



# 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](mailto:scraig@npaih.org)



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**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 TEXAS



# Live Virtual Training Logistics

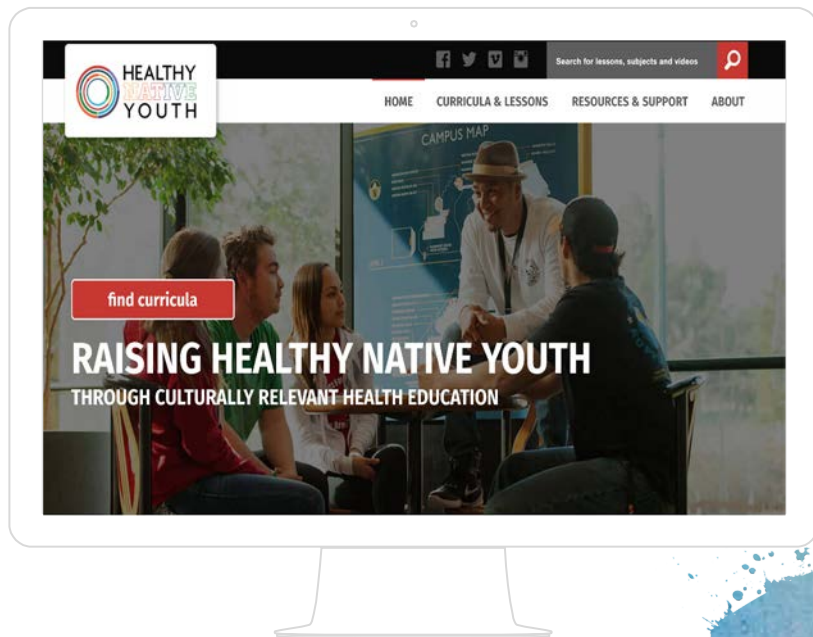
## Logistics

- 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

[Feedback](#)

## 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.





# 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](#)

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

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

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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

 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](mailto:claudia.lunameza@uth.tmc.edu)



2.

# We RNative Curriculum & Resources

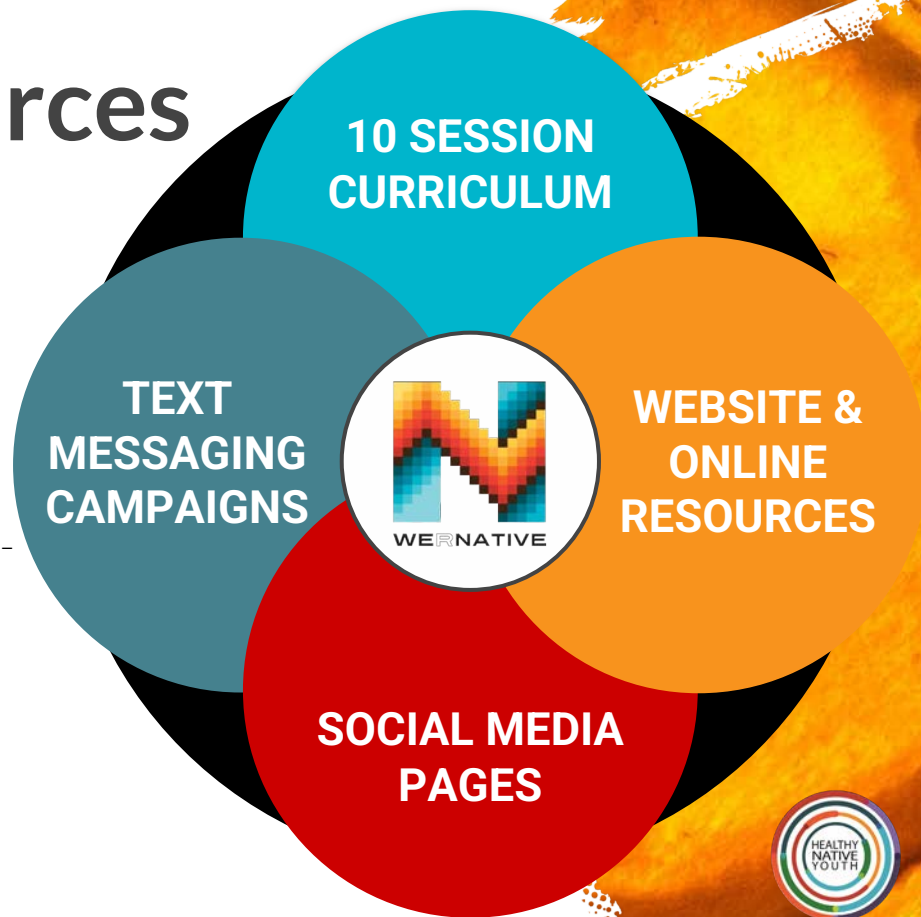
10 interactive lessons using WRN's multimedia  
health resources for Native youth 13-18



# 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





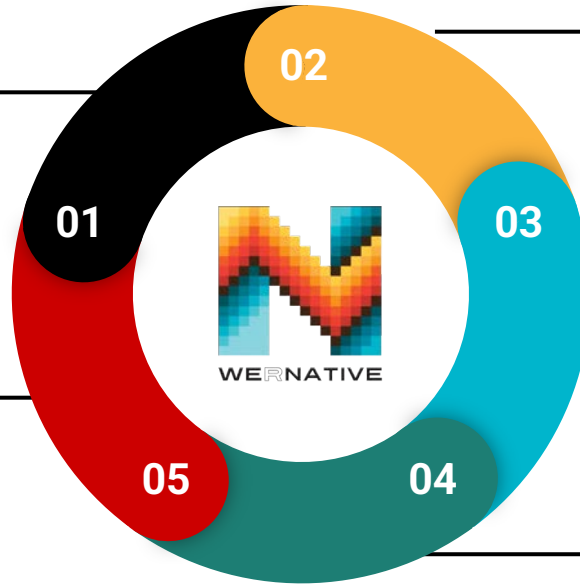
# WRN Curriculum Units

## 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	<b>Providing a brief curriculum program.</b>	<ul style="list-style-type: none"><li>• Only 10 sessions, 50 minutes per session</li><li>• Easy to use as a quick start program</li><li>• Can be scaled up or down, customized to meet your needs</li></ul>
02	<b>Introducing a range of health topics.</b>	<ul style="list-style-type: none"><li>• Includes content on: sexual health, drugs and alcohol, bullying, suicide prevention, and seeking support/ building community</li><li>• Can be a first round of programming to build upon over time</li></ul>
03	<b>Teams with minimal resources/ capacity.</b>	<ul style="list-style-type: none"><li>• Easy to use for first time educators/ facilitators</li><li>• Extensive training or expertise isn't necessary, minimal prep time required for lesson implementation</li><li>• Includes lots of additional resources to optimize your time</li></ul>
04	<b>Connecting youth to additional resources &amp; supports.</b>	<ul style="list-style-type: none"><li>• WRN Website developed by and for Native Youth</li><li>• Text Messaging Line</li><li>• Social Media Pages</li></ul>
05	<b>Getting programming started &amp; customizing for your tribe/ community</b>	<ul style="list-style-type: none"><li>• WRN is a great entry point for starting health education programming with Native Youth</li><li>• Easy to incorporate into your tribe or community's cultural teachings</li></ul>

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

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



**Native  
STAND**  
*Schools Together Against Negative Experiences*

### 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](http://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"><li>• Introduction</li><li>• Native STAND Journey</li><li>• M&amp;M Activity</li></ul>	<ul style="list-style-type: none"><li>• Minilecture</li><li>• Minilecture/ Handout</li><li>• Icebreaker Activity</li></ul>	25 minutes
2 Introducing Lesson Concepts	<ul style="list-style-type: none"><li>• Safety Statement</li><li>• Risky Business Activity</li><li>• FAQ</li></ul>	<ul style="list-style-type: none"><li>• Minilecture</li><li>• Small Group Activity</li><li>• Minilecture</li></ul>	15 minutes
3 Peer Advocate Overview	<ul style="list-style-type: none"><li>• Introduction to Peer Advocate Concept</li></ul>	<ul style="list-style-type: none"><li>• Large Group Discussion</li></ul>	5 minutes
4 Native STAND Agreements	<ul style="list-style-type: none"><li>• Native STAND Group Agreements</li></ul>	<ul style="list-style-type: none"><li>• Large Group Activity</li></ul>	10 minutes
5 Closing	<ul style="list-style-type: none"><li>• Final Reflection</li></ul>	<ul style="list-style-type: none"><li>• Large Group Reflection</li></ul>	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:

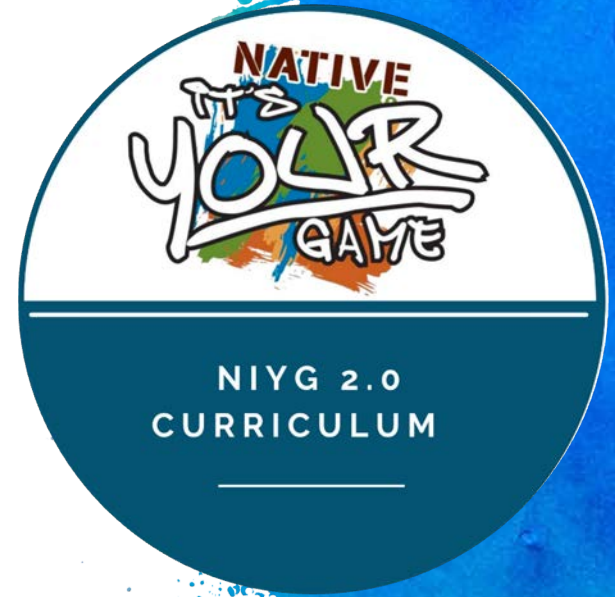
01	<b>Providing a more comprehensive curriculum program.</b>	<ul style="list-style-type: none"><li>• 18 sessions, ~50 minutes per session works well for longer engagement across a range of health topics</li><li>• Flexible design supports integration with other HNY programs or other content</li></ul>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

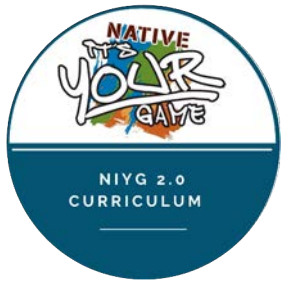


4.

# Native It's Your Game

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

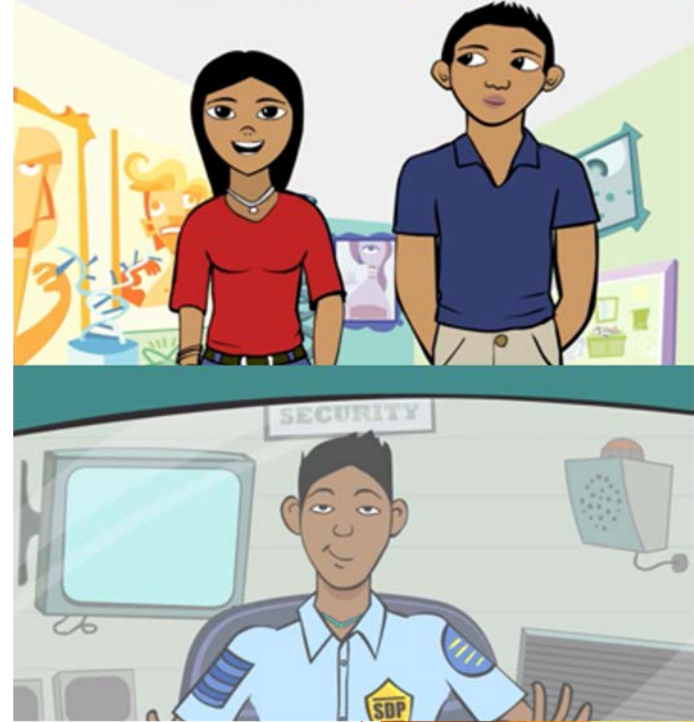




*Native It's your Game* (Native IYG) is a web-based HIV, STD, and pregnancy prevention curriculum for American Indian and Alaskan Native (AI/AN) youth ages 12-14.

*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...



Married Teen Couple



Teen Dads



Former Teen Mom



Teen Moms

**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

 Respecting the Circle of Life

Middle  
School  
High  
School  
Young  
Adults

Community-  
Based

8 youth sessions | 2 hours + 1  
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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!

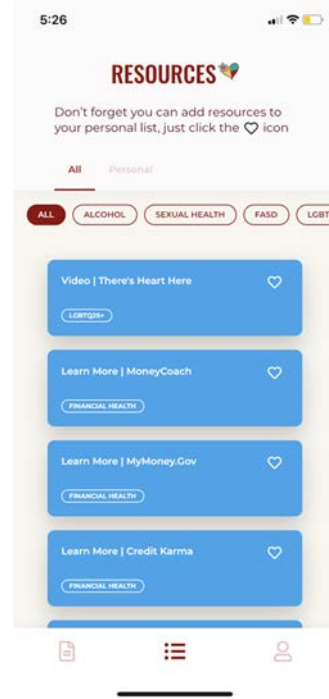
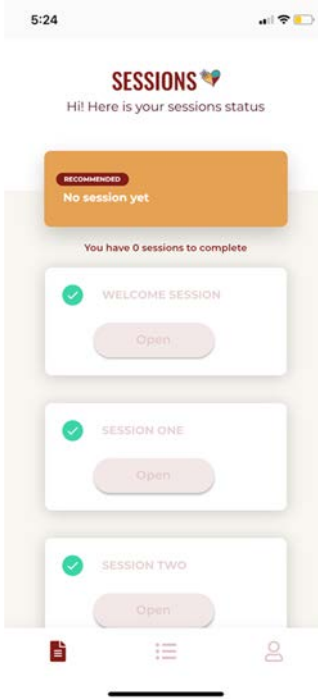
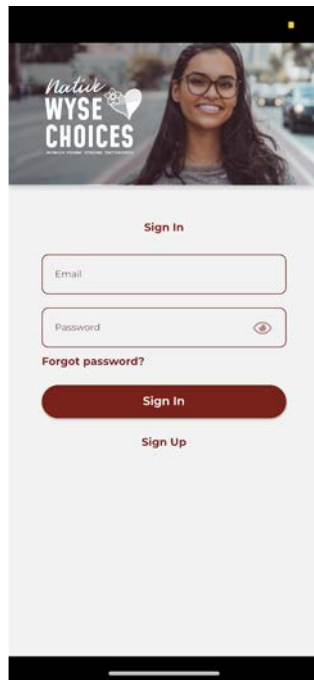




Native WYSE CHOICES stands for:

Native Women  
Young, Strong, and Empowered  
making CHOICES

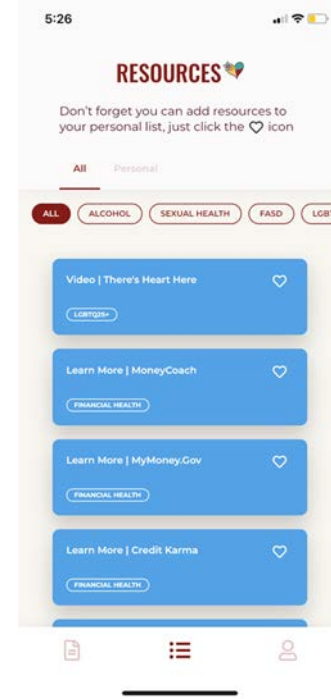
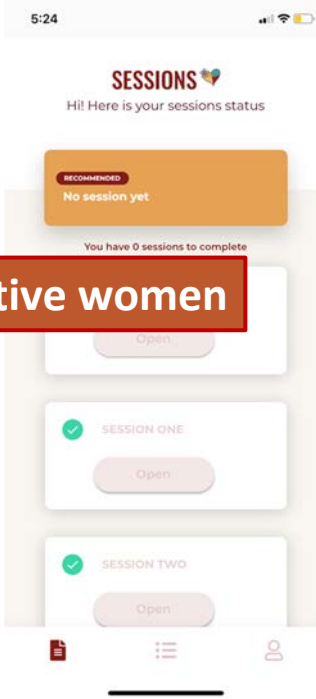
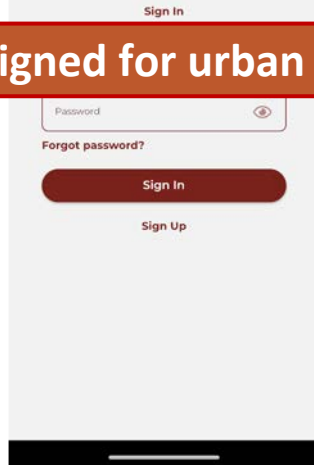
# Native WYSE CHOICES is a mobile health app



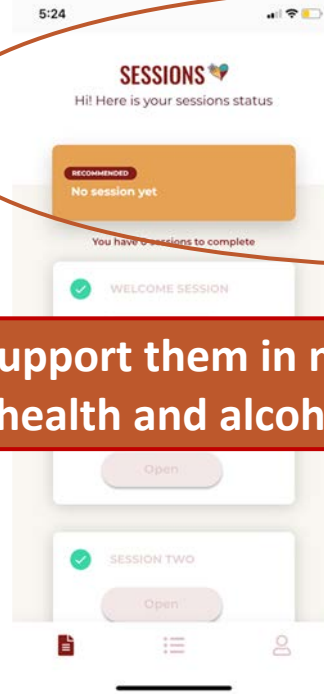
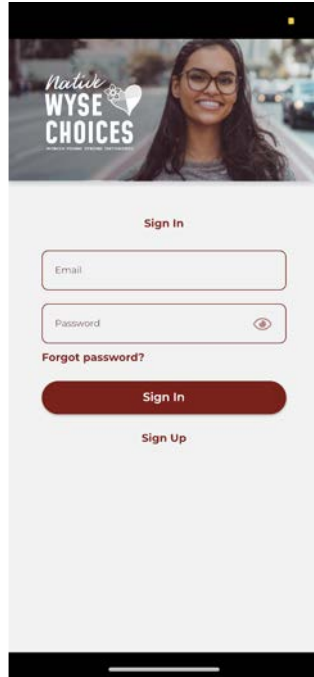
# Native WYSE CHOICES is a mobile health app



Designed for urban young Native women

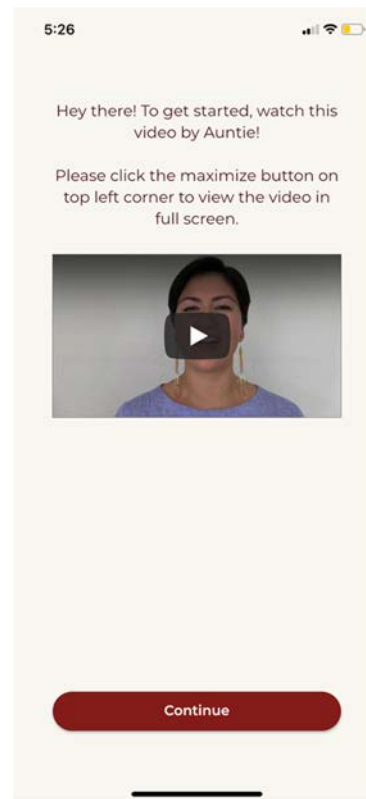


# Native WYSE CHOICES is a mobile health app



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

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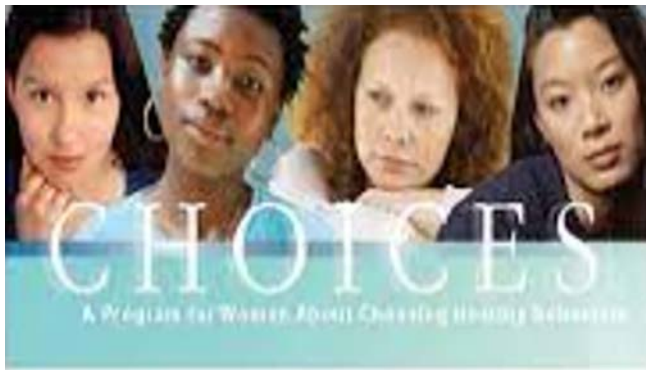


Changing High-Risk Alcohol Use and Increasing  
Contraception Effectiveness Study

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

# Native WYSE CHOICES is an adaptation of CHOICES

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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

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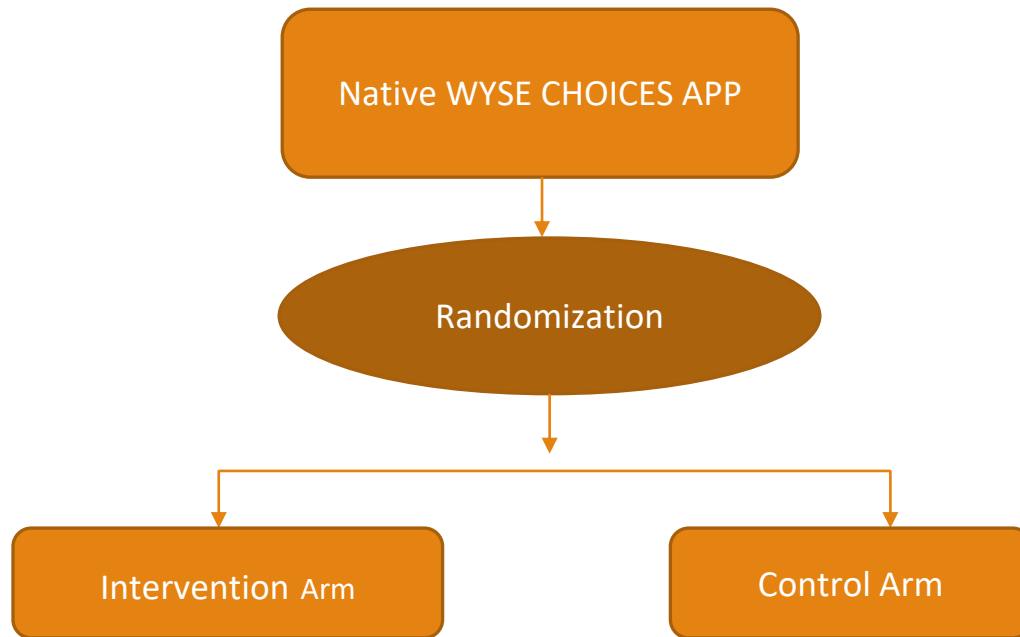


Content  
Mobile format  
Recruitment methods



# A randomized control trial is underway

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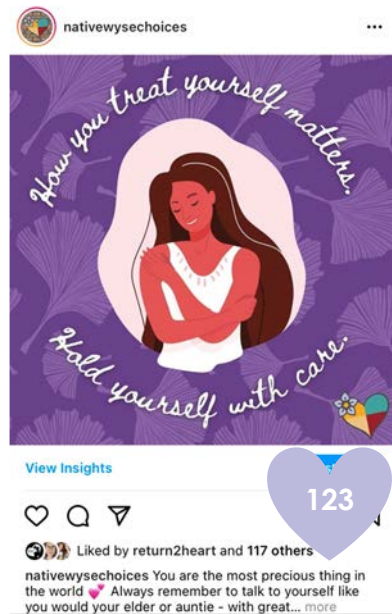




# How to get involved

# Follow us on social media

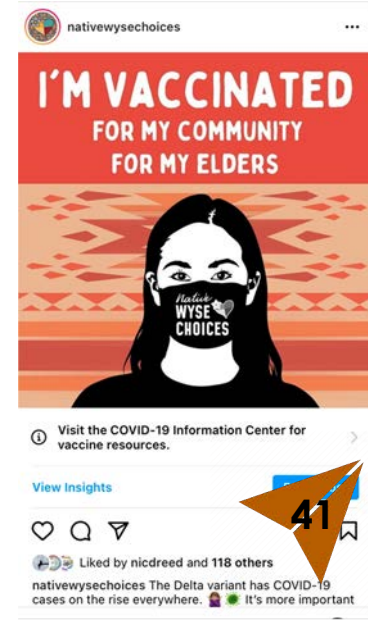
## Empowerme



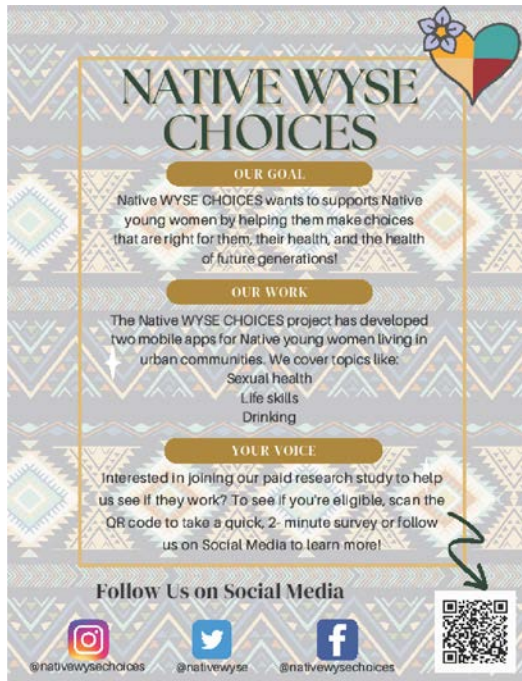
## Arts/Fun



## 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

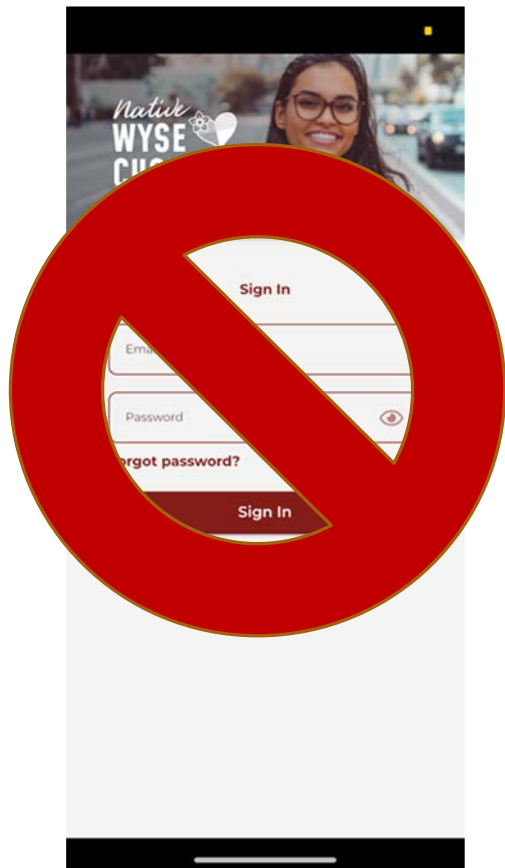
**YOUR VOICE**

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!*



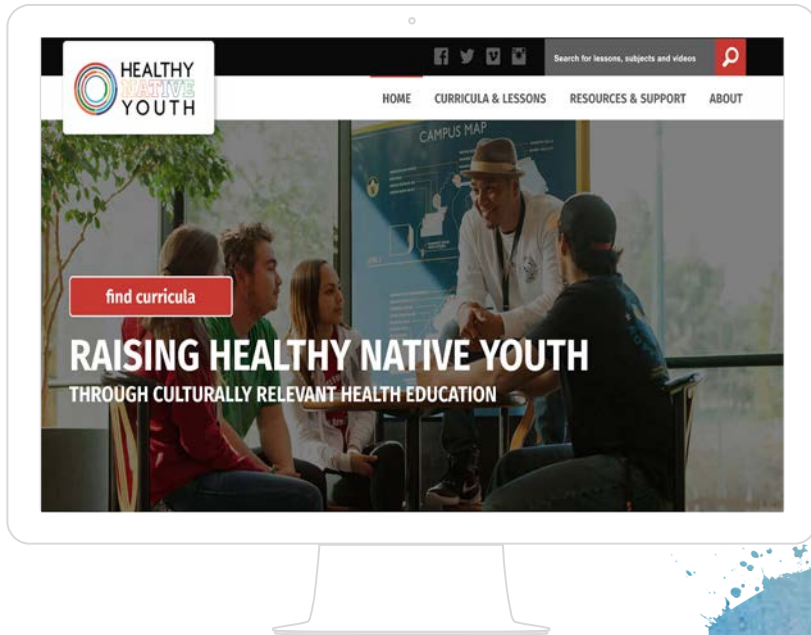
# Practice in Action

Taking it back home!



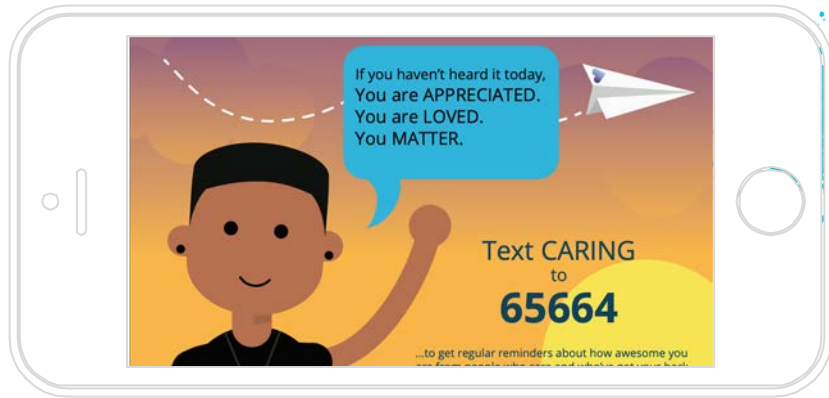


# Find Curricula on *Healthy Native Youth*



- ★ 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 care 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](http://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



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



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



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



We R Native: My Mind  
Ask Auntie & Uncle  
Text: CARING 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](http://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 Bio  
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



Bedsitter



Get Yourself Tested #GYT  
Find a clinic near you



Trans Life  
Call: 1-877-565-8860



Human Trafficking Hotline  
Call (24/7): 1-888-373-7888  
Text HELP to 233 733  
[www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)



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



SAMHSA - 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**

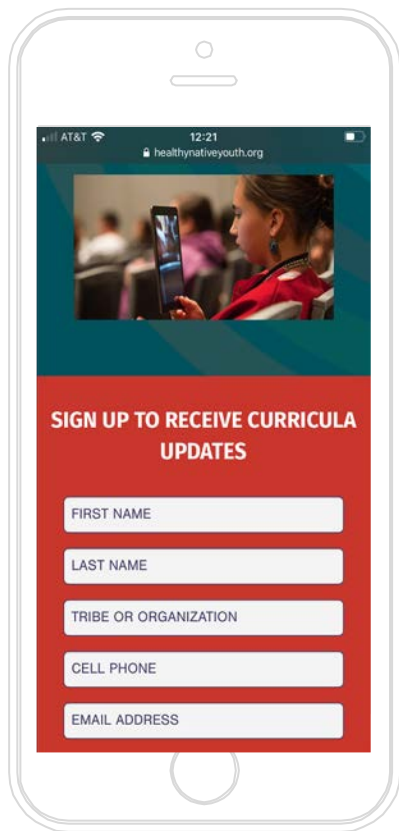


<https://www.healthynativeyouth.org/resources/>

# 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

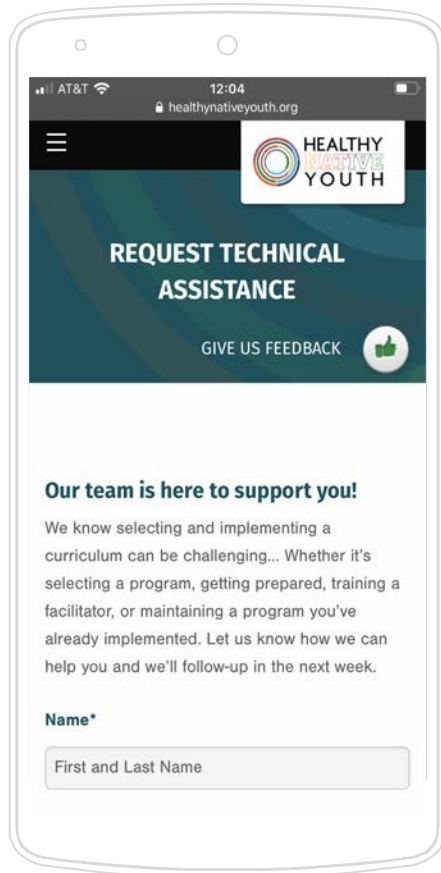
Date	Title	Description	Registration Link
September 8, 2021	<b>Back-to-School: Intentional Balance</b>	What a year it has been! Now more than ever, we find the need to create intentional safe spaces for ourselves and those we serve to acknowledge, rebuild, and thrive in this upcoming school year.  Join 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.	<a href="#">Watch Recorded Session here</a>
October 13, 2021	<b>Cultural Competency to Raise Healthy Native Youth</b>	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.	<a href="#">Watch Recorded Session here</a>
November 10, 2021	<b>Tackle Trauma with Care</b>	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!	<a href="#">Watch Recorded Session here</a>
December 8, 2021	<b>Set the Stage for Program Success</b>	Our Elders have taught us the importance of the gathering session, 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.	<a href="#">Click here to register</a>
January 12, 2022	<b>Pickers Can be Choosers: Choosing a Program</b>	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.	<a href="#">Click here to register</a>
February 9, 2022	<b>Thrive in the Spaces We Create</b>	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.	<a href="#">Click here to register</a>

## 2021-22 Community of Practice Lineup

Date	Title	Description	Registration Link
March 9, 2022	<b>Prepare for Implementation Success</b>	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!	<a href="#">Click here to register</a>
April 12, 2022	<b>Stand Up to STD/HIV Stigma</b>	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!	<a href="#">Click here to register</a>
May 11, 2022	<b>Concerning Social Media Posts Workshop</b>	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!	<a href="#">Click here to register</a>
June 8, 2022	<b>Staying Connected</b>	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 mentorships.  Join the CoP crew to talk about what others are doing how we can support each other's youth programming.	<a href="#">Click here to register</a>
July 13, 2022	<b>Sustain and Grow your Program</b>	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.	<a href="#">Click here to register</a>
<div> <div>Contact us</div> <div>  <a href="mailto:agaston-contractor@npaihb.org">agaston-contractor@npaihb.org</a>   <a href="mailto:msinger@npihb.org">msinger@npihb.org</a> </div> <div>  <a href="http://www.healthynativeyouth.org">www.healthynativeyouth.org</a>   Text HEALTHY to 97779   Click on links next to each session to register in advance         </div> </div>			





A smartphone mockup displaying the Healthy Native Youth website. The status bar at the top shows 'AT&T', signal strength, Wi-Fi, the time '12:04', and the URL 'healthynativeyouth.org'. The header features a hamburger menu icon on the left and the 'HEALTHY NATIVE YOUTH' logo on the right. The main content area has a dark green background with the text 'REQUEST TECHNICAL ASSISTANCE' in white. Below this is a 'GIVE US FEEDBACK' button with a thumbs-up icon. The lower section has a white background with the heading 'Our team is here to support you!' followed by a paragraph of text. At the bottom, there is a 'Name\*' label and a text input field containing the placeholder 'First and Last Name'.

AT&T 12:04 healthynativeyouth.org

HEALTHY NATIVE YOUTH

REQUEST TECHNICAL ASSISTANCE

GIVE US FEEDBACK

**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...

- ★ Request TA & Training
- ★ TA Evaluation Form

# Thank you!

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



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*

