

# TALKING IS POWER

## Cama'i!

My name is Greg!  
My pronouns are  
he and him. Give  
yourself a high  
five from me! I'm  
glad you're here!



## 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 94449

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

#HealthyNativeYouth

#weRnative

CURRICULA

LESSON PLANS

HANDOUTS

RESOURCES



[www.healthynativeyouth.org](http://www.healthynativeyouth.org)



[fb.com/HealthyNativeYouth](https://www.facebook.com/HealthyNativeYouth)



Listserve: Text "YouthNews" to 22828



<https://www.instagram.com/healthynativeyouth/>  
[@HealthyNativeYouth](https://www.instagram.com/HealthyNativeYouth)



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

**SIGN UP TO RECEIVE UPDATES  
VIA TEXT MESSAGE**

**TEXT "HEALTHY" TO 94449**



HEALTHY  
NATIVE  
YOUTH