

The South Corner

By Ofelia Zepeda – Tohono O’odham

My body is in line.
It is at its darkest point,
but only for a time.
Not enough time for madness or temporary depression to set in.
The darkest point is only a brief window of opportunity.
Opportunity for sadness, loneliness, falling out of love and other states
associated with the lack of light.
But before the opportunity can be taken, the shadows turn.
The light becomes stronger,
pulling me toward it.
The warmth, the promise it holds.
And so I begin another cycle,
along with the animals, the plants, the oceans and winds
and all that feel this same pull.
I come into balance.
I begin again.
It is only December twenty-second and it is already starting to feel like summer.

Effects of Drugs and Alcohol

- Drugs and alcohol slow down body functions; therefore, it takes a longer time to think and react.

- Drugs and alcohol distort your vision, shortens coordination, and can damage every organ in the body.

- Drugs and alcohol often make it easier to do and say things you wouldn't normally.

- Drugs and alcohol impair your ability to make judgments about sex, increasing your risk for HIV and other STDs.

Coping with Rejection and Negative Responses

Situation A: Olivia Gets Dumped

Olivia and Raymond have been going together for two years. Olivia always makes sure they use a condom when they have sex, but Raymond hates using condoms. Up until now, he's only agreed to do so because he wanted to respect Olivia's wishes. Now that they've been together for two years, Raymond doesn't feel he should have to use a condom. One night Raymond tried to get Olivia to have sex without a condom. They got into a heated argument when she refused, so Raymond broke up with her and hooked up with Reina. The next night, Olivia's girlfriends decide to take her for a "girl's night out" to cheer her up. Olivia has a lot to drink and ends up meeting Ramon. She can tell he's into her and she is thinking about hooking up with him to get back at Raymond. Luckily her friends are looking out for her and they make sure she gets home safely instead of going home with Ramon. Two weeks later, Raymond decides he misses Olivia and wants her back, Olivia missed him as well, and they decide to get back together.

Situation B: Return the Favor

Regina has been going out with Daniel for two years. About two months ago, Regina asked Daniel to use condoms when they have sex. Daniel refused and they haven't had sex since then. Although they continue to see each other, the relationship is rocky.

One night, after drinking with his buddies, Daniel comes by Regina's house and says he wants to hang out. They start making out and Daniel says he wants to make her feel good and starts to give her oral sex. When he is done he asks her to "return the favor". She remembers she has some flavored condoms from her NA SISTER class and says she wants to try one out on him.

Situation C: What Are You Gonna Do?

A friend shares with you that she just found out she may not be able to have children because she has a sexually transmitted disease. Your friend's news gets you thinking about your own health and future. You think that maybe it's time to bring up condom use again with your

partner. You really love him, but in the past every time you bring up using a condom, he just refuses to listen.

You have been going together for two years. He is a great guy but sometimes when he is drinking with his uncles he stays out all night. You have heard rumors about other women but it has never been proven one way or the other. What are you gonna do?