We would like to thank everyone who participated in Native It’s Your Game (Native IYG)! The Native IYG project was a collaboration between the Alaska Native Tribal Health Consortium, the Inter Tribal Council of Arizona, Inc., the Northwest Portland Area Indian Health Board, and the University of Texas Health Science Center at Houston to adapt and evaluate a sexual health curriculum for Alaska Native and American Indian middle school students.

The goal of the project is to give youth the information and tools needed to make healthy decisions about healthy friendships and relationships, how to handle peer pressure, how to prevent unplanned pregnancy and sexually transmitted infections, and the facts about substance abuse.

Who participated?

- 574 youth enrolled in the study
- 523 youth took a pre-survey, 402 youth took an immediate follow up survey, and 370 took a 2nd follow up survey a year after going through the program
- Average age = 13
- 53% female
What did we learn?

- Parents are important! Helping youth avoid risky situations, alcohol, and making the decision to wait means they are less likely to have sex at an early age.
- Youth who went through the Native IYG program had more reasons not to have sex, gained knowledge about STIs and condoms, and they felt more confident about getting and using condoms if they chose to have sex.
- A year after going through the Native IYG program, youth reported that they would be more likely to seek education beyond high school, retained knowledge about condoms, and continued to feel more confident about getting and using condoms if they chose to have sex.

Future of Native IYG

Native IYG is available for educators, youth service providers, parents, and youth **FREE of charge** on the Healthy Native Youth website: [HealthyNativeYouth.org](http://HealthyNativeYouth.org)

**Questions? Contact us today!**

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A big THANK YOU to our participating sites!

- the Native IYG team

**What youth are saying...**

- “It will encourage you to wait”
- “It was really fun and educational”
- “It helps you with peer pressure when you are being challenged”

**What educators are saying...**

- “It has been a great experience working with these students, they have had many questions answered, due to this program...I really believe that this has helped many of the students that were afraid to ask questions regarding prevention of teen pregnancy, drug and alcohol abuse. This would be an amazing program to offer all Native American students in schools, I believe that this would make a great curriculum in the classrooms.”
- “Sexual behavior is depicted in so many places in the media. So many messages can be...misunderstood. Correct, credible information can combat this!"

**What parents are saying...**

- “I think it is a great way to introduce these topics to teens also so that they are able to go to adults and talk about these topics”
- “It will empower them to make better choices”