WE WILL START AT 10:00 AM PST.
TALK SOON!
“ALL RELATIONS” COMMUNICATIONS: BROACHING “THE TALKS” & OTHER SENSITIVE TOPICS
GUEST SPEAKERS: MICHELLE SINGER & PAIGE SMITH

December 11, 2019 from 10-11am PST
Today’s Agenda

- Welcome & Welcome Back! (3 minutes)
- Setting The Stage (5 minutes)
- Caring Adult Communication (20 minutes)
- Resources for Adults & Youth (20 minutes)
- Discussion Time (10 minutes)
- Closing (2 minutes)
Welcome & Welcome Back!

Use the Chat Box to tell us:

• Your Name & Role
• Email Address
• What did the “The Talk” look like for you?
Setting The Stage

...with Michelle Singer (Navajo)
Healthy Native Youth Project Manager, NPAIHB
Email: msinger@npaihb.org, Phone: 971-282-4001
Think back to when you first learned about sex…

What did you learn?
Was it in school, home, or somewhere else?
Was it positive?
Was it comfortable?
How do you want this experience to be for the youth you are engaging?
Build Upon Community Strengths

- Extended family
- Spirituality
- Social connections
- Humor
- Deep commitment to children and elders

Physical Health
- Healthy Weight
- Nutrition
- Physical Activity
- Positive Body Image
- Holistic Sexual Health
- STDs/HIV
- Injury and Violence
- Alcohol, Tobacco and Other Drugs

Social Health
- Self Awareness
- Healthy Relationships
- Healthy Communication
- Social Skills
- Coping Skills
- Peer Pressure

Mental Health
- Grief
- Depression
- Stress
- Suicidal Ideation
- Eating Disorders
- Positive Self Image
- Abuse
- Violence
- Bullying

Spiritual Health
- Traditional Healing
- Connection to Community
- Culture, Values, Traditions
- Religion
- Cultural Pride

Other Emerging Health Topics
Circles of Sexuality

Sexuality encompasses nearly every aspect of our being...

- Spirituality
- Experiences
- Culture
- Institutions
- Professions

- Family
- Individual
- Feelings
- Identity
- Values
- Laws
- Attitudes
…with Paige Smith (Paiute/Modoc/Wasco/Shoshone)
THRIVE and Response Circles Project Coordinator, NPAIHB
Email: psmith@npaihb.org, Phone: 503-228-4185 ext. 306
Principles or beliefs that serve as guidelines to help us make decisions about our behaviors and life choices.

Determined by many factors like: culture, history, personal experiences, perceptions, parents/guardians, friends, education, and religion.
Let's Take a Moment...to Reflect

Teachings

Biases

Your Values & Attitudes

Universal Values

Diversity of Beliefs
## Types of Questions

<table>
<thead>
<tr>
<th>Types of Question</th>
<th>Description</th>
<th>Response</th>
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<tbody>
<tr>
<td>Permission-seeking Questions</td>
<td>Youth may be asking your permission to participate or not participate in a behavior</td>
<td>Youth need clear boundaries: “Let’s sit down and talk about what is and is not okay…”</td>
</tr>
<tr>
<td>“Am I normal” Questions</td>
<td>Youth want to know that what they are experiencing with their bodies and emotions are okay</td>
<td>Validate their concerns: “Many young people worry that…”</td>
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<tr>
<td>Requests for Information</td>
<td>Directly asking for information to clarify or validate understanding</td>
<td>It’s okay to say, “I don’t know, but let’s figure it out together”</td>
</tr>
<tr>
<td>Shock Questions</td>
<td>May be appropriate question with inappropriate vocabulary. Ex. saying “banging” for sex</td>
<td>Answer questions with correct or acceptable words: “Banging is one way to say it, but from now on let’s use sex”</td>
</tr>
<tr>
<td>Personal Beliefs</td>
<td>Youth are curious about emotions, values, and morals</td>
<td>Share your values with your teen and set goals for their relationships together</td>
</tr>
</tbody>
</table>
Resources


- **Centers for Disease Control & Prevention – Talking with Your Teens about Sex: Going Beyond ‘the Talk**: [https://www.cdc.gov/healthyyouth/protective/factsheets/talking_teens.htm](https://www.cdc.gov/healthyyouth/protective/factsheets/talking_teens.htm)

- **I Wanna Know – Be Askable Parent**: [http://www.iwannaknow.org/parent.html](http://www.iwannaknow.org/parent.html)


- **RAINN – Talking to Your Kids About Sexual Assault**: [https://www.rainn.org/articles/talking-your-kids-about-sexual-assault](https://www.rainn.org/articles/talking-your-kids-about-sexual-assault)

- **Trans Student Educational Resources**: [https://www.transstudent.org/](https://www.transstudent.org/)


- **We R Native Factsheets**: [https://www.wernative.org/gear/free-stuff](https://www.wernative.org/gear/free-stuff)

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**Know the Facts Before Answering Sensitive Questions**

When answering youth questions:

- Be simple and brief
- Adolescents are concrete thinkers
- People remember the first and last thing that you say
- Do not use the word you when answering questions

**If you had sex with someone and you found out she was gay, would you get AIDS because she was gay?**

No, the person can only get HIV if he or she has sex with someone else who has HIV. The fact that she is gay has nothing to do with whether or not the person could get HIV.

**Is it okay for me to have sex if I use a condom?**

The only 100% way to avoid getting an STD or getting pregnant is not to have sex. If someone does choose to have sex, a condom will help reduce his/her risk of getting an STD or getting pregnant but remember that condoms are not always 100% effective.

**Is it better for me to have oral sex rather than vaginal sex?**

While someone cannot get pregnant from oral sex, oral sex is not safer than vaginal sex. Someone could get an STD from both vaginal and oral sex.

**Is it normal if I get an erection when I stand in front of the class?**

It is common for boys to get an erection during adolescence. Not all erections are due to sexual excitement but are often caused by changes that are going right now in their bodies.

**Is it safe if you have sex standing up?**

Any time someone has sex—oral, vaginal, or anal—they are at risk for getting pregnant or getting an STD.

**Besides vaginal sex, is there any other way a girl can become pregnant?**

Pregnancy is possible anytime sperm comes in close contact with the vagina which can be during anal sex or sexual touching between the penis and vagina.

**If you have oral sex, does it mean you are still a virgin?**

There are many different beliefs about what virginity means. However, the most important thing to remember is that oral sex is sex and can increase the risk for STD's and HIV.
### The Big Picture

#### Challenges

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<tbody>
<tr>
<td>Sexual Health Messaging in Alaska &amp; Indian Country</td>
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<tr>
<td>Traditional &amp; Contemporary Social Norms</td>
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<tr>
<td>Culturally relevant adolescent sexual health education curricula</td>
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#### The Upside

National Infrastructure – We R Native & Healthy Native Youth

#### The Solution

1:1 communication between youth and caring adult

Source: Native It’s Your Game
### Impacts on Sexual Health

<table>
<thead>
<tr>
<th>Factor</th>
<th>Impact</th>
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<tbody>
<tr>
<td>Rural Geography</td>
<td>Access to Services</td>
</tr>
<tr>
<td>Inadequate Services</td>
<td>STD/HIV screening</td>
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<tr>
<td>Social Climate</td>
<td>Social Norms</td>
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<tr>
<td>Traditional &amp; Contemporary Cultural Values</td>
<td>Stories</td>
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<tr>
<td>Historical Trauma</td>
<td>Substance Abuse, Sexual Violence</td>
</tr>
<tr>
<td>Family Structure</td>
<td>Circles of Support</td>
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</table>

Source: Native STAND
Tips for Answering Questions

When Answering Sensitive Questions...

- Be simple and brief
- Adolescents are concrete thinkers
- People remember the first and last thing that you say
- Do not use the word “you” when answering questions
- “Does my answer relay what I model on the daily?”
# No Matter What...

<table>
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<tr>
<th><strong>DO</strong></th>
<th><strong>DON’T</strong></th>
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<tr>
<td>Listen. Really Listen vs. Hearing</td>
<td>Be Dismissive</td>
</tr>
<tr>
<td>Stay calm and patient</td>
<td>Put Down or Judge</td>
</tr>
<tr>
<td>Come from a place of concern</td>
<td>Respond in an emotional/angry state</td>
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<tr>
<td>Present the facts</td>
<td>Threaten</td>
</tr>
<tr>
<td>Incorporate Traditional Stories</td>
<td>Issue an unreasonable punishment</td>
</tr>
<tr>
<td>Acknowledge when your youth is doing something awesome!</td>
<td>Call out/embarrass them</td>
</tr>
<tr>
<td>Affirmation is always a good practice!</td>
<td></td>
</tr>
</tbody>
</table>
Use the Chat Box to...

SHARE
What strategies have you found helpful to overcome this challenge?
...with Michelle Singer (Navajo)
Healthy Native Youth Project Manager, NPAIHB
Email: msinger@npaihb.org, Phone: 971-282-4001
Meeting Youth Where They Are At

LOVE IS IN THE AIR
Everyone deserves a healthy relationship

WE ARE NATIVE
For Native Youth, by Native Youth.
What percent of Native youth say they do the following on a DAILY basis?

- 76% Go online from a phone or mobile device
- 62% Use Snapchat
- 53% View Instagram
- 63% Visit Facebook
- 44% See people stirring up drama on social media
- 35% See references to violence on social media
- 29% See people posting concerning messages (depression, suicide, self-harm, etc)
- 24% Experience people supporting them through tough times on social media
What’s important to Native youth...
Priority Mental Health Topics

- Mental Wellness Skills: 15%
- Suicide: 11%
- Trauma, Intergenerational Trauma, PTSD: 11%
- Stress: 15%
- Unhealthy Relationships: 7%
- Anxiety: 7%
- Other MH Topic: 7%
- Anger, Anger Management: 4%
- Addiction: 4%
- Grief or Depression: 19%
Suicide

Suicide is a troubling topic that most of us would rather not deal with, but suicide is reality, and it is more common than we would like to think. By reaching out however, we will discover that there is help and that we are not alone. By paying attention to warning signs, talking about it, and thinking about it, we can help prevent it.
I'm worried about a friend who keeps posting depressing music lyrics and sharing posts about dying. Do you think I should be worried?

Hey there. Thank you for caring enough about your friend to write in. If something is worrying you, listen to that, don’t shrug it off. Trust your gut and have confidence you’re doing the right thing.

It sounds like your friend might be reaching out by sharing posts around depression and death. Here are some other warning signs to look out for:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
Embarrassed about going to community college...

https://www.youtube.com/watch?v=esgoJigRaM4
Dating and relationships can be fun and exciting, but they can also be really confusing. Once you know the person that you like also likes you, you might not know what to do next. The first step is to decide if you want a relationship.

SHARE:  

WHEN THINGS AREN'T WORKING OUT

Like any relationship, there can be times that you argue or g..
Sex

People define "sex" in different ways. The Merriam-Webster dictionary defines it as "sexually motivated behavior." This sounds right to us. But not everyone agrees with the dictionary or with us. However you define it, being sexual with another person — whether that means kissing, touching, or intercourse — involves a lot of responsibility.
Healthy Native Youth Website

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 was designed or adapted, and evaluated with AI/AN youth.
An Elder’s wisdom is invaluable. So when an Elder speaks, you know to listen. Episode 2 of Native VOICES drops tomorrow at 3pm. #StopTalking #ILikeTheMintyOnes Text SEX to 97779 to learn more
Responding to Concerning Posts on Social Media

https://www.youtube.com/watch?v=tnAr5QqX29k&feature=youtu.be&t=70
Native. Two Spirit. LGBTQ #BornSacred

http://www.npaihb.org/2slgbtq/
The Talks — Spilling The “T”
Caring Adult Text Messaging

• “The Talks”: a text messaging program for parents/guardians with support and resources to begin talking about sex and sexual health with their youth.

• **Weekly Message** sequence

• Topics include:
  • Healthy Relationships
  • Refusal & Consent
  • Identity
  • Condom Use/Birth Control
  • Sexual health
  • STD Facts
  • Personal Health & Communication
Discussion Time: Use the Chat Box...

Use the Chat Box to tell us what you think...

What do we KNOW? What can we SHARE?
Practice in Action

HEALTHY NATIVE YOUTH
RAISING HEALTHY NATIVE YOUTH
THROUGH CULTURALLY RELEVANT HEALTH EDUCATION

ENGAGING. RELEVANT. EFFECTIVE.

HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native
What do you KNOW? What can you SHARE?

1. Like or Follow Healthy Native Youth on Facebook or IG,
2. Post to the Group
3. Receive a back-to-school kit!
Promotional Materials

HEALTHY NATIVE YOUTH

www.healthynativeyouth.org
@healthyN8Vyouth
Listserve: Text “YouthNews” to 22828
Text Message: Text “Healthy” to 97779
fb.com/HealthyNativeYouth
native@npaihb.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...

- **Who Can I invite to the next call?**
  
  *Title: Who’s The Best Health Educator Around? Brush Up on Your Programming & Youth Skills*

  *Guest Speakers: Nasheen Sleuth (Navajo) - Clinic Counselor & Will Hess (Klamath) – Lead Youth Initiative Coordinator*

  *Date: January 8, 2020 (Wed.), 10-11am PST*

- **Ahead of the Game:**
  
  - How are my classroom and behavior management skills?
  - How do I take care of myself?
COMMUNITY OF PRACTICE

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
- 11/13/19 Building Community Support: Creating Community Partnerships
- 12/11/19 "All Relations" Communications: Broaching "The Talk" & Other Sensitive Topics
- 1/8/20 Whose 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

Second Wednesday of Every Month
10:00-11:00 AM PST

How to Join
JOIN BY PHONE ONLY: +1 669 900 6833
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.
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