



# HEALTHY NATIVE YOUTH

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

“All Relations” Communications: Broaching “The Talks”  
& Other Sensitive Topics



# HEALTHY<sup>2</sup> NATIVE YOUTH

**“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!

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Use the Chat Box to tell us:

- Your Name & Role
- **Email Address**
- What did the “The Talk” look like for you?



*Northwest Portland Area  
Indian Health Board*  
Indian Leadership for Indian Health



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## Setting The Stage

...with **Michelle Singer** (*Navajo*)

Healthy Native Youth Project Manager, NPAIHB

Email: [msinger@npaihb.org](mailto:msinger@npaihb.org), Phone: 971-282-4001





# Memory Search

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?*





Trusted source

Comfortable

Respectful

**How do you want this experience to be  
for the youth you are engaging?**

Correct

Safe

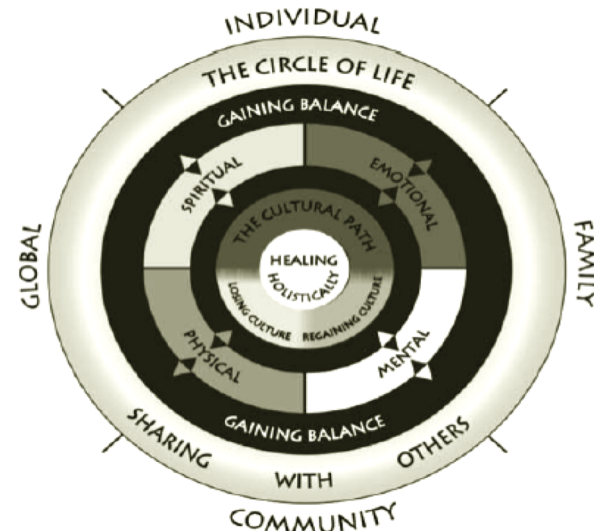
Non-judgmental



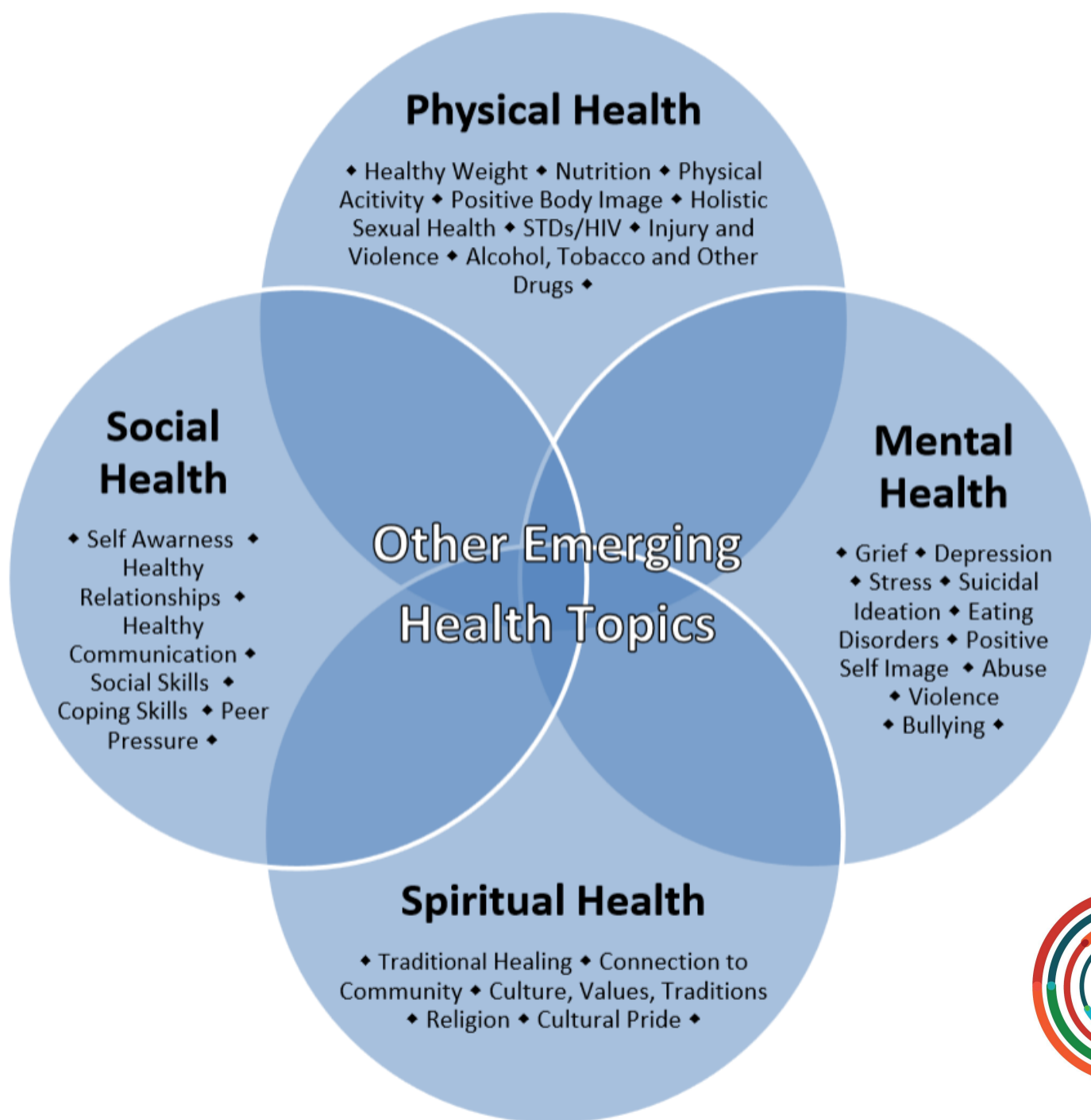
# Build Upon Community Strengths



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







# Circles of Sexuality

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Sexuality encompasses nearly every aspect of our being...





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## Caring Adult Communication

...with **Paige Smith** (*Paiute/Modoc/Wasco/Shoshone*)  
THRIVE and Response Circles Project Coordinator, NPAIHB  
Email: [psmith@npaihb.org](mailto:psmith@npaihb.org), Phone: 503-228-4185 ext.  
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Principles or beliefs that serve as guidelines to help us make decisions about our behaviors and life choices.

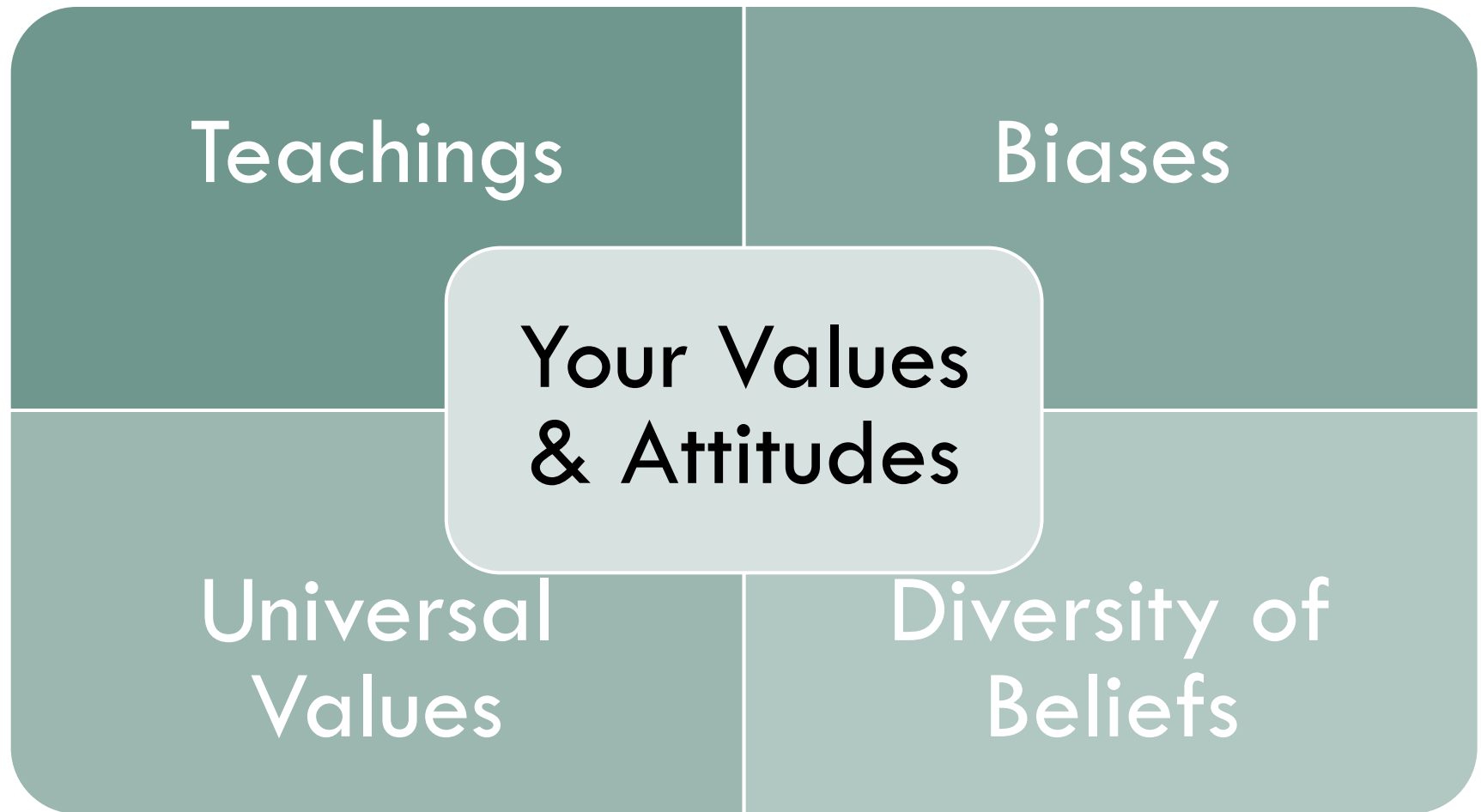
# CORE VALUES

Determined by many factors like: culture, history, personal experiences, perceptions, parents/guardians, friends, education, and religion.

# Let's Take a Moment...to Reflect



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# Types of Questions

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





# Resources

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- **IKnowMine - Chat Pack:**  
<https://www.iknowmine.org/Default.aspx?A=Search&ID=/search-results>
- **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>
- **Child Mind Institute – How to Talk to Kids About Sex & Consent:**  
<https://childmind.org/article/how-talk-kids-sex-consent-boundaries/>
- **RAINN – Talking to Your Kids About Sexual Assault:**  
<https://www.rainn.org/articles/talking-your-kids-about-sexual-assault>
- **Trans Student Educational Resources:**  
<https://www.transstudent.org/>
- **Amaze. More Info. Less Weird:**  
<https://amaze.org/>
- **We R Native Factsheets:**  
<https://www.wernative.org/gear/free-stuff>

## 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

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## Challenges

Sexual Health Messaging in Alaska & Indian Country

Traditional & Contemporary Social Norms

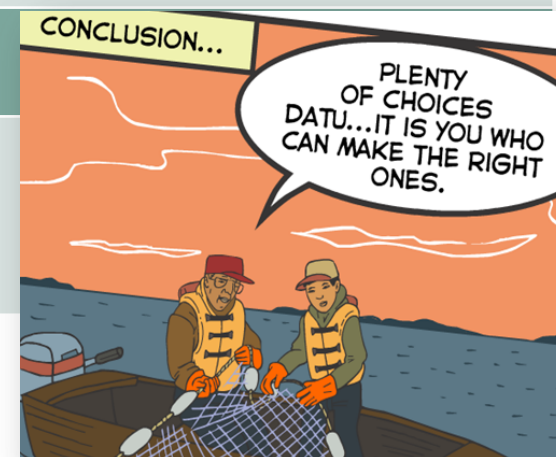
Culturally relevant adolescent sexual health education curricula

## 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

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Factor	Impact
Rural Geography	Access to Services
Inadequate Services	STD/HIV screening
Social Climate	Social Norms
Traditional & Contemporary Cultural Values	Stories
Historical Trauma	Substance Abuse, Sexual Violence
Family Structure	Circles of Support


**Coyote's Carelessness**

- What was Coyote's motivation for his actions?
- Was Coyote's behavior acceptable?
- Why didn't the other sisters get suspicious?




**Coyote Dances with a Star**

- What lesson do you think Coyote learned from his experience with the first star?
- What did he learn from the comet?
- Why didn't he learn his lesson after the first star and not try and dance with the stars again?




**Coyote and the Mallard Duck**

- What was Coyote's motivation behind his actions?
- Was his behavior acceptable?
- What could the sisters have done differently to prevent this from happening?
- How was the sick girl healed?
- Did Coyote deserve to be recognized as a powerful?




**Iktome and the Ignorant Girl**

- What was Coyote's motivation behind his actions?
- Was his behavior acceptable?
- Does the girl realize what is happening to her?
- What could have the girl done differently to prevent this from happening?
- What will happen to the girl now? How will she be treated? How will she behave?




**Tolowim Woman and Butterfly Man**

- What did the woman hope to gain?
- Why didn't the woman hang onto the first Butterfly Man, as he instructed her to?



**The Woman Who Loved a Serpent Who Lived in a Lake**

- Did the woman know she would kill her husbands if she had sex with them? Did she mean to kill her husbands?
- Why did the last husband get suspicious?
- What did she die from?



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...

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## DO

Listen. Really Listen vs. Hearing

Stay calm and patient

Come from a place of concern

Present the facts

Incorporate Traditional Stories

Acknowledge when your youth is doing something awesome!

Affirmation is always a good practice!

## DON'T

Be Dismissive

Put Down or Judge

Respond in an emotional/angry state

Threaten

Issue an unreasonable punishment

Call out/embarrass them

# Use the Chat Box to...



**SHARE**  
What  
strategies  
have you  
found helpful  
to overcome  
this  
challenge?





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## Resources for Adults & Youth

...with **Michelle Singer** (*Navajo*)

Healthy Native Youth Project Manager, NPAIHB

Email: [msinger@npaihb.org](mailto:msinger@npaihb.org), Phone: 971-282-4001

# Meeting Youth Where They Are At



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MENU



**LOVE IS IN THE AIR**  
Everyone deserves a healthy relationship

[learn more](#)

**WERNATIVE**

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



63%

Visit facebook

62%



use snapchat



53%

view instagram



45%

see references to drugs or alcohol on social media

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)

HELP AND SUPPORT  
24%

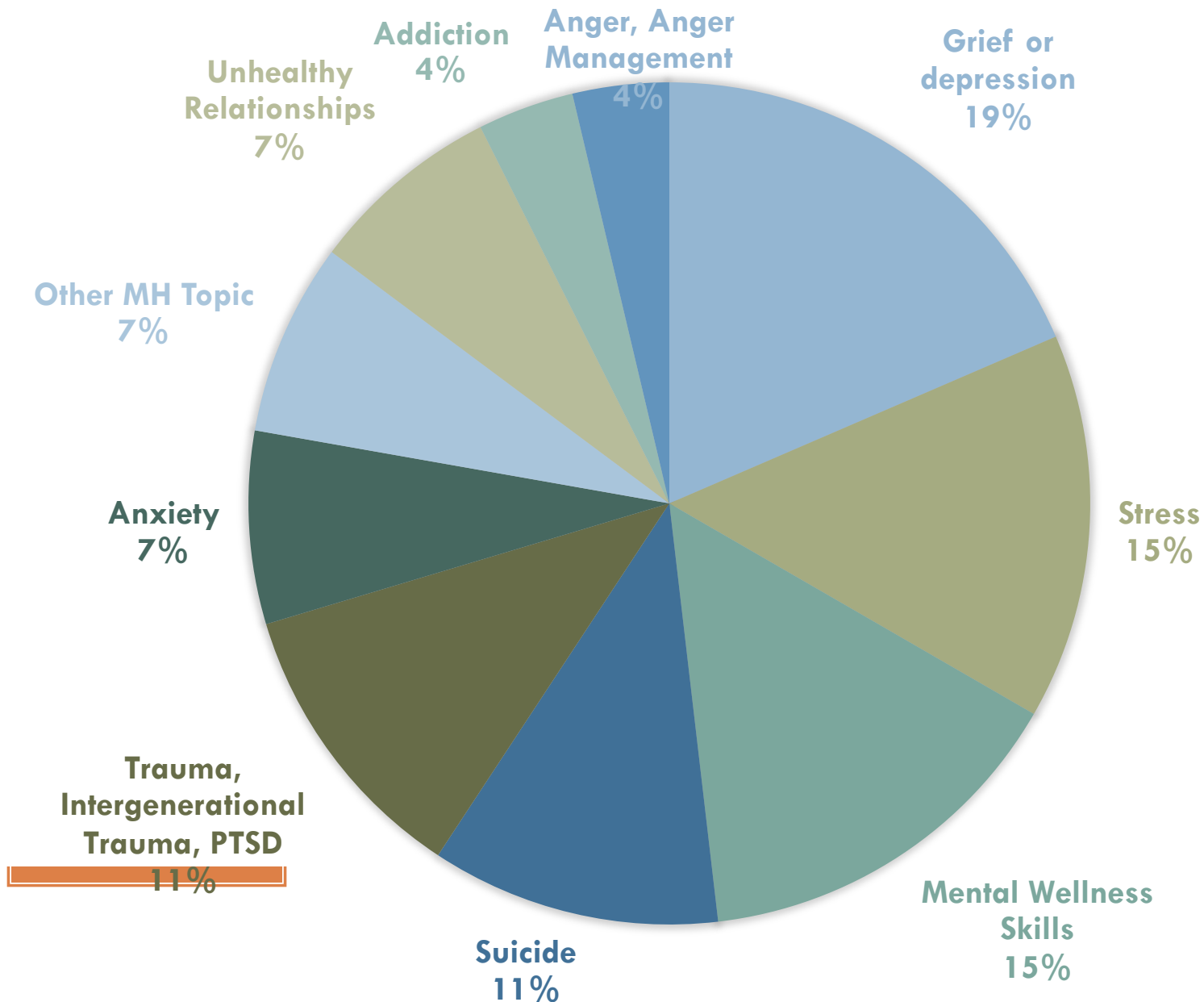
experience people supporting them through tough times on social media

# What's important to Native youth...

A word cloud illustrating factors important to Native youth. The words are arranged in a horizontal, overlapping manner. The largest word is "Health". Other prominent words include "Mental", "Tobacco", "Sexual", "Alcohol", "Drugs", "Culture", "Spirituality", "Physical", "Relationships", "Fitness", "Exercise", "Diet", "Violence", "Nutrition", "Smoking", and "Education". The words are in various shades of green, brown, and blue.



# Priority Mental Health Topics





Back to Mail

wernative.businesscatalyst.com

9:58 AM

# WERNATIVE MY MIND



## Suicide

Suicide is a troubling topic that most of us would rather not deal with, but suicide is a reality, and it is more common than we would like to think. By reaching out however, we will discover that there is hope and that we are not alone. By paying attention to warning signs, talking about "unthinkable" getting connected with







MENU

WERNATIVE



# ASK AUNTIE QUESTIONS

## 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



How do I explain being Native to someone who's only heard bad stuff?

How do I start a gay straight alliance club (GSA) at my school?

How do you use a condom?

I am a boy. I like this girl. Should I go talk to her?

What financial aid is available for college students?

## Ask Auntie!

You've got questions, she's got answers!

## WeRNative.org

Visit Us Online



Embarrassed about going to community college...

45 views • Sep 22, 2019

4 0 SHARE SAVE ...

<https://www.youtube.com/watch?v=esgoJigRaM4>



MENU

WERNATIVE

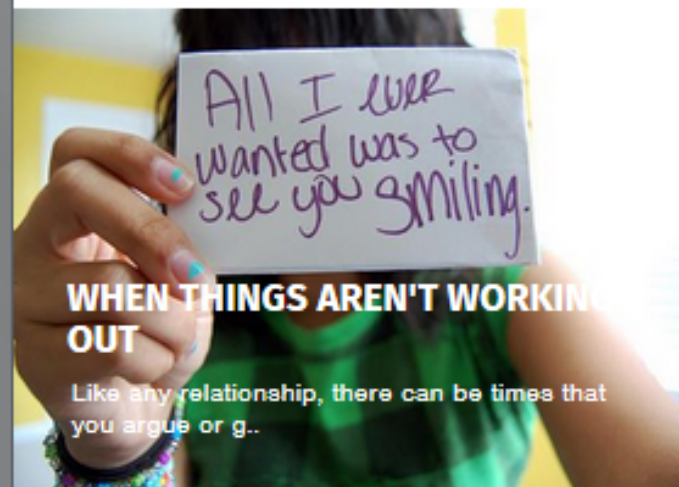


# RELATIONSHIPS & DATING

## Dating

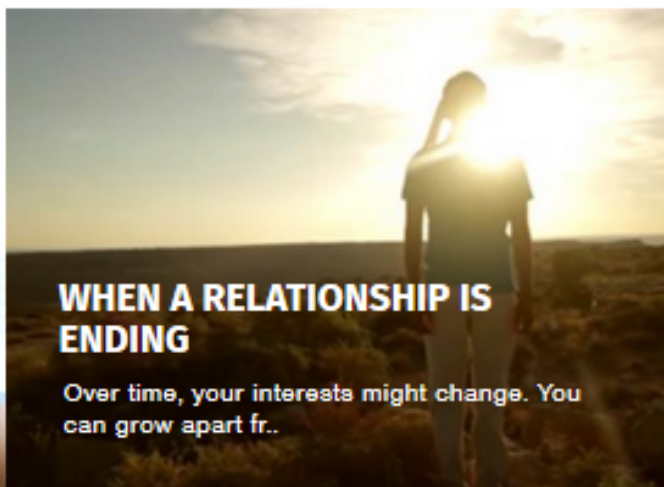
Dating and relationships can be fun and exciting, but they can also be really confusing. Once you know the person that you like also likes you, you might not know what to do next. The first step is to decide if you want a relationship

share:   



### WHEN THINGS AREN'T WORKING OUT

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



### WHEN A RELATIONSHIP IS ENDING

Over time, your interests might change. You can grow apart fr..



### MANAGING RELATIONSHIP PRESSURES

When you're in a sexual or romantic relationship, you might exper..





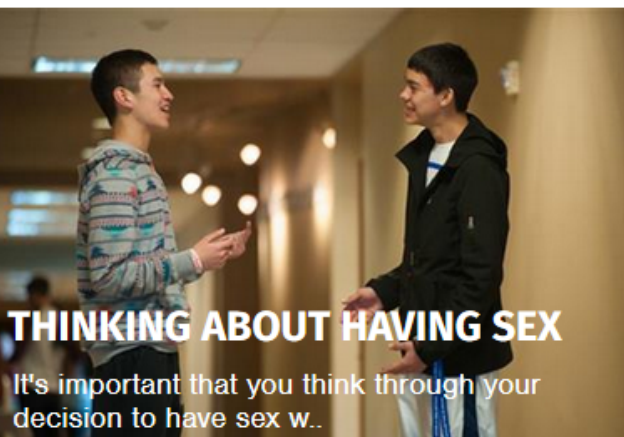
# SEXUAL HEALTH

## 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.



share:   



### THINKING ABOUT HAVING SEX

It's important that you think through your decision to have sex w..



### TOP 10 SEX MYTHS

MYTH #10: If I use birth control, I don't need to worry about STD..



### STEPS TO PUTTING ON A CONDOM CORRECTLY

Check the date on the condom. Make sure it hasn't expired. If t..




TEXT SEX TO 97779



# Healthy Native Youth Website



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HEALTHY  
NATIVE  
YOUTH




HOMECURRICULA & LESSONSRESOURCES & SUPPORTABOUT


Search for lessons, subjects and videos

ALL CURRICULA

GIVE US FEEDBACK

COMPARE CURRICULA

VIEW:    FILTER YOUR SEARCH:

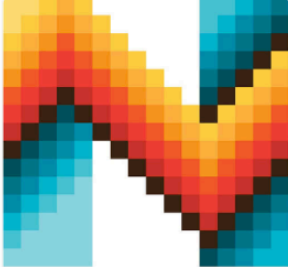


RESPECTING THE CIRCLE OF LIFE

Ages  
middle-school  
high-school  
young-adults

Program Setting  
community-based

VIEW MORE




WERNATIVE

WE R NATIVE TEACHER'S GUIDE

Ages  
high-school

Program Setting  
flexible

VIEW MORE




NATIVE VOICES

Ages  
high-school  
young-adults


Program Setting  
in-school  
after-school

VIEW MORE


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.



Native



SAFE



Circle of Life



**We R Native**

Published by Tribal Epicenter [?] · 16 hrs ·



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



[https://www.youtube.com/watch?v=xa8xwUg\\_gxU&index=1&list=PLvLf7yZ2zQFOVbQ6ErG0spR\\_GHK2dVNq](https://www.youtube.com/watch?v=xa8xwUg_gxU&index=1&list=PLvLf7yZ2zQFOVbQ6ErG0spR_GHK2dVNq)



[www.youtube.com](http://www.youtube.com)

YouTube / E3

Search



## Safe in the Village - Episode 1



iknowmine

✓ Subscribed

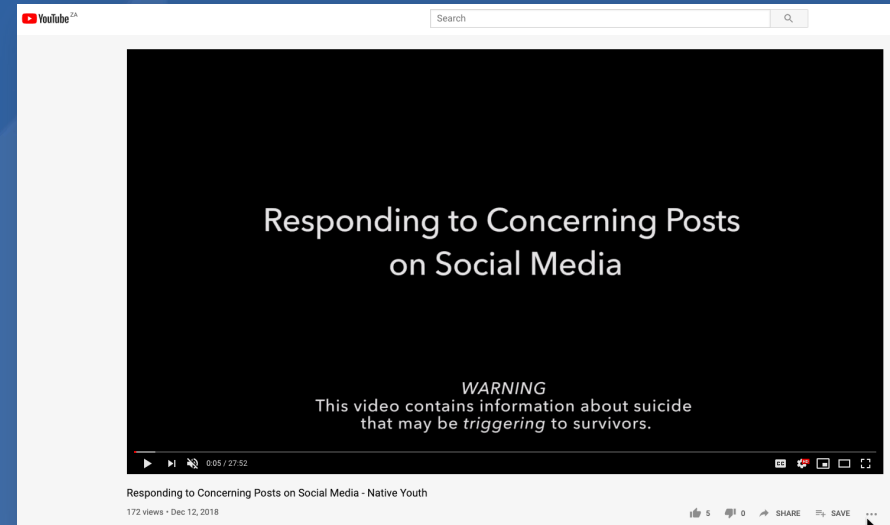


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SAFE  
*in the*  
VILLAGE

16 views

# 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 screenshot shows the website npaihb.org/2slgbtq/. At the top, there are three blue buttons: "I'M A PROVIDER.", "I'M AN ALLY.", and "I'M LGBTQ. I'M TWO SPIRIT.". Below these are four white buttons: "Two Spirit and LGBTQ", "Provider", "Ally", "Print Materials", and "Contact Us". The main content area features a large orange banner with the text "Native. Two Spirit. LGBTQ. #BornSacred" and a stylized illustration of a feathered headdress. To the right of the banner is a portrait of a young man with dark hair, wearing a striped shirt and a necklace. Below the portrait is a "Connect with us!" button and a link to "For Email Newsletters you can trust.". Below the banner, there is a "Featured" section with three items: a poster titled "ACCEPTED #WENEEDYOUHERE" showing two young men, a poster titled "Celebrating Our Magic:" with a colorful geometric pattern, and a poster titled "Resources for American Indian/Alaska Native transgender and Two-Spirit youth, their relatives and families, and their healthcare providers" with a large stylized "N" logo and the text "WERNATIVE.ORG".

# 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



# Healthy Native Youth



Search for lessons, subjects and videos



HOME

CURRICULA & LESSONS

RESOURCES & SUPPORT

ABOUT

find curricula

## 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?

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

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## □ **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

**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** 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



**HEALTHY  
NATIVE  
YOUTH**

## How to Join

**AT THE TIME OF MEETING,  
JOIN US VIA ZOOM:  
[HTTPS://ECHO.ZOOM.US/J/45  
8332611](https://echo.zoom.us/j/458332611)**

**JOIN BY PHONE ONLY:  
+1 669 900 6833**



# 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.*



HEALTHY  
NATIVE  
YOUTH



# HEALTHY NATIVE YOUTH

**“ALL RELATIONS” COMMUNICATIONS: BROACHING  
“THE TALKS” & OTHER SENSITIVE TOPICS**

**GUEST SPEAKERS: MICHELLE SINGER & PAIGE SMITH**

December 11, 2019 from 10-11am PST