Supporting Youth Identity: We R Native!

April 14th, 2021, 10:00-11:30 am PST
Let us Start with a Blessing

“If you’ve never been oppressed it’s hard to contextualized.”
- Lockstock
Jeremy Fields
Pawnee, Crow, Chickasaw
(he/ him)
I love seeing my people empowered.
jeremy@thriveunltd.com

Thomas Lee
Ghost Dog, Jr.
Burns Paiute, Oglala Sioux
(he/ him)
I love bowling.
tghostdog@npaihb.org

Sacha Smith
Southern Ute/Diné (she/ her)
I love playing golf and being outdoors.
Sacha@nb3f.org

Leroy “Buster” Silva
Pueblo of Laguna (he/ him)
I love Traveling and Coffee!
leroy@nb3f.org
Live Virtual Training Logistics

Logistics
● You are muted
● If comfortable, share video

Engagement
● Padlet Activity
● Chat box
● Icons (Zoom & More)
Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

★ Name, Pronouns
★ Tribe/ Organization
★ Where are you from?
★ Maternal/ Paternal Relatives
★ Email address
For Adults: 
Text “Empower” to 97779

★ Tips & Resources for Talking to Youth About Sexual Health
★ Need some help getting the convo started?
Group Agreements

★ Participate Fully

★ Delay Distractions

★ Honor Different Experiences

★ Be Brave & Explore

★ Others? (Type in the chat)
We’ve Got Goals!

By the end of today’s session, you will be able to...

★ **explain** the importance of affirming Native youth identity
★ **identify** ways to incorporate and support Native youth identity into existing programming
Where we are going

1. Youth Identity Activity (padlet) - 5 min
2. Native Youth Identity - 15 min
3. Notah Begay III (NB3) Foundation - 10 min
4. We R Native (NPAIHB) - 10 min
5. Thrive Untld - 10 min
6. Let’s Talk About it!
Padlet Flowing Grid

Use the link in the chat box to join...

I Am
I Can
I Enjoy
Wellness Moment

Body Scan
1. Native Youth Identity

Let’s get some background here...
We Are The New Tradition

Images:
2S Loved & Accepted
Monica Chase
ANTHC
We R Native
Native It’s Your Game
Chatfeed Convo:
Type Questions, Ask Away!
2. Notah Begay III Foundation

To ensure Native children achieve their full potential by advancing cultures of Native American community health.
Four Core Areas

Youth Development
Physical Activity
Healthy Nutrition
Cultural Connections
Organization Reflections

Old Mission
Reduce childhood obesity and type 2 diabetes among Native American children.

New Mission
Est. in 2019
To ensure Native children achieve their full potential by advancing cultures of Native American community health.
“Providing Spaces for Growth and Representation”
Responsibility to ALL Native Youth
3. We R Native
Enhancing Identity through safe digital spaces
Stand by what we say...

WERNATIVE
FOR NATIVE YOUTH BY NATIVE YOUTH...

Posted: September 14th, 2012
We R Native acts as a hub for wellness/health info that tailors to Native youth and young adults.
How to Keep Youth Coming Back?
Well...?

By using characteristics of Identity to connect to Natives as a whole

★ Language/slang
★ Imagery
★ Humor
★ Native pop culture
★ Values
JIM THORPE

NATIONAL PHYSICAL FITNESS
AND
SPORTS MONTH

text ACTIVIST to 97779
SNAG APPLICATION
QUARANTINE EDITION

Name: __________________  Age: _____________

Tribe: __________________

Why you tyna Snag?

______________________________________________

Do you get Per Cap?  Yes [ ] No [ ]

Can you make frybread?  Yes [ ] No [ ]

Can your cousin join?  Yes [ ] No [ ]

Are you sure?  Yes [ ] No [ ]

Have you been STD tested?  Yes [ ] No [ ]

On a scale from Kicking Bird to Wind In His Hair
How are you feeling today?

Wish a Native would

*Day 12 wearing sweats*

It's a Vibe

Creator take the wheel

Dances with Wolves
Wellness Meter  Pt. 1
Technology Use among Native Youth

**Favorite Things to do Online**

- Share memes
- Follow influencers/celebrities
- Vent
- Check on friends and family members
- Go "live"
- Scroll
- Post original content
- Watch videos
- Other

Number of Participants

![Chart showing the favorite things to do online among Native Youth. The chart includes activities such as sharing memes, following influencers, venting, checking on friends and family, going "live," scrolling, posting original content, watching videos, and other activities.](chart-image-url)
Social Media Use

37.8% of youth report spending an average of 3 to 4 hours per day on social media.

- TikTok: 16.6%
- Instagram: 36.7%
- Facebook: 17.2%
- Twitter: 6.3%
- Snapchat: 21.2%
- Other: 2.0%
Top 3 Health Topics

For Native Youth to learn about...

1. Native Identity or Cultural Pride (73%)
2. Mental Health (57%)
3. Social Justice and Equality (31%)
What Native Youth say about "I like the cultural information, and how it’s accessible for someone like me, who isn’t always able to get info from people I know in real life, especially living in a white-majority town."

"I never grew up on the Rez and don’t know much about my culture this is how I keep up with all native things around."

"A website specific for people like me."

"It’s strictly directed towards native youth."

"Just having a connection to my culture. Our culture is so under represented and it’s sad."

"The inclusivity!"

"It’s about natives of all tribes."

"It’s the Native part for me."

"I love the connection to my culture The inclusivity!"

"I love the information it provides, especially considering most of the information we have access to is biased or inaccurate."

"Connect with things that happen more frequently in native communities."

"I love how open they are to talk about sensitive subjects or things that aren’t spoken about enough. They never hesitate to helping/educating youth on things."

"The positivity around the community."

"That is exists in the first place! Natives need more recognition and I think websites like this will help achieve that."

"The inclusivity!"
4. Thrive Untld

Moving forward together...
Reclaiming Cultural Identity through transcending trauma

- Historical trauma has become integrated into modern understandings of culture
- We often associate with our experiences rather than aligning with our values
- Racism, Colorism, and Lateral Violence do not belong to us

PHOTO: TYLER GLASSES: https://www.teenvogue.com/story/navajo-nation-skateboarder-tiktok-1bvlid-bwAR1K3E8750a5XrljDaOfMNIISiioLzOjJN9SvdwT-jUCd81-AI9-t-BaT
I have a Hard Time with
I want to Work on
I want Help with

Use the link in the chat box to join...
4. Let’s Talk About it!

**Logistics**
- Share Your Video
- Use the Chatfeed

**Engagement**
- Use the Chatfeed
- ASL
- Zoom Reactions
Practice in Action
Taking it back home!
Find Curricula on Healthy Native Youth

★ Filter & Compare Tool
★ All Materials Needed to Implement
★ Enhancement Activities
★ Resources & Support
★ Upload & Submit Your Own Curricula
For Youth:
Text “Caring” to 65664

To get regular reminders about how awesome you are from people who care and who’ve got your back!
For Adults: Text “Empower” to 97779

Tips & Resources for Talking to Youth About Sexual Health
Need some help getting the convo started?
Sign up for the Healthy Native Youth Newsletter!

Stay up to Date with the Latest...
Community of Practice 2021 Schedule

January 13th  Substance Misuse & Help-Seeking Skills
February 10th  Connecting our Past with our Present Re-traumatization
March 10th  Culture as Prevention
April 14th  Supporting Youth Identity: We R Native!
May 12th  Circles of Support: Create a Q&A Service like "Ask Auntie/Ask Uncle"
June 9th  2SLGBTQ: Level up the Inclusion
July 14th  Text Messaging Campaigns

Leave Your Email in Chatbox
We LOVE helping...

★ Training & TA Evaluation Form
★ Request TA
Thank you!

You can find us at:
Amanda Gaston
agaston-contractor@npaihb.org

Michelle Singer
msinger@npaihb.org
Funding Credit

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Let us Close with a Blessing

“Can't stop the spirits when they need you
This life is more than just a read through”

Red Hot Chili Peppers