

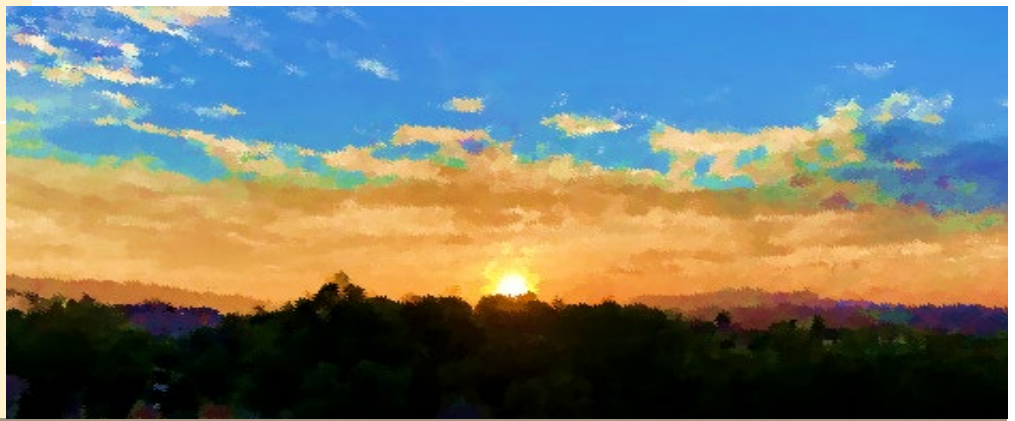
**In This Issue >>> April 2023**

*Welcome*

*Coping Strategies for Students*

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*Monthly Features*



The Tribal Youth Court is a division of the Intertribal Court of Southern California

# *Tribal Youth Court* *Periodical*

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## *Our Mission*

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*Tribal Youth Court, TYC, aims to cultivate wellness-based responses to low status offenses. The TYC centers on educating tribal youth about tribal restorative justice practices and empowers them to engage in these practices in service of their communities.*

## *Hello Readers,*

We hope April finds you healthy and well. With all this recent weather and rain, it is easy to feel a little down. It is important to stay positive and embrace the people and things around you that make you happy. Focusing on your mental health is key throughout a lifetime, but some of the most commonly reported mental health illnesses among high school and college students are anxiety and related conditions, including increased mental vigilance, chronic stress, and the inability to cope with difficult situations. It is important we learn how to manage ourselves in stressful situations. There are coping strategies, tips, advice everywhere, but you need to find what works for you! Conduct regular self-assessments through thoughtful, honest, and reflective evaluation of yourself. If you are not ok, say something. Always know you can seek help through a

variety of outlets. Next, get some sleep! Operating in a sleep-deprived state puts you at a disadvantage when it comes to tackling problems that arise. Don't neglect your sleep schedule. Get your 8 hours. Power naps are essential! Another strategy is to get moving! One of the healthiest ways to blow off steam is regular exercise. That could be through a sports, walks with friends or pets, or sign up for a Zumba class. The important thing is to try to stay active and healthy. Your body and you mind will thank you! Lastly, take calming breaths. When you experience a stress response, you're often not thinking clearly. You may even forget to breathe, and when you breathe improperly, it throws off your whole balance. See below for some tips on a quick exercise in mindful breathing. Try out some of these tips everyday to ward off the blues and worries of life, and focus on the positive!

# Here's what to look for in April:

## April 1<sup>st</sup>: *April Fools' Day*

Unleash your creative, silly side on this day, with harmless, practical jokes and pranks. It is one of the most fun, exciting, and anxiety filled days of the year, for those that like to partake, or those that are on the other end of those that do!

## April 6<sup>th</sup>: *National Pajama Day*

Bring a little comfort into your workweek! This day is reserved to wear your most comfortable pajamas to work! Lounge in your comfiest gear all day! We hope the court is aware and on board with this recognized day!

April 9<sup>th</sup>: *Easter* Easter is the single most important holy day in the Christian faith. It celebrates the resurrection of Jesus Christ.

Many non-Christians also choose to observe this holiday with non-religious traditions such as coloring eggs, Easter baskets, and the Easter bunny.

## April 11<sup>th</sup>: *National Pet Day*

If you are a pet owner, you may not need a special day to honor your best buds, but why not have a day?! Give your furry friends a little extra love on this day and make sure they know how truly special they are!



April 26<sup>th</sup>: *Denim Day* We stand in solidarity with sexual assault survivors and victims. Stemming from a sexual assault case in Italy in 1998, we recognize this day to support, and stand with victims of sexual assault. See more details below on this case that sparked this recognized day.

## Month of April: *Sexual Assault Awareness Month*

The mission of this recognition is to increase public understanding of sexual assault and educate communities on how to prevent it. Not a day should go by without these efforts, but April holds a space for the attention, efforts, and support the mission aims to strengthen and expand. We stand in solidarity with sexual assault survivors and victims.



## Coordinator's Corner



Do you enjoy writing or analyzing text? Are you interested in helping to improve the juvenile justice system? There is a great opportunity to become a grant peer editor for the *Office of Juvenile Justice and Delinquency Prevention, OJJDP*. Peer reviewers will have the chance to evaluate competitive grant applications, supporting OJJDP's efforts to make fair, equitable, and objective funding decisions. Peer reviewers will gain transferable skills to add to their professional resumes, and make meaningful connections with other juvenile justice experts.

Qualified applicants must be 18 to 25 years old. They must have lived experience with the juvenile justice system (e.g., arrested, detained, confined, or on probation) or have participated in juvenile justice related programs (e.g., youth mentoring, juvenile drug court, family treatment court, or arts program for justice involved youth, etc.) All qualified applicants must have access to a computer and internet. Resumes or letters of interest are to be submitted to [ojdppr.support@ojp.usdoj.gov](mailto:ojdppr.support@ojp.usdoj.gov), by Friday, May 5<sup>th</sup>. Visit the OJJDP's homepage for more information. This is a great, paid position that offers great experience!

## Not so Current Events>>>

# Law in the News



We are using this space to share the origin of Denim Day. It is a disturbing case with an even more disturbing outcome and reminds us why we need things such as Denim Day and Sexual Assault Awareness Month.

★ In 1998, a case went to the Italian Supreme Court, and due to its absurdity and shocking outcome, a movement was born. In 1992, an 18 year old female was raped by her 45 year old driving instructor. He was charged and convicted, but appealed and was subsequently released. The perpetrator brought his appeal to the court, claiming that the victim must have consented because, "...her jeans were too tight," and he would not have been able to remove them without her help. Sadly, the Court agreed and he was granted release. The next day, the women of Italian Parliament, and all over Italy, wore jeans in protest and in solidarity.

In the U.S., 1 in 5 women, and 1-71 men will be raped. We continue to support Denim Day and sexual assault awareness campaigns 30 years after this despicable case because it is still a prevalent issue. The month of April, Sexual Assault Awareness Month, will conclude with Denim Day, on April 26<sup>th</sup>. Join the many people across the world by wearing your denim to support survivors and protest all forms of sexual violence.

# Tribal Youth Court: Minutes of Mindfulness

Mindfulness is having a moment-by-moment awareness of your thoughts, feelings, bodies, and environment. One way to practice mindfulness is through meditative breathing. The idea of meditating can feel daunting, but with a few simple practices, this quick, simple act can help reduce stress and anxiety, improve sleep, and promote focus.

Sit or Stand



Find a comfortable position to begin.

Ground Self and Connect



Ground feet or seat and connect to the earth.

Breathe



Inhale. Pause. Exhale. Pause.

Relax and Repeat.



Relax your body and repeat. Inhale. Pause. Exhale. Pause

Congratulations. You did it! Try to practice this when you are feeling stressed or just randomly throughout your week to help stay focused, calm, and centered.

## Ask the court >>>

**Question:** Does the youth court offer any services for my family?

**Answer:** TYC aims to provide wellness plans for all participants with the hopes that when each participant completes our program, he or she has the tools to create brighter futures through healthy habits. Wellness includes addressing the needs of our community and families. Our sister program, *The Agave Project*, is a resource center that provides culturally relevant referrals for direct care services, crisis intervention, and educational activities. TYC will refer all qualifying families, as needed.



## Intertribal Court of Southern California

*The Tribal Youth Court is a division of the Intertribal Court of Southern California (ICSC). Please refer to this section to find current news and updates about the court.*

### About the Court...

The ICSC serves as a consortium of tribes from across Southern California. ICSC currently serves the thirteen of its member tribes hearing cases on public safety issues, tort claims, family law, conservatorships and more. We highlight one of our member tribes below.

### Soboba Band of Luiseño

The Soboba people have lived for hundreds of years on the land that is presently known as the cities of San Jacinto, Hemet, Valle Vista and Winchester. Tribal members have a rich and diverse history as members come from both Cahuilla and Luiseño ancestry. The Tribal Council consists of five Tribal Members who are elected for a staggered two year term. The Chairman is elected by a majority vote of the general membership, but the positions for Vice-Chair, Tribal Secretary, Tribal Treasurer and Sergeant at Arms are decided by the elected council.

Please visit [www.intertribalcourt.org](http://www.intertribalcourt.org) to learn more court and its member tribes.

# *Final thoughts...*

***Fun Law Fact:*** It is illegal in Waco, Texas, to throw a banana peel onto the street because a horse could slip

***Court Comedy:*** *What did the lawyer eat for lunch?*  
- "Cole's Law"

## ***Announcements:***

***SAVE THE DATE:*** Our AIR/TYC Summer course at Palomar College starts June 26<sup>th</sup>! More details to come!



**Coming Soon >>>**

## ***In Our May Issue***

*TYC and ICSC Updates*

*Program Updates*

*One Year Anniversary Edition!*

*Monthly Newsletter Features*

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To submit a question for the "Q & A" section to be answered in an upcoming issue, or to inquire about a monthly newsletter subscription, please reach out to our email.

If you'd like more information on our Tribal Youth Court, please contact us at [tribalyouthcourt@intertribalcourt.org](mailto:tribalyouthcourt@intertribalcourt.org) or call (760) 751-4142 ext. 105