Thrive in the Spaces We Create

02/09/2022 10am-11:30am PT

**Host**

Amanda Gaston: [agaston-contractor@npaihb.org](mailto:agaston-contractor@npaihb.org)

**Guest Speakers**

Nasheen Sleuth, MS, LPCC

Dine, (she/her)

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Charlie A. Scott

Dine, (she/her)

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Itai Jeffries

Yesah/Occaneech, (they/ them/ ya’ll)

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Celena J. Ghost Dog, MPH,CPH

Navajo, (she/her)

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**Objectives**

* By the end of today’s session, you will be able to...
  + describe what tools some youth are using to positively express and process their emotions
  + build affirmative, inclusive, and FUN spaces for youth in your community

**Stay connected**

* Text HEALTHY to 97779 and receive Community of Practice connection info each month on your phone!
* **Previously recorded CoP Sessions and presentation slides:** https://www.healthynativeyouth.org/community-of-practice-sessions/
* **Upcoming 2021 Community of Practice Schedule Here:** https://www.healthynativeyouth.org/community-of-practice/
* **HNY Curricula:** https://www.healthynativeyouth.org/curriculum/
* **Request Technical Assistance:** https://www.healthynativeyouth.org/request/

**Resources**

* **HNY Resources:** [www.healthynativeyouth.org/resources/](http://www.healthynativeyouth.org/resources/)
* **Text Messaging Service for Adults and Parents**! Text the word **EMPOWER to 97779**: <https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>
* **WeRNative** [www.wernative.org](http://www.wernative.org)

**Speaker Resources**

TikTok Report: [*https://www.healthynativeyouth.org/wp-content/uploads/2021/09/Executive-Summary\_Best-Practices-for-Creating-Compelling-COVID-19-Related-Messaging-for-AIAN-Youth-on-TikTok\_2021.pdf*](https://www.healthynativeyouth.org/wp-content/uploads/2021/09/Executive-Summary_Best-Practices-for-Creating-Compelling-COVID-19-Related-Messaging-for-AIAN-Youth-on-TikTok_2021.pdf)

Navajo Times Artist Spotlight: <https://navajotimes.com/ae/community/online-activists-native-online-creators-tiktok-followers-grow/>

Indigenous Leaders standalone lesson plan: [*https://www.healthynativeyouth.org/wp-content/uploads/2022/02/Indigenous-Leaders-2.pdf*](https://www.healthynativeyouth.org/wp-content/uploads/2022/02/Indigenous-Leaders-2.pdf)

Paths (re)Membered homepage: <https://www.pathsremembered.org/>

Charlie Amaya Scott on TikTok: <https://www.tiktok.com/@dineaesthetics?lang=en>

Nasheen Sleuth on TikTok: <https://www.tiktok.com/@forwardlight?lang=en>

Jamboard link: [*https://jamboard.google.com/d/1FzV2cyxsZPoKAfnE\_7EQpydu-\_gPs7T\_A7A4KQsb0rs/edit?usp=sharing*](https://jamboard.google.com/d/1FzV2cyxsZPoKAfnE_7EQpydu-_gPs7T_A7A4KQsb0rs/edit?usp=sharing)

Media Literacy standalone lesson plan: <https://www.healthynativeyouth.org/wp-content/uploads/2022/02/Media-Literacy-WRN.pdf>

**Chat links:**

21:27:47 From Leona (she/her): American Indian College Fund Scholarship site: <https://collegefund.org/students/scholarships/> 21:28:59 From Leona (she/her): Pathways information: <https://collegefund.org/tag/native-pathways/> 21:30:10 From Leona (she/her): Stay Connected link:

<https://collegefund.org/students/stay-connected/>

21:21:14 From Michelle Singer (she/her): <https://www.tiktok.com/@we_r_native>

## Chat feed

20:12:26 From Ashley: Ashley, She/HerHello from Alaska! Learning on the Dena’ina land and growing with Our people with Cook Inlet Tribal Council.20:12:38 From Sheila: Sheila, she, her. Canadian, Irish, German ancestry20:12:38 From Eva: brb need to log out and log back in

20:12:43 From Kate: Kate, She/Her/Hers | North Fork Rancheria Tribal TANF | To become more familiar with the native community that I serve:)20:12:55 From Donna: Donna, Santee Sioux Nation, I work as the Prevention Specialist for the YCIC (Youth Crisis Intervention Center)/Youth Shelter for the Winnebago Tribe of NE.20:13:01 From Michelle (she/her): https://www.healthynativeyouth.org/community-of-practice-sessions/20:13:15 From Hadley: Hadley, she/her, calling in from Dena'ina lands! happy to be here!20:13:20 From Isabell: Hello! Isabell (she/her), Seattle Children's.

20:13:33 From Joe (he/him) Camp Fire Rural Alaska Program: Joe (he/him), Director of the Rural Alaska Program, Camp Fire Alaska, ideas, Dena'inaq ełnen'aq' gheshtnu ch'q'u yeshdu / I live and work on the land of the Dena’ina people.20:13:33 From Ross: Hi … Ross, UTHealth, Houston :)

20:13:39 From Mattie: Mattie (Colville/Yakama Nation) NPAIHB, Cancer Prevention Coordinator. I am hoping to learn engaging fun ways to train with tribal youth around tobacco cessation topics.20:13:42 From Chris: Hello!! Chris, University of Texas Houston Center for Health Promotion20:13:49 From Leona (she/her): Leona (she/her), Sicangu Lakota, American Indian College Fund, hoping to learn more about creating inclusive environments for Native American Youth. ❤️20:14:24 From Haily: Haily, She/her, Navajo/Dine, Program Manager II, Urban Indian Health Institute/Seattle Indian Health Board Youth Programming20:14:27 From Eva: Good morning from the traditional lands of the Dena'ina people in Anchorage, Alaska! So, I had no audio when I first logged in but it is working now20:14:28 From Stephanie: Morning all! So nice to \*see\* everyone today! Stephanie (she/her) NPAIHB, Adolescent Health20:14:37 From Vurlene Good Morning everyone...This is Vurlene....Jicarilla Apache Nation...Community Health Educator...Salt River Pima Maricopa Indian Community Scottsdale, AZ20:14:38 From aubrey: Aubrey 20:14:40 From Molly: Molly, She/Her Prevention Specialist w/ Kodiak Area Native Association, living on the lands of the Alutiiq/Sugpiaq people20:14:44 From Kayla: Kayla nindizhinikaaz. She/her. White Earth Mental Health/Crisis Program indanokii. I'm excited to see how other organizations are successfully working with Native youth:)20:14:47 From Shonta: Shonta C. (He)

Kumeyaay Ipai from San Pasqual Rez in CAProgram Coordinator at the Education Center20:14:53 From LOVINA: LoVina she/her Coeur d’Alene, Nez Perce, Okanogan and Lakes Bands, Native Wellness Institute trainer. Learn new tools 🙂 lim lemtsh20:15:01 From Jane: Hello and good morning! Jane, Healthy Native Youth at NPAIHB20:15:03 From Michele: ta'c meeyweii, Michele, nimiipuu (wallowa/alpowai bands), no preferred pronoun, work at NARA NW, want to see how this supports food sovereignty.20:15:14 From Lisa: Hello! Lisa - SAY San Diego & North City Prevention Coalition (Alcohol & Other Drug Prevention). Learn new tools!20:15:15 From Stephanie: :)

20:15:19 From Michael: Michael (he), citizen of the Choctaw Nation of OK. Southern Plains Tribal Health Board, SAMHSA Programs Manager.20:15:22 From Leanne: Leanne, She/her I live and work on Dena'ina land in Anchorage Alaska. I am an AmeriCorps VISTA with the Elder Mentor Program. I hope to learn something new about how to reach Youth!20:15:32 From Alicia: Alicia, She/Her, Iowa Tribe, NAYA in Portland. I'd like to get pointers on connecting with youth and helping them effectively.20:15:39 From Eva: I am Eva, Inupiat. I am a social worker employed as the Community Technical Assistance Coordinator at RurAL CAP in Anchorage, Alaska.20:15:49 From Jo: Jo, Community Case Manager, Aleut Tribe of St Paul Island, Anchorage office but currently working in St Paul office20:16:22 From Katie: Hello! Katie (she/her), EASA Center for Excellence (Oregon--early intervention for youth with psychosis) @ OHSU, maternal lineage Ashkenazi Jewish, paternal lineage Ashkenazi and Sephardic Jewish. Bend OR- traditional lands of the Confederated Tribes of Warm Springs20:16:57 From Jillian: Jillian. she/her Intern with DSHS/ALTSA Tribal affairs in Washington State. current student at Washington State University Vancouver completing my bachelors in human development. Yankton Dakota from South Dakota on my mothers side and Italian/Norwegian on my Fathers.20:17:15 From Michelle (she/her): Ya'at'eeh abini, friends! Michelle Singer, HNY @ NPAIHB -- msinger@npaihb.org20:17:36 From Amelia: Cama'i que, Amelia, Alutiiq/Sugpiaq. I am Cultural Bearer. I am a Program Associate and a BHA trainee at Alaska Native Tribal Health Consortium.20:17:48 From Ashley: Hello UW students!!! Gonzaga Alumni and WSU grad student here (Go Cougs!) 😉20:17:58 From Hannah: Hannah (she/her), Chevak Quissunamiut Tribe (Cup'ik), ANTHC HIV/STD Prevention Program Manager20:19:27 From Asia (she/her): Halito!

Asia Brown (she/her)WYSH at NPAIHB

https://www.npaihb.org/wysh/

ambrown@npaib.org

Kurashima family (Japanese) on my mom’s side and Brown + McCurtain family (Choctaw Nation of OK + Irish) on my dad’s side

20:19:38 From Samantha: Samantha, (She/Her/Hers) Yakama Nation. I enjoy learning how this organization is Native lead & I feel our input is valued. This group knows our families & communities and we know what our youth need the most. Keep up the great work!20:19:53 From Tamara: Tamara Gaston | DSHS | Tribal Affairs, ALTSA. Híŋhaŋni wašté,(Good Morning), I am Oglala Lakota from Pine Ridge, SD. My Position is Tribal Initiative Project Manager, working in Washington State.20:22:10 From Amelia: I have Elder Elizabeth "Liz" on the line. She is from Pilot Station. We live on the Native Land of the Dena'ina People, Anchorage Alaska. She is our Special Projects Coordinator At ANTHC.20:22:35 From Michelle (she/her): Oo'!! Yeego!

20:22:53 From Samantha: Samantha, DCYF/Family Assessment Response in WA. I identify as Black, and have Blackfoot ancestry.20:24:17 From Tess: Tess, Daybreak Star Native preschool, Seattle

20:24:22 From jolene: shiix sxwippa, I'm jolene I work with families on cultural preservation and more recently with WeX Voter Outreach20:24:29 From Analisa: Analisa (she/her) | Pascua Yaqui Tribe | Prevention Specialist20:24:43 From Jennifer: Jeni (she/her) // Good morning, I work at ANTHC in AK as a Project Coordinator with ANTHC's HIV/STD Prevention Program and www.iknowmine.org.20:24:58 From Michelle (she/her): View Facilitators and Student video testimonies at: https://www.youtube.com/playlist?list=PLiKVo\_vO0votEB8NV-hn0X2F5jdDRoIIH20:25:03 From jolene: my internet is unstable, so leaving my camera off20:25:23 From Amanda - Use to msg me: No worries Jolene. Glad you're here.:)20:25:25 From Josephine: Our full paper “Decolonizing Risk Communication…” (content focused on use of Facebook) can be found here: https://journalhosting.ucalgary.ca/index.php/jisd/article/view/7091920:26:07 From Amanda - Use to msg me: Also, TikTok Report: https://www.healthynativeyouth.org/wp-content/uploads/2021/09/Executive-Summary\_Best-Practices-for-Creating-Compelling-COVID-19-Related-Messaging-for-AIAN-Youth-on-TikTok\_2021.pdf20:26:46 From Josephine: TikTok - Full Report: https://www.healthynativeyouth.org/wp-content/uploads/2021/09/Best-Practices-for-Creating-Compelling-COVID-19-Related-Messaging-for-AIAN-Youth-on-TikTok\_2021.pdf20:26:52 From Josephine: TikTok - Summary Report: https://www.healthynativeyouth.org/wp-content/uploads/2021/09/Executive-Summary\_Best-Practices-for-Creating-Compelling-COVID-19-Related-Messaging-for-AIAN-Youth-on-TikTok\_2021.pdf20:29:02 From Josephine: WeRNative Youth Health Tech Survey 2020: - https://www.healthynativeyouth.org/wp-content/uploads/2021/02/YHTS-No-Labels-FINAL.pdf20:31:24 From Katie: love @notoriouscree !!

20:32:26 From Michelle Singer (she/her): To Learn TikTok 101, view a HNY Techy Tuesday's You Tube video by one of our native college students at https://youtu.be/lY4vBv4AMTc20:36:50 From jolene: when tik tok first came out, there was a conspiracy theory that the platform would be used by China to track and learn about US users. Was this addressed? an old school user.20:40:28 From Frank: Question: What do you know, or rather where do you stand on the adverse negative effects of social media (specifically Tik Tok) on developing brain, and even with adults in regards to serotonin levels resulting lower levels and needing ssri antidepressants? Those "feel good" hormones are being raised by being "unearned" and the brain needs to balance out- resulting in feeling "crappy" afterwards that results in seeking out more "feel good" from Tik Tok.20:41:30 From Josephine: Jolene, we didn’t address that in our research, but there is a lot of concern among activists and scholars about TikTok (along with other social media platforms) collecting data and the lack of transparency in the algorithm and the business model that focuses on engagement and advertising.20:42:02 From Jane: Unfortunately misinformation and conspiracy theories are a big issue with TikTok - there's no evidence that the app is gathering data that is different from anything a US company would be collecting20:42:12 From Ashley: What about IG reels? Similar to tiktok or they do both… and the adverse experiences. How fruitful is the communication with them?20:43:04 From Amanda - Use to msg me: Sharing a great article about dineaesthetics and Auntie Mayazhi: https://navajotimes.com/ae/community/online-activists-native-online-creators-tiktok-followers-grow/20:43:05 From Jane: We use our We R Native TikTok account to affirm youth and to provide trustworthy and accurate information20:43:53 From Samantha: Yes, the middle one is one of my favorite ones!20:45:19 From Amanda - Use to msg me: Makes me tear up every time. Love, love, love.20:45:38 From jolene: thank you, for addressing my concern. I am one of the safety net to raise and educate others about risks by individual and community level communications.20:46:11 From Amanda - Use to msg me: There's hope for us all!

20:47:16 From Celena: @Frank, our study doesn’t address that specifically, however it is something that we have thought about quite a bit as researchers, and also as caring adults (aunties, mothers, guardians, etc.) and it is important to learn more about this.20:47:44 From Josephine: Frank, that’s a fantastic question! Our research focused on how these tools can be used to connect, increase representation, and to convey important messages on these platforms that are so pervasive and growing. But I do think (based on experience and other research) we should be mindful and critical of the platforms and their practices (whether surveillance, attention and relationships, misinformation, appropriation of knowledge) and these are very important considerations when using these tools!20:51:28 From Michelle (she/her): Tip/Tool Recommendation = HNY Website -> Resources -> Tips & Tools for Educators Section --> Highly suggest reading the 3 brief Native Youth & Technology reports (Market Cast Reports #1 and #2) and the We R Native Youth Health Tech Survey. They are strategic communications and program planning resources.20:51:49 From Nicole: Yes, thank you, @Frank, @Jolene, @Ashley, these are all great questions and important concerns that we are hoping to look at more closely and think about specifically in relation to our Native youth, so that we can increase the benefits of these tools to them and also ensure that we are aware of and reducing risks to them, very important considerations to think more about!20:53:55 From Eva she/her: The Inupiat has a concept: Inua (there is an accent mark over the n). The concept is knowing who you are, how you fit in your family, extended family, village, and the rest of the world. The concept includes taking the Inupiat beliefs and values and align those with personal beliefs and values while casting aside any negative conceptions of self.20:54:00 From Thomas: You USE it!

20:54:24 From Jane: https://www.tiktok.com/@forwardlight?lang=en

20:54:38 From Ashley: The auntie everyone needs!

20:54:41 From Hannah: Holeh! Thank you Auntie

20:54:46 From Celena: Thank you Eva for sharing ♥️

20:54:53 From Michelle (she/her): Ahehee' Shima Yazhi and Charlie! Yeego! ❤️20:55:09 From Jane: https://www.tiktok.com/@dineaesthetics?lang=en

20:55:14 From Katie: Thank you Eva 💚20:55:32 From Jane: Follow them both on TT! They're the best 🥰20:55:47 From Katie (she/her): https://www.pathsremembered.org/

20:57:16 From Itai (they/them/y'all): slide

20:57:22 From Frank: Thank you Celena, thank you Josephine! I agree with your points. Just brought up to incorporate with discussions. As an "old Native man" I find social media to be aggravating, as it seems delusional and contradicts who we are as Native people, where we need interconnectedness grounded in spiritual awareness. But how can we connect with each other when we are so far away? I can see the usefulness of social media. Just a tool (and most helpful one), and not a replacement for human-to-human interaction. I have to attend grantee training now. Baasee' (Thank you)20:58:26 From Michelle (she/her): Terrific tools, pamphlets and curricula for diverse and inclusive 2sLGBTQ+ health! Awesome for your classroom, community center, clinic or tribal buildings! 😉20:59:38 From Amanda - Use to msg me: And text 2SLGBTQ to 97779 will switch over to the new number once its ready.21:00:23 From Michelle (she/her): Sassy Sassafrass Children's Book & Coloring Book can be found here: https://www.pathsremembered.org/resources/sassy-sassafras-childrens-book/21:00:32 From Amanda - Use to msg me: Two-Spirit & LGBTQ Affirming Clinical Self-Assessment: Text ASSESS to 9777921:00:33 From Katie (she/her): Sorry for the confusion but yes it will switch over by itself! Thank you all for the support21:01:05 From Amanda - Use to msg me: Two-Spririt & LGBTQ Affirming Clinical Self-AssessmentVisit bit.ly/2slgbtqaffirming21:02:45 From Jane: Indigenous Leadership standalone lesson plan: https://www.healthynativeyouth.org/wp-content/uploads/2022/02/Indigenous-Leaders-2.pdf21:03:26 From Jane: Standalone lesson library: https://www.healthynativeyouth.org/stand-alone-lessons/21:03:27 From Itai (they/them/y'all): Thanks @Michelle

21:06:30 From Michelle (she/her): This is a terrific lesson for youth leadership groups, boys & girls club sports teams, higher ed &/or youth summer employment workshops or even Spring Break events. Always good to share with parents/relatives to do too with their youth!21:08:14 From Ross, UTHealth (we).: Need to bail but thank you for the great information !:)21:09:28 From Ashley: Thank you for your time and information. ❤️21:10:15 From Jane: https://jamboard.google.com/d/1FzV2cyxsZPoKAfnE\_7EQpydu-\_gPs7T\_A7A4KQsb0rs/edit?usp=sharing21:13:11 From jolene: 2) lessons about how to use tik tok and other platforms to reach youth audiences21:14:10 From Samantha: How do we go to the second page again on Jamboard? To post a sticky-note there21:14:53 From Samantha: Never mind, I just saw the arrow to switch between slides/screens21:14:53 From Stephanie: At the top of the slide there is an arrow to the left and right21:14:55 From Michelle (she/her): @Jolene, there is an extensive library about how to use social media and communications planning in your local community. Definitely check out our CoP Recorded Sessions with handouts: https://www.healthynativeyouth.org/community-of-practice-sessions/21:15:56 From Michelle (she/her): Tip/Tool Recommendation = HNY Website -> Resources -> Tips & Tools for Educators Section --> Highly suggest reading the 3 brief Native Youth & Technology reports (Market Cast Reports #1 and #2) and the We R Native Youth Health Tech Survey. They are strategic communications and program planning resources.21:18:29 From Samantha: I heard there was research done that stated people won't move to TikTok unless they've engaged in platforms like Instagram first. They found most people who had Instagram had no issues joining TikTok, but those who only had Facebook and never moved to Instagram first did not move from Facebook to TikTok. I thought that was an interesting observation, as if Instagram is the "catalyst" to using TikTok21:18:50 From Jane: Learning how to protect your peace and your spirit online is such an important (but hard!) lesson21:20:06 From Katherine: I have to leave, but thank you all so much! Super helpful and positive information.21:21:06 From Celena: Wow, thanks for sharing Samantha that is interesting! my personal experience is I LOVE Instagram but still have a hard time with TiKToK lol21:21:12 From David: Jared is GREAT!

21:21:14 From Michelle Singer (she/her): https://www.tiktok.com/@we\_r\_native21:22:27 From Amelia & Liz: Don't give them your energy.

21:22:59 From Samantha: @Celena, yes. I did not move to TikTok until almost two years after I heard about it. I was still used t using Facebook/Instagram, and felt there was no need for TikTok too. I did not want a "social media overload."21:23:16 From Celena: Some people make fake accounts and just troll:( as Amelia said:)21:23:23 From Katie: Thank you Eva for making that so real in your story with us. 💫 I have started to ask myself why do harm to myself using these platforms and devices. I think my son has a better grasp on this than I do since it is such a part of his generation they have been learning from each others mistakes.21:24:05 From Michelle (she/her): Gentle Reminder: We will have a special support session at 1130 am to noon to offer a healing circle for participants as support during these trying times today for educators and caring adults. Feel free to stay on until noon today. ❤️21:24:36 From Eva she/her: I suddenly realized he was really watching what I was doing as well as what I was not doing. And I would get wound up and agitated which affected his well-being.21:24:46 From Carrie: Thank you Eva reminded me of my mom and her knowledge and experience21:24:49 From Nicole: @Samantha thanks for sharing, I’ll look for that really interesting work, I wonder if it is because Instagram users are generally younger and/or more interested in more visual/youth oriented topics first found on TikTok ? I got on TikTok as a parent trying to figure out what my teens were seeing 🙂21:25:24 From Charlie A. (Diné | They / Her): Have a beautiful day, everyone. I have a meeting with my advisor to attend to. Be kind and safe.21:25:31 From Itai (they/them/y'all): thanks Charlie!!

21:25:33 From Charlie A. (Diné | They / Her): And have a lovely weekend. 💛21:25:40 From Amanda - Use to msg me: Thanks Charlie!!!

21:25:46 From Jane: Good to see you Charlie! Thanks for joining us:)

21:26:14 From Michelle (she/her): @Eva, you are leading by example in your self-awareness, your consideration to yourself & your grandson but also offering heartfelt, sincere insight to the realities that affects those who engage in social media. Hopefully you found some support and affirmation here. 😊21:27:47 From Leona (she/her): American Indian College Fund Scholarship site: https://collegefund.org/students/scholarships/21:28:59 From Leona (she/her): Pathways information: https://collegefund.org/tag/native-pathways/21:29:50 From Annika: will be getting the power point on this this webinar21:30:10 From Leona (she/her): Stay Connected link: https://collegefund.org/students/stay-connected/21:30:32 From Amanda - Use to msg me: Yes! I'll follow up with folk at the end of the week with the recorded link and resources...including the slides.:)21:31:09 From Annika: thank you so much ☺️

21:31:37 From Michelle (she/her): Youth Support Resources Handout for mental health, text messaging campaigns for youth and young adults (college), etc. Good to have!21:33:01 From Michelle (she/her): CoP 2022 Schedule with updated registration links!