



# Soboba Tribal Family Services

## MARCH NEWSLETTER

Daylight Savings Time Begins



"Our families made strong through balance and support."

### 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**

### How to Talk with Your Child at Any Age About Respect and Healthy Relationships

#### Part 1 – How to Talk With Young Children

Talk to your children at an early age about respect, healthy relationships, and how to avoid abuse and violence. You can help them cultivate a healthy sense of self at an early age – a key tool they may need in the future to avoid using violence, or to protect themselves or a friend from an abuser.

\* Talk to Younger Kids about Respecting their Bodies and Protecting their Privacy – If you sense that your child does not want to be touched by a friend or family member, ask if she / he would like some personal space. Say that it's okay to tell other people not to touch them, and help them enforce their desire for privacy by backing them up in social situations. Likewise, remind children to respect other people's wishes not to be touched – a fundamental principal of mutual respect that will help them have healthy romantic relationships when they are older.

\* Teach Toddlers and Elementary Kids that Disagreements are Normal – Explain that disagreements can help family members and others communicate with each other. But make sure children understand that people must try to express anger or frustration as calmly as possible, and never with physical or verbal abuse.

\* Teach Children about Healthy Relationships – Be a role model. Demonstrate respect for yourself and for those around you. Ask your children if other people treat each other the way they like to be treated. Talk to your children about what they like in a friendship; those early observations will help your children form healthy friendships and romantic relationships as they grow up.

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

### SPRING FORWARD!

Daylight Savings Time Begins March 10<sup>th</sup>.  
Don't Forget to Turn Your Clocks Forward  
Saturday night, March 9th.



And remember...when you change your clock,  
change your battery.

Working smoke alarms save lives!

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

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



### 2013 Soboba Canyon Clean-Up

Meet us every Tuesday at 8:30am in the Oaks Parking Lot

**Learn About:** Soboba Tribal History, Traditional use of Native Plants, Traditional Land Resource Management Practices, Environmental Protection

This is an all day event, so please remember to wear clothing that you don't mind getting dirty.

**Bring your own tools: Pruning tools, hand rakes, lawn rakes and gloves.**

For more information, call (951) 487-2329

*A collaborative project brought to you by the Soboba Cultural Center, Noli Indian School, Soboba EPA and Soboba Department of Public Safety.*

### SOBOBA TRIBAL FAMILY SERVICES NEWSLETTERS

To view our current and past newsletters, visit [www.soboba-nsn.gov](http://www.soboba-nsn.gov). Click the "Departments" tab and select "Family Services". All current and past newsletters may be found under the "Newsletters" tab.

A great "Thank You" goes out to everyone who makes our newsletters possible, and especially to our readers for their support.

## Are you in love? And what you should do about it?

First, we need to understand the difference between infatuation, lust and love. This love is not the family love or the friend love, where you love someone who is related to you or close to you. This is the strongly emotional love that comes when finding a partner to share points of your life. What follows are loose definitions of infatuation, lust and love.

**Infatuation:** this is when you adore someone to the point where you cannot concentrate on anything else. There are various levels of infatuation, but anytime something is monopolizing all your time, it cannot be healthy.

**Lust:** this is when you want someone just sexually. Teens go through a lot of sexual changes and sometimes you will be attracted to someone sexually, but don't let it be the only reason you are attracted.

**Love:** this is when both parties feel they are attracted to each other and are willing to work hard to be together. Being in love is different for most every teen in the world. However, if you are in love, you should be interested in the other teen's feelings and enjoy doing many different activities together. There are usually strong feelings attached with love, you may feel connected, spiritual, joy, and other like emotions.

A good test of love is to see the teen you are attracted to in many different situations. Do physical activities like hiking and swimming. Try out new foods together. Go shopping. Work on homework together. These and similar ideas can help you find out if you are in love and if the teen is worthy of your love.

*Dating is a good step in determining if you are in love. If you feel pressure or unsafe, stop immediately. However, if you are having fun and find out that you both share many interests and hobbies, keep dating.*

So if you are in love, keep trust in your relationship. Talk about things that bother you, and discuss how your relationship is progressing. If you get into fights, keep communication open so as to overcome any frustrations or misunderstandings. Ask a lot of questions to find out as much as you can. Keep a journal as you someday may want to relive these moments as well as maybe see what you did right and wrong with the relationships. Spend time together to better get to know each other, but also take time for yourself so you can work to make yourself better.

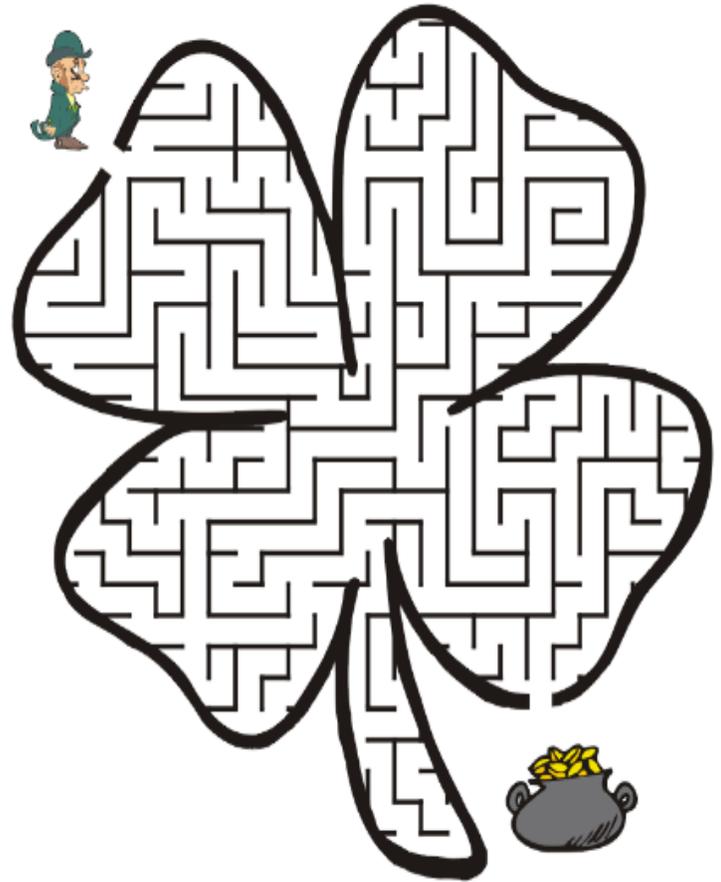
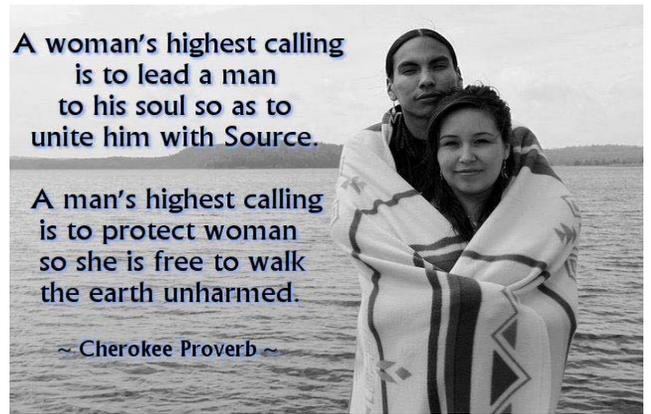
Above all, enjoy being in love, stay away from things that make your relationship complicated and work hard together to make your relationship strong.

Excerpted from [www.teenHelp.com](http://www.teenHelp.com)

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 ~



Happy St. Patrick's Day

Sunday, March 17th

**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  
Hemet Office: (951) 929-3079

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

Violence Against Women is Not Our Tradition