WE WILL START AT 10:00 AM PST.
TALK SOON!
VIRTUAL PLATFORMS: CREATING SAFE & ENGAGING SPACES FOR YOUTH
GUEST SPEAKERS: CELENA MCCRAY, LAEL TATE, AND THE WE R NATIVE & THRIVE TEAMS

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

- Welcome & Welcome Back! (5 minutes)
- Planning (5 minutes)
- Implementation (5 minutes)
- Evaluation (5 minutes)
- Panel Spotlight (10 minutes)
- Discussion Time (25 minutes)
- Closing (2 minutes)
Welcome & Welcome Back!

Use the Chat Box to tell us:
• Your Name & Role
• Email Address
• Quick Poll
Planning

…with **Celena McCray** (Navajo)
Northwest Portland Area Indian Health Board
Email: cmccray@npaihb.org

…with **Lael Tate** (Navajo)
Northwest Portland Area Indian Health Board
Email: ltate@npaihb.org
What are Native Youth using?

What percent of Native youth say they do the following on a DAILY basis?

- **2016**
  - Go online from a phone or mobile device: 76%
  - Snapchat use: 62%
  - Instagram view: 53%
  - See people stirring up drama on social media: 44%
  - See references to drugs or alcohol on social media: 45%
  - See references to violence on social media: 35%
  - Posting concerning messages (depression, suicide, self-harm, etc): 29%
  - Experience people supporting them through tough times on social media: 24%

- **2020**
  - Go online from a phone or mobile device: 98%
  - Snapchat use: 67%
  - Instagram view: 68%
  - See people stirring up drama on social media: 64%
  - See references to drugs or alcohol on social media: 81%
  - See references to violence on social media: 57%
  - Posting concerning messages (depression, suicide, self-harm, etc): 44%
  - Experience people supporting them through tough times on social media: 50%
Pre-planning

- What is your goal?
  - Action oriented
  - Speakers
  - Hands-on activities, engagement

- Do your research – What makes a successful online event for youth?
  - Other online events
  - Think about your own experience as an adult

- Identify what online platforms Native Youth are using
  - Facebook Live, Instagram Live, Zoom platform

- Timing
  - Summer
  - Afternoon sessions
  - Current social climate
  - Your goal will also determine how long of a session you plan on having.

- Assess your capacity – What does your team, time, and budget look like?
Planning

Team Roles

- Clearly define team roles:
  - Lead host (speaker, facilitator)
  - Cohost (open Zoom meeting, screen share, breakout rooms, chat box monitor)
  - Tech help
  - Active participants to encourage participation
  - Mental Health Staff

Run of Show

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Min</th>
<th>What</th>
<th>Lead (Presenter and speaker)</th>
<th>Background lead Computer, screen</th>
<th>Materials</th>
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</thead>
<tbody>
<tr>
<td>11:45am</td>
<td>12:05pm</td>
<td>15</td>
<td>Youth begin logging on to zoom</td>
<td>Jeremy and Tommy – chatting w/ youth as they log on</td>
<td>Lael – computer host</td>
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<td></td>
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<td>Corey and Roger – tech assistance</td>
<td>Celina – chat box facilitation: “Welcome! We are so happy you are here. Please type your full name in the chat box for attendance.”</td>
<td>Attendance sheet – Celina</td>
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<td>Main deck screen share – Lael</td>
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</table>
Planning continued

• Speakers prep:
  • Run-through meetings
  • Script or outline for speaking if needed

• Mental Health protocol
  • A mental health staff member should be present or available during youth events, especially if mental health topics will be discussed.

• Follow-up After Call
Implementation

...with Celena McCray (Navajo)
Northwest Portland Area Indian Health Board
Email: cmccray@npaihb.org

...with Lael Tate (Navajo)
Northwest Portland Area Indian Health Board
Email: ltate@npaihb.org
Implementation

- Challenges
  - Difficult to read body language
  - Technical difficulties – participant’s audio, video, or internet may cut out
  - Expectation on Zoom
  - Direct communication - coordinating via email, text message

- Successes
  - Chat box participation
  - Opportunities for follow-up and ongoing conversations online
  - Virtual platforms allow for quick transitions between large group, small group, and individual activities
  - Creating a safe space, safe community
  - Team effort
Lessons Learned

- Be enthusiastic!
- Be flexible – adapt run-of-show as needed
- Embrace mistakes, awkward silences, and technical difficulties
- Schedule frequent stretch, breathing, and “video-off” breaks
- Plan a variety of activities (breakout rooms, individual reflection, zoom chat, swarm, polling, music breaks)
  - you can get the best speakers, but with no type of interaction is hard
- Daily Reflections/ Debriefing with team - Adjusting ‘on the go’
- Create a group chat with your team members to stay in contact during event
- Virtual session is a whole new culture
  - Use platform capabilities (polling, chat, interactions, reactions, etc.)
  - Inclusive for youth with IEP’s or Behavior Plans
- Self-care for yourself and your team
- Strategies for Leading a Process (I don’t remember this part?)
  - Emails
  - Texting
  - SM Youth

THRIVE Virtual Gathering: Well For Culture Session
Evaluation

…with Celena McCray (Navajo)
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…with Lael Tate (Navajo)
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Adaptations Going Forward

- Reflecting and sharing process
- Follow-up with Youth
  - Create a group chat on Instagram, text, or Facebook
  - Follow-up with emails
- Will this be the new continued norm?
- What will access look like?
Panel Spotlight

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

…with Levi Horn (Tribe)
Klamath Tribes
Email:

…with Name (Tribe)
UNITY
Email:

…with Will Hess (Tribe)
Klamath Tribes
Email:
Discussion Time: Use the Chat Box or Unmute Your Line...

Let’s talk about it...

What do we KNOW? What can we SHARE?
Practice in Action
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
How are we doing?

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

Receive some HNY swag!
Talking is Power is LIVE! Text ‘Empower’ to 97779

Talking is Power One pager

Talking is Power Postcard
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?

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)
- Listserv: Text “YouthNews” to 22828
- Text Message: Text “Healthy” to 97779
- [fb.com/HealthyNativeYouth](https://facebook.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…

- **Who Can I invite to the next call?**
  
  *Title: Social Media Platforms to Reach Youth*
  
  *Guest Speakers: Celena McCray, Thomas Ghost Dog, Roger Peterson, Paige Smith, Corey Begay, Lael Tate*
  
  *Date: July 8, 2020 (Wed.), 10am -12pm PST*

- **Ahead of the Game:**
  - How can I use Social Media to reach and engage youth?
Next Year: What do you want to talk about?

Use the Chat Box to tell us:

1. What topics do you want to cover?
2. What do you want to know more about?
3. What are you done talking about?
4. Other suggestions for improvement?
Thank you! Other questions?

Contact:
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agaston@npaihb.org
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ESCAPE THE VAPE: TOBACCO & VAPING
GUEST SPEAKERS: RYAN SEALY, ANTIONETTE AGUIRRE, KERRI LOPEZ, MARK PETRIE, THOMAS GHOST DOG, AND DR. STEPHANIE CRAIG RUSHING

June 10, 2020 from 10-11am PST