

Health Department



National Bullying Prevention Month

Jamie Boe, Community Health Advocate, EAO

Bullying can be defined as a misuse of power in any kind of relationship that is intended to hurt another person physically or socially/psychologically. Bullying behavior can be verbal, physical and social. It can be in-person or online, obvious or hidden. When a group or an individual begins to misuse their power, or perceived power, they can become a bully. Bullying behavior often is repeated over a period of time. At its core, bullying is about control of the victim. The effect bullying has on the victim can be short- or long-term trauma. Fortunately, bullying can be prevented by telling someone you trust, such as a school counselor, parent/ guardian or supervisor. There are cases where police intervention may become necessary for the safety of the victim. It is important to note that single instances of conflict between equals is not considered bullying. Sometimes people have a disagreement or fight, and learning ways to get along with each other and coexist is part of growing up.

Bullying Facts

- Bullies can be children and adults, and from any socioeconomic status.
- 57% of bullying stops when a peer intervenes on behalf of the other student or individual.
- Sadly, bystanders only intervene about 20% of the time.
- Schools and workplaces should encourage bystander intervention.
- Bullying is a threat to the education, safety and overall health of the victim.
- Parents/ guardians, teachers and supervisors should focus on the behavior and not the profile when determining if someone is bullying others.

Anyone can be a bully, but it takes courage to be kind.

For more information, please visit:

<https://www.pacer.org/bullying/>



Hello from the Portland Area Office. My name is Blanchette and I am the new community health advocate. I appreciate the warm welcomes I have received so far.

As we transition from Stark Street to our new location at 3220 SW First, 2nd Floor, I humbly request your patience.

I look forward to meeting you there soon. In the meantime, I welcome your calls and suggest we move forward, together.

Blanchette V-Morrison
Community Health Advocate I

Confederated Tribes of Siletz
Indians

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EMERGENCY PREPAREDNESS



WILD FIRES

STAY SAFE

- You may have to evacuate quickly due to a wildfire. Learn your evacuation routes, practice with household, pets and identify where you will go.

Follow the instructions from local authorities. They will provide the latest recommendations based on the threat to your community and appropriate safety measures

- Have enough supplies for your household, including a first aid kit, in your go bag or car trunk.
 - Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.
 - Remember that not everyone can afford to respond by stocking up on necessities. For those who can afford it, making essential purchases and slowly building up supplies in advance will allow for longer time periods between shopping trips.

- Be cautious when carrying flammable or combustible household products that can cause fires or explosions if handled wrong, such as aerosols, cooking oils, rubbing alcohol and hand sanitizer.
- If available, store an N95 mask to protect yourself from smoke inhalation.
- Keep your cell phone charged when wildfires could be in your area. Purchase backup charging devices to power electronics. FOR MORE INFORMATION PLEASE VISIT <https://www.ready.gov/wildfires>



Everyone is Welcome to join us for

CEDARR Dinner

November 1, 2023

5:30PM-7:00PM

Siletz Community Center

(Government Hill)

We will have some updates on community workgroups, things to keep an eye out for and free food!

We'd love to see you there!

If you have any questions, comments or concerns please reach out to

Sheila Aviles at 541-272-9083 or email at sheila@ctsi.nsn.us

