

THE INSTITUTE OF AMERICAN INDIAN ARTS (IAIA)  
 TRIBAL COLLEGE  
 STUDENT LIFE DEPARTMENT  
 SANTA FE, NM



Campus Prevention Program

Institute of American Indian Arts

Student Life Department

## February 2020 Live.Laugh.Love.

### Prevention Program Newsletter



**2020 is the year to love yourself!** The term "self-care" has become quite the buzz word in the past few years, and for good reason! We are coming into a time in our society where many communities are beginning to prioritize wellness more than ever before. Learning to be good to ourselves is the first step to being healthy participants and relatives in our communities. Here, we link to some methods for Practicing Love, in a holistic, 3 step how-to guide, starting with you! **Check in with yourself:** A thorough [self-care checklist](#). **Check in with your partner:** a guide to having [healthy relationships](#) for college students. **Check in with your relatives:** [how to help](#) your community every day. Another way to show self-love is to be accepting of where you're at, even if it's not where you want to be. Check out the article on [Destigmatizing Mental Illness](#), by one young woman telling of her journey to self-acceptance and understanding that it's ok to not be ok.

**Safe Sex and Your Sexual Health.** Check out the [It's Your Sex Life](#) site by MTV. You can find facts on every type of birth control including a how-to on condom use, pregnancy facts and fictions, why to get tested for STIs (sexually transmitted infections), info and resources on LGBTQ and general relationship topics. Click here to read their article on [Why Consent Matters!](#): "*The easiest way to give consent is to say 'yes.' Silence is not consent. Saying 'I don't know' is not consent.*"

**My Sex Doctor APP** includes a handy dictionary on sex related vocabulary, 100 things you must know FAQ list, and a symptom checker for STIs. [ICYC \(In Case You're Curious\) Text Line](#) and book, brought to you by Planned Parenthood is a hot new resource for all your sex, relationship, and body inquiries! Text PPNM to 57890 for *free and confidential answers* to anything you need to know! Link to RSVP [here](#) to attend the local book premiere party in **Albuquerque, Thursday February 13 from 6-9pm** (\*RSVP is required, but there is no cost to attend).

**WeNative Sex Education Tools and Resources.** [Text 4 Sex Ed](#), "Your body is yours and yours alone. Get tips and resources to protect your sexual health". Become a [Snag Bag Condom Sense](#) team member and [get free condoms](#) and gear here! Not sure what to believe? [Top 10 Sex Myths](#) busted here!



### CONSENT



Freely Given  
 Reversible  
 Informed  
 Enthusiastic  
 Specific

Planned Parenthood



Know someone in an unhealthy relationship? Don't back away, seek advice from someone you trust and lookout for one another. For more tips and resources visit our [Abuse and Violence](#) section

#### Managing Relationship Pressures

Relationship pressure can involve many different factors, including culture or race, age and maturity, family, religion, money, jealousy, mental illness, friends, living together, and sex.

Feeling the pressure? [Here are some hints on how to handle it.](#)

[LoveIsRespect.Org](#) is a resource you can call, text, or chat online with an advocate day or night. They also have many resources on getting help for yourself and others (including locating legal help), and a Relationships 101 section, including dating basics, healthy relationships, and is this abuse?

#### "YES MEANS YES" Affirmative Consent

Empowers colleges and universities to hold perpetrators accountable who assaulted individuals who were either asleep or incapacitated by alcohol or drugs.

#### Inspirational Indigenous Femmes

The All My Relations Podcast with Adrienne Keene (*Native Appropriations*) and Matika Wilbur (*Project 562*). Episodes include:

- *Decolonizing Sex*
- *Indigiqueer*

**Love in the time of blood quantum:** Check out the podcast [here!](#)

#### IAIA Events

*Student Success Summit*  
 Wed. 2/12/2020 8:30a-4p

*LGBTQ2S+ Craft Night!* 2/18 6p-8p  
*AIHEC is coming...* 3/21-3/24/2020

February 2020

IAIA Mission: *To empower creativity and leadership in Native Arts and cultures through higher education, life-long learning, and outreach.*

Toney Johnson, Program Coordinator  
 Ru Stempien, Program Assistant  
 Office: 505.474.5793

## Student Life Newsletter

### Celebrate February!

Live. Laugh. Love.  
 Heart Month

Valentine's Day  
 Friday, 2/14/2020

President's Day  
 Monday, 2/17/2020

Mardi Gras 2020

Tuesday, 2/25/2020

National Pizza Day  
 Make A Friend Day  
 National Organ Donor Month  
 Love Your Pet Day  
 Leap Day-2020 is a leap year!

### Join Prevention Program Efforts

Check out IAIA prevention  
[www.iaia.edu/prevention](http://www.iaia.edu/prevention)

Open to all IAIA Community Members  
 Contact: [mstempien@iaia.edu](mailto:mstempien@iaia.edu)

Office Hours/Day: 10-6p; M-F  
 1st Floor CLE near cafeteria

### Need Support? Campus Counseling

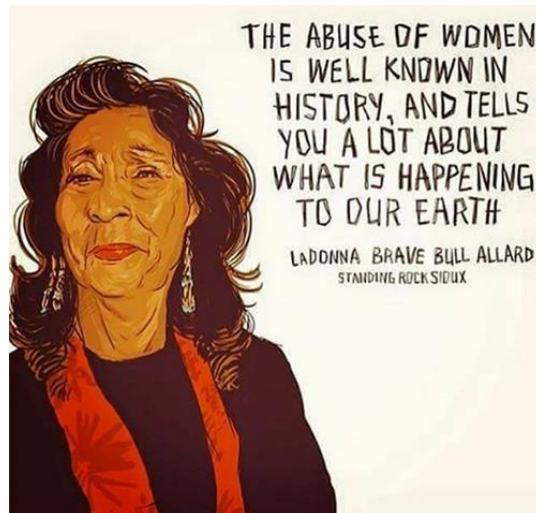
Eliza Combs, MA, LPCC, ATR  
[eliza.combs@iaia.edu](mailto:eliza.combs@iaia.edu)  
 505-424-5758  
 1st Floor CLE

Mila Anguluan, PhD.  
[mila.anguluan@iaia.edu](mailto:mila.anguluan@iaia.edu)  
 505-424-2385  
 1st floor CLE

Madge Duus, M.A., LMHC  
[mduus@iaia.edu](mailto:mduus@iaia.edu)  
 505-424-2339  
 1st floor CLE



### #MMIW – Missing and Murdered Indigenous Women ([www.csvanw.org](http://www.csvanw.org))



New Mexico ranks 3rd of being the “highest violent” state in the United States with 6,561 violent crimes per 100,000. When we look at border-town violence and police brutality against Native people, Native people are more likely to be killed by police officers than any other minority group in the Nation. We are #1 in child poverty, and we rank 49th in education; over 40% of our Native youth live in poverty here.

**4 out of 5 of our Native women are affected by violence today.**

The U.S Department of Justice found that American Indian women face murder rates that are more than 10 times the national average.

**Homicide is the 3rd leading cause of death among 10-24 years of age and the fifth leading cause of death for American Indian and Alaska Native women between 25 and 34 years of age (CDC and Prevention Homicide).**

**The legacy of violence against our Native women and children within New Mexico dates to the Spanish and Euro-American invasion of our Native lands and our sacred bodies.** From the Navajo Long Walk to the slave trades in Albuquerque’s Old Town to the current struggles of cases being lost within our judicial system- this is a legacy of violence... This incursion of violence onto our most sacred... Must be spoken about. Many times Native people are targeted in border towns for the color of a person’s skin, anti-Indianism, and the influences of settler colonialism.

[READ Report: MMIW & Girls.](#)

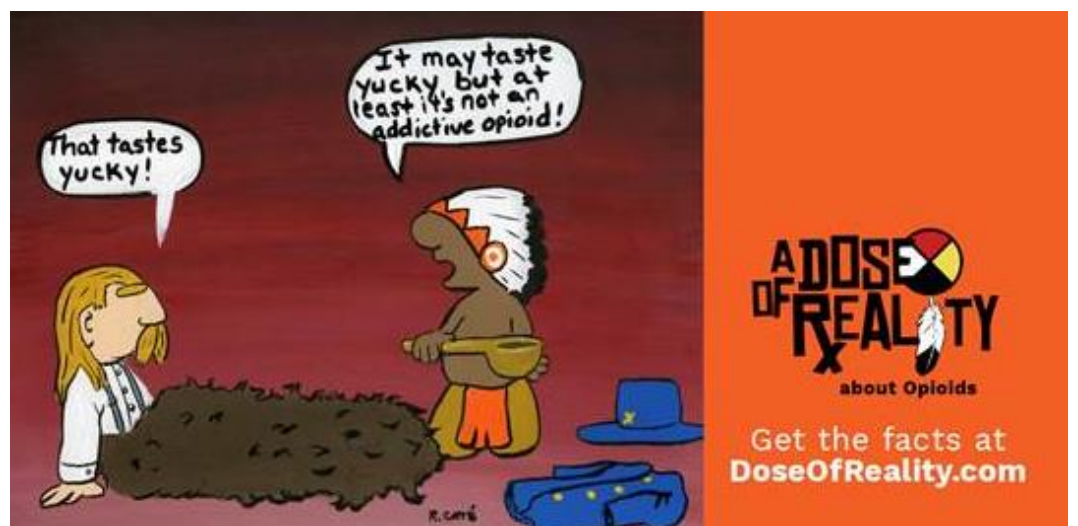
### PREVENTION NEWS

#### Prescription Drug (Rx) Misuse

#### Native American cartoonist featured in anti-opioid addiction campaign

New Mexico Human Services Department, Behavioral Health Services Division (BHSD), Office of Substance Abuse Prevention(OSAP) commissioned Ricardo Caté of Santo Domingo Pueblo to develop four cartoons that draw attention to anti-opioid addiction programs and services for New Mexico’s Native American populations.

A recent study from the New Mexico Youth Risk and Resiliency Survey (YRRS) which uses a tool to assess the health risk behaviors and resiliency (protective) factors of New Mexico high school and middle school students shows that 8.1 percent of Native American youth used painkillers to get high compared to the state rate of 6.9 percent, and that heroin and methamphetamine use is slightly higher among Native American youth as well.



Thanks for Keeping our IAIA Community Safe!

