

May

FOCIS Newsletter

April 28, 2019

Native American Women Are Facing a Crisis

*By: Maya Salam
April 12, 2019*



“It’s long past time the topic of missing and murdered indigenous women received this type of national attention.”

— Senator Lisa Murkowski, of Alaska

Native American women and girls are facing an epidemic of violence that is hiding in plain sight. They are being killed or trafficked at rates far higher than the rest of the U.S. population (on some reservations, women are 10 times as likely to be murdered as the national average, according to the

Justice Department). Some simply disappear, presumably forced into sex trafficking. These cases often go unsolved. Now, three senators are hoping to combat this epidemic. The bipartisan bill, called the Not Invisible Act of 2019, was introduced last week by Lisa Murkowski, Alaska; Catherine Cortez Masto, Nevada; and Jon Tester, Montana. It aims to change what the Indian Law Resource Center has called a “lack of a diligent and adequate federal response” to these crimes.

The bill would create an advisory committee of local, tribal and federal stakeholders to devise best practices to combat the problem and make recommendations to government — efforts that

FOCIS Newsletter

would include paving a way for federal agencies, law enforcement and elected tribal officials to collaborate more easily.

Cortez Masto told *Huffington Post* that she believed the bill would help federal agencies improve and quicken their response by focusing on why these women and girls are disappearing and where those who are being trafficked are going — as well as on how to collect data and educate law enforcement on sex trafficking and start prosecuting offenders.

1 in 3

That's how many Native American women have been raped or experienced an attempted rape, according to the Justice Department, more than twice the national average.

13 percent

That's how many sexual assaults reported by Native American women result in arrest, according to the Justice Department, compared with 35 percent for black women and 32 percent for white women.

506

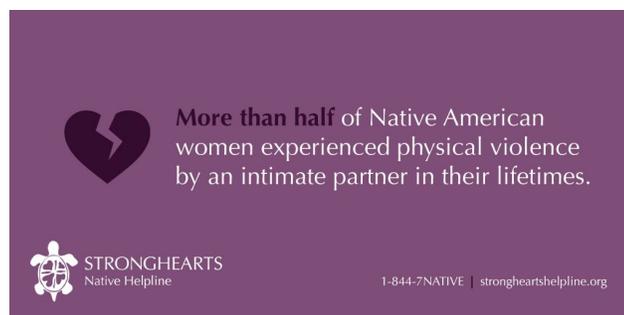
The number of indigenous women and girls who have disappeared or been killed in 71 urban American cities in 2016, according to a November report by Urban Indian Health Institute.

116 cases

In 2016, 5,712 indigenous women and girls were reported missing, but only 116 were logged by the U.S. Department of Justice's federal missing persons database, according to the National Crime Information Center.

84 percent

That's how many indigenous women have experienced physical, sexual or psychological violence in their lifetime, according to the National Institute of Justice.



<https://www.nytimes.com/2019/04/12/us/native-american-women-violence.html>

Table of Contents

Front Page Story- *Native American Women are Facing a Crisis*

Page 4- *How to Raise Happy, Healthy Teenage Daughters*

Page 6- *“I Ask!” Sexual Assault Awareness*

Page 9- *Tribute to our Beloved Tom May*

Page 10- *FRTH Behavioral Health’s Support Groups Calendar*

Page 11- *Happenings*

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Program Services

Domestic Violence, Sexual Assault & Stalking

How to Help Raise Healthy, Happy Teenage Daughters

*By: Lizzy Francis
April 22, 2019*

Parents who think it's hard to parent a teenage girl should consider what it's like to be one. The teen years are a physical, emotional, and psychological slog for girls. Their friends become mean girl enemies. Their bodies and not their brains become central to the conversation. And their tension with parents reaches an all-time high. Things are even more complicated as they start to engage with romance for the first time and seek to differentiate themselves from mom and dad.



These enormous changes are enough to make parents take things personally. And the desire to withdraw from daughters can be strong. But this is when teenage girls need them the most. So what's a parent to do? Here are 33 ways parents can keep their cool and help their teen daughters discuss everything from body image to rules and boundaries and help them grow into well-adjusted young-women.

To Help Her With Body Image

Do not talk about dieting or about how fat you are. Your daughter will internalize this. Never express a desire to lose weight in front of your daughter.

You might have to tell your daughter, during puberty, that weight gain and extreme bodily changes are normal during pubescence. Throw out the scale if you need to

FOCIS Newsletter

and remind your daughter that physical and mental health are far more important than a number on a scale.

Make sure you explicitly link your daughter's physical self-worth to what her body can do (run fast, get her from point A to point B) rather than what it looks like. You may be the only person doing this. That is why it is so, so important.

Your daughter will not believe you, but make sure you tell them that Instagram Models are not real life. They are photoshopped, painted in makeup, and wearing clothes that they are renting. They do not have that life. No one does.

To Help Her With Relationships

Talk about romantic relationships as early as it makes sense, and without judgment, in an age-appropriate way. When it comes to having 'the talk' make sure that it's a conversation not just about the mechanics of sex— which is important — but also about romance, healthy relationships, and consent. It's a holistic conversation. Not a technical one.

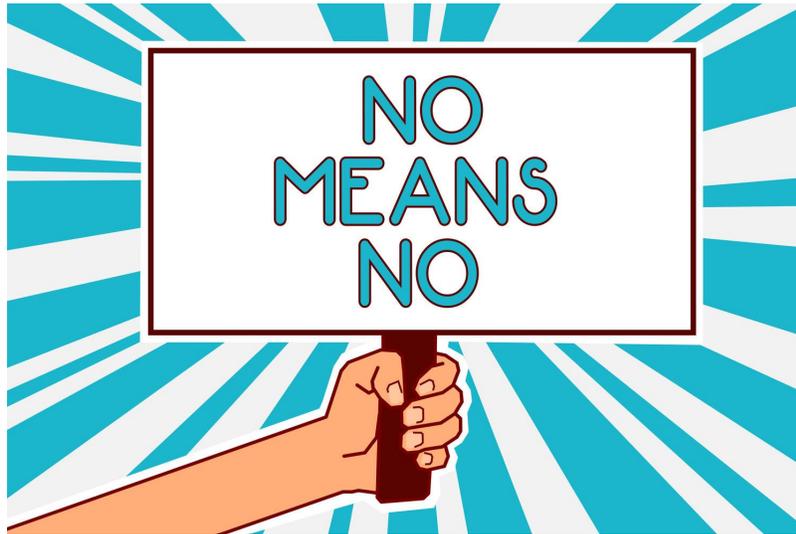
Explicitly link healthy friendships to healthy romantic relationships. Healthy friendships are not marred by possessiveness, jealousy, insults, or being demeaning. The same is true of romantic relationships. Tell your daughter that.

Compliment your daughter on her strengths. Is she funny? Smart? A fast reader? Remind your daughter that respect is when people don't breach their boundaries. A boy pulling on her hair? That's disrespect. A friend distracting them while they are trying to study? That is disrespect.

Accept that a teenage girl might be a little romance-crazy for a minute. Teenagers are present-oriented — their brains are literally built that way — and they may think their first romantic partner is 'the one.' Just grin and bear it.

<https://www.fatherly.com/parenting/how-to-raise-happy-teenage-daughter/>

“I Ask!” Sexual Assault Awareness



By Malinda Williams
Executive director of Community Against Violence (CAV)

You already know sexual harassment, abuse and assault happens. It happens often and close to home - to children, teen, adults and elders. While this reality can be overwhelming, it's important to remember that sexual abuse is preventable, when we all do our part.

April is National Sexual Assault Awareness Month and communities everywhere are standing up for sexual abuse prevention and sharing prevention information tools from the National Sexual Violence Resource Center's "I Ask!" consent campaign. There are free materials for youth and adults, in both English and Spanish, at [NSVRC.org/SAAM](https://www.nsvrc.org/SAAM). The site has information sheets for teens and adults to help give guidance and examples on what consent means and how to ask for

FOCIS Newsletter

it. They also include handouts and fact sheets about digital consent, whether texting, sexting or sharing and posting online with social media.

For parents, there are tips on teaching your children and adolescents consent, to help them feel more comfortable having open communications with you as they begin having romantic relationships. (It is ideal to begin teaching small children and model-asking for consent in normal, healthy, typical everyday things: "Is it okay if I give you a hug?")

The following is directly from the center's "I Ask" materials:

What is consent?

When someone gives consent, they're giving permission for something to happen or agreeing to do something. This means they need to know specifically what they're agreeing to -- so make sure what you're asking is clear. For example, "Do you want to mess around for a while? Like cuddling and making out, but not having sex?"

When and how to ask for consent

Always ask for consent before you begin any sexual activity, including kissing, cuddling and any kind of sex -- even if your partner consented in the past. Ask in a way that makes it clear it would be OK if they said "No" -- otherwise you might be pressuring them to do something they don't want to do. For example, "Do you want to go back to the bedroom or hang out here and watch movies?"

What is not consent?

Your partner may not tell you "No," but that doesn't mean they're saying "Yes." If someone says nothing, "Um... I guess," or an unsure "Yes," they're likely communicating that they don't really want to do the thing you're asking about. In these cases, you don't have clear consent. Check in with your partner about how they're feeling -- or suggest another activity. For example, "You seem unsure, so why don't we just watch TV tonight?"

Nonverbal cues

Pay attention to your partner's body language. If they pull away, tense up, look uncomfortable, laugh nervously or are quiet or not responding, you should check in. For example, "You don't seem too into this. Do you want to stop or take a break?"

Dealing with the 'No'

FOCIS Newsletter

Sometimes your partner will say "No," and that's OK. Reassure them that you're glad they can be honest with you. For example, "That's OK; maybe we could do that some other time."

Why consent matters

Talking about what your partner wants to do ensures sex is consensual and makes it more enjoyable. You'll feel more confident about what you're doing, and your partner will feel comfortable getting close to you.

Every adult has a role and responsibility in preventing sexual violence. Use these tools to help create safer environments, stop problem behaviors and model healthy attitudes.

Malinda Williams is the executive director of Community Against Violence, Inc. (CAV) which offers free confidential support and assistance for adult and child survivors of sexual and domestic violence, dating violence and stalking; community and school violence prevention programs; reeducation BIP groups for domestic violence offenders; counseling; shelter; transitional housing; and a community thrift store. To talk with someone or get information on services available, call CAV's 24-hour crisis line at (575) 758-9888 or visit TaosCAV.org.

<https://www.taosnews.com/stories/i-ask-sexual-assault-awareness-month,56445>



 Sexual assault is never your fault.
online.rainn.org *Tambien disponible en español*

Growing up and Feeling Powerful as an American Indian

*By: V. Marcilano
Growing up American Indian Stories*



Living

We make life better for ourselves everyday when we have feelings like
LOVE

HOPE

and GOOD.

Everyone has many different kinds of feelings. We grow stronger when we learn how to handle both good feelings and bad feelings. As we have these feelings, we learn about life.

~In Memory of our Beloved Tom May~

FOCIS Newsletter

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 Life Skills Group 11a-12p	2 Life Skills Group 11a-12p FOCIS Beading Group 3-4:30p	3	4
5	6 Life Skills Group 11a-12p	7 Life Skills GRP 11a-12p Cultural Activities GRP 3-4p Leadership Teen GRP 3:30-5p	8 Life Skills Group 11a-12p	9 Life Skills Group 11a-12p FOCIS Beading Group 3-4:30p	10	11
12	13 Life Skills Group 11a-12p	14 Life Skills Group 11a-12p Cultural Activities Group 3-4p Leadership Teen Group 3:30-5p	15 Life Skills Group 11a-12p	16 Life Skills Group 11a-12p FOCIS Beading Group 3-4:30p	17	18
19	20 Life Skills Group 11a-12p	21 Life Skills Group 11a-12p Cultural Activities Group 3-4p Leadership Teen Group 3:30-5p	22 Life Skills Group 11a-12p	23 Life Skills Group 11a-12p UCR **** Pow wow Riverside, CA-Baseball Complex FOCIS Beading Group 3-4:30p	24 UCR*** Pow wow Riversid e, CA- Baseball Complex -All Day-	25 UCR *** Pow wow Riverside, CA- Baseball Complex -All Day-
26	2 Life Skills Group 11a-12p	28 Life Skills Group 11a-12p Cultural Activities Group 3-4p Leadership Teen Group 3:30-5p	29 Life Skills Group 11a-12p	30 Life Skills Group 11a-12p FOCIS Beading GRP 3-4:30p		

Please Contact *FRTH's* Behavioral Health Department For More Information (530) 532-6181

Happenings



Fatherhood is Sacred Motherhood is Sacred Parenting Group

Parenting Certificate Program
Please Contact Brittany or Kayla @ 532-6181

FOCIS DOMESTIC VIOLENCE
WOMEN'S SUPPORT & CRAFT GROUP
Native American Women's Support Group
Thursday afternoons from 3:00pm to 5:00pm
For info call Brittany or Kayla @ 532-6181

Leadership and Life skills Teen Group

Open to all, ages 12-18 years old.
For more information call Andrie or Anthony,
532-6181

HISTORY KEEPERS

Elders Group, 55 and older. Monday 1-2pm
For more information or to attend call Ashley or Brittany,
532-6181

White Bison Group Wellbriety Movement

March 19th, 2019-April 25th, 2019
6 week group Tuesdays and Thursdays 1:30pm-3:00pm
Wellbriety- Medicine Wheel and 12 Step Program
Individuals 18 & older - Must be a registered FRTH patient
No cost To register please call
Ashley Weiss 532-6181

Red Road to recovery.

WEEKLY MEETINGS ON WEDNESDAY @ 6.00 PM
FEATHER RIVER TRIBAL HEALTH
530-534-5394 EVERYONE IS WELCOME!

LOCAL DV SERVICES

FOCIS PROGRAM SERVICES

Advocacy Services, Restraining Order assistance, court accompaniment,
Community education and in-service training, Crisis intervention services,
Resource information & referral service.
Feather River Tribal Health 530-534-5394 ext. 270

Catalyst DV Services

24-hour hotline for DV intervention & referrals, Emergency Shelter, Children's
Program at HAVEN, Transitional Housing & Household establishment
Drop-in centers, Individual counseling, Support groups, Restraining Order
assistance & Court Accompaniment, Community Outreach.
24-Hour Hotline 800-895-8476 Oroville Drop-in Center 530-532-6427

SHARP (Self Help and Referral Program)

Self Help center that provides general assistance to people who do not have
attorneys. Assistance is provided in the areas of family law, guardianships,
evictions, small claims, name changes, and restraining orders.
1675 Montgomery Street Oroville, 530-532-7015

Four steps to protect your friends

- C**reate a distraction.
- A**sk directly.
- R**efer to an authority.
- E**nlist others.

RAINN



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