



Soboba Tribal Family Services

April Newsletter



Sexual Assault Awareness Month ♦ Child Abuse Prevention Month

Soboba Tribal Social Service Staff:

Nancy Currie, Director
Catherine Gonzalez, Legal Admin Assistant

Monday through Friday
8:00am to 4:30 pm
(951) 487-0283

Check us out online at www.soboba-nsn.gov
in the Departments tab.

"Our families made strong through balance and support."

2014 Soboba Basketweavers Gathering

*"Balancing Our Lives
Through Traditional Practices"*

**Basketry Classes Taught by California Indian
Basketweavers**

**April 26, 2014
9 a.m. to Sundown
The Oaks at Soboba**

Lunch will be served

For more info contact:
Carrie Garcia
Cultural Program Manager
(951) 487-2329
carrieg@soboba-nsn.gov

Reclaiming Our Land Sovereignty



**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)
TDD Line – (800) 787-3224

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

Keeping Your Family Strong

Every family has strengths and challenges. When you are under stress – the car breaks down, you or your partner lose a job, a child's behavior is difficult, or even when the family is experiencing a positive change, such as moving into a new home – sometimes it takes a little extra help to get through the day.

Here are some suggestions that families can draw on when life gets difficult. Building on these strengths are a proven way to keep the family strong and prevent child abuse and neglect.

Show how much you love each other as a family:

- ✓ Take time at the end of each day to connect with your children with a hug, a smile, a song or a few minutes of listening and talking.
- ✓ Find ways to engage your children while completing everyday tasks (meals, shopping, driving in the car). Talk about what you're doing, ask them questions, or play simple games (such as "I spy").
- ✓ Have a family game night. Even young children can play board games on an adult's "team."

Parenting is part natural and part learned:

- ✓ Parenting is part natural and part learned. Subscribe to a magazine, website, or online newsletter about childhood development.
- ✓ Sit and observe what your child can or cannot do.

Have courage during stress and the ability to bounce back from challenges:

- ✓ Take quiet time to reenergize: take a bath, write, sing, laugh, play, drink a cup of tea.
- ✓ Do some physical exercise: Walk, stretch, do yoga, lift weights, dance.
- ✓ Share your feelings with someone you trust.
- ✓ Surround yourself with people who support you and make you feel good about yourself.

Have friends, family, and neighbors who will help out and provide emotional support:

- ✓ Participate in neighborhood activities such as potluck dinners, street fairs, picnics, or block parties.
- ✓ Join a playgroup or online support group of parents with children at similar ages.
- ✓ Find a church, temple or mosque that welcomes and supports parents.

Excerpted from The 2014 Prevention Resource Guide, Chapter 5: "Tips for Parents and Caregivers" found at www.childwelfare.gov/preventing

Soboba Tribal Earth Day 2014

April 12, 2014
10 a.m. to 2 p.m.
at Tribal Hall

Information ◦ Crafts ◦ Fun Activities
Giveaways ◦ Lunch ◦ Meet Local Vendors

For more information, contact the
Soboba Environmental Department at
(951) 654-5544, ext. 4128

April is Sexual Assault Awareness Month

3 women are murdered by an intimate partner
every day in America

4.8 million American women are physically assaulted every year!

Violence against women has long been a widespread but little known epidemic affecting local, national and international communities alike. But now people are speaking out about this serious issue, and by raising awareness, are helping to stop violence against women.

You can help by taking the Dating Pledge:

I Pledge to:

- Always treat my girlfriend or boyfriend with respect.
- Never hurt my girlfriend or boyfriend physically, verbally or emotionally.
- Not be controlling or manipulative.
- Accept responsibility for my actions.

Pledge adapted from www.LoveIsRespect.org

National Helpline: 1-866-331-9474

Take the Dating Pledge at www.DatingPledge.org

Avellaka's 5th Annual Inter-Tribal Sexual Assault Awareness Walk

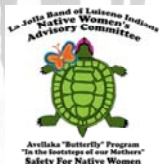
"Walk For Honor, Walk for Justice"

Hosted by the Soboba Band of Luiseño Indians
and Soboba Women's Group

Sunday, April 27th at 9am
Registration – 7am

The walk begins at The Oaks. There will be information booths
and raffles and lunch served after the walk

For more information or to volunteer,
call Wendy Schlater at (760) 685-4736
or Dione Kitchen at (951) 654-2765 ext. 4115



"Bars and Sexual Boundaries"

Sexual aggression against young women in bars is the subject of new research. The study published in the journal *Alcoholism: Clinical & Experimental Research*, analyzed more than 1,050 aggressive incidents in bars across Toronto, Canada, between 2000 and 2002. 75% of the patrons were under 30, and about 2/3 of the 118 establishments were dance clubs. The rest were sports bars, pubs or concert spaces catering to over 300 people.

Nearly 1/4 of the incidents (24.4%) were deemed acts of uninvited sexual aggression and 90% of those involved men hitting on women.

Men were not more likely to be aggressive when drunk but they *were* more likely to do so if they saw that their female targets were intoxicated. And nearly all the invasive, persistent sexually suggestive and sometimes threatening acts of male aggression were found to be intentional or probably intentional rather than a question of miscommunication.

Bystanders were not much of a factor. Bystanders stepped in only 21% of the time, so much of the women were left to their own devices, resorting to non-aggressive evasiveness or just a plain old "No." Dr. Cindy Haines, Chief Medical Officer of Health Day TV.

Excerpted from MSN Video at www.video.us.msn.com

Center Against Sexual Assault (C.A.S.A) Bra Drive

C.A.S.A. attends monthly Sexual Assault Response Team (SART) meetings to discuss cases, issues, and concerns of team members and needs of survivors. At our last meeting, the SART nurses raise the issue of bras...YES, BRAS!

Did you know?

- ◆ According to the crime lab, bras carry much needed forensic evidence that can aid in prosecuting perpetrators.
- ◆ During a forensic exam, victims are asked to surrender all their clothes for evidence collection.
- ◆ C.A.S.A. advocates are able to provide each victim at the hospital with a survivor bag that contains basic sweat pants, t-shirts, underpants, socks and toiletries.
- ◆ According to the Sexual Assault Response Team (SART) nurses, female survivors, particularly the younger ones, are refusing to give up their bras. Often this is because they fear their bra will not be returned and, in many cases, this is the only one they own.
- ◆ C.A.S.A. cannot afford to purchase bras, let alone have a hand a size that meets individual needs.

Can you imagine...

- ◆ Being sexually violated;
- ◆ Legally interrogated;
- ◆ Physically examined;
- ◆ Surrendering all of your personal items;
- ◆ Having to put on strange clothes to walk out of the hospital;
- ◆ Not having something as basic as a bra?

Donate a new bra today!

FOR MORE INFORMATION, OR DROP-OFF LOCATIONS
For more information & Drop-Off Locations

Call (951) 652-8300