

Health Department



February is Dating Violence Awareness Month

What does teen dating violence look like?

Dating violence is a type of relationship violence that occurs between young people. It is defined as when a person uses a pattern of abusive behavior toward their partner to gain power and control over them. This can include one or more of the types of abuse below:

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, reassures 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.

Some signs of dating violence can include when a partner: Acts extremely jealous or possessive of you. Follows you home or to school, or shows up wherever you are unannounced. Is annoyed or upset when you spend time on the phone with other people. Tells you who you can or cannot be friends with. Starts rumors or threatens to start rumors about you. Excessively texts you or sends non-stop DMs. Checks your phone for who texts or calls you. Tags you in hurtful social media memes, posts or pictures. Criticizes your dreams, goals, family or friends. Tells you what to wear or how to dress. Explodes in anger toward you or acts aggressively when they're upset. Kisses, grabs or touches your body without your permission. Forces you to take sexually explicit selfies or videos. Threatens to hurt themselves or commit suicide if you don't do what they want.

Current statistics

Nationally, nearly 1 in 11 female and approximately 1 in 15 male high school students report having experienced physical dating violence in the last year. About 1 in 9 female and 1 in 36 male high school students report having experienced sexual dating violence in the last year. No one deserves to be abused in any way. Romantic relationships should be grounded in respect, not based on power and control masked as love. Dating violence is not our tradition. Our young relatives deserve healthy, respectful love.

FEBRUARY

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning and heart attacks from overexertion. Winter storms, including blizzards, can bring extreme cold, freezing rain, snow, ice and high winds.

How to protect yourself in winter weather...

1. Winter Storm Warning
2. Winter Storm Watch
3. Winter Weather Advisory
4. Know Your Risk for Winter Storms

[Winter Weather | Ready.gov](https://www.ready.gov/winter-weather)

EMERGENCY PREPAREDNESS

Hypothermia is an unusually low body temperature. A body temperature below 95 degrees is an emergency.

- Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.

Actions: Go to a warm room. Warm the center of the body first—chest, neck, head and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

CULTURE IS PREVENTION

1-800-QUIT-NOW
AI/AN Line Now Available

Interested in taking a first step toward a life free from smoking?
We are here to help.
Call 1-800-648-0449 ext. 1682, to set up an appointment.

Community Health Programs contact information:

Community Health Advocates - 541-444-9613
CARE Program - 541-444-9680
Harm Reduction - 541-444-9672 or 541-444-9348
Tobacco Prevention - 541-444-9682