

# CoP Topics

## 2022-23

how to get youth engaged or wanting to be part of the conversations



**Safe Spaces...**

**Mental Health, Mental Health, Mental Health :)**

okay for youth to be themselves and not trying to be like their friend. Being comfortable with saying no to risky behavior. Also normalizing the typical stigma of males being emotional, but being emotional is a natural

Identity 101 -- cultural, gender, sexual --> why is it important with an intergenerational panel. A mental health spin for wellness and health.

**Fentanyl policy examples and messaging resources**

Helping Youth channel anger/fear into political/community action

**Youth advocacy for student health rights with youth presenters.**

**Would love to see some youth-led topics with youth presenters!**

Keeping Youth Engaged when they feel overwhelmed on long-term projects

**Supporting 2S and trans youth in light of current events**

**The new Vaping media campaign, developed by the FDA**

Grandfamilies and child welfare --> how to meet our caregivers where they are at as they raise healthy native youth. Tools, resources, strategies for our elders in communicating with young people.

**Solidarity and advocacy for tribes as we weather certain decisions coming down from the Supreme court that impact tribes. Thinking of the recent decision and upcoming**

**How to create successful hybrid (virtual and in-person) youth activities**

Training/materials for school staff and school nurses on ways to approach sexual health topics with limitations on what they can discuss with youth.

Getting Yourself Tested 101 --> how to get resources, how to conduct and to send a HIV/STI test --> what happens. Add in harm reduction and street/houseless care (compassion).

Normalizing asking for condoms

STI/HIV/HCV 101 session - modeling the stand-alone lessons for a train-the-trainer sessions.

**Parents, Relatives, Caring Adults --> how to bring them into the conversation about sexual/adolescent health & learning circles at home.**

Encouraging using "Caregivers" instead of Parents. Using the term parent can trigger those who do not live with their parents

**Self-care, Self Love,**

Building of Indian Nations is vital in supporting youth and their healthy role in their tribe.

