

Recognizing risk of teen dating violence

What is teen dating violence? Teen dating violence is abusive and violent behavior in teen dating relationships. It reflects the perpetrator's desire to control and dominate the victim.

It happens in both heterosexual and homosexual relationships.

It covers a wide range of behavior that includes verbal and emotional abuse, sexual abuse and physical violence.

Verbal or emotional abuse includes name-calling, threats, screaming, yelling, ridiculing, criticizing, emotional blackmailing and stalking;

Sexual abuse includes verbal sexual abuse such as sexual slurs or attacks on the victim's gender or sexual orientation, unwanted sexual touching and kissing, intimidation to force the victim to engage in any kind of sexual activity and rape.

Physical abuse includes shoving, punching, slapping, pinching, hitting, kicking, hair pulling, choking, use of a weapon, and any other acts causing physical harm.

Nearly 1.5 million high school students nationwide experienced physical abuse from a dating partner in a single year. 1 in 3 adolescent girls in the United States is a victim of physical, emotional or verbal abuse from a dating partner, a figure that far exceeds victimization rates for other types of violence affecting youth.

One in 10 high school students has been hit, slapped or physically hurt purposefully by a boyfriend or girlfriend.

One quarter of high school girls have been victims of physical or sexual abuse or date rape.

A teen's confusion about the law and the desire for confidentiality are two of the most significant barriers to young victims of violence seeking help. 81 percent of parents surveyed either believe teen dating violence is not an issue or admit they don't know if it's an issue.

Teen Dating Violence Facts

As technologies like cell phones and social networking become a common form of communications, they can also be used to abuse and control: 1 in 3 teens (30 percent) say they are text messaged 10, 20 or 30 times an hour by a partner inquiring where they are, what they're doing, or who their with.

Sixty-eight percent say boyfriends/girlfriends sharing private or embarrassing pictures/videos on cell phones and computers is a serious problem. Seventy-one percent of teens regard boyfriends/girlfriends spreading rumors about them on cell phones and social networking sites as a serious problem.

Teens, ask yourself these questions:

Is my boyfriend/girlfriend jealous, possessive? Controlling and bossy? Quick tempered, with a history of fighting? Violent towards me or other people?

Does my dating partner give me orders and make all the decisions? Check up on me all the time? Try to humiliate me? Call me names and insult me? Force me to have sex when I don't want to? Use alcohol or drugs and

pressure me to do the same? Like to wrestle with me "playfully" and hurt me?

Has my dating partner threatened to commit suicide if I leave the relationship or don't do what he/she wants? Attempted suicide because I wouldn't do what he/she wanted? Harassed or threatened me or a former dating partner? Refused to accept the relationship isn't working or is over?

Why would I stay in an abusive relationship? You may be convinced the bad behavior will stop because your partner apologizes, gives you gifts, and promises to behave better in the future. You may not see the behavior as part of a pattern of abuse; you may believe you are at fault and provoked the abuse; you may love your partner and not want to lose him/her; you may know your partner was in the wrong, but are upset, frightened, and don't know what to do or where to turn.

Why do some teen boys behave violently towards dating partners?

They associate physical strength and aggression with "masculinity" or "machismo". And may teen boys believe men have to dominate and control women to gain the respect of their peers and that they are

entitled to demand sex from their girlfriends.

Very few teens tell their parents or other adults they are involved in abusive relationships, some tell their friends, others tell no one. The secretiveness is failure to understand they are victims, embarrassment, shame, confusion, threats from the abuser, fear the abuser will take revenge if they say anything, concern their parents will prevent them from seeing the abuser, concern they will lose privileges such as use of a car or freedom to go out as they please.

Steps Victims can take: Get help.

Focus on Safety.

Parents/guardians, you can help your teen get help and focus on safety.

Contact Warm Springs Victims' of Crime Services, 541-553-2293 or 1132 Paiute Street.

For more information, go to: thesafespace.org

Or: www.breakthecycle.org

This message is brought to you by the National Center for Victims of Crime, and Warm Springs Victims of Crime Services.

ence is not an issue or admit they don't know if it's an issue.

Fifty-seven percent of teens know someone who has been physically, sexually, or verbally abusive in a dating relationship. Only 33 percent of teens who were in an abusive relationship ever told anyone about the abuse.

50 percent of youth reporting both dating violence and rape also reported attempting suicide compared to 12.5 percent of non-abused girls and 5.4 percent of non-abused boys.

Who is most at risk?

Boys are more likely to be pinched, slapped, scratched, or kicked by dating partners.

Girls are much more at risk for severe violence, sexual violence, and injuries requiring medical attention; and more likely to be punched and forced to engage in unwanted sexual activity.

Some girls become pregnant as the result of rape or because their boyfriends won't let them use contraceptives; pregnant teens are at greater risk for

physical assault by intimate partners. Girls experience more psychological abuse from dating partners than boys; and young women ages 16-24 years, experience the highest rates of relationship violence.

For more information, go to: thesafespace.org

Or: breakthecycle.org

(Submitted by the National Center for Victims of Crime and Warm Springs Victims' of Crime Services, 541-553-2293.)

Hope you had a great Valentine's Day!

Happy Valentine's Day to my sidekick. Luv ya, Darreck Palmer. Love, Mom.

Kel & Shay, Happy Hearts Day and congrats on your engagement. Luv ya, Mom.

H-Dogg: Happy Valentines Day! Thanks for always holding your family together. Luv ya lots, Mom.

Dre-Dogg: Have a Happy Valentines with all your sweethearts. Luv ya, Mom.

Poncho and Katie, Happy Valentines and Happy Anniversary. Luvya, Mom Ray.

To my best friend Alley: Happy Valentines Day! Luv ya, Ray Palmer.

JV Culp: Happy Valentines! Hope you found who you were looking for. We both know

you're the perfect one. Friends always, Ray.

Mom, Ron and Jase, have a great hearts day! Luv ya, Raynele.

Happy sweethearts day, JoJo and Kelli. Lotsa luv, your sis Ray.

To my brother Joeldon: You have never let us down. Thank you for always here. Happy Valentines you cheery guy. Lotsa luv, the Palmers and Andrews at 9070.

Happy sweethearts day! You are always here for us and we have you lots, brother Merlin Tom. Love, Raynele and Kidz.

Happy Valentines Day to all my closest friends. You know who you are! Luvya, Ray Palmer.

Diabetes education topics for 2011

Diabetes prevention specialists have scheduled dinner meetings for 2011.

The meetings will be at the Warm Springs Senior Center from 5-6:30 p.m. on the third Tuesdays of each month.

No meetings scheduled in February and December, though the Heart Smart Dinner will be on Feb. 15.

Dinner is served along with good information and the opportunity to talk with others who are managing their diabetes or caring for diabetic family members.

Here is the schedule of speakers and topics for this year's diabetes awareness and support group dinner and education meetings:

March 15: Erin Ressler,

"Supplements, vitamins, etc."

April 19: Edmund Francis and Ron Berry, "Fitness at all levels and how exercise affects diabetes."

May 17: Jeri Kollen: "Kidney, heart and liver affected by diabetes."

June 21: Montell Elliott, "Preventing diabetes."

July 19: Diane Fuller, "Access to care at Warm Springs clinic."

August 16: Linda Porter, "Food safety."

September 20: Jan Goodwin, "Dialysis center presentation."

October 18: Wilson Wewa, "Dreams, nightmares, hauntings and paranormal."

November 15: Ron Berry, "Preventing falls."

CPS art work by March 1

April will be Child Abuse Prevention Month, and Children's Protective Services is seeking artwork from youth ages 2-18 to commemorate the month.

The theme is "child abuse prevention," and the winner will have his or her artwork on all CPS advertisements, T-shirts and flyers for one year.

The deadline to submit artwork is 4:30 p.m. on Tuesday, March 1. Artwork can be turned in at the CPS office on the campus, 1109 Wasco St.

For more information, contact Minnie L. Wallulatum, family preservation coordinator, at CPS, 541-553-3209.

Tele Co Corner

Wireless system will serve tribal members

by Marsha Spellman
Marketing & Regulatory
Director, WSTC

In the last Telecom Corner, I discussed the use of fiber optic cable to transmit large amounts of data. This fiber forms the backbone of our new telecom network.

The fiber network will be connected to the Warm Springs Telephone Company's anchor business and governmental customers like Kah-Nee-Ta, tribal administration and the Health and Wellness Center.

If we had all the money in the world, we would build out the entire network with fiber optic cable, including fiber to the home. Alas, we don't have all the money, so we had to design this new network to offer the same capability at a more affordable cost.

I want to tell you how we will deliver the service via the network, to your home.

Qwest, as most telephone companies, is currently using narrow-band copper wire, called "twisted pair," to transmit your phone calls from the backbone to your home.

As I explained previously, copper wire is only able to transmit a fraction of the data at much slower speeds than fiber optic cables.

Cable TV companies use a different type of cable, called co-axial cable, which is much better than copper, but still not as good as fiber.

Tribal businesses, administrative and agency offices need to receive and send large amounts of data, so these customers will be connected by fiber. However, we have chosen another option for tribal members.

We will use "point to multi point fixed wireless" to reach all the residential areas on the reservation.

While our ultimate goal is to provide fiber optic cable to ev-

ery home on the reservation, this technology uses what some people call a wireless fiber.

What is point to multi point fixed wireless?

This technology uses a fixed wireless link from the network to your home. This is not like your mobile phone—which is also wireless, but your cell phone moves around with you.

This system uses a fixed wireless connection that goes from a communications tower to your home, from point A to point B.

You will not even know it is wireless, your phone will operate just like a regular house phone. This means that you will only use this phone in your home, with extensions in various rooms if you want.

This connection will also be used to deliver your Internet service. For Warm Springs, since homes are often far apart from each other, and since the cost of running fiber to each home is very expensive, this will allow us to deliver a really good signal to your home, without digging up roads and putting up more wires.

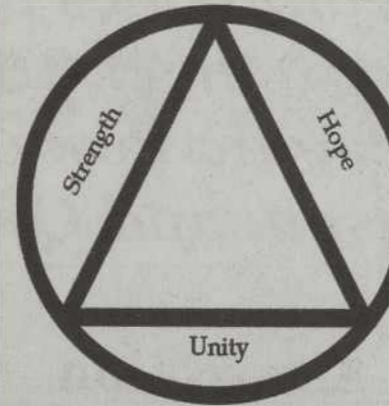
Therefore, "point to multi point fixed wireless" is the best option for providing access to all residents.

The new wireless system will enable us to provide both telephone service as well as high-speed, broadband Internet access.

It will also greatly advance the potential of emergency response on the reservation. By providing this new service, all members of the tribe will now be able to contact help in times of emergency, call to the children's school, or just chat with your friends.

Next article I will tell you more about the new Central Office that we are going to build on the Reservation.

Service will begin to be available in Fall of 2011.



Alcoholics Anonymous

Warm Springs Community Counseling
Wednesday - 12-Noon & 7:00 p.m.
Saturday - 10 a.m.

Cliff's Repair & Auto Sales

330 S.W.
Culver Hwy.
Madras

24 Hour Towing

CLIFF'S
TOWING
475-6618



Approved
Auto Repair



Free Battery Check & Installation with purchase