BRAVE is a culturally-relevant mobile health (mHealth) intervention designed to improve healthy relationships, promote cultural pride and resilience, and increase help-seeking skills among AI/AN youth 15-24 years old.

The video and text message series discuss important adolescent health topics, including:

- Healthy Relationships
- Native Pride
- Help Seeking Skills
- Domestic Violence
- Substance Misuse
- Suicidality

The program builds wellness and resilience through culturally responsive messaging, role modeling, skill-building, and connections to trusted adults. Participants reported improvements in mental health, reductions in alcohol & drug misuse, improvements in resilience and coping skills, and better self-esteem.
Showing the Videos

The BRAVE series is designed to be used in one of three ways:

**Option 1:**
Self-Reflection Activity + Youth
Sign-up to Receive the video series and Text Message Series *(total activity time = 10-30 min)*

**Option 2:**
Facilitator shows the full-length video beginning to end, followed by a 35-minute individual activity and discussion *(45 min)*

**Option 3:**
Facilitator shows one of the 7 episodes of the BRAVE video, followed by a 30-minute group activity *(45 minutes, 7 lessons)*

Thank you for sharing the BRAVE video with youth in your community!

Lesson plans are available at Healthy Native Youth:  
www.healthynativeyouth.org