

NATIVE YOUTH PROGRAM NEWSLETTER

PITU.GOV | 435.586.1112 | 440 N. PAIUTE DRIVE



Mental Strength

This month, our theme is Tuncuxar (toon-coohkk-ahd) or "strong minds." We want to encourage youth to keep training their brains by doing puzzles or playing strategic games that get their brains thinking.

We also want to encourage them to become mentally stronger. Being mentally strong helps youth manage emotions, handle stress, and overcome challenges.

Ways to build mental strength:

- Encourage positive thinking
- Teach problem-solving skills
- Promote emotional regulation, which is the ability to manage and respond to intense emotions in a healthy way.

Mental strength goes hand in hand with mental health, so it's important to support your youth's mental health. Do this by boosting their self-esteem and confidence and also by helping them navigate the digital world.

For more information visit the following website:

<https://teencoaching.org/how-to-raise-a-mentally-strong-teenager/>

Upcoming Events

Monthly Theme:

Tuncuxar (toon-coohkk-ahd)
"Strong Minds"

- **March 4:** WUSD Title VI: Cabochon Earrings, Coral Cliffs PLC, St. George, 6-8 pm
- **March 9-16:** WUSD Spring Break. NO SCHOOL
- **March 11-13:** ICSD Teacher Contract Day. NO SCHOOL
- **March 17:** Happy Saint Patrick's Day!
- **March 30-Apr. 3:** Millard School District & Sevier School District, Spring Break. NO SCHOOL

See full calendar of events at PITU.gov/Native-Youth/

Women's History Month

March is Women's History Month! This month we want to highlight an important leader in our Paiute history: Geneal Anderson.

Geneal Anderson committed her life's work to her people. She became the Paiute Tribal Chairperson in 1984 and held on to that role for a whole decade!

She also protested against nuclear war and nuclear testing. To read more about her life and achievements, click the link below:

<https://utahwomenshistory.org/the-women/geneal-anderson/>



Geneal Anderson, left of the U.S flag.

Community Events!

This month we will be holding a community night in each area (Richfield, Kanosh, Cedar, Shivwits)

The Behavioral Health team will lead the presentation.

Check out the flyer to the left for more information on dates and times!

Community Night

Topics: Social Media, Suicide Awareness & Bullying

THURSDAY MARCH 5TH	5 PM - 6 PM KANOSH BAND BUILDING 165 N. RESERVATION DR, KANOSH
MONDAY MARCH 16TH	5 PM - 6 PM PITU GYM 440 N. PAIUTE DR, CEDAR CITY
THURSDAY MARCH 19TH	5 PM - 6 PM SHIVWITS BAND BUILDING 6022 SHIVWITS ROAD, IVINS
MONDAY MARCH 23RD	5 PM - 6 PM KOOSHAREM BAND BUILDING 785 PAIUTE DR, RICHFIELD

MEET THE BEHAVIORAL HEALTH TEAM • ALL ARE WELCOME
 ACTIVITIES FOR AGES 5 & UP • FREE FOOD WHILE SUPPLIES LAST

FOR MORE INFORMATION, CONTACT EVERSON NAKAI: 435-586-1112 | ENAKAI@PITU.GOV

Youth Registration

Please ensure that all Native youth are registered, as it is required for participation in the activities. To register, visit our website at <https://PITU.gov/Native-Youth> or use the QR code below.

