
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, 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).

WeRNative 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!

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 assualted 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
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

Open to all IAIA Community Members
Contact: 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
505-424-5758
1st Floor CLE

Mila Anguluan, PhD.
mila.anguluan@iaia.edu
505-424-2385
1st floor CLE

Madge Duus, M.A., LMHC
mduus@iaia.edu
505-424-2339
1st floor CLE

#MMIW – Missing and Murdered Indigenous Women (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 (YRBS) 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!