

# PREVENTION CORNER

## Our Family

What does your family like? What are some of your traditions? How do you talk with one another? How does your family talk about alcohol and drugs?

These and other questions we sometimes don't talk about or think about. Our daily lives are filled with interaction with family, community, friends, co-workers, teachers, well, all people. The way we learn to talk, treat and be in the world comes from our family values, traditions and upbringing.

Prevention programs work to strengthen relationships and bonding in the family. There are many ways to do this; each family does it differently and has a different set of values. There are some research-based family skills that you can practice at home to build relationships and also help reduce the chance your youth will use alcohol and drugs.

They are: 1) Build a warm and supportive relationship with your child; 2) Be a good role model when it comes to drinking, taking medicine and handling stress; 3) Know your child's risk level; 4) Know your child's



friends; 5) Monitor, supervise and set boundaries; and 6) Have ongoing conversations and provide information about drugs and alcohol.

Source: *ThePartnershipAtDrugfree.org*, 6 Parenting Practices- Help reduce the chances your child will develop a drug or alcohol problem.

"Research confirms the benefits of parents providing consistent rules and discipline, talking to children about drugs, monitoring their activities, getting to know their friends, understanding their problems and concerns, and being involved in their learning."

Source: *National Institute on Drug Use: Preventing Drug Use Among Children and Adolescents: A Research- Based Guide for Parents, Educators and Community Leaders*, p.19.

**To get your youth involved in the Youth Prevention program, contact Lisa Leno at 503-879-1471, Amber Mercier at 503-879-2162, Shannon Stanton at 503-879-1489 or Cristina Lara at 503-879-2040. Please "like" our Facebook page Grand Ronde Youth Prevention for information and upcoming events.**

"I think they [our ancestors] would want us all to stand tall for what is right and good. They would want you and me to be seen and heard and make a positive difference wherever we were." — **Howard Rainer**

Date	April 2014 Schedule	Contact
April 1-May 9, 2014	It's your game: Keep It Real at Willamina School Tue-Fri	Amber Mercier 503-879-2162
April 4-25, 2014	Young Womens Skill Set Teaching (sewing) Fri at CC 3:45-5 p.m.	Shannon Stanton 503-879-1489
11-Apr-14	Coming of Age meeting Noon-1 p.m. at Community Center (CC)	Lisa Leno 503-879-1471
12-Apr-14	Canoe Family meeting Noon-4 p.m.at Tribal Gym	Cristina Lara 503-879-2040
17-Apr-14	Community Garden/ Planting fruit trees 3:45-5 p.m.	Shannon Stanton 503-879-1489
19-Apr-14	Egg Hunt/Fun Run/Walk/ Movie Day at Tribal Campus 10 a.m.	Shannon Stanton 503-879-1489
26-Apr-14	Women's Sweat Noon-5 p.m.	Cristina Lara 503-879-2040
March 31- April 23	Fit to Paddle Mon & Wed 4-5 p.m. at Tribal Gym	Amber Mercier 503-879-2162
April 23-June 4, 2014	Strengthening Families Wednesdays at Adult Ed 5:15-7:30 p.m.	Cristina Lara 503-879-2040

## Our Connection with the Land

The Land and Culture Department is running a series of short questionnaires. We would like your input regarding your and your family's cultural ties to regions throughout the Tribe's ceded lands and ancestral territories. Please know your responses will be kept confidential and, if you choose, anonymous.



### Willamette Valley

This month we are asking about Grand Ronde's connection to the Willamette Valley. Please provide any information you have about our past and present connections to the area, including places and activities on the land and in the rivers.

### Ethnographics

Do live in the area depicted on the map? \_\_\_\_\_ Did your ancestors live there? \_\_\_\_\_  
 Do you or did your ancestors travel there? \_\_\_\_\_ Do you know any stories/myths about this region? \_\_\_\_\_

### Hunting

Do you hunt in the area depicted on the map? \_\_\_\_\_ What do you hunt? \_\_\_\_\_  
 Who taught you to hunt? \_\_\_\_\_ Did they teach you where to hunt? \_\_\_\_\_  
 Whom have you taught, if anyone, to hunt? \_\_\_\_\_ Did you teach them where to hunt? \_\_\_\_\_

### Fishing

Do you fish in the area depicted on the map? \_\_\_\_\_ What do you fish? \_\_\_\_\_  
 Who taught you to fish? \_\_\_\_\_ Did they teach you where to fish? \_\_\_\_\_  
 Whom have you taught, if anyone, to fish? \_\_\_\_\_ Did you teach them where to fish? \_\_\_\_\_

### Gathering

Do you gather in the area depicted on the map? \_\_\_\_\_ What do you gather? \_\_\_\_\_  
 Who taught you to gather? \_\_\_\_\_ Did they teach you where to gather? \_\_\_\_\_  
 Whom have you taught, if anyone, to gather? \_\_\_\_\_ Did you teach them where to gather? \_\_\_\_\_

### Other Activities

Are there other activities you do in the area depicted on the map? \_\_\_\_\_  
 What are the activities? \_\_\_\_\_ Who taught you? \_\_\_\_\_  
 Who have you taught? \_\_\_\_\_

If you are comfortable sharing the information please mark the general area of your activities on the map (x=hunting, o=fishing, []=gathering and ///=other activities).

Please include your information below if we may contact you.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please return completed forms to: Land and Culture Department, Chachalu, 8720 Grand Ronde Road, Grand Ronde, Oregon 97347.

You may also add information directly to our electronic map by visiting <http://bit.ly/1gJ88iL>

If you have any questions, you may contact:

David Harrelson, Tribal Historic Preservation Officer at [THPO@grandronde.org](mailto:THPO@grandronde.org) or 503-879-2320.