



"Our families made strong through balance and support."

# Soboba Tribal Family Services

## FEBRUARY NEWSLETTER

### Teen Dating Violence Awareness Month



#### Healthy Relationships

Communication is a key part to building a healthy relationship. The first step is making sure you both want and expect the same things – being on the same page is very important. The following tips can help you create and maintain a healthy relationship:

- **Speak Up.** In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.
- **Respect Your Partner.** Your partner's wishes and feelings have value. Let your significant other know you are making an effort to keep their ideas in mind. Mutual respect is essential in maintaining healthy relationships.
- **Compromise.** Disagreements are a natural part of healthy relationships, but it's important that you find a way to compromise if you disagree on something. Try to solve conflicts in a fair and rational way.
- **Be Supportive.** Offer reassurance and encouragement to your partner. Also, let your partner know when you need their support. Healthy relationships are about building each other up, not putting each other down.
- **Respect Each Other's Privacy.** Just because you're in a relationship, doesn't mean you have to share everything and constantly be together. Healthy relationships require space.

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



#### Soboba Tribal Family Services Staff:

**Nancy Currie, Director**  
**Alicia Golchuk, Tribal Social Worker**  
**Catherine Gonzalez, Legal Admin. Assistant**

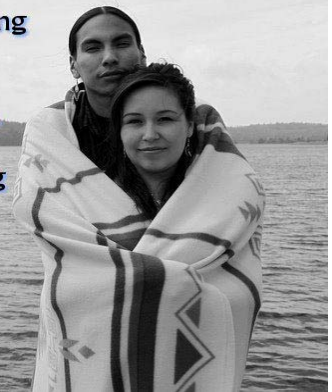
#### Office Hours:

**Mon-Thurs 7:00am to 5:30 pm**  
**(951) 487-0283**

A woman's highest calling is to lead a man to his soul so as to unite him with Source.

A man's highest calling is to protect woman so she is free to walk the earth unharmed.

~ Cherokee Proverb ~



#### National Teen Dating Abuse Helpline:

**1-866-331-9474**

**24 – Hour Child Abuse Hotline for Riverside County**

**(800) 442-4918 or (800) 442-4453**



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

Riverside City and out of County: (951) 683-0829

Remainder of Riverside County: (800) 799-SAFE (7233)

(800) 787-3224 – TDD Line

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



**Strong Hearted Native Women's Coalition, Inc.**, by honoring our women ancestors, will advocate for women and their families by promoting safety and a traditional non-violent lifestyle. Working towards empowering women with the tools for independence, courage, and a strong direction to make healthy life choices for herself, her children, and family.

PO Box 2488  
Valley Center, CA 92082  
760-644-4781 office  
760-477-5993 fax

[www.strongheartedwomen.org](http://www.strongheartedwomen.org)

☪☪☪  
Healthy Boundaries

Creating boundaries is a good way to keep your relationship healthy and secure. By setting boundaries together, you can both have a deeper understanding of the type of relationship that you and your partner want. Boundaries are not meant to make you feel trapped or like you're "walking on eggshells." Creating boundaries is not a sign of secrecy or distrust – it's an expression of what makes you feel comfortable and what you would like or not like to happen within the relationship. Remember, healthy boundaries shouldn't restrict your ability to:

- Go out with your friends without your partner.
- Participate in activities and hobbies you like.
- Not have to share passwords to your email, social media accounts or phone.
- Respect each other's individual likes and *needs*.

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



Healthy Relationship Boosters

Even healthy relationships can use a boost now and then. You may need a boost if you feel disconnected from your partner or like the relationship has gotten stale. If so, find a fun, simple activity you both enjoy, like going for a walk, and talk about the reasons why you want to be in the relationship. Then, keep using health behaviors as you continue dating.

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

**Valentine Word Search**

J A R H D X T B H Z R C G G T  
 O O L B E R U A Q O Z N K I C  
 H X D E O A P M S R I B A V E  
 C N Y P V P R E K D W P V I P  
 T E P C I O S T N G M I A N S  
 Z U L N O F L A S B A Y L G E  
 S L E T F M T Y H T L A E H R  
 U S N T T S P T P A R T N E R  
 S T D O R N E R C K C I T G H  
 W D R E L A T I O N S H I P U  
 C L D O U V B H A M C Q N P H  
 A N F L F K V K E L I H E P B  
 U R I O D M Y D I K J S I Q F  
 A N E F A S O D W Z C E E O V  
 G V K B F Z A C C T X A C Y V

- |               |            |
|---------------|------------|
| COMFORT       | COMPROMISE |
| GIVING        | HAPPINESS  |
| HEALTHY       | HEARTS     |
| LOVE          | PARTNER    |
| RELATIONSHIP  | RESPECT    |
| ROSES         | SAFE       |
| SUPPORT       | VALENTINE  |
| UNDERSTANDING |            |

**If you are a teenager involved in an abusive relationship, you need to know that no one deserves to be abused or threatened.**

**Remember...you cannot change your batterer, and in time the violence will get worse.**

**You need to take care of yourself.**

**Talk to a trusted adult, call Soboba Tribal Family Services, or call the local shelter serving victims of domestic abuse, like ADV at (800) 799-7233.**

**Together, we can make a plan to keep you safe.**

