Cultural Competency to Raise Healthy Native Youth

October 13th, 10:00-11:30 am PST
Let us Start with a Blessing

“Teggnerneg elitengnaquureluten. Gather knowledge and wisdom from the elders.” -Alaska Native saying
Waqaa! Cama’i! Hola!

I am Melissa "Qillauruq" Castaneda, she/ her
Inupiaq
I love to learn through storytelling.
You can find me at mjcastaneda@anthc.org

I am Jared Delaney, he/ him/ his
Klamath
I love sports.
You can find me at delanjar@ohsu.edu
Live Virtual Training Logistics

Logistics
● You are muted
● If comfortable, share video

Engagement
● Mentimeter & Breakouts
● Chat box
● Icons (Zoom & More)
Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

★ Name, Pronouns
★ Tribe/ Organization
★ 30 second Culture Grab
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...

★ **Analyse** how indigenous values affect youth learning and program experience

★ **Assess** how you can incorporate culture and tribal values into your programming
Where we are going

1. Visualization Activity - 3 min
2. Key Indigenous Values
   a. Humor - 15 min
      i. Mentimeter - What makes you laugh? In what ways are you supported through humor?
   b. Conflict - 15 min
      i. Breakouts: How do you manage expectations of yourself? How do you manage expectations of others?
3. TikTok Culture - 10 min
4. Let’s Talk About it! - min
We acknowledge the Denai’ina people, on whose traditional lands we gather.
We also acknowledge the Creator and all Indigenous people of Alaska.
Thank you for your past and present stewardship of the waters, plants, animals and spiritual practices of this place.

Visualization Activity
Inupiat Ilitquusiak

Every Inupiaq is responsible to all other Inupiat for the survival of our cultural spirit, and the values and traditions through which it survives. Through our extended family, we retain, teach and live our Inupiaq way.

With guidance and support from Elders, we must teach our children Inupiaq values:

Knowledge of Language
Knowledge of Family Tree
Sharing
Humility
Respect for Others
Love for Children
Cooperation
Hard Work
Respect for Elders
Respect for Nature
Avoid Conflict
Family Roles
Humor
Spirituality
Domestic Skills
Hunter Success
Responsibility to Tribe

Our understanding of our universe and our place in it is a belief in God and a respect for all His creation.
1. Humor

Inupiat value
Kotzebue, Alaska
Mentimeter Q&A

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

What makes you laugh?

In what ways are you supported through humor?

Go to www.menti.com and use the code 5690 4757
Chatfeed Convo: Type Questions, Ask Away!
2. Avoid Conflict

Inupiat value
Breakout Activity

How do you manage expectations of yourself?

How do you manage expectations of others?
Wellness Moment

Breathing Exercise
3. TikTok is Trending

By Jared Delaney (He/Him/His)
TikTok is the Now

- 1 Billion monthly users Worldwide
- Collection of short videos
- Easiest social media to grow on
- Quick spread of information
- Algorithms and audience interaction determine virality
- Great for Niche communities
- Trends reign supreme
- Flipping trends to fit your needs
Stats (Last 60 Days)

284.4K Views
65.5K Likes
6,501 Profile Views
1,051 Comments
2,633 Shares
+6,676 Net Followers

423K Views
115.1K Likes
12.3K Followers

WOW!
TikTok Targeting

★ I make TikToks for Natives
★ Cultural references and identifiers
★ Public Health and Trendy TikTok
★ Have to mix in fun content to keep it fresh
★ Reel them in with fun - hit them with education
★ Build a brand and interact with the community
★ I’m like the older native cousin
## What’s Working & Needs Work

<table>
<thead>
<tr>
<th>Successes</th>
<th>Challenges</th>
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<tbody>
<tr>
<td>★ Being consistent</td>
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<tr>
<td>★ Finding a winning formula</td>
<td>★ Getting on bubbling trends early</td>
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<tr>
<td>★ Interaction</td>
<td>★ Being apolitical</td>
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<tr>
<td>★ Keeping track of trends</td>
<td>★ Internet Trolls</td>
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<td></td>
<td>★ Being concise</td>
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Next Steps

- Keep on hammering
- Weekly meetings to discuss and talk about content
- Still fleshing out our identity, we are around 6 months old
- Figuring out how we can turn information sharing into community outreach
Let’s watch one

https://www.tiktok.com/@we_r_native?lang=en&is_copy_url=1&is_from_webapp=v1
Chatfeed Convo: Type Questions, Ask Away!
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
Text “Caring” to 65664 For Youth
To get regular reminders about how awesome you are from people who care and who’ve got your back!

https://www.healthynativeyouth.org/resources/
Text "College" to 65664

For College Youth

To get regular reminders about how awesome you are from Native College students who have been there and care about what you’re going through!

https://www.healthynativeyouth.org/resources/

LAUNCHED SEPT. 6TH!
Talking is Power
For Adults

Tips & Resources for
★ Talking to Youth About Sexual Health
★ Getting the convo started
★ Online Printable Resources [here](#)

**TEXT "EMPOWER" TO 97779**

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

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.

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
#weRnative
#HealthyNativeYouth
Sign up for the Healthy Native Youth Newsletter!
Stay up to Date with the Latest...
# 2021-22 Community of Practice Lineup

<table>
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<tr>
<th>Date</th>
<th>Title</th>
<th>Description</th>
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<tr>
<td>September 8, 2021</td>
<td>Back-to-School Intentional Balance</td>
<td>What a year it has been! Now more than ever, we find the need to create intentional safe spaces for our families and those we serve to acknowledge, rebuild, and thrive in this upcoming school year. Join Robert Johnson from the Native Wellness Institute and Danna Brown from the MRBWI as we help create a space for you to heal through barriers, retraumatization in the workplace, time-management, and boundaries to care for the wellbeing of those in your practice.</td>
</tr>
<tr>
<td>October 13, 2021</td>
<td>Cultural Competency to Raise Healthy Native Youth</td>
<td>Culture is engrained in everything that we do, how we engage, learn, and process information. In order to build supportive Native youth, we must share our experience and the scientific facts behind culture as prevention so that we realize, and can act on the health of all of our Native youth. Join the Alaska Native Tribal Health Consortium, the Native Health Initiative and Native Social Media influencers to share their experience raising culturally healthy Native youth.</td>
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<tr>
<td>November 10, 2021</td>
<td>Tackle Trauma with Care</td>
<td>Indigenous communities have long faced systemic risk factors to cope, resilient, and reflect their identity and place. Join the Native Children's Trauma Center to walk through trauma informed practices to address health from the trauma we have all experienced individually and collectively during the pandemic. Together with local and tribal partners we will present a framework to address trauma from the trauma.</td>
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<tr>
<td>December 8, 2021</td>
<td>Set the Stage for Program Success</td>
<td>Our Elders have taught us the importance of the gathering season to prepare and maintain us throughout the year, setting a strong foundation to create ease and success for the future. Join the NHPI team to talk about how to GATHER and prepare community and youth input on health priorities and to test the stage for program success.</td>
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<tr>
<td>January 12, 2022</td>
<td>Pickers Can Be Chosen: Choosing a Program</td>
<td>You have gathered youth and community feedback to identify health priorities, resources, and needs. Now you are ready for the CHOOSE process! Let the NHPI team help you choose critical criteria for program selection; get approval, and tips for enrolling youth in the selection process. Hear from program developpers on Native youth programming.</td>
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<tr>
<td>February 9, 2022</td>
<td>Thrive in the Spaces we Create</td>
<td>Help Native youth build informative, inclusive, fun, and creative spaces together using Indigenous leadership and peer modeling approaches. Help how Native youth are using creative expression to positively process emotions in those spaces. Come learn how you can help youth in your community do the same.</td>
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<td>March 9, 2022</td>
<td>Prepare for Implementation Success</td>
<td>Not ready yet! Have chosen a program. You can prepare for implementation success. Let the NHPI team help you prepare your team for your program through implementation planning.</td>
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<td>April 12, 2022</td>
<td>Stand Up to STD/HIV Stigma</td>
<td>As sexual health education is key on the challenges of community and youth engage, and learn, and inform about STD/HIV stigma that persists and harms the health of our Native communities. Join us to stand up to STD/HIV stigma through holistic approaches to Indigenous Sexual Health.</td>
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<td>May 17, 2022</td>
<td>Concerning Social Media Posting Workshop</td>
<td>Learn how you can be the most effective and youth can learn what you are or post concerning messages on social media.</td>
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<td>June 8, 2022</td>
<td>Staying Connected</td>
<td>Suicide prevention session: challenging young people to discuss thoughts of suicide before having an attempt. However, youth may disclose depression symptoms and suicidal ideation via social media, live Instagram, TikTok, Twitter, Snapchat, and through direct messaging.</td>
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<tr>
<td>July 13, 2022</td>
<td>Sustain and Grow Your Program</td>
<td>Carnival ($1 admission) to learn more about what others are doing and how we can support each other through programming.</td>
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**Contact us**

- [Join us](#) on Twitter or Facebook for updates.
- [www.healthynativeyouth.org](http://www.healthynativeyouth.org)
- [Text HEALTHY UP TO BEYOND](#) to receive text updates.
- Click here to request to be added.
Our team is here to support you!

We know selecting and implementing a curriculum can be challenging... Whether it’s selecting a program, getting prepared, training a facilitator, or maintaining a program you’ve already implemented. Let us know how we can help you and we’ll follow-up in the next week.

Name*

First and Last Name

We LOVE helping...

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

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

Michelle Singer
msinger@npaihb.org
Funding Credit

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Let us Close with a Blessing

“Pingnqureluten taqeksaunang. Never give up in trying to do what you set your mind to.” -Alaska Native saying