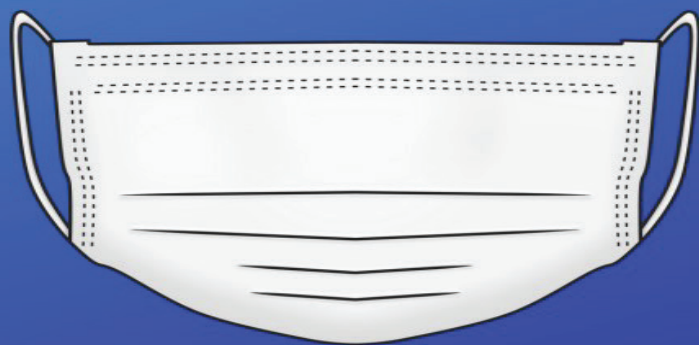
- ♥ accountability
- ♥ trust
- ♥ respect
- ♥ support
- ♥ affirmation
- ♥ intimacy
- ♥ open communication
- ♥ negotiation
- ♥ compromise

SPREAD THE MESSAGE: LOVE IS NOT ABUSE

LISTEN TO YOUR YOUTH! ITS REAL AND ITS HAPPENING! THEY NEED OUR SUPPORT!

The Resource Line is still here for you! 541-444-9613

Need to know your resources while you isolate or quarantine? Sanitation supplies available as well! We are here for you!



Virtual Talking Circle

The Siletz CARE Program will host a Virtual Talking Circle once a month on the third Thursday of the month:

**FEB. 16, 2022,
at 5:30 PM**



EVERY CHILD MATTERS T-SHIRTS AVAILABLE

We want to bring awareness to the damage the residential school system did to the well-being of Indigenous children.

TRUTH, HEAL & HONOR

Contact Rachelle in the CARE Program if interested at 541-444-9638. They will be first-come, first-served.

Look for more details on this movement in September 2022.