WE WILL START AT 10:00 AM PST.
TALK SOON!
YOUTH IDENTITY & HEALTHY RELATIONSHIPS
GUEST SPEAKERS: JEREMY FIELDS, JILLENE JOSEPH, MALLORY ADAMSKI, & ERICCA (CC) HOVIE

May 13th, 2020, from 10-11am PST
Today’s Agenda

- Welcome & Welcome Back! (3 minutes)
- Your Relationship with Yourself (15 minutes)
- Relationships: Pre, Current, & Post COVID (30 minutes)
  - Chaos Junkie
  - The Rock
  - All For You
- Historical Wisdom (10 minutes)
- Closing (2 minutes)
Welcome & Welcome Back!

Use the Chat Box to tell us:

- Your Name & Role
- Email Address
- How comfortable are you with growing into a new and unfamiliar spaces?
Your Relationship With Yourself

…with Jeremy Fields, (Pawnee, Crow, Chickasaw)
Thrive Unltd
Email: jeremy@thriveunltd.com
Phone: 605 . 381 . 2576
Website: www.thriveunltd.com
Unhealthy Identity

…is Rooted in Collective Trauma

- Unhealthy view of self
- Lack of purpose
- Unclear placement/belonging in outside world
- Unexplainable heaviness/sadness
- Need for external validation & assurance
- Unhealthy expectations for relationships
Healthy Identity

...is Culturally Grounded

- Definitive placement, belonging within the entirety of creation
- Clear purpose & knowledge of personal contribution
- Stable & self reliant
- Healthy self love
The column on the left lists various types of trauma that can affect our lives. The column on the right lists characteristics of trauma. Any of these may have affected you, your parents, grandparents or other people who have had a significant impact on your life. For each of the traumas and characteristics that have affected you, your family or significant others draw a line connecting the trauma or characteristic to “you” in the center of the page.

<table>
<thead>
<tr>
<th>Trauma Type</th>
<th>Characteristic</th>
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<tbody>
<tr>
<td>Death of a loved one</td>
<td>Frequent periods of depression</td>
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<td>Gambling addiction</td>
<td>Difficulty hearing positives</td>
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<td>Emotional abuse</td>
<td>Fear of conflict and anger</td>
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<td>Drug addiction</td>
<td>Continuing sense of guilt</td>
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<td>Physical abuse</td>
<td>Need to be in control</td>
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<td>Verbal abuse</td>
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<td>Cultural loss</td>
<td>Overly responsible</td>
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<td>Alcoholism</td>
<td>Very irresponsible</td>
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<td>Racism</td>
<td>Poor self-images</td>
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<td>Divorce</td>
<td>Need to be right</td>
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<td>Poverty</td>
<td>Fear of trusting</td>
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<td>Violence</td>
<td>Perfectionist</td>
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<td>Disability</td>
<td>Chaos junkies</td>
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<td>Relocation</td>
<td>Fear of feeling</td>
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<td>Foster care</td>
<td>Fear of intimacy</td>
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<td>Underachievement</td>
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<td>Fear of incompetence</td>
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<td>Loss of a job</td>
<td>Compulsive behavior</td>
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<td>Boarding school</td>
<td>Heavily depends on others</td>
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<td>War experiences</td>
<td>Repetitive relationship behavior</td>
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<td>Loss of spirituality</td>
<td>Unable to relax, let go, and have fun</td>
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<td>Discrimination of any kind</td>
<td>Hypersensitive to the needs of others</td>
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Relationships: Pre, Current, & Post-COVID

...with Jillene Joseph, (Gros Ventre)
Executive Director of the Native Wellness Institute
Email: jillene.joseph@frontier.com
Phone: (503) 666-7669

...with Mallory Adamski, (Navajo)
Director of Communications and Advancement: National Indigenous Women’s Resource Center (NIWRC)
Email: madamski@niwrc.org
Phone: 406.740.0417

...with CC Hovie, (Chippewa Indians)
Communications Manager: StrongHearts
Email: ehovie@strongheartshelplin e.org
Phone: 612-418-0876
THE RELATIONSHIP SPECTRUM

Take a look at the behaviors on the Relationship Spectrum below. Where does your relationship fall?

Healthy

A healthy relationship means that both you and your partner(s) demonstrate:

Respect - Treating one another as an equal and whole human being. Valuing each other's thoughts, feelings and opinions.

Communication - Talks openly about problems and listens in a non-judgmental way. Affirms and understand each other's thoughts, feelings and opinions.

Trust and Support - Believing what one another says. Supporting each other's choice of friends, activities, goals and opinions.

Honesty and Accountability - Communicates openly, truthfully and respectfully. Acknowledges and accepts responsibility for one's own actions and words.

Equality and Fairness - Making decisions together and mutually agreeing on conflict resolutions where each other's needs are equally met.

Enjoying Personal Time - Enjoys spending time with one another while respecting each other's space and privacy when needed.

Making Mutual Sexual Choices - Talks openly about consent to one's sexual activities, choices, boundaries and birth control methods.

Cultural and Spiritual Respect - Recognize and honor one another's cultural traditions and tribal beliefs.

Unhealthy

You may be in an unhealthy relationship if one or more partners engages in:

Disrespect - One partner (or both partners) does not always consider the other in the relationship.

Poor Communication - Unwilling to talk openly about relationship issues without a fight or not talking about problems at all. Not listening to, affirming or understanding one another's thoughts, feelings or opinions.

Lack of Trust and Support - Not believing one's feelings or opinions. Not supportive of one's choice of friends, activities or goals.

Dishonesty and Lack of Accountability - One partner (or both partners) is not truthful. Unwilling to acknowledge or accept responsibility for one's own actions and words.

Takes Control or Unequal Resolutions - Not making decisions together. One partner thinks their desires are more important.

Feeling Crowded or Not Spending Time With Others - Only spends time with their partner or limits partner from seeing others.

Pressed Into Sexual Activity - One partner tries to convince the other that they should have sex.

Cultural Disrespect - Uses racial slurs or stereotypes toward their partner's culture, traditions or beliefs.

Spiritual Disrespect - Uses stereotypes, or is judgmental, misrepresents, or belittles one's spiritual beliefs or practices.

Abusive

Abuse is present in the relationship if one partner:

Mistreats The Other - One partner (or both partners) does not respect the feelings or physical safety of the other.

Communicates In A Way That Is Meant To Be Hurtful - Criticizes, belittles or humiliates their partner.

No Trust or Support - Accuse one another of flirting or cheating when it's not true. Refusing to give support in a physical or verbal way to hurt the other person as a result.

Gaslighting and No Accountability - Denies or blames the other for any abusive actions or uses manipulation to avoid accountability.

Controls The Other - No equality in the relationship. One partner makes all the decisions in the relationship and has all of the power.

Isolates the Other Partner - One partner controls where the other can go, see or who they talk to.

Sexual Assault - One partner forces sexual activity on the other without their consent.

Pattern of Disrespect Toward One's Culture - Intentionally falsify, misrepresent or use racial slurs or stereotypes toward their partner's cultural traditions or beliefs.

Restricts One From Honoring Their Spiritual Beliefs and Practices - Uses intimidation or punishment toward their partner to keep them from participating in spiritual beliefs or practices.

Healing Plan

- Clarify Foundation
- Acknowledgment
- Acceptance
- Power of Choice

Healing Plan

We all have the capacity to grow into the people we want to become. Start to make a plan to become the best version of yourself.

1. Clarify Foundation
   What words describe my identity, belonging, and purpose?

2. Acknowledgement
   Take time for honest self-reflection. Am I determining who I am or am I being defined by external circumstances or people? Is this who I want to be moving forward?

3. Acceptance
   How can I accept who I am today, in order to take responsibility for who I want to become?

4. Reclaim Power of Choice
   Regardless of past, who would I like to be? How would I like to benefit my loved ones?
Healing Plan - 2

- Select Healing & Growth Activities
- Schedule

Create Your Action Plan...
Implement practical steps to achieve healing, growth, self reliance, structure, and stability. Prayer, meditation, intentionality, exercise, journaling, healthy coping mechanisms, healthy communication, etc.

5. Healing & Growth Activities
List some activities that could help me heal and grow into the person I want to become...

Examples of Healing & Growth Activities:
- Start a journal
- Unplug, Take a Walk
- Pray
- Talk to an Elder
- Plant a garden
- Make Art
- Sit by a body of water
- Make a funny video
- Sing
- Meditate
- Volunteer
- Play with my pet
- Dance
- Write
- List 3 things I'm grateful for
- Talk to a Friend
- Take a Shower
- Breathing Exercises
- Listen to Music
- Read a Book
- Daydream
- Play Basketball
- Talk to an Friend
- Write a song
- Eat with my family
- Look at the Stars
- Connect with my Culture
- Be nice to Someone
- Laugh
- Sweat
- Learn my Language
- Nap...Create Your Own!

6. Make these Activities a Part of Your Life!
Make these activities a part of your daily or weekly life. This can help you to be the best version of yourself.

To help get you started, put a check mark on the days you want to incorporate these activities into your life. Then, work to make them a part of your habits. You’ve Got This!

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Let’s Meet...

Chaos Junkie

The Rock

All for You
Before COVID-19...

Meet Sam...

- Often on social media, especially commenting on other people's drama
- In a relationship with someone who drinks a lot
- Starts arguments with their partner often
During Shelter-in-Place ("Corn-teen")

Sam is constantly...

- on social media, still seeking out other people's drama
- Calling and worrying about their partner
- Calling other friends and telling them the same story of their partner's drama-filled life
Post Shelter-in-Place

Sam...
- Still commenting on dramatic and negative posts on social media
- Thinks they have COVID - telling everyone that they know
- Their partner breaks up with them
- Their friends don't answer the phone as frequently when Sam calls
SHARE: What if Sam doesn’t choose a healing path?

Image Source: We R Native, NPAIHB
Where’s Sam at on the Relationship Spectrum?

The Relationship Spectrum

Take a look at the behaviors on the Relationship Spectrum below. Where does your relationship fall?

Healthy

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- Mistreats The Other - One partner (or both partners) does not respect the feelings or physical safety of the other.

- Communicates In A Way That Is Meant To Be Hurtful - Criticizes, belittles or humiliates their partner.

- No Trust or Support - Accuse one another of flirting or cheating when it’s not true. Refusing to give support in a physical or verbal way to hurt the other person as a result.

- Gaslighting and No Accountability - Denies or blames the other for any abusive actions or uses manipulation to avoid accountability.

- Controls The Other - No equality in the relationship. One partner makes all the decisions in the relationship and has all of the power.

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Adapted from National Indigenous Women’s Resource Center’s “Natural Life-Supporting Power” and National Domestic Violence Hotline’s “Relationship Spectrum.” April 2016.
Sam’s Healing Plan

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Sam’s Healing Plan

- Select Healing & Growth Activities
- Schedule

Create Your Action Plan...
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5 Healing & Growth Activities
List some activities that could help me heal and grow into the person I want to become...

Examples of Healing & Growth Activities:
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- Pray, Talk to an Elder
- Plant a garden, Make Art
- Sit by a body of water, Make a funny video
- Sing, Meditate
- Volunteer, Play with my pet
- Dance, Write, List 3 things I’m grateful for
- Talk to a Friend
- Take a Shower, Breathing Exercises
- Listen to Music, Read a Book, Daydream, Play Basketball
- Talk to an Friend
- Write a song, Eat with my family
- Look at the Stars, Connect with my Culture
- Be nice to Someone, Laugh, Sweat, Learn my Language, Nap...

6 Make these Activities a Part of Your Life!
Make these activities a part of your daily or weekly life. This can help you to be the best version of yourself.

To help get you started, put a check mark on the days you want to incorporate these activities into your life. Then, work to make them a part of your habits. You’ve Got This!

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Native Wellness Institute

Celebrating 20 Years of Bringing Wellness and Healing to Native Country

In this changing time of the pandemic, NWI is responding in a positive, productive and proactive way. On Saturday, May 9, 2020 we will launch the daily Native Wellness Power Hour at Noon each day for many days to come. Storytelling, workshops, comedy, teachings and more! Our goal is to keep healing and wellness at the forefront for individuals, families and communities. We hope you tune in and please share!

The Native Wellness Power Hour is brought to you by sponsorship from the NNFIE Foundation and the National Indian Child Welfare Association

**Saturday, May 9th**
Elder Teachings
with Charlie TallFeathers, Betty Cooper and Lori NewBreast

**Sunday, May 10th**
Prayer Songs from Many Nations
with Jonathan Arakawa, Chelsey Gallardo, Creek Indian Singers, Thomas Fantasia, Gloria Wolf and Family, and more!

**Monday, May 11th**
Moving Through Grief and Loss
with LuViNa Louise

**Tuesday, May 12th**
Cultivating Resiliency for the Next Generation
with Robert Johnston

**Wednesday, May 13th**
Part II: Substance Abuse Recover in Indian Country and Horse Medicine
with Dr. John Spence

**Thursday, May 14th**
Living in Balance: The Seven Circles of Wellness
with Thosh Collins and Chelsey Luger

**Friday, May 15th**
Laughter is Good Medicine
with Kasey Nicholson

Check out our YouTube channel or www.NativeWellness.com to view past weeks videos.

INDIGENOUS 20-SOMETHING PROJECT
Healing a Generation
November 19 - 21, 2019
Sheraton Anchorage Hotel & Spa
Anchorage, Alaska

www.NativeWellness.com
Meet Mary!

- Spends all her time with her boyfriend in fear of him getting jealous
- Mary blames herself for setting him off
- She doesn’t tell anyone
During Shelter-in-Place

Mary...
- Texts her boyfriend constantly
- Gets asked for sexually explicit pictures
- Has been able to call and text her friends more often & be with her family more
Post Shelter-in-Place

Mary...

- Gets pressured to move into her boyfriend’s mom’s house
- Notices her boyfriend’s behavior is getting more violent
- Doesn’t let anyone know what’s actually going on in her relationship
SHARE:
What should relatives and friends understand about Mary?

Why do people stay in abusive relationships?

Image Source: We R Native, NPAIHB
Where’s Mary at on the Relationship Spectrum?

THE RELATIONSHIP SPECTRUM

Take a look at the behaviors on the Relationship Spectrum below. Where does your relationship fall?

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Adapted from National Indigenous Women’s Resource Center’s “Natural Life-Supporting Power” and National Domestic Violence Hotline’s “Relationship Spectrum.” April 2018.
Mary’s Healing Plan

- Clarify Foundation
  - online healthy relationship quiz or call StrongHearts Native Helpline

- Acknowledgment
  - Reflect on how she feels in this relationship

- Acceptance
  - her boyfriend doesn’t support her personal sovereignty

- Power of Choice
  - consider behaviors she wants to see and what boundaries would make her feel comfortable
Mary’s Healing Plan

- Select Healing & Growth Activities
  - Self-pamper, exercise, eat healthy, go to counseling or write in a journal
  - Reconnect with some of her old hobbies like jewelry making
  - Smudge or pray

Create Your Action Plan...
Implement practical steps to achieve healing, growth, self reliance, structure, and stability. Prayer, meditation, intentionality, exercise, journaling, healthy coping mechanisms, healthy communication, etc.

5. Healing & Growth Activities
List some activities that could me heal and grow into the person I want to become...

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StrongHearts Native Helpline

1-844-762-8483 | strongheartshelpline.org | Daily 7 a.m. to 10 p.m. CT

Online chat advocacy available beginning May 18.
Click the Chat Now button on our website.
Meet Jake!

- First to offer help and puts the needs of others above his own
- Jake feels guilty about prioritizing his needs
- Has a hard time expressing his needs in relationships
During Shelter-in-Place

Jake...

- Takes care of others before himself
- Feels disconnected from girlfriend because of social distancing
- Tries to sneak into his girlfriend’s house
Jake…

- Continues to put others before himself
- Feels like he should get ‘something’ in return. He’s earned it, right?!
- Begins demanding more of his girlfriend’s time & attention
SHARE: What are your tribal values or beliefs on dating and relationships?

Image Source: We R Native, NPAIHB
Where’s Jake at on the Relationship Spectrum?

**THE RELATIONSHIP SPECTRUM**

Take a look at the behaviors on the Relationship Spectrum below. Where does your relationship fall?

<table>
<thead>
<tr>
<th>Healthy</th>
<th>Unhealthy</th>
<th>Abusive</th>
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<tr>
<td>A healthy relationship means that both you and your partner(s) demonstrate:</td>
<td>You may be in an unhealthy relationship if one or more partners engages in:</td>
<td>Abuse is present in the relationship if one partner:</td>
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<td>Respect - Treating one another as an equal and whole human being. Valuing each other’s thoughts, feelings and opinions.</td>
<td>Disrespect - One partner (or both partners) does not always consider the other in the relationship.</td>
<td>Mistreats The Other - One partner (or both partners) does not respect the feelings or physical safety of the other.</td>
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<td>Communication - Talks openly about problems and listens in a non-judgmental way. Affirms and understand each other’s thoughts, feelings and opinions.</td>
<td>Poor Communication - Unwilling to talk openly about relationship issues without a fight or not talking about problems at all. Not listening to, affirming or understanding one another’s thoughts, feelings or opinions.</td>
<td>Communicates In A Way That Is Meant To Be Hurtful - Criticizes, belittles or humiliates their partner.</td>
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<td>Trust and Support - Believing what one another says. Supporting each other’s choice of friends, activities, goals and opinions.</td>
<td>Lack of Trust and Support - Not believing one’s feelings or opinions. Not supportive of one’s choice of friends, activities or goals.</td>
<td>No Trust or Support - Accuse one another of flirting or cheating when it’s not true. Refusing to give support in a physical or verbal way to hurt the other person as a result.</td>
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<td>Honesty and Accountability - Communicates openly, truthfully and respectfully. Acknowledges and accepts responsibility for one’s own actions and words.</td>
<td>Dishonesty and Lack of Accountability - One partner (or both partners) is not truthful. Unwilling to acknowledge or accept responsibility for one’s own actions and words.</td>
<td>Gaslighting and No Accountability - Denies or blames the other for any abusive actions or uses manipulation to avoid accountability.</td>
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<td>Equality and Fairness - Making decisions together and mutually agreeing on conflict resolutions where each other’s needs are equally met.</td>
<td>Takes Control or Unequal Resolutions - Not making decisions together. One partner thinks their desires are more important.</td>
<td>Controls The Other - No equality in the relationship. One partner makes all the decisions in the relationship and has all of the power.</td>
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<td>Enjoying Personal Time - Enjoys spending time with one another while respecting each other’s space and privacy when needed.</td>
<td>Feeling Crowded or Not Spending Time With Others - Only spends time with their partner or limits partner from seeing others.</td>
<td>Isolates the Other Partner - One partner controls where the other can go, see or who they talk to.</td>
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<td>Making Mutual Sexual Choices - Talks openly about consent to one’s sexual activities, choices, boundaries and birth control methods.</td>
<td>Pressured Into Sexual Activity - One partner tries to convince the other that they should have sex.</td>
<td>Sexual Assault - One partner forces sexual activity on the other without their consent.</td>
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<td>Cultural and Spiritual Respect - Recognize and honor one another’s cultural traditions and tribal beliefs.</td>
<td>Cultural Disrespect - Uses racial slurs or stereotypes toward their partner’s culture, traditions or beliefs.</td>
<td>Pattern of Disrespect Toward One’s Culture - Intentionally falsify, misrepresent or use racial slurs or stereotypes toward their partner’s cultural traditions or beliefs.</td>
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<td>Spiritual Disrespect - Uses stereotypes, or is judgmental, misrepresents, or belittles one’s spiritual beliefs or practices.</td>
<td>Restricts One From Honoring Their Spiritual Beliefs and Practices - Uses intimidation or punishment toward their partner to keep them from participating in spiritual beliefs or practices.</td>
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Adapted from National Indigenous Women’s Resource Center’s “Natural Life-Supporting Power” and National Domestic Violence Hotline’s “Relationship Spectrum.” April 2018.
Jake’s Healing Plan

- Clarify Foundation
  - call an elder or counselor or talk with an adult

- Acknowledgment
  - reflect on how he behaves

- Acceptance
  - may not be the best communicator

- Power of Choice
  - have an open conversation about boundaries
Jake’s Healing Plan

Select Healing & Growth Activities
- more time with friends and family, not only his girlfriend
- Pick up one of his old hobbies again (ex. basketball, fishing, etc.)

Schedule

Create Your Action Plan...
Implement practical steps to achieve healing, growth, self reliance, structure, and stability. Prayer, meditation, intentionality, exercise, journaling, healthy coping mechanisms, healthy communication, etc.

5 Healing & Growth Activities
List some activities that could me heal and grow into the person I want to become...

Examples of Healing & Growth Activities:

6 Make these Activities a Part of Your Life!
Make these activities a part of your daily or weekly life. This can help you to be the best version of yourself.

To help get you started, put a check mark on the days you want to incorporate these activities into your life. Then, work to make them a part of your habits. You’ve Got This!

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National Indigenous Women’s Resource Center (NIWRC)

Find resources and subscribe to newsletter at niwrc.org

Watch NativeLove videos on YouTube Channel youtube.com/NIWRC

Follow NIWRC on Facebook, Twitter and Instagram - @niwrc
Historical Wisdom

...with Jillene Joseph (Gros Ventre)

Executive Director of the Native Wellness Institute

Email: jillene.joseph@frontier.com

Phone: (503) 666-7669
Discussion Time: Use the Chat Box...

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

What do we KNOW? What can we SHARE?

Image Source: Google Images
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 communities.
How are we doing?

Fill our Training & TA Feedback form and...

Receive some HNY swag!
What do you KNOW? What can you SHARE?

Like or Follow Healthy Native Youth on Facebook or IG
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:** *Escape the Vap: Tobacco & Vaping Issues*

  **Guest Speakers:** Ryan Sealy, Antionette Aguirre, Kerri Lopez, Mark Petrie, Thomas Ghost Dog, and Dr. Stephanie Craig Rushing

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

- **Ahead of the Game:**
  - How do we reclaim and reframe tobacco use?
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  Social Media Protective Factors Against Human Trafficking & MMIR (2 hour session)
- 4/22/20  *Special "Support" Session @ 10am PST
- 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.healthy-native-youth.org/
2. Go to Resources & Support Tab
3. Go to Recorded Sessions & Handouts

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

Text HEALTHY to 97779 to stay connected.

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!
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.
YOUTH IDENTITY & HEALTHY RELATIONSHIPS
GUEST SPEAKERS: JEREMY FIELDS, JILLENE JOSEPH, MALLORY ADAMSKI, & ERICCA (CC) HOVIE

May 13th, 2020, from 10-11am PST