



Pickers Can be Choosers: Choosing a Program Phase II: Implementation Toolbox

January 12, 2021, 10:00-11:30 am PST

Let us Start 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



Yá'át'ééh! Keshi! Hola!



**Dr. Stephanie
Craig Rushing**

(she/her)

I love coffee.

scraig@npaih.org



**Michelle
Sarche**

(she/her)

I love art.

michelle.sarche@cuanschutz.edu



**Nicole
Treviño-
WRN**

(she/they)

I love dogs.

healthed@nicoletrvino.com



**Claudia Luna-
Meza**

(she/her)

I love traveling.

Claudia.Lunameza@uth.tmc.edu



**NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD**

Indian Leadership for Indian Health



**colorado school of
public health**



UNIVERSITY OF COLORADO
COLORADO STATE UNIVERSITY
UNIVERSITY OF NORTH CAROLINA



Live Virtual Training Logistics



Logistics

- You are muted
- If comfortable, share video

Engagement

- Zoom Poll & Breakout Activity
- Chat box
- Icons (Zoom & More)





Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Pronouns
- ★ Tribe/ Organization

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...

- ★ **choose** which criteria are most critical to your program
- ★ **identify** tools to help you choose the best program for your site/ setting
- ★ **listen** to the highlights of Native youth programming





Where we are going

1. *Zoom Poll - 3 min*
2. *HNY Implementation Toolbox: Phase II - Choose - 15 min*
3. *Program Highlights - 8 min each*
 - a. *We R Native, Native STAND, Native It's Your Game, Native WYSE Choices*
4. *Breakout Session: Toolbox Scavenger Hunt - 15 min*
5. *Let's Talk About it! - 10 min*





Wellness Moment

20/20: Screenbreak



1. The Big Picture

Phase II - Choose





Get Tools From Our Implementation Toolbox

As a member of your community, you already know a lot about what your community needs to better support youth. Other members of your community – like youth, parents, teachers, youth advocates and school counselors – also have important perspectives and are vital decision-makers and champions when you select and implement a health ed curriculum.

The steps and tools in the Implementation Toolbox will help walk you through important phases in the planning process with ready-to-go templates, tips, examples, and words of encouragement.

[Start From the Beginning](#)

[Find Your Best Starting Point](#)

[See the Big Picture](#)

IMPLEMENTATION TOOLBOX

CONTACT US



BIG PICTURE



Gather



Choose



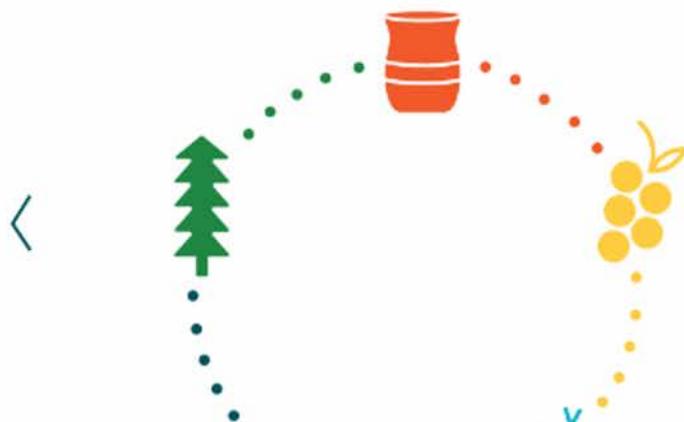
Prepare



Implement



Grow



Stay connected beyond programming

All things are rooted in relationships! Keep cultivating potential collaborations and utilize community engagement opportunities to find ways to stay connected with youth, caregivers and community beyond programming. The momentum of a first round of implementation will grow with youth involvement and peer support. Keep the implementation journey going and expand your circle of support.

☆ Feedback



Choose

OVERVIEW: Choose a culturally-relevant health program and get approval if needed

Goal: Decide which program aligns with your goals and values. Consult with decision-makers to find a curriculum that meets community needs. Choose a culturally-relevant health curriculum and get approval if needed.



Where do I start?



Gather



Choose



Get support: Identify decision makers. [Learn more](#)

Choose which criteria are most critical to your program. [Learn more](#)

Select a program that aligns with your goals. [Learn more](#)

Get approval if needed. [Learn more](#)

Youth voice: Seek input from youth and community. [Learn more](#)



Template: Letter of Support (for educator & site)

Template: Memorandum of Agreement

TEMPLATE – HNY EDUCATOR LETTER OF SUPPORT

To Whom It May Concern:

As the [Your Role/Position] at [School, Tribe, Organization, Agency], I am writing to give my approval and support to [HNY educator] to be the primary representative from [Clinic/Program/Dept/Organization]. We have a memorandum of agreement with the [Implementation Host Site] that the [HNY educator] will be responsible for:

- 1) Delivering the (HNY Curriculum Program Selection) program
- 2) Maintaining the necessary program documentation
- 3) Assisting with student recruitment and retention efforts
- 4) Attending partner planning and coordination meetings
- 5) Communicating with school administrators, parents and caregivers on a monthly basis on program progress and student achievements

As a collective community effort, we support the delivery of (HNY Curriculum Program Selection). If you have any questions, please feel free to contact me at (contact info – phone and email).

Sincerely,

(Signature)

Department/Program Administrator or Organizational Leader





Template: Letter of Support (for educator & site)

Template: Memorandum of Agreement



MEMORANDUM OF AGREEMENT

Between
[School or Organization Name]
And
[Tribe or Partner Name]

I. PURPOSE

This Memorandum of Agreement (MOA) is made between the [School or Organization Name] and the [Tribe or Partner Name]. The purpose of this MOA is to delineate the responsibilities of each party to implement the [Program Name].

II. GENERAL INFORMATION

The [Program Name] is... [Add a few sentences about the program you selected. You can find this information on the Healthy Native Youth website.]

III. SCOPE

This Agreement constitutes the entire agreement between the parties and supersedes any previous agreement between the parties regarding the [Program Name]. It is agreed that this agreement is not intended and shall not be construed to create the relationships of agent, servant, employee, partnership, joint venture or association between the [Tribe/Partner Name] and [School/Organization Name].

By entering into this agreement, the [School or Organization Name] agrees they shall [What is the agreement? Allow program activities to take place? List here], in compliance with stated program objectives outlined herein.

In addition, as partners in the delivery of this curriculum, they will [List any additional duties or requirements here].

IV. ARTICLES OF AGREEMENT

1. The [Tribe or Partner Name] will





IMPLEMENTATION TOOLBOX

CURRICULA

TOOLS FOR PARENTS

COMMUNITY

RESOURCES

COMPARE

GIVE US FEEDBACK



COMPARE

SHOW ALL

Check the programs you wish to compare. Then click the "Compare" button.

Name	Age	Program Setting	Duration	Cost	Student/Teacher Ratio	Certification Required	Evidence of Effectiveness	Endorsement
<input type="checkbox"/> Respecting the Circle of Life	Middle School High School Young Adults	Community-Based	8 youth sessions 2 hours + 1 follow-up session with a parent and teen 2 hours	The Center for American Indian Health is now disseminating RCL through ETR, a nonprofit organization. Communities can purchase the RCL program through ETR's catalog, which only includes programs with proven evidence.	8-12:1	No	Best Practice	CDC's HIV Effective Interventions, ETR's Evidence-based Programs

Seeking Volunteers!



- Use the Toolbox for six months
- Provide feedback on what works well and what can be improved
- Recommend other tools to include in the Toolbox
- Complete two online surveys before and after using the Toolbox
- \$25 e-gift card *Thank You* for each survey

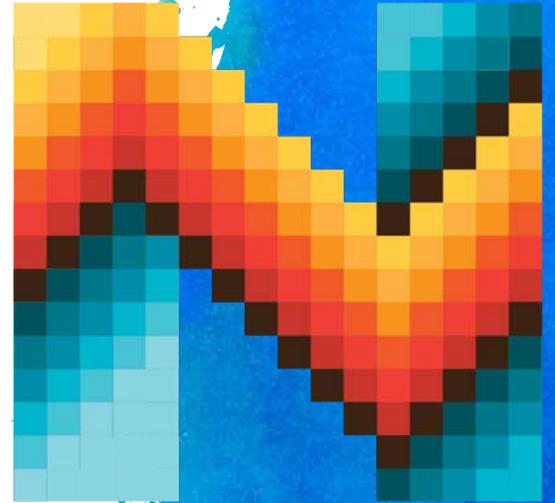
Interested? Email claudia.lunameza@uth.tmc.edu



2.

We RNative Curriculum & Resources

10 interactive lessons using WRN's multimedia health resources for Native youth 13-18

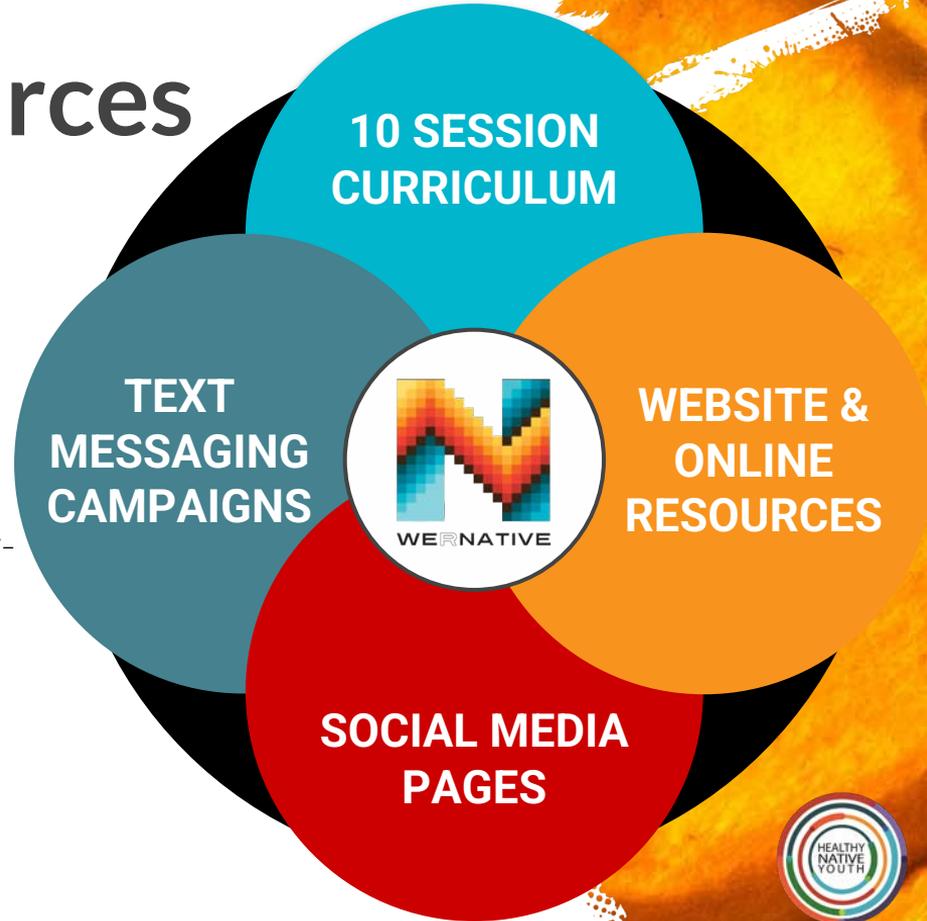


WERNATIVE

WRN Curriculum & Educational Resources

Curriculum Details:

- 10, 50-minute, interactive sessions on media literacy & comprehensive health topics can be used with other HNY programs & enhancement activities
- For Native Youth Age 13-18
- Delivery in- or out-of-school, or in Community-Based or Residential settings
- Customizable Cultural Teachings
- Fidelity Monitoring Guide, Training & TA available
- Medically Accurate, Trauma Informed, Asset-Based & Aligned with Common Core
- Approved for use on Tribal PREP & Aligned to reinforce ACYE Adult Preparation Topics



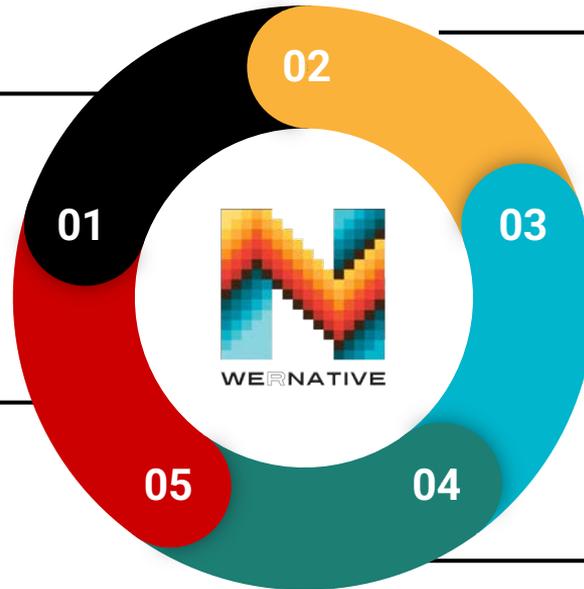
WRN Curriculum Units

Unit 1: Introducing WRN Program & Website

- WRN Introduction
- Media Literacy

Unit 5: Make a Difference

- Make a Difference in Your Community
- Make a Plan for Your Community



Unit 2: I Strengthen My Nation

- Drugs & Alcohol Research & Report
- Ask Auntie

Unit 3: Native VOICES

- Native VOICES Video
- Healthy Relationships, Personal Rules & Consent

Unit 4: We Are Connected

- We Need You Here
- Stand Up. Stand Strong.

WRN is best for:

01

Providing a brief curriculum program.

- Only 10 sessions, 50 minutes per session
- Easy to use as a quick start program
- Can be scaled up or down, customized to meet your needs

02

Introducing a range of health topics.

- Includes content on: sexual health, drugs and alcohol, bullying, suicide prevention, and seeking support/ building community
- Can be a first round of programming to build upon over time

03

Teams with minimal resources/ capacity.

- Easy to use for first time educators/ facilitators
- Extensive training or expertise isn't necessary, minimal prep time required for lesson implementation
- Includes lots of additional resources to optimize your time

04

Connecting youth to additional resources & supports.

- WRN Website developed by and for Native Youth
- Text Messaging Line
- Social Media Pages

05

Getting programming started & customizing for your tribe/ community

- WRN is a great entry point for starting health education programming with Native Youth
- Easy to incorporate into your tribe or community's cultural teachings

3.

Native STAND

18 lesson that support healthy decision making
for Native high school students



Findings can be found on the Healthy Native Youth website under the Evaluation Tab of the Native STAND curriculum section at www.HealthyNativeYouth.org.

Effectiveness of Native STAND: A five-year study of a culturally-relevant sexual health intervention



**Native
STAND**
Schools Together Against Negative Behaviors

Methods

2014 to 2019,
American Indian
Alaska Native
youth (N = 960)



48 communities
throughout the US



Pre- post study
design to evaluate
efficacy



Findings

Results demonstrate immediate post-
intervention effect on participants.

20% decrease in past year bullying

29% increase in sexual health
communication skills

46% increase in how to use a
condom correctly

224% increase in promoting serious
peer to peer conversations about sex

395% increase in reflecting on
lessons learned during Native STAND

Implications

Native STAND is an effective
Evidence Based Intervention
(EBI) for AI/AN high school
youth.

Demographics, including age
groups, gender, sexual identity
(straight and 2SLGBT), geography
(urban/rural), and tribal
affiliation.



Conclusion: This study demonstrated the effectiveness of Native STAND when delivered in a variety of school and community settings. Efforts are now underway to update Native STAND for medical accuracy, improve alignment with typical class periods, and promote its use and an effective EBI for AI/AN youth on www.HealthyNativeYouth.org.

Reference: Skye M, et al. Effectiveness of Native STAND: A five-year study of a culturally-relevant sexual health intervention. *Journal of Adolescent Health*, 2021





Students Together Against Negative Decisions

Lesson Summary:

- Lesson 1**..... Welcome & Introductions
- Lesson 2**..... Team Building
- Lesson 3**..... Acting Out
- Lesson 4**..... Culture & Tradition
- Lesson 5**..... Honoring Diversity & Respecting Differences
- Lesson 6**..... Goals & Values
- Lesson 7**..... Healthy Relationships Pt. 1
- Lesson 8**..... Healthy Relationships Pt. 2
- Lesson 9**..... Goal Setting
- Lesson 10** Sexual & Reproductive Health Pt.1
- Lesson 11** Sexual & Reproductive Health Pt. 2
- Lesson 12** Safe Snagging
- Lesson 13** Condoms & Contraception
- Lesson 14** Sexually Transmitted Infections
- Lesson 15** HIV AIDS
- Lesson 16** Taking Care of the Whole Person
- Lesson 17** Drugs & Alcohol
- Lesson 18** STAND Together



Native STAND

Students Together Against Negative Decisions

WELCOME AND INTRODUCTION

Activity Purpose: The primary purpose of this activity is to give Native STAND Students a clear understanding of the program and to establish the need for the program.

Stages of Change Process: Getting Information

Youth will:

- Describe the goals, content, and procedures of the program.
- Describe the magnitude of the problem of teen pregnancy and STIs.
- Describe the role of a peer advocate.

Activity Outline	Core Content Components	Instructional Method	Timing
1 Welcome/ Overview	<ul style="list-style-type: none"> • Introduction • Native STAND Journey • M&M Activity 	<ul style="list-style-type: none"> • Minilecture • Minilecture/ Handout • Icebreaker Activity 	25 minutes
2 Introducing Lesson Concepts	<ul style="list-style-type: none"> • Safety Statement • Risky Business Activity • FAQ 	<ul style="list-style-type: none"> • Minilecture • Small Group Activity • Minilecture 	15 minutes
3 Peer Advocate Overview	<ul style="list-style-type: none"> • Introduction to Peer Advocate Concept 	<ul style="list-style-type: none"> • Large Group Discussion 	5 minutes
4 Native STAND Agreements	<ul style="list-style-type: none"> • Native STAND Group Agreements 	<ul style="list-style-type: none"> • Large Group Activity 	10 minutes
5 Closing	<ul style="list-style-type: none"> • Final Reflection 	<ul style="list-style-type: none"> • Large Group Reflection 	5 minutes

5. Closing



3-5 minutes, large group
lecture/discussion

- Introduce Question Box
- Preview next session: Team Building. "In the next session, we'll focus on team building and strengthening our connection with each other as a peer advocate team."
- Thank students for coming. Add something like: "I hope you are excited about becoming a peer advocate. It's going to be fun and we'll learn a lot. I look forward to seeing you next time."

Native STAND

Students Together Against Negative Decisions

What's New?

- Streamlined the number of lessons, focusing on the most important skills
- Ensured lessons could be delivered in a 50-minute class
- Updated content for medical accuracy
- Improved inclusion for Two Spirit and LGBTQ+ participants
- Made trauma-informed adjustments to each lesson
- Updated the teaching methods and formats

"M&M" Activity



10-15 minutes,
large group
icebreaker

- Before this session starts, develop a "code" for each different color of M&M and post it on flip chart paper or the board. This example (below) shows the kinds of things you can ask about, but the options are limitless.
- Don't let the students see the chart paper until activity begins.
- Introduce activity: "We're going to get to know you and you are going to get to know each other—and yourselves—much better over these upcoming weeks and months. Today we're going to begin with a fun and easy way to learn more about each other."
- Have students sit or stand in a circle facing each other. Have a student pass a bag of M&Ms around and tell each student to take 3 different colored M&Ms. They are not to eat the M&Ms (yet!) (NOTE: Make sure no one has a peanut allergy if you use Peanut M&Ms.) Starbursts are also a good option.
- Display the chart paper and explain that for each different colored M&M, the student will share their name, tribal affiliation (if any, unless they are all from the same tribe) and select one of the aspects about themselves that corresponds to one of the colors of M&M's they have. For now, they are just going to choose one color to share about themselves using only 1 sentence (to keep it brief). Example: My name is Michelle, I'm Navajo, and my favorite song is Purple Rain by Prince.
- After a student has shared, the student to their right in the circle will go next.
- It's fun and builds trust if the facilitators also participate in this activity.
- Once everyone has had a turn, they can eat their M&Ms. Now you can also pass around the M&Ms for them to share.

Favorite Song

Favorite Food

A Hobby or something they like to do

Favorite Movie

Nickname

Tell a Joke

Facilitator Tip

This activity needs to move quickly to stay on time, especially if you have a large group. Here are some tips to help you stay on time:

Give students the option to pass if they don't feel comfortable sharing. Offer an opportunity to share at the end if they want to.

Explain the instructions clearly before getting started and ask students to reexplain them back to you quickly (to check for understanding).

Remind them to keep their responses short! Share the example provided or provide your own example to get the group started.

You may want to have M&M's pre-packaged ahead of time or buy fun sized packs and ask them to take out 3 M&M's.

If you have a really small group and/or extra time, you can do additional rounds.

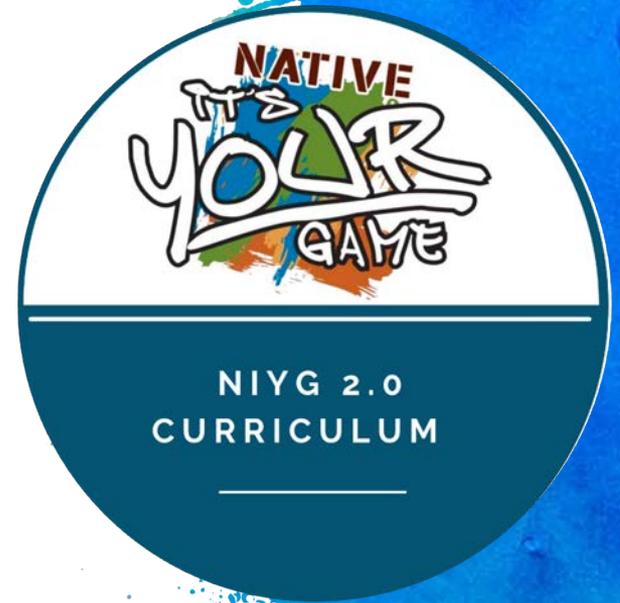
NS2.0 is best for:

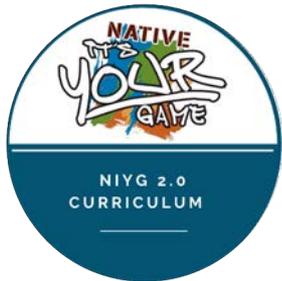
01	Providing a more comprehensive curriculum program.	<ul style="list-style-type: none">• 18 sessions, ~50 minutes per session works well for longer engagement across a range of health topics• Flexible design supports integration with other HNY programs or other content
02	Supporting a consistent group of youth.	<ul style="list-style-type: none">• Lessons build upon and reinforce each other so youth are reflecting on their goals and growing together over time• Youth are also encouraged to be peer advocates and reflect regularly on how to share what they are learning to support others
03	Teams with minimal resources/ capacity.	<ul style="list-style-type: none">• Easy to use for first time educators/ facilitators• Extensive training or expertise isn't necessary, minimal prep time and resources required for lesson implementation
04	Covering Sexual Health & Healthy Relationships in greater depth.	<ul style="list-style-type: none">• NS2.0 covers sexual health, anatomy, STI/HIV prevention and healthy relationships thoroughly along with other topics• Lesson topics and depth can support use with youth at higher risk for HIV, STIs, unplanned pregnancy or dating violence
05	Communities in need of a program with an evidence base	<ul style="list-style-type: none">• Native STAND has been evaluated by NPAIHB in various settings with positive results• Native STAND 2.0 builds upon the evidence base as well as feedback and innovations NS facilitators learned in the field

4.

Native It's Your Game

13 web-based HIV/ STI and pregnancy prevention lessons
for Native middle school youth





Native It's your Game (Native IYG) is a web-based HIV, STD, and pregnancy prevention curriculum for American Indian and Alaskan Native (AI/AN) youth ages 12-14.

Native IYG is set in a “virtual mall” where learners will be directed to different “stores”, or locations to play interactive games, watch videos, evaluate scenarios, and follow role-model stories.

<https://www.healthynativeyouth.org/curricula/native-its-your-game/>



Select the Teen Parents that you
want to hear from...



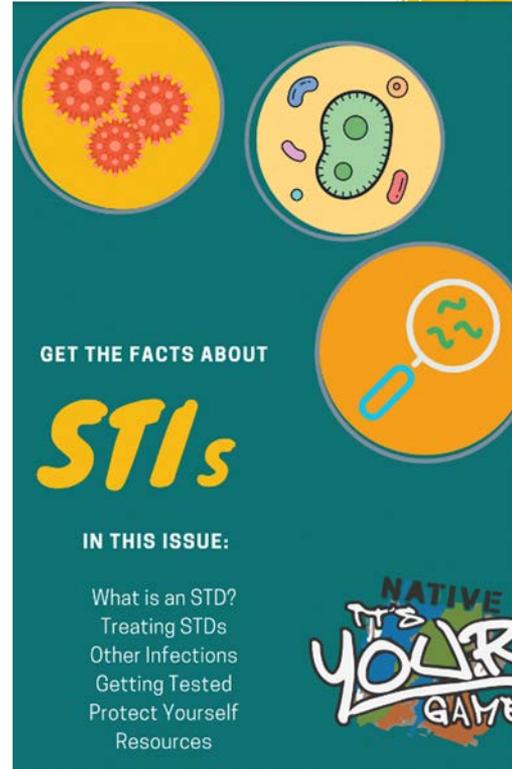
YOUTH VIDEOS

N-IYG 2.0 Features

Includes

- ★ New Class Management Portal
- ★ New Facilitation Manual
- ★ New Fact Sheets
- ★ More inclusive for 2SLGBT students
- ★ Upgraded software to HTML/Java Script

**Downloadable Links Now Available For
Those With Limited Internet Access!**





IMPLEMENTATION TOOLBOX

CURRICULA

TOOLS FOR PARENTS

COMMUNITY

RESOURCES

COMPARE

GIVE US FEEDBACK



COMPARE

SHOW ALL

Check the programs you wish to compare. Then click the "Compare" button.

Name	Age	Program Setting	Duration	Cost	Student/Teacher Ratio	Certification Required	Evidence of Effectiveness	Endorsement
<input type="checkbox"/> Respecting the Circle of Life	Middle School High School Young Adults	Community-Based	8 youth sessions 2 hours + 1 follow-up session with a parent and teen 2 hours	The Center for American Indian Health is now disseminating RCL through ETR, a nonprofit organization. Communities can purchase the RCL program through ETR's catalog, which only includes programs with proven evidence.	8-12:1	No	Best Practice	CDC's HIV Effective Interventions, ETR's Evidence-based Programs

5. Native WYSE Choices

Sexual Health, Life Skills, and Drinking for young
Native urban women





Native WYSE CHOICES is a new curriculum on the horizon...



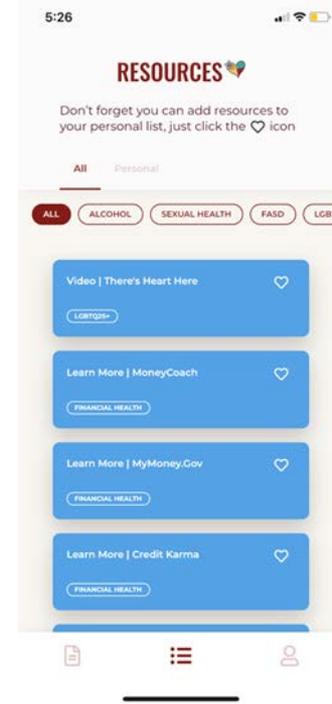
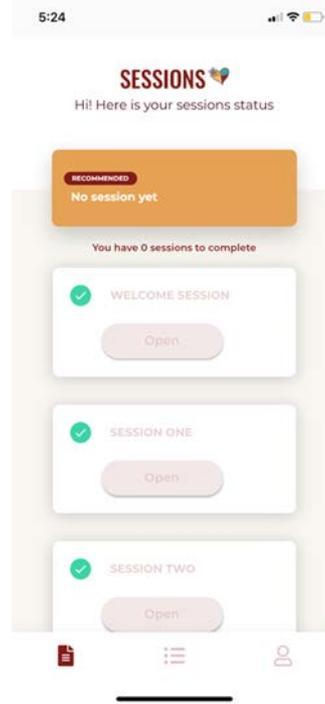
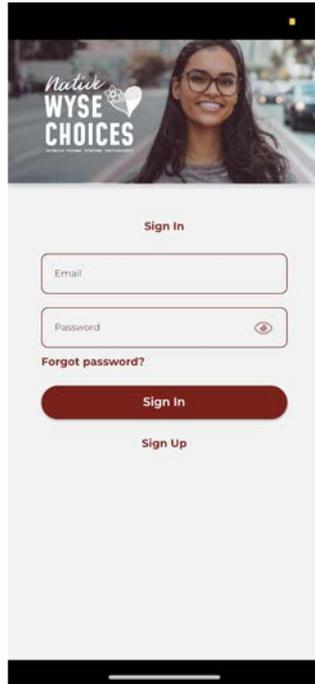
And you can help!



Native WYSE CHOICES stands for:

Native Women
Young, Strong, and Empowered
making CHOICES

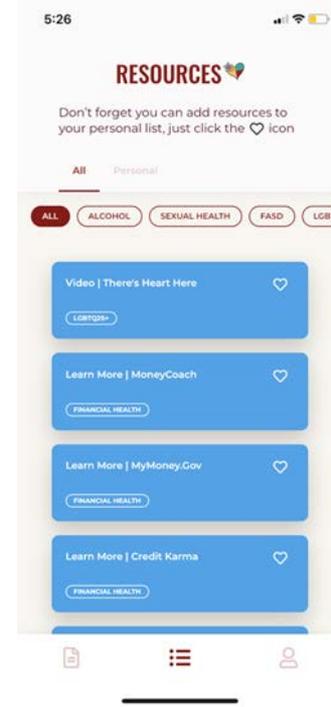
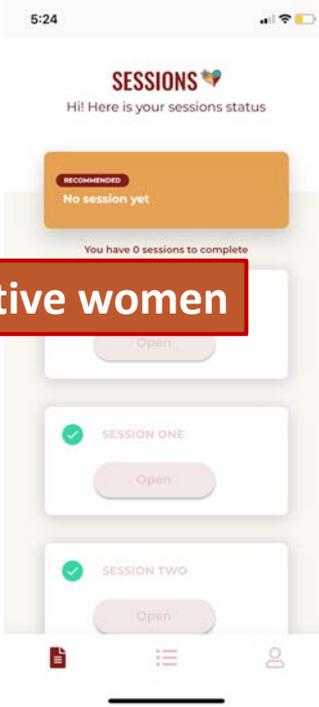
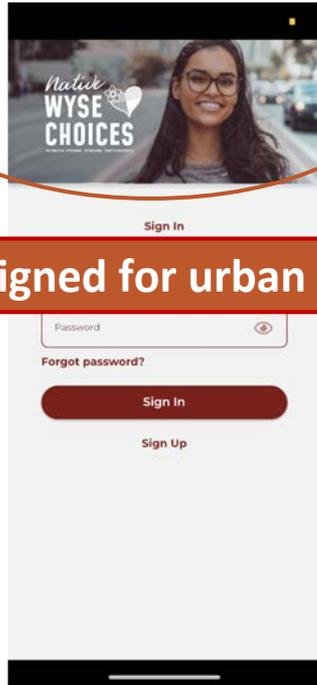
Native WYSE CHOICES is a mobile health app



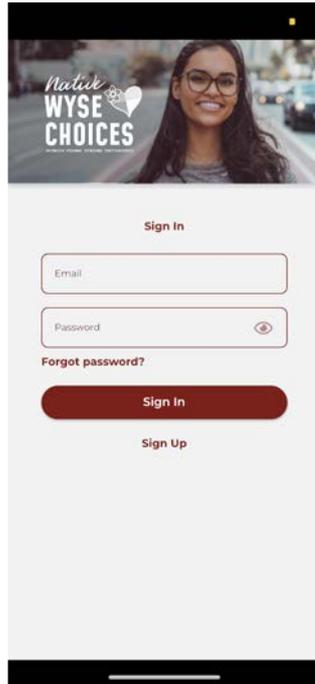
Native WYSE CHOICES is a mobile health app



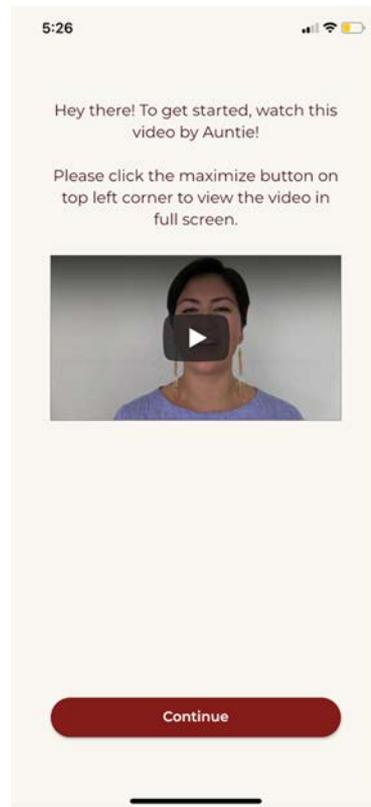
Designed for urban young Native women



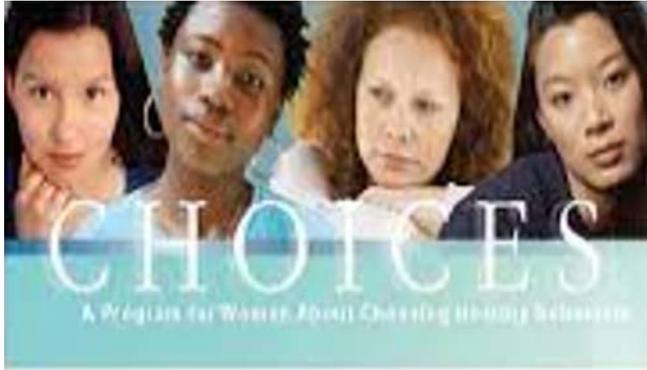
Native WYSE CHOICES is a mobile health app



To support them in making the CHOICES about sexual health and alcohol use that are right for them



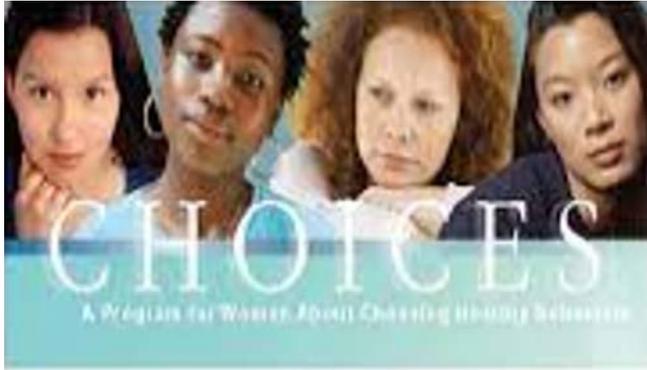
Native WYSE CHOICES is an adaptation of CHOICES



Changing High-Risk Alcohol Use and Increasing
Contraception Effectiveness Study

<https://www.cdc.gov/ncbddd/fasd/choices-program-prevent-alcohol-exposed-pregnancies.html>

Native WYSE CHOICES is an adaptation of CHOICES



Changing High-Risk Alcohol Use and Increasing
Contraception Effectiveness Study

<https://www.cdc.gov/ncbddd/fasd/choices-program-prevent-alcohol-exposed-pregnancies.html>

And builds on a prior adaptation of CHOICES for Native youth called “American Indian Youth CHOICES” which was supported by the National Institute on Alcoholism and Alcohol Abuse
R21AA17596

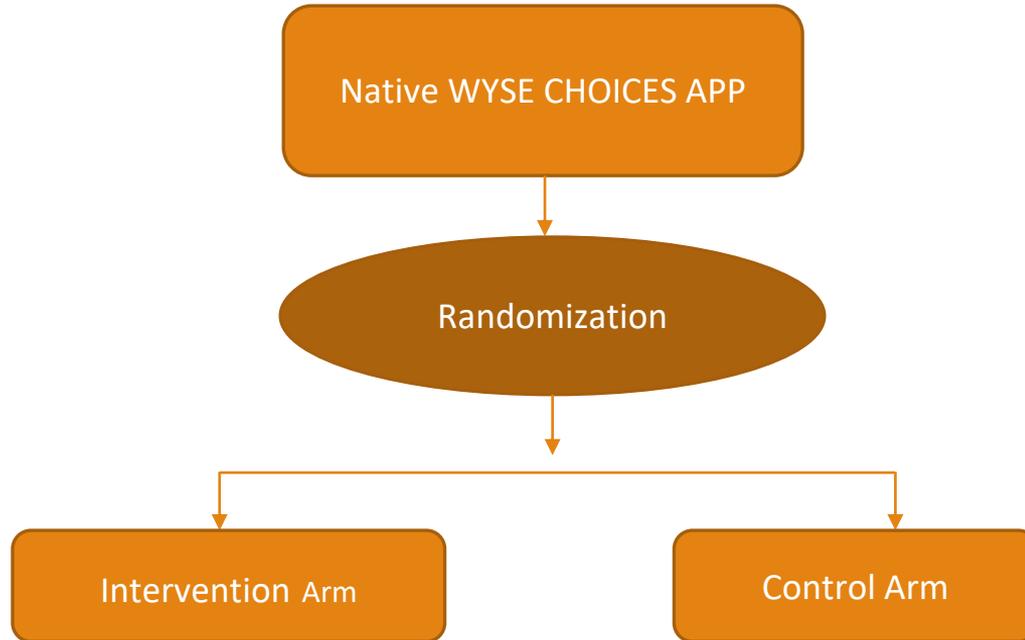
Native Youth and an Urban Community Advisory Board provided input

Content

Mobile format

Recruitment methods

A randomized control trial is underway





How to get involved

Follow us on social media

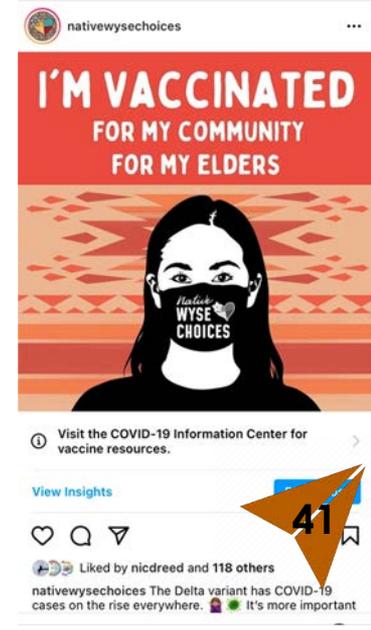
Empowerme



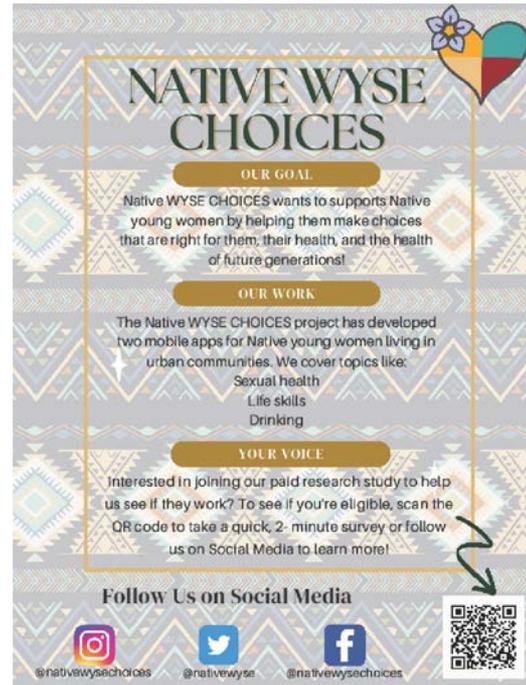
Arts/Fun



Health



Share our recruitment flyer



NATIVE WYSE CHOICES

OUR GOAL

Native WYSE CHOICES wants to support Native young women by helping them make choices that are right for them, their health, and the health of future generations!

OUR WORK

The Native WYSE CHOICES project has developed two mobile apps for Native young women living in urban communities. We cover topics like:

- Sexual health
- Life skills
- Drinking

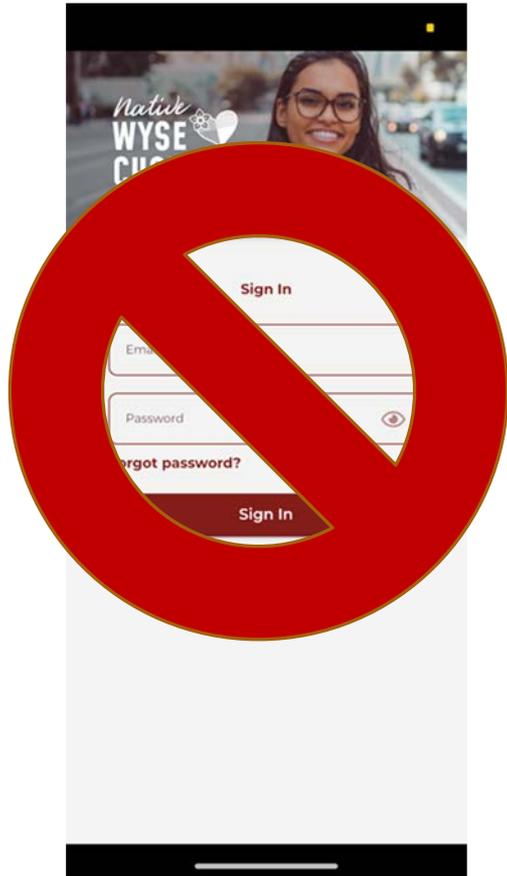
YOUR VOICE

Interested in joining our paid research study to help us see if they work? To see if you're eligible, scan the QR code to take a quick, 2-minute survey or follow us on Social Media to learn more!

Follow Us on Social Media

 @nativewysechoices  @nativewyse  @nativewysechoices





 Native WYSE Choices

 nativewysechoices

 wysechoices

Just please don't download the app!



Funding

- This project is supported by the National Institute on Alcohol Abuse and Alcoholism of the National Institutes of Health under grant number 5R01AA025603.
- The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health (NIH).

Breakout Activity: Toolbox Scavenger Hunt



1

In Your Breakout
Room:
Find “**Choose**”

What is the **1st Step** in
the Choose Phase?

Talk about steps
you’ve taken to get
approval for your
programs

2

In Your Breakout
Room:
Find “**Choose**”

What **Tool** can
help choose the
best program
for your setting?

Talk about how you
have engaged youth
in the selection
process



6. Let's Talk About it!

Logistics

- Share Your Video
- Use the Chatfeed



Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions





*Chatfeed Convo:
Type Questions,
Ask Away!*

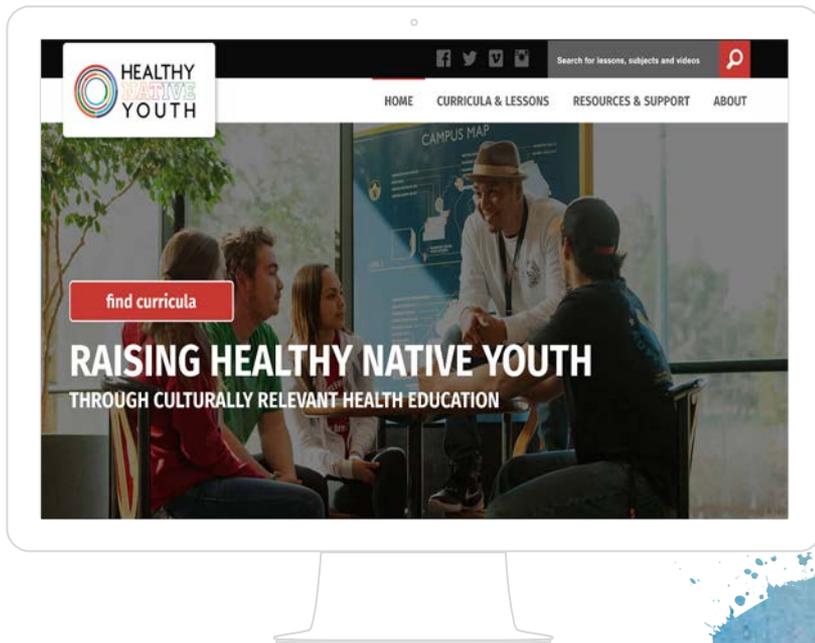


Practice in Action

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



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

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!

**LAUNCHED
SEPT. 6TH!**



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 are about what you’re going through!

Youth Support



In crisis? Connect 24/7...

CRISIS TEXT LINE

Crisis Text Line
Text: NATIVE to 741 741
WhatsApp



National Suicide Prevention Lifeline
Call: 1-800-273-TALK
Chat

Abuse & Sexual Assault



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
Chat



National Sexual Assault Hotline Call
(24/7): 1-800-656-HOPE
Chat



National Teen Dating Abuse Helpline
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



Childhelp National Child Abuse Hotline
(24/7): 1-800-4-A-Child (422-4453)

Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for
Teens
Call: 1-800-662-HELP



Truth: Smoking, Vaping, and Opioids
[Get 24/7 Support](#)
Text: DITCHVAPE to 88709



Get the Facts About Drugs:
Just Think Twice
Call: 1-855-378-4373
Text: 55753



National Drug Information
Treatment & Referral
Hotline
Call: 1-800-662-4357

Mental Health



Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741



Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863



We R Native: My Mind
[Ask Auntie & Uncle](#)
Text: CARING to 65664



National Hotline. Reach Out
& Get Help
Call: 1-800-448-3000
Text: VOICE to 20121



Caring Messages - to
remind you of how
awesome you are!
Text: CARING to 65664
Text: COLLEGE to 65664



PAGE 1

CLICK ON THE LOGOS TO GO TO RESOURCE

<https://www.wernative.org/wp-content/uploads/Youth-Support-Resources.pdf>

Youth Support



PAGE 2

Relationships & Dating



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
Chat



Love is Respect
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



That's Not Cool
Healthy Relationships, Online & Off
Call (24/7): 1-866-331-8453



We R Native: My Relationships
[Ask Auntie & Uncle](#)

Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project
Text: 2SLGBTQ to 97779



Native Youth Sexual Health Network



The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
Chat



It Gets Better Project
Embrace the Journey



Sexual Health



Planned Parenthood
Call: 1-800-230-7526
Chat: [Ask Blog](#)
[Find a Clinic](#)



We R Native: Sexual Health
Text: SEX to 97779
[Ask Auntie & Uncle](#)



I Know Mine
[Ask Nurse Lisa](#)
[I Want the Kit & Order](#)
Condoms (AK mailing only)



It's Your Sex Life
Live Chat



Bedsider



Get Yourself Tested #GYT
[Find a clinic near you](#)



CLICK ON THE LOGOS TO GO TO RESOURCE

Click on icons to go to resource

Youth Support



PAGE 3

Bullying



Stopbullying.gov
[What Teens Can Do](#)
[What Adults Can Do](#)



Cyberbullying
[Resources for Youth](#)
[Report Cyberbullying](#)



We R Native: Bullying Prevention
[Ask Auntie & Uncle](#)

Find Help Near You



SAMSHA - Zip code locator
for a treatment center
closest to you



Mental Health America - Zip
code locator for a clinic
closest to you

CLICK ON THE LOGOS TO GO TO RESOURCE

Text Message Campaigns



Text: NATIVE to 97779
For health & wellness tips



Caring Messages - to remind you of how
awesome you are!
Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college youth)



Text: SEX to 97779
Get tips and resources to protect your sexual
health



Text: LGBTQ2S to 97779 or ALLY to 97779
Native, Two-Spirit, LGBTQ, #BornSacred



Text: STEM to 97779
For inspiration and motivation on your journey
in Health, Technology, Engineering or Math



Text: FITNESS to 97779
For inspiration and motivation to conquer your
personal wellness goals and you could win
fitness gear or a fitbit!

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NO BUENO

We ALL need Help...

... at different points in time. Every single one of us! Trust your gut and...

Share - any concerns you have

Talk - with someone you can trust

Report - if you're worried about someone



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**

TALKING IS POWER

A Text Messaging Service for Parents and Caring Adults

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.

Text EMPOWER to 97779

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

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!

What's a rule you have for your relationships? How can you respect other people's rules and boundaries?

www.healthynativeyouth.org
fb.com/HealthyNativeYouth
Listserve: Text "YouthNews" to 22828
https://www.instagram.com/healthynativeyouth/
@HealthyNativeYouth
native@npaihb.org

CURRICULA LESSON PLANS HANDOUTS RESOURCES

HEALTHY NATIVE YOUTH

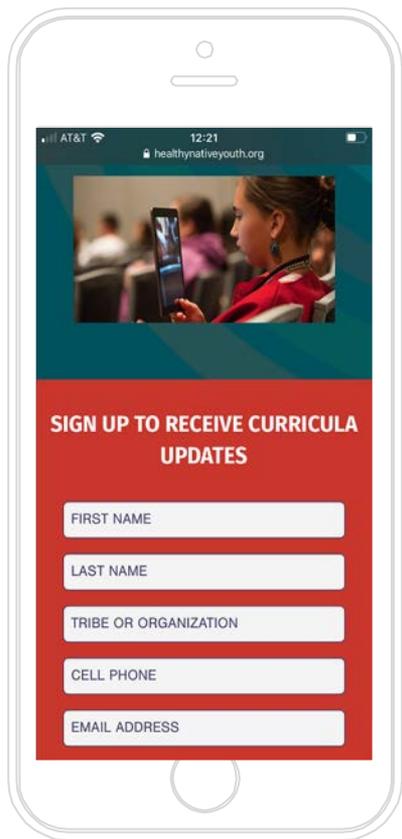
**LAUNCHED
VETERANS DAY!
11/11/21**



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

Text “Veterans” to 65664 For Native Vets

To get regular reminders about how much you are appreciated and cared for from other Native Vets who have been there and care about what you’re going through!



Healthy Native Youth Newsletter

Stay up to Date with the Latest...

Mark Your Calendars!

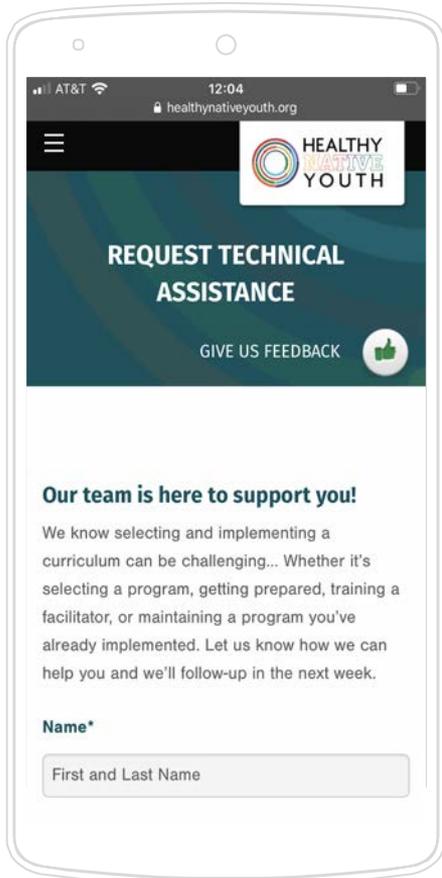
2021-22 Community of Practice Lineup

Date	Title	Description	Registration Link
September 8, 2021	Back-to-School: Intentional Balance	What a year it has been! Now more than ever, we find the need to create intentional safe spaces for ourselves and those we serve to acknowledge, rebuild, and thrive in this upcoming school year. Join Robert Johnston from the Native Wellness Institute and Danica Brown from the NPAIHB who will help create a space for you to work through burnout, re-traumatization in the workplace, time-management and boundaries to carve a path towards intentional balance.	Watch Recorded Session here
October 13, 2021	Cultural Competency to Raise Healthy Native Youth	Culture is engrained in everything that we do, from how we engage, learn, and process information. In order to best serve our Native youth, we must share our experience and the science behind culture as prevention so that our Relatives and allies can best support the health of our Native youth. Join the Alaska Native Tribal Health Consortium, the Native Health Initiative and Native Social Media Influencers to share their experience imparting cultural competency.	Watch Recorded Session here
November 10, 2021	Tackle Trauma with Care	Indigenous communities have long fostered resiliency skills to cope, rebuild, and reclaim our beauty and place. Join the Native Children's Trauma Center to walk through trauma informed practices to address and heal from the trauma we have all experienced individually and communally during the pandemic. Together with heal and thrive!	Watch Recorded Session here
December 8, 2021	Set the Stage for Program Success	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 HNY crew to talk about how to GATHER and process community and youth input on health priorities and interests to set the stage for program success.	Click here to register
January 12, 2022	Pickers Can be Choosers: Choosing a Program	You have gathered youth and community feedback to identify health priorities, resources and needs. Now you are ready for the CHOOSE phase! Let the HNY crew help choose critical criteria for program selection, getting approval, and tips for involving youth in the selection process. Hear from program developers on Native youth programming: We R Native, Native STAND, Native WYSE Choices, Native It's Your Game.	Click here to register
February 9, 2022	Thrive in the Spaces we Create	Help Native youth build affirmative, inclusive, FUN and creative spaces together using Indigenous leadership and peer mentoring approaches. Hear how Native youth are using creative expression to positively process emotions to thrive in their spaces. Come learn how you can help youth in your community do the same.	Click here to register

2021-22 Community of Practice Lineup

Date	Title	Description	Registration Link
March 9, 2022	Prepare for Implementation Success	Now that you have chosen a program, you can prepare for implementation success! Let the HNY crew help to PREPARE an IMPLEMENT a plan that includes recruitment, guest speaker lineup, supplies and incentives for implementation success. You've got this and we've got your back!	Click here to register
April 12, 2022	Stand Up to STD/HIV Stigma	As sexual health educators we know the challenges of community and youth attitudes, biases, misinformation, and STD/HIV stigma that presides and harms the health of our Tribal communities. Join us as we stand up to STD/HIV stigma through holistic approaches to Indigenous Sexual Health. And, hear about successful HIV/STI self-testing programs from the Alaska Native Tribal Health Consortium – I want the Kit!	Click here to register
May 11, 2022	Concerning Social Media Posts Workshop	Learn how you can become the trusted adult youth can turn to when they view or post concerning messages on social media. Suicide prevention remains challenging among youth, as many do not disclose thoughts of suicide before making an attempt. However, youth may disclose depression symptoms and suicidal ideation via social media, like Instagram, TikTok, Twitter, Snapchat, and through text messaging. These public disclosures may provide new opportunities to identify youth at risk and connect them to appropriate resources and support. Join us to learn how!	Click here to register
June 8, 2022	Staying Connected	Summer is fast approaching and so our conversations shift to how we can stay connected and keep program momentum going with summer programs and peer/elder mentors. Join the CoP crew to talk about what others are doing how we can support each other's youth programming.	Click here to register
July 13, 2022	Sustain and Grow your Program	Congratulations! You have implemented your program and are now in the GROW phase. Let the HNY team help reflect on what worked, what can change, and what you've learned to help keep the momentum going.	Click here to register
Contact us		 agaston-contractor@npaihb.org  minger@npaihb.org	 www.healthynativeyouth.org  Text HEALTHY to 97779  Click on links next to each session to register in advance





We LOVE helping...

- ★ Request TA & Training
- ★ TA Evaluation Form

Thank you!

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



Michelle Singer
msinger@npaihb.org



Funding Credit

This project is funded by the Indian Health Service HIV and behavioral health programs. This work is also supported with funds from the Secretary's Minority AIDS Initiative Fund.



Let us Close with a Blessing

“Love is something you can leave behind
when you die. It’s that powerful.”

– John (Fire) Lame Dear
Rosebud Lakota, 1972

