

# WE WILL START AT 10:00 AM PST. TALK SOON!



WELCOME TO HEALTHY NATIVE YOUTH 2.0! WHAT'S AVAILABLE & WHAT'S NEW

GUEST SPEAKERS: DR. STEPHANIE CRAIG RUSHING, MICHELLE SINGER, & DR. LAUREN TINGEY

## Today's Agenda



- Welcome & Welcome Back! (3 minutes)
- What's Available (10 minutes)
  - Background & Overview
- What's New (30 minutes)
  - Respecting the Circle of Life
  - Enhancement Activities
  - Community of Practice Layout
  - Resources, Materials, Feedback/ TA Forms
- Discussion Time (15 minutes)
- Closing (2 minutes)

## Welcome & Welcome Back!



# Use the Chat Box to tell us:

- Your Name & Role
- Email Address
- Have you implemented any curricula from HNY?

## Background

...with Dr. Stephanie Craig Rushing, NPAIHB

Email: scraig@npaihb.org

Phone: 503-416-3290



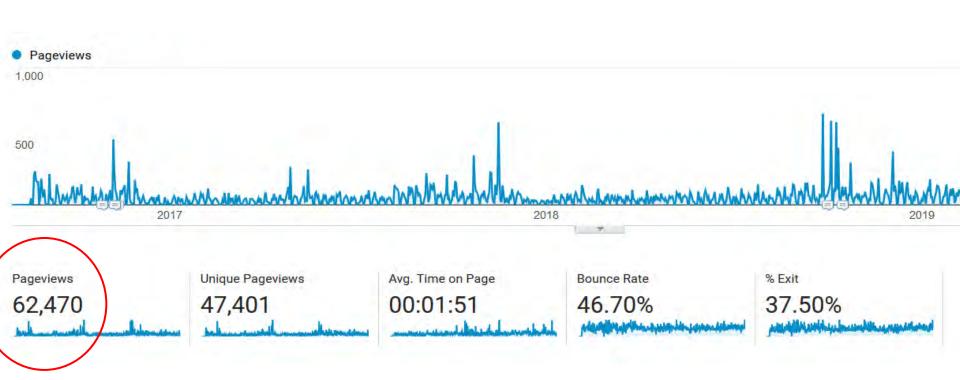


## Happy 3<sup>rd</sup> Birthday!

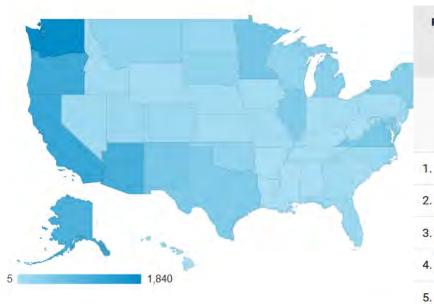
(Born Aug 2016)



## Reach

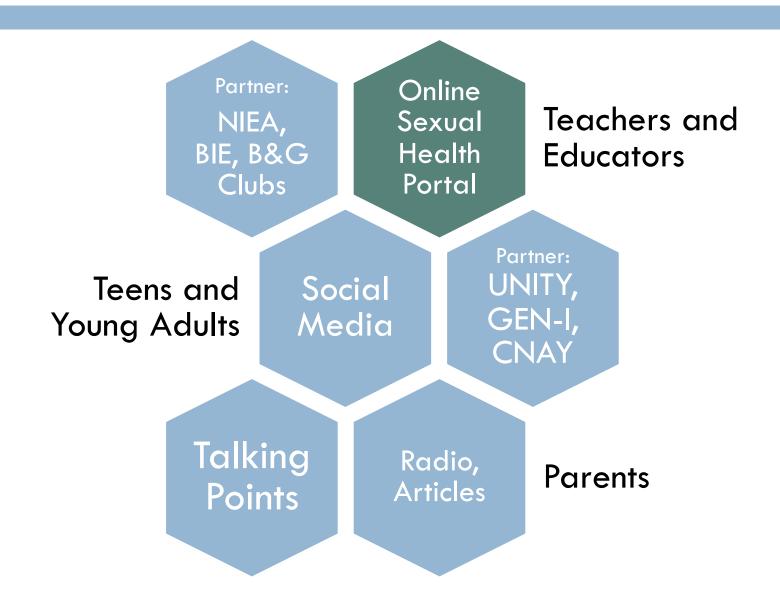


## Reach



R	egion 7	Users ₹ ↓	New Users	Sessions 7
		13,576 % of Total: 88,21% (15,390)	13,745 % of Total: 88.13% (15,597)	21,434 % of Total: 90.20% (23,762)
1.	Washington	1,840 (13.19%)	1,828 (13.30%)	2,766 (12.90%)
2.	California	1,257 (9.01%)	1,219 (8.87%)	1,759 (8.21%)
3.	Oregon	1,212 (8.69%)	1,205 (8.77%)	2,897 (13.52%)
4.	Arizona	1,109 (7.95%)	1,113 (8.10%)	1,841 (8.59%)
5.	Alaska	1,044 (7.48%)	1,049 (7.63%)	1,988 (9.27%)
6.	Minnesota	580 (4.16%)	<b>572</b> (4.16%)	841 (3.92%)
7.	New Mexico	566 (4.06%)	560 (4.07%)	758 (3.54%)
8.	Virginia	507 (3.63%)	502 (3.65%)	<b>551</b> (2.57%)
9.	Texas	<b>458</b> (3.28%)	448 (3.26%)	707 (3.30%)
10.	Illinois	448 (3.21%)	441 (3.21%)	554 (2.58%)

## Communication Strategies



## What's Available

...with Michelle Singer, (Navajo), NPAIHB

Email: msinger@npaihb.org

Phone: 971-282-4001





## Healthy Native Youth 2.0!





### **ENGAGING. RELEVANT. EFFECTIVE.**

HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native





**CURRICULA & LESSONS** 

**RESOURCES & SUPPORT** 

**ABOUT** 

### **ALL CURRICULA**

HEALTHY

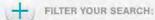


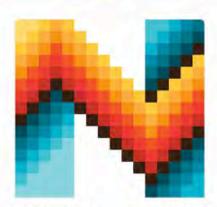
















### WERNATIVE

### **WE R NATIVE TEACHER'S** GUIDE

Ades High School Program Setting In-School Flexible

**VIEW MORE** 

### **NATIVE VOICES**

Ages High School Young Adults Program Setting In-School After-School

VIEW MORE

#### NATIVE IT'S YOUR GAME

Middle School

Program Setting In-School

VIEW MORE



### FINDING THE RIGHT **CURRICULA**

To be effective, health curricula

must be age-appropriate, culturally-relevant, and reflect the values and learning styles of the learners being taught. Finding curricula that meet these requirements for American Indian and Alaska Native youth can be challenging. Healthy Native Youth is a one-stop-shop for educators and health advocates who want to expand learning opportunities for youth. Click on the program name to learn more about each curriculum, including intended age-group, where it can be implemented, and how much time will be required. Lesson plans, handouts, and supplemental materials are also listed there. Many include recorded videos and webinars to help prepare educators to facilitate each program. Finally, we provide information about how the program

Student/Teacher

Ratio

12:2

1:15

40:1

10:2

15:1

20:1

20:2

Any

20:1

Up to 75:1

HOME

**CURRICULA & LESSONS** 

**RESOURCES & SUPPORT** 

Cost

Free

Free

Free

Free

Free

Free

Free

Free

Free

Free (plus cost of

materials for

class activities,

roughly \$500)

**ABOUT** 

Evidence of

Promising

Practice

Emerging

Practice

Promising

Practice Tribal Best

Practice

Promising Practice

**Best Practice** 

Promising

Promising

Practice

Promising

Practice

**Best Practice** 

Best Practice

Practice

Effectiveness

Endor

N/A

N/A

N/A

N/A

N/A

CDC's

Effectiv

Interve

OAH's

Eviden

Certification

Required

No

No

No

No.

No

No

No

No.

No

No

COMPARE

Setting

Flexible

Flexible

Flexible

Flexible

In-

School

Flexible

Flexible

In-

In-

In-

School

School

After-

School

School

Middle

School

High

School

Young

Adults

High

School

Grades

3-5

High

School

Young

Adults

High

School

Middle

School

High

School

Young

Adults

High



11 sessions at 60-90 minutes over 6-11 weeks

No set length - for example it could be used over a weekend or over an entire school year.

The SITV movie runs 35 min. and the supplemental actor interviews are 25 min. The estimated

group discussions. The program could be broken into two 1-1.5 hour sessions: session 1

1 lesson at 35 minutes; 1 lesson at 75 minutes; or 5 lessons at 60 minutes apiece

program duration is 3 hours which includes time for watching the movie and interviews and holding

7 online lessons @ 20 min each + 7 group lessons @ 45 min each

movie/group discussion, session 2 actor interviews/group discussion

GIVE US FEEDBACK



SHOW ALL Check the programs you wish to compare. Then click the "Compare" button.

6		
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Ogitchidag Gikinooamaagad

Gender Matters for Native Youth

Responding to Concerning Posts

Multimedia Circle of Life (mCOL)

Peer Education Program

(GEN-M Native)

on Social Media

Healing of the Canoe

Safe in the Village

Native STAND

Native VOICES

Native It's Your Game

We R Native Teacher's Guide

Name

me			

### Program Duration

20 hour workshop

1, 1-hour webinar

27 sessions (90 minutes each)

13 lessons (30-50 minutes each)

10 lessons, 50 minutes each













## Discussion Time: Use the Chat Box...





Have you implemented any curricula?

What are the pros and cons?

## Selecting a Curricula: Pros & Cons

### Pros

- □ Time
- Implementation Site
- Staff Experience/ Training
- □ No/ Low Cost
- HNY Funding Support
- Technical Assistance
- Parent & YouthEngagement

### Cons

- □ Time
- Implementation Site/Equipment
- Tribal/ SchoolApproval
- Community Support/ Trust
- Parent & YouthEngagement

### **CURRICULUM SUBMISSION FORM**

Step 1 of 3	
ABOUT THE PROGRAM	
Program Name*	
Health Categories (Check all that apply)*  Alcohol and Drug Prevention/Cessation  Healthy Relationships  Other Healthy Life-Skills  Sexual Health  Suicide Prevention  Tobacco Prevention/Cessation  Violence or Bullying Prevention	Evidence of effectiveness (Check all that apply)  Tribal Best Practice  Best Practice  Promising Practice  Leading Practice  Emerging Practice  Endorsements (Check those that apply)
Age Group Designed for*  Grades K - 2  Grades 3 - 5  Middle School  High School  Young Adults	N/A  CDC's HIV Effective Interventions  OAH's Evidence-Based Programs  Evidence-Based Practices Resource Center  Healthy Teen Network  Cancer Control Planet
Adults	Other endorsements

### HAVE QUESTIONS?

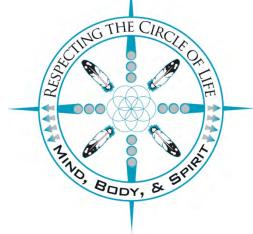
The submission form is 3 pages long. Information entered into the form will automatically be saved so you can come back to complete it later (cookies required). If you have any questions during the submission process, or if you're not sure your program meets our criteria, please email scraig@npaihb.org before submitting the form.

Learn more about the submission process and eligibility criteria.

## What's New!

Respecting the Circle of Life: Mind, Body and Spirit (RCL)

Lauren Tingey, PhD, MPH, MSW







## **RCL: CONTENT & STRUCTURE**

### **Content:**

- ✓ Comprehensive sexual and reproductive health education
- ✓ STIs, HIV/AIDS, pregnancy
- ✓ Condom & contraceptive use skills
- ✓ Communication, problem solving
- ✓ Decision making, partner negotiation
- ✓ Values clarification & goal setting
- ✓ Talking with family about sexual health

### Structure:

- ✓8 sessions: peer groups
- √1 session for youth & parent or other trusted adult



### RCL: DELIVERY

### **Delivery**:

- 8 peer group sessions taught at summer sports camp
  - 2 facilitators for each group (8-12)
- 1 youth/adult session taught at participant's home by one facilitator
- Each lesson lasts 90-120 minutes
- Facilitators are trained paraprofessionals





### **RCL: EVALUATION**

- Establish evidence (2011-2013)
  - RCT; N=267 Youth
  - Evaluated 8 youth lessons; 12 months post
- Extend evidence (2015-2022)
  - RCT; N=1,072 Youth and Parents
  - Evaluating all 9 sessions; 3 years post
  - Tracking STI and pregnancy incidence
- Replicate evidence in new community (2019-2023)
  - Navajo Nation (Chinle)
  - RCT; N=820 Youth and Parents
  - Evaluating all 9 lessons; 9 months post





### RCL: KEY FEATURES

- Camp model ensures:
  - Reaches highest risk youth; not just in school
  - Engagement of both boys and girls
  - High retention through all 8 lessons
- Taught to peer groups:
  - Reflects importance of peers during teen years
- Engages parents or other trusted adults:
  - Recognizes extended family in caregiving and their importance in teen decision making
  - Meet with families in their home
- Delivery by paraprofessionals:
  - Doesn't require educators or professionals
- Complete dissemination package:
  - Implementation guide
  - Supplemental resources guide
  - Training/TA available
  - Online training (December 2020)





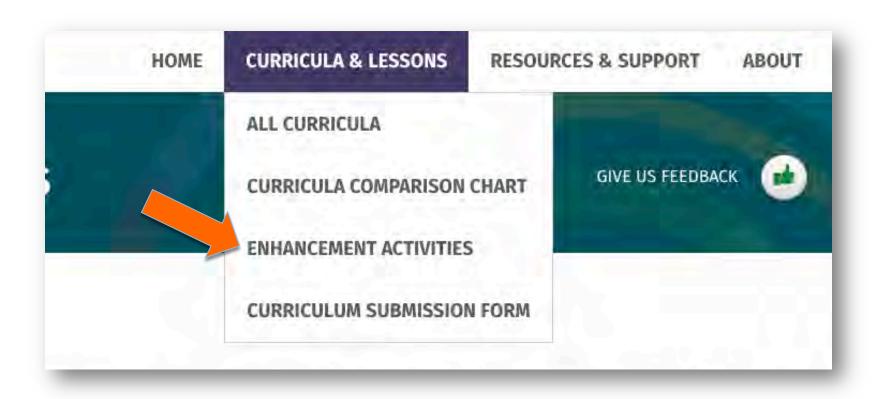
### RCL: ADDITIONAL RESOURCES





- Link to video on how RCL works: <u>https://youtu.be/DiUlleF5QeU</u>
- Link to video on how RCL is being disseminated:
  - https://youtu.be/t29DLDWsf44
- Indian Country Today story on RCL program scaling:
  - https://newsmaven.io/indiancountrytoday/
    the-press-pool/teen-pregnancyprevention-program-for-native-americanyouth-expands-to-minnesota-bY7QeM
    Po1E6EJp1BQiKy7Q/
- Scientific papers available on request

## **Enhancement Activities**



**GIVE US FEEDBACK** 

### **ENHANCEMENT ACTIVITIES**

ALL CURRICULA

**CURRICULA COMPARISON CHART** 

**ENHANCEMENT ACTIVITIES** 

**CURRICULUM SUBMISSION FORM** 



#### **About These Activities**

The Healthy Native Youth Enhancement Activities pull from several evaluated health resources including: Native It's Your Game, We R Native Facilitators Guide, Native STAND, Native VOICES, and Responding to Concerning Posts on Social Media, while other activity guides have been created from scratch. These tools can be used to connect youth to culture as a protective factor, while covering vital information about sexual health, mental health, personal development and rule-setting, identity, dating and relationships, drug and alcohol use, suicide prevention, internet safety, and bullying.

As health educators, we respect curriculum design and pedagogy and encourage you to select a health curriculum that works for you and your site, implementing it from start to finish. We recognize that listening to, focusing on, and incorporating community needs and values into existing programming can also be an effective way to build youths' knowledge and skills. The activities provided here are considered 'enhancement activities' to broaden existing programming, based on your community's needs.

### Age Groups Designed For

- Middle School, Grades 6-8
- · High School, Grades 9-12
- Young Adults, Ages 19-24

### **Health Topics**

- 1. Anatomy and Physiology (Ages: Middle School): Coming Soon
- 2. Bullying (Ages: Middle School, High School): Download the Activity Guide.
- 3. Concerning Posts on Social Media (Ages: Middle School, High School, Young Adults): Download the Activity Guiden
- 4. Condom Demonstration (Ages: Middle School, High School, Young Adults): Coming Soon
- 5. Consent (Ages: Ages: Middle School, High School, Young Adults): Coming Soon
- 6. Cultural Identity (Ages: Ages: Middle School, High School, Young Adults): Coming Soon
- 7. Dating Violence (Ages: High School, Young Adults): Coming Soon

## **Example Activity**



### Bullying: Stand Up. Stand Strong.

This activity was adapted from the We R Native Teacher's Guide.

#### Activity Overview: Stand Up. Stand Strong. (50 minutes)

#### Age Group: Middle School, High School

Activity Purpose: The primary purpose of this activity is to help youth understand their connection to others in the community and to value that connection by not engaging in bullying. The activity also covers important steps in bullying intervention (or bystander intervention) so they may help others in their schools or communities.

#### Youth will:

- Investigate bullying and bystander intervention and ways to help using health resource: We R
   Native
- Summarize what they learned about bullying and bystander intervention
- Evaluate and generate a response to help a peer with bullying

Activity Outline	Core Content Components	Instructional Method	Timing
Welcome and Group Check In	Welcome Participants     The Sacred Circle Activity	Minilecture  Q&A  Large Group Activity/ Cultural Teaching	15 minutes
Introducing Activity Concepts	<ul> <li>Introduction</li> <li>Safety Statement</li> <li>Vocabulary (if time allows)</li> </ul>	Minilecture	3 minutes
Bullying Research Guide	Bullying Research Worksheet     Large Group Sharing     Bullying Intervention     Brainstorm	Small Group Activity Large Group Discussion Brainstorm	17 minutes
Snowball Game	Snowball Game	Large Group Activity	10 minutes
Closing	Final Reflection	Large Group Reflection	5 minutes

## **Example Activity**



Bullying: Stand Up. Stand Strong. Procedures

#### Welcome and Group Check In

#### 1. Welcome Participants (15 minutes)

- Welcome youth, introduce yourself, and direct them where to sit. Tell them about the
  activity topic of the day: Bullying.
- Say, "Today we are going to be doing an activity called Stand Up. Stand Strong. This
  activity will help us see how we are all connected, why it's important for us not to bully
  each other and what we can do when we see bullying happen in our schools or
  programs".
- · Lead the group in a brief activity: The Sacred Circle
- Ask youth to gather in a circle that provides everyone enough room to be in their own space but not too far apart. Tell youth that circles are ancient symbols in many cultures that often symbolize wholeness and connection to one another.
- Read The Sacred Circle story to the students (<a href="https://www.wernative.org/articles/the-sacred-circle">https://www.wernative.org/articles/the-sacred-circle</a>)
- Say, "It's important to understand the role that each of us can play in making everyone in our community feel safe to be themselves. When we do this, we help our community to be whole, just like the brothers in the story."
- Take the yarn and say, "let's each go around and say one thing we'll do to help others in our community be themselves or prevent bullying. Once you say what you will do, take this yarn and gently toss it to someone else in th
- Go around the group until all youth and facilitate
  Once everyone has gone, say, "Thank you all for
  that we all have a responsibility to include one a
  care of our community when we see something
  we're all connected. Today, we'll be talking abou
  in order to stand strong as a community. Let's co
  put it away as a symbol for how we'll care for ea
- · Carefully gather the yarn web together and put i



Adaptation Options: Instead of using the worksheets, have youth get into pairs or groups of 3 and prepare a mini-presentation, public service announcement or role play for their peers. Each group should answer 1-2 of the questions on the worksheet- give them assignments to make this process go faster. Give youth 10 minutes to research and prepare. Have each group present their role play or activity in 1 minute or less. If you choose this option, you'll use all the time allotted in #3 and #4 of this agenda. You may also need to prepare some materials such as poster boards/flip charts, and markers.

#### Introducing Activity Concepts

#### 2. As a group (3 minutes)

 Say, "Today we are going to conduct research on bullying and bystander intervention using the We R Native website. You will answer a few questions and share your answers

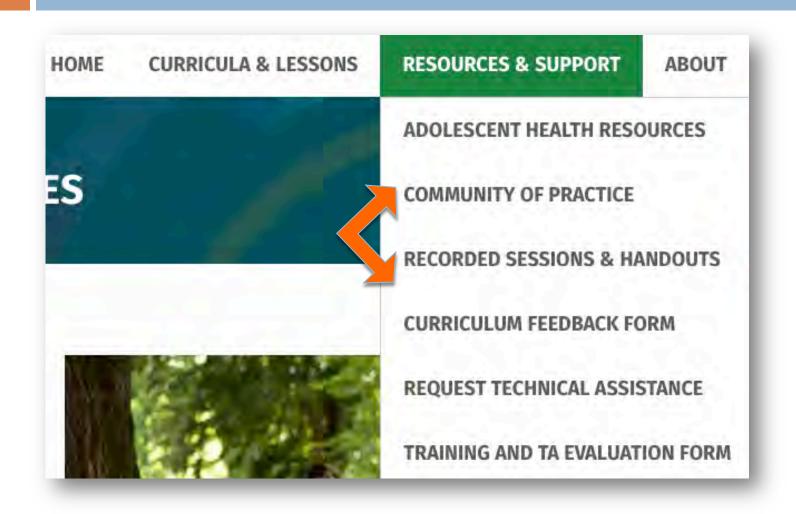
## Which to Try First? Any Missing?



### **Health Topics**

- Anatomy and Physiology (Ages: Middle School)
- Bullying (Ages: Middle School, High School)
- Condom Demonstration (Ages: Middle School, High School, Young Adults)
- Consent (Ages: Middle School, High School, Young Adults)
- Cultural Identity (Ages: Middle School, High School, Young Adults)
- Dating Violence (Ages High School, Young Adults)
- Drugs and Alcohol (Ages: Middle School, High School)
- Healthy Friendships (Ages: Middle School, High School, Young Adults)
- Help Seeking (Ages: Middle School, High School, Young Adults)
- Ice Breakers (Ages: ALL)
- LGBT, Two Spirit, and Sexual Identity (Ages: Middle School, High School, Young Adults)
- Media Literacy (Ages: Middle School & High School)
- Opioid Prevention (Ages: Middle School, High School)
- Personal Rule Setting (Ages: Middle School, High School)
- Responding to Concerning Posts on Social Media (Ages: Middle School, High School, Young Adults)
- Sex Trafficking Safety and MMIR (Ages: Middle School, High School)

## Community of Practice





HOME

**CURRICULA & LESSONS** 

**RESOURCES & SUPPORT** 

**ABOUT** 

### **COMMUNITY OF PRACTICE**



ADOLESCENT HEALTH RESOURCES

COMMUNITY OF PRACTICE

RECORDED SESSIONS & HANDOUTS

**CURRICULUM FEEDBACK FORM** 

### We Are A Community of Practice

We welcome you to join Healthy Native Youth's Community of Practice virtual gatherings held the second Wednesday of every month at 10-11 am PST.

Sessions include new resources and opportunities to engage with topical experts. As a community, we share our strengths and expertise about how we will improve the lives of Native youth.

### **Target Audience**

Tribal health educators, teachers, parents, prevention specialists; people who share a passion for improving the lives of Native youth.

#### **How To Join**

- · At the time of the Community of Practice meeting, please visit https://echo.zoom.us/j/458332611.
- JOIN BY PHONE ONLY: +1 669 900 6833 (MEETING ID: 458 332 611)
  - · Press \*6 to mute your line when not speaking.
- · Join our Healthy Native Youth email listsery or text HEALTHY to 97779 and we'll be sure to send you the connection information each month.

#### Our 2019-2020 Schedule

- 9/11/19: Welcome to Healthy Native Youth 2.0! What's Available & What's New
- 10/9/19: Intro to Evaluation: Gathering Info to Improve Programs
- 44 (40 /40) Pullding Community Connecting Community Destaurables



HOME

**CURRICULA & LESSONS** 

**RESOURCES & SUPPORT** 

ABOUT

### **COMMUNITY OF PRACTICE SESSIONS**



COMMUNITY OF PRACTICE

RECORDED SESSIONS & HANDOUTS

**CURRICULUM FEEDBACK FORM** 

REQUEST TECHNICAL ASSISTANCE

#### TRAINING AND TA EVALUATION FORM



Watch Previously Recorded Sessions & Download Supporting Documents



7/10/19: Stay Connected Community Engagement

Resources:

Stay Connected Community Engagement

Team Building Activities



6/12/19: Tap into Online Resources

Resources:

Tap into Online Resources





5/8/19: New to the Rez: Becoming an Ally - Understanding & Working with Tribal Communities

Resources:

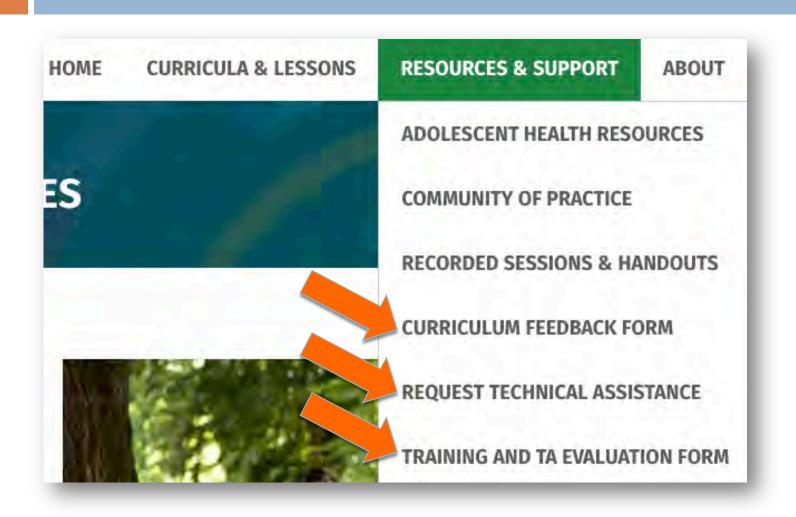
New to the Rez: Becoming an Ally - Understanding & Working with Tribal Communities

Full Video

Indigenous Framework and Approach



## Feedback & TA Requests







**CURRICULA & LESSONS** 

**RESOURCES & SUPPORT** 

ABOUT

### **CURRICULUM FEEDBACK FORM**



COMMUNITY OF PRACTICE

**RECORDED SESSIONS & HANDOUTS** 

CURRICULUM FEEDBACK FORM

REQUEST TECHNICAL ASSISTANCE

TRAINING AND TA EVALUATION FORM

### We appreciate your feedback!

HEALTHY

We'd like to track who is using curricula housed on the site and how many youth are being reached by each program. you're using more than one program, please fill out the form for each program you've implemented in the last 6 months. The survey will take approximately 10 minutes to complete.

N	a	n	1	e	*

First and Last Name

Tribe and/or Organization\*

#### State\*



#### Phone

Cell Phone\*

#### Email\*





HOME

**CURRICULA & LESSONS** 

**RESOURCES & SUPPORT** 

**ABOUT** 

### **REQUEST TECHNICAL ASSISTANCE**

### ADOLESCENT HEALTH RESOURCES

COMMUNITY OF PRACTICE

**RECORDED SESSIONS & HANDOUTS** 

CURRICULUM FEEDBACK FORM

REQUEST TECHNICAL ASSISTANCE

TRAINING AND TA EVALUATION FORM

### Our team is here to support you!

We know selecting and implementing a curriculum can be challenging... Whether it's selecting a program, getting prepared, training a facilitator, or maintaining a program you've already implemented. Let us know how we can help you and we'll follow-up in the next week.

Name	
ivame	

First and Last Name

Tribe and/or Organization\*

#### State\*



#### Phone

Cell Phone\*

## Discussion Time: Use the Chat Box...





What do you think of the navigation of website? Any recommendations?

## Practice in Action



## What do you KNOW? What can you SHARE?

37



Like or Follow
 Healthy Native
 Youth on
 Facebook or IG,
 Post to the Group
 Receive a back to-school kit!

## **Promotional Materials**





### **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...



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

Intro to Evaluation: Gathering Info to Improve Programs Guest Speakers: Nicole Trevino (Nicole Trevino Consulting) & Alexis Contreras (National Indian Child Welfare Association) Date: 10/9/19 (Wed.), 10-11am PST

### Ahead of the Game:

- What am I currently doing to gather information from my youth and community?
- Am I following the basics of evaluation?

### COMMUNITY OF PRACTICE

## 2019-2020 Schedule

Second Wednesday of Every Month

10:00-11:00 AM PST

- 9/11/19 Welcome to Healthy Native Youth 2.0! What's Available & What's New
- 10/9/19 Intro to Evaluation: Gathering Info to Improve Programs
- 11/13/19 Building Community Support: Creating Community Partnerships
- 12/11/19 "All Relations" Communications:
   Broaching "The Talk" & Other Sensitive Topics
- 1/8/20 Who's the Best Health Educator Around?
   Brush up on your Programming & Youth Skills
- 2/12/20 LGBTQ2S Inclusion in the Community & Classroom
- 3/11/20 Supporting Youth Experiencing Trauma in the Classroom & Beyond
- 4/8/20 Social Media: How to do It & Keep Youth Safe!
- 5/13/20 Youth Identity & Healthy Relationships
- 6/10/20 Prevention: Emerging Topics & Challenges
   Youth Face
- 7/8/20 Raising Healthy Native Youth: Creating Positive Pathways

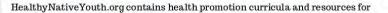
We welcome you to join in Healthy Native Youth's Community of Practice monthly virtual gatherings that include new resources and opportunities to engage with topical experts and others!



### **How to Join**

AT THE TIME OF MEETING, JOIN US VIA ZOOM: HTTPS://ECHO.ZOOM.US/J/45 8332611

JOIN BY PHONE ONLY: +1 669 900 6833 MEETING ID: 458 332 611 PRESS \*6 TO MUTE YOUR LINE WHEN NOT SPEAKING







HOME

**CURRICULA & LESSONS** 

**RESOURCES & SUPPORT** 

**ABOUT** 

### TRAINING AND TA FEEDBACK

ADOLESCENT HEALTH RESOURCES

COMMUNITY OF PRACTICE

**RECORDED SESSIONS & HANDOUTS** 

**CURRICULUM FEEDBACK FORM** 

REQUEST TECHNICAL ASSISTANCE

TRAINING AND TA EVALUATION FORM

### Thank you!

Thanks for requesting technical assistance, attending our training, or participating in our Community of Prato hear whether it was helpful for you, and how we can support other trainees. We appreciate your feedback! The will take approximately 5 minutes to complete.

Name\*

First and Last Name

Tribe or Organization\*

State\*

▼ Alabama

Phone\*

Cell Phone\*

## Thank you! Other questions?

### **Contact:**

**Amanda Gaston** 

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.





WELCOME TO HEALTHY NATIVE YOUTH 2.0! WHAT'S AVAILABLE & WHAT'S NEW

GUEST SPEAKERS: DR. STEPHANIE CRAIG RUSHING & MICHELLE SINGER

September 11, 2019 from 10-11am PST