



# HEALTHY NATIVE YOUTH

**WE WILL START AT 10:00 AM PST.**

**TALK SOON!**

Tap Into Online Resources: I Know Mine & We R  
Native



# HEALTHY NATIVE YOUTH

**TAP INTO ONLINE RESOURCES: I KNOW MINE & WE R  
NATIVE**

**GUEST SPEAKERS: THOMAS GHOST DOG JR., NICOLE  
TREVINO, JEIDAH DEZURNEY, JACLYNNE RICHARDS**

June 12, 2019, from 10-11 am PST



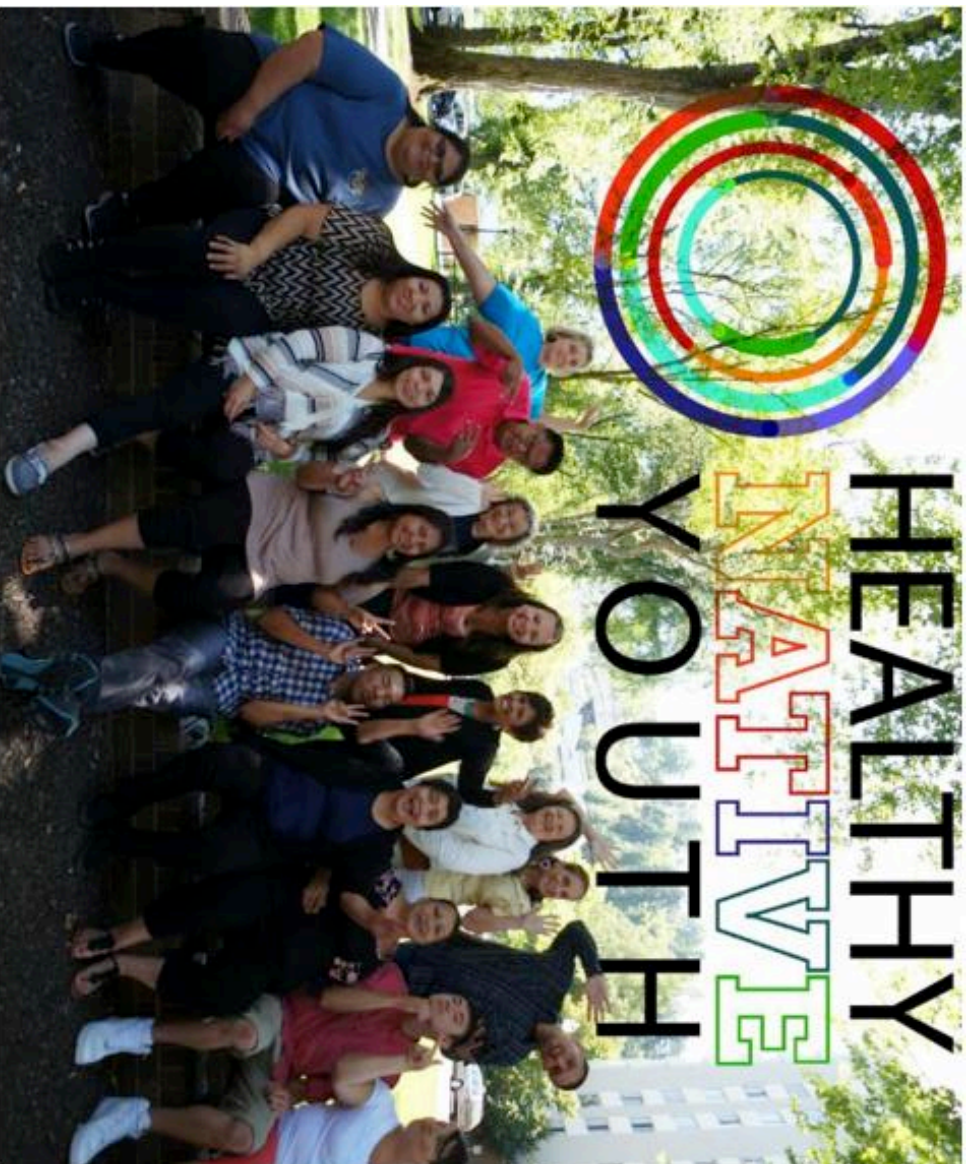
# Today's Agenda

3

- ❑ Welcome & Welcome Back! (5 minutes)
- ❑ I Know Mine (20 minutes)
  - ❑ Adults
  - ❑ Youth
  - ❑ Next Steps
- ❑ We R Native (20 minutes)
  - ❑ Adults
  - ❑ Youth
  - ❑ Next Steps
- ❑ Question & Answer Session (10 minutes)
- ❑ Next Year: What do we want to cover? (5 minutes)
- ❑ Closing

# Welcome & Welcome Back!

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- Use the Chat Box to tell us:
- Your Name & Role
  - **Email Address**
  - What online resources are your youth currently using?

# I Know Mine

...with Jaclynn Richards, “Qalukisq”, ANTHC

Email: [ikrichards@anthc.org](mailto:ikrichards@anthc.org), Phone: 907-729-2971





# HIV/STD Prevention Evidence- & Community-Based Programming



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- ❑ Alaska Native Sexual Health Research Findings<sup>1</sup>
  - ❑ Messages need to promote STI/HIV testing and condoms
  - ❑ Messages should be delivered via the Internet and schools
  - ❑ Confidentiality and embarrassment affect healthcare seeking behaviors
  - ❑ Easier access to condoms is needed
  - ❑ Adolescents have a limited understanding of sexual health

<sup>1</sup>Leston, JD, Jessen, CM and Simons BC (2012). *Alaska Native and Rural Youth' View of Sexual Health: A Focus Group Project on Sexually Transmitted Diseases, HIV/AIDS, and Unplanned Pregnancy*. American Indian/Alaska Native Mental Health Research 19(1):1-14.

- ☐ Multiple health topics
- ☐ Medically accurate information, informed by AN values & youth needs
- ☐ Find a testing clinic
- ☐ Mail distribution of free safer sex supplies & printed health information
- ☐ Ask a Question service
- ☐ Info and services for youth, providers, and parents
- ☐ Linkage to free at-home testing – I Want the Kit



## Alaskan themed condoms

- ## “Free Condoms” card

**chlamydia**

is a common sexually transmitted disease (STD) that can cause permanent damage to a woman's reproductive system.

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# Materials for Parents

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- ☐ Information on Abuse, & Bullying
- ☐ “No Place Like Home” resource for parents
- ☐ Chat Packs

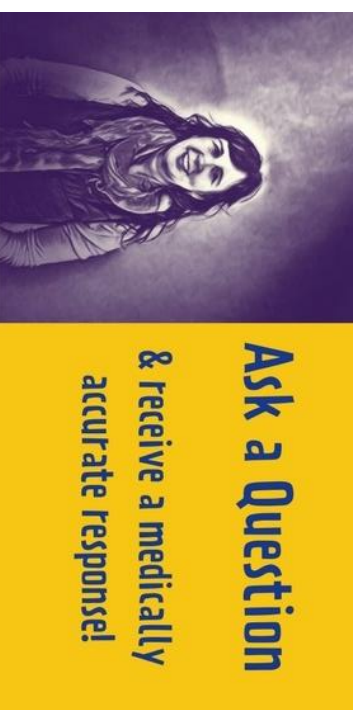


Access info at [iknowmine.org/for-parents/children](https://iknowmine.org/for-parents/children)

# Materials/Services for Youth

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- ❑ Order condoms
- ❑ Free at-home STD testing
- ❑ Text for Sex Ed
- ❑ Ask a Question Service
- ❑ Health information



# Materials/Services for Youth



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FOR TAKEN ID FOR PROVIDER Search

Sexual Health LGBT Relationships Your Body Your Emotions Curricula

LGBTQ

**Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning**

"Never Give Up" - Saint Lawrence Island Yup'ik Values



**LGBT**

What is...?  
How do I Know?  
Coming Out  
Friends & Family  
Sexual Health  
AN LGBTQ Project  
Resources

**tools for you**

- ▶ order condoms
- ▶ order testing kit
- ▶ find a clinic

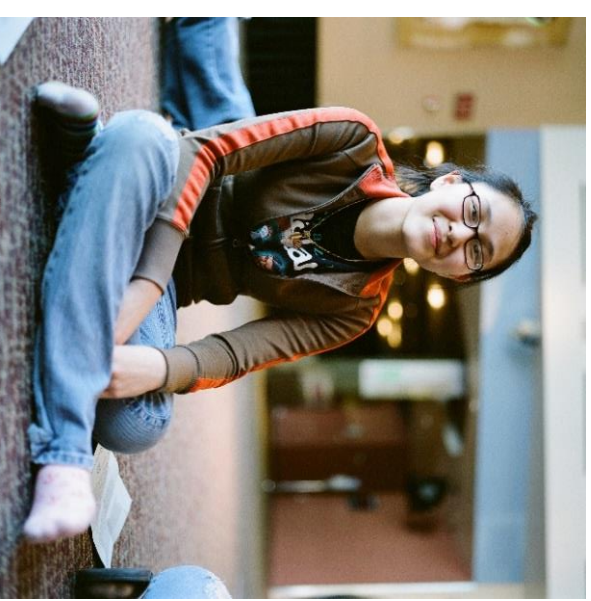
Access info at [iknowmine.org/anlgbtqproject](http://iknowmine.org/anlgbtqproject)



# Current Projects & Next Steps



- ❑ AmerisourceBergan grant—to address opioid epidemic in Alaska
- ❑ KAIROS Alaska Blanket Exercise
- ❑ Website update in the works



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



# Stay in touch!



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- ❑ Find us on the web
  - ❑ Website [iknowmine.org](http://iknowmine.org)
  - ❑ Facebook [facebook.com/iknowmine](https://www.facebook.com/iknowmine)
  - ❑ Instagram [@iknowmine](https://www.instagram.com/iknowmine)
- ❑ Sign up for monthly newsletter
  - ❑ Email [info@iknowmine.org](mailto:info@iknowmine.org)





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# We R Native

With...

**Thomas Ghost Dog Jr.** (Burns Paiute / Oglala Sioux),  
NPAIHB, Email: [tghostdog@npaihb.org](mailto:tghostdog@npaihb.org)

**Jeidah DeZurney** (Siletz), NPAIHB intern

**Nicole Trevino**, Nicole Trevino Consulting, Email:  
[info@nicoletrevino.com](mailto:info@nicoletrevino.com)

# We R Native Components



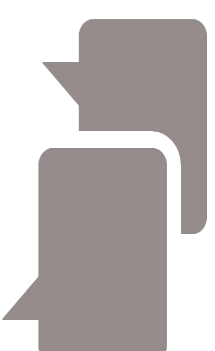
15



WRN Website



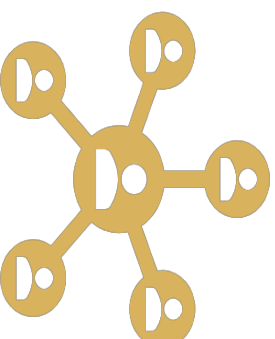
10 Session Curriculum



Text Messaging Line



Community Service Grants



WRN Ambassador Program



Social Media Pages

# What the Youth Are Saying...



16

**Jeidah DeZurney**

Confederated Tribes of Siletz Indians

**We R Native Youth  
Ambassador**

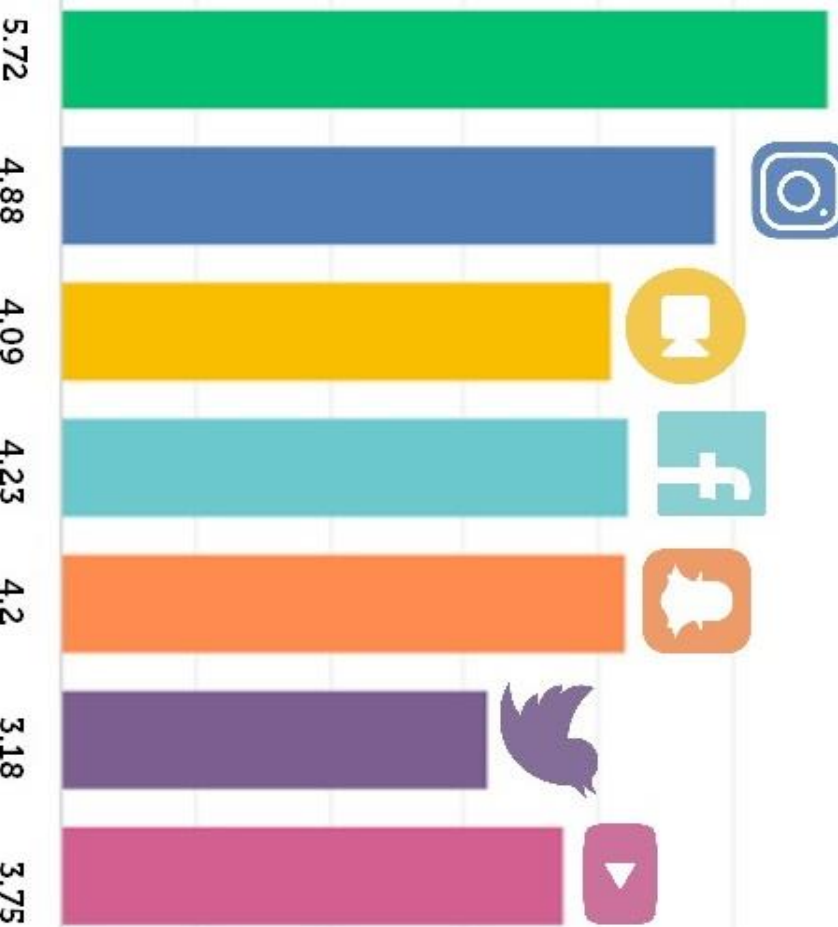
Class of 2016



# What the Youth Are Saying...

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Name the channels you'd like to get health messages from We R Native



86 responses

scale: 1-10

# We R Native Curriculum Overview



## Unit 1: Introducing WRN Program & Website

- We R Native Introduction
- Media Literacy: Is WRN a Reliable Resource?

## Unit 2: I Strengthen My Nation

- Drugs and Alcohol Research and Report
- Ask Auntie

## Unit 3: Native VOICES

- Native VOICES Video
- Healthy Relationships, Personal Rules, and Consent

## Unit 4: We Are Connected

- We Need You Here
- Stand Up. Stand Strong.

## Unit 5: Make a Difference

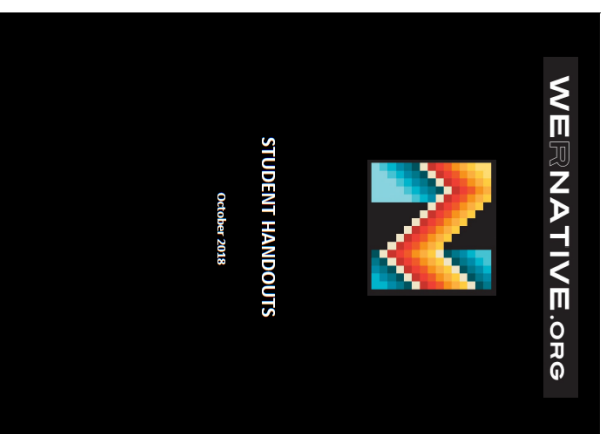
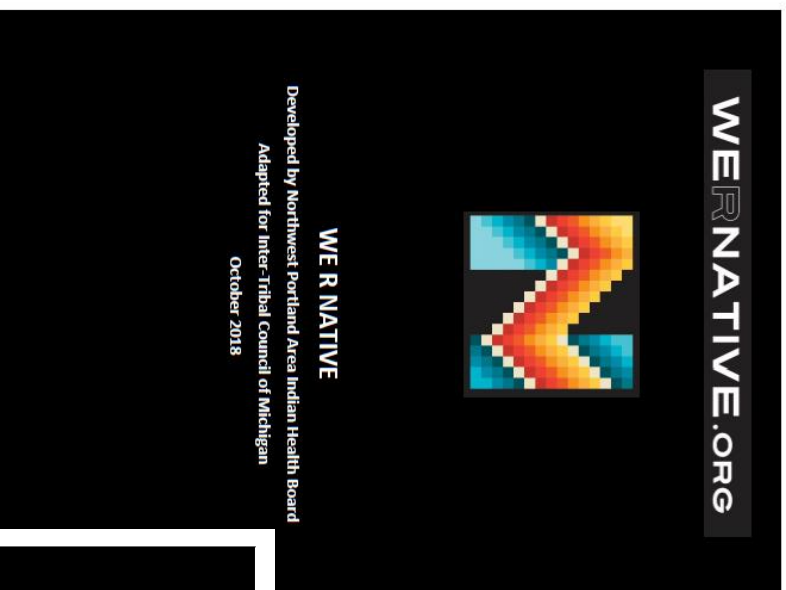
- Make a Difference in Your Community
- Make a Plan for Your Community



# Facilitator Guide & Handouts



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- ☐ Downloadable & Easy to Print.
- ☐ Aligned to Adult-Preparation Topics.
- ☐ Approved by ACYF for Tribal PREP.

# Fidelity Monitoring Guide



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- ❑ Contains student attendance sheets and fidelity monitoring tool for each lesson.
- ❑ Perfect for federally funded projects/grant writing.
- ❑ Can improve quality and monitoring for the program.



FACILITATOR TOOL  
DEVELOPED FOR INTER-TRIBAL COUNCIL OF MICHIGAN  
NICOLE TREYVINO CONSULTING | nicole@we-r-native.com

# Training & Support Available



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## ❑ Training Options:

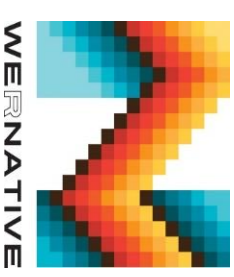
- ❑ Blended in-person and online training (2-day in-person).

- ❑ In-person training (3-5 days).

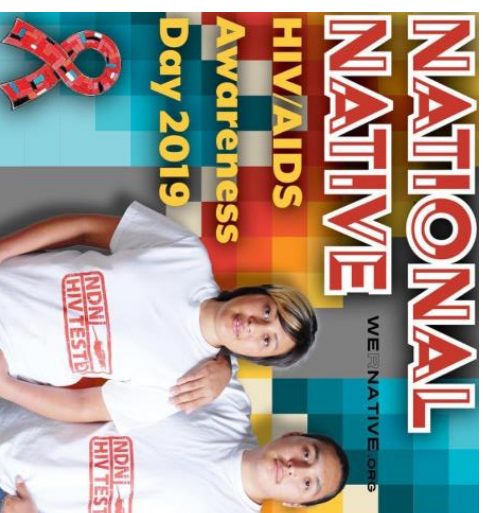
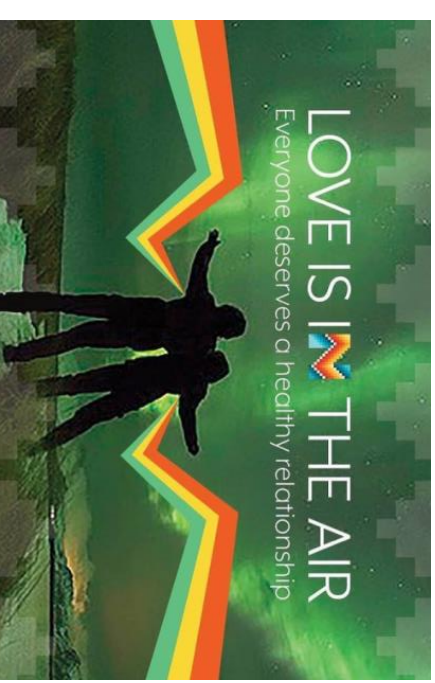
## ❑ Support Available:

- ❑ Curriculum Fit
- ❑ Curriculum Customization
- ❑ Implementation Planning
- ❑ Alignment to Needs & Resources Assessments
- ❑ Implementation and Monitoring Support
- ❑ Quality Improvement
- ❑ Youth/Parent Engagement
- ❑ Answering Difficult Questions

# Social Media to Support Promotion



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# WRN Free Stuff



WEERNATIVE



## CONDOMS ARE EFFECTIVE AT PREVENTING SEXUALLY TRANSMITTED DISEASES (STDs) AND PREGNANCY.

### THE FACTS

Condoms come in lots of colors, textures, and sizes. The most important thing to consider is that the condom be made of latex or polyurethane. Both of these are effective at preventing pregnancy and sexually transmitted diseases (STDs), including HIV. Also while male condoms are more popular, female condoms are a good choice too. Like male condoms, they can be used by both men and women during vaginal and anal sex.

The most common mistake is not using condoms...



From the start (or sexual contact) to finish (after ejaculation)

### PUTTING A CONDOM ON CORRECTLY

- 1 - The rolled condom should be placed over the head of the penis when it is hard.
- 2 - Then pinch the tip enough to leave about a half inch space for the semen to collect.
- 3 - Holding the tip, unroll the condom all the way down to the base of the penis.

The condom should fit snugly - but not too tight- so that it won't break during sex.



In 2 sexually active young people will get an STD before the age of 25

### REMOVING A CONDOM

Right after ejaculation, hold the base of the condom (so it stays in place and semen cannot spill out), and slowly withdraw the penis while it is still hard. The condom should be wrapped in tissue and thrown away.

Wash your hands with soap and water before touching your partner's genitals.

### WHAT IF THE CONDOM BREAKS?

If you feel the condom break while you are having sex stop immediately, withdraw the penis, remove the broken condom, wash your hands with soap and water, and put on a new condom.



## TRADITIONAL FOOD PRINCIPLES

*At longlast gathering, each day and ceremony is a feast. We honor the land, the people, the spirit, and the season of the year.*

### Cultivate Food Sovereignty

Food is a right and a responsibility. It is a source of life and a source of power. It is a source of identity and a source of pride. It is a source of joy and a source of love. It is a source of strength and a source of courage. It is a source of wisdom and a source of knowledge. It is a source of hope and a source of faith. It is a source of peace and a source of harmony. It is a source of unity and a source of solidarity. It is a source of love and a source of life.

### Promote Generosity

Food is a gift. It is a gift of life. It is a gift of love. It is a gift of strength. It is a gift of courage. It is a gift of wisdom. It is a gift of knowledge. It is a gift of hope. It is a gift of faith. It is a gift of peace. It is a gift of harmony. It is a gift of unity. It is a gift of solidarity. It is a gift of love. It is a gift of life.

### Cook and Eat with Good Intention

Food is a gift. It is a gift of life. It is a gift of love. It is a gift of strength. It is a gift of courage. It is a gift of wisdom. It is a gift of knowledge. It is a gift of hope. It is a gift of faith. It is a gift of peace. It is a gift of harmony. It is a gift of unity. It is a gift of solidarity. It is a gift of love. It is a gift of life.

### Honor the Food Web

Food is a gift. It is a gift of life. It is a gift of love. It is a gift of strength. It is a gift of courage. It is a gift of wisdom. It is a gift of knowledge. It is a gift of hope. It is a gift of faith. It is a gift of peace. It is a gift of harmony. It is a gift of unity. It is a gift of solidarity. It is a gift of love. It is a gift of life.

### Wild & Organic Foods are Better for Health

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### Eat Local Foods

Food is a gift. It is a gift of life. It is a gift of love. It is a gift of strength. It is a gift of courage. It is a gift of wisdom. It is a gift of knowledge. It is a gift of hope. It is a gift of faith. It is a gift of peace. It is a gift of harmony. It is a gift of unity. It is a gift of solidarity. It is a gift of love. It is a gift of life.

### Eat a Variety of Foods

Food is a gift. It is a gift of life. It is a gift of love. It is a gift of strength. It is a gift of courage. It is a gift of wisdom. It is a gift of knowledge. It is a gift of hope. It is a gift of faith. It is a gift of peace. It is a gift of harmony. It is a gift of unity. It is a gift of solidarity. It is a gift of love. It is a gift of life.

### Eat with the Seasons

Food is a gift. It is a gift of life. It is a gift of love. It is a gift of strength. It is a gift of courage. It is a gift of wisdom. It is a gift of knowledge. It is a gift of hope. It is a gift of faith. It is a gift of peace. It is a gift of harmony. It is a gift of unity. It is a gift of solidarity. It is a gift of love. It is a gift of life.

### Traditional Foods are Whole Foods

Food is a gift. It is a gift of life. It is a gift of love. It is a gift of strength. It is a gift of courage. It is a gift of wisdom. It is a gift of knowledge. It is a gift of hope. It is a gift of faith. It is a gift of peace. It is a gift of harmony. It is a gift of unity. It is a gift of solidarity. It is a gift of love. It is a gift of life.

## TWO SPIRIT LOVED & ACCEPTED #WENEEDYOUHERE

TO GIVE HELP OR GET HELP:

- CALL THE TREVOR LIFELINE FOR LGBTIQ YOUTH AT 1.866.468.7386
- CALL THE SUICIDE PREVENTION LIFELINE AT 1.800.273.8255
- TEXT "START" TO 7474 TO CHAT VIA TEXT MESSAGE
- VISIT [WWW.WEERNATIVE.ORG](http://WWW.WEERNATIVE.ORG) TO LEARN ABOUT SUICIDE PREVENTION RESOURCES
- TALK TO TRUSTED ELDERS, HEALERS, FRIENDS, FAMILY MEMBERS OR HEALTH PROFESSIONALS

(PLACE HOLDER FOR LOCAL RESOURCES LINK)

[WWW.GSB.ORG](http://WWW.GSB.ORG)

THIRVE

PREVENT SUICIDE.

## 1 IN 8 MEN IS SEXUALLY ASSAULTED IN HIS LIFETIME. MY MIND, BODY, AND SPIRIT ARE SACRED. PREVENT SEXUAL ASSAULT.

IT WILL TAKE ALL OF US - MEN, WOMEN, YOUTH, AND ELDERS - TO STAND TOGETHER TO PREVENT SEXUAL ASSAULT. BELIEVE VICTIMS - SUPPORT HEALING - KNOW YOUR RESOURCES

1-800-656-HOPE (4673) | [WWW.RAINN.ORG](http://WWW.RAINN.ORG) THIRVE



# Text NATIVE TO 97779

FOR WEEKLY  
HEALTH TIPS,  
CONTEST, AND  
LIFE ADVICE



FOLLOW US!



- ❑ Service currently has 5,620 subscribers
- ❑ Health tips, Life advice, Contests, Mini-grants
- ❑ Bring users back to [www.weRnative.org](http://www.weRnative.org) for more information

A large, stylized lowercase letter 's' that serves as a background for a collage of various people's faces. The collage includes individuals of different ages, ethnicities, and genders, all smiling or looking positively. The overall color palette of the collage is dominated by teal and blue tones.A large, stylized uppercase letter 'E' that serves as a background for a collage of various people's faces. The collage includes individuals of different ages, ethnicities, and genders, all smiling or looking positively. The overall color palette of the collage is dominated by warm, earthy tones like brown, orange, and yellow.A large, stylized uppercase letter 'X' that serves as a background for a collage of various people's faces. The collage includes individuals of different ages, ethnicities, and genders, all smiling or looking positively. The overall color palette of the collage is dominated by warm, earthy tones like brown, orange, and yellow.

TEXT SEX TO 97779



# TEXT TO FITNESS

Take the We R Native  
fitness challenge!



# STEM

text

to

97779



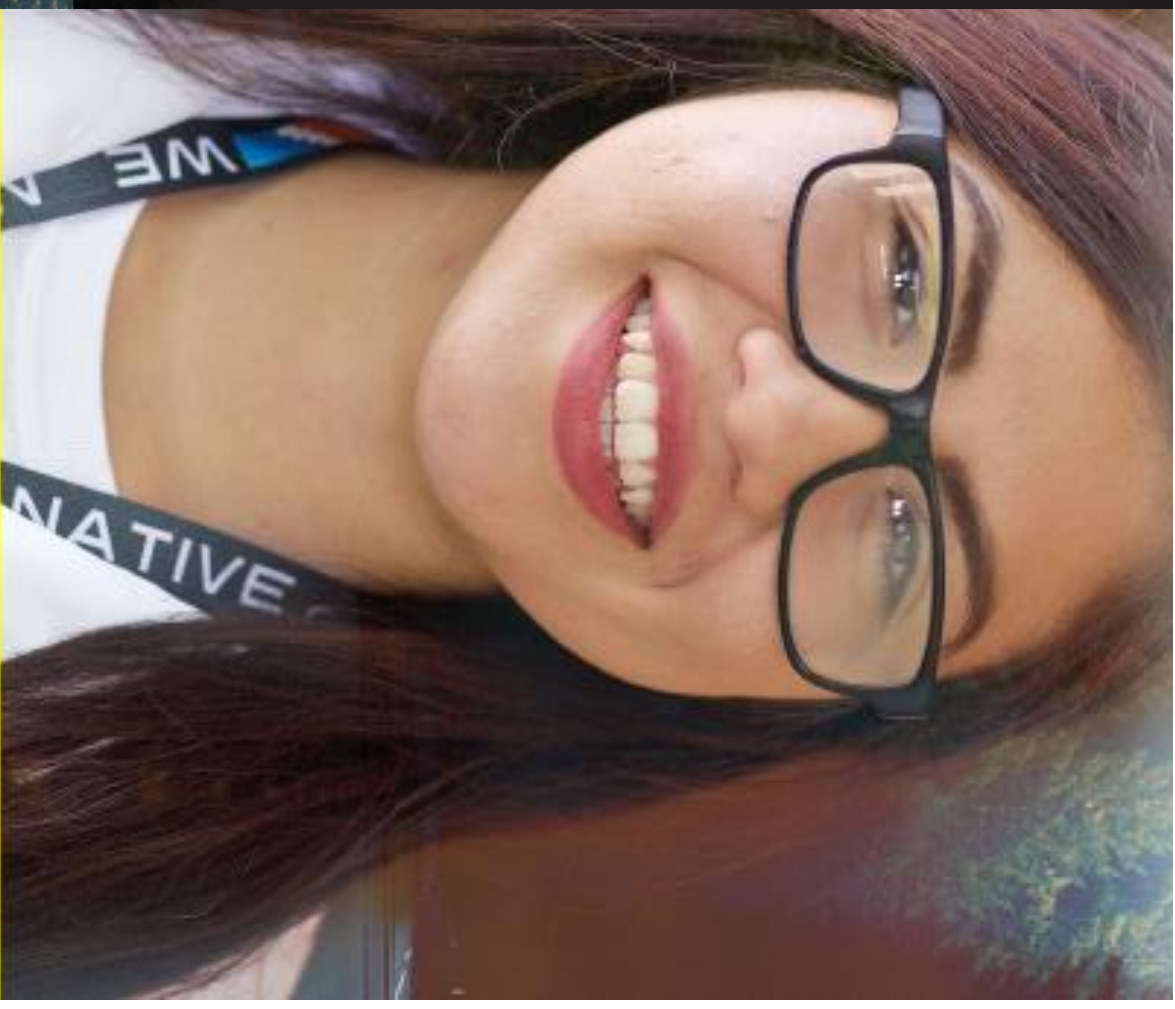
# INTERESTED IN A HEALTH OR WELLNESS CAREER?

Sign up to receive weekly  
tips, one-on-one coaching,  
ideas and inspiration

**TEXT HEALER TO 97779**



WE ARE  
HEALERS



# TEXT HEALER TO 97779



# Question Time



**Use the Chat Box  
or Unmute your  
line to ask...**



## Practice in Action



HEALTHY  
NATIVE  
YOUTH

# Find Curriculum on Healthy Native Youth

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Search for lessons, subjects and video



HOME

CURRICULA

SUBMIT YOUR CURRICULA

RESOURCES

ABOUT

find curricula

## RAISING HEALTHY NATIVE YOUTH THROUGH CULTURALLY RELEVANT HEALTH EDUCATION





## 32 RESPONDING TO CONCERNING POSTS ON SOCIAL MEDIA

GIVE US FEEDBACK



COMPARE CURRICULA



ABOUT	TRAINING	LESSON PLANS	SUPPORTING MATERIALS	CULTURAL RELEVANCE	EVALUATION	REFERENCES
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### ABOUT THIS PROGRAM

Updated: 12/13/2018

Suicide prevention remains challenging among youth, as many do not disclose suicidal ideation to others before attempting suicide. However, emerging research suggests that nearly one-third of AI/AN youth see concerning messages on social media on a daily or weekly basis. This webinar training will prepare adults who work with Native youth to identify youth who post or view concerning posts on social media, and connect them to appropriate services.

**AGE GROUP DESIGNED FOR:** Middle School, High School, Young Adults

**LGBT INCLUSIVE:** No

**PROGRAM SETTING:** Flexible

**DURATION:** 1, 1-hour webinar

**COST TO PURCHASE:** Free

**TEACHER TRAINING OR CERTIFICATION REQUIRED:** NO

**STUDENT TO TEACHER RATIO:** 40:1

**PROGRAM OUTCOMES:** The training improved participants confidence and self-efficacy.

**EVIDENCE OF EFFECTIVENESS:** Promising Practice



DOWNLOAD PROGRAM

# Next Year: What do you want to talk about?

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Last Years Line Up	
9/12/18	Using HNY to Select A Curriculum
10/10/19	Organizational Approval & Youth Recruitment
11/14/19	Implementation Planning & Fidelity Monitoring
12/12/19	Parent Engagement & How to Answer Parent Questions
1/13/19	Youth Engagement: Social Media & Text Messaging
2/13/19	Technical Assistance for Selected Curriculum & Trouble Shooting Tech Issues
3/13/19	Cultural Connectedness: Supporting Curriculum with Enhancement Activities
4/10/19	LGBTQ2S Inclusion
5/8/19	New to the Rez: Becoming an Ally, Understanding & Working with Tribal Communities
6/12/19	Tap into Online Resources: We R Native & I Know Mine
7/10/19	Stay Connected: Community Engagement

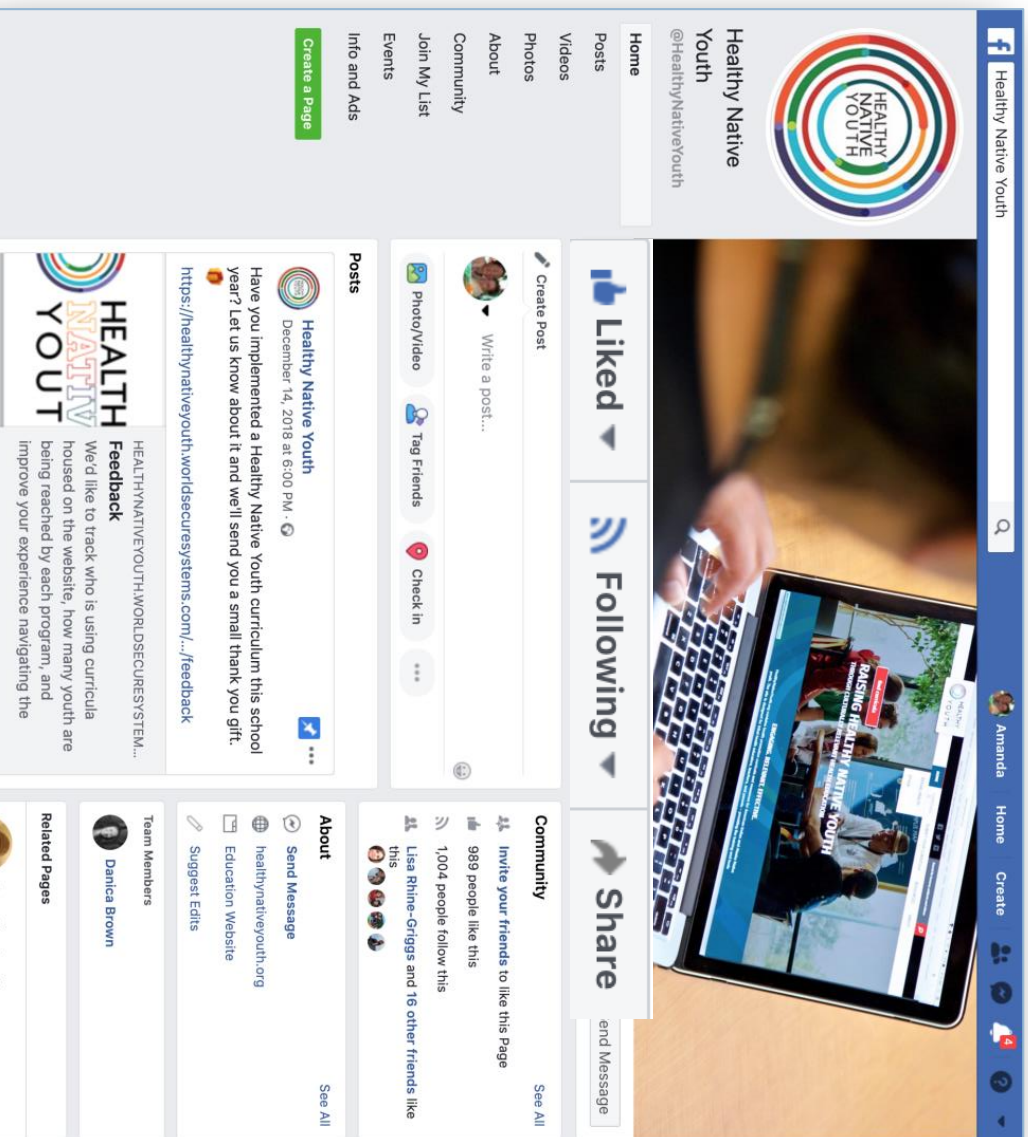
## Use the Chat Box to tell us:

1. What topics do you want to cover?
2. What do you want to know more about?
3. What are you done talking about?
4. Other suggestions for improvement?



# What do you KNOW? What can you SHARE?

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1. Like *Healthy Native Youth* on Facebook,
2. Post to the *Group*
3. Receive a *back-to-school kit!*

# Promotional Materials



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**HEALTHY  
NATIVE  
YOUTH**

[www.healthynativeyouth.org](http://www.healthynativeyouth.org)  
[@healthyN8Vyouth](https://twitter.com/healthyN8Vyouth)  
Listserve: Text "YouthNews" to 22828  
Text Message: Text "Healthy" to 97779

[fb.com/HealthyNativeYouth](https://www.facebook.com/HealthyNativeYouth)  
[native@npaih.org](mailto:native@npaih.org)



## ENGAGING. RELEVANT. EFFECTIVE.

HealthyNativeYouth.org is a one-stop-shop to expand learning opportunities for Native youth. The site includes curricula, trainings, and tools to help you deliver age-appropriate health programs.





# Thinking Ahead...

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## □ Ahead of the Game:

- ▣ How to stay connected over the summer?
- ▣ What's working, what's not?

## □ Who Can I invite to the next call?

*Stay Connected: Community Engagement*

*Guest Speakers: Michelle Singer (NPAIHB)*

*July 10<sup>th</sup> (Wed.), 10-11 am PST*



# Community of Practice Topics

Community of Practice	
9/12/18	Using HNY to Select A Curriculum
10/10/19	Organizational Approval & Youth Recruitment
11/14/19	Implementation Planning & Fidelity Monitoring
12/12/19	Parent Engagement & How to Answer Parent Questions
1/13/19	Youth Engagement: Social Media & Text Messaging
2/13/19	Technical Assistance for Selected Curriculum & Trouble Shooting Tech Issues
3/13/19	Cultural Connectedness: Supporting Curriculum with Enhancement Activities
4/10/19	LGBTQ2S Inclusion
5/8/19	New to the Rez: Becoming an Ally, Understanding & Working with Tribal Communities
6/12/19	Tap into Online Resources: We R Native & I Know Mine
7/10/19	<b>Stay Connected: Community Engagement</b>

# Thank you! Other questions?

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## Contact:

Amanda Gaston

[agaston@npaihb.org](mailto:agaston@npaihb.org)





*This project is funded by the Indian Health Service HIV and behavioral health programs. This work is also supported with funds from the Secretary's Minority AIDS Initiative Fund.*

