

Native STAND

Students Together Against Negative Decisions

Native STAND is a comprehensive sexual health curriculum for Native high school students that focuses on sexually transmitted infections, HIV/AIDS, and teen pregnancy prevention, while also covering drug and alcohol use, suicide, and dating violence. Twenty-seven sessions support healthy decision-making through interactive discussions and activities that promote diversity, self-esteem, goals and values, team building, negotiation and refusal skills, and effective communication. The 1.5 hour lessons contain stories from tribal communities that ground learning in cultural teachings. The curriculum is flexible and can be easily adapted to include specific stories and traditions from the community in which it is used.

Age range: Native STAND was originally designed to train peer-educators in the 10th grade, but has been successfully adapted for other grade levels.

Setting: The curriculum has been delivered in schools, after-school programs, community centers, during weekend retreats, and in other community settings.

Duration: 27 sessions at 90 minutes apiece

Cost: Free (plus cost of materials for class activities, roughly \$500)

Ratio: Roughly 20 students to 2 facilitators (one male, one female)

Evaluation: Native STAND has been validated in four BIE schools and one reservation community.

- Teens demonstrated significant and consistent improvements in knowledge of STD/HIV prevention, reproductive health, and healthy relationships.
- Teens reported sharing information they learned in the class with other teens.
- Adults who facilitated the curriculum learned strategies to better communicate with teens and teach sensitive health topics.
- School staff and administrators felt Native STAND was addressing critical gaps in sexual health education in the school setting.

To access the curriculum and training materials, visit: www.HealthyNativeYouth.org