



Prepare for Implementation Success

Phases III & IV of Toolbox

March 9, 2022, 10:00-11:30 am PST

Let us Start with a Blessing

“I invite peace into my day – to calm
the storms, to quiet my mind, and to
settle my spirit.” – Unknown



Yá'át'ééh! Keshi! Hola!



**Dr. Stephanie
Craig Rushing**

(she/her)

I love coffee.

scraig@npaih.org



**Eudora Redhouse,
BS**

Dine, (she/her)

I love flowers.

[e.redhouse@capacitybuilders
.info](mailto:e.redhouse@capacitybuilders.info)



**Nasheen Sleuth,
MS, LPCC**

Dine, (she/her)

I love cats.

nasheensleuth@gmail.com



**NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD**
Indian Leadership for Indian Health

Live Virtual Training Logistics



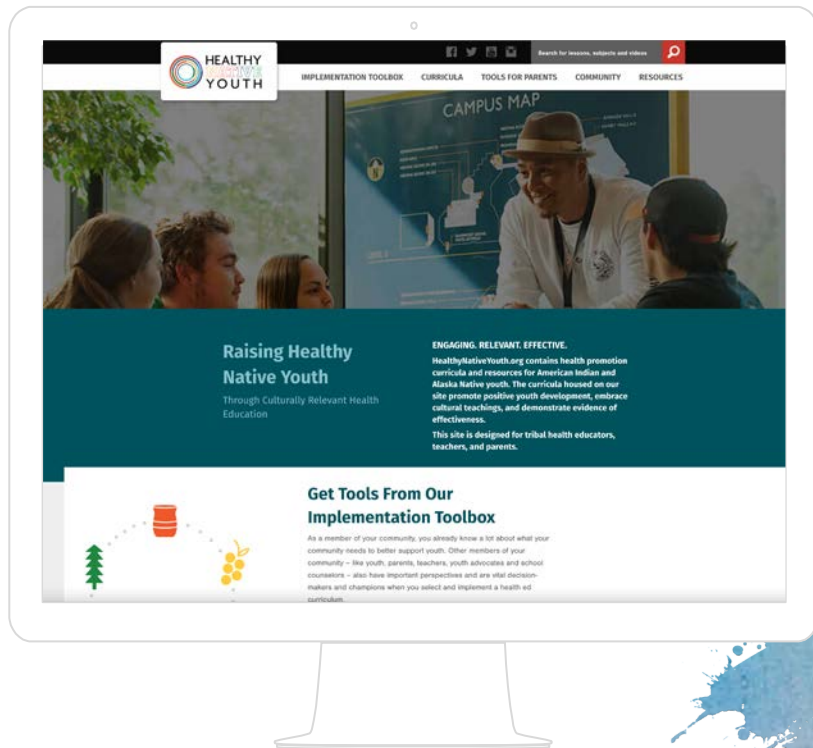
Logistics

- You are muted
- If comfortable, share video

Engagement

- Padlet & Mentimeter
- Chat box
- Icons (Zoom & More)





Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Pronouns
- ★ Tribe/ Organization
- ★ What are you hoping to learn today?

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...

- ★ **select** tools to help you prepare and implement your program
- ★ **discuss and plan** how you can use tips and tools for the *prepare* and *implement* phases for your community





Where we are going

1. Prepare (Phase III) - 10 min
 - a. Stories from the Field - 15 min
 - b. Padlet Activity (*recruitment, engagement, incentives*) - 10 min
2. Implement (Phase IV) - 10 min
 - a. Stories from the Field - 15 min
 - b. Mentimeter Activity (*how do you ensure youth feel safe*)- 10 min
3. Let's Reflect! - 10 min

1.

Prepare

Phase III of the HNY Toolbox





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](#)





Gather

Gather input on youth interests and health priorities

- Identify your community's needs and resources
- Select your program setting

GET SUPPORT:

Connect with community members for guidance and feedback

YOUTH VOICE:

Gather input from youth and program participants



Choose

Choose which criteria are most critical to your program

- Select a program that aligns with your goals
- Get approval if needed

GET SUPPORT:

Identify decision-makers

YOUTH VOICE:

Seek input from youth and community



Prepare

Prepare an implementation action plan that includes self-care

- Order supplies, teaching tools, and incentives
- Practice going through the curriculum & activities

GET SUPPORT:

Invite guest speakers and attend Community of Practice sessions

YOUTH VOICE:

Recruit caregivers, youth and allies



Implement

Implement your program with confidence!

- Track your implementation journey
- Assess student learning and experiences

GET SUPPORT:

Explore technical assistance and resource supports

YOUTH VOICE:

Celebrate the youth



Grow

Grow with your program

- Share successes and lessons learned
- Keep the momentum going

GET SUPPORT:

Collaborate with other youth programs

YOUTH VOICE:

Stay connected beyond programming



Gather



Choose



Prepare



Implement



Grow



Prepare

OVERVIEW: Start making preparations for your program – gather supplies, order materials, and preview the lessons

Goal: Create a plan to implement the curriculum in your school or community setting. Start reading through your program of choice and begin ordering materials for activities and incentives.

Now that you have chosen a program, you can prepare for success! In the PREPARE phase you are going to draft an implementation action plan. Reach out to potential guest speakers who can lend their knowledge and connect with the youth. Start ordering supplies, teaching tools, and incentives – make this program work for you! Practice going through the curriculum and try to anticipate any hurdles you might run into. Consider any possible logistical challenges. How will you handle them? How will you start recruiting participants? Reach out to caregivers, youth, and other community allies.



Where do I start?



Gather



Choose



Prepare



Get support: Invite guest speakers and attend Community of Practice sessions. [Learn more](#) 

Prepare an implementation action plan that includes self-care. [Learn more](#) 

Order supplies, teaching tools, and incentives. [Learn more](#) 

Practice going through the curriculum & activities. [Learn more](#)

Youth voice: Recruit caregivers, youth, and allies. [Learn more](#)



Implement



Grow





Prepare - Get Support - Invite and Prep Guest Speakers.docx



Prepare - Step 1 - Curriculum Implementation Plan Template.docx



Prepare - Step 1 - Example Native STAND Budget.xlsx



Prepare - Step 1 - Self-Care-Plan_Elders-Adults.pdf



Prepare - Step 2 - Example - List of Materials to Order for Native ...



Prepare - Step 4 - Example Recruitment Fliers.pdf



Prepare - Step 4 - Letter to Parents Template.doc



PREPARE Curriculum Implementation Plan



Instructions: Start thinking about the logistics involved in implementing your program. Use these questions to anticipate your program's needs: who will deliver each lesson, where will the classes take place, when will you meet and how often?



Use the Implementation Plan template to draft out logistics, lesson enhancements, and crisis response protocols. Having a clear plan will help you gain support from decision-makers and communicate your program's needs.

We know this work can be taxing, build in time and space for reflection and self-care as you go on this journey:
[Self-care plan for Adults and Elders](#)



Curriculum Implementation Plan

Lead Educator Contact Information

Name:

Tribe/Organization:

Office # (Direct):

Cell #:

Email:

Name of Supervisor:

Email of Supervisor:



Add other staff or site points-of-contact, as needed.

1. Which curriculum did you choose on www.HealthyNativeYouth.org: Add

(Write a few sentences, thinking about the following questions...)

- What steps did you take to GATHER community support? An advisory board? Parents? Students?
- When you CHOSE the program, did you need approval from the Tribe? School? School Board?

2. How will you recruit youth in your community to participate in the curriculum?

Check out PREPARE – Step 4, for more tips and tools to help recruit youth, caregivers and allies.

(Write a few sentences, thinking about the following questions...)

- Are you building upon an existing youth program or creating a new one?
- How will you build interest for youth and their parents?
- Will you collect permission or consent forms?
- How will you keep in touch with participants and their parents to schedule sessions?





Template: Class Agenda and Invite for Guest Speakers

Host + contact info:

Co-host + contact info:

Start	End	Min	What/activities	Lead (Presenter and speaker)	Materials/ Links:
11:00am	11:15am	15	Welcome students, open PPT for class Kickoff Introduce guest speaker	Facilitator's Name	Flip chart, markers, name tags
11:15	12:00	45	Talking Point to Cover <ul style="list-style-type: none">• Add• Add• Add	Guest's Name	

Note to Guests: Our classroom

1. Promotes skills development (e.g., communication, negotiation, refusal, assertiveness, contraceptive use) with practice and feedback.
2. Teaches youth to initiate risk reduction conversations with friends and family.
3. Teaches youth how to communicate with messages that target risk-related attitudes, norms, intentions, and self-efficacy.
4. Uses active learning techniques.
5. Uses non-heterosexist language and positive role modeling.
6. Is "sex-positive," teaching that sexual expression under the right circumstances is normal and healthy.
7. Focuses first on knowledge, attitudes, and behaviors, then on how to promote positive social norms in the community.
8. Supports youth as they set personal goals.





Template: Letter for Parents and Guardians

Examples: Recruitment flyers, news articles, parent and youth cover letters



Letter to Parent or Guardian

Date: Add

Dear Parent or Guardian:

We are very excited to inform you that your child will have the opportunity to participate in a health education program that we will be implementing in the [school, after-school program, summer program, etc.], called **Native STAND (Students Together Against Negative Decisions)**. This curriculum is designed to help students make better decisions about their health. The curriculum is a comprehensive health curriculum that addresses sexually transmitted diseases, HIV, unplanned pregnancy, drugs and alcohol, dating violence, mental health, and other important issues that impact our youth today. After the training program is over, your child will be able to help themselves and their friends make healthy decisions.

There are 18 sessions in the curriculum that last about one hour each. These may occur weekly, or more frequently, depending on the program is delivered.



1.a. Stories from the Field

Eudora Redhouse, Capacity Builders, Inc.




Recruitment

Facilitators

1. Northern Arizona University
2. AmeriCorps VISTA
3. Workforce Innovation and Opportunity Act (WIOA) Program

Youth Participants

1. Flagstaff Bordertown Dormitory
2. Flagstaff High School
3. Coconino High School



**Native
STAND**

Students Together Against Negative Decisions

WHEN:
October 7th
October 14th
October 21st
October 28th
November 4th
November 11th

TIME: 2pm--4pm
Designed to promote healthy decision making around sexually transmitted diseases, HIV, unplanned pregnancy, drugs and alcohol, dating violence, mental health and other important issues that impact youth today!

Interested? See Michael Little Owl for an application!

The Native STAND project is supported by the Centers for Disease Control and Prevention cooperative agreement #14GDP00006 and the NW Native American Research Center for Health cooperative agreement #126-F50074.



Budget

1. Food and Beverages
2. Gift Cards for Raffle Drawings
3. Program T-shirts
4. Facility Usage Fee
5. Guest Speaker


Native Stand Budget Plan									
NO	Event Date	Activity	Description	Vendor	Unit Price	Qty	Amount	Subtotal	Balance
0	8/1/15		Native STAND Funding		\$5,000.00	1			\$5,000.00
1	8/1/15	Afterschool Presentation	Fresh Fit Platter	Subway	\$38.00	2	\$76.00	\$88.00	\$4,924.00
			Cookies (dozen)	Subway	\$6.00	2	\$12.00		\$4,912.00
2	8/1/15		Water (24 pack)	Sam's Club	\$3.98	3	\$11.94	\$71.82	\$4,900.06
			Arizona Tea (24 pack)	Sam's Club	\$9.98	6	\$59.88		\$4,840.18
3	9/1/15	Raffle Drawing items	Gift Card	Target	\$20.00	1	\$20.00	\$100.00	\$4,820.18
			Gift Card	Walmart	\$20.00	1	\$20.00		\$4,800.18
			Gift Card	Safeway	\$20.00	1	\$20.00		\$4,780.18
			Gift Card	Subway	\$20.00	1	\$20.00		\$4,760.18
			Gift Card	Kick Stand	\$20.00	1	\$20.00		\$4,740.18
4	10/7/15	Planning Meeting	Complete Luncheon (serves 10 -14)	Wildflower	\$152.00	1	\$152.00	\$152.00	\$4,588.18
5	10/14/15	Session	Large Meat Lover's Pizza	Pizza Hut	\$14.99	1	\$14.99	\$66.22	\$4,573.19
			Large Pepperoni Pizza	Pizza Hut	\$14.99	1	\$14.99		\$4,558.20
			Large Hawaiian Pizza	Pizza Hut	\$14.99	1	\$14.99		\$4,543.21
			Breadsticks	Pizza Hut	\$4.25	5	\$21.25		\$4,521.96
6	10/21/15	Session	Medium Sandwich Tray (serves 12 -14)	Jitter's Lunchbox	\$110.50	1	\$110.50	\$160.45	\$4,411.46
			Garden Salad (serves 14-18)	Jitter's Lunchbox	\$31.95	1	\$31.95		\$4,379.51
			Bowtie Pasta Salad (serves 8-10)	Jitter's Lunchbox	\$18.00	1	\$18.00		\$4,361.51
7	10/28/15	Session	Lasagna Classico (serves 12)	Olive Garden	\$43.99	2	\$87.98	\$133.54	\$4,273.53
			Jumbo House Salad (serves 6)	Olive Garden	\$17.99	2	\$35.98		\$4,237.55
			Breadsticks (12 count)	Olive Garden	\$4.79	2	\$9.58		\$4,227.97
8	10/28/15	Incentive	Native STAND T-Shirts (25)	Flagstaff Tee	\$300.00	1	\$300.00	\$300.00	\$3,927.97
	11/4/15	Session	Business Lunch (serves 20)	Bigfoot BBQ	\$169.64	1	\$169.64	\$169.64	\$3,758.33
	11/11/15	Session	Classic Combo Platter	Subway	\$38.00	1	\$38.00	\$88.00	\$3,720.33
			Fresh Fit Platter	Subway	\$38.00	1	\$38.00		\$3,682.33
			Cookies (dozen)	Subway	\$6.00	2	\$12.00		\$3,670.33



Preparation

1. Program Schedules
2. Sign-In Sheet
3. Handouts
4. Supplies and Materials
5. Food and Beverages
6. Question Box
7. Activity Log *

  NACA Native Americans For Community Action, Inc.						
October 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
4	5	6	7 <i>Location: FBD Time: 2:40pm</i> <i>Welcome & Introduction, Team Building,</i> <i>Acting Out, Culture & Tradition, Honoring</i> <i>Diversity/Respecting Differences</i>	8	9	10
11	12	13	14 CANCELLED	15	16	17
18	19	20	21 <i>Location: FBD Time: 2:40pm</i> <i>Goals & Values, Healthy Relationships Part 1,</i> <i>Reproductive Health-Parts 1 & 2, The</i> <i>Downside of Hooking up</i>	22	23	24 <i>Location: FBD Time: TRA</i> <i>Pregnancy & Parenting, Preventing</i> <i>Pregnancy, Condoms, Sexually Transmitted</i> <i>Diseases (Parts 1 & 2)</i>
25	26	27	28 <i>Location: FBD Time: 2:40pm</i> <i>HIV/AIDS-Parts 1 & 2, Field Trip to a Local</i> <i>Health Clinic, Taking Care of the Whole</i> <i>Person, Healthy Relationships-Part 2</i>	29	30	31



Certificate of Completion

[NAME]

has successfully completed the

Native STAND Program

at Flagstaff Bordertown Dormitory

On this Wednesday, November 18, 2015

Redlines—Facilitator

Date



1.b. Padlet Activity

Use QR code or the link in the chat box to join...

Share about:
Recruitment Strategies
Program Engagement
Creative Incentives





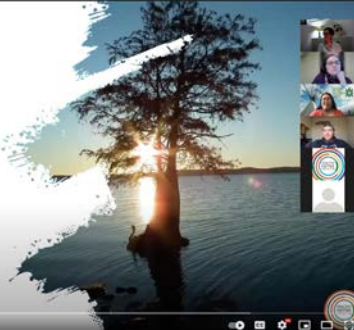
Wellness Moment

Progressive Muscle Relaxation

Progressive Muscle Relaxation Exercise

- ★ Stretch your legs out in front of you
- ★ Point your toes toward the wall
- ★ Now tighten the muscles in your calves and those in your thighs
- ★ Take a deep breath in and hold it
- ★ Breathe out and relax your muscles
- ★ Let your legs go back slowly down to their original position

Take a minute to feel the relaxation in your legs...aaaaah.



2. Implement

Phase IV of HNY Toolbox





Gather



Choose



Prepare



Implement



Grow



Implement

OVERVIEW: Implement your program and celebrate the journey.

Goal: Deliver the program with confidence! Track the experience as you go. Explore technical resources and celebrate participants throughout the program.

You are ready for implementation! Deliver your program with confidence – you have done the research, put in the work, and now it is time to bring it to life. All of your preparation and planning should make the IMPLEMENT phase easier and more straightforward. During this phase of the process, learn what works for you and your students. Track your implementation journey and take notes on the adaptations and adjustments you make. Collect feedback to assess student learning and talk with them about their experience. You and the youth participants are putting in a lot of good work – be sure to celebrate together as you progress through the program.





Where do I start?

	Gather	+
	Choose	+
	Prepare	+
	Implement	-

Get support: Explore technical assistance and resource supports. [Learn more](#)

Implement your program with confidence!. [Learn more](#)

Track your implementation journey. [Learn more](#)

Assess student learning and experiences. [Learn more](#)

Youth voice: Celebrate the youth. [Learn more](#)

	Grow	+
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Implement - Step 1 - Energizers and Wellness Moments.docx



Implement - Step 2 - Class Attendance Sheet.docx



Implement - Step 2 - Session Reflection Log.docx



Implement - Step 3 - Healing of the Canoe - Post Survey v12.pdf



Implement - Step 3 - Healing of the Canoe - Pre Survey v10.pdf



Implement - Step 3 - Native STAND Questionnaire.pdf



Implement - Step 4 Example - Awesome Tickets.pdf



Implement - Step 4 Example - Certificate of Completion.pdf



Implement - Step 4 Example - Graduation Invite.pdf





Template: [Session Reflection Log](#)

Template: [Class Attendance Sheet](#)

IMPLEMENT Lesson Reflection Log



Instructions: You may find yourself making adjustments and adaptations to your program – keep track of what works and what you want to build on. You can make small adjustments throughout the journey and use them to plan the next go-round. Activity logs will help you gather valuable data – here are some tools for reflecting on lessons, tracking attendance, and making observations as you go.

Lesson Reflection Log



Lessons Title:	Strengths: What went well?	Challenges: What didn't go so well?	Ideas for Next Time?
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

This resource was adapted from the [Program Planning and Implementation Workbook](#).



Template: [Session Reflection Log](#)

Template: [Class Attendance Sheet](#)

Class Attendance



Participants	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9	Lesson 10	Lesson 11	Lesson 12	Lesson 13	Lesson 14
Date:														
Name	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Name														
Name														
Name														
Name														
Name														
Name														
Name														

2.a. Stories from the Field

Nasheen Sleuth, Native STAND 2.0



Know your Audience

- ★ **Community**

Rural, Urban, Tribal, School, Center

- ★ **Inclusive Space**

Inclusive language/Pronouns, sensitive to 2SLGBTQ individuals



Time Management

- Following an Outline
- Displaying the Timing of each activity.
- Giving 5-2 warnings during session
- Clock/time keeper
- Flexibility

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.

Youth will:

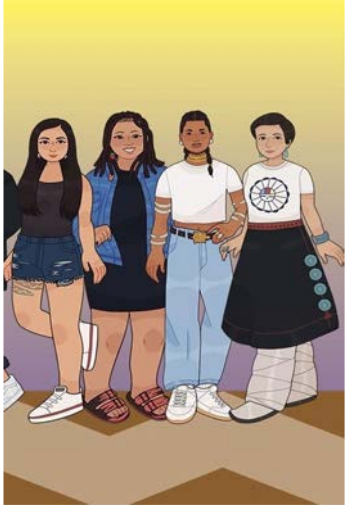
- Describe the goals, content, and procedures of the program.
- Describe the magnitude of the problem of teen pregnancy and STDs/STIs.
- Describe the role of a peer advocate.

Activity Outline	Core Content Components	Instructional Method	Timing
1 Welcome & Introduction	<ul style="list-style-type: none">• Introduction• Native STAND Journey• M&M Activity	<ul style="list-style-type: none">• Mini-Lecture• Mini-Lecture/ Handout• Icebreaker Activity	15 minutes
2 Introduce Lesson	<ul style="list-style-type: none">• Safety Statement• Risky Business Activity	<ul style="list-style-type: none">• Mini-Lecture• Small Group Activity	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



Reflections

Staff/Team



With Youth



Yo'self



Reflection Log: <https://www.healthynativeyouth.org/wp-content/uploads/2021/11/Implement-Step-2-Session-Reflection-Log.docx>




Sensitive Questions & Self Care

Sensitive Questions

- Setting boundaries: by establishing group agreements
- State law about mandated reporting
- Sharing accurate medical information
- Permission seeking
- “I don’t know”

Self Care

- Be gentle with yourself
- Get support
- Relax
- Have FUN!



**HEALTHY
NATIVE
YOUTH**

Tips for Answering Sensitive Sexual Health Questions

Questions Teens Ask...

- 1. Shock Questions**
Can sperm choke you if you swallow during oral sex?
- 2. Am I Normal? Questions**
One of my balls hangs lower than the other. Is that okay?
- 3. Permission Seeking Questions**
When did you lose your virginity?
- 4. Information Seeking Questions**
Can you get HIV from sitting on a toilet?
- 5. Value-based Questions**
Is it "ok" to have sex before marriage?

Set Clear Boundaries and Expectations

Let them know **personal questions are not appropriate**

That's a good question, but this is one of those questions that I am not able to answer because we do not cover that in our lessons. You might want to talk to a trusted adult about that issue.

- Please do not share your personal beliefs with students
- Avoid sharing information about personal sexual practices
- If it's not covered in the curriculum, chances are, you shouldn't answer it!
- Refer students to a trusted adult for further discussion

Treat all Questions as Information-seeking Question

- Don't get rattled. Don't dismiss the question.
- Clarify the question and make sure you understand what the student is asking
- Offer medically accurate information that addresses the question
- Avoid using the words "normal" and "you" when at all possible
- If you are not comfortable with a topic you can always refer to a Nurse, Counselor, or another person better suited to answer the question
- Use a question box!

1





2.b. Mentimeter Activity

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

How do you ensure
youth feel safe?



Go to **www.menti.com** and use the code **2380 3242**



3. Let's Reflect!

Logistics

- Share Your Video
- Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions





Chatfeed Convo:
Type Questions,
Ask Away!

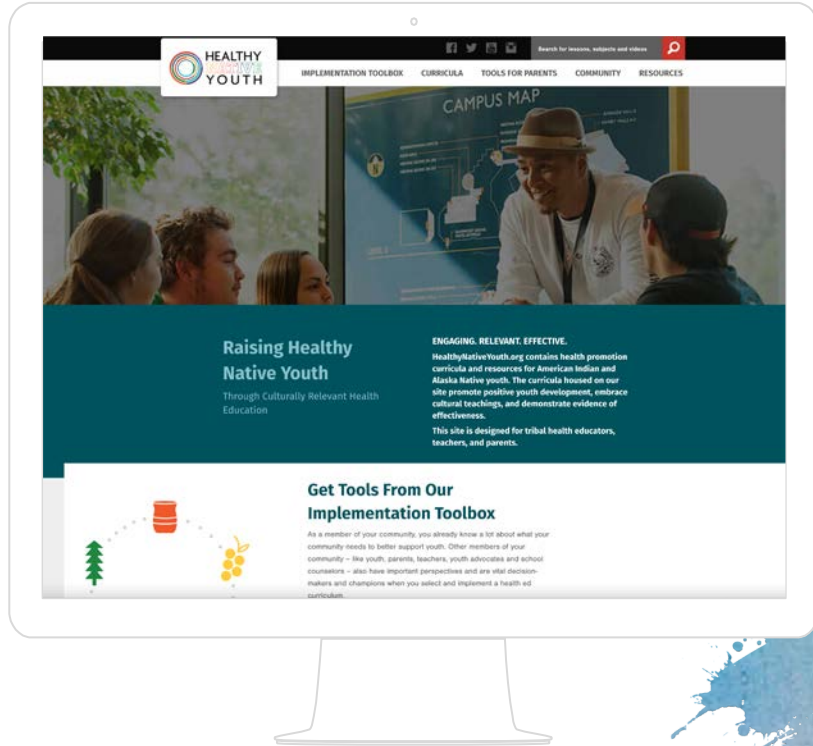


Practice in Action

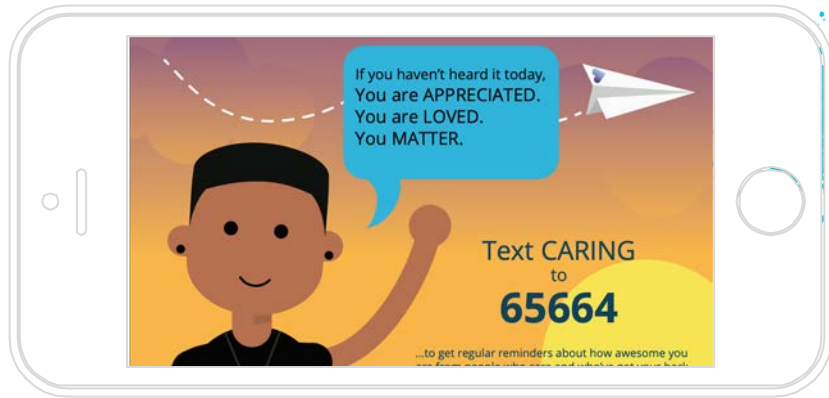
Taking it back home!



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



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



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



Bedsider



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



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

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!

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

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](mailto:native@npaihb.org)
native@npaihb.org

HEALTHY NATIVE YOUTH

CURRICULA LESSON PLANS HANDOUTS RESOURCES

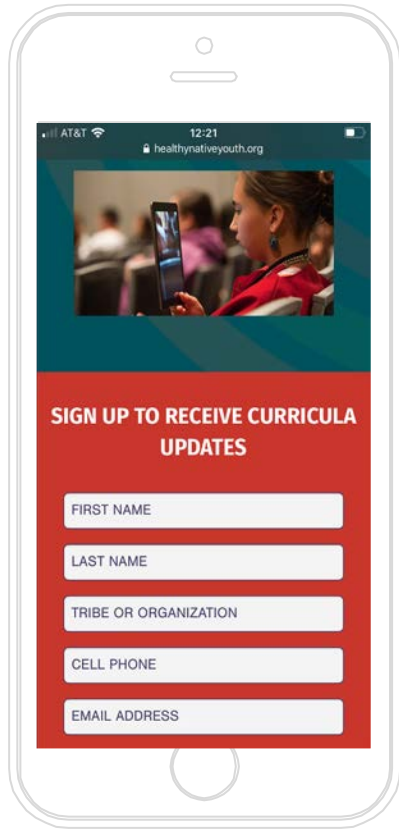
**LAUNCHED
VETERANS DAY!
11/11/21**



<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!



Sign up for the *Healthy Native* *Youth* Newsletter!

Stay up to Date with the Latest...

Mark Your Calendars!

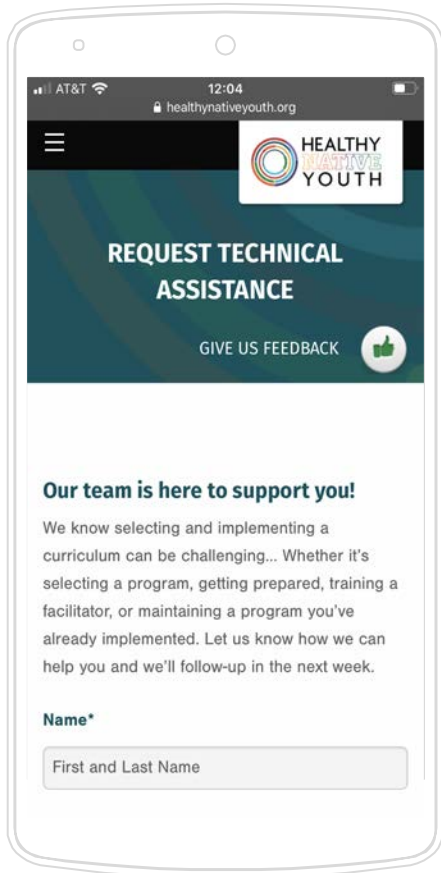
2021-22 Community of Practice Lineup

Date	Title	Description	Registration Link
September 8, 2021	<i>Back-to-School: Intentional Balance</i>	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 NPAIIB 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	<i>Cultural Competency to Raise Healthy Native Youth</i>	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	<i>Tackle Trauma with Care</i>	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	<i>Set the Stage for Program Success</i>	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.	Watch Recorded Session here
January 12, 2022	<i>Pickers Can be Choosers: Choosing a Program</i>	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.	Watch Recorded Session here
February 9, 2022	<i>Thrive in the Spaces We Create</i>	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	<i>Prepare for Implementation Success</i>	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 13, 2022	<i>Stand Up to STI/HIV Stigma</i>	As sexual health educators we know the challenges of community and youth attitudes, biases, misinformation, and STI/HIV stigma that presides and harms the health of our Tribal communities. Join us as we stand up to STI/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	<i>Concerning Social Media Posts Workshop</i>	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	<i>Staying Connected</i>	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.	Click here to register
July 13, 2022	<i>Sustain and Grow your Program</i>	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
<div> <div>Contact us</div> <div>  agaston-contractor@npaiib.org  msinger@npaiib.org </div> <div>  www.healthynativeyouth.org  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 website 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, followed by a 'GIVE US FEEDBACK' button with a thumbs-up icon. Below this, a white section contains the heading 'Our team is here to support you!' and a paragraph: '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.' At the bottom, there is a 'Name*' label and a text input field with 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...

- ★ Training & TA Evaluation Form
- ★ Request TA

Thank you!

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



Michelle Singer

msinger@npaihb.org



Funding Credit

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Let us Close with a Blessing

“All we have to decide is what to do with
the time that is given to us.”

– Gandalf from LOTR



Jamboard

Use QR code or the link in the chat box to join...

*What are your fav
management tools?*



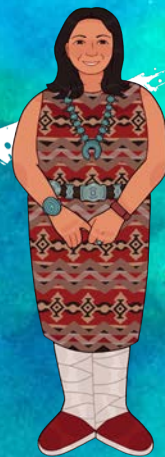
Breakout Sessions

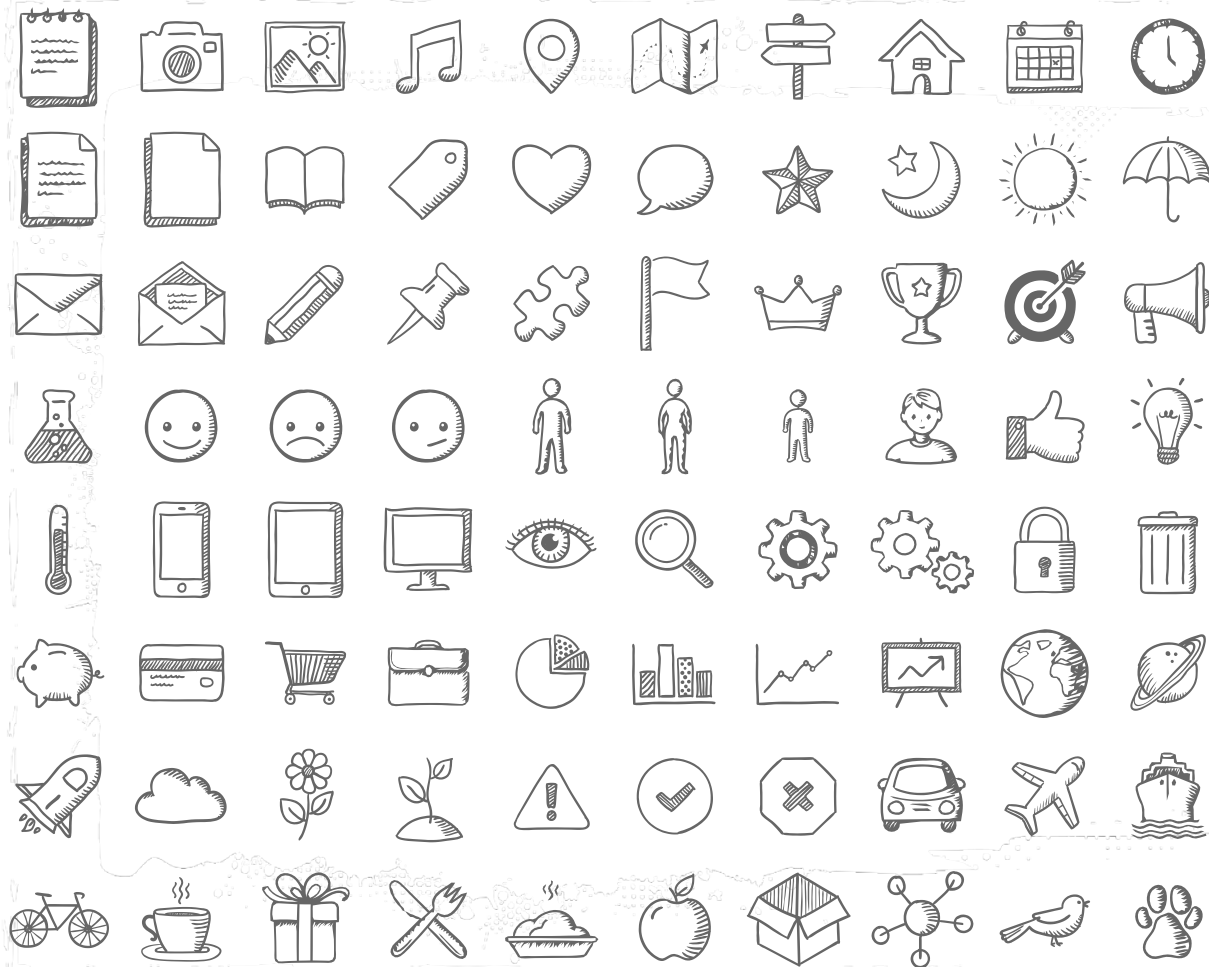
first

second

last







SlidesCarnival icons are editable shapes.

This means that you can:

- Resize them without losing quality.
- Change fill color and opacity.

Isn't that nice? :)

Examples:



