

Recreation Department hosts Walking Club

The Tribal Recreation Department is hosting a Walking Club, which is a competitive and social activity to track steps and miles walked per day.

The club focuses on low-level impact exercise for beginners with the goal of transitioning Walking Club participants into other fitness activities offered by the Recreation Department. Participation levels vary from individual and team steps, as well as individual and team miles. Teams consist of three individuals. The Recreation Department encourages people to sign up since it will be an ongoing activity. Pedometers are available to new participants one week after they sign up. At the end of each month, prizes are awarded. In addition, Weighted Wednesdays set appropriate weight goals for people to reach a target weight by the end of the month. Participants are encouraged to stop by the Youth Education Building to track their weight and body mass index.

Weight is taken privately with only a recreation assistant present and all information is confidential. Like the Walking Club, prizes will be awarded each month to those with the most amount of fat percentage lost.

For more information or to sign up, contact Recreation Assistant Kendra Steele at 503-879-1921 or Kendra.steele@grandronde.org. ■



Congratulations Cheyanne on being named Valedictorian of your graduating class and your perfect 4.0! Oregon State will be lucky to have you!

We are all so proud of you!
GO BEAVS!

Love, Mom (Angie), Dad (Ariah), Justin, Grandpa Reyn, Grandma Liz and the entire Leno-Brown-Fasana family.

HAPPY 9TH BIRTHDAY



DARRYEN HASKINS

LOVE YOU ALWAYS
DAD, MOM, AND ALL
THE REST OF THE FAMILY.

PREVENTION CORNER

Five Things to Know About Teen Dating Violence



1. Teen dating violence is common.

Estimates suggest that between one in 10 and one in four teens have experienced some form of dating violence. While no group is protected from teen dating violence, rates are highest for American Indian and African American teens. Pregnant teens, teens from low-income backgrounds and those whose parents were involved in a dating violence relationship are also at risk for being involved in dating violence.

2. Male and female teens are equally likely to perpetrate and experience dating violence.

Young men and women report perpetration and victimization at equal rates, although teen males more often report perpetrating sexual abuse and teen females more often report perpetrating physical abuse.

3. Technology changes everything.

Social media, cell phones and other technologies have provided a gateway for cyber abuse. Between 10 percent and 25 percent of teens report experiencing cyber abuse. The following examples are considered cyber abuse: sending threatening or emotionally abusive texts, e-mails and messages and posting sexual pictures online or monitoring

a partner's cell or social media use. One-third of teens reported that they had been texted 10 to 30 times an hour by a partner monitoring their behavior.

4. The warning signs in teens are different than in adults, and may be hard to detect.

Some factors that put teens at risk for committing dating violence include having an excessive temper, a history of fighting or violent friends, and having witnessed violence as a child. Warning signs that a teen may be experiencing dating violence include isolation from friends and family; constant, urgent need to communicate with a dating partner; making excuses for a dating partner; decreased performance in school; and unexplained injuries.

5. There are ways to help.

Relationship education programs can help teens (particularly those most at risk for dating violence, such as pregnant and parenting teens) learn about and engage in healthy relationships and may have additional benefits, such as preventing teen pregnancy.

The information above was gathered from www.childtrends.org.

Here are a few websites with great information regarding healthy relationships and teen dating violence:

- www.kidshealth.org;
- www.teenrelationships.org;
- www.breakingthecycle.org;
- www.loveisnotabuse.com.

Youth Prevention March activities

Date	Time	Event Description	Contact Person
1-Mar-14	12-6 p.m.	Women's Sweat at Bailey House, 10 spots, dinner provided	Cristina Lara 503- 879-2040
4-Mar-14	3:30-5 p.m.	Young Women's Skill Set training- Sewing, Community Center	Shannon Stanton 503-879-1489
7-Mar-14	3:30-5 p.m.	Young Women's Skill Set training- Sewing, Community Center	Shannon Stanton 503-879-1489
February 4- March 19, 2014	8-8:50 a.m.	It's Your Game: Keep It Real, Willamina Middle School	Amber Mercier 503-879-2162
Feb 20- April 23, 2014	4-5 p.m.	Fit to Paddle, Monday and Wednesday, CTGR Gym	Cristina Lara 503-879-2040
11-Mar-14	3:30-5 p.m.	Young Women's Skill Set training- Sewing, Community Center	Shannon Stanton 503-879-1489
14-Mar-14	3:30-5 p.m.	Young Women's Skill Set training- Sewing, Community Center	Shannon Stanton 503-879-1489
15-Mar-14	11 a.m.-4 p.m.	Canoe Family meeting, Lunch provided, CTGR Gym	Cristina Lara 503-879-2040
18-Mar-14	3:30-5 p.m.	Young Women's Skill Set training- Sewing, Community Center	Shannon Stanton 503-879-1489
21-Mar-14	3:30-5 p.m.	Young Women's Skill Set training- Sewing, Community Center	Shannon Stanton 503-879-1489
21-Mar-14	12-2 p.m.	Coming of Age meeting, , Lunch provided	Lisa Leno 503-879-1471
21-Mar-14	5:15-9 p.m.	Movie Night, Dinner provided, CTGR Gym	Shannon Stanton 503-879-1489
22-Mar-14	8 a.m.-1 p.m.	Community Garden Project, 10 spot available	Shannon Stanton 503-879-1489
27-Mar-14	10 a.m.-3 p.m.	Community Prep Round Dance, Community Center, Lunch provided	Shannon Stanton 503-879-1489
28-Mar-14	9 a.m.-5 p.m.	Native Youth Wellness day, Community Center, Middle/ High school youth	Shannon Stanton 503-879-1489
March 28-29	7 p.m.	Agency Creek Round Dance, CTGR Gym	Lisa Leno 503-879-1471
29-Mar-14	9 a.m.-4 p.m.	Spruce Root Dig, 10 spots, Pacific City, Middle/ High school youth	Cristina Lara 503-879-2040