

It happens in Warm Springs too

When children in Warm Springs become the victims of abuse it becomes everyone's problem and everyone's responsibility to help that child.

Physical and sexual abuse and neglect affect a child's welfare and can have long-lasting effects on the child both psychologically and physically.

Because Warm Springs, like the rest of the nation, does show a child abuse and neglect problem, the Youth Service Program in 1983 formed an abuse team. Team leader and youth services counselor Mildred Kirk explains the abuse team. "We're not here to take kids from families. Our ultimate goal is to have children stay in the home. Adults must take care of the children and not put them in a situation where there is violence, neglect and abuse."

Concern for children did not begin in 1983. A child neglect committee was formed in 1972 as a protection agency for children. Since that time counselors and police have dealt with many cases. Now there is written policy regarding abuse and neglect of children in Warm Springs.

Youth Service Department and Police personnel work together in assisting children. Both receive training in investigation techniques and treatment of an abused child. Referrals are responded to by either agency. If there is the possibility that a child's welfare is in danger policemen respond immediately, sometimes accompanied by a Youth Services counselor.

Community members who become aware of child abuse and neglect instances are encouraged to call the Youth Services counselors or the police. Calls may be made anonymous.

ously. The child's welfare, though, is of utmost importance.

A child abuse and neglect code is part of Warm Springs Law and Order Code, Section 305.140 obligates citizens to report abuse. "Any person whether private citizen, private official, or public official who has reasonable grounds to believe that a child with whom he has contact has suffered abuse, or that any adult with whom he has contact has abused a child shall report such information to the Warm Springs Tribal Police Department or the Warm Springs Juvenile Department forthwith...Any person submitting a report in good faith...shall have immunity from any liability, civil or criminal, that might otherwise be incurred or imposed with respect to the making or content of such report."

Ten to twelve reports of neglect and child abuse are made each month, according to Kirk. Neglect is the most predominant offense in Warm Springs. Work with the family often brings improvement in the situation, explains Kirk. "We will give them options," with the ultimate goal of improving the situation. A contract with parents obligates them to improve for the health and safety of the child or children with the penalty for failure to comply being a referral to the prosecutor.

Child abuse and neglect is not limited to particular income levels or a particular type of people. It is something, though, that must be dealt with and knowledge that help is available should be known and used. Children in all cases must remain of primary importance and they must be protected. That is everyone's responsibility.

Conference discusses child sexual abuse

A two-day conference, November 29 and 30, 1983, on child sexual abuse opened the eyes of many participants. Although spoken about secretly in the past, the problem of child sexual abuse is being brought to light. An increasing number of incidents are reported.

Speaking on the problem of sexual abuse against children Jan Hindman, formerly of the Malheur County Mental Health and Counseling Center, emphasized the importance of agency cooperation, offender treatment and especially victim therapy.

Outlining the program she helped develop in Malheur County, Hindman acknowledges the many mistakes that were made in dealing with abusers, victims and non-offending spouses. There were problems, too, in obtaining cooperation between involved agencies.

Originally, it was assumed certain steps would aid all involved. The offender could be left in the home, the child could help decide what to do, the offender will want to get treatment court should be avoided for children, mothers will support kids, and the community will be supportive. All these assumptions were proved to be wrong.

Sex offenses in Malheur County occurred to children as young as 2½ years of age and to adults as old as 68 years of age. All incidents had a psychological and emotional impact on the victim which needed to be dealt with along with punishing the offender.

It takes time for the offender

to view his act as a crime. Hindman pointed out. Before treatment is effective he must realize he is a criminal.

Neither the child or non-offender spouse should be involved in decision making. The child will feel the offense was her fault, she will not want to disrupt the family and the spouse will very often choose her husband over a child. It is easier to call the child a liar than to admit that a husband is a child molester.

Police, prosecutors, court and therapists eventually learned the type of cooperation necessary to deal with families, offenders and victims. The primary goal, of course, is treatment of the victim.

The offender, Hindman advised, will cry, will be arrogant, will be dishonest. Reasons for the abuse will range from "I've never had a good relationship with anyone" to "It's better for me to teach her." Power, selfishness, the forbidden and control turn out to be the basic reasons for the abuse despite the reasons given by the offender.

Affected greatly is a non-offending spouse. The cycle of child sexual abuse usually follows the victim. Often a woman who was abused as a child will have children that are abused. Adult child abuse victims marry someone like their father as do many women. They have a poor sexual attitude. They will probably grow up to be a non-protective mother. They will have an abuseable attitude, one that says "I'm second."

The third involved person,



Child sexual abuse counselor Jan Hindman displays dolls used to help children act out abuses.

abusers, victims and non-offending spouses. Each tried to tell his or her story. It remains that many unreported incidents of child sexual abuse exist. Two thousand imprisoned child sexual abuse offenders stated they committed 300,000 such offenses. The last one still in prison. But children still remain the victim at the time of the offense and sometimes for the rest of their lives.

the victim, is most important. He or she must be relieved of guilt. It is a crime being reported rather than telling on someone. An improvement of self-esteem must be established. Children and teenage victims must be able to express their feelings. The damage must be assessed and dealt with. All involved agencies must show compassion when dealing with the victim.

Child abusers not "dirty old men"

Between 100,000 and 500,000 American children will be molested this year. Few of these abuses will be reported.

Studies have indicated that approximately 19 percent of all American women and nine percent of American men have been sexually victimized as children.

Most abusers, researchers say, are not "dirty old men." Most are under 30 years of age, with only ten percent of abusers over 50 years of age. Most molesters are familiar to the child victims. Most abusers were abused themselves as children. The abuser is generally a repeat offender.

Despite the belief by professionals that there is no cure for a child molester, an attempt is being made to cure molesters or at least curve tendencies. Courts, also, are making it easier for children to testify against abusers. Educators are teaching children the difference between "good touching," "bad touching" and "secret touching" and how to say "no" to adults.

Experts contend that child molesters tend to be weak, insecure men who need to feel they are loved and are in control of a relationship.

Molesters fall into two categories, according to researchers. The "fixated" offender claims to be "in love with" children.

Most of these abusers wallow in self-pity and have been molested as children. Their fixation is on pubescent children.

The "repressed" molester has led a normal life for years and his sexual involvement may occur at mid-life, during divorce or at some stressful time.

The most disgraceful form of sexual abuse of children is felt to be incest. Studies show that in approximately two-thirds of all incest cases the abuser is a father figure, including biological fathers and step-fathers. Similarities discovered through studies of incestuous families show the father to have a tendency to tyrannize and a mother to fear his absolute authority.

Although men are the primary abusers, women, too, can be abusers. Many of these abuses go unreported and many are socially not considered as harmful to the victim. Professionals feel, however, that such inci-

dents are harmful, psychologically, to victims.

Therapy for all abused victims is recommended. Such occurrences can have deep emotional and psychological impacts on children. They feel it happened because of something they did. Therapists try to stress to victims that it was not their fault.

Children should be taught to protect themselves against abuse. They must know it's all right to say no to an adult. A child must be allowed to trust his instincts. If he feels uncomfortable with hugs and kisses from someone, he should not have to put up with it. A menacing situation should alert the child and he or she should know he should yell or run away. They should be encouraged to tell "secrets" about sexual abuse and they should particularly be taught that sexual abuse is not the victim's fault.

Announcing enlistment

Shawnele B. Shaw, daughter of Nat and Mavis Shaw, Terrebonne, and granddaughter of Terry and Catherine Courtney, Warm Springs, has enlisted in the Army under the Delayed Entry Program.

Shaw is scheduled to leave for basic training on July 1,

1985, following graduation from Redmond High School.

After basic training at Fort Jackson, South Carolina, Shaw will receive advanced training at the Defense Language Institute in Monterey, California as an electronic warfare-signal intelligence analyst. She'll later be placed in Germany.

Prevention team looking for input

We are looking for interested people to join the Warm Springs Prevention Team. Support, ideas and input is needed. We plan to meet on January 23, 1985 from 12:00 to 1:00 p.m. at the Community Counseling Center.

(Bring your lunch)

The intent of the team is to establish a workable prevention plan unique to Warm Springs. Currently the team would like to plan a project to heighten community awareness of exist-

ing programs and community problems.

Please come on out and join us, we plan to meet on a monthly bases. Questions are ideas? Call Caroline M. Cruz at 553-1161, ext. 205.

High self-esteem important

How you think and feel about yourself is called self-esteem. These feelings may be positive or negative.

High self-esteem shows you to have positive feelings about yourself. It can make you feel effective, productive, capable and lovable.

Low self-esteem indicates more negative feelings about oneself with feelings of ineffectiveness, incompetence, worthlessness and being unloved.

Feelings and thoughts about yourself. Accept challenges and try new things. Be happier with yourself. People are fun to be around. Build self-confidence, giving wholehearted effort to performance. Remain flexible, accepting new ideas and ways of doing things.

Don't get in the cycle of low self-esteem where failures, because of lack of effort is not a full reflection of abilities and views of self and others, is distorted.

Ways to think positively include: Acceptance-identifying and accepting strengths and weaknesses; Set realistic goals; Learn to enjoy your own company and to be alone with your thoughts; Do what makes you feel happy and fulfilled; Respect yourself and be proud of who you are; Offer yourself encouragement; Praise your achievements; Love the unique person you are.

Parents should be able to discuss sex

by Ed (Duso) Roley

On November 29th and 30th I attended a workshop at Kah-Nee-Ta titled, "Open Closed Doors: Issues and answers on the Sexual Abuse of Children." It was presented by Jan Hindman who has studied the correlation between emotional problems of children and sexual abuse over a period spanning nine years.

I wish that all parents could have attended as it would have been a great help in dealing with how to handle the subject of sex education.

According to Mrs. Hindman there is a wide gap between the sexual society we live in, compared to how little time we devote to educating children about their bodies.

She used Safeway stores magazine racks, advertisements, movies and television, lyrics and

titles of country and rock music to establish the sexual pressures which influence our children.

Sex education should be handled so that children know the correct names for their special body parts. Many four letter words which shock parents referring to sexual parts are not appropriate because they don't keep those parts special. These parts are private and special, and only to be shared with a person's husband or wife.

Mrs. Hindman explains that children should know that there are three types of touches. Good touches such as normal touching and hugs, bad touches such as hitting, shoving, etc.; and secret touches where private parts are touched. Parents should discuss these touches with their children emphasizing that nobody has the right to share secret touches with them and that it's alright to say, "no."

The "Speak up-Say No" for kindergarten through second grade, and "For Petes Sake Tell" for third and fourth grades which deals with this topic. For fifth and sixth grades the school nurse and one of the physicians from the clinic will present a similar program. These programs will be even more effective in dealing with the problem of sexual abuse of our children if reinforced by parents.

The Community Counseling Center has qualified resource people who will come into classrooms to assist with presenting these programs with this topic. Feel comfortable with this topic.

For interested parents, on the third Monday of this month at 7:00 p.m. in the school library will be a previewing of these program with a follow-up discussion.



Bridgette Scott joins other JV cheerleaders to spark enthusiasm in the audience during Madras High basketball games.

Evaluation shows positive results

An evaluation conducted following the Child Sexual Abuse conference held at Kah-Nee-Ta November 29 and 30 resulted in some very positive responses.

Most participants felt the conference to be very informative and interesting with value on the job. Participants were interested in having other Warm Springs tribal employees participate in the same type of workshop.

Some comments made about the conference included: "It re-

veals to the public that sexual abuse is not uncommon in a closed community such as ours;" "Children who are sexually abused are not bad people, they are victims;" "Child abuse is here, let's deal with the problem."

Some comments regarding information gained by participants includes: Ideas and how to interview children; How to talk to your own children about sex and private parts of the body; That children have rights

and saying no is one of them that we must let them know and do; That people are finally doing something to protect the children; How to deal with offenders and seeing a family working toward food mental health; Looking our for red flags, believing your children, some legal and counseling steps, what happens to the victims, offenders and the family; Knowing what to do about sexual abuse.