



"Our families made strong through balance and support."

Soboba Tribal Family Services

August Newsletter

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A BACK TO SCHOOL CHECKLIST FOR TEENS ONLY

You already know all the school supplies you'll need to bring with you on your first day of school...shoot, you've probably stood in line at Target long enough this month to know that. Here's a back-to-school checklist for all the *other* stuff you'll need to make this school year great.

1. **A full stomach.** Eating breakfast before school will keep you from feeling sluggish and help you do better in class.
2. **Your favorite outfit** (whether it's brand-new or an old favorite). You want to feel comfy and confident on your first day back.
3. **Some good anecdotes** about your summer. Everyone will be asking, so you'd might as well come prepared.
4. **A new haircut.** You'll feel extra-polished and hold your head a little higher.
5. **Your locker combination.** Written down, on a piece of paper. Just in case you forget it. (Even the sharpest tool in the shed has been known to draw a blank from time to time.)
6. **Comfy shoes.** Skip the heels or anything that hasn't been broken in yet. Stylin' shoes aren't worth the blisters you might get.
7. **Gum or mints.** Your breath will probably be just fine, but you don't want to get caught thinking it stinks after lunch. Plus, offering some to the kid next to you is a good icebreaker.
8. **A piece of fruit,** or another small, healthy snack, in case you're dying of hunger in the afternoon. Knowing you've got it might also keep you from gorging on a sugary dessert at lunch.
9. **A fun picture** to hang in your locker. Personalizing your space will make you feel more at home and give you something to smile about each time you drop off your books.
10. **Some deodorant.** You might get nervous about your first day, and nervous people sometimes sweat. And hey, better safe than sorry.
11. **An open mind.** A new school year means a fresh start. Don't be afraid to be friendly to people you used to ignore, or join a new club on a whim. It's *your* school year – make the most of it.

Excerpted from About.com People and Relationships Teen Advice, found at www.teenadvice.about.com

Tips on Heading Back to School

Every school year your child faces big changes when he or she goes back to school. Classes are getting harder and their future is getting closer. All of this causes very real stress – your child is going to need your help!

You can give your child a strong trouble-free start this school year by following these five back to school steps:

1) Organize your family's time. As appointments and daily schedules for the year form, take note of them and write them down. Place a weekly schedule for each person on the refrigerator or other prominent place in your home. All changes and additions to this weekly schedule should be made on the family calendar which is kept in the same place. This is your 'what's going on at a glance' center. Make a habit of checking it twice a day – in the morning and at night. Teach this habit to all your family members.

2) Purchase new school clothes. Take advantage of all the back to school sales to purchase what your child will need for the school year. Don't forget gym and practice clothes for teens. Your child will feel good about themselves when they are sporting the new duds. While you don't want to spoil them, the new clothes will give your child's self-confidence a much-needed boost on their first day of school.

3) Buy and organize school supplies. Depending on what grade your child is in, they are going to need everything from a #2 pencil for all computerized tests to deodorant for gym class. Use your child's school list as your guide and sit down with your child to make a shopping list. Be prepared to go out and purchase something else on the night of the first day of school. There is always one teacher who requires a certain supply but doesn't let their students know until the first day of school.

4) Set goals and expectations. The start of school year is a wonderful time to re-examine school performance – both academically and extra-curricular activities. Remember to set doable goals and try not to over stress your child. Be sure to set the time for homework.

5) Get emotionally ready. A new school year can mean a lot of stress for child and parents alike. Take some time before school starts to relax and enjoy an activity together. Talk to each other about the school year coming up and reaffirm with your child that you are there to help whenever help is needed. Be sure to tell your child this and don't assume they already know it. It is easier to handle stress from outside sources – like school – when you know someone is on your side.

Adapted from About.com's "Tips on Heading Back to School for Teens" found at www.parentingteens.about.com/od/education/a/back_to_school.htm

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



TEEN CORNER



Should You Worry About School Violence?

After hearing news of school shootings or other violence, it's natural for students – no matter how old they are or where they go to school – to worry about whether this type of incident may someday happen to them.

It's rare that school violence takes place on the scale of what happened at Virginia Tech or Columbine High School. But when a tragedy like this happens, it's normal to feel sad and anxious, and to want to make sense of the situation.

How Safe are Schools? It's actually safer to be in school than in a car. Twice as many 15- to 19-year-olds die in car accidents than in shootings (and that's *all* shootings, not just the ones that happen in schools.) According to the Centers for Disease Control and Prevention (CDC) less than 1% of all homicides among school-age children happen on school grounds or on the way to and from school. So the vast majority of students will never experience violence at school.

Still, some schools have re-evaluated their safety needs in response to the concerns of families and communities. Some now require that guests check in at the office or have more guards on duty. Some schools have installed metal detectors.

Another thing that helps make schools safer is greater awareness of problems like bullying and discrimination. Many schools have implemented programs to fight these problems and to help teachers and administrators know more about protecting students from this type of violence.

Why Does it Happen? School violence isn't easy to understand. There is no single reason why students become violent. Some are just following behavior they've seen at home, on the streets, or in video games, movies or television. Sometimes, people who turn violent are victims of teasing who've hit a limit and feel like they would do anything to make it stop. They may feel isolated and rejected by their peers. These are only a couple of the reasons why a person may become violent.

There's one thing experts do agree on, though: Having access to guns or other weapons make it easier for some people to lash out against the things or people they don't like.

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What Can I Do? Someone on the verge of violence may display warning signs. These can include:

- Playing with weapons of any kind
- Bragging about acts of violence he or she would like to commit
- Showing an obsession with violent movies or playing violent games
- Bullying or threatening other people
- Cruelty to pets or other animals

If you start feeling unsafe at school, talk to a trusted adult. That person could be a teacher, parent, school counselor, or religious leader. It can be difficult to report violence – after all, we are taught not to tell on others.

But many schools have set up ways to report bullying or the possibility of violence anonymously. Maybe your school has (or could set up) an anonymous hotline for people to share concerns without worrying that they may be found telling on another student.

If you've witnessed or experienced violence of any kind, not talking about it can make feelings build up inside and cause problems. There's even a condition, posttraumatic stress disorder (PTSD), that can develop in someone who has lived through a traumatic event, such as a serious car accident, physical or sexual abuse, or a shooting.

You don't have to be hurt to experience PTSD – for some people, simply watching a traumatic event or being threatened with great physical harm is enough to trigger it. That's why it's important to get help. School counselors can be a good place to start – they're familiar with the issues in your school and can help you put things in perspective.

Excerpted from TeensHealth.org



"A nation is not defeated until the hearts of its women are on the ground. Then it is done, no matter how brave its warriors or how strong its weapons."
-- Cheyenne proverb



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