



NAYLA

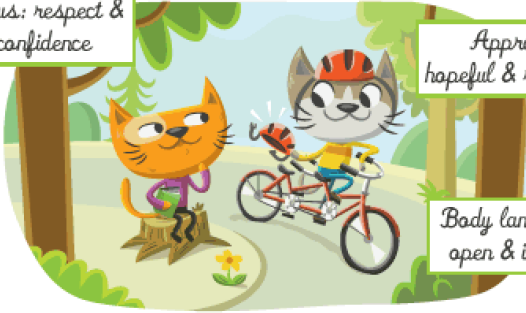
# JOURNAL

SELF CARE PLAN

# Asking out

## LOVE like THIS

Shows: respect & confidence



Approach: hopeful & respectful

Body language: open & inviting

## NOT like THIS



Body language: intimidating & aggressive

Approach: pushy & demanding

Shows: arrogance & disrespect

## LOVE like THIS



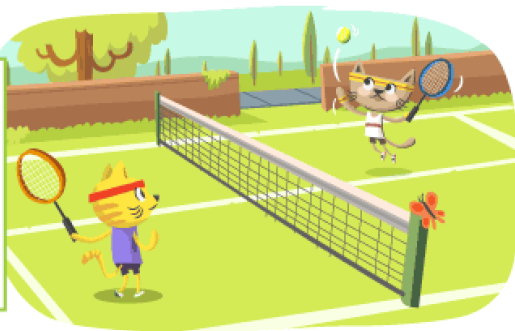
## NOT like THIS



# Fighting fair

## LOVE like THIS

- ✓ Agree on what you're fighting about
- ✓ Show up and be willing to take turns
- ✓ Ask for what you want next time



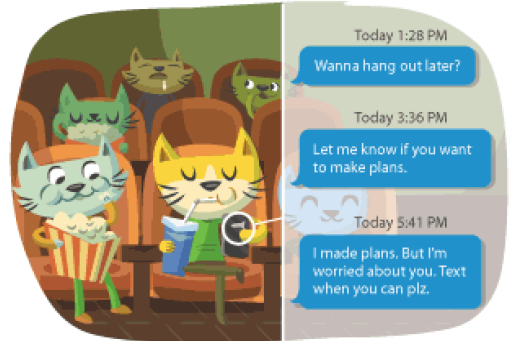
## NOT like THIS

- ✗ Bring up everything that bothers you
- ✗ Totally dominate and don't let them talk
- ✗ Exaggerate - use "always" and "never"

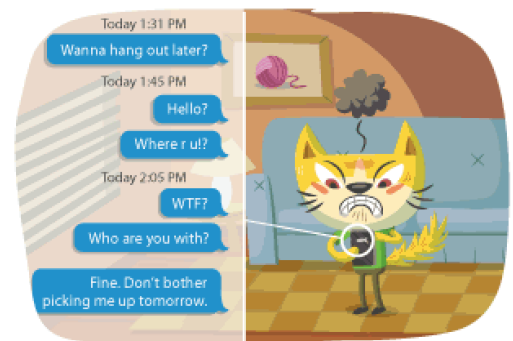


# Keeping in touch

## LOVE like THIS



## NOT like THIS



Puyallup Tribe of Indians  
Community Domestic Violence Advocacy  
Program

Children of the River email:

[ChildAdvocacyCenter@PuyallupTribe-nsn.gov](mailto:ChildAdvocacyCenter@PuyallupTribe-nsn.gov)

National Human Trafficking Hotline 1-888-373-  
7888 Text HELP to 233733 (BEFREE)

253-680-5499

# Making a move

# Jealousy

LOVE like THIS



NOT like THIS



LOVE like THIS



NOT like THIS





*Fancy Shawl Dancer  
Jessie Jannuska  
Canupawakpa Dakota Nation*

*The dancer mimics butterflies in flight. Pow-wow dancing provides a connection to culture.*









*Bigfoot/Sabe*  
*Jessie Jannuska*  
*Canupawakpa Dakota Nation*

*The Seven Sacred Teachings include Sabe/Bigfoot, who stands for honesty. Be honest with yourself. Do not seek to deceive yourself or others.*

# sləhal - Game Play

The object of the game is for the pointing team to use the different pointing options to reveal both female (unmarked) bones from the holding team.

First, one captain is chosen for each team. The team captains will play for the kick stick.

Once the kick stick has been won, the winning team starts out holding the bones first, and game play begins.

The team holding the bones will drum and sing songs as the pointing team searches for the female (unmarked) bones.

Once both female (unmarked) bones have been revealed, the bones move to the other team, and the game continues in the same manner.

When the pointing team guesses incorrectly, they must give a tally stick to the other team. This is how the score is kept.

Tally sticks won are to be put behind the team captain.

All sticks in front of the captains (live sticks) must be cleared from the floor before sticks that were placed behind the captains can be exchanged in game play.

The game ends when one team has collected all the tally sticks.





stubš  
(man)

sləhal  
(bones)



staday'  
(woman)

kiktag<sup>wil</sup>  
(kick stick)



c'əlalq  
(tally sticks)



qəlalig<sup>wəd</sup>  
(To the LEFT)



d<sup>z</sup>əhalig<sup>wəd</sup>  
(To the RIGHT)



dəg<sup>w</sup>bid  
(MIDDLE)



p'əlq'is  
(OUTSIDE)

NAME:

DATE:

# My Self-Care Plan

Instructions: Think about what self-care activities make most sense for you, your lifestyle, and your goals. Select *three* activities (from the list given, or create your own) and put them in your self-care activity plan. For each activity, write down how, where, when you will do them. And, what will you do to make sure these activities are a part of your life?



## #1 Self-Care Activity

How:

Where:

When, will I do this?:

How will I make sure this happens?

## #2 Self-Care Activity

How:

Where:

When, will I do this?:

How will I make sure this happens?

## #3 Self-Care Activity

How:

Where:

When, will I do this?:

How will I make sure this happens?

## Example Self-Care Activities

Start an Art Journal,  
Dance, Write, Unplug,  
Take a Walk, List 3  
Things I'm Grateful for,  
Pray, Talk to a Friend or  
Elder, Take a Shower,  
Cut my Nails, Do my  
Hair, Smudge, Breathing  
Exercises, Sweat,  
Traditional Art, Listen to  
Music, Sit by a Body of  
Water, Read a Book,  
Make a Funny Video,  
Connect with my  
Culture, Sing, Be Nice to  
Someone, Laugh,  
Volunteer, Look at Stars,  
Nap, Daydream, Speak  
My Language, Cook,  
Create Your Own...

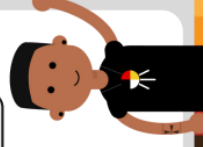
## Time to Talk Myself Up!

How we talk to ourselves matters! Here are some ways to help change the way you talk to yourself:

1. **Listen** - to what you say to yourself. Notice if it's mostly negative or positive.
2. **Challenge** - what you say to yourself. Would you say this to a friend?
3. **Change** - how you talk to yourself. Try asking yourself, "What can I do to help me do this?"

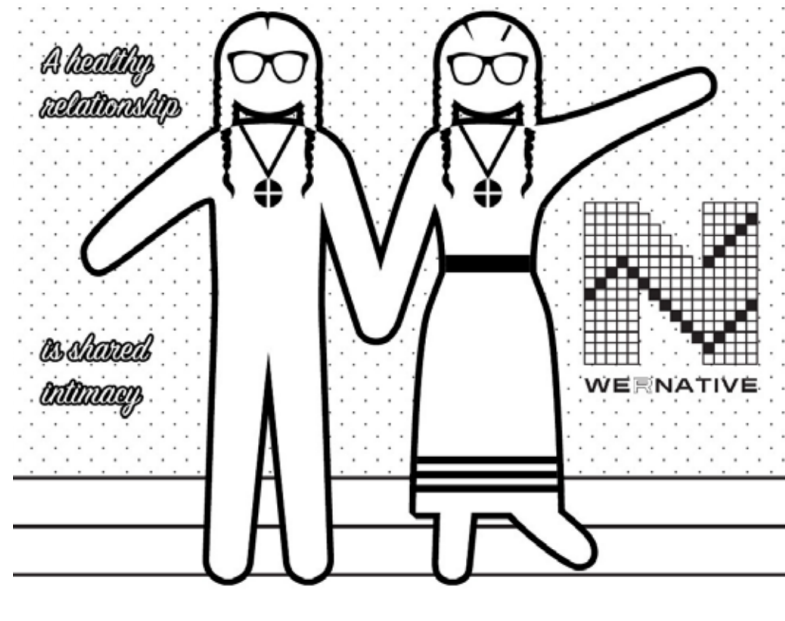
Instructions: Think about one statement (or more!) you can tell yourself when you're feeling down or could use a little encouragement. Use the list you're given or create your own. Put that statement(s) below:

You're here for a reason!





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GOALS



*Wolves*  
*Cliff Bear*  
Gordon's First Nation

*The wolves show us that we can cry out for help. If we look, we will see that the things that will teach us are all around.*



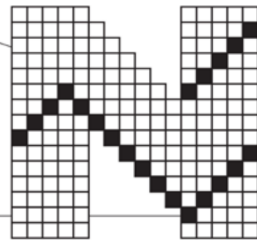


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YOU GOT THIS!

**ASK AUNTIE**

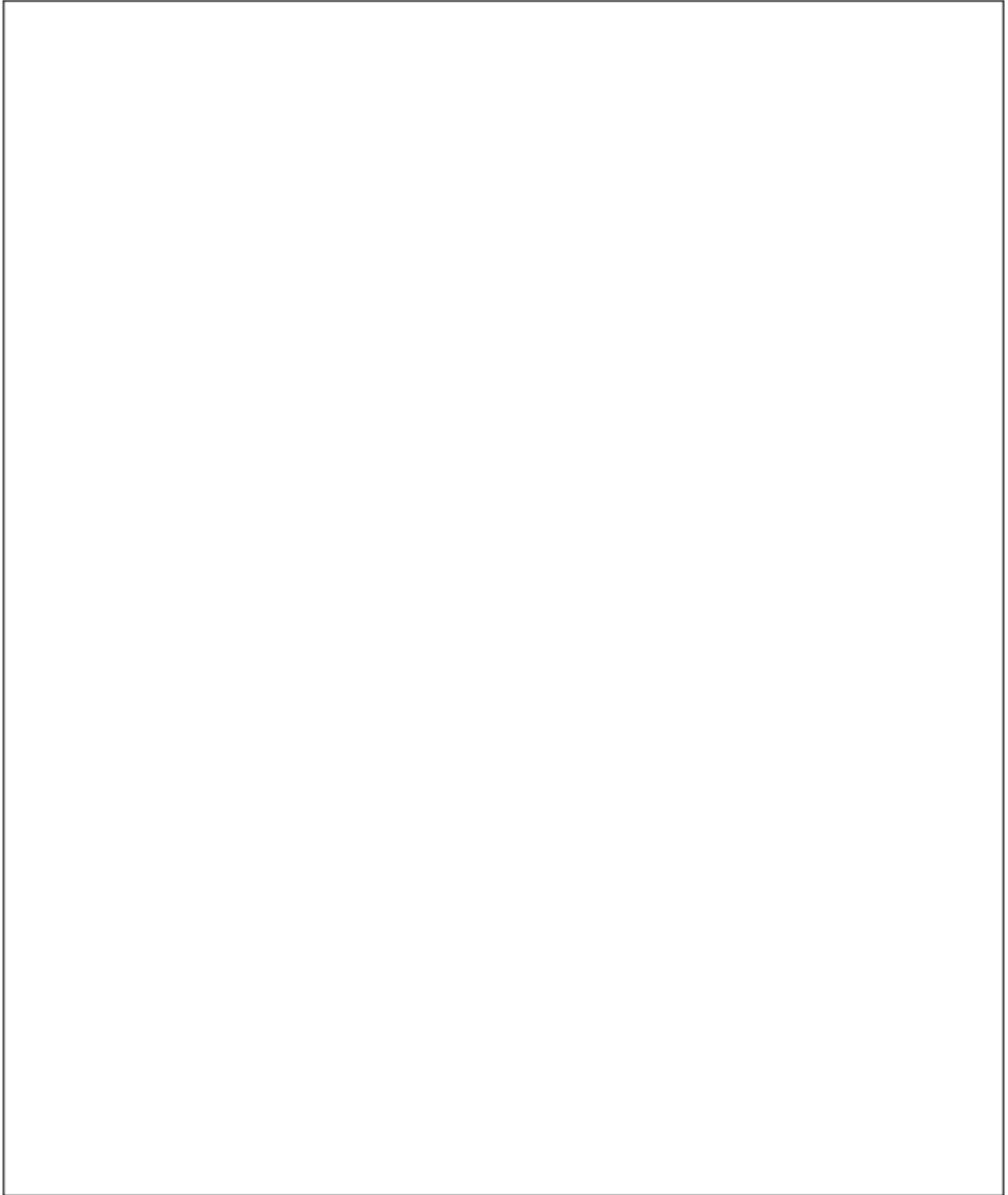
YOU'VE GOT QUESTIONS, SHE'S GOT ANSWERS!

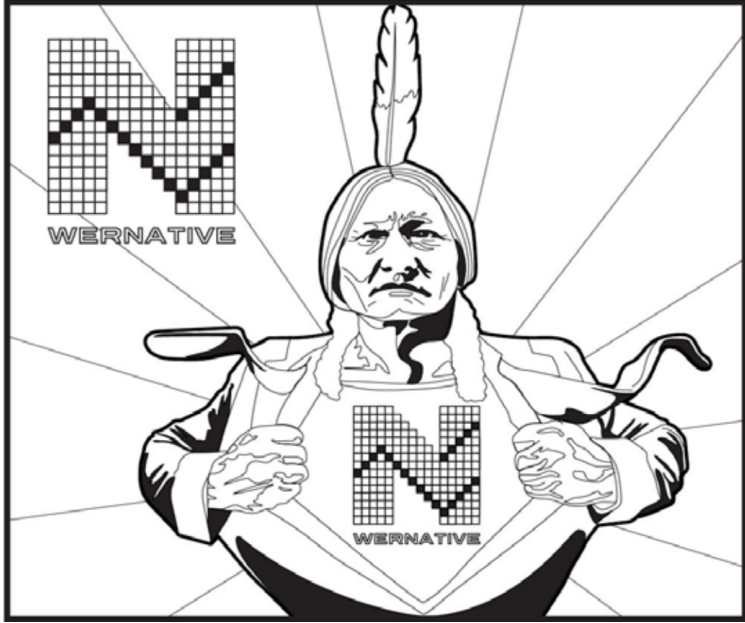


WERNATIVE



*Laughter is good medicine.  
Draw something that makes you laugh!*





MAKE IT  
HAPPEN



*Jingle Dress Dancer*  
*Jessie Jannuska*  
*Canupawakpa Dakota Nation*

*The jingle dress dance has ties to prayer and healing. Pow-wow dancing provides a connection to culture.*





# Youth Support



In crisis? Connect 24/7...

**CRISIS TEXT LINE |**

Crisis Text Line  
Text: NATIVE to 741 741  
[WhatsApp](#)



National Suicide Prevention Lifeline  
Call: 1-800-273-TALK  
[Chat](#)

## Abuse & Sexual Assault



StrongHearts Native Helpline  
Call, text, or chat 24/7  
1-844-7NATIVE (762-8483)  
[Chat](#)



National Sexual Assault Hotline Call  
(24/7): 1-800-656-HOPE  
[Chat](#)



National Teen Dating Abuse Helpline  
Call (24/7): 1-866-331-9474  
Text: LOVEIS to 22522  
[www.loveisrespect.org](http://www.loveisrespect.org)



Childhelp National Child Abuse Hotline  
(24/7): 1-800-4-A-Child (422-4453)

## Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for  
Teens  
Call: 1-800-662-HELP



Truth: Smoking, Vaping, and Opioids  
[Get 24/7 Support](#)  
Text: DITCHVAPE to 88709



Get the Facts About Drugs:  
Just Think Twice  
Call: 1-855-378-4373  
Text: 55753



National Drug Information  
Treatment & Referral  
Hotline  
Call: 1-800-662-4357

## Mental Health



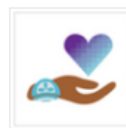
Mental Health America  
Call: 1-800-969-6642  
Text: MHA 741 741



National Hotline. Reach Out  
& Get Help  
Call: 1-800-448-3000  
Text: VOICE to 20121

**teen line**

Teens Helping Teens  
Call: 1-800-852-8336  
Text: TEEN to 839 863

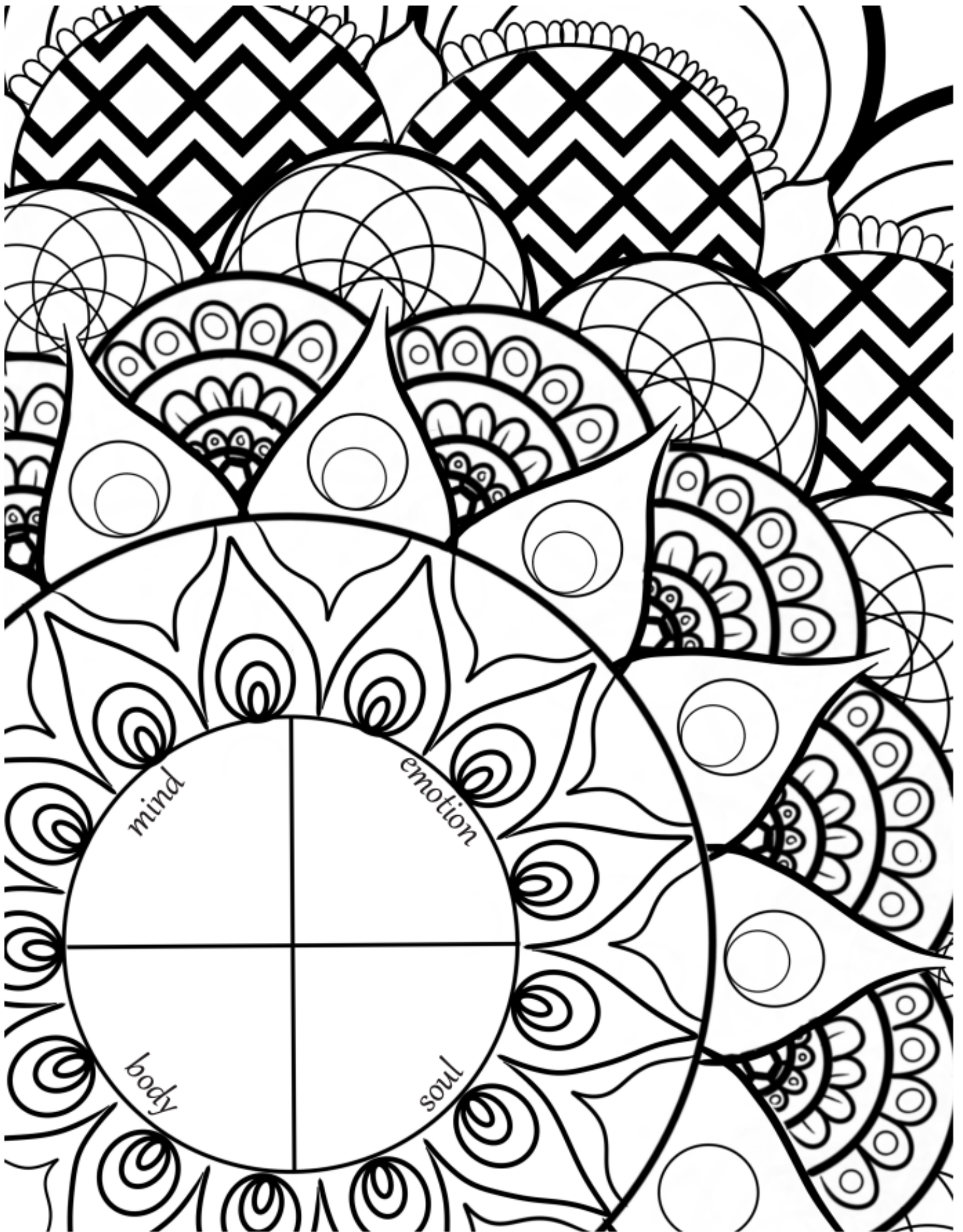


Caring Messages - to  
remind you of how  
awesome you are!  
Text: CARING to 65664  
Text: COLLEGE to 65664



We R Native: My Mind  
[Ask Auntie & Uncle](#)  
Text: CARING to 65664





*In Balance*  
*Shayle Catagas*  
*Tootinaowaziibeeng First Nation*

*The medicine wheel represents the four sacred directions and the four parts that compose a person: mind, body, emotion, and spirit. When we keep each piece in balance, we achieve optimum health. In each section, draw or colour what each direction means to you.*



Follow  
**WERNATIVE**

for weekly health tips, contests and life advice

**TEXT NATIVE**

**TO**  **94449**



**We all  
make us  
all strong.**

**WHEN SOMEONE IS STRUGGLING EMOTIONALLY, GOOD RELATIVES CAN MAKE A REAL DIFFERENCE BY CONNECTING THEM WITH THE SUPPORT THEY NEED. TO LEARN HOW TO GET 24/7, CONFIDENTIAL SUPPORT FOR YOU OR SOMEONE ELSE, VISIT**

**NativeAndStrong.org**