



Safe Spaces

September 14, 2022, 10:00-11:30 am PST

Let us Start with a Blessing

“Everything you need is always right
where you are.”
– Carlos Toybo



Yá'át'ééh! Keshi! Hola!



Kay

Chickamauga Cherokee

She/Her

I love rainy weather.

kjohnston@npaihb.org



Amanda, MAT

Zuni

She/Her

I love my new kitties!

agaston-contractor@npaihb.org



Celena, MPH, CPH

Dine (Navajo)

She/Her

I love sunsets.

cghostdog@npaihb.org



Asia, BS

Choctaw Nation of Oklahoma

She/Her

I love pasta.

ambrown@npaihb.org



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

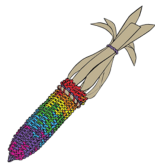
Live Virtual Training Logistics

Logistics

- You are muted
- If comfortable, share video

Engagement

- Virtual Engagement Activities
- Wellness Moments
- Chat box
- Anon Q&A Box: Jamboard link
- Discussion & TA support
- Icons (Zoom & More)

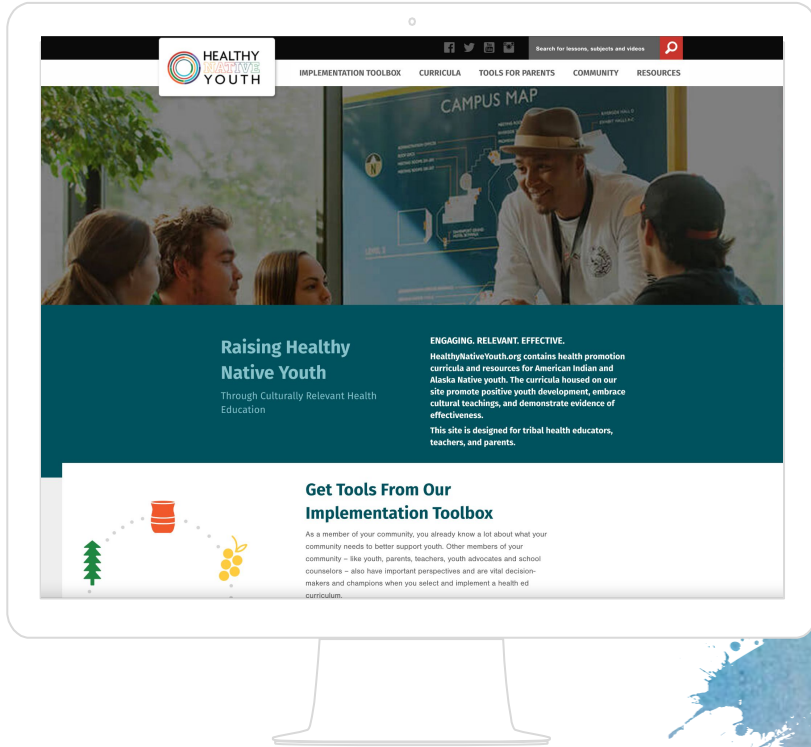




Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

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



We've Got Goals!

By the end of today's session, you will be able to...

- ★ **describe** what a safe space is
- ★ **examine** the components of felt safety
- ★ **design** a safe space for your community



**"Love is something you can
leave behind when you die. It's
that powerful."**

**John (Fire) Lane Deer Rosebud
Lakota, 1972**

Where are we going



Support FELT Safety
Kindness Activity
Group Agreements
Self-efficacy Check
20 min

Visualization Activity
3 min

Closing
5 min

Reflection Activity
3 min

1

3

5

7

2

4

6

Safe Spaces:
What & Why?
5 min

Safe Spaces Look Like:
Paths ReMemorized
WYSH Project
20 min

**Let's Talk &
Tech Time**
25 min



Where are we starting today?



What is a safe space?

*Why are
safe spaces
important?*

*What is Felt
Safety?*

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



1. Safe Spaces

Objective 1: **describe** what a safe space is



A Safe Space is...

- Created in a space/place/environment where all youth feel safe from physical and emotional harm
- Approached with a spirit of openness and curiosity rather than judgements and assumptions
 - ◆ Questions are asked with genuine curiosity without the need for immediate response
 - ◆ There is no attempt to assume or speak to the intentions of others
- A space where
 - ◆ one is encouraged, but not forced, to speak from the heart
 - ◆ language does not exclude people, or their experiences/identities/realities
 - ◆ youth are accountable but also have self-compassion; you need not show up perfectly, but each person can openly acknowledge areas where they may need to grow





Wellness Moment

Self-care is giving the world the best of you, instead of
what's left of you." - Katie Reed

2.

Support Felt Safety

Objective 2: **examine** the components of felt safety



Create Felt Safety

- ★ Predictable Routines
- ★ Calm Adult Affect
- ★ Trusting Relationships
- ★ Understanding & Supportive Responses



Image Source: We R Native, NEA/HB



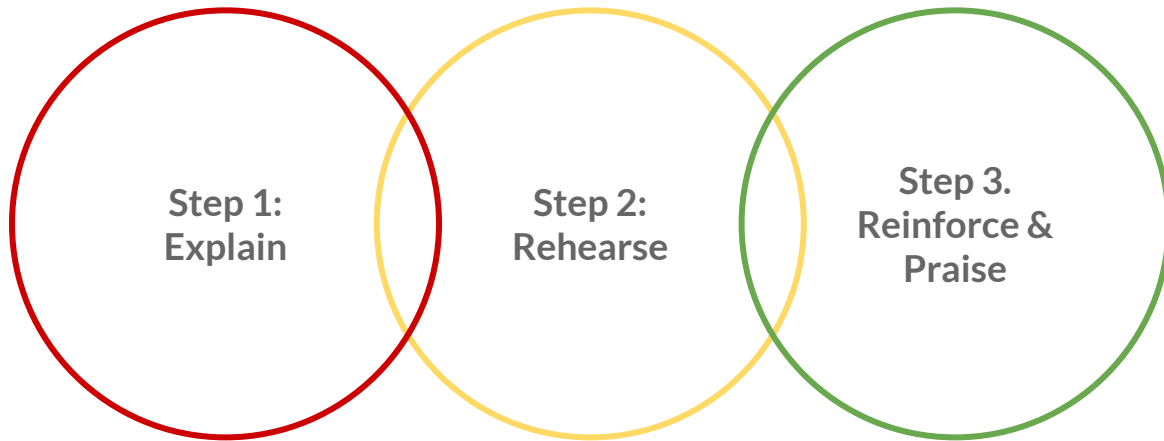
Program Boundaries

Procedure vs Discipline	
Concern how things are done	Concerns how youth behave
Have no penalties or rewards	Has penalties and rewards
A procedure is a do, a step to be learned.	A rule is a dare to be broken, whereas a procedure is not.

Wong, H. K. (1998). *The first days of school*. Mountain View, CA: Harry K. Wong Publications.



Three Steps to Creating Predictable Routines



Predictable
Routines



Kindness Exercise

Imagine you spill a cup of coffee on your white shirt.


What things do you say to yourself?



Image Source: Google Images

Extra Credit!


Reflection Log



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.			

Self-Care Plan



My Self-Care Plan

#HealthyNativeYouth

Instructions: Think about what self-care activities make most sense for you, your lifestyle, and your goals. Select three activities (from the list given, or create your own) and put them in your self-care activity plan. For each activity, write down how, where, when you will do them. And, what will you do to make sure these activities are a part of your life?


#1 Self-Care Activity	#2 Self-Care Activity	#3 Self-Care Activity	Example Self-Care Activities
<p>How:</p> <p>Where:</p> <p>When, will I do this:</p> <p>How will I make sure this happens?</p>	<p>How:</p> <p>Where:</p> <p>When, will I do this:</p> <p>How will I make sure this happens?</p>	<p>How:</p> <p>Where:</p> <p>When, will I do this:</p> <p>How will I make sure this happens?</p>	<p>Connect with my Culture. Write. Be nice someone. Smudge. Take a Walk, List Three Things I'm Grateful for. Laugh. Fix my Hair. Play. Talk to a Friend. Cook. Talk to Youth. Take a Shower. List Things I'm Good at. Spend Time in Nature. Plant a Garden. Make Traditional Art. Listen to Music. Take a Nap. Go to a Cultural Event. Sit by a body of Water. Read a Book. Speak my Language. Take Three Deep Breaths. Daydream. Exercise. Sing. Play cards. Get a Haircut. Trim my Nails. Do Traditional Art. Volunteer. Eat with my relatives. Talk to a Counselor. Start a Journal. Look at the Stars. Pet a Horse. Talk with my granddich. Say I love you. Smile with my Eyes. Help my Neighbor. Hug someone, or...Create My Own!</p>

Time to Talk Myself Up!

How we talk to ourselves matters! Here are some ways to help change the way you talk to yourself:

- 1. **Listen** - to what you say to yourself. Notice if it's mostly negative or positive.
- 2. **Challenge** - what you say to yourself. Would you say this to a friend?
- 3. **Change** - how you talk to yourself. Try asking yourself, "What can I do to help me do this?"

Instructions: Think about one statement (or more!) you can tell yourself when you're feeling down or could use a little encouragement. Use the list you're given or create your own. Put that statement(s) below:



What are some things that can help us all feel safe, respected, and supported in our program?



Let's Recap:

Step 1: Explain

We asked: "What are some group agreements we can make together that will help us all feel safe, respected, supported and able to share and learn in this group?"

Step 2: Rehearse

We asked youth to sign the Group Agreements.

Step 3: Reinforce & Praise

We will reteach Group Agreements during every activity we do. We will redirect as needed and give positive reinforcement when youth are nailing it.

Predictable
Routines





Supportive Responses

“Johnny, thank you for waiting your turn to speak. I know that can be challenging sometimes.”

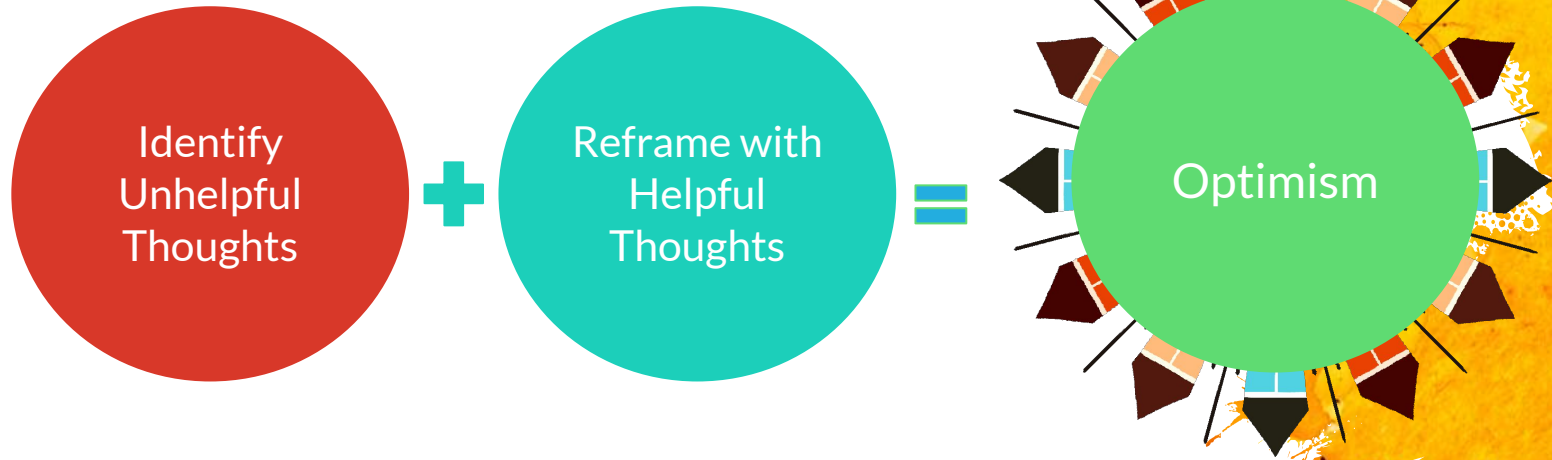
“Kayla, I love how you come into the room and immediately put your phone away.”

Non-Supportive Responses

“Johnny, stop interrupting. Wait your turn!”

“Kayla, I’m going to take your phone if you don’t put it away!”

Optimism Can Be Learned!



Self-efficacy Check

What is a safe space?

*How
confident
am I?*

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



Go to **www.menti.com** and use the code **7567 9176**



How am I doing?





*Chatfeed Convo:
Type Questions, Ask
Away!*

3. Safe Spaces Look like...

Objective 3: **design** a safe space for your community



Creating Safety & Affirmation



- ★ Encourage others within your sphere of influence to create safety for those you wish to advocate for
- ★ Ask about ways you can engage further in your own learning, and in the education of others

Advocacy



Support

Visibility

- ★ Listen without formulating your response or being defensive/reactionary
- ★ Ask questions only to seek clarity, not to put others on the defensive
- ★ Validate the experiences of those sharing, those you wish to support

- ★ Find ways to make safety (physical, emotional, cultural) and your support visible and tangible in the space
- ★ Be mindful of your facial expressions-communicate openness with body language and reaction
- ★ The physical space and surroundings are at least neutral, and do not cause harm





PATHS (RE)MEMBERED PROJECT

Northwest Portland Area
Indian Health Board

www.pathsremembered.org

The Paths (Re)Membered Project centers the Two Spirit and LGBTQ+ community—its strengths, resiliencies, and histories—in our movement toward health equity. Through community engagement, research, and advocacy, we work toward a liberated 2SLGBTQ+ future, which includes the memories of Two Spirit ancestors, the wisdom of our elders, and the creativity of our young people. The seven parts of our logo, designed by Lorenzo Yazzie, represent the seven generations which guide our work. The circle represents the unceasing ties between our Nations, art, medicines, and ceremonies, as well as our health as individuals and communities. It is with the memories of our ancestral pasts, where our Two Spirit people were highly regarded and integral to our villages, and the thoughts and dreams of our (Re)Membered futures, that we restore our places in the circle.

TRAININGS & TA

- 2SLGBTQ+ Affirming Clinical Environments**
- 2SLGBTQ+ Affirming Spaces**
- Learning Circles on special topics**
- Assistance with programming, & community engagement**
- Providing resources**
- Other strategy and problem-solving**
- Trans & Gender Affirming Care ECHO**

Website and IG

www.pathsremembered.org

IG: @2slgbtq



- Blog
- Podcast
- Documentary
- Children's book
- Mental Health services
- Print materials
- Affirming imagery

WYSH - Washington Youth Sexual Health Project

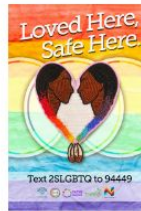


Social Media Materials

Loved Here, Safe Here. – Materials for tribal clinics and those who engage with Native youth to support and provide an affirming environment for the 2SLGBTQ community.

Get Yourself Tested (GYT) – The GYT campaign encourages young people to get tested and treated for STDs and HIV to protect their health and the health of their partners.

[Click here to download!](#)



Window Cling size: 12X18

Now Available!

Snag Bags (Free Condoms)

Hooking up, teepee, creeping, snagging, one-night stands, Netflix and chill – no matter what you call it, it's always good to be sexually safe!

Snag Bags are free condoms for AI/AN youth who live in the PNW, and are mailed directly and discreetly to a desired address. *One order per household, until supplies last!

To Order

[Scroll down below to the Snag Bags \(Free Condoms\) Tab](#)



Project Overview

Snag Bags (Free Condoms)

Media Campaign - Safe Spaces & GYT

Sexual Health Messaging

Resources

What are Snag Bags?

Hooking up, teepee creeping, snagging, one-night stands, Netflix and chill – no matter what you call it, it's always good to be sexually safe. We're looking out for you with our *Snag Bags*. *Snag Bags* are free condoms mailed directly and discreetly to a desired address. *Snag Bags* weaves popular Native sexual ideology while working within local ideals of shame to distribute condoms and safe sex materials to sexually active young people and adults (Gilley, 2008).

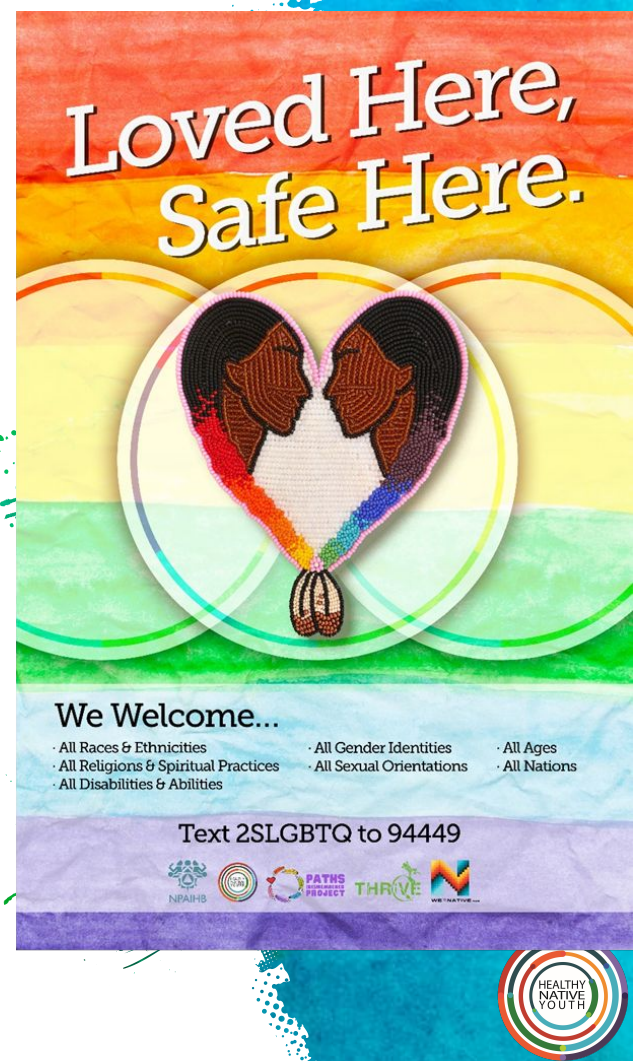
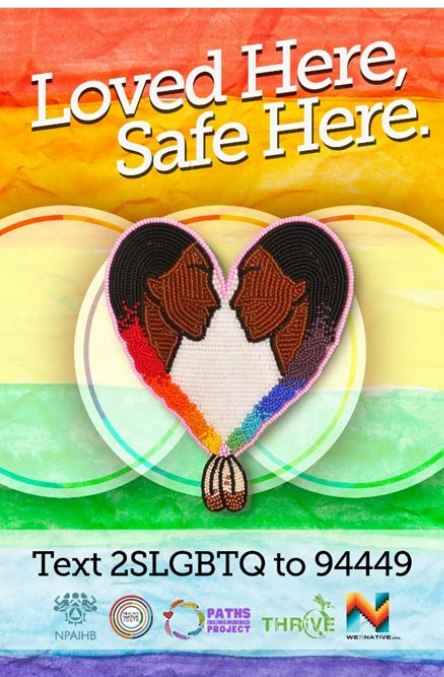
[Click Here to Order](#)

[SNAG APPLICATION](#)



In the shipment:

- Posters
- Window Clings
- Temporary Tattoos
- Magnets
- Enamel Pins
- Stickers
- Children's books (Sassy Sassafras)
- Coloring book (Sassy Sassafras)



Loved Here, Safe Here.

We Welcome...

- All Races & Ethnicities
- All Gender Identities
- All Ages
- All Religions & Spiritual Practices
- All Sexual Orientations
- All Nations
- All Disabilities & Abilities

Text 2SLGBTQ to 94449



Suicide Prevention

Bullying Prevention

Drug and Alcohol Prevention

Sexual Assault Prevention

Family Violence Prevention

HIV Testing

STD Testing

Hepatitis C

Generation Indigenous Social Marketing Trainings

Opioid Prevention

NEW! Safe Spaces and Get Yourself Tested

The creation of safe, inclusive, and welcoming spaces is critically important to provide holistic wellness for 2SLGBTQ (Two Spirit, lesbian, gay, bisexual, transgender, and queer/questioning) community members. 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. Creating welcoming spaces is a continual process; one that requires accountability and buy-in from everyone who create the space and access it. There are several ways we can create welcoming spaces, especially in the clinical and educational environments.

Loved Here, Safe Here. – Materials for tribal clinics and those who engage with Native youth to support and provide an affirming environment for the 2SLGBTQ community.

Social Media Materials: Feel free to download and share on your digital platforms and social media channels:

- [Google Classroom Background Image](#)
- [Zoom Background image](#)
- [Facebook Cover image](#)
- [Facebook and Instagram post](#)
- [Facebook and Instagram post with logos](#)
- [Facebook and Instagram post with Text Message service](#)
- [TikTok Background image](#)



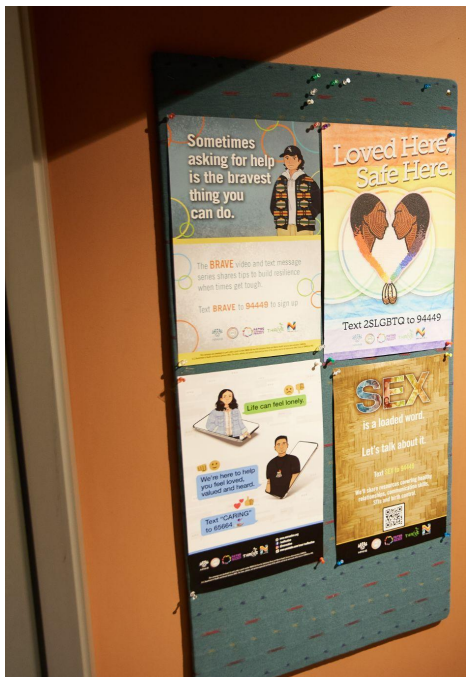
Facebook Cover Photo



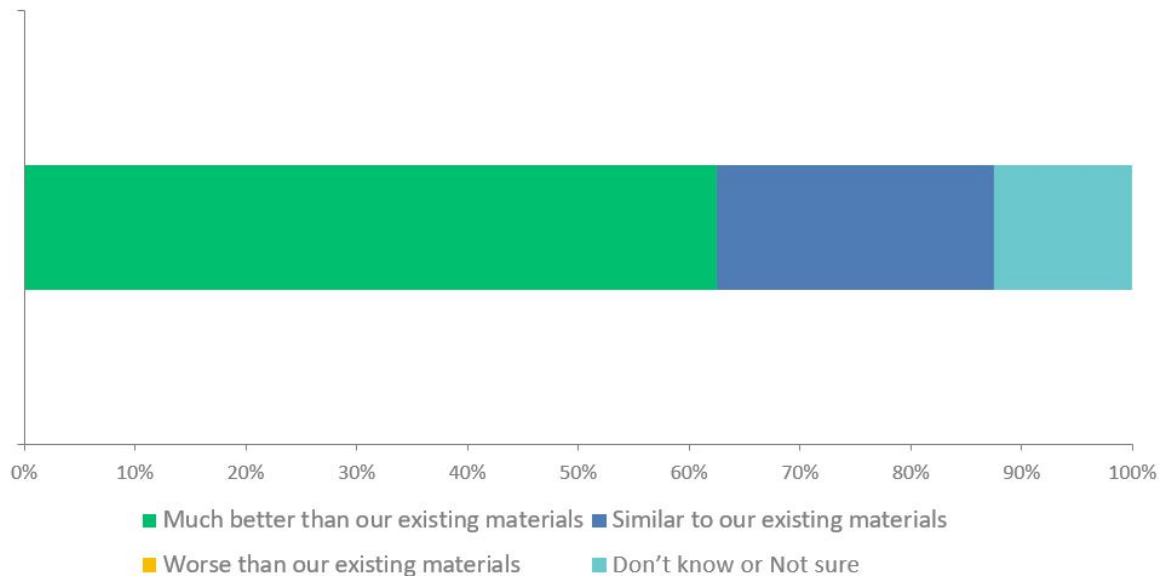
Facebook and Instagram Social Media Post



Zoom Background Image



Q5: To what extent did the materials help instill a safe space or environment to promote adolescent health?





Visualization Activity

Imagine walking into the space your youth gather. Do a quick inventory of the things that you see there. Is there anything you can replace or add to your space to make it more safe and affirming for youth?

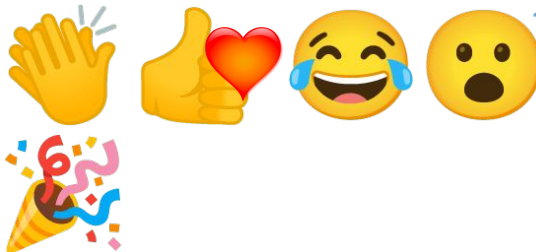
4. Let's Talk & Tech Time

Logistics

- Share Your Video
- Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



Practice in Action

Taking it back home!



Healthy Native Youth

- ★ Implementation Toolbox
- ★ Filter & Compare Tool
- ★ Stand-alone Lessons
- ★ Tools for Caring Adults
- ★ Community of Practice
- ★ Resources, Support, & TA
- ★ Upload & Submit Your Own Curricula



We R Native

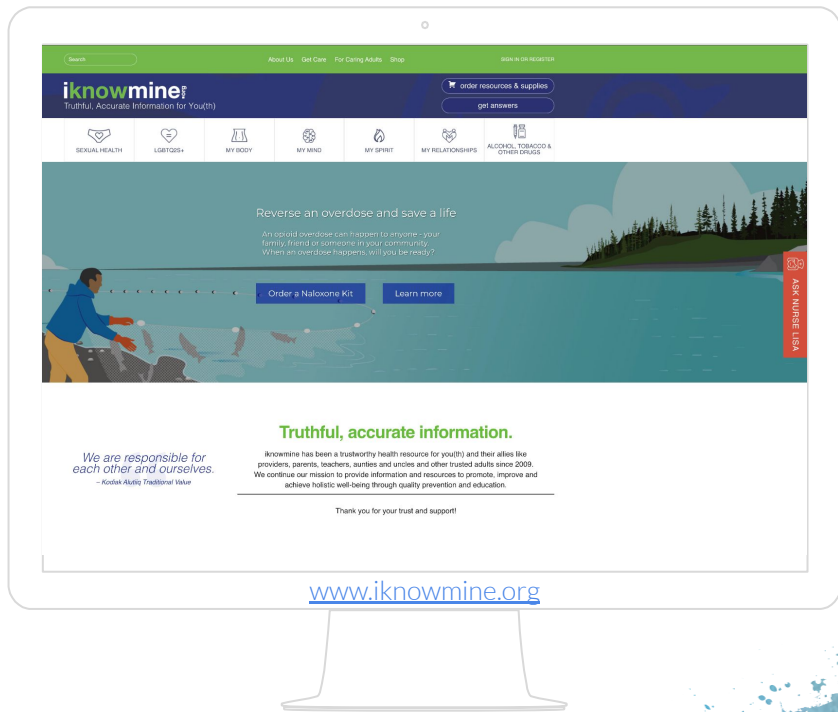
For Youth

- ★ Multimedia health resource for Native youth by Native youth
- ★ “Ask Your Relative” Q&A Service
- ★ Youth can text “NATIVE” to 94449
- ★ Follow on Instagram, Twitter, YouTube, Facebook



www.wernative.org





I Know Mine

For Alaska Native Youth

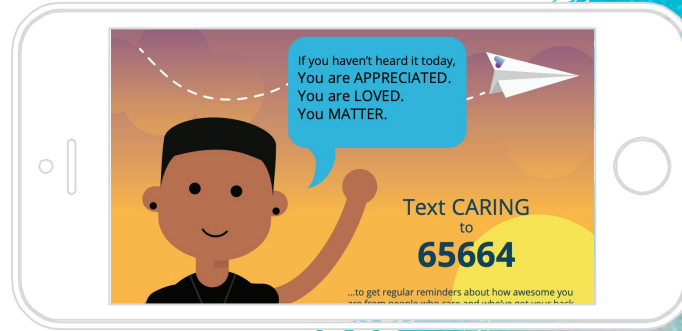
- ★ Get Condoms
- ★ “Ask Nurse Lisa” Q&A Service
- ★ Opioid Overdose Response Kit
- ★ AK Syringe Services Program
- ★ Follow on Twitter, YouTube, Facebook



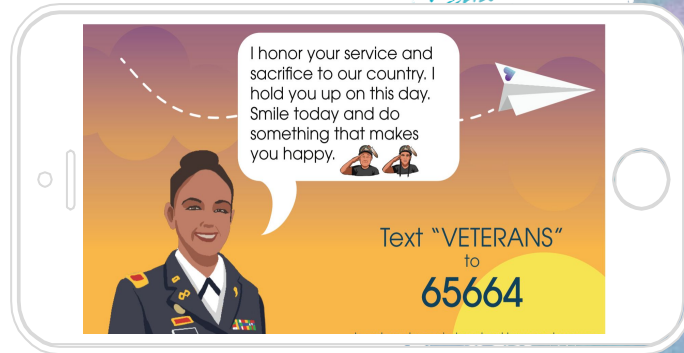
ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



COLLEGE



YOUTH



VETERANS

Caring Messages

To get regular reminders about how awesome you are from people who care and who've got your back!

- ★ Text "Caring" to 65664
- ★ Text "College" to 65664
- ★ Text "Veterans" to 65664



Youth Support



In crisis? Connect 24/7...

CRISIS TEXT LINE |

Crisis Text Line
Text: NATIVE to 741 741
www.crisistextline.org/



Suicide and Crisis Lifeline
Call: 988 or 1-800-273-TALK
www.988lifeline.org/chat/

Abuse & Sexual Assault



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
www.strongheartshelpline.org



National Sexual Assault Hotline Call
(24/7): 1-800-656-HOPE
www.rainn.org/



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)

Mental Health



Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741
www.mhanational.org/

teen line

Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863
www.teenline.org/



We R Native: My Mind
Text: CARING to 65664
www.wernative.org/my-mind



National Hotline Reach Out
& Get Help
Call: 1-800-448-3000
Text: VOICE to 20121
www.boystown.org/hotline



Caring Messages - to
remind you of how
awesome you are!
Text: CARING to 65664
Text: COLLEGE to 65664



Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for
Teens
Call: 1-800-662-HELP
www.nida.nih.gov/research-topics/parents-educators



Truth: Smoking, Vaping, and Opioids
Text: DITCHVAPE to 88709
www.thetruth.com/article/this-is-quitting



Get the Facts About Drugs:
Just Think Twice
Call: 1-855-378-4373
Text: 55753
www.justthinktwice.gov/



National Drug Information Treatment
& Referral Hotline
Call: 1-800-662-4357
www.samhsa.gov/find-treatment

Youth Support



PAGE 2 OF 3

Relationships & Dating



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
strongheartshelpline.org/



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
www.wernative.org/my-relationships

Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project
Text: 2SLGBTQ to 94449
www.pathsremembered.org/



Native Youth Sexual Health Network
www.nativeyouthsexualhealth.com/



The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
www.thetrevorproject.org/



It Gets Better Project
www.itgetsbetter.org/

Sexual Health



Planned Parenthood
Call: 1-800-230-7526
Chat: www.plannedparenthood.org/learn/sex-sexual-health-chatbot



We R Native: Sexual Health
Text: SEX to 94449
www.wernative.org/ask-your-relatives



I Know Mine
www.iknowmine.org/ask-nurse-lisa



It's Your Sex Life
www.itsyoursexlife.com



Bedsider
www.bedsider.org/



Get Yourself Tested #GYT
www.cdc.gov/std/saw/gyt/howtoGYT.htm



Trans Lifeline
Call: 1-877-565-8860
www.translifeline.org/



Human Trafficking Hotline
Call (24/7): 1-888-373-7888
Text HELP to 233 733
www.humantraffickinghotline.org



Click on icons to go to resource

Youth Support



PAGE 3 OF 3

Bullying



Stopbullying.gov
www.stopbullying.gov/resources/teens



Cyberbullying
www.cyberbullying.org/resources/students



We R Native: Bullying Prevention
www.wernative.org/my-life-life-hacks/bullying-prevention

Text Message Campaigns



Text: NATIVE to 94449
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 94449
Get tips and resources to protect your sexual
health



Text: 2SLGBTQ to 94449 or ALLY to 94449
Native Two-Spirit, LGBTQ, #BornSaced



Text: STEM to 94449
For inspiration and motivation on your journey
in Health, Technology, Engineering or Math



Text: FITNESS to 94449
For inspiration and motivation to conquer your
personal wellness goals and you could win
fitness gear or a fitbit!

Find Help Near You



SAMHSA - Find the treatment
center closest to you
www.samhsa.gov/find-treatment



Mental Health America -
Find the clinic closest to you
www.mhanational.org/find-affiliate

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










THRIVE Linktree:
https://linktr.ee/npai/bbthriv?utm_source=qr_code

<https://linktr.ee/npaihbt thrive>



@npaihbt thrive

-  Emotional Safety Plan
-  Youth Support Resources
-  The Trevor Project
-  Suicide Prevention Lifeline
-  Crisis Text Line
-  We R Native
-  Surviving a Suicide Loss
-  We Matter Campaign
-  Suicide Awareness Voices of Education
-  MentalHealth.gov

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 94449**



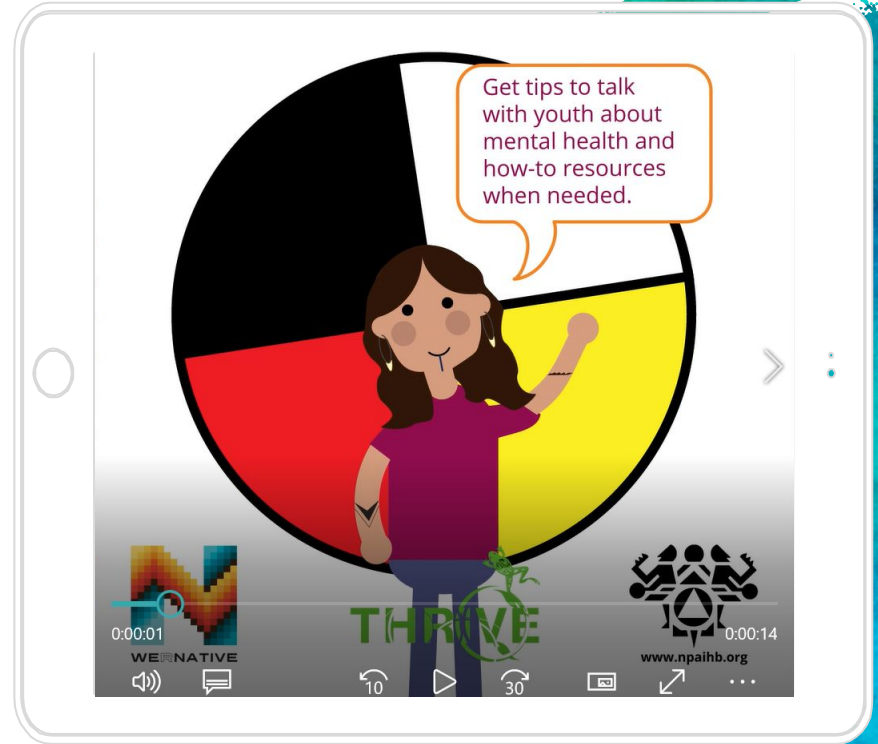
Mind4Health

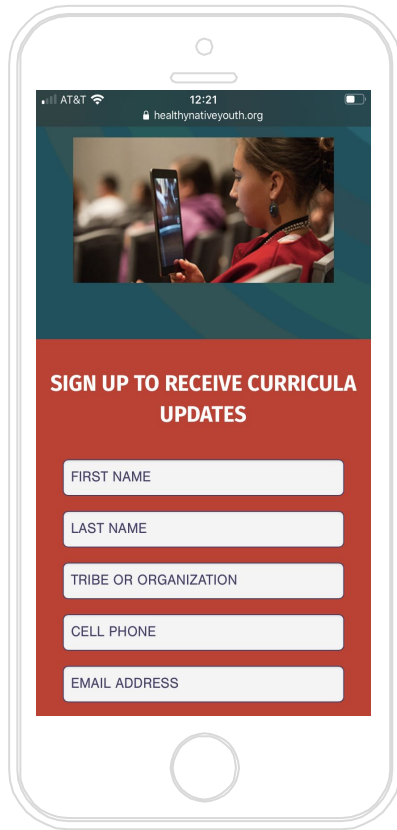
For Adults

A text message service to nurture conversations with youth to build our mental health together

- ★ Online Printable Resources [here](#)

**TEXT
"MIND4HEALTH"
TO 65664**





HNY [Linktree](#) QR Code

Join the *Healthy Native* Youth Movement!



Sign up for [Newsletter](#)

Text "HEALTHY" to 94449

Follow us on Facebook, Instagram,
Twitter, YouTube



Mark Your Calendars!

Part I - Healing & Hope

Safe Spaces

September 14, 2022

Join us to talk about what a safe space is, why it's important, and how you can create one in your community!

Sexual Health in Indian Country & Alaska Today

October 26, 2022

Get the breakdown of talking about sexual health in schools and tribal communities and gain confidence in advocating for youth in your community

Healthy Native Youth Highlights & Resources

November 9, 2022

Sharing is Caring! If you're looking for health materials and resources for Native youth, join us to build up your toolbox. Literally, we've got a toolbox!

The Tribal Relationship

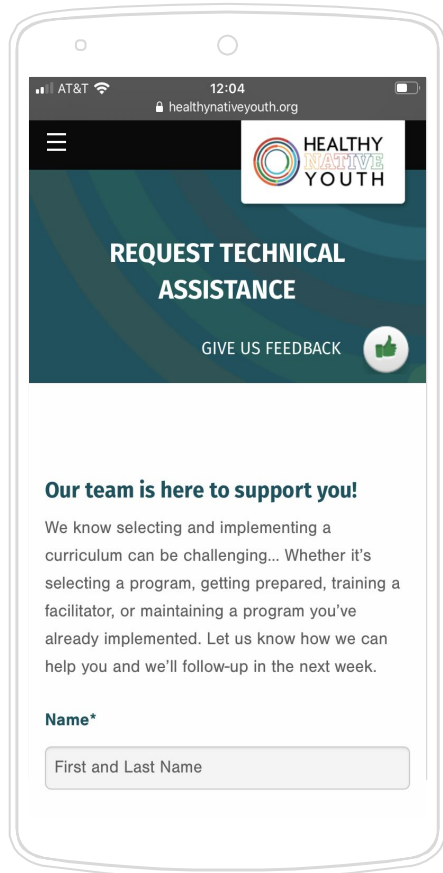
December 14, 2022

The beauty, complexity, and evolution of Tribal intergenerational relationships is at the heart of everything we do in adolescent health. Let's talk about it!



Zoom registration link:
<https://linktr.ee/HealthyNativeYouth>





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 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. Below this is a 'GIVE US FEEDBACK' link with a thumbs-up icon. The lower section has a white background with the heading 'Our team is here to support you!' followed by a paragraph of text. At the bottom, there is a 'Name*' label and a text input field containing '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*

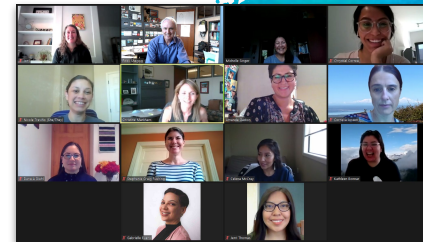
First and Last Name

We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA

Thank you!

From Project Red Talon (2021-2022)



[I Know Mine](#)

[I Want the Kit](#)

[Safe in the Village](#)



[IWTK](#) | [I WANT THE KIT](#)
Take Control. Know Your Status.



Alaska Native Tribal Health Consortium



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



Inter Tribal Council of Arizona, Inc.

[ITCA Landing Page](#)

[I Want the Kit](#)

[Respecting the Circle of Life](#)



Johns Hopkins - Center for AI Health



Southern Plains Tribal Health Board



[I Want the Kit](#)

[Native Test](#)

[IWTK](#) | [I WANT THE KIT](#)
Take Control. Know Your Status.



[Native It's Your Game](#)

[Healthy Native Youth
Implementation Toolbox](#)



University of Texas - School of Public Health



Northwest Portland Area Indian Health Board



NPaiHB

[Healthy Native Youth
We R Native](#)

Partners:

[Paths ReMembered](#)
[Washington Youth Sexual
Health \(WYSH\)](#)



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Let us Close with a Blessing

“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together.”

Chief Seattle/Sealth/Si'ahl



Padlet

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

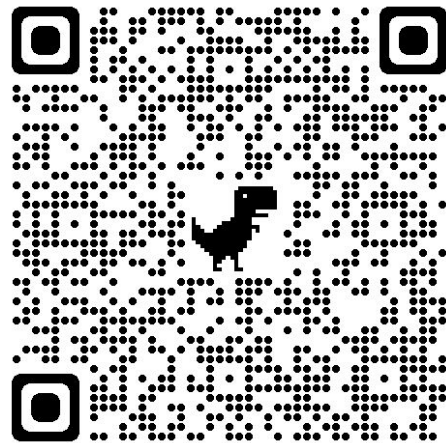
Today I am Feeling...



Jamboard

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

*What are your fav
management tools?*



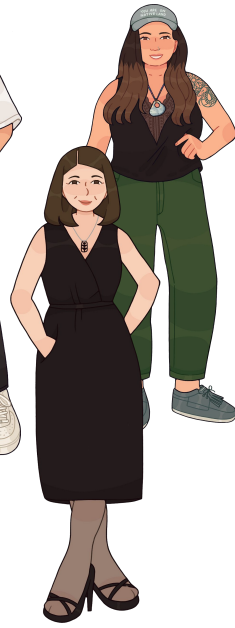
Breakout Sessions

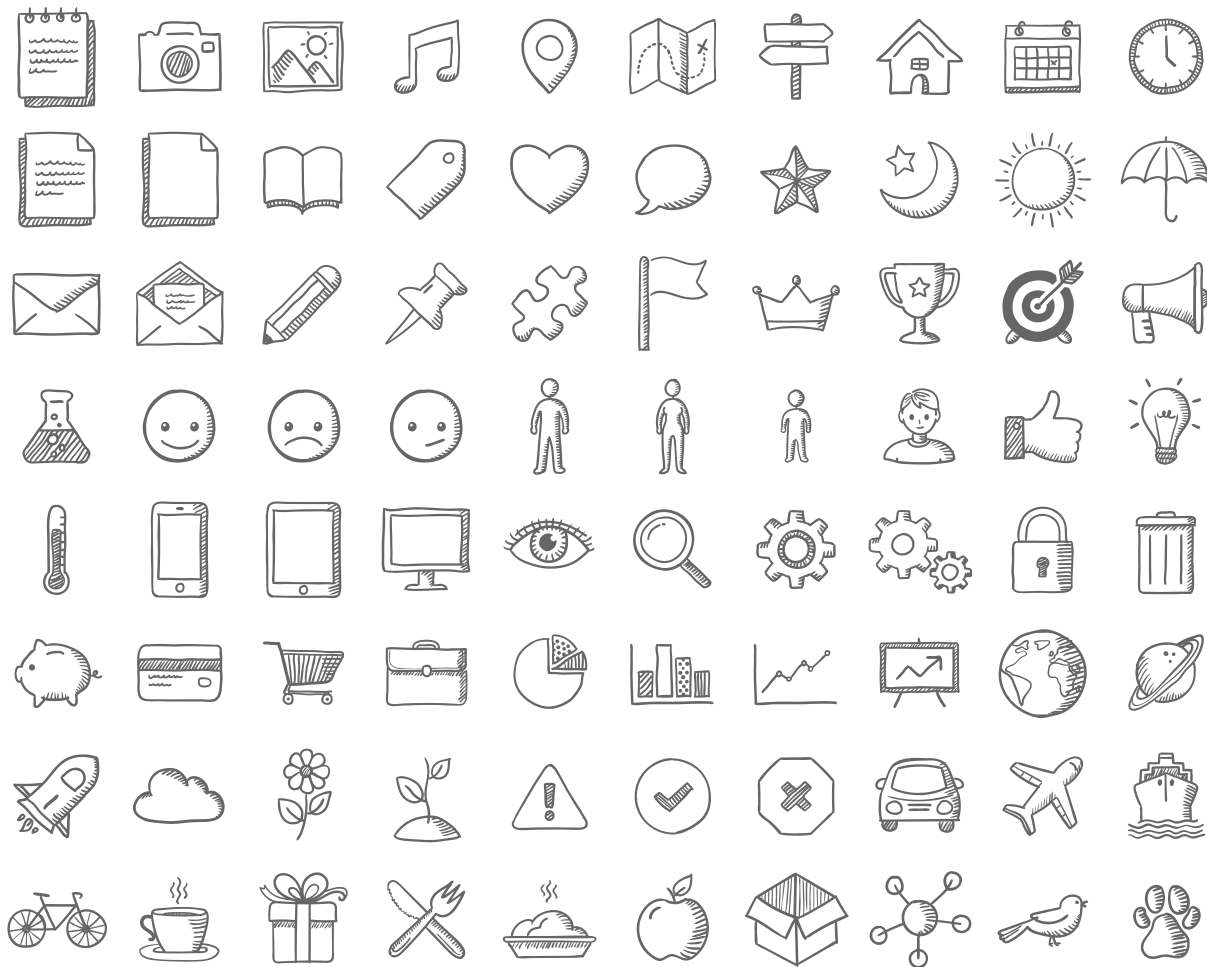
first

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:



