

A CO-PUBLICATION  
BY THE DEFENDING  
CHILDHOOD  
INITIATIVE (DCI)  
PROGRAM, TOKALA  
INAJINYO SUICIDE  
PREVENTION  
MENTORING  
PROGRAM, PIYA MANI  
OTIPI, &  
RST ALCOHOL  
PROGRAM

# PROTECT\*HEAL\*THRIVE

JANUARY 2015; VOLUME 1, ISSUE 6

*Wiotehika Wi—Hardship Moon*

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*RST Defending  
Childhood Initiative*

*Our Mission  
Statement—TO  
DEFEND AND  
EMPOWER OUR  
RELATIVES WHO HAVE  
BEEN  
EXPOSED TO  
VIOLENCE*

*Our Vision—"A  
VIOLENCE FREE LAKOTA  
WAY OF LIFE"*

Of the 76 million children currently residing in the U.S, an estimated 46 million can expect to have their lives touched by violence, crime, abuse, and psychological trauma this year. American Indian and Alaska Native children are more likely to experience exposure to violence than any other racial or ethnic group.

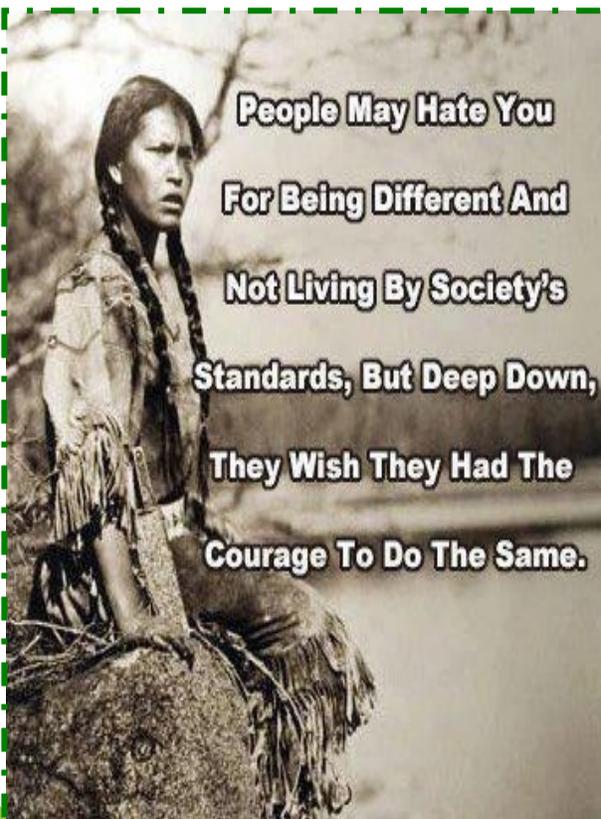
## I CHOOSE

To live by choice, not by chance,  
To be motivated, not manipulated,  
To be useful, not used,  
To make changes, not excuses,  
To excel, not compete.

I choose self-esteem, not self-pity,  
I choose to listen to my inner voice,  
not to the random opinions of others.



DSB



## THE 12 LAKOTA VIRTUES

- 1 Unsiiciyapi (*Humility*)
- 2 Wowacintanka (*Perseverance*)
- 3 Wawoohola (*Respect*)
- 4 Wayuonihan (*Honor*)
- 5 Cantognake (*Love*)
- 6 Icicipi (*Sacrifice*)
- 7 Wowicake (*Truth*)
- 8 Waunsilapi (*Compassion*)
- 9 Woohitike (*Bravery*)
- 10 Cantewasake (*Fortitude*)
- 11 Canteyuke (*Generosity*)
- 12 Woksape (*Wisdom*)





You are  
SICANGU  
LAKOTA!  
Be proud  
of who  
you are!!

## The Four Directions

(Adapted from Lakota Life by Ron Zellinger)

A long time ago, the White Buffalo Calf Woman came to Earth and gave the Lakota people the four winds or directions. When the Lakota people pray or do anything sacred, they see the world as having four directions. From these four directions come the four winds. Each direction has a special meaning and color associated with it. The cross symbolizes all directions.

**East (Yellow) - Wioheumpata** - The direction from which the sun comes. Light dawns in the morning and spreads over the earth. This is the beginning of a new day. It is also the beginning of understanding because light helps us see things the way they really are. On a deeper level, East stands for the wisdom helping people live good lives. Traditional people rise in the morning to pray facing the dawn, asking God for wisdom and understanding.

**South (White) - Itokaga** - Because the southern sky is when the sun is at its highest, this direction stands for warmth and growing. The sun's rays are powerful in drawing life from the earth. It is said the life of all things comes from the south. Also, warm and pleasant winds come from the south. When people pass into the spirit world, they travel the Milky Way's path back to the south - returning from where they came.

**West (Black) - Wiyokpiyata** - To the west, the sun sets, and the day ends. For this reason, west signifies the end of life. As Black Elk says, "... toward the setting sun of his life." The great Thunderbird lives in the west and sends thunder and rain from its direction. For this reason, the west is also the source of water: rain, lakes, streams and rivers. Nothing can live without water, so the west is vital.

**North (Red) - Waziyata** - North brings the cold, harsh winds of the winter season. These winds are cleansing. They cause the leaves to fall and the earth to rest under a blanket of snow. If someone has the ability to face these winds like the buffalo with its head into the storm, they have learned patience and endurance. Generally, this direction stands for hardships and discomfort to people. Therefore, north represents the trials people must ensure and the cleansing they must undergo.

**\*\*NOTE:** When the Lakota pray with the Sacred Pipe, they add two other directions: Sky, Earth and the Sacred Place Within. Wakan tanka - the Great Spirit - dwells high above like an eagle in the sky; this direction's color is blue. Earth is our Mother and Grandmother from whom we receive our nourishment. The color of this direction is green for all growing things. The Sacred Place Within, it is that which comes within the souls of men when they realize their relationship, their oneness, with the universe and all its Powers.

Taken from: <http://aktalakota.stjo.org/site/News2?page=NewsArticle&id=8593>

***Violence is not our way! Make a vow to live a  
Violence Free Lakota Way of Life TODAY!***



White Buffalo Calf  
WOMAN SOCIETY  
A Safe Space For Community Building

## **What you can do if you are in a Domestic Violence relationship:**

- Call the police if you are in danger and seek medical attention if you are hurt.
- Talk with somebody you trust such as a friend or relative, someone from your job or house of worship, or your health care provider.
- Develop a safety plan with your children including people they can call in an emergency.
- Put together an “emergency kit” for a situation where you have to leave suddenly (keys, money, legal and important documents, medicines, etc.).
- Remember that you are the expert about your own life. Don’t let anyone talk you into doing something that’s not right for you.



## **YOUTH COUNCIL**

Do you have great ideas? Do you enjoy planning events? Do you want to make a difference in your community? Then we are looking for **YOU!**

### **SIGN UP NOW!**

*Sign up if you are in grades 9-12 and want to make a positive change in your community. All are welcome! Let's come together and see what kind of difference we can make!*

*Call Tori or Micah for more information at 856-2016.*

*Sign up available in Guidance Office*

The purpose of the Youth Council is to offer an open forum to foster communication, education and information concerning youth and youth-related issues. The Youth Council provides students in grades 9-12 with social activities in a safe and positive environment, while promoting individual self-esteem and leadership through participation in meetings, events and community service projects.

*'I COME AS ONE, BUT I STAND AS 10,000 TO THE 10TH POWER!' – Maya Angelou*

This event is sponsored by the following: Defending Childhood Initiative (DCI), Tokala Inajimo Suicide Prevention Mentoring Program, Domestic Violence Prevention Initiative (DVPI), and Wicorri Wakan Health and Healing Center

## **Get Help**

**If you are in immediate danger, call 911.**  
For help and information anytime, contact:

### **White Buffalo Calf Woman Society**

605-856-2317

[www.wbcws.org](http://www.wbcws.org)

### **National Domestic Violence Hotline**

[www.ndvh.org](http://www.ndvh.org)

1-800-799-SAFE (7233)

TTY 1-800-787-3224

### **National Sexual Assault Hotline**

[www.rainn.org](http://www.rainn.org)

1-800-656-HOPE (4673)

### **Love Is Respect**

[www.loveisrespect.org](http://www.loveisrespect.org)

1-866-331-9474

TTY 1-866-331-8453

**Text:** loveis to 22522

**Chat Online:**[www.loveisrespect.org](http://www.loveisrespect.org)

# JANUARY IS STALKING AWARENESS MONTH

**Stalking**  
resource center

## stalking fact sheet

THE NATIONAL CENTER FOR  
Victims of Crime

### WHAT IS STALKING?

While legal definitions of stalking vary from one jurisdiction to another, a good working definition of stalking is a *course of conduct directed at a specific person that would cause a reasonable person to feel fear.*

#### STALKING VICTIMIZATION

- 6.6 million people are stalked in one year in the United States.
  - 1 in 6 women and 1 in 19 men have experienced stalking victimization at some point during their lifetime in which they felt very fearful or believed that they or someone close to them would be harmed or killed.
- Using a less conservative definition of stalking, which considers any amount of fear (i.e., a little fearful, somewhat fearful, or very fearful), 1 in 4 women and 1 in 13 men reported being a victim of stalking in their lifetime.
- The majority of stalking victims are stalked by someone they know. 66% of female victims and 41% of male victims of stalking are stalked by a current or former intimate partner.
  - More than half of female victims and more than 1/3 of male victims of stalking indicated that they were stalked before the age of 25.
  - About 1 in 5 female victims and 1 in 14 male victims experienced stalking between the ages of 11 and 17.

[Michele C. Black et al., "The National Intimate Partner and Sexual Violence Survey: 2010 Summary Report," (Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, 2011).]

- 46% of stalking victims experience at least one unwanted contact per week.
  - 11% of stalking victims have been stalked for 5 years or more.
- [Katrina Baum et al., "Stalking Victimization in the United States," (Washington, DC: Bureau of Justice Statistics, 2009).]

#### STALKING AND INTIMATE PARTNER FEMICIDE\*

- 76% of intimate partner femicide victims have been stalked by their intimate partner.
- 67% had been physically abused by their intimate partner.
- 89% of femicide victims who had been physically assaulted had also been stalked in the 12 months before their murder.
- 79% of abused femicide victims reported being stalked during the same period that they were abused.
- 54% of femicide victims reported stalking to police before they were killed by their stalkers.

[Judith McFarlane et al., "Stalking and Intimate Partner Femicide," *Homicide Studies* 3, no. 4 (1999).]

#### RECON STUDY OF STALKERS

- 2/3 of stalkers pursue their victims at least once per week, many daily, using more than one method.
- 78% of stalkers use more than one means of approach.
- Weapons are used to harm or threaten victims in 1 out of 5 cases.
- Almost 1/3 of stalkers have stalked before.
- Intimate partner stalkers frequently approach their targets, and their behaviors escalate quickly.

[Kris Mohandie et al., "The RECON Typology of Stalking: Reliability and Validity Based upon a Large Sample of North American Stalkers," *Journal of Forensic Sciences*, 51, no. 1 (2006).]

#### IMPACT OF STALKING ON VICTIMS

- 46% of stalking victims fear not knowing what will happen next.
- 29% of stalking victims fear the stalking will never stop.
- 1 in 8 employed stalking victims lose time from work as a result of their victimization and more than half lose 5 days of work or more.
- 1 in 7 stalking victims move as a result of their victimization.
- The prevalence of anxiety, insomnia, social dysfunction, and severe depression is much higher among stalking victims than the general population, especially if the stalking involves being followed or having one's property destroyed.

[Eric Blauuw et al., "The Toll of Stalking," *Journal of Interpersonal Violence*, 17, no. 1 (2002):50-63.]

#### STALKING LAWS

- Stalking is a crime under the laws of 50 states, the District of Columbia, the U.S. Territories, and the Federal government.
- Less than 1/3 of states classify stalking as a felony upon first offense.
- More than 1/2 of states classify stalking as a felony upon second or subsequent offense or when the crime involves aggravating factors.
- Aggravating factors may include: possession of a deadly weapon, violation of a court order or condition of probation/parole, victim under 16 years, or same victim as prior occasions.

For a compilation of state, tribal, and federal laws visit [www.ncvc.org/src](http://www.ncvc.org/src).

Last updated May 2012

#### THE STALKING RESOURCE CENTER

The mission of the Stalking Resource Center is to enhance the ability of professionals, organizations, and systems to effectively respond to stalking. The Stalking Resource Center envisions a future in which the criminal justice system and its many allied community partners will effectively collaborate and respond to stalking, improve victim safety and well-being, and hold offenders accountable. Visit us online at [www.ncvc.org/src](http://www.ncvc.org/src). Contact us at 202-467-8700 or [src@ncvc.org](mailto:src@ncvc.org).

This document may be reproduced only in its entirety. Any alterations must be approved by the Stalking Resource Center.

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The *Defending Childhood Initiative* presented at the Todd County High School and asked the youth to make a pledge of *peace, love, and to unite for change!* Thank you to the students for allowing DCI to come to the school, bring awareness, and start the conversation on how CHANGE can bring positive outcomes!



# JANUARY IS ALSO SEX TRAFFICKING AWARENESS MONTH

**80% female**

**VICTIMS**

50% under 18

300,000 kids trafficked a year

**TRAFFICKERS**

70% male

a pimp can make up to \$200,000 year per child prostitute (U.S. Dept. of Justice)

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**VICTIMS**

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**12 - 14**  
average age (DOJ)

**41% of cases reported to National Human Trafficking Resource Center Hotline, concerned U.S. citizens.**

**\$32 billion-dollar industry**

**1 in 3 teens on the street will be lured into prostitution within 48 hours of leaving home (National Runaway Hotline)**

**Sex trafficking in America**

CA (4 biggest trafficking states) NY NV TX

**The average pimp keeps 4 - 6 prostitutes** (national center for missing and exploited youth)

**MOST COMMON FORMS**

1 Pimp-street prostitution 3 Escort services  
2 Commercial brothels

# TOKALA INAJINYO

The Tokala Inajinyo Suicide Prevention Program held a Christmas Training on December 13, 2014. The Peer Mentors were trained in QPR. They also participated in some fun activities in which they were able to interact with each peer mentor. The Tokala Inajinyo Program collaborated with the Domestic Violence Prevention Initiative and the RST Alcohol Treatment Program.



## Tokala Inajinyo Peer Mentors!!! Co-Dependency Training

- \*Come and Learn about Co-Dependency with your fellow peer mentors!!
- \*Peer Mentors must attend the training all day on January 24th for the evening incentive!!
- \* Volunteer Hours!
- \*We will be staying over-night at the Piya Mani Otipi Program (PMO) Dorms! So bring your clothes!



*Date: January 24th & 25th, 2015*

*Drop-Off Time: 8:00 AM on January 24th, 2015 at Tokala Inajinyo Program (Bristow Ranch)*

*Pick-Up Time: 12:00 PM on January 25th, 2015 at Tokala Inajinyo Program (Bristow Ranch)*

This event is sponsored by: Tokala Inajinyo Suicide Prevention Mentoring Program (MSPI), RST Piya Mani Otipi, RST Alcohol and Drug Treatment Program, Domestic Violence Prevention Initiative and Boys and Girls Club of Rosebud.

# Upcoming Activities

## DCI Collaborative Body Meeting February 5, 2015

At Sinte Gleska University Multipurpose building — 10 am to 12 pm

## Two Spirit Training—April 2015

One day for High School Students at SGU Multipurpose

One day for providers, professionals on how to work better with our Two Spirit Community

## Resource Fair—March 2015

St. Francis (sponsored by DVPI)

## 2nd Annual Rosebud Sioux Tribe 1/2 marathon—July 25, 2015

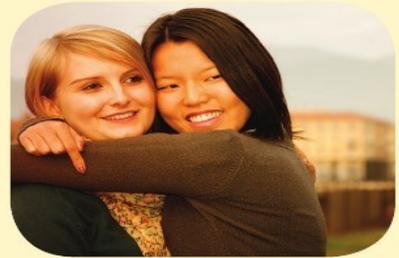
Start training now! 1K (.6 miles), 5K(3.1 miles), 10K(6.2 miles), and 1/2 marathon (13.1 miles) - more info coming SOON!

## 20 things to say to encourage your children

1. Great job! Thank you for doing that.
2. Way to go. I'm proud of you!
3. That was so kind of you!
4. Fantastic- thanks for obeying the first time.
5. Wow- you really rocked it!
6. You know what? You are a great kid!
7. I appreciate what you did.
8. I'm praying for you.
9. Look at what you've accomplished!
10. What a great decision you made!
11. Thanks for doing that before I could even ask.
12. I'd love to hear about it.
13. You figured it out- that's awesome!
14. One step at a time- you're doing it!
15. Fabulous job- you were really listening.
16. I know that was a new thing for you- excellent try!
17. I love your creativity!
18. Thank you for sharing.
19. Keep going- you can do it!
20. I love you.



# Hanging Out or Hooking Up?



Anyone you're with—if you are talking, hanging out, or hooking up—should:

- \* Make you feel safe and comfortable.
- \* Not pressure you to get drunk or high because they want to have sex with you.
- \* Respect your boundaries and ask if it's OK to touch or kiss you (or whatever else).
- \* Give your space to hang out with your friends.

But sometimes there is drama in relationships. How often does the person you are seeing:

- X Shame you or make you feel stupid?
- X Pressure you to go to the next step when you are not ready?
- X Control you, or make you feel afraid if you don't do what they want?
- X Send lots of texts, ask for your online passwords or make you send them naked pictures?

How would you want your best friend, sister or brother to be treated by someone they were going out with? Ask yourself if the person you are seeing treats you with respect, and if you treat them with respect.



We are here to help. You or a friend can talk to us about how things are going. Or you can make a call to one of these confidential hotlines 24 hours a day:

National Teen Dating Abuse Hotline 1-866-331-9474  
or online chat [www.loveisrespect.org](http://www.loveisrespect.org)

Suicide Prevention Hotline 1-800-273-8255

Teen Runaway Hotline 1-800-621-4000

Rape, Abuse, Incest National Network (RAINN) 1-800-856-4673





Emotional abuse includes non-physical behaviors such as threats, insults, constant monitoring or “checking in,” excessive texting, humiliation, intimidation, isolation or stalking.

There are many behaviors that qualify as emotional or verbal abuse:

- ⇒ Calling you names and putting you down.
- ⇒ Yelling and screaming at you.
- ⇒ Intentionally embarrassing you in public.
- ⇒ Preventing you from seeing or talking with friends and family.
- ⇒ Telling you what to do and wear.
- ⇒ Using online communities or cell phones to control, intimidate or humiliate you.
- ⇒ Blaming your actions for their abusive or unhealthy behavior.
- ⇒ Stalking you.
- ⇒ Threatening to commit suicide to keep you from breaking up with them.
- ⇒ Threatening to harm you, your pet or people you care about.
- ⇒ Making you feel guilty or immature when you don't consent to sexual activity.
- ⇒ Threatening to expose your secrets such as your sexual orientation or immigration status.
- ⇒ Starting rumors about you.
- ⇒ Threatening to have your children taken away.

### Is Emotional Abuse Really Abuse?

A relationship can be unhealthy or abusive even without physical violence. Verbal abuse may not cause physical damage, but it does cause emotional pain and scarring. It can also lead to physical violence if the relationship continues on the unhealthy path its on.

Sometimes verbal abuse is so bad that you actually start believing what your partner says. You begin to think you're stupid, ugly or fat. You agree that nobody else would ever want to be in a relationship with you. Constantly being criticized and told you aren't good enough causes you to lose confidence and lowers your self esteem. As a result, you may start to blame yourself for your partner's abusive behavior.

Remember -- emotional abuse is never your fault. In fact, your partner may just be trying to control or manipulate you into staying in the relationship. Talk to someone you trust, like a parent, friend or teacher, about the situation and make a safety plan. You can also chat with a peer advocate at [loveisrespect.org](http://loveisrespect.org) for more help when dealing with verbal abuse.

For more information, visit [www.loveisrespect.org](http://www.loveisrespect.org)

**connect now!**

chat at [loveisrespect.org](http://loveisrespect.org)

SMS text “loveis” to 22522

call 1-866-331-9474

Discuss your options anonymously.  
Peer advocates are available 24/7.

# CONTACT INFORMATION

PROGRAMS LOCATED AT OLD BRISTOW RANCH ACROSS FROM JDC.

## DEFENDING CHILDHOOD PROTECT HEAL THRIVE

## DEFENDING CHILDHOOD INITIATIVES

ROSEBUD, SD 57570-0397

PHONE: 605-856-2016

FAX: 605-856-2444

**Services Provided:** Child Advocacy, Juvenile Justice  
Advocacy, Civil Legal Advocacy, Crisis Intervention, Cultural  
Interventions, Education Advocacy, Hospital, Clinic, and Medical  
Response, and Transportation

**Google Site:** <https://sites.google.com/site/defendingchildhoodinitiative/>



## TOKALA INAJINYO SUICIDE PREVENTION MENTORING PROGRAM

PO BOX 428

MISSION, SD 57555

PHONE: 605-856-2587

Fax: 605-856-5529

Services Provided: Peer Mentor Training, Training in Anger Management, Moral Reconciliation Therapy, American Indian Life Skills, Behavioral Health Education and QPR, all for youth and adults. Also collaboration with different programs to make Prevention work possible.



## RST Alcohol Treatment Program

PO Box 348

Rosebud, SD 57570

Phone: 605-747-2342

Fax: 605-747-2111

**Services Provided: Alcohol and Drug  
Assessment, Adult Outpatient Treatment,  
Adult Inpatient Treatment, and Aftercare.**



## Piya Mani Otipi Program

PO Box 428

Mission, SD 57555

Phone: 605-856-5528

Fax: 605-856-2527

**Services Provided: Alcohol and Drug Assessment,  
Youth Outpatient Treatment, Youth Intensive Out-  
patient Treatment, Drug Testing**

### SO LIVE YOUR LIFE

that the fear of death can never enter your heart  
Trouble no one about their religion,  
respect others in their view,  
and demand that they respect yours.  
Love your life, perfect your life,  
beautify all things in your life.  
Seek to make your life long and  
its purpose in the service of your people.  
Prepare a noble death song  
for the day when you go over the great divide.

### ALWAYS GIVE A WORD OR A SIGN

of salute when meeting or passing  
a friend, even a stranger, when in a lonely place.  
Show respect to all people and grovel to none.

### WHEN YOU ARISE IN THE MORNING

give thanks for the food and for the joy of living.  
If you see no reason for giving thanks,  
the fault lies only in yourself.

### ABUSE NO ONE AND NO THING

for abuse turns the wise ones to fools  
and robs the spirit of its vision.  
When it comes your time to die, be not like  
those whose hearts are filled with the fear of death,  
so that when their time comes  
they weep and pray for a little more time  
to live their lives over again in a different way.

SING YOUR DEATH SONG AND DIE LIKE  
A HERO GOING HOME

*Tecumsch, Shawnee Chief*