



# Healthy Native Youth Highlights & Resources

November 9, 2002, 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!



**Gwen**  
*Navajo*

(She/Her)

I love coffee.

gwenda.gorman@itcaonline.com



**Kelly, post nominals**

*Navajo, Acoma Pueblo*

(She/Her)

I love collecting coffee mugs

kelly.vallo@itcaonline.com



**Hannah, MPH**

*Cup'ik, Quissunamiut Tribe*

(She/Her)

I love reading fantasy books!

hewarren@anthc.org



**Jane, post nominals**

*Tribe(s)*

(pronouns)

I love (insert).

email



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

# Live Virtual Training

## Logistics

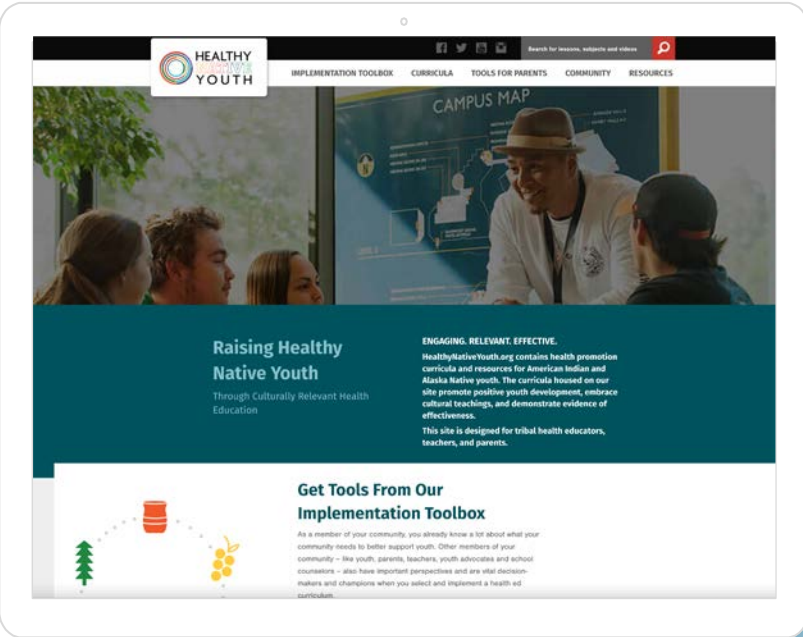
### Logistics

- You are muted
- If comfortable, share video

### Engagement

- Jamboard Activities
- 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?



# We've Got Goals!

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

- ★ **describe** what the Healthy Native Youth Toolbox is
- ★ **identify** where your starting point is at
- ★ **select** resources or tools for your programming

**"There are many paths to a meaningful sense of the natural world"**

**-Blackfoot**



# Where are we going



## Toolbox Phases

Gather

Choose

Prepare

Implement

Grow

25 min



## Resource Library

5 min

## Closing

5 min

## The Adaptation Journey

10 min



How do I get started?

Jamboard Activity  
10 min

Folks who've used the Toolbox

From the Field  
10 min

Let's Talk & Tech Time

25 min



# 1. The Adaptation Journey

Gwen Gorman







## Raising Healthy Native Youth

Through Culturally Relevant Health  
Education

**ENGAGING. RELEVANT. EFFECTIVE.**

HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native youth. The curricula housed on our site promote positive youth development, embrace cultural teachings, and demonstrate evidence of effectiveness.

This site is designed for tribal health educators, teachers, and parents.

# Implementation Mapping

- ★ Systematic approach to develop implementation strategies to increase adoption and implementation of evidence-based programs, practices, or policies
- ★ Iterative design process with feedback from Native practitioners and academics

Fernandez ME et al. Implementation Mapping: Using intervention mapping to develop implementation strategies. *Frontiers in Public Health* (2019) 7:158.



# Needs and Assets Assessment

- Scoping literature review to identify barriers and facilitators
- Key Informant Interviews (n = 15)
  - With experienced educators to identify factors specific to the D&I of sexual health programs in AI/AN communities.

Adolescent sexual health as part of holistic health

Select a culturally-relevant program

Include local cultural traditions

Pre-plan to address potential barriers

Be flexible in delivery

Provide technical assistance

Celebrate with youth and community

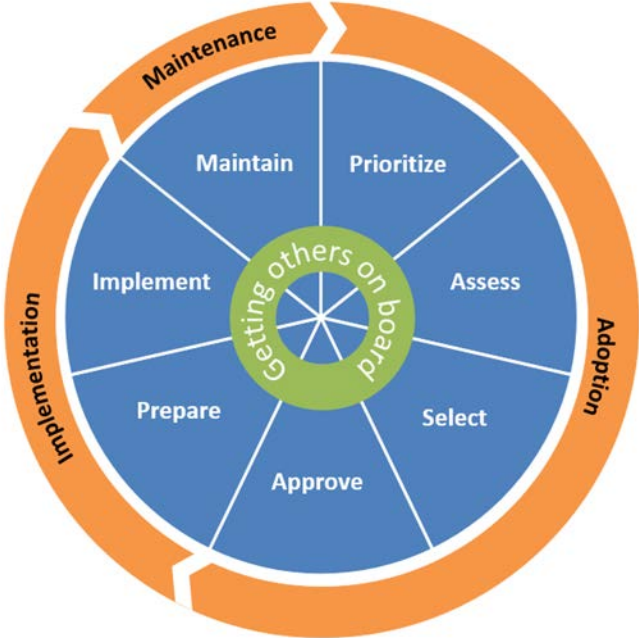
Generate tribal and community support

Include youth throughout the planning process

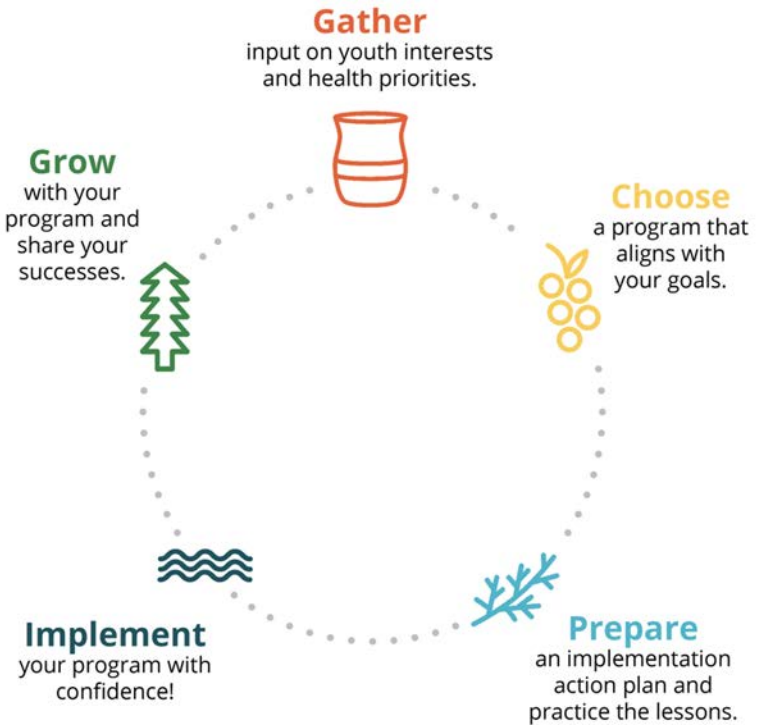




# Used Findings to Adapt the Conceptual Model








iCHAMPS Model



HNY Toolbox Model



# Healthy Native Youth Implementation Toolbox: Phases and Steps

				
Gather	Choose	Prepare	Implement	Grow
<p><b>Gather</b> input on youth interests and health priorities</p> <ul style="list-style-type: none"><li>• Identify your community's needs and resources</li><li>• Select your program setting</li></ul>	<p><b>Choose</b> which criteria are most critical to your program</p> <ul style="list-style-type: none"><li>• Select a program that aligns with your goals</li><li>• Get approval if needed</li></ul>	<p><b>Prepare</b> an implementation action plan that includes self-care</p> <ul style="list-style-type: none"><li>• Order supplies, teaching tools, and incentives</li><li>• Practice going through the curriculum &amp; activities</li></ul>	<p><b>Implement</b> your program with confidence!</p> <ul style="list-style-type: none"><li>• Track your implementation journey</li><li>• Assess student learning and experiences</li></ul>	<p><b>Grow</b> with your program</p> <ul style="list-style-type: none"><li>• Share successes and lessons learned</li><li>• Keep the momentum going</li></ul>
<p><b>GET SUPPORT:</b> Connect with community members for guidance and feedback</p>	<p><b>GET SUPPORT:</b> Identify decision-makers</p>	<p><b>GET SUPPORT:</b> Invite guest speakers and attend Community of Practice sessions</p>	<p><b>GET SUPPORT:</b> Explore technical assistance and resource supports</p>	<p><b>GET SUPPORT:</b> Collaborate with other youth programs</p>
<p><b>YOUTH VOICE:</b> Gather input from youth and program participants</p>	<p><b>YOUTH VOICE:</b> Seek input from youth and community</p>	<p><b>YOUTH VOICE:</b> Recruit caregivers, youth and allies</p>	<p><b>YOUTH VOICE:</b> Celebrate the youth</p>	<p><b>YOUTH VOICE:</b> Stay connected beyond programming</p>

# 2. How do I get started?

Amanda Gaston







Gather



Choose



Prepare



Implement



Grow



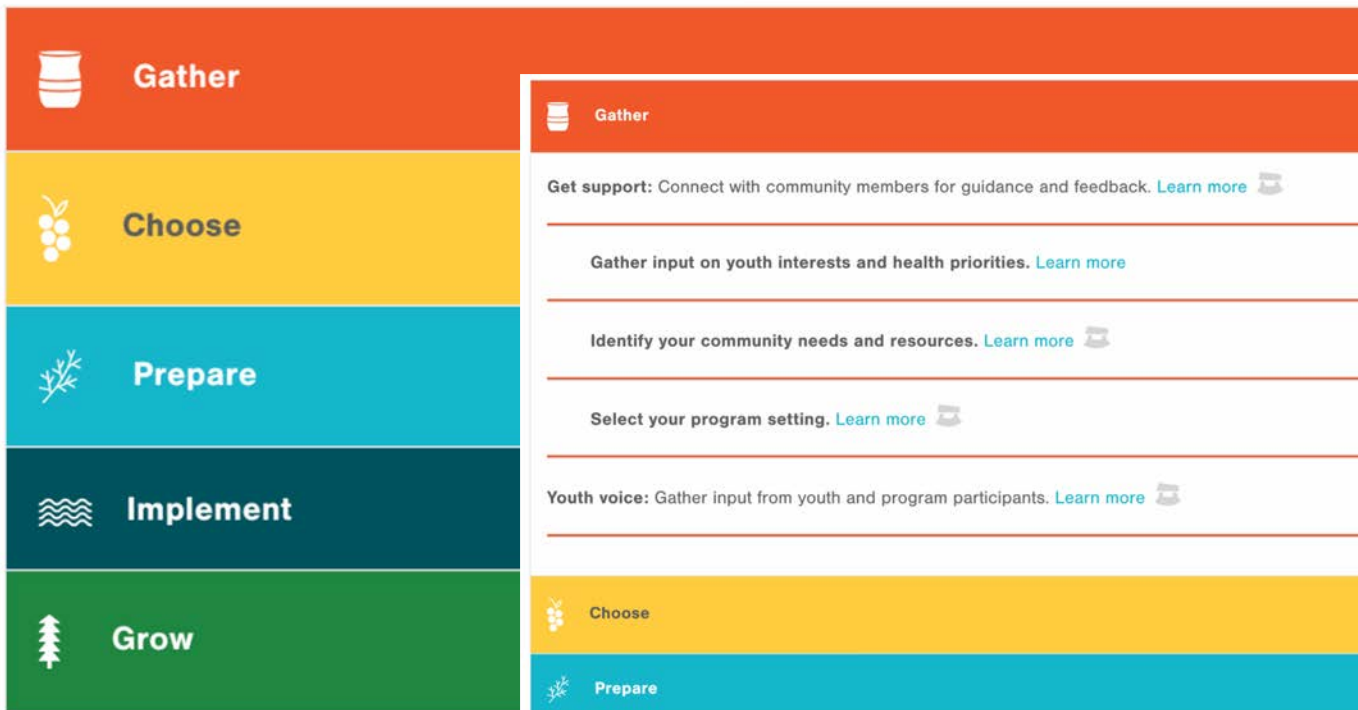
## Stay connected beyond programming

All things are rooted in relationships! Keep cultivating potential collaborations and utilize community engagement opportunities to find ways to stay connected with youth, caregivers and community beyond programming. The momentum of a first round of implementation will grow with youth involvement and peer support. Keep the implementation journey going and expand your circle of support.

**Helpful Link:** [CoP Session – Stay Connected Beyond Programming](#)

**Helpful Link:** [Team Building Activities](#)

# The Big Picture



**Gather**

**Get support:** Connect with community members for guidance and feedback. [Learn more](#) 🗨️

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**Gather input on youth interests and health priorities.** [Learn more](#)

---

**Identify your community needs and resources.** [Learn more](#) 🗨️

---

**Select your program setting.** [Learn more](#) 🗨️

---

**Youth voice:** Gather input from youth and program participants. [Learn more](#) 🗨️

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**Choose** +

**Prepare** +

**Implement**

**Grow**

Where do I start?





### **Gather | Basket**

Baskets have been created for multipurpose use. The basket symbolizes community coming together to gather feedback and stakeholder support.



### **Implement | Water**

Water is life and a river is a power source. The water symbolizes program implementation with movement, positive flow and energy.



### **Choose | Berries**

Traditionally, communities came together to seasonally harvest berries. Berries symbolizes choosing a culturally-relevant curriculum as a source of nourishment.



### **Grow | Tree**

A tree is as strong as its roots. The tree symbolizes wisdom, cultural connection and community growth.



### **Prepare | Cedar**

A cedar tree is a multipurpose wisdom keeper. The branch symbolizes medicine to prepare and plan for program delivery in the community.

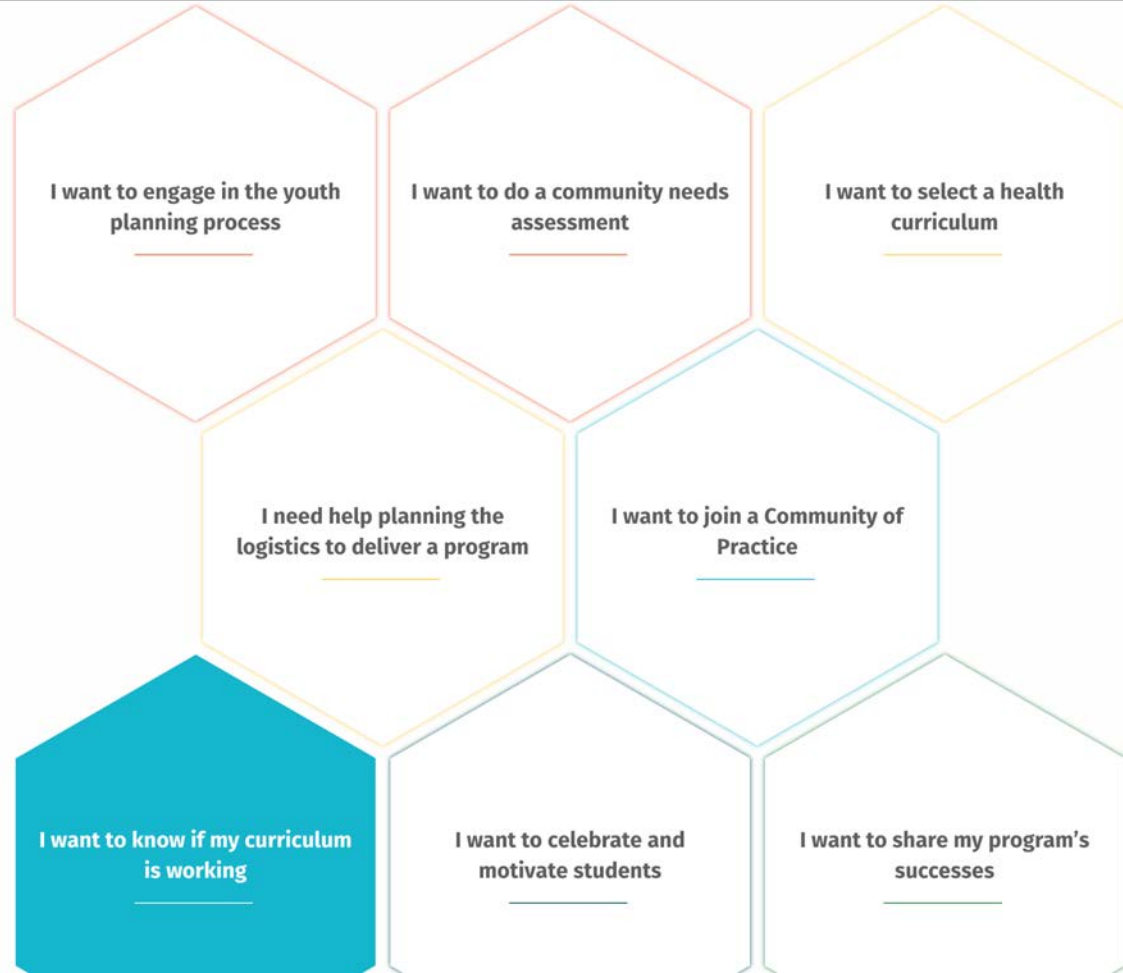


### **Tool | Knife**

The Uluq is an Alaska Native all-purpose tool is used to prepare food. The knife symbolizes the tool to get ready for implementation.



# Where Do I Start?



I don't know where to start

# Jamboard

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

*What do you want to do  
this year?*



# Phase 1: Gather



**Gather** input on youth interests and health priorities.

Kelly Vallo







Gather



Choose



Prepare



Implement



Grow



# Gather

**OVERVIEW:** Gather your community to get guidance and feedback

**Goal:** Connect with community members who understand and care about adolescent health priorities. Gather to identify youth interests and health priorities, as well as your community's resources and needs. Choose a setting to deliver the program.



## Template: Identify Youth Advocates and Community Partners

### GATHER

#### Community Needs and Resource Assessment



Use the "Community Needs and Resource Assessment" to help organize your outreach while you meet with partners to identify health priorities. There are several options included in the template that you can use to engage partners in the planning process, depending on your setting and audience. You will likely need different strategies to collect feedback from different audiences and age groups.

The goal of a community needs and resource assessment is to understand:

- What youth, their families, and the broader community want to see in youth programming
- What resources you have available to your program,
- What constraints or challenges may need to be addressed

To assist you in the process, we have included a planning template that walks you through the following steps.

- Step 1: Selecting Who to Engage in the Planning Process and How Best to Reach Them
- Step 2: Questions to Discuss
- Step 3: Sharing Your Findings

## Youth Advocates and Community Partners

Who can support the program?

How can they support the program?



Youth:



Families & Relatives:



Tribal Departments:



Decision Makers:  
Health committee,  
Tribal council



Schools: School  
Board, Principal,  
Teachers



Clinic & Health Staff:



Community Orgs:




Other:





## Activity Guide: Bingo Data Collection Activity



**Bingo  
Data  
Collection**

This activity was adapted from the  
National Indian Child Welfare Association  
(NICWA) and Native It's Your Game –  
Clinic Teen-friendliness Survey

Healthynativeyouth.org

## How teen-friendly is your clinic?

*Adapted from the Teen-friendliness Clinic Survey from [Native It's Your Game](#).*

1. Do you know what the clinic hours of operation are? If so, what are they?
2. Where have you seen clinic hours posted or publicized?
3. Where would you recommend they be posted or publicized?
4. What hours or days would you recommend the clinic be open to make it easier for teens schedules?
5. Do you know what the clinic service costs are (e.g. low-cost or no-cost for tribal members)?
6. Where would you recommend the clinic post their service costs?
7. How and when does the clinic send out appointment reminders?
8. Are there other ways and times teens might like to receive reminders?
9. Can teens receive an appointment within the same week they call?
10. Does the clinic have a hotline? Do you know that number?
11. How easy to see are clinic signs?
12. How teen-friendly do you think clinic signs are?
13. How LGBTQ2S friendly do you think clinic signs are?
14. Would you recommend any changes to clinic signs to be more inclusive for teens, LGBTQ2S youth, or Indigenous languages speakers?
15. Where would you recommend these signs be posted or publicized?
16. Is there any way the clinic can have a more private entrance?
17. Where would you recommend creating a separate waiting area for youth (i.e. an obscure corner or alcove or behind a divider)?
18. Where would you recommend waiting rooms signs be posted that assure youth their information is kept private and confidential, as well as the assurance they will be seen, even if they are not able to pay for their services be posted?
19. Are there ways the clinic can be better at keeping people who are walking by from seeing who's inside the waiting room?
20. Do you have any recommendations to improve or include transportation for teens to get to the clinic and back home?

# Phase 2: Choose



**Choose** a program that aligns with your goals.

Jane Manthei







Gather



Choose



Prepare



Implement



Grow



# Choose

**OVERVIEW:** Choose a culturally-relevant health program and get approval if needed

**Goal:** Decide which program aligns with your goals and values. Consult with decision-makers to find a curriculum that meets community needs. Choose a culturally-relevant health curriculum and get approval if needed.

# COMPARE

COMPARE

Check the programs you wish to compare. Then click the "Compare" button.



## Tool | Knife

The Uluqaq is an Alaska Native all-purpose tool used to prepare food. The knife symbolizes the tool to get ready for implementation.



Search:

Name	Age	Program Setting	Duration
<input type="checkbox"/> Native STAND 2.0	High School	Flexible	18 sessions (50 minutes each)
<input type="checkbox"/> Native It's Your Game 2.0	Middle School	Flexible	13 lessons (30-50 minutes each)
<input type="checkbox"/> Respecting the Circle of Life	Middle School High School	Flexible	Available in 50, 60, 80, or 120-minute lessons. Entire program c
<input type="checkbox"/> BRAVE	High School Young Adults	Flexible	1 lesson at 30 minutes; 1 lesson at 45 minutes; or 7 lessons at
<input type="checkbox"/> Native VOICES	High School Young Adults	In-School After-School	1 lesson at 35 minutes; 1 lesson at 75 minutes; or 5 lessons at
<input type="checkbox"/> Safe in the Village	Middle School High School Young Adults	Flexible	The program duration is 3 hours, which can be broken into two

[GO BACK](#)

Program Name	Native STAND 2.0	Respecting the Circle of Life	BRAVE
Age	High School	Middle School High School	High School Young Adults
Program Setting	Flexible	Flexible	Flexible
LGBT Inclusive	Yes	Yes	No
Trauma Informed	Yes	Yes	Yes
Health Topics Covered	Healthy Relationships Other Healthy Life-Skills Sexual Health	Healthy Relationships Sexual Health	Alcohol and Drug Prevention Healthy Relationships Mental Health Other Healthy Life-Skills Suicide Prevention Violence or Bullying Prevention
Evidence of Effectiveness	Promising Practice	Best Practice	Promising Practice
Duration	18 sessions (50 minutes each)	Available in 50, 60, 80, or 120-minute lessons. Entire program duration from 9-13 lessons. Total time is 16 hours. <a href="#">Download schedule for more details.</a>	1 lesson at 30 minutes; 1 lesson at 45 minutes; or 7 lessons at 45 minutes apiece



Template: Letter of Support (for educator & site)

Template: Memorandum of Agreement



## MEMORANDUM OF AGREEMENT

Between

[School or Organization Name]

And

[Tribe or Partner Name]

### I. PURPOSE

This Memorandum of Agreement (MOA) is made between the [School or Organization Name] and the [Tribe or Partner Name]. The purpose of this MOA is to delineate the responsibilities of each party to implement the [Program Name].

### II. GENERAL INFORMATION

The [Program Name] is... [Add a few sentences about the program you selected. You can find this information on the Healthy Native Youth website.].

### III. SCOPE

This Agreement constitutes the entire agreement between the parties and supersedes any previous agreement between the parties regarding the [Program Name]. It is agreed that this agreement is not intended and shall not be construed to create the relationships of agent, servant, employee, partnership, joint venture or association between the [Tribe/Partner Name] and [School/Organization Name].

By entering into this agreement, the [School or Organization Name] agrees they shall [What is the agreement? Allow program activities to take place? List here], in compliance with stated program objectives outlined herein.

In addition, as partners in the delivery of this curriculum, they will [List any additional duties or requirements here].

### IV. ARTICLES OF AGREEMENT





# Phase 3: Prepare



**Prepare** an implementation action plan and practice the lessons.

Hannah Warren





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.

## 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](http://www.HealthyNativeYouth.org): Add**  
*(Write a few sentences, thinking about the following questions...)*
  - a. What steps did you take to GATHER community support? An advisory board? Parents? Students?
  - b. 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...)*
  - a. Are you building upon an existing youth program or creating a new one?
  - b. How will you build interest for youth and their parents?
  - c. Will you collect permission or consent forms?
  - d. How will you keep in touch with participants and their parents to schedule sessions?





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 STAND.xlsx



Prepare - Step 4 - Example Recruitment Fliers.pdf



Prepare - Step 4 - Letter to Parents Template.doc







# Wellness Moment

Progressive Muscle Relaxation Exercise



# Phase 4: Implement



**Implement** your program  
with confidence!



Jane Mathei



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.



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](#).



# Phase 5: Grow



**Grow** with your program and share your successes.

Amanda





Gather



Choose



Prepare



Implement



Grow



# Grow

**OVERVIEW:** Sustain and grow your program

**Goal:** Reflect on what works, what can change, and what you are learning as you go on this journey. Use this knowledge to grow and to keep the momentum going.



## Template: Identify Youth Advocates and Community Partners

### GATHER

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## Youth Advocates and Community Partners

Who can support the program?

How can they support the program?



Youth:



Families & Relatives:



Tribal Departments:



Decision Makers:  
Health committee,  
Tribal council



Schools: School  
Board, Principal,  
Teachers



Clinic & Health Staff:



Community Orgs:



Other:







Template: Reflect on Program Implementation

## GATHER

### Reflect on Program Implementation



**Instructions:** Use this template to reflect on your program.

Reflecting on your program's successes and challenges will open up new ideas for adaptation. Expanding your circle of support and collaborating with others will boost your capacity and resources. Take some time to think about how you will grow with the program.

### Step 1: Questions to Reflect on

Meet with community partners to gather feedback from different perspectives. Think about or discuss questions that could improve the next round of programming, like:



# Jamboard

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

*What do you want to do  
this year?*



# 3. Folks who've used the Toolbox

We can talk about it...but sometimes it's best to hear it from  
folks who've actually used it!



# 4. Resource Library

New and Improved!





# 4. Let's Talk About it!

## Logistics

- Share Your Video
- Use the Chatfeed

## Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



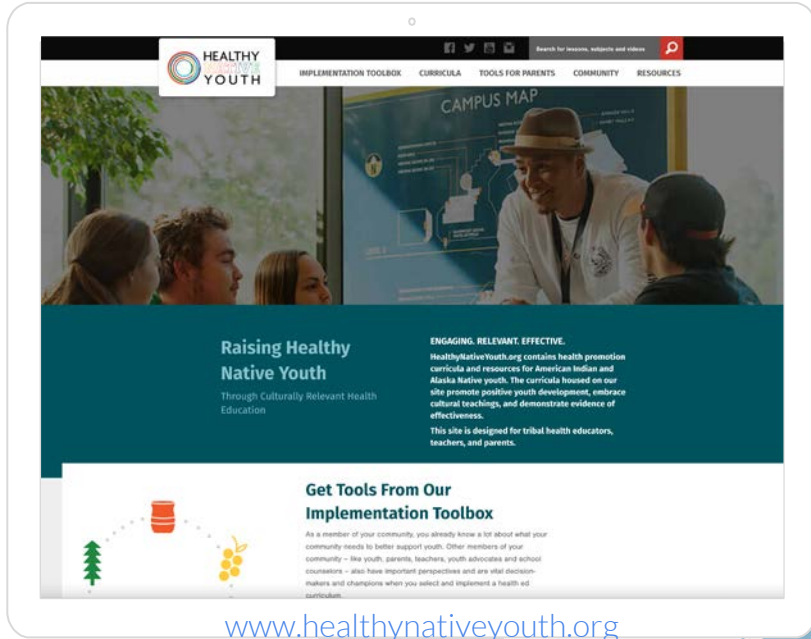
# Practice in Action

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



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



# We R Native

## For Youth

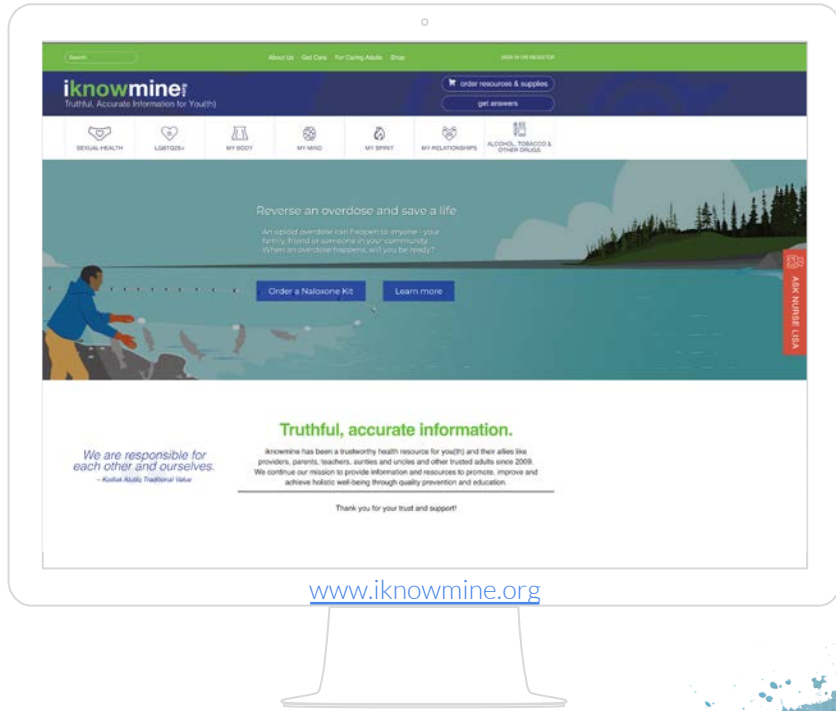
- ★ Multimedia health resource for Native youth by Native youth
- ★ “Ask Your Relative” Q&A Service
- ★ Youth can text “NATIVE” to 94449
- ★ Follow on Instagram, Twitter, YouTube, Facebook



The screenshot displays the WE NATIVE website interface. At the top, a navigation bar includes the WE NATIVE logo and various social media icons. Below this is a large, colorful banner for 'PRIDE MONTH 2022' with the WE NATIVE logo and tagline 'For Native Youth, by Native Youth'. The main content area features several video thumbnails: 'Ask Uncle' with the text 'Hi, the Uncle Plays. Let me help answer your questions.', 'Ask Auntie' with 'Hi, I'm Auntie Manda. I want to help you out in any way I can.', and 'Transgender Dancer'. Below these are three smaller video thumbnails titled 'Honor LGBTQI30 People', 'Transgender Identity/LGBTQI30', and 'Traditional Perspectives on Being LGBTQI30'. A prominent section for 'Text CARING to 65664' includes a graphic of a person with a speech bubble and text explaining the service: 'This is for homophobia only. Sometimes all it takes is a thoughtful text to bolster your self-worth and perspective. We all need a little voice in our lives, and we'll help yours to help spread the love. Simply text "CARING" to 65664 to receive free text, voice, and video support. We'll respond to you and return your call. We'll have someone who can help you and return your call. We'll have someone who can help you and return your call. The best part about being Native, is that we have each other's backs. Consider helping us to get our love back from relatives and relatives who care.' Below this text is a 'Text CARING 65664' graphic and a form with fields for 'First Name', 'Last Name', and 'Subscribe Me'. At the bottom of the screenshot, the URL [www.wernative.org](http://www.wernative.org) is displayed.







# I Know Mine

## For Alaska Native Youth

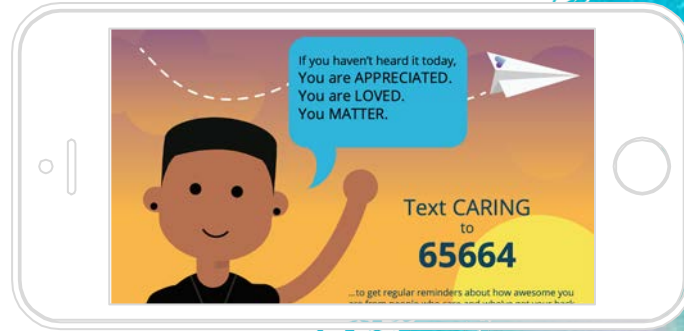
- ★ Get Condoms
- ★ “Ask Nurse Lisa” Q&A Service
- ★ Opioid Overdose Response Kit
- ★ AK Syringe Services Program
- ★ Follow on Twitter, YouTube, Facebook



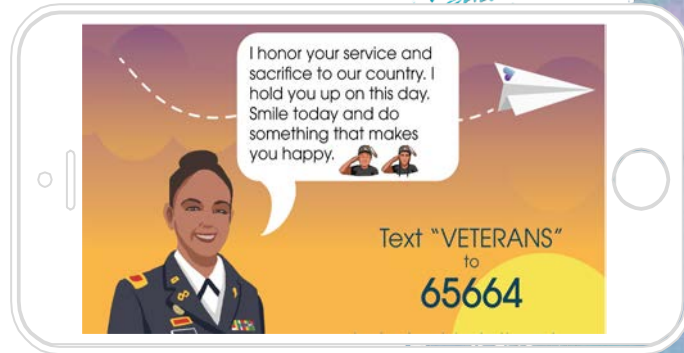
ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



# 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

For free 24/7 crisis support

**CRISIS TEXT LINE |**

Crisis Text Line  
Text: NATIVE to 741 741  
[www.crisistextline.org/](http://www.crisistextline.org/)



Suicide and Crisis Lifeline  
Dial or Text: 988  
[www.988lifeline.org/chat/](http://www.988lifeline.org/chat/)

## Abuse & Sexual Assault



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



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



National Teen Dating Abuse Helpline  
Call (24/7): 1-866-331-9474  
Text: LOVEIS to 22522  
[www.loveisrespect.org](http://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  
[www.nida.nih.gov/research-topics/parents-educators](http://www.nida.nih.gov/research-topics/parents-educators)



Truth: Smoking, Vaping, and Opioids  
Text: DITCHVAPE to 88709  
[www.thetruth.com/article/this-is-quitting](http://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/](http://www.justthinktwice.gov/)



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

## Mental Health



Mental Health America  
Call: 1-800-969-6642  
Text: MHA 741 741  
[www.mhanational.org/](http://www.mhanational.org/)



Teens Helping Teens  
Call: 1-800-852-8336  
Text: YLNATIVE to 839 863  
[www.theyouthline.org](http://www.theyouthline.org)



We R Native: My Mind  
Text: CARING to 65664  
[www.wernative.org/my-mind](http://www.wernative.org/my-mind)



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



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



# Youth Support

## Relationships & Dating



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



Love is Respect  
Call (24/7): 1-866-331-9474  
Text: LOVEIS to 22522  
[www.loveisrespect.org](http://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](http://www.wernative.org/my-relationships)

## Sexual Identity - 2SLGBTQ+



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



Native Youth Sexual Health Network  
[www.nativeyouthsexualhealth.com/](http://www.nativeyouthsexualhealth.com/)



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



It Gets Better Project  
[www.itgetsbetter.org/](http://www.itgetsbetter.org/)

## Sexual Health



Planned Parenthood  
Call: 1-800-230-7526  
Chat: [www.plannedparenthood.org/learn/foa-sexual-health-chatbot](http://www.plannedparenthood.org/learn/foa-sexual-health-chatbot)



We R Native: Sexual Health  
Text: SEX to 94449  
[www.wernative.org/ask-your-relatives](http://www.wernative.org/ask-your-relatives)



I Know Mine  
[www.iknowmine.org/ask-nurse-lisa](http://www.iknowmine.org/ask-nurse-lisa)



It's Your Sex Life  
[www.itsyoursexlife.com](http://www.itsyoursexlife.com)



Bedsider  
[www.bedsider.org/](http://www.bedsider.org/)



Get Yourself Tested #GYT  
[www.cdc.gov/std/sam/gyt/howtoGYT.htm](http://www.cdc.gov/std/sam/gyt/howtoGYT.htm)



Trans Lifeline  
Call: 1-877-565-8860  
[www.translifeline.org/](http://www.translifeline.org/)



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



THRIVE Linktree:  
[https://linktr.ee/npai/bhthrivr?utm\\_source=qr\\_code](https://linktr.ee/npai/bhthrivr?utm_source=qr_code)

Click on icons to go to resource

# Youth Support

## Bullying



Stopbullying.gov  
[www.stopbullying.gov/resources/teens](http://www.stopbullying.gov/resources/teens)



Cyberbullying  
[www.cyberbullying.org/resources/students](http://www.cyberbullying.org/resources/students)



We R Native: Bullying Prevention  
[www.wernative.org/my-life/life-hacks/bullying-prevention](http://www.wernative.org/my-life/life-hacks/bullying-prevention)

## Find Help Near You



SAMHSA - Find the treatment center closest to you  
[www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment)



Mental Health America - Find the clinic closest to you  
[www.mhanational.org/find-affiliate](http://www.mhanational.org/find-affiliate)

## Text Message Campaigns



Text: NATIVE to 94449  
For health & wellness tips



Caring Messages - to remind you 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. #BornSacred



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!

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



<https://linktr.ee/npaihbthrive>



@npaihbthrive

-  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**

**TALKING IS POWER**  
A Text Messaging Service for Parents and Caring Adults

**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!

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  
fb.com/HealthyNativeYouth  
Listserve: Text "YouthNews" to 22828  
https://www.instagram.com/healthynativeyouth/  
@HealthyNativeYouth  
native@npaihb.org

**HEALTHY  
NATIVE  
YOUTH**

**SIGN UP TO RECEIVE UPDATES  
VIA TEXT MESSAGE**  
TEXT "HEALTHY" TO 97779

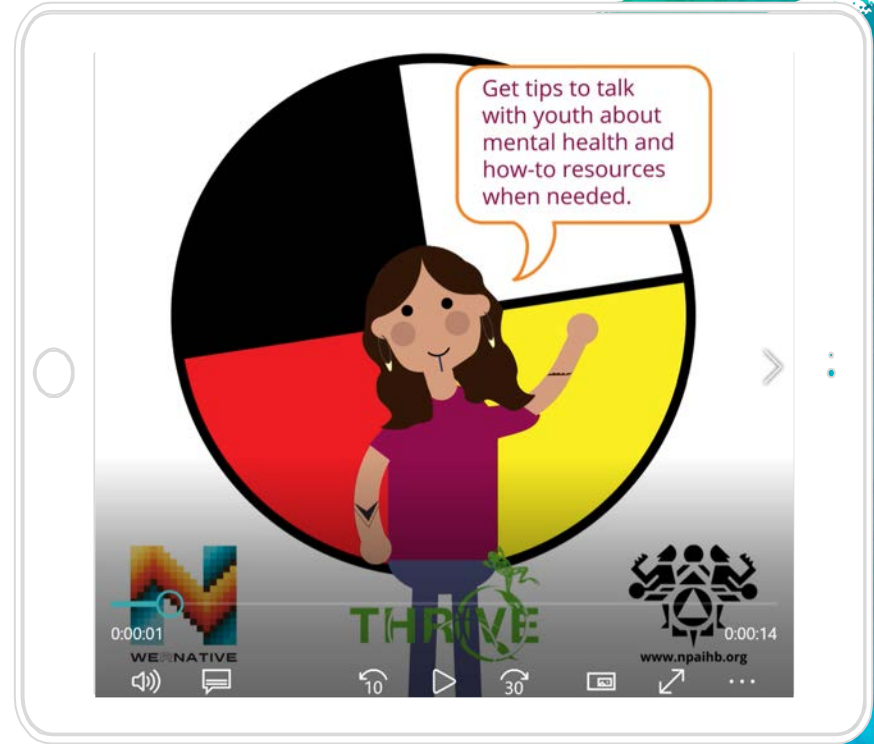
# Mind4Health

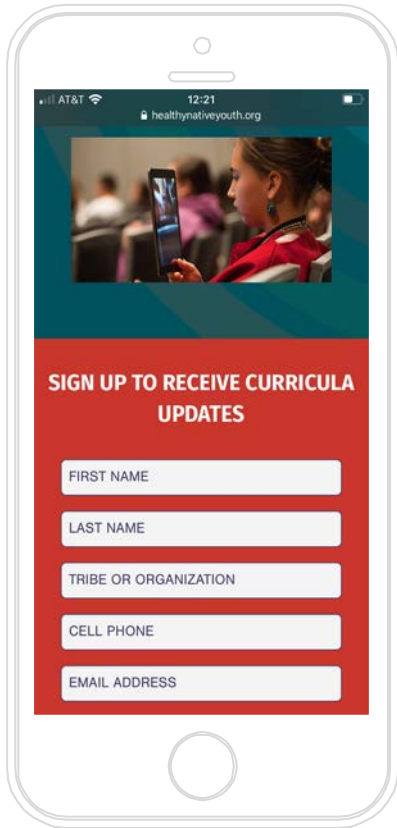
## For Adults

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

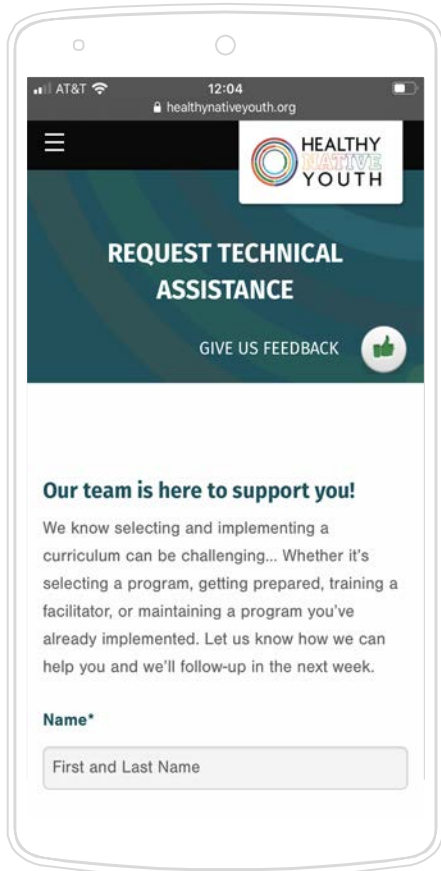
The beauty, complexity, and evolution of Tribal intergenerational relationships is at the heart of everything we do in adolescent health. Let's talk about it!



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







# 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](#)

Alaska Native Tribal Health Consortium



[I Want the Kit](#)  
[Respecting the Circle of Life](#)

Johns Hopkins - Center for Indigenous Health



[Native It's Your Game](#)  
[Healthy Native Youth Implementation Toolbox](#)

University of Texas - School of Public Health



[ITCA Landing Page](#)

Inter Tribal Council of Arizona, Inc.

[I Want the Kit](#)  
[Native Test](#)

Southern Plains Tribal Health Board



[Healthy Native Youth We R Native](#)  
Partners:  
[Paths ReMembered](#)  
[Washington Youth Sexual Health \(WYSH\)](#)

Northwest Portland Area Indian Health Board



You can find us at: Amanda Gaston, [agaston-contractor@npaihb.org](mailto:agaston-contractor@npaihb.org); Michelle Singer, [msinger@npaihb.org](mailto:msinger@npaihb.org)

# 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.



# Let us Close with a Blessing



“Children learn from what they see.  
We need to set an example of truth  
and action.”

– **Howard Rainer, Taos Pueblo-Creek**

