WE WILL START AT 10:00 AM PST.
TALK SOON!
HEALTHY NATIVE YOUTH

2SLGBTQ INCLUSION IN THE COMMUNITY & CLASSROOM

GUEST SPEAKERS: MICK ROSE WAGGONER, BRIDGET VALENZUELA, MORGAN THOMAS, RENEA MENCHACA

February 12, 2020 from 10-11am PST
Today’s Agenda

- Welcome & Welcome Back! (3 minutes)
- Introduction (12 minutes)
- Level 1 – Just Getting Started (10 minutes)
- Level 2 – We’re Getting There (10 minutes)
- Level 3 – Let’s Celebrate (8 minutes)
- Discussion Time (15 minutes)
- Closing (2 minutes)
Welcome & Welcome Back!

Use the Chat Box to tell us:

• Your Name & Role
• Email Address
• How are you gauging what level of readiness your community is at?
Introduction

...with Mick Waggoner, Dine, Omaha, Pawnee

Pronouns: They/Them

Organization: Native American Youth and Family Center

Email: mickrosew@nayapdx.org

Phone: 503-288-8177 x 212
Support & Acceptance

- Becoming a good accomplice and health educator
- Centering youth’s hierarchy of needs
- What this might look like to someone in the 2SLGBTQ community
Maslow's hierarchy of needs

1. Physiological needs
   air, water, food, shelter, sleep, clothing, reproduction

2. Safety needs
   personal security, employment, resources, health, property

3. Love and belonging
   friendship, intimacy, family, sense of connection

4. Esteem
   respect, self-esteem, status, recognition, strength, freedom

5. Self-actualization
   desire to become the most that one can be
## Internal Work: Becoming an Ally

**Suspend Judgements, be they from society or religion**

**Seek Knowledge in order to Resource and Educate yourself**

**Learn Language**
- Gender Identities
- Sexual Identities

**Find stories of Individuals to build empathy and compassion**
- Documentaries: There’s Heart Here, Decolonize Love, Fire Song, etc
- Podcasts: All My Relations, Gender Reveal
- Support Art, Culture and Music of 2SLGBTQ folx in your community

**Trainings and Workshops locally and online**
- Aorta
- Montana Two Spirit Society
- Family Acceptance Project
## Support: Becoming an Accomplice

### External Work: Being an Accomplice for Systemic Change

**It ALL Starts with you…TAKE ACTION**

<table>
<thead>
<tr>
<th>Action</th>
<th>Resource</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attend a Pflag Meeting</td>
<td><a href="https://pflag.org/glossary">https://pflag.org/glossary</a></td>
</tr>
<tr>
<td>Texting resource</td>
<td>• Text ALLY to 97779</td>
</tr>
<tr>
<td></td>
<td>• Text 2SLGBTQ to 97779</td>
</tr>
<tr>
<td>Watch</td>
<td>Queer Kids Video series</td>
</tr>
<tr>
<td>Create visibility of Safer Spaces</td>
<td>Signage, Pins, Ensuring Magazines available</td>
</tr>
<tr>
<td>Interrupt homophobia and transphobia</td>
<td>• Using pronouns proactively</td>
</tr>
<tr>
<td></td>
<td>• Asking others for their pronouns and name, ensuring those are respected</td>
</tr>
<tr>
<td></td>
<td>• Identifying Gender Neutral toilets and single user toilets and ensuring there is signage for folx use</td>
</tr>
</tbody>
</table>

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**Systemic Change**

- Tribal Equity Toolkit
- Indigenzing+Love Toolkit
Goal:
To successfully integrate the voice, expertise, and resources from all community members to improve the health and well-being of our 2SLGBTQ youth.
Indigenizing+Love Toolkit

https://www.westsandstatescenter.org/indigenizinglove

INDIGENIZING LOVE
A Toolkit for Native Youth to Build Inclusion

INDIGENIZING LOVE TOOLKIT HIGHLIGHTS

2 MODULES
1 ACTIVITY WORKBOOK
SEVEN ACTIVITIES
THREE TWO-SPIRIT LEADERSHIP PROFILES
100+ LINKS, VIDEOS, AND RESOURCES

TOOLKIT & ACTIVITY WORKBOOK AT-A-GLANCE

MODULE 1
Better Understanding Our Two-Spirit Relatives
ACTIVITY WORKBOOK
ACTIVITY A
Terms and Definitions
ACTIVITY B
List of Resources
ACTIVITY C
Two-Spirit & LGBTQIA+ History Timeline

ACTIVITY D
Culture and Language Discussion Guide
ACTIVITY E
Tribal & Local Government Discussion Guide
ACTIVITY F
Education Discussion Guide
ACTIVITY G
Anticipated Reactions & Suggested Responses

MODULE 2
Creating Systemic Change
Level 1 – Just Getting Started

...with Bridget Valenzuela (Pascua Yaqui)

Pronouns: she/her/hers

Organization: Pascua Yaqui Tribe, MSPI Program
Email: Bridget.Valenzuela@pascuayaqui-nsn.gov
Phone: (480) 768-2094
Level 1 - Visibility & Acceptance

Openly display

- Posters
- Pins
- Stickers

Email: Morgan Thomas at mthomas@npaihb.org

The Gender Unicorn

Detailed instructions about how to fill out your own Gender Unicorn can be found on the listed TSER website.
Identify Allies
Trainings & Free Posters

- Trainings
  - Cultural Humility
  - Cultural Competency
  - Two Spirit Elders
  - Guest Speakers

- Free Materials
  - We R Native – Gear Page

https://www.wernative.org/gear/free-stuff
Resources for Your Community

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The Native Youth Sexual Health Network
Healthy Sexuality and Fighting Homophobia
Native Youth Photography Project
www.nativeyouthsexualhealth.com

THIS IS OUR SISTER, DON’T MESS

BEING TWO SPIRIT, TRANS, I WOULDN’T HAVE IT ANY OTHER WAY.

https://www.nativeyouthsexualhealth.com/
Resources for Your Community

Why Support for Trans Youth Matters

Based on a 2012 study of 433 individuals

<table>
<thead>
<tr>
<th>Trans Youth with Supportive Parents</th>
<th>Trans Youth with Unsupportive Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported Life Satisfaction</td>
<td></td>
</tr>
<tr>
<td>72%</td>
<td>33%</td>
</tr>
<tr>
<td>Reported High Self-Esteem</td>
<td></td>
</tr>
<tr>
<td>64%</td>
<td>13%</td>
</tr>
<tr>
<td>Described Mental Health as “Very Good” or “Excellent”</td>
<td></td>
</tr>
<tr>
<td>70%</td>
<td>15%</td>
</tr>
<tr>
<td>Faced Housing Problems</td>
<td></td>
</tr>
<tr>
<td>0%</td>
<td>55%</td>
</tr>
<tr>
<td>Suffered Depression</td>
<td></td>
</tr>
<tr>
<td>23%</td>
<td>75%</td>
</tr>
<tr>
<td>Attempted Suicide</td>
<td></td>
</tr>
<tr>
<td>4%</td>
<td>57%</td>
</tr>
</tbody>
</table>

80% of trans students feel unsafe at school because of their gender expression

58.7% of gender non-conforming students have experienced verbal harassment in the past year because of their gender expression, compared to 29% of their peers

49% of trans people reported physical abuse in a 2007 survey

60% of trans people have been raped or assaulted by a romantic partner

41% of trans people have attempted suicide

1 in 8 have been evicted due to being transgender

1 in 5 transgender people have experienced homelessness at some point in their lives

https://www.transstudent.org/
Level 2 – We’re Getting There

…with Morgan Thomas

Pronouns: They/Them

LGBTQ 2 Spirit Outreach and Engagement Coordinator, Northwest Portland Area Indian Health Board

Email: mthomas@npaihb.org
Phone: 850.748.3458
Level 2: We’re Getting There

Areas of Strength

- Visibility
  - Two Spirit LGBTQ
  - Allies
- Initial Trainings
- Having conversations

Areas of Need

- Connection
- Infrastructural Support
Connection – Support Groups

2SLGBTQ Youth

Allies

Native PFLAG Phoenix Chapter
Where everyone is FAMILY!
Support ♥ Educate ♥ Advocate

TWO SPIRIT
Powwow 2020
Support

Buildings

Gatherings & Events

My name is Morgan, and I use they/them pronouns.
text
LGBTQ2S
to
97779
...with Renea Menchaca (Pascua Yaqui, White Mountain Apache)

Pronouns: They/ Them

Two-Spirit Safe Space Alliance, NAYA

Email: ReneaL@nayapdx.org

Phone: 503-288-8177 ext. 221
Upon Entering

- Info on Impacts of Colonization & Historical Trauma on 2SLGTBQ tribal members
School Presence

Classroom Door

In the Classroom

Staff Room
Youth Driven
Inclusive Programming

Your presence is requested at the LGBTQIA

TWO SPIRIT PROM
DECOLONIZE YO LIFE

Saturday, June 9th, 2018 at six o’clock in the evening
NAYA FAMILY CENTER – PORTLAND, OR
5135 NE COLUMBIA BLVD

Free dinner, dancing and special performances
no registration required, lgbtqia youth ages 14 – 20

FEATURING:
Gila River Monster, DJ
Carla Rossi, MULTIDISCIPLINARY ARTIST
Asa Wright, GRASS DANCER

Two Spirit

Safe Space Alliance

Winter 2020 Club Dates:
01/31 1:30pm-2:30pm Rm 203
02/05 1:10pm-1:40pm Rm 203
02/21 1:30pm-2:30pm Rm 203
03/11 1:10pm-1:40pm Rm 203
03/20 1:30pm-2:30pm Rm 203

Build new friendships
Enjoy culturally responsive projects
Participate in planning efforts
LGBTQIA 2-Spirit student friendly
Leadership & Mentorship Opportunities

NATIVE AMERICAN YOUTH & FAMILY CENTER
1535 NE Columbia Blvd.
Portland, OR 97212
(503) 288-8177 x 221
www.nayapdx.org

Club Contacts: Renee (503) 288-8177 x 221 or Mick (503) 288-8177 x 212
Community Presence

[Image of a group of people dressed in rainbow colors, holding signs for the "Two Spirit Safe Space Alliance." ]
Quick Resource List

- Documentaries
- Podcasts
- Social Media Channels
- Text Messaging
- Trainings/Materials
- Terminology
- Free Print Materials
Discussion Time: Use the Chat Box...

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

What do we KNOW? What can we SHARE?
Find Curriculum on 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 youth. 
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: *Supporting Youth Experiencing Trauma in the Classroom & Beyond*

  Guest Speakers: Alicia Mousseau, Laura Guay, & Veronica Willeto DeCrane from the National Native Children’s Trauma Center

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

- **Ahead of the Game:**
  - How can I best support youth experiencing trauma?
COMMUNITY OF PRACTICE

2020 Schedule

- 1/8/20  Who's the Best Health Educator Around? Brush up on your Programming & Youth Skills
- 2/12/20  2SLGBTQ Inclusion in the Community & Classroom
- 3/11/20  Supporting Youth Experiencing Trauma in the Classroom & Beyond
- 4/8/20  Keep Youth Safe on Social Media: Human Trafficking & MMIR
- 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

Watch Previously Recorded Sessions:
1. Go to Healthy Native Youth website:
   https://www.healthynativeyouth.org/
2. Go to Resources & Support Tab
3. Go to Recorded Sessions & Handouts

How to Join

AT THE TIME OF MEETING,
JOIN US VIA ZOOM:
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

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

Healthy Native Youth contains health promotion curricula and resources for American Indian and Alaska Native youth. The site is designed for tribal health educators, teachers, and parents - providing the training and tools needed to access and deliver effective age-appropriate programs. www.healthynativeyouth.org
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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