



# Soboba Tribal Family Services

## April Newsletter

Sexual Assault Awareness Month  
National Child Abuse & Prevention Month



### **Soboba Tribal Family Services Staff**

Nancy Currie, Director  
Christopher Evensen, Tribal Social Worker  
Theresa Sam, Case Manager  
Catherine Gonzalez, Legal Admin Assistant  
Monday – Friday 8:00am to 4:30 pm  
(951) 487-0283

### **My Teen is Breaking Rules – What Can I Do?**

*We recently moved, and my 16-year-old daughter started a new school. Lately, she's been ignoring her curfew, and last weekend I smelled alcohol on her breath. What should I do? - Joe*

The best thing you can do is to talk to your daughter openly about your concerns. Be blunt, honest, and understanding – and reassure her that you want to know what's going on with her because you care. Discuss your expectations for her, and what the consequences will be if she breaks the rules. Many teens act like they don't need attention from their parents and family, but actually they do.

While one or two behavior glitches can be expected with a major life change, persistent changes in your daughter's behavior, attitude, or interests may mean something more is going on. Alcohol and/or drug use are often linked to depression or difficult life changes like moving or going through a rough breakup.

If you're still concerned about your daughter's behavior, talk to her doctor or a counselor for advice.

Reviewed by: Steven Dowshen, MD

Date reviewed: July 2013

Excerpted from [www.KidsHealth.org](http://www.KidsHealth.org)

### **Alternatives to Domestic Violence 24-hour Hotline**

Riverside City and out of County: (951) 683-0829  
Remainder of Riverside County: (800) 799-SAFE (7233)  
TDD Line – (800) 787-3224

*If you are in immediate danger call 9-1-1*

**24 – Hour Child Abuse Hotline for  
Riverside County  
(800) 442-4918 or (800) 442-4453**



### **Managing Stress**

Everyone has stress, but too much stress can make it hard to parent effectively. After a while, your children may show signs of being stressed out, too!

Some signs that you are stressed include:

- Feeling angry or irritable a lot of the time
- Feeling hopeless
- Having trouble making decisions
- Crying easily
- Worrying all the time
- Arguing with friends or your partner
- Overeating or not eating enough
- Being unable to sleep or wanting to sleep all the time

A build-up of stress can cause health problems like a sore neck or back, headaches, upset stomach or high blood pressure. It's important to learn how to manage stress – for your own sake and for your children.

---

**Remember:** Learning to manage your stress will improve your happiness and show your children that they can handle stress, too!

---

**Find out what's making you stress.** It might be money, work, local traffic or crime, your partner, your child's behavior or health issues.

**Accept what you cannot change.** Ask "Can I do anything about it?" If you can, break it into smaller steps so it doesn't feel overwhelming.

**Have faith.** Look back at a time when you overcame challenges. Think, "This too shall pass" and consider that people who attend church, pray regularly, or practice other forms of spirituality tend to have less stress.

**Relax!** Try deep breathing, meditation, yoga or listening to music. Take 30 minutes to play and laugh with your kids.

**Take care of your health.** Getting enough sleep can make a big difference in your stress level. So can eating healthy foods and getting some exercise.

**Take time for yourself.** Take a bath, read a book or pick up a hobby. When you can, hire a sitter to get out for a few hours.

**Develop a support network.** Don't be afraid to ask for help. Older children can set the table, your partner could take over bedtime a few nights a week. Friends might pick up the kids from school to give you a break.

Excerpted from the Prevention Resource Guide "Making Meaningful Connections found at:  
<https://www.childwelfare.gov/topics/preventing/preventionmonth/>



### Becoming an agent of social change – A guide for youth activists

Sexual assault, abuse, and violence might be topics you have learned about before. These words are examples of unwanted sexual activity or contact without consent. You might already know that sexual assault happens frequently and affects people of all ages, identities, and walks of life. In fact, 1 in 5 women and 1 in 71 men will be raped at some point in their lives (Black et al., 2011). You might know someone in your family, group of friends, or at school who has been sexually assaulted.

A topic like sexual violence can feel overwhelming and unsettling. No matter what the circumstances are today, we can all create positive change for the future and prevent sexual violence. Social change is the process of shifting attitudes, values, and actions to address social problems in a positive way and is an active way to create a safer, healthier future for you, your relationships, your community and your world. Anyone at any age can be an agent of social change.

---

*Social Change is the process of shifting attitudes, values, and actions to address social problems in a positive way.*

---

### Healthy sexuality is a vision to end sexual violence

Learning about healthy sexuality is the first step in creating positive change. It might be helpful to think about healthy sexuality as the opposite of sexual violence. Healthy sexuality means having the knowledge and power to express sexuality in ways that enrich our lives. It's about every person being able to make consensual, respectful, and informed choices without pressure or violence.

- Sexuality is more than sex. Healthy sexuality affects us on emotional, cultural, physical, and social levels. Sexuality is a part of each person, but it doesn't stop there. Communities and society as a whole are impacted by the ways we talk about sex.
- Think about the messages that have been shared with you about sex and sexuality. Do you think this information has been positive and helpful? What would you have liked to learn or see others learn?
- Consider unhealthy messages and behaviors you have seen or heard. Take time to recognize negative or unhelpful information that you might need to unlearn or challenge.

Excerpted from [www.nsvrc.org/saam](http://www.nsvrc.org/saam)

### **The National Parent Hotline**

#### **Remember you're not alone.**

*Being a parent is tough. When you feel overwhelmed, it's important to remember that you are not alone. Talking to someone can make you feel better.*

Call the **National Parent Helpline at (855) 427-2736** to get emotional support from a trained Advocate or visit [www.nationalparenthelpline.org](http://www.nationalparenthelpline.org).

### Riverside Area Rape Crisis Center



24-Hour Hotline: (951) 686-RAPE (7273)

### April is Sexual Assault Awareness Month

Join Rancho Springs Medical Center's **Women Enlightened** program for a special presentation on Assault awareness for Adult Women

**April 16<sup>th</sup> – 11:30am to 2pm**  
**Rancho Springs Medical Center, Murrieta**  
**Free Lunch and Raffle Prizes**

**Space is Limited – RSVP to**  
Debbie Parker at (951) 200-7393  
or [debra.parker@uhsinc.com](mailto:debra.parker@uhsinc.com)

Riverside Area Rape Crisis Center will offer a  
**FREE Self Defense Class!**

#### **THE SART TEAM**

Rancho Springs has a team of Forensic trained Registered Nurses available 24/7 to help you after a sexual assault. Their program has provided assistance to over 200 survivors.

For more information, contact  
Debbie Parker, RN – (951) 200-7393  
[debra.parker@uhsinc.com](mailto:debra.parker@uhsinc.com)

### How you can become an agent of change

- **Know your power.** Your voice is valuable and influential. As a young person, you are in a key position to reach your peers with information and insight that impacts their lives.
- **Engage peers and build a network.** Social change takes time and teamwork. You can bring friends along, ask for help, and inspire others to get involved. You can have a positive influence by being a role model of healthy behaviors.
- **Partner with supportive adults.** You can build relationships with trusted adults for support: members of your family, neighborhood, community, school or faith group. All voices are given space and respect.
- **Take one step at a time.** Whether you are looking to start small or reach for the stars, it's important to take charge step-by-step. As you start to see an impact, share your successes and give others the opportunity to participate.
- **Seek out resources.** No one has all of the answers, but we don't have to look far to find great resources. There are helpful tools available online, in the library or trusted adults.

Excerpted from [www.nsvrc.org/saam](http://www.nsvrc.org/saam)

