



Curriculum Enhancements

1. Welcome & Introduction

Purpose: To give Native STAND members a clear understanding of the Native STAND program and to establish the need for the program.

- Create a Native STAND Facebook Group to share messages and resources with members of your team.
 - Post: Have questions about Native STAND topics between sessions? Visit www.wernative.org - a multimedia health resource for Native youth, by Native youth.
 - Alaska Post: Have questions about Native STAND topics between sessions? Visit www.iknowmine.org - a multimedia health resource for Alaska Native youth.

2. Team Building

Purpose: To foster trust and cooperation and promote a sense of belonging and team spirit among Native STAND members.

- Build community interest and excitement about your program.
 - Write an article introducing your Native STAND peer mentors and place it in a Tribal or Organizational newsletter.
- Posts for your Native STAND Facebook group:
 - Take a team photo. Share it on social media.
 - Challenge your team members to design a logo or shirt. Order shirts for the team to wear.

3. Acting Out

Purpose: To introduce students to improvisation techniques for future role plays and to increase students' comfort level in acting in front of peers.

- Posts for your Native STAND Facebook group:
 - Share funny photos or videos of your team practicing their role playing skills.
 - Post: Here's a video that was made by another Native STAND youth group... Check out "I got Culture": <https://www.youtube.com/watch?v=pmjGLPIGnYo>

4. Culture & Tradition

Purpose: To recognize the importance that culture and tradition have in the lives and well-being of Native youth.

- Invite an elder or someone from your Tribe's cultural education department to attend this week's Native STAND lesson.
- Posts for your Native STAND Facebook group:
 - Post: It's always a good day to be Indigenous! <https://www.youtube.com/watch?v=cRGVIGhlux4>
 - Post: Want to learn more about sovereignty and traditional healing practices. Visit www.wernative.org/MyCulture.
 - Share links to cultural resources available in your community – storytellers, language programs, or an upcoming event, celebration or gathering.

5. Honoring Diversity/Respecting Differences

Purpose: To recognize common stereotypes and prejudices and to describe the negative effects they can have on individuals.

- Posts for your Native STAND Facebook group:
 - Post: Have questions about your culture, traditions, or identity? Ask Auntie's got answers: www.wernative.org/faq
 - Post: Need tips for dealing with stereotypes and racism? Visit www.wernative.org/MyCulture.
 - Post: Sexual orientation is a reflection of your sexual and emotional feelings toward others. People often use the words straight, lesbian, gay, bi-sexual, gay, two-spirit or queer to describe their sexual orientation. Some people know their sexual orientation early on in life, while others go through periods where they wonder: Am I different? If you're feeling unsure, that's ok. It's complicated: www.wernative.org/SexualHealth

6. Goals & Values

Purpose: To encourage Native STAND members to examine how the choices they make coincide with their own personal goals, values, and self-concept.

- Posts for your Native STAND Facebook group:
 - Post: Fast forward to set goals for yourself after high school: www.fastforwardapp.org
 - Post: Team challenge: Ask a family member what they think about getting good grades in school, dating someone who isn't Native, or having children while a teen... What did you learn from their perspectives and values?
 - Post: Find out how ready your parents are to talk to you about dating and sex: www.awkwardornotapp.org
 - Post: Need help reaching your goals? Check out *Make a Change*, an online goal setting tool. It helps make goals easier to reach by breaking them down into manageable steps. Then print out your plan to guide and inspire you: http://teenshealth.org/teen/food_fitness/nutrition/make_change.html

7. Healthy Relationships - Part 1

Purpose: To recognize healthy and unhealthy aspects of relationships.

- Watch and discuss a Native STAND supplemental video about healthy relationships during the Native STAND lesson:
 - <https://www.youtube.com/watch?v=Qo19pGTvr-Y>
 - What does a healthy relationship look like to you?
 - Is it always clear-cut whether a relationship is healthy or not?
 - What should you do if you're not sure something is healthy?
 - What does your family or tribe tell you about being in a healthy relationship?
- Posts for your Native STAND Facebook group:
 - Post: Dating and relationships can be fun and exciting, but they can also be really confusing. Visit: www.wernative.org/SexualHealth
 - Post: Hey guys, figure out who you are when it comes to love and sex: www.wherestandapp.org

Reproductive Health - Part 1

Purpose: To identify the major structures and functions of the male and female reproductive systems in preparation for later understanding and discussion of STDs, HIV, and teen pregnancy with peers.

- Invite a nurse or someone from your clinic to attend this week's Native STAND lesson.
- Watch and discuss a video showing men's and women's anatomy during the Native STAND lesson:
 - <https://youtu.be/t9tFk835vjo>
- Posts for your Native STAND Facebook group:
 - Post: It's your body. But do you really know what's going on there? Learn more about men's and women's reproductive & sexual anatomy at: <http://www.plannedparenthood.org/learn/sexuality/reproductive-sexual-anatomy>

8. Reproductive Health - Part 2

Purpose: To identify the major structures and functions of the male and female reproductive systems in preparation for later understanding and discussing STDs, HIV, and teen pregnancy with peers.

- Invite a nurse or someone from your clinic to attend this week's Native STAND lesson.
- Posts for your Native STAND Facebook group:
 - Post: Pregnancy is a big event in anybody's life. And it's normal to have questions about it. <http://wernative.org/TopicDetails.aspx?Id=28&type=SexualHealth>
 - Post: Even teens need vaccines! Some of the vaccines you got as a child wear off over time. Updating your shots can protect you from diseases like HPV, tetanus, meningitis and whooping cough. www.cdc.gov/vaccines/who/teens/for-preteens-teens
 - Post: The HPV vaccine works extremely well. The vaccine provides almost 100% protection against cervical cancers and genital warts. It is recommended that all three HPV shots be given over six months. Watch 1-2-3 Pap: <https://www.youtube.com/watch?v=IMxOazGYvYE>

9. The Downside of Hooking Up

Purpose: To identify the relative risks of sexual behaviors for teenagers.

- Posts for your Native STAND Facebook group:
 - Post: You should be able to talk to your partner about sex & contraception. It can be weird, but if you're not able to talk about it, you may not be ready for sex. Here are some ideas to get the conversation started: [link](#)
 - Post: Do you have an STD? It is not uncommon to have no symptoms. Take this quiz and find out which STD tests are recommended for you, based on your personal risk factors. www.stdwizard.org

10. Pregnancy & Parenting

Purpose: To encourage Native STAND members to think about the costs of being involved in a pregnancy as a teenager and to encourage them to see that pregnancy is a real and personal danger for teens who have sex.

- Invite teen parents to attend this week's Native STAND lesson.
- If you don't have any teen parents to attend, watch and discuss a supplemental video sharing the personal experiences of teen parents:
 - <https://www.youtube.com/watch?v=laK80FKlv2c>
- Posts for your Native STAND Facebook group: No kidding. A parent can expect to spend more than \$10,000 a year to raise a child. Learn more @ mozeo.me/n1Oi

11. Preventing Pregnancy

Purpose: To provide Native STAND members with detailed information about the different methods of contraception and STD prevention available.

- Invite a nurse, provider or health educator to attend this week's Native STAND lesson.
- Posts for your Native STAND Facebook group:
 - Post: There are lots of different birth control options. Find the one that's right for you and your partner: www.itsyoursexlife.com/pregnancy/comparison/birth-control-methods

12. Condoms

Purpose: To empower students to protect themselves from STDs, HIV, and unwanted pregnancy by using condoms correctly and consistently every time they have sex.

- Posts for your Native STAND Facebook group:
 - Post: If you're going to have sex, best thing to do is just put the condom on. Nothing even needs to be said. Your partner will be relieved not to have to bring it up first!
 - Post: Still wondering how to use a condom and dental dam correctly? Ask Auntie will show you how: <https://youtu.be/qwr4ini5jb4>

13. Sexually Transmitted Diseases - Part 1

Purpose: To share information with Native STAND members about common STDs, including how they are transmitted, their signs and symptoms, sequelae, treatment, and prevention (routine screening).

- Print and bring along STD/HIV fact sheets available on We R Native: wernative.org/GearHome.aspx
- Posts for your Native STAND Facebook group:
 - Post: Think using a condom will kill the mood? Getting an STD will kill the mood too! It's easier to enjoy sex when it's safe.
 - Post: Getting tested for STDs is as easy as peeing into a cup. Urine tests can check for the most common STDs.
 - Post: If you're having sex, consider getting tested for STDs at least once a year. Want to know more? Check out: www.wernative.org/SexualHealth

14. Sexually Transmitted Diseases - Part 2

Purpose: To share information with Native STAND members about common STDs, including how they are transmitted, their signs and symptoms, sequelae, treatment, and prevention (routine screening).

- Posts for your Native STAND Facebook group:
 - Post: In a healthy relationship, it's important to discuss and respect each other's boundaries consistently. Whether it's the first time or the hundredth time, a hookup, a committed relationship or even marriage, nobody is ever obligated to give consent just because they have done so in the past. www.loveisrespect.org/healthy-relationships/what-consent/
 - Post: Want to read more traditional stories? Check out wernative.org/MyCulture.

15. HIV/AIDS - Part 1

Purpose: To provide Native STAND members with basic information about HIV/AIDS risks and to correct misconceptions.

- Watch and discuss a supplemental video sharing the personal story of Poppy Miller:
 - Part 1: <https://www.youtube.com/watch?v=SjpHDaauBAk>
 - Or watch Tommy's Story about living with HIV: <https://www.youtube.com/watch?v=knz1ID1eITU>
- Posts for your Native STAND Facebook group:
 - Post: Watch a series of real stories from real people about their unique experiences along the HIV Continuum of Care. <https://positivespin.hiv.gov/>

16. HIV/AIDS - Part 2

Purpose: To provide Native STAND members with basic information about HIV/AIDS risks and to correct misconceptions.

- Invite a HIV+ community member to attend this week's lesson.
- If you don't have a HIV+ community member willing to attend, watch the second half of Poppy Miller's story: <https://www.youtube.com/watch?v=AEeIQmF3ooM>
- Posts for your Native STAND Facebook group:
 - Post: Nervous to ask your partner to get tested? Embrace the awkward! Try: "Heard 1 in 2 sexually active people will get an STD by age 25. I'd like us to get tested."
 - Post: Schedule a confidential appointment at your tribal clinic. OR find a testing center near you @ www.GYTNOW.org

17. Field Trip to a Local Health Clinic

Purpose: To acquaint Native STAND members with the services available at their local clinic; to reduce any discomfort with accessing services; to increase STAND members' first-hand knowledge of local resources.

- Build community interest and excitement about your team's trip to the clinic.
 - Write an article about your team's trip and place it in a Tribal or Organizational newsletter.
- Posts for your Native STAND Facebook group:
 - Post: Worried an adult will find out you got tested for STDs? Medical info is always kept private. If you want to know for sure, it's ok to ask at the clinic.
 - Post: Take control of your sex life. Ask your doctor to be tested for STDs and HIV. They don't always test for both.

18. Taking Care of the Whole Person

Purpose: To recognize that health and true happiness comes when we balance all aspects of our life, including the physical, mental, emotional and spiritual.

- Invite a counselor or mental health educator to attend this week's lesson.
- Posts for your Native STAND Facebook group:
 - Post: Improve your mood: Take time today to play, laugh and smile. <http://www.wernative.org/TopicDetails.aspx?id=37&type=MentalHealth>
 - Feeling angry, worried, down? Try talking it out with a parent, another trusted adult, or a trusted friend. [#feelgood](#) [#tips](#)
 - Take a walk - It's a wonderful way to blow off steam, talk with a friend, or stay in shape.
 - Post: Together we can support one another through tough times & come out stronger in the end. [#WeNeedYouHere](#) [#weRnotAlone](#) <http://ow.ly/Njq9S>

19. Healthy Relationships - Part 2

Purpose: To recognize healthy and unhealthy aspects of relationships.

- Posts for your Native STAND Facebook group:
 - Post: Is your relationship healthy? Take the quiz: www.loveisrespect.org/#quizhome

20. Drugs & Alcohol

Purpose: To determine how drugs, alcohol, and other substance use can increase the risk of STDs, HIV, and unplanned pregnancy.

- Invite a teen in recovery to attend this week's Native STAND lesson.
- If you don't have a teen in recovery who is willing to attend, watch and discuss this teen panel on drugs and alcohol:
 - <https://www.youtube.com/watch?v=LommFadTMu0>
- Or watch WreckED: <https://www.youtube.com/watch?t=15&v=EVer2cNZG-0>
- Posts for your Native STAND Facebook group:
 - Post: Your friends and family watch you. Your actions influence others. How will you choose to strengthen your nation?: <https://www.youtube.com/watch?v=oLoovbxaoFE>

21. Negotiation & Refusal Skills

Purpose: To encourage Native STAND members to be firm in their beliefs and to communicate their needs assertively when responding to peer pressure.

- Show the Native VOICES sexual health video (23 minutes):
https://www.youtube.com/watch?v=xaBxwUg_gxU&list=PLvLfi7yZ2zQFOVbQ6ErG0spR_GHK2dVNg&index=1
- Posts for your Native STAND Facebook group:
 - Post the Native VOICES video on your Facebook page. Encourage your youth to share it with their social network.

22. Decision Making

Purpose: To encourage Native STAND members to focus on the importance of their life goals and consider how sexual involvement could impact achieving those goals; to learn to apply a decision-making strategy; to encourage Native STAND members to make decisions about their sexual behavior when they are not under pressure; to provide positive peer role models.

- Posts for your Native STAND Facebook group:
 - Post: See the signs – speak up – step in safely and help stop sexual violence. Learn how at:
<https://www.facebook.com/AreYouThatSome1?fref=nf>

23. Being a Peer Educator

Purpose: To acquaint Native STAND members with the basic responsibilities and characteristics of effective peer educators.

- Posts for your Native STAND Facebook group:
 - Post: You affect other people, even if you don't think you do. People notice your actions. What's one thing you can do today to strengthen our nation?
 - Pride comes from knowing who you are and what you stand for. You never know who you're inspiring. [#MyCulture](#) [#Represent](#)

24. The Stages of Change

Purpose: To acquaint Native STAND members with the Stages of Change (SOC) model to encourage them to adopt techniques for maintaining their commitment to abstinence/sexual risk reduction.

- Posts for your Native STAND Facebook group:
 - Post: Using body language, like eye contact, posture, facial expressions or touch, can be a good way of letting someone know you're interested in what they're saying. Here are some tips to keep in mind to communicate safely: <http://wernative.org/SubTopicDetails.aspx?id=249&type=Education>

25. Effective Communication

Purpose: To help Native STAND members develop effective communication skills as individuals and peer educators.

- Posts for your Native STAND Facebook group:
 - Post: The way you communicate has a big impact on your ability to get along with people and get the things that you want. Open and honest communication is also important for making friends and having healthy relationships: <http://wernative.org/SubTopicDetails.aspx?id=248&type=Education>

26. Putting It All Together

Purpose: To provide Native STAND members with a tool and the skills needed to speak with peers about sexual risk reduction.

- Build community interest and excitement about your program.
 - Write an article about your team's graduation from Native STAND, and place it in a Tribal or Organizational newsletter.