



CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

2024 Meeting Schedule

Lunch meetings are from 12-1:30pm

Dinner meetings are from 5:30-7pm

January 3rd: Lunch

February 7th: Dinner

March 6th: Lunch

April 3rd: Lunch

May 1st: Dinner

June 5th: Lunch

July 10th: Lunch

August 7th: Lunch

September 4th: Dinner

October 2nd: Lunch

November 6th: Dinner

December 4th: Lunch

The Portland Area Office had its first Diabetic Luncheon on Jan. 11, 2024.

We served taco salad with ground bison. Janelle and Perla from NARA NW presented information on their DPP program and shared further resources on diabetic eye health and dental care.

We look forward to future gatherings to promote health and wellness.

Coming up, we will have incentives for Tribal members who want to participate in diabetic prevention.

Keep a look out!

FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

As a community we must listen to our youth, providing safe, non-judgmental spaces for our young relatives to talk about dating violence and healthy relationships. As adults, we can provide guidance and support on traditional ways of caring for each other and teach Indigenous values of compassion, kindness, honor and respect. Strengthening and balancing the relationships in our lives cannot be done alone. It is up to all of us to support and listen to the next generation. Because we are connected in the sacred circle of life, violence against youth and teens affects us all. 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, and about **1 in 9 female** and **1 in 36 male high school students** report having experienced sexual dating violence in the previous 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. Help honor youth and teens by raising awareness of dating violence and promoting healthy relationships!

Learn about dating violence and the signs of relationship abuse.

Avoid confronting the abusive person hurting your loved one. It can escalate the situation and put your young relative in danger.

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. Dating violence can include one or more types of abuse and it can look like this:

- **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 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.
- **CULTURE OR SPIRITUAL ABUSE** - Criticizes your spiritual or Tribal beliefs.
- **FINANCIAL ABUSE** - Steals money from you, your family or your friends.
- Create a safe space and tell them you're concerned about their safety.
- Be a good relative and listen to their story when they're ready to share.
- Ask how you can help them.
- Offer support and encourage your friend's strength and courage.