



## Latest News

Updates on the Native It's Your Game project



## Native It's Your Game! A Healthy Life Skills Curriculum

### About Native It's Your Game (Native IYG)

Native IYG is an educational, interactive computer-based program focused on:

- Setting personal limits
- Healthy relationships & resisting peer pressure
- Puberty & reproduction
- Communication & negotiation skills
- Avoiding unplanned pregnancy & HIV/STDs

#### Additional features of Native IYG:

- Interactive games, peer videos, virtual role plays, and stories
- AI/AN youth, music, and dancing
- Parent-child take home activities
- Elders to introduce sensitive topics
- Much more!



### Fall 2019 Update

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 2<sup>nd</sup> 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!**

### Native It's Your Game Regional Investigators:

Cornelia "Connie" Jessen, MA  
ANTHC Investigator  
[cmjessen@anthc.org](mailto:cmjessen@anthc.org)

Stephanie Craig Rushing, PhD  
NPAIHB investigator  
[scraig@npaihb.org](mailto:scraig@npaihb.org)

Gwenda Gorman  
ITCA investigator  
[Gwenda.Gorman@itcaonline.com](mailto:Gwenda.Gorman@itcaonline.com)

### University of Texas Principal Investigators:

Ross Shegog, PhD  
[Ross.Shegog@uth.tmc.edu](mailto:Ross.Shegog@uth.tmc.edu)

Christine Markham, PhD  
[Christine.Markham@uth.tmc.edu](mailto:Christine.Markham@uth.tmc.edu)

### Project Director:

Chrystial Correa  
(713) 500-9687  
[chrystial.c.correa@uth.tmc.edu](mailto:chrystial.c.correa@uth.tmc.edu)



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"*