



Stand up to STI/HIV Stigma!

April 13th, 2022, 10:00-11:30 am PST

Let us Start with a Blessing

“You are not alone in this.
You are not alone in this.
As [relatives] we will stand and
we’ll hold your hand.
Hold your hand.”

Lyrics to Timshel, Kina Grannis



Yá'át'ééh! Keshi! Hola!



Travis

Navajo
he/him

I love daily walks
travis.lane@itcaonline.com



Courtney, MPH, CHES

she/her
I love cookies!

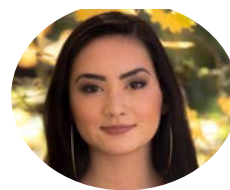
courtney.allen@itcaonline.com



Celena, MPH, CPH

Navajo
she/her

I love sunsets
cghostdog@npaihb.org



Asia

Choctaw Nation of
Oklahoma
she/her

I love animals
ambrown@npaihb.org



Kathleen

Iñupiaq
she/her

I love coffee
kdbonnar@anthc.org



Cody, MPH, CPH

he/him

I love road trips
jknight@sptb.org



Rachel, PhD, MPH

she/her

I love swimming with my
daughters
rstrom3@jhu.edu



Mikaela

she/her

I love hiking
mcmendozapereira@anthc.org



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Live Virtual Training Logistics

Logistics

- You are muted
- If comfortable, share video

Engagement

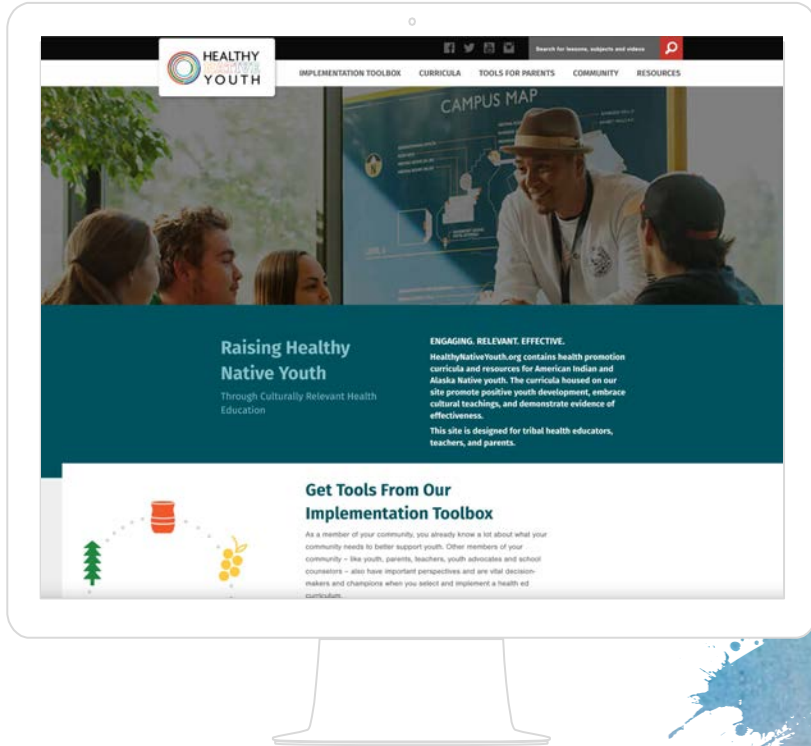
- Breakout Session
- Chat box
- Icons (Zoom & More)



Welcome, Welcome, Welcome!

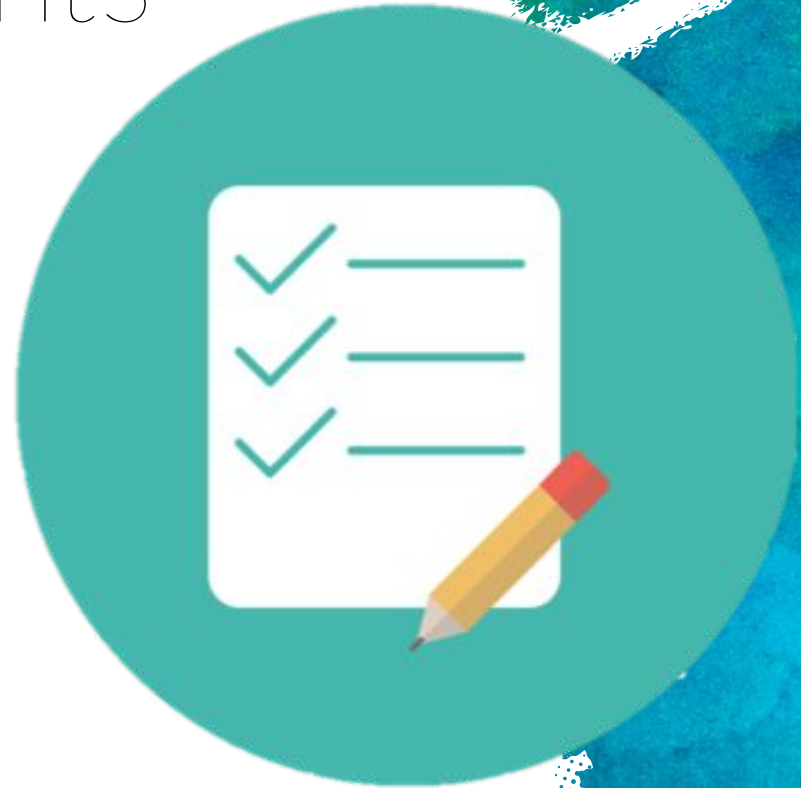
Please introduce yourself in the chat box. Include your:

- ★ Name, Pronouns
- ★ Tribe/ Organization
- ★ What does STI/HIV stigma look like in your community?



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...

- ★ **identify** ways STI/HIV stigma shows up in our communities
- ★ **determine** ways to adapt resources to destigmatize STI/HIV in your community



"Let us put our minds together and see what life we can make for our children."



Where we are going

1. Overcoming Stigma - 20 min
2. Intro to PRT - 4 min
3. Swab Squad - 25 min
 - a. Lay the Scene - Johns Hopkins CAIH
 - b. I Know Mine - I want the kit!
 - c. Southern Plains Tribal Health Board
4. WA Sexual Health Program - 10 min
 - a. Safe Spaces Campaign preview
5. Let's Jam!: How to adapt resources to your community -15 min

1. Overcoming Stigma

We can stand up together!



What is HIV Stigma?

HIV stigma are negative attitudes and beliefs about people with HIV. It is the prejudice that comes with labeling an individual as part of a group that is believed to be socially unacceptable.



What is HIV Discrimination?

HIV discrimination is that act of treating people living with HIV differently than those without HIV. It can happen in all aspects of society including:

- ★ Healthcare
- ★ Education
- ★ The work place
- ★ Justice system
- ★ Families
- ★ Communities



What is Internalized Stigma?

Internalized stigma or self-stigma happens when a person takes in the negative ideas and stereotypes about people living with HIV and start to apply them to themselves.

- ★ Affects individuals' ability to stay adherent to HIV medication
- ★ Feelings of shame
- ★ Depression
- ★ Isolation



What are the Impacts?

People at risk for HIV:

- ★ Discourages them from:
 - seeking HIV prevention tools and testing
 - Talking openly with their sex partners about safer sex options

People living with HIV:

- ★ Affects their emotional well-being and mental health
- ★ May internalize the stigma and develop a negative self-image
- ★ Fear of being discriminated against or judge negatively if their HIV status is revealed

How can we work to reduce HIV stigma?

- ★ Learn how to talk about HIV to avoid stigma by being positive about your health and using encouraging words
- ★ Speak out to correct myths and stereotypes
- ★ Educate yourself and others



Examples of Positive Messaging

Using positive phrases such as:

- ★ Your status doesn't define you
- ★ Embrace your status
- ★ Love yourself
- ★ You matter, not your status
- ★ Value yourself and your body
- ★ Always think about you and your partners health



2.

Introducing the PRT National Network

Drum Roll, please...



2021-2022



I Know Mine
Safe in the Village

P

Alaska Native
Tribal Health
Consortium

Univ of Texas
Health at
Houston - School
of Public Health

UTHealth
The University of Texas
Health Science Center at Houston
Native It's Your Game
HNY Implementation
Toolbox



Southern Plains
Tribal Health
Board

National Network

Inter Tribal
Council of
Arizona, Inc.



NPATHB



Healthy Native Youth
We R Native
Partners:
Paths (Re)membered
WA Youth Sexual
Health

Northwest
Portland Area
Indian Health
Board

Johns Hopkins
University -
Center for AI
Health



I Want the Kit
Respecting the
Circle of Life



Project Red Talon National Network

Ending the HIV Epidemic in the U.S.

Projects of the Northwest Portland Area Indian Health Board (NPAIHB) & Northwest Tribal Epidemiology Center

NPAIHB Sexual Health Collaboration Programs



Healthy Native Youth
Educators, parents, and caring adults

HNY Implementation Toolbox

A step by step guide to choosing and implementing an evidence-based health curriculum with community support and engagement

Paths (Re)Membered Project

Two Spirit and LGBTQ+ community

Celebrating Our Magic Toolkit

A free Two Spirit and LGBTQ+ Pride toolkit for community and clinical spaces



We R Native
For Native youth, by Native youth

Ask Your Relative Program

Advice for Native youth, from Native youth. Topics range from identity and culture to gender and sexuality

Indian Country ECHO

Clinicians, health programs, and peer recovery programs

ECHO Programs

Interactive online learning environments for clinicians and staff to work with clinical experts from across Indian Country



NPAIHB HIV/AIDS
Prevention | Treatment | Healing

Youth Support and Resources

Resources and helplines specifically for AI/AN youth



Project Red Talon National Network (2021-2022)

The Project Red Talon National Network, coordinated by Healthy Native Youth at NPAIHB, includes collaborative partners who provide outreach, education, and technical assistance in their regions and nationally to disseminate best practices for long standing and critically emerging issues for improved HIV prevention and care for high-risk AI/AN (including MSM, young adults, IDUs, and transgender individuals).

Alaska Native Tribal Health Consortium

I Know Mine
<https://www.iknowmine.org/>



Inter-tribal Council of Arizona

ITCA Healthy Native Youth Program
<https://itcaonline.com/programs/health-services/healthy-native-youth/>



University of Texas at Houston – School of Public Health

Native It's Your Game 2.0
<https://hnynativeiya.sph.uth.tmc.edu/>

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



Johns Hopkins University Center for American Indian Health

Respecting the Circle of Life
<https://caih.jhu.edu/programs/rci-camp>

Full curriculum
<https://www.healthynativeyouth.org/curricula/respecting-the-circle-of-life/>



Southern Plains Tribal Health Board

Native TEST program
<https://www.spthb.org/programs/our-grants/native-test/>



Standalone Lessons

Two Spirit, LGBTQ and Sexual Identity (Ages: Middle School, High School, Young Adults):
[Indigenizing Love Toolkit](#)

Reducing Risky Sexual Behaviors (Ages: Middle School, High School, Young Adults):
[Native STAND 2.0 – Safe Snagging](#)

STIs (Ages: Middle School, High School, Young Adults):
[Native It's Your Game 2.0 STIs Handout](#)

HIV/AIDS (Ages: Middle School, High School, Young Adults):
[Native STAND 2.0 - HIV/AIDS](#)

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 of DHHS Minority AIDS Initiative Fund.





INDIAN + COUNTRY
ECHO
LEADING THE WAY ➡➡➡

*Growing the Ability to Deliver Quality Healthcare to
American Indian and Alaska Native People.*

Ending the Epidemics in Indian Country

HIV | STIs | HCV | SUD

Healthcare and education staff serving American Indian and Alaska Native people are invited to participate in the Indian Country ECHOs – Ending the Epidemics in Indian Country Training Program. This program will provide comprehensive information to effectively integrate evidence-based clinical interventions and treatments to address and eliminate the epidemics while utilizing culturally appropriate care models. This program will be held virtually on **Tuesday April 19th from 11:30am –1:00pm PT**, with subsequent virtual series of four sessions **May 3rd, 10th, 17th, and 24th** with focus on clinical steps towards elimination. CE will be provided.

Learn more and register at:

<https://www.surveymonkey.com/r/EndingtheEpidemicsinIndianCountry>

3. Swab Squad

iKnowMine, Native Test, and I Want The Kit



Swab Squad

GOAL

Overarching
Goal:

To Increase STI
and HIV Testing
in Native
Communities

INTERVENTION

Overarching
Intervention:

Mail-in Testing
for STIs and
Rapid testing
for HIV through
Online/Text
Ordering

STRATEGY

Variations in our
Approach:

Varies Across
Partners and
Communities



PLACE ORDER

Please select your tests.

Select Tests

Butt (Anal) Swab

- ☐ Have you received butt (anal) sex? (This means someone put their penis or sex toys into your butt.) If the answer is yes, order a butt swab.

HIV In-Home Test Kit

- ☐ Read more about who should order an HIV in-home test:
<https://iwanthekit.org/get-tested/what-to-order/>

Penis Swab

- ☐ Have you put your penis into someone else's vagina or butt (anus) OR have you have received oral sex? If the answer is yes, order a penis swab.

Throat Swab

- ☐ Have you given oral sex? (This means you have given someone a blow job, given someone head, gone down on someone.) If the answer is yes, order a throat swab

Vagina Swab

- ☐ Have you received vaginal sex (meaning someone put their penis or sex toys into your vagina) OR have you received oral sex? If the answer is yes, order a vagina swab.

How did you hear about IWTK?

How Heard

Are you re-testing after treatment?

(Be sure to wait 3 months after completing your treatment before being retested.)

☒ No

☐ Yes

Have you used IWTK in the past?

CONTACT US

LOGIN

Home-

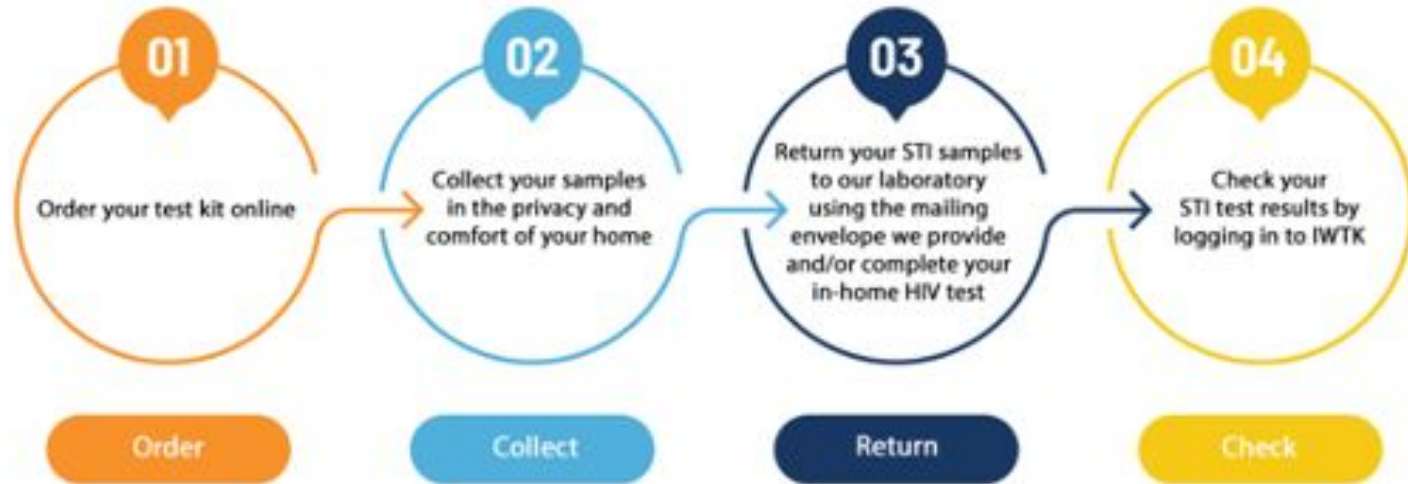
Quick Info on IWTK

Founded in 2004 at the **Johns Hopkins University School of Medicine**

- **Tests Currently Offered:** Chlamydia, Gonorrhea, Trichomoniasis (female vaginal samples only) & HIV (Residents of Baltimore City and Arizona)
- **Specimen Collection Methods:** Swabs (Vaginal Swab, Penile Swab, Rectal Swab, Throat Swab) and oral fluid (OraQuick In-home HIV Test)
- **Cost for a user:** Free
- **Turn-around times:**
 - Order Receipt to Kit Shipment – 1 to 2 business days
 - Specimen Receipt to Posted Test Results – 1 to 2 business days
- **Current Availability of Program:** Maryland, Alaska & Arizona
- **Age Requirements:**
 - 14 years old+ to order an STI kit
 - 17 years old+ to order OraQuick HIV Kit.



How Does it Work?



Swabbing Instruction Sheets

IWTK | I WANT THE KIT
Take Control, Know Your Status



INSTRUCTIONS FOR SELF-COLLECTING A THROAT SAMPLE



Wash your hands thoroughly with soap and water for at least 20 seconds.



Open the swab. **DO NOT TOUCH THE TIP OF THE SWAB.**
A. Twist first to break the seal.
B. Then pull. The swab will stay attached to the cap.
C. Do NOT throw the plastic tube away! You will need to put your swab into the tube after you have collected the sample.



Grip the opened swab 1.5 inches away from the tip of the swab (just below the first notch). **DO NOT TOUCH THE TIP OF THE SWAB.**



Get in front of a mirror and open your mouth. Say "Ahhh" and use the swab to gently touch your throat. Use the gauze pad to hold your tongue down if needed with your other hand.



Use the white tip of the swab to wipe the back of your throat and tonsils. (See the highlighted areas in the image above.) Gargling may be a side effect of correctly collecting a throat sample.



Remove the swab from your mouth. Place the used swab back into the transport tube. Close the tube tightly to prevent leakage.



Place the closed tube into the red specimen bag. Seal the bag. (If you are returning multiple swabs, they should all be placed into the same specimen bag.)



Wash your hands thoroughly with soap and water for at least 20 seconds.



Place the sealed bag into the return mailer (white envelope with blue diamond shaped sticker on the front). Write the collection date on your contact form and place the form into the return mailer too. Seal the envelope.



Drop the return mailer into any USPS mailbox.

IWTK | I WANT THE KIT
Tome Las Riendas. Conozca Su Situación



INSTRUCCIONES PARA TOMARSE UNA MUESTRA DE LA GARGANTA



Lávese muy bien las manos con agua y jabón por lo menos durante 20 segundos.



Abra el hisopo. **NO TOQUE LA PUNTA DEL HISOPO.**
A. Primero gírelo para romper el sello.
B. Después jale. El hisopo permanecerá unido a la tapa.
C. **NO TIRE** el tubo de plástico! Usted necesitará colocar su hisopo en ese tubo después de tomar la muestra.



Agarre el hisopo abierto a 1.5 pulgadas de distancia de la punta del hisopo (justo debajo de la primera marca). **NO TOQUE LA PUNTA DEL HISOPO.**



Póngase frente a un espejo y abra la boca. Diga "Ahhh" y use el hisopo para frotarse suavemente la garganta. De ser necesario, use la almohadilla de gasa para sostener su lengua hacia abajo con la otra mano.



Use la punta blanca del hisopo para frotar la parte posterior de la garganta y las amígdalas (vea las áreas señaladas en la imagen superior). Si siente náuseas, puede ser el efecto secundario de tomar correctamente la muestra de la garganta.



Retire el hisopo de su boca. Vuelva a colocar el hisopo usado dentro del tubo. Cierre muy bien el tubo para evitar fugas.



Coloque el tubo cerrado dentro de la bolsa de color rojo para las muestras. Selle la bolsa. (Si está devolviendo múltiples hisopos, todos deberán colocarse dentro de la misma bolsa para muestras).



Lávese muy bien las manos con agua y jabón por lo menos durante 20 segundos.



Coloque la bolsa sellada dentro del paquete que devolverá (sobre blanco con etiqueta adhesiva azul en forma de diamante en el frente). Escriba la fecha de recolección en el formulario de contacto y colóquelo también dentro del paquete que devolverá. Selle el sobre.

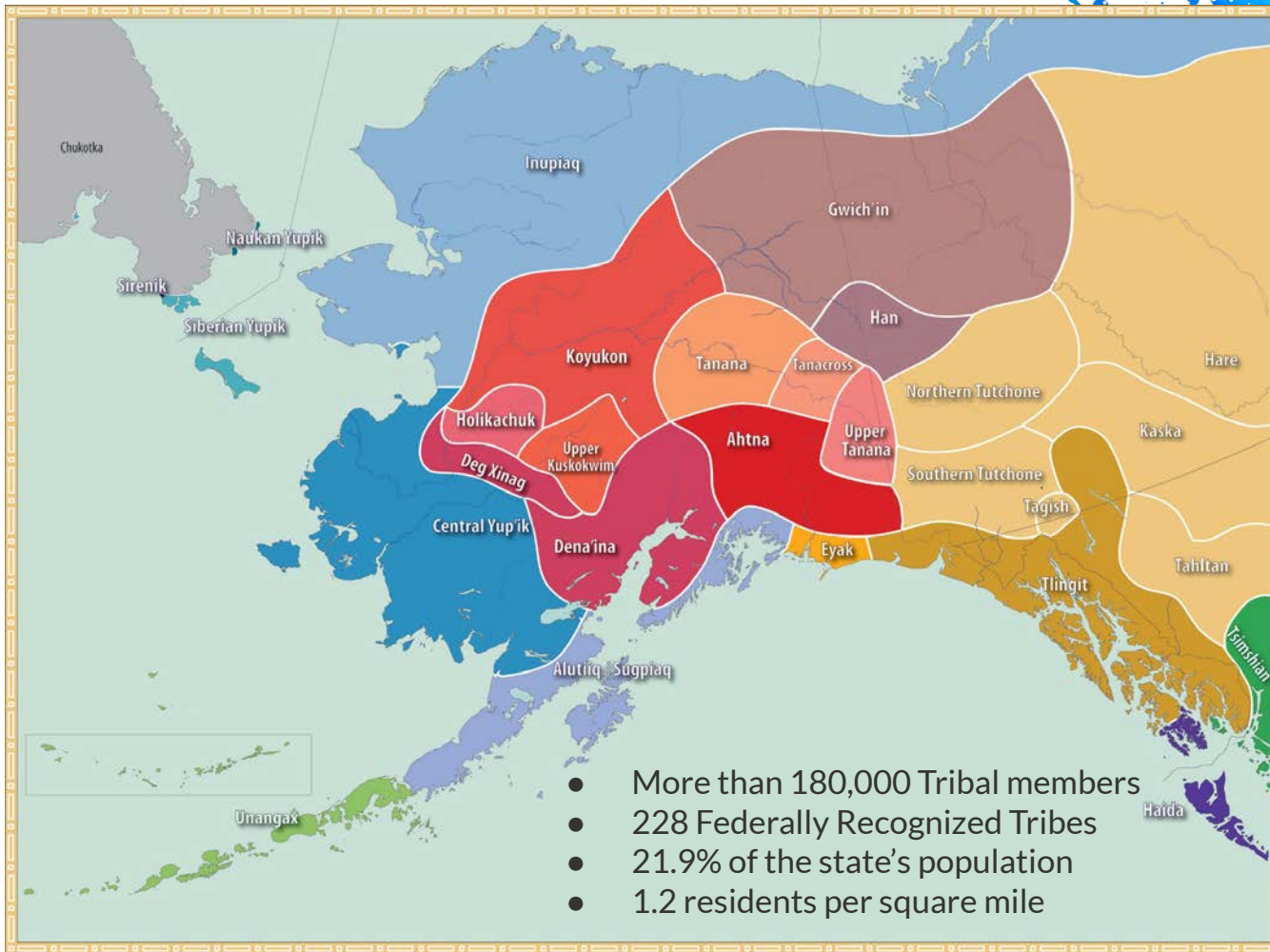


Deje el sobre de retorno en cualquier buzón de USPS (Servicio Postal de EE. UU.)

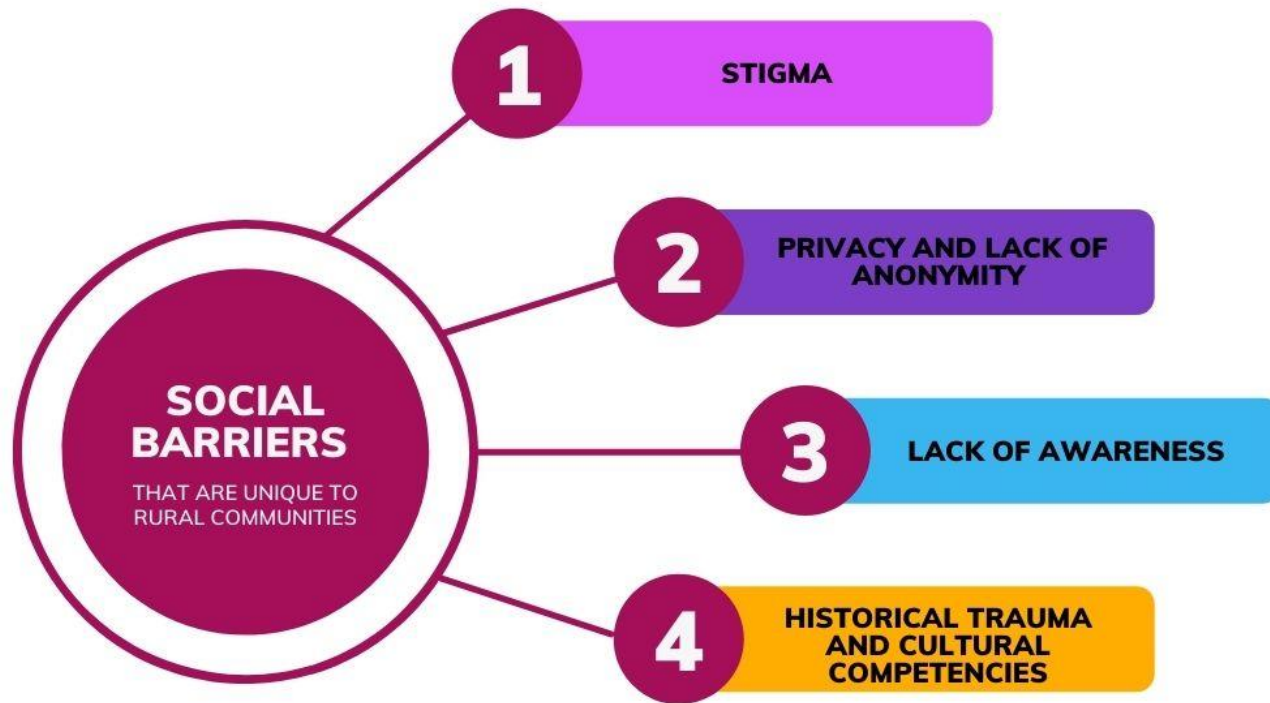
Tailoring the Strategy

- We strive to work with our partners to enhance public health
- IWTK email and Contact Us form
- Kit types offered to users according to the needs and budget of each jurisdiction
- Add custom materials to the kits for the users from their jurisdictions (flyers, handouts, condoms, etc.)
- Ordering can be limited from participants by zip code
- Can report deidentified, aggregate monthly data to our partners on the activity from their jurisdiction
(# of kits ordered, # of tests run, positivity rates, breakdowns by age, gender, race, etc.)

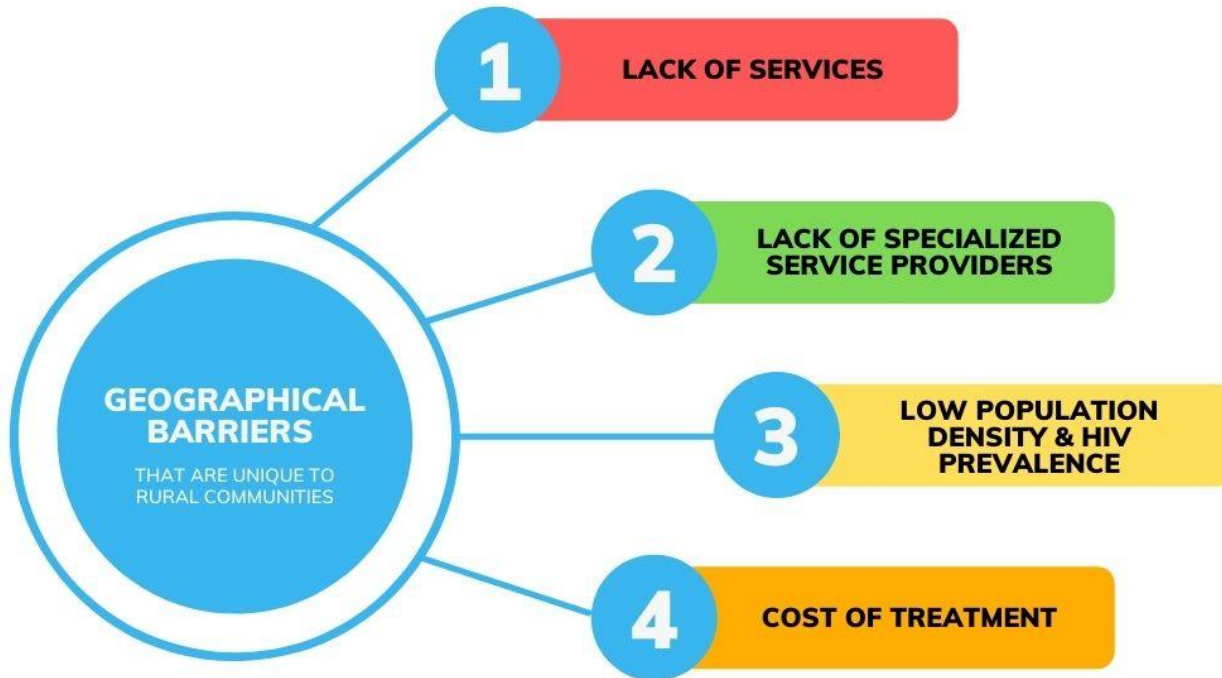




Social Barriers



Geographical Barriers

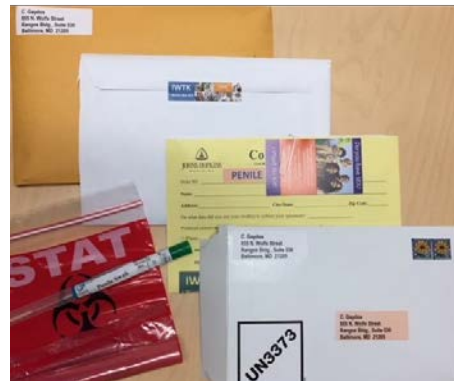


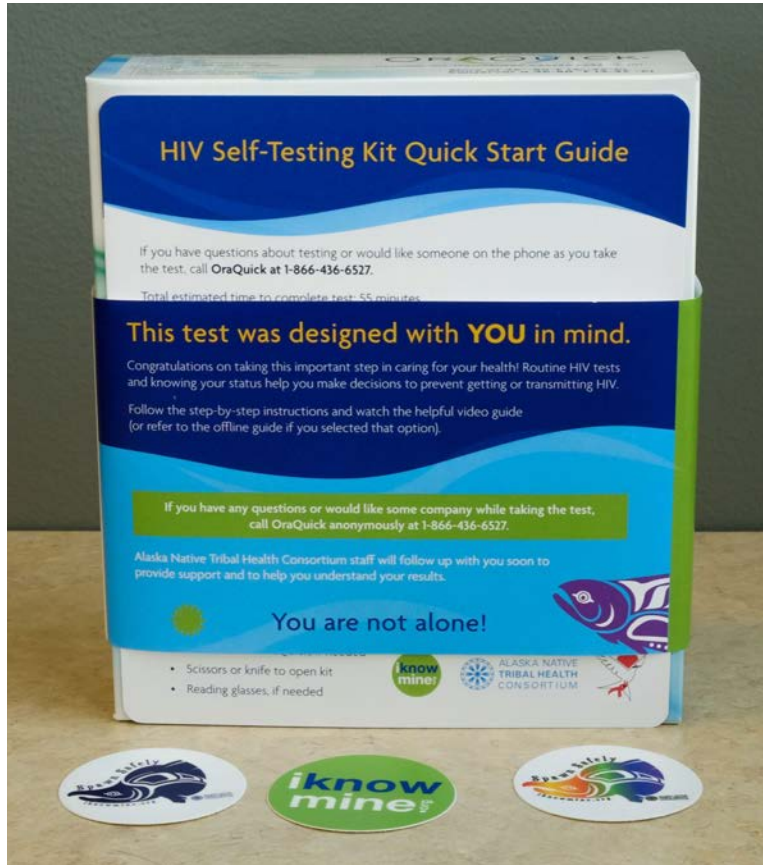
ANTHC Response

iKnowMine.org

HIV Self Test
Kit

I Want the
Kit



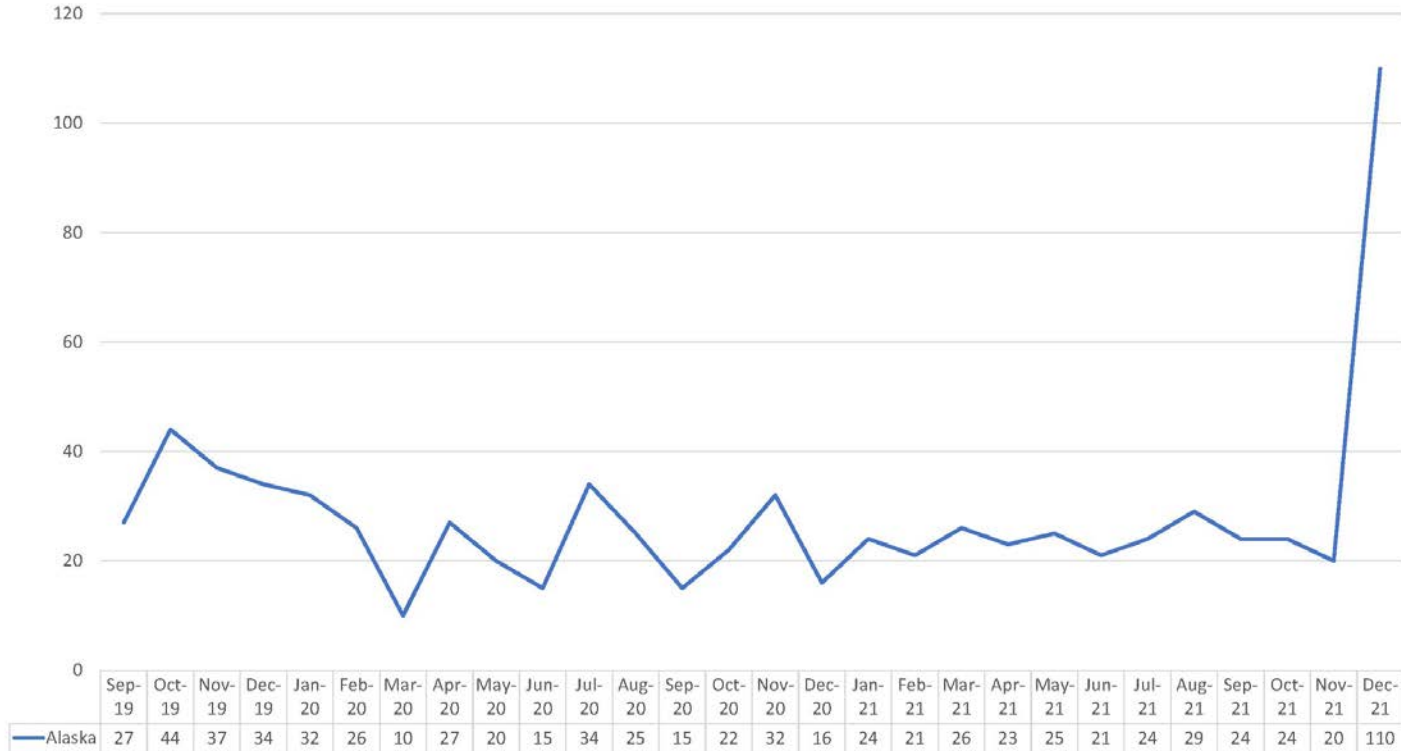


Product page: <https://www.iknowmine.org/hiv-self-test>

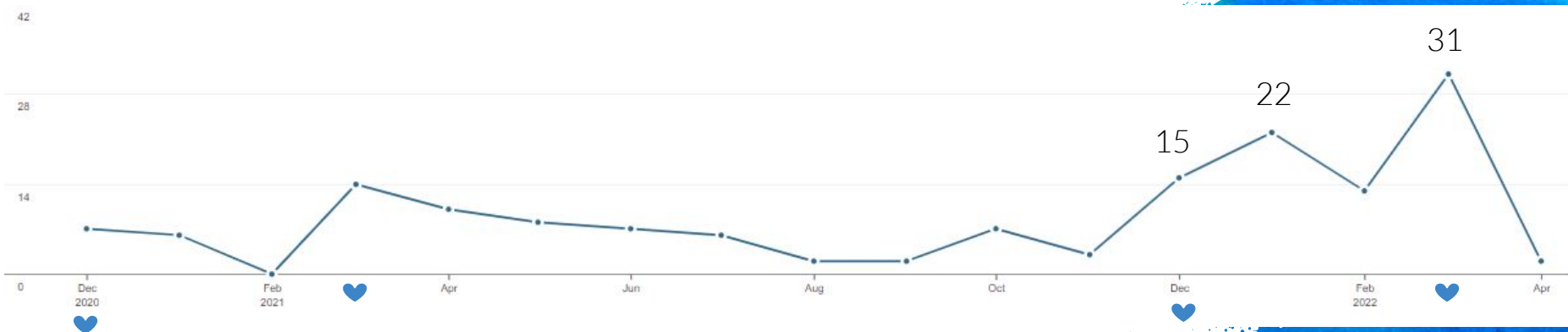


Alaska's IWTK Data

Alaska Orders by Month (September 2019-December 2021)



IKM HIV Self-test Data



Dec. 2021: Marketing & Communications

- Promoted both IWTK and HIV self-test kit
- Collaborated with ANTHC's Public Relations Manager
 - Press Release
 - Garnered coverage from
 - three statewide news channels
 - two regional news channels (including radio) in a region with highest rates





ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

FOR IMMEDIATE RELEASE

November 30, 2021

Read the entire press release [online](#)

Media contact:

Shirley Young, ANTHC Public Relations
(907) 268-1014 slyoung@anthc.org

Self-testing kits Connect Alaskans to Sexual Health Services

The Alaska Native Tribal Health Consortium (ANTHC) and the Alaska Department of Health and Social Services (DHSS) have focused resources aimed at reducing barriers to testing for HIV and sexually transmitted infections (STIs). In observance of World AIDS Awareness Day, Wednesday, Dec. 1, ANTHC and DHSS strongly encourage Alaskans to seek HIV and STI testing options, such as those offered through ANTHC's holistic wellness website iknowmine.org. This easy-to-access service bridges the gap for many people living in remote and rural areas of Alaska where access to testing may be limited or there are [concerns about privacy and confidentiality](#). While HIV positive results do need to be confirmed with an in-person appointment, self-tests can limit lengthy travel and clinic visits while [increasing access](#) to testing.

"The goal is for HIV and STI testing to become a regular practice that people feel comfortable talking about. Hopefully, individuals who test will share their experience and encourage others in their social networks, so they get tested also" stated Hannah Warren, ANTHC HIV/STD Prevention Program Manager. "Whether used as part of routine health care or due to potential exposure, these self-tests offer individuals and their sexual partners discreet options to stay informed about their health status. In honor of World AIDS Awareness Day, we encourage Alaskans to order their free self-testing kit through the iknowmine.org website."



Collaborated with ANTHC's Marketing Department

- Ran ads on FB/IG
- General audience to normalize topics
- Accessible language
- Alaska-specific creative



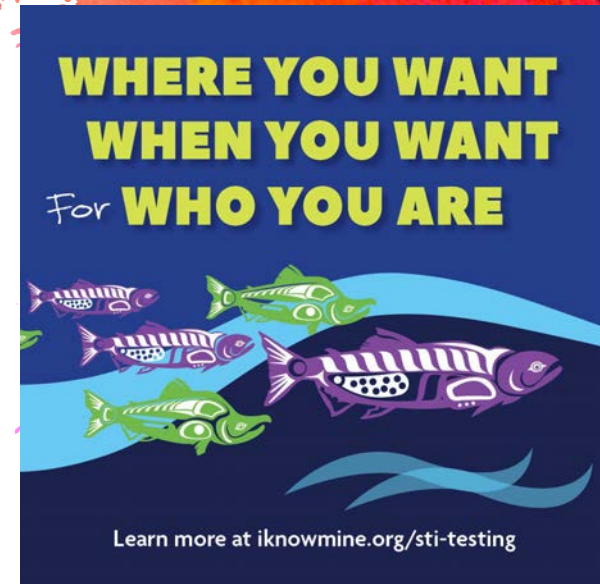
Know your status on your own terms.

If you're sexually active, getting tested is an important aspect of sexual health. We know - it can be a tough and awkward topic, but it's a valuable aspect of taking care of yourself.

Even when you feel you're in the clear, it's always good to be sure. Did you know that many people with sexually transmitted infections (STIs), sexually transmitted diseases (STDs) or HIV don't experience symptoms?

Learn more about STI and HIV testing to see if it makes sense for you:

<http://www.iknowmine.org/sti-testing>.



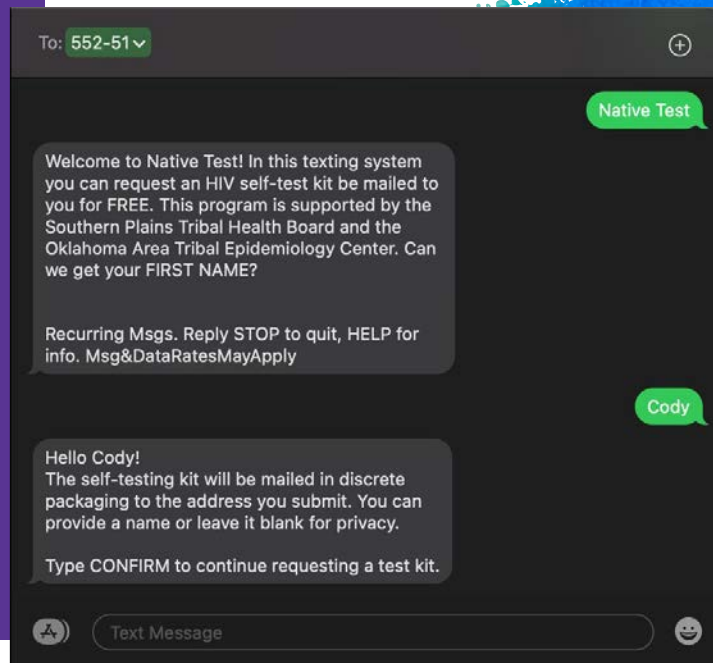
TAKE THE TEST, TAKE CONTROL

**TEXT
NATIVE
TEST**
TO **55251**

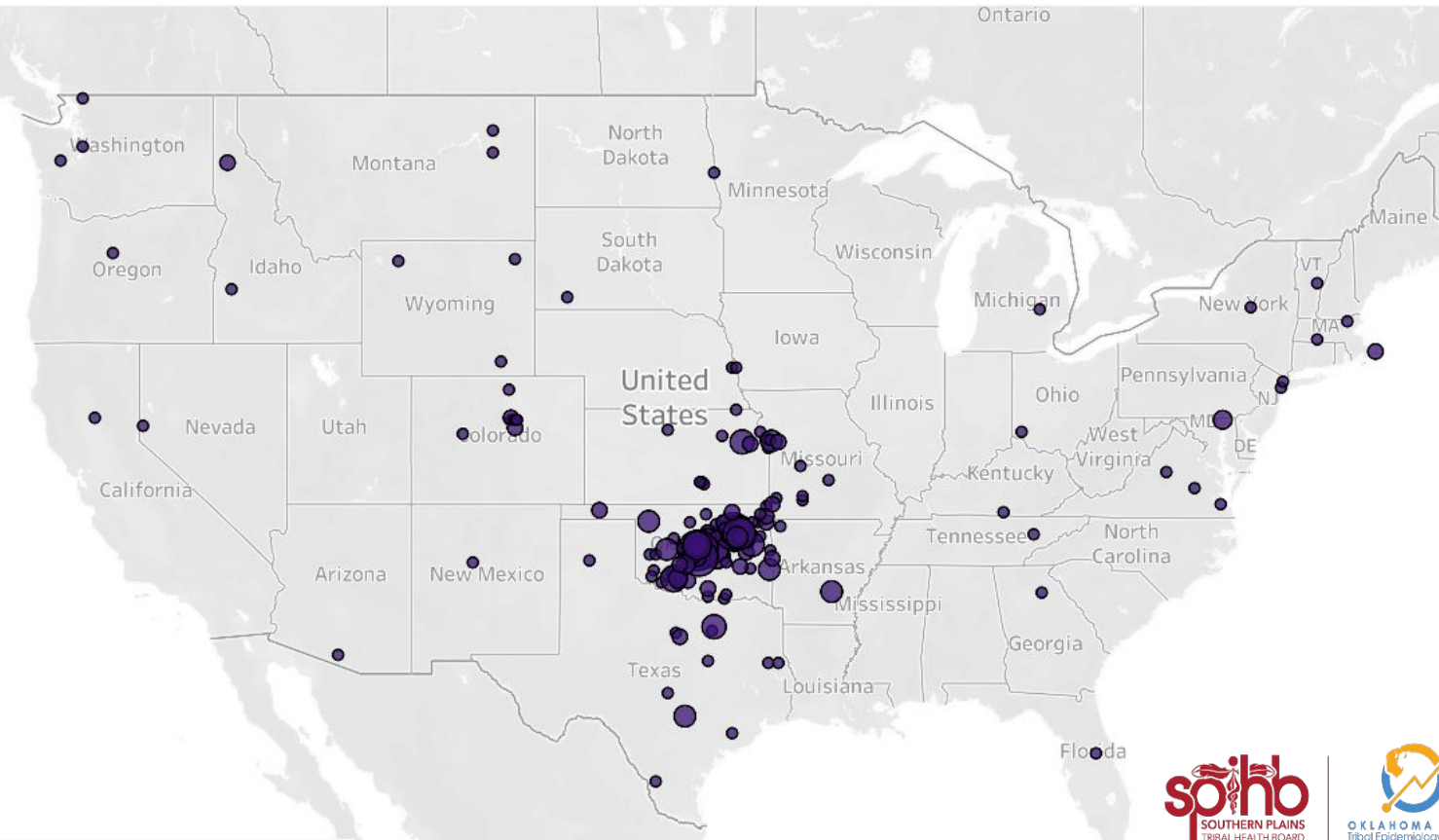
To get a rapid HIV self-test kit mailed to you for **FREE**



This project is funded through the Indian Health Service with backing from the Minority HIV/AIDS Fund.



Native Test Distribution (March 29, 2022)



3.

WYSH

tailored media = break down stigma



Respect Yourself
& Your Partner



“GYT”



Get
Yourself
Tested



It's ok to ask your provider about
STI testing and birth control.



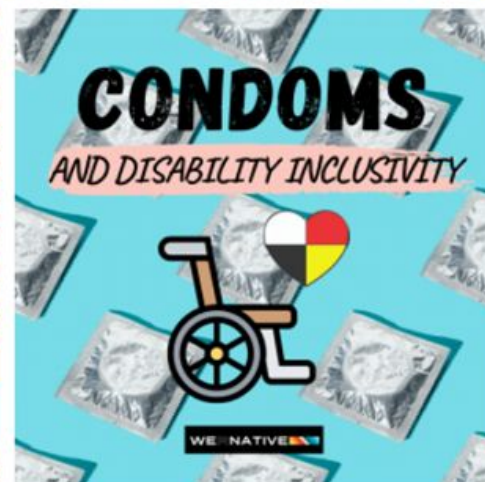
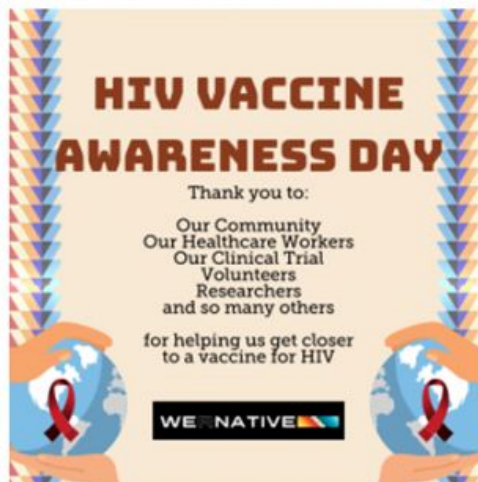
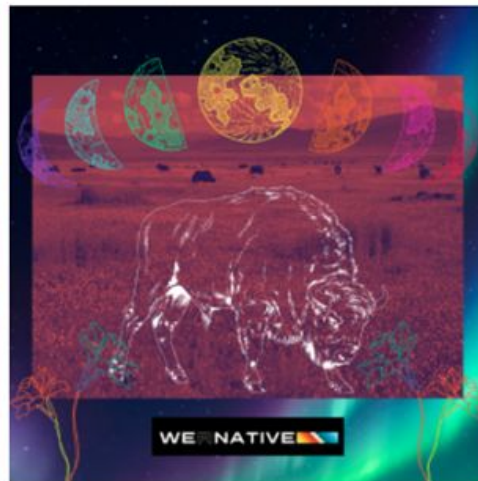
Normalize the Conversation



As Native people, it's important to remember that our bodies are sacred and worthy of respect! STIs can cause serious health problems, so it's important to catch them early when treatment is most effective.

Let your student know, it's okay to ask their healthcare provider about STI testing and birth control.







is a loaded word.

Let's talk about it.

Text **SEX** to **97779**

We'll share resources covering healthy relationships, communication skills, STIs and birth control.



Normalize the Conversation



Our bodies
are sacred
and worthy
of respect.



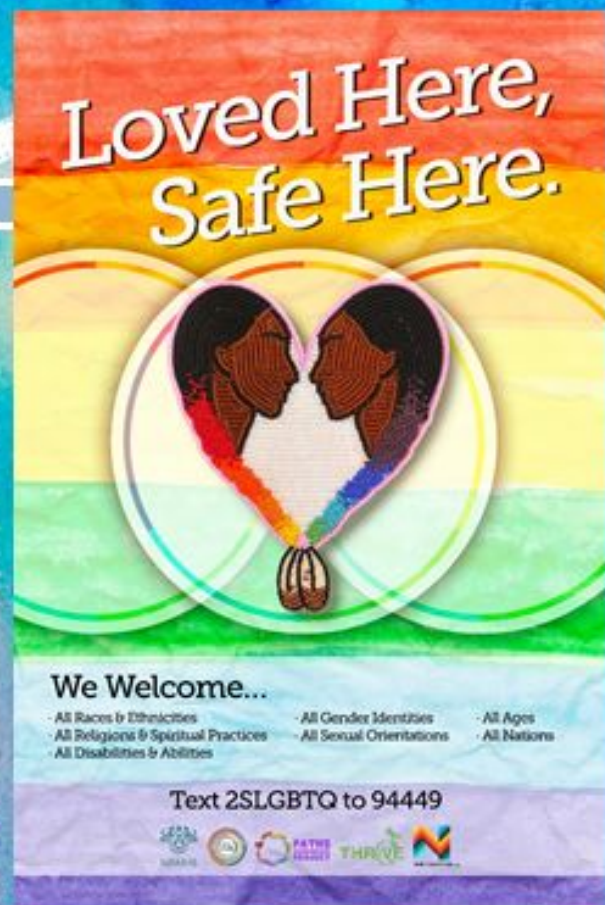
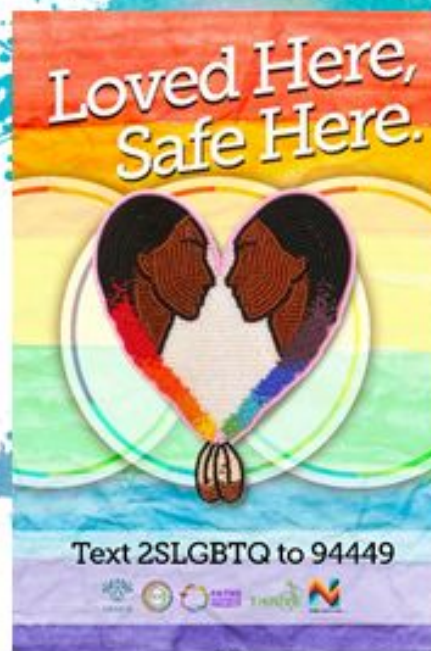
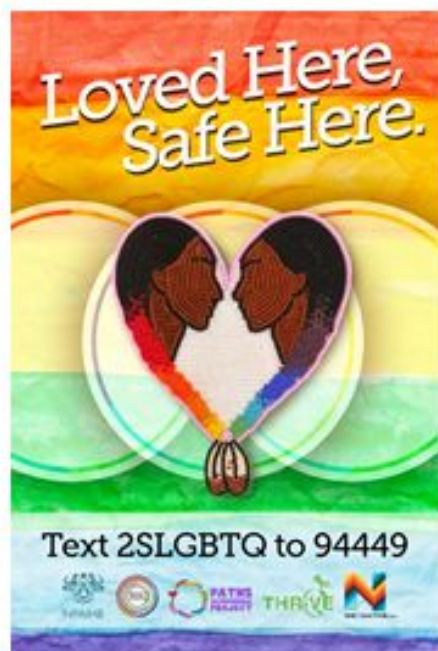
What Are Safe Spaces?

A safe space is a place, program, or community that is intentionally working to affirm 2SLGBTQ identities. For many Native youth, having the knowledge that 2SLGBTQ allies exist across their tribal community can help create a welcoming and safe environment.



- Posters
- Window Clings
- Temporary Tattoos
- Magnets

- Enamel Pins
- Stickers
- Children's books (Sassy Sassafras)
- Coloring book (Sassy Sassafras)



Digital Downloads

- Facebook Cover Image
- Facebook and Instagram post
- Facebook and Instagram post with logos
- Facebook and Instagram post with Text Message Resource
- TikTok Background image
- Google Classroom Background image
- Zoom Background image



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**



4.

Let's Jam!

Adapt resources to your community's needs...



Jamboard Activity

How will you adapt resources for your community?



In what ways does STI/ HIV stigma show up in your community?

1

What types of messaging or images are relevant to your community? How will you incorporate them into your resources?

2

What are some ways you will share these tailored resources with your community?

3

Use link in the chat box to join...



<https://jamboard.google.com/d/1foB9N8SY41RtVKLMr3w1XxBfX0vUbvBVeZFXsY0twml/edit?usp=sharing>





Chatfeed Convo:

- *Any 'ah-ho' moments?*
- *Questions?*

Chat Away!

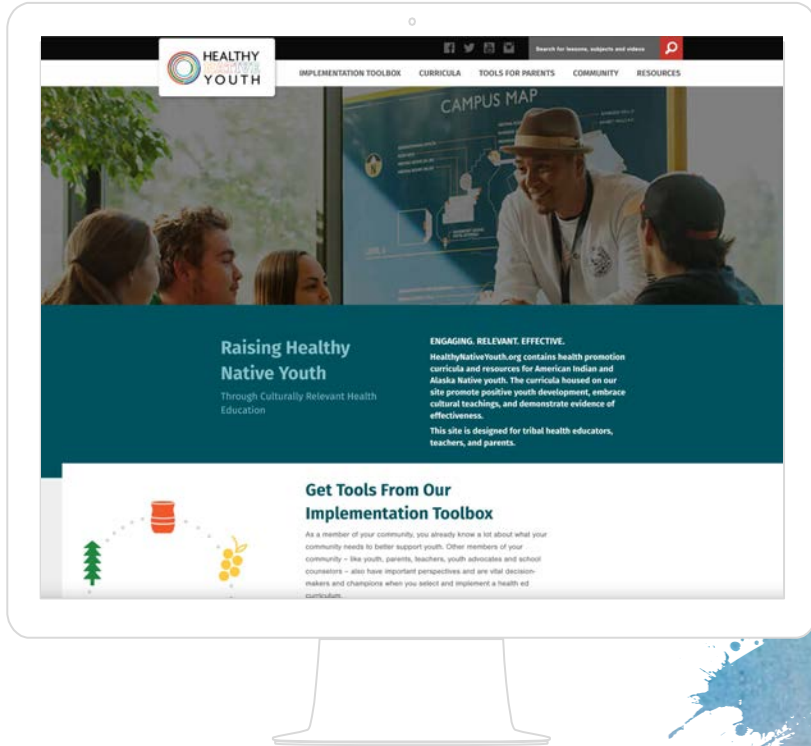
Practice in Action

Taking it back home!



Find Curricula on *Healthy Native Youth*

- ★ Filter & Compare Tool
- ★ All Materials Needed to Implement
- ★ Enhancement Activities
- ★ Resources & Support
- ★ Parent & Caring Adult Tools
- ★ Monthly e-Newsletter
- ★ Upload & Submit Your Own Curricula
- ★ Training & Technical Assistance



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 Bob](#)
[Find a Clinic](#)



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



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



It's Your Sex Life
[Live Chat](#)



Bedsider



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



CLICK ON THE LOGOS TO GO TO RESOURCE

Click on icons to go to resource

Youth Support



PAGE 3

Bullying



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



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



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

Find Help Near You



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



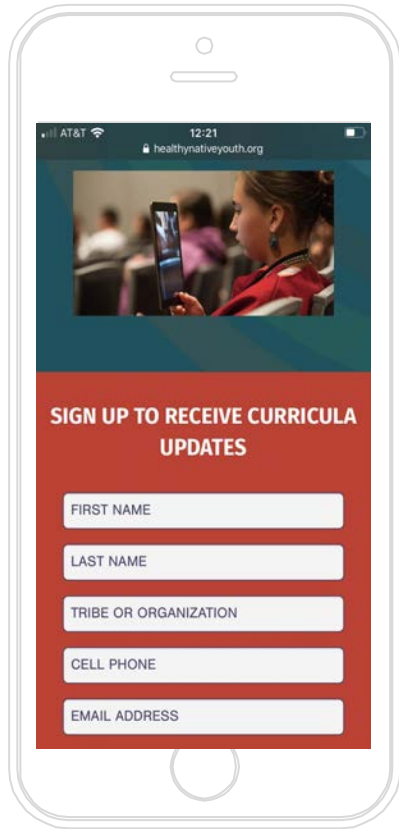
2021-22 Community of Practice Lineup

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

2021-22 Community of Practice Lineup

Date	Title	Description	Registration Link
March 9, 2022	Prepare for Implementation Success	Now that you have chosen a program, you can prepare for implementation success! Let the HNY crew help to PREPARE an IMPLEMENT a plan that includes recruitment, guest speaker lineup, supplies and incentives for implementation success. You've got this and we've got your back!	Click here to register
April 13, 2022	Stand Up to STI/HIV Stigma	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	Concerning Social Media Posts Workshop	Learn how you can become the trusted adult youth can turn to when they view or post concerning messages on social media. Suicide prevention remains challenging among youth, as many do not disclose thoughts of suicide before making an attempt. However, youth may disclose depression symptoms and suicidal ideation via social media, like Instagram, TikTok, Twitter, Snapchat, and through text messaging. These public disclosures may provide new opportunities to identify youth at risk and connect them to appropriate resources and support. Join us to learn how!	Click here to register
June 8, 2022	Staying Connected	Summer is fast approaching and so our conversations shift to how we can stay connected and keep program momentum going with summer programs and peer/elder 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	Sustain and Grow your Program	Congratulations! You have implemented your program and are now in the GROW phase. Let the HNY team help reflect on what worked, what can change, and what you've learned to help keep the momentum going.	Click here to register
<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>			





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

Stay up to Date with the Latest...

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



Thank you!

You can find us at:
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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.





Students Together Against Negative Decisions

HONORING DIVERSITY AND RESPECTING DIFFERENCES



*What should it matter if one bowl is dark
and the other pale, if each is of good
design and serves its purpose well?*

- Hopi

GENDER

Socially defined and tends to dictate an individual's place and role within the community. Examples: female, girl, woman, male, boy, man, non-binary, or another gender.

TRANSGENDER

Someone who's gender identity is different than their sex assigned at birth.

CISGENDER

Someone who's gender identity is the same as their sex assigned at birth.

TWO-SPIRIT

Someone who has one spirit with both masculine and feminine characteristics; a term that encompasses spiritual, sexual, gender, and cultural identity. The term also relates to an individual's role in their tribe and contribution to their community.

GENDER IDENTITY

The gender that a person identifies with, or how they see themselves. It is the sense of being male, female, non-binary, both genders or another gender.

GENDER EXPRESSION

How a person expresses their gender identity, typically through clothing, body language, hairstyle, makeup, jewelry or voice.

PHYSICAL & EMOTIONAL ATTRACTION

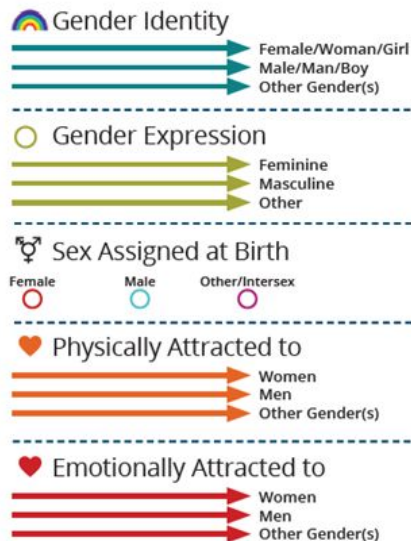
Who a person is attracted to physically and emotionally (women, men, both, or other genders). People may have different physical and emotional attractions.

SEX ASSIGNED AT BIRTH

How a person is classified at birth (male, female, intersex). Sex is usually assigned based on anatomy or chromosomes. Intersex means a person with anatomy that isn't distinctly male or female or who may have genitals that are not aligned to their chromosomes.



The Gender Frog



GENDER FROG

The Gender Frog is a graphic that helps depict the distinction between gender, sex assigned at birth, and sexuality. Each category is shown with an arrow to illustrate that terms operate along a spectrum, and that different cultures and individuals within them may operate differently (Pan, 2018). An individual can identify with multiple identities in each category.

<https://transstudent.org/gender/>



SEX

is a loaded word.

Let's talk about it.

Text **SEX** to 97779

We'll share resources covering healthy relationships, communication skills, STIs and birth control.

