

## Some facts from VOCS about abuse

By Mark Matthews  
Victims of Crime Services

True or false: Children usually molested by strangers.

Answer: False.

It is a myth that children are usually molested by strangers.

Research has shown that 85 to 90 percent of children are molested by someone they know.

Even within the walls of their own homes, children are at risk of sexual abuse. According to Stewards of Children, a non-profit organization dedicated to the prevention of child sexual abuse, between 30 and 40 percent of child sexual abuse victims are abused by a family member.

Another 50 percent are abused by someone outside of the family whom they know and trust.

Approximately 40 percent are abused by older or larger children whom they know. Therefore, only 10 percent are abused by strangers.

An example of this is a recent child sexual abuse case from an Indian reservation. The case was prosecuted in federal court.

A 31-year-old male was sentenced to more than 15 and a half years in federal prison for sexually abusing three of his younger female relatives who were living in the family home. The victims were between the ages of 6 and 15 during the time of the sexual abuse.

Children cannot take the responsibility of fending off sexual advances by adults or older children. Adults are responsible for the safety of children. Adults are the ones who need to prevent, recognize and react responsibly to child sexual abuse.

During April, employees from Victims of Crime Services, the Community Health Education Team, Early Childhood Education and Tribal Community Counseling will offer three-hour classes for interested adults on how they can prevent child sexual abuse.

The first Darkness to Light class will be presented at 1 p.m. on Wednesday, April 1 at the Community Center after lunch.

The second offering of a Darkness to Light class will be

presented at 5 p.m. on Thursday, April 23 at the Seniors Program building after dinner.

These classes are free and each participant will get a workbook and the information to help them to prevent child sexual abuse.

April is both Sexual Assault Awareness Month and Child Abuse Awareness Month. Victims of Crime Services (VOCS) and Children's Protective Services (CPS) will be presenting awareness information and several activities in April about sexual assault and child abuse on the Warm Springs Indian Reservation.

The purpose of Sexual Assault Awareness Month is to increase the public's understanding about sexual violence and child abuse, and their impact on its victim survivors, their families and the community.

To learn more online visit the website [www.rainn.org](http://www.rainn.org).

Or the site: [www.darkness2light.org](http://www.darkness2light.org).

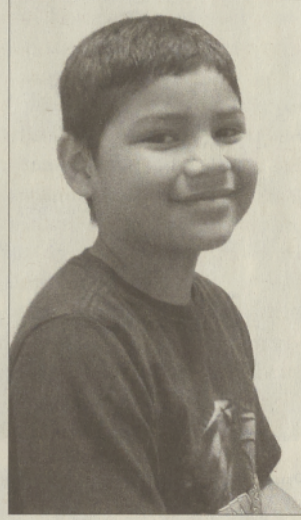
You can also call and talk to a VOCS victim advocate at 553-2293.

## Young Achiever

At Warm Springs Elementary School, Michael Kaltsukis is the first third-grader this year to work all the way through the Math Facts In A Flash computer program.

The program requires students to work through math questions, starting with basic questions at level one. By the time the student reaches level 44, the questions are hard, involving squared numbers and square roots.

Michael has worked



through the questions within a minute.

He is great at math, but Michael's favorite part of school is P.E., especially kick-ball.

Michael one day wants to be a police officer. His favorite television program is CSI.

Michael has one brother, Dale, who is a fifth-grader at Warm Springs Elementary. His teacher is Ms. Bennett.

Congratulations, and keep up the good work, Michael!

through the levels at two minutes, and at a minute and a half. He's now working on go-

## An update from the IHS clinic pharmacy

By Chi Duong  
Chief Pharmacist  
Warm Springs Clinic

The pharmacy has been making some changes and I wanted to take a minute to tell you about a few of them.

You may have noticed some of the things you once were able to pick up by just coming to our pharmacy are now only available by prescription from your provider.

Please know that we did not make this decision lightly or overnight.

As always, we consulted our providers and they helped us decide which items need to be given only with a prescription for safety reasons.

The following information gives a little explanation of some popular items for which a prescription is required at Warm Springs Health Center:

Bacitracin ointment, used for antibiotic ointment to help heal cuts. Safety issue: Improper use could be masking a problem that needs another treatment or medical attention.

Clotrimazole 1 percent topical cream, antifungal cream used for athlete's foot, diaper rash. Safety issue: same as above.

Clotrimazole 1 percent vaginal cream, antifungal cream used for vaginal yeast infection. Safety issue: same as above.

Loperamide (Immodium) tablets and liquid, to treat diarrhea. Safety issue: patients may

treat diarrhea with this medication when something more serious is happening. Providers can help patients to understand the warning signs of more serious stomach (gastrointestinal) conditions and can test for other diseases if the diarrhea has been going on too long.

Diphenhydramine (Benadryl) 25mg tablets, used for allergies. Safety issue: a less sedating alternative is available as an OTC item.

All diabetes supplies are now prescription items at our pharmacy as well.

Please request these items when you request your regular medication refills if you need them.

Please call 553-1196 if you have questions or concerns.

## Women of Wellness meeting at IHS

Women of Wellness are scheduled to meet at noon this Thursday, March 12 in the atrium at IHS.

The topic of discussion will be dressing for success with little or nothing. There will also be a special clothes swap.

For more information, contact Judy Charley at the Community Health Education Team, 553-3438.



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