



# HEALTHY NATIVE YOUTH

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

Youth Identity & Healthy Relationships



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

## YOUTH IDENTITY & HEALTHY RELATIONSHIPS

GUEST SPEAKERS: JEREMY FIELDS, JILLENE JOSEPH,  
MALLORY ADAMSKI, & ERICCA (CC) HOVIE

May 13<sup>th</sup>, 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!

4



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](mailto:jeremy@thriveunltd.com)

Phone: 605 . 381 . 2576

Website: [www.thriveunltd.com](http://www.thriveunltd.com)





# Unhealthy Identity

6

## ...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

7

...is Culturally Grounded

- Definitive placement, belonging within the entirety of creation
- Clear purpose & knowledge of personal contribution
- Stable & self reliant
- Healthy self love



## Trauma Web

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.

Death of a loved one

Gambling addiction

Emotional abuse

Drug addiction

Physical abuse

Verbal abuse

Cultural loss

Alcoholism

Neglect

Racism

Divorce

Poverty

Violence

Disability

Relocation

Foster care

Adoption

Oppression

Sexual abuse

Loss of a job

Boarding school

War experiences

Loss of spirituality

Discrimination of any kind

YOU

Frequent periods of depression

Difficulty hearing positives

Fear of conflict and anger

Continuing sense of guilt

Need to be in control

Fear of dependency

Overly responsible

Very irresponsible

Overachievement

Poor self-images

Need to be right

Fear of trusting

Perfectionist

Chaos junkies

Fear of feeling

Fear of intimacy

Underachievement

Denial of problems

Fear of incompetence

Compulsive behavior

Heavily depends on others

Repetitive relationship behavior

Unable to relax, let go, and have fun

Hypersensitive to the needs of others

# RE : D E F I N E

HEALING TRAUMA IN NATIVE AMERICAN COMMUNITIES

WWW.THRIVEUNLTD.COM

IG: @thriveunltd

FB: @thriveunltd

Email: [Info@thriveunltd.com](mailto:Info@thriveunltd.com)





## Relationships: Pre, Current, & Post-COVID

...with **Jillene Joseph**,  
(Gros Ventre)

*Executive Director of the  
Native Wellness Institute*

Email:

[jillene.joseph@frontier.com](mailto:jillene.joseph@frontier.com)

Phone: [\(503\) 666-7669](tel:5036667669)



...with **Mallory Adamski**,  
(Navajo)

Director of Communications  
and Advancement: National  
Indigenous Women's  
Resource Center (NIWRC)

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Phone: 406.740.0417



...with **CC Hovie**,  
(Chippewa Indians)

Communications Manager:  
StrongHearts

Email:

[ehovie@strongheartshelpline.org](mailto:ehovie@strongheartshelpline.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

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

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

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**STRONGHEARTS**  
Native Helpline

Adapted from National Indigenous Women's Resource Center's "Natural Life-Supporting Power" and National Domestic Violence Hotline's "Relationship Spectrum." April 2018.

# Healing Plan

12

- 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 Acknowledgment

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

13

- 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 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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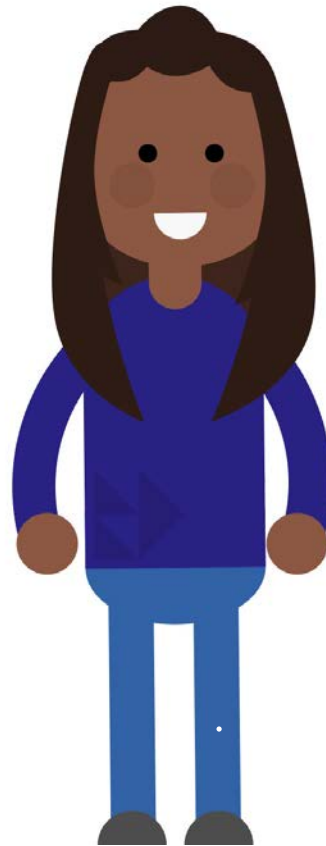


# Let's Meet...

14



Chaos Junkie



The Rock



All for You



# Before COVID-19...



15



## 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”)



16

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



17



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

# Use the Chat Box to...



Image Source: We R Native, NPAIHB

**SHARE:** What if  
Sam doesn't choose  
a healing path?

# Where's Sam at on the Relationship Spectrum?

19

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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.



# Sam's Healing Plan

20

- ☐ Clarify Foundation
- ☐ Acknowledgment
- ☐ Acceptance
- ☐ Power of Choice



## Healing Plan

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# Sam's Healing Plan

- Select Healing & Growth Activities
- Schedule



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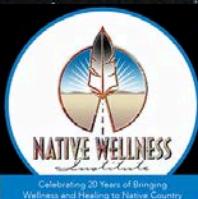
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WEEK 1	S	M	T	W	TH	F	S
WEEK 2	S	M	T	W	TH	F	S





# NATIVE WELLNESS POWER HOUR

WEEK EIGHT SCHEDULE

FACEBOOK LIVE

Daily at 9:00 AM Hawaii - Noon Pacific -

1:00 PM Mountain - 2:00 PM Central - 3:00 PM Eastern



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 NOYSE Foundation and the National Indian Child Welfare Association



**Saturday, May 9th**

**Elder Teachings**

with Charlie TailFeathers, Betty Cooper and Lori NewBreast



**Sunday, May 10th**

**Prayer Songs from Many Nations**

with Jonathon Arakawa, Chelsey Gallardo, Creek Indian Singers, Thomas Fantasia, Gloria Wolf and Family, and more!



**Monday, May 11th**

**Moving Through Grief and Loss**

with LoVina Louie



**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](http://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**



**NATIVE WELLNESS**

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



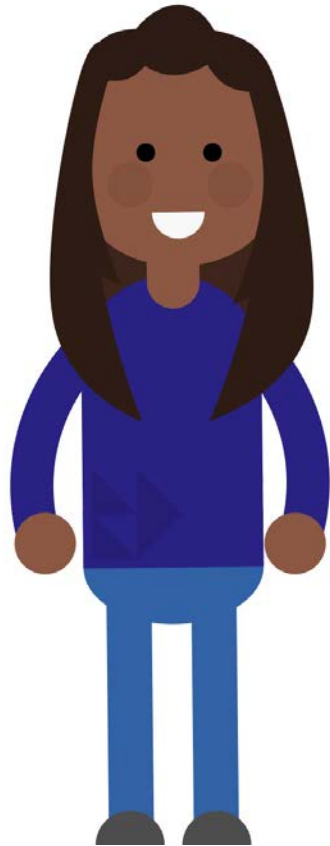
Celebrating 20 Years of Bringing Wellness and Healing to Native Country

**NATIVE WELLNESS**  
Institute

# Before COVID-19...



23



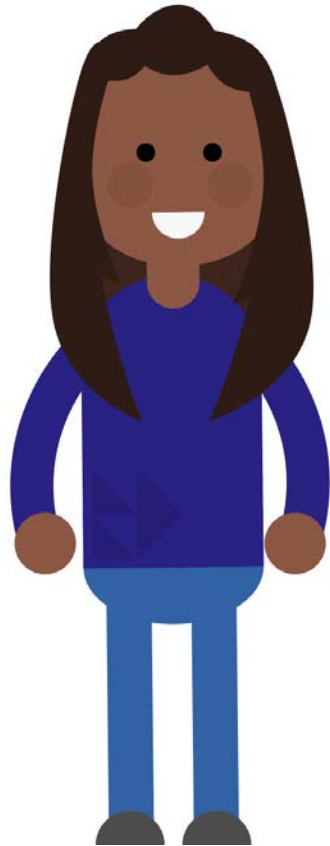
Meet Mary!

- 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



24



Mary...

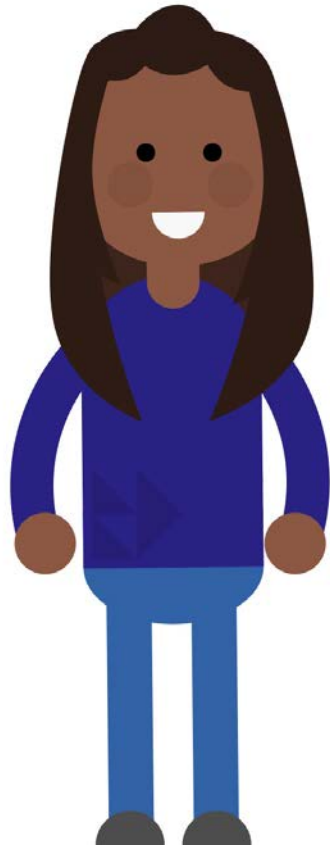
- Texts her boyfriend constantly
- Gets asked for sexually explicit pictures
- Has been able to call and text her friends more often & be with her family more



# Post Shelter-in-Place



25



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

# Use the Chat Box to...



Image Source: We R Native, NPAIHB

## SHARE:

What should relatives and friends understand about Mary?

Why do people stay in abusive relationships?

# Where's Mary at on the Relationship Spectrum?

27

## THE RELATIONSHIP SPECTRUM

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

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# Mary's Healing Plan



28

## □ 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

29

## □ 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

## □ 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.



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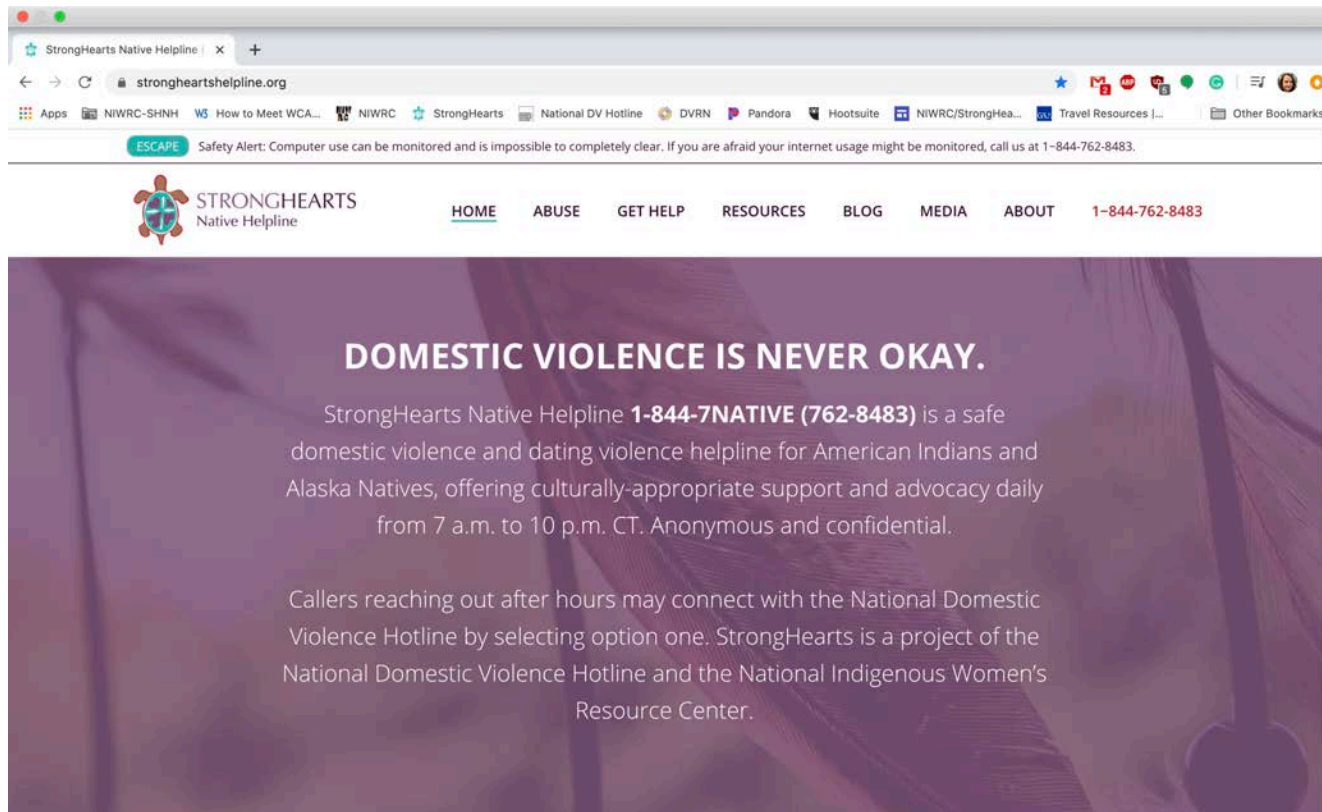


30

1-844-762-8483 | [strongheartshelpline.org](http://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.



# Before COVID-19...



31



## 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



32

Jake...

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



# Post Shelter-in-Place



33



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



# Use the Chat Box to...



Image Source: We R Native, NPAIHB

**SHARE:** What are your tribal values or beliefs on dating and relationships?

# Where's Jake at on the Relationship Spectrum?

35

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

**Pressured 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.



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

36

- 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



## 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 Acknowledgment

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?



# Jake's Healing Plan

37

## □ 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:

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!

WEEK 1	S	M	T	W	TH	F	S
WEEK 2	S	M	T	W	TH	F	S



# National Indigenous Women's Resource Center (NIWRC)

38



**EXPLORE**  
Special Collection:  
Missing & Murdered  
Indigenous Women & Girls

Artwork by Joanne Brings Thunder [www.jbringsthunder.com](http://www.jbringsthunder.com)

Find  
resources and  
subscribe to  
newsletter at  
**[niwrc.org](http://niwrc.org)**



Watch NativeLove videos on  
YouTube Channel  
**[youtube.com/NIWRC](https://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](mailto:jillene.joseph@frontier.com)

Phone: [\(503\) 666-7669](tel:(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*?



## Practice in Action



HEALTHY  
NATIVE  
YOUTH

# Find Curriculum on 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

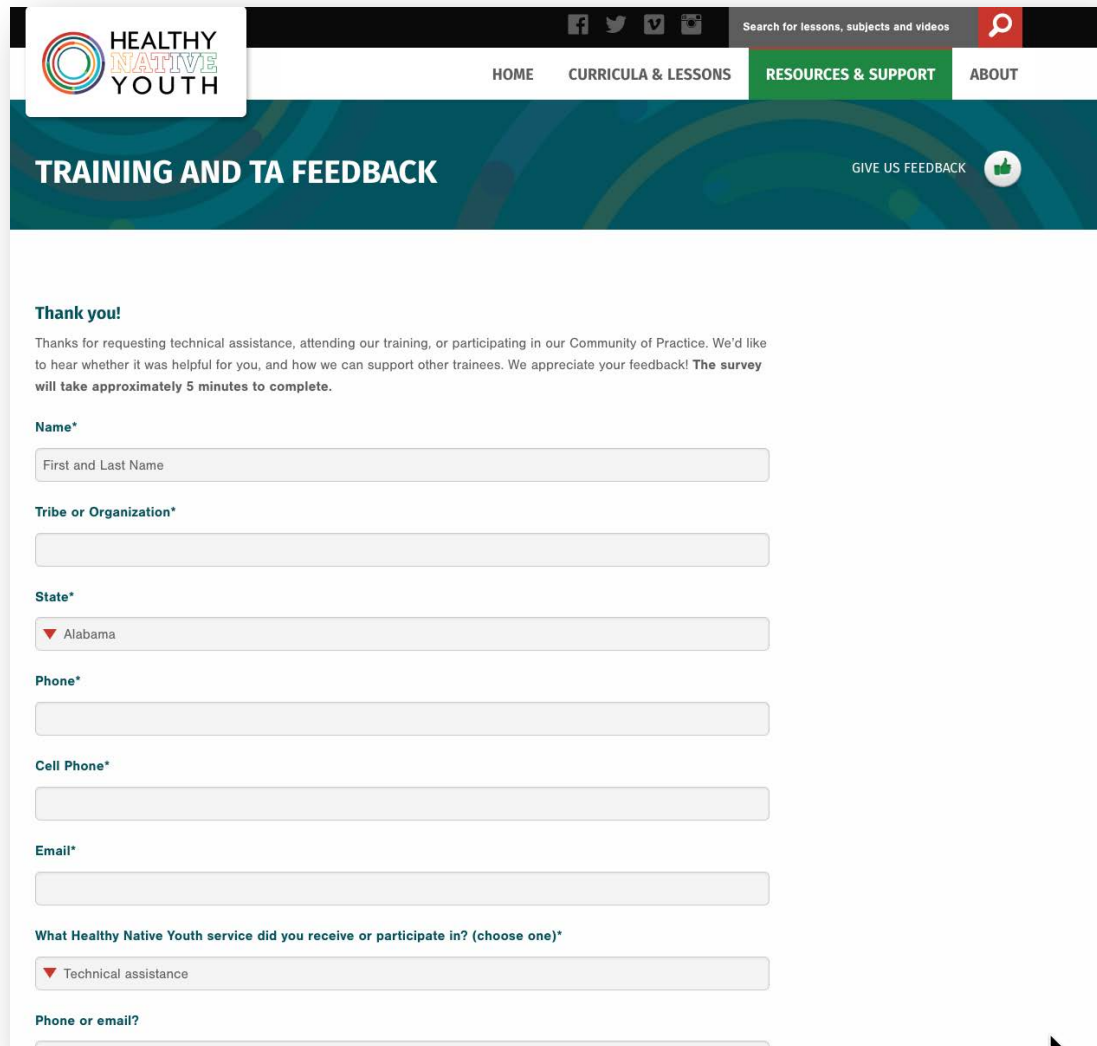
**ENGAGING. RELEVANT. EFFECTIVE.**

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



# How are we doing?

44



The screenshot shows the 'TRAINING AND TA FEEDBACK' form on the Healthy Native Youth website. The header includes the logo and navigation links: HOME, CURRICULA & LESSONS, RESOURCES & SUPPORT (highlighted), and ABOUT. A search bar is also present. The form itself has a teal header with the title and a 'GIVE US FEEDBACK' button with a thumbs-up icon. The main content area starts with a 'Thank you!' message and a paragraph explaining the purpose of the survey. Below this are several required fields: Name\* (First and Last Name), Tribe or Organization\*, State\* (a dropdown menu currently showing 'Alabama'), Phone\*, Cell Phone\*, Email\*, and a question 'What Healthy Native Youth service did you receive or participate in? (choose one)\*' with a dropdown menu showing 'Technical assistance'. The form ends with a 'Phone or email?' field.

**HEALTHY NATIVE YOUTH**

HOME CURRICULA & LESSONS **RESOURCES & SUPPORT** ABOUT

Search for lessons, subjects and videos

**TRAINING AND TA FEEDBACK** GIVE US FEEDBACK

**Thank you!**

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

**Name\***

First and Last Name

**Tribe or Organization\***

**State\***

▼ Alabama

**Phone\***

**Cell Phone\***

**Email\***

**What Healthy Native Youth service did you receive or participate in? (choose one)\***

▼ Technical assistance

**Phone or email?**

Fill out a Training  
& TA Feedback  
form and...

Receive some  
HNY swag!

# Talking is Power is LIVE!

## Talking is Power One pager

**Ya'at eeh!**  
**My name's Michelle!**  
**My pronouns are she and her.**  
**Give yourself a high five from me. I'm glad you're here!**

**TALKING IS POWER**

A Text Messaging Service for Parents and Caring Adults

Talking with youth about sensitive topics is never easy, but it's important. You are your teen's biggest influencer when it comes to making decisions about sex and healthy relationships.

**Text EMPOWER to 97779**

You'll receive up to 3 text messages per week with conversation starters, tips, video demonstrations, and words of encouragement.

We'll cover sexual health, pregnancy, STDs, and consent. You don't need to have all the answers, you just need to start talking - be open and honest - and keep at it. Talking with your teen will help them make healthy decisions.

**#TalkingIsPower #HealthyNativeYouth #weRnative**

What's a rule you have for your relationships? How can you respect other people's rules and boundaries?

[www.healthynativeyouth.org](http://www.healthynativeyouth.org)  
[fb.com/HealthyNativeYouth](https://www.facebook.com/HealthyNativeYouth)  
Listserve: Text "YouthNews" to 22828  
<https://www.instagram.com/healthynativeyouth/>  
[@HealthyNativeYouth](https://www.instagram.com/HealthyNativeYouth)  
[native@npaihb.org](mailto:native@npaihb.org)

**HEALTHY NATIVE YOUTH**

**CURRICULA** **LESSON PLANS** **HANDOUTS** **RESOURCES**

## Talking is Power Postcard

**Ya'at eeh!**  
**My name's Michelle!**  
**My pronouns are she and her.**  
**Give yourself a high five from me. I'm glad you're here!**

**TALKING IS POWER**

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**#TalkingIsPower #HealthyNativeYouth #weRnative**

**CURRICULA** **LESSON PLANS** **HANDOUTS** **RESOURCES**

[www.healthynativeyouth.org](http://www.healthynativeyouth.org)  
[fb.com/HealthyNativeYouth](https://www.facebook.com/HealthyNativeYouth)  
Listserve: Text "YouthNews" to 22828  
<https://www.instagram.com/healthynativeyouth/>  
[@HealthyNativeYouth](https://www.instagram.com/HealthyNativeYouth)  
[native@npaihb.org](mailto:native@npaihb.org)

**HEALTHY NATIVE YOUTH**

**SIGN UP TO RECEIVE UPDATES VIA TEXT MESSAGE**  
**TEXT "HEALTHY" TO 97779**

# Sign up for Newsletter



**SIGN UP TO RECEIVE CURRICULA UPDATES**

FIRST NAME

LAST NAME

TRIBE OR ORGA

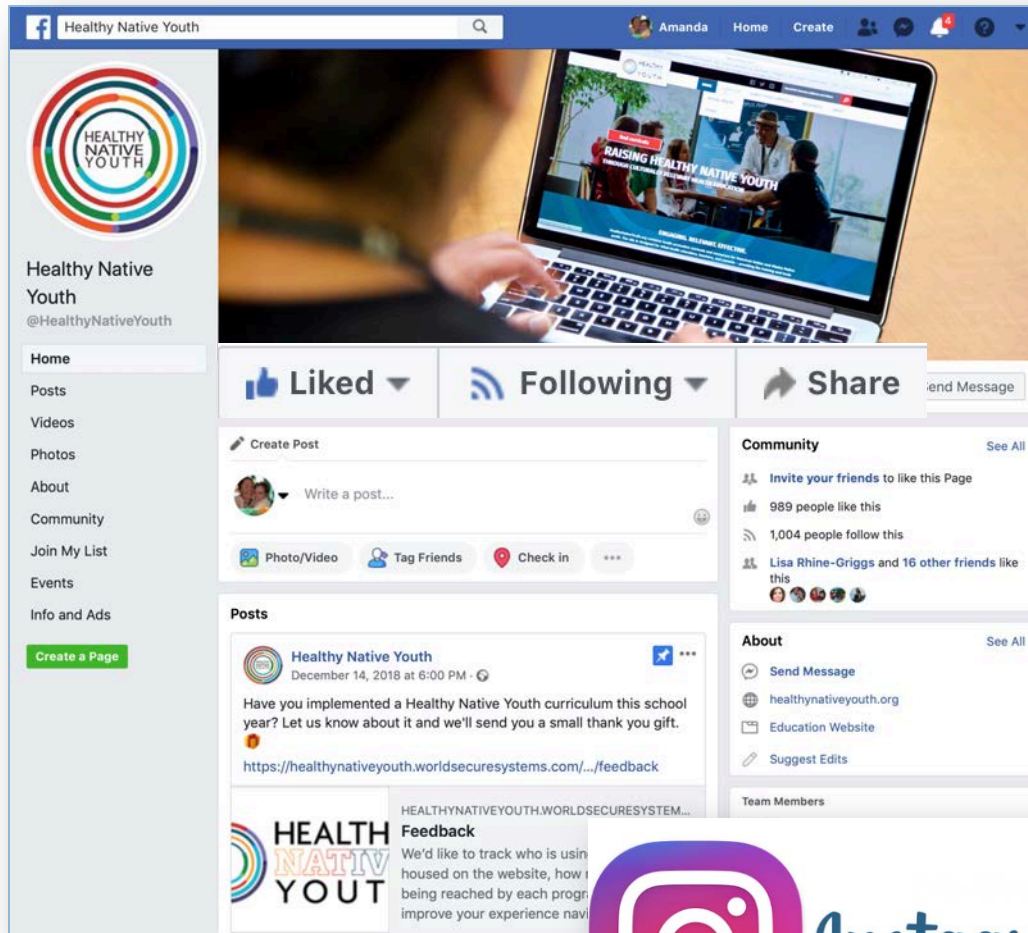
CELL PHONE

EMAIL ADDRESS

**SIGN UP**

# What do you KNOW? What can you SHARE?

47



Like or Follow  
*Healthy Native  
Youth* on Facebook  
or IG



Instagram



# 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...

49

## □ 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 10<sup>th</sup>, 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.healthynativeyouth.org/>
2. Go to Resources & Support Tab
3. Go to Recorded Sessions & Handouts

**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!

**Second  
Wednesday of  
Every Month**

**10:00-11:00 AM PST**



### How to Join

AT THE TIME OF MEETING,  
JOIN US VIA ZOOM:  
[HTTPS://ECHO.ZOOM.US/J/458332611](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

# Thank you! Other questions?

51

## 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

## YOUTH IDENTITY & HEALTHY RELATIONSHIPS

GUEST SPEAKERS: JEREMY FIELDS, JILLENE JOSEPH,  
MALLORY ADAMSKI, & ERICCA (CC) HOVIE

May 13<sup>th</sup>, 2020, from 10-11am PST