



# Text **BRAVE** to 94449



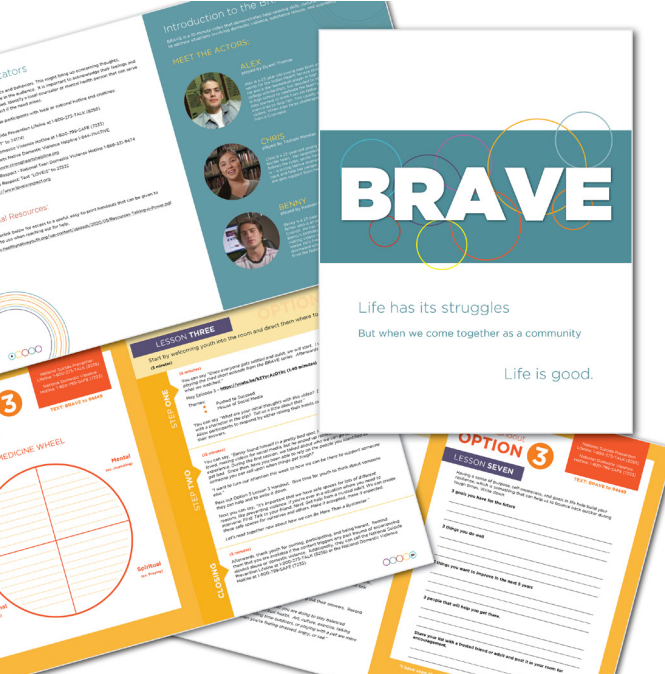
BRAVE is a culturally-relevant mobile health (mHealth) intervention designed to improve healthy relationships, promote cultural pride and resilience, and increase help-seeking skills among AI/AN youth 15-24 years old.

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](http://www.healthynativeyouth.org)