

Technology is Power

January 11, 2023 10am-11:30am PT



Host

[Amanda Gaston](#)

Guest Speakers

Celena Ghost Dog, Asia Brown, Tommy Ghost Dog, Kathleen Bonnar, Cody Knight, Amanda Gaston, Mandy Yeahpau, and Jane Manthei

Objectives

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

1. describe what the digital wellness is
2. select digital health promotion resources or tools for your programming

Stay connected

- [Upcoming Community of Practice Sessions](#)
- [Past Sessions](#)
- [Request Technical Assistance](#)

Speaker Resources

- Media Literacy with We R Native:
 - <https://www.healthynativeyouth.org/wp-content/uploads/2022/02/Media-Literacy-WRN.pdf>
- I Know Mine:
 - <http://www.iknowmine.org/sti-testing>
- Self-testing and public health highlights on TikTok:
 - <https://www.tiktok.com/t/ZTRbCy67P/> (Opioid 918)
 - <https://www.tiktok.com/t/ZTRgP5qq7/> (over 400,000 views)
 - <https://www.tiktok.com/t/ZTRgPaYj5/> (sponsored tiktok)
- <https://www.wernative.org/>
- <https://tribalepicenters.org/>
- We Are Healers TikTok profile:
 - <https://www.tiktok.com/@wearehealers>

Chat links:

- Youth Health Tech Survey
 - <https://www.healthynativeyouth.org/wp-content/uploads/2021/02/YHTS-No-Labels-FINAL.pdf>
- App Tracking Support:

- <https://support.apple.com/en-us/HT212025#:~:text=App%20Tracking%20Transparency%20allows%20you,or%20sharing%20with%20data%20brokers>
- Media Power Youth:
 - <https://www.mediapoweryouth.org/>
- I Know Mine HIV testing campaign:
 - <https://www.iknowmine.org/topic/hiv-testing/>
- You can check out all the changes here:
 - <https://www.wernative.org/ayr>
- Maleah's video:
 - https://youtu.be/hWItJaX_RAk
- Find downloadable resources and powerpoint slides at:
 - <https://www.healthynativeyouth.org/resource/text-inspire-to-94449/>
- Here is the inspire video from Maleah More, THRIVE Project Coordinator for NPAIHB:
 - https://www.tiktok.com/@wearehealers/video/7155511236921183530?is_copy_url=1&is_from_webapp=v1&lang=en
- We R Native gear store is now open!!!! Follow the link to purchase We R Native branded clothing.
 - https://bsnteamssports.com/shop/rnt9jSgEPT?utm_source=flyer&utm_medium=pdf&utm_campaign=store_shop&utm_content=store_link

Chat feed (names and emails have been removed)

9:53 AM From Michelle Singer To Everyone(in Waiting Room): Good morning, everyone! Welcome to the Community of Prac Technology is Power! We will admit folks soon!

10:02 AM From Nathan To Everyone: Hello. Unfortunately I am on two other zoom meetings at this time but also have Joanna on to help catch me up

10:04 AM From Michelle Singer To Everyone: Ahe'hee shi'deezhi Gwen! Good medicine!

10:05 AM From Amanda Gaston (she/her) To Everyone: Thanks Nathan! I'll share the slides and the recorded session too...have a lovely day! 😊

10:05 AM From Michelle Singer To Everyone: Nathan, happy you are with us! No worries! This recording and supportive materials will be available via the Healthy Native Youth website under the Community of Prac tab. Welcome!

10:07 AM From Asia Brown (she/her) To Everyone: Oops, unsure if I shared my tribal affiliation - I am Choctaw from the Choctaw Nation of Oklahoma!

10:11 AM From Shayla To Everyone: Shayla (She/Her)

10:11 AM From Maleah To Everyone: Maleah, Tlingit, she/her. I am the THRIVE Suicide Prevention Project Coordinator with NPAIHB

10:11 AM From Charnel To Everyone: Hello Everyone! Lolma!

10:12 AM From April To Everyone: Aang. My name is April from the Aleut Community of St Paul Island in AK. I am the healing and wellness director and newly working with our youth tribal council

10:12 AM From Stephanie Craig Rushing To Everyone: Stephanie Craig Rushing, NPAIHB (she/her) - Adolescent Health, Tech changes so fast. I am looking forward to learning about current trends.

10:12 AM From Alicia To Everyone: Alicia , Tlingit & Coast Salish, Wellness & Prevention at Sealaska Heritage Institute in Dzantik'i Heeni (otherwise known as Juneau, Alaska)

10:12 AM From Madelynn To Everyone: Madelynn , Inupiaq, she/her. I am the public health modernization project manager at the Native American Rehabilitation Association of the NW in Portland, OR

10:13 AM From Leslie To Everyone: Shekoli! I'm Leslie and I work for the Tribal Action Plan for the Oneida Nation of Wisconsin.

10:13 AM From Val To Everyone: Val from Pala and IIPAY Nation of Santa Ysabel. I'm the youth Program Coordinator at United American Indian Involvement in Los Angeles

10:13 AM From Kumi To Everyone: Kumi (She/Her) Alaska Public Health Nurse based in Anchorage and supporting communities in the Alaska Peninsula and Aleutians

10:13 AM From Michelle Singer To Everyone: Good morning! Michelle Singer (she/her | Navajo), Heathy Native Youth Project Manager. I'm always learning and look forward when I learn something new. Technology is one of my fears, but I'm feeling the fear and doing it anyway!

10:13 AM From Joanna To Everyone: Joanna Prairie Band of Potawatomi Boys & Girls Club Youth Outreach and Prevention Specialist and advisor for our teen Firekeepers Youth Council

10:13 AM From Deondra To Everyone: Deondra (she/her), Minnesota Chippewa Tribe. I work at White Earth Mental Health on the White Earth Reservation.

10:13 AM From Beaver To Everyone: Good Morning, Happy New Year everyone!!! I am the Prevention Coordinator with my tribe, Jemez Pueblo. I am involved with a youth group here and love to learn new things. My email is beaver.northcloud@jemezueblo.us.

10:13 AM From Charnel To Everyone: I am Hopi, working for The Hopi Community Health Representative Program, I look forward to learning all I can from this awesome program!

10:16 AM From Chelsie To Everyone: Chelsie (she/her) I am Dine, currently tuning in from Durango, CO. I work with Southwest Colorado Area Health Education Center. Focus is diversifying the healthcare workforce-getting students interested in a variety of health careers

10:17 AM From Chris To Everyone: Facebook Instagram Twitter

10:17 AM From Darla To Everyone: I am Nisqually currently the Librarian in Olympia, Washington (not the DC Washington).

10:18 AM From Langley To Everyone: Langley, Alabama-Coushatta Tribe of Texas. I work for the Chief Kina Health Clinic as the Ilakallo Program Coordinator, a prevention program for Tribal Youth about Underage Drinking.

10:18 AM From Jane Manthei To Everyone: You can see the full results here:
<https://us06web.zoom.us/poll/result/248TM84gQVqj8UKYdC46qg?number=89381261196#/>

10:18 AM From Shayla To Everyone: Oops, did not finish. Shayla (She/Her). I am Mississippi Band of Choctaw, Chickasaw Nation, Muscogee (Creek) Nation, and Seminole Nation; working for the Native American Student Services in Lawrence, KS for Lawrence Public Schools USD 497. Ready to learn more.

10:18 AM From Darla To Everyone: Currently troubleshooting my sound system - can't hear anything but can see the visual aids . . .

10:19 AM From Jane Manthei To Everyone: Facebook, Instagram, and YouTube are the most commonly used platforms

10:19 AM From Beaver To Everyone: We have not been approved to host a social media page as of yet. It has been a few years and leadership changes; I assume by now we will not be using social media here at social services. Our youth group will have a social media presence.

10:19 AM From Jane Manthei To Everyone: Generally folks feel good about navigating social media

10:19 AM From Michelle Singer To Everyone: Poll Question(s):
 How many Social Media platforms are you or your organizations currently on?
 What Social Media platforms are you currently using?
 What is your comfort level of navigating or using social media for personal or business? (i.e., posting, creating content, etc.)
 Are you familiar with any of the following Social Media terminology? Select all that apply:

10:20 AM From Adina To Everyone: Happy New year All 🎉 I'm from the Ft. Yuma Quechan Tribe & Mesa Grande Band of Mission Indians, my name is Adina Alvarez, I work for our local school district here in Winterhaven, Ca as the District Community Liaison.

10:20 AM From Amanda Gaston (she/her) To Everyone: Darla, have you tried the usual suspects? Turned your volume up? Checked your speaker? Maybe log out and back in?

10:20 AM From Jane Manthei To Everyone: And the special terminologies most used on social media reflect the platforms that we use most: we're most comfortable with stories, reels, and hashtags

10:21 AM From Michelle Singer To Everyone: Youth Health Tech Survey
<https://www.healthynativeyouth.org/wp-content/uploads/2021/02/YHTS-No-Labels-FINAL.pdf>

10:21 AM From Amanda Gaston (she/her) To Everyone: @Beaver...yes, we hear from a lot of folks who have similar experiences...let's defin

10:22 AM From Amanda Gaston (she/her) To Everyone: whoops...hit return too early....@Beaver - let's talk about it during the breakouts!

10:22 AM From Gwenda To Everyone: Ya'at'teeh abini'! Thank you all for joining us today. Gwenda (Dine') from Window Rock, AZ. I currently work with the Inter Tribal Council of Arizona, Inc. It's good to see some of the Tribes in Arizona on our call today.

10:24 AM From Darla To Everyone: I can hear now - thank you 🙏

10:24 AM From Amanda Gaston (she/her) To Everyone: @Darla - yay!

10:29 AM From Cody Knight To Everyone: DOOM SCROLL 😏

10:29 AM From Amanda Gaston (she/her) To Everyone: Not me! I'm taking a stand...social media is not the boss of me! ha

10:31 AM From Michelle Singer To Everyone: The Social Dilemma 2020 documentary on Netflix is very insightful! Recommend it!

10:32 AM From Amanda Gaston (she/her) To Everyone: ...and sharing this with our youth and relatives...

10:34 AM From Jane Manthei To Everyone: App Tracking Support: <https://support.apple.com/en-us/HT212025#:~:text=App%20Tracking%20Transparency%20allows%20you,or%20sharing%20with%20data%20brokers>

10:37 AM From Amanda Gaston (she/her) To Everyone: And here's some great resources for youth around Media Literacy: Media Literacy with We R Native on the HNY website stand-alone lessons. And, Media Power Youth: <https://www.mediapoweryouth.org/>

10:39 AM From Jane Manthei To Everyone: Media Literacy with We R Native: <https://www.healthynativeyouth.org/wp-content/uploads/2022/02/Media-Literacy-WRN.pdf>

10:40 AM From Michelle Singer To Everyone: ^^^^^ A stand alone lesson for educators to teach with youth about media literacy. It is a free 50 minute lesson -- great to use in school or afterschool programs or retreats.

10:40 AM From Leslie To Everyone: In your experience, which form of social media was most effective for reaching youth between the ages of 12-20?

10:41 AM From Amanda Gaston (she/her) To Everyone: Kathleen picked all the hard words. 😊

10:42 AM From Michelle Singer To Everyone: @Leslie, Native Youth and Technology: In 2020 We R Native surveyed Native teens and young adults on their technology use and health information priorities and preferences. Here's what they told us! We also contracted with MarketCast to learn more about Native youth's conversations on social platforms related to health and wellness. This is what we learned from their Phase #1 Report. And their Phase #2 Report. This can be found under Healthy Native Youth's Resources tab under Tips & Tools for Educators section

10:42 AM From Thomas & Celena Ghost Dog To Everyone: Hi @Leslie, because Tech. is changing so quickly, in 2020 youth 12-20 have used Instagram as the top platform, but were seen TikTok has become more popular than Instagram over the past 2-3 years. Our reach on TT has also increase as we are trying to be "hip"

10:42 AM From Amanda Gaston (she/her) To Everyone: I just love the Spawn Safely campaign! So good. 😊

10:42 AM From Jane Manthei To Everyone: I Know Mine: <http://www.iknowmine.org/sti-testing>

10:43 AM From Cody Knight To Everyone: Spawn Safely is goals of a campaign

10:43 AM From Michelle Singer To Everyone: <https://www.healthynativeyouth.org/resources/>

10:43 AM From Thomas & Celena Ghost Dog To Everyone: LOVE the fish imagery and with the design work! That would DEF stop on my algorithm :)

10:43 AM From Kelly To Everyone: awww I love the middle picture...super cute

10:43 AM From Michelle Singer To Everyone: I LOVE this campaign! Spawn Safely! The coolest and so culturally relevant for many native audiences!

10:44 AM From Amanda Gaston (she/her) To Everyone: Yes...the imagery is so beautiful. Great way to tap the young Native artists in our communities...

10:44 AM From Kelly Vallo To Everyone: this is too too cute...I love it. Makes me happy and cheesy

10:44 AM From Jane Manthei To Everyone: I Know Mine HIV testing campaign:
<https://www.iknowmine.org/topic/hiv-testing/>

10:46 AM From Chris To Everyone: Luv it!!!!

10:46 AM From Amanda Gaston (she/her) To Everyone: Thanks Kathleen!

10:46 AM From Michelle Singer To Everyone: Alaska Natives Rock! So very cool and so awesome! I Know Mine is so very informative and user-friendly! Check them out!

10:46 AM From Amanda Gaston (she/her) To Everyone: I'm excited to talk more about the nuances in the breakouts

10:47 AM From Michelle Singer To Everyone: So AWESOME, Cody!!!

10:47 AM From Maleah To Everyone: That's AMAZING!!!

10:47 AM From Thomas & Celena Ghost Dog To Everyone: YAssssss!

10:48 AM From Thomas & Celena Ghost Dog To Everyone: Big Auntie Energy...

10:48 AM From Michelle Singer To Everyone: Awesome to put up in school or community bathroom stalls or clinic exam rooms or gymnasium locker rooms, etc! E-newsletters for any health promotion info or tribal/school social media channels!

10:49 AM From Jane Manthei To Everyone: You can check out those tiktoks with these links! You don't need an account to view them.
<https://www.tiktok.com/t/ZTRbCy67P/> (Opioid 918)
<https://www.tiktok.com/t/ZTRgP5qq7/> (over 400,000 views)
<https://www.tiktok.com/t/ZTRgPaYj5/> (sponsored tiktok)

10:52 AM From Maleah To Everyone: Letting you know you got suddenly quiet

10:52 AM From deb To Everyone: not quiet here

10:53 AM From Thomas & Celena Ghost Dog To Everyone: we can still hear you

10:53 AM From Maleah To Everyone: Oh okay, maybe it's just me

10:53 AM From Kathleen Bonnar To Everyone: yeah, it sounds fine on my end

10:55 AM From Jane Manthei To Everyone: <https://www.wernative.org/>

10:56 AM From Michelle Singer To Everyone: FANTASTIC Cody!! Southern Plains Tribal Health Board rocks and a shout out to all the Tribal Epidemiology Centers out there to support our tribes and regional AIAN tribes and native orgs! <https://tribalepicenters.org/>

10:57 AM From Michelle Singer To Everyone: Folks! Check out and connect with your regional tribal health board to support your local/regional adolescent health promotion efforts as they often have many free resources, trainings and technical assistance in your backyard!

10:57 AM From Jane Manthei To Everyone: You can check out all the changes here: <https://www.wernative.org/ayr>

10:59 AM From Cody Knight To Everyone: WOOHOO!!!

11:02 AM From Jane Manthei To Everyone: We Are Healers TikTok profile: <https://www.tiktok.com/@wearehealers>

11:03 AM From Jane Manthei To Everyone: You can text INSPIRE to 94449 to see the full series!

11:04 AM From Michelle Singer To Everyone: This is an excellent text message campaign to encourage your teens and young adults (age 12 to 24) for goal setting and/or motivation in this era of self-determination!

11:05 AM From Michelle Singer To Everyone: Also, encourage parents, caring adults & professionals to sign up so they can support community but our native people as influencers to go for it and nation build!

11:06 AM From Ross To Everyone: ... have to head to next thing out but fantastic work all round ... best Ross

11:06 AM From Amanda Gaston (she/her) To Everyone: Thanks Ross!

11:08 AM From Darla To Everyone: Our daughter aspires to be a physician for our tribal community!

11:08 AM From Amanda Gaston (she/her) To Everyone: Ah, Darla...sending all the well wishes and prayers for her. 😊

11:08 AM From Michelle Singer To Everyone: We need Native Public Health professionals! In general, we need Native professionals! 🙏

11:09 AM From Michelle Singer To Everyone: @Darla, awesome! There are lots of supports out there! We Are Healers is one support so get connected with Mandy!

11:09 AM From Amanda Gaston (she/her) To Everyone: Maleah - https://youtu.be/hWitJaX_RAK

11:10 AM From Darla To Everyone: I am sending her a link for We Are Healers website. Thank you so much. All content shared today is so important and needed in our communities.

11:10 AM From Jane Manthei To Everyone: Maleah's video:
https://youtu.be/hWitJaX_RAK

11:10 AM From Amanda Gaston (she/her) To Everyone: Find downloadable resources and powerpoint slides at:
<https://www.healthynativeyouth.org/resource/text-inspire-to-94449/>

11:11 AM From Amanda Gaston (she/her) To Everyone: Breakouts:
Room 1 - Outreach in AK - (Kathleen)
Room 2: I Want the Kit Outreach - (Cody)
Room 3: WRN Ask Your Relative Q&A Outreach - (Tommy, Celena, Asia, Amanda)
Room 4: SMS campaign Outreach – (Mandy+Jane)

11:12 AM From Val To Everyone: 3

11:12 AM From Rhonda To Everyone: 4

11:12 AM From Adina To Everyone: 2



11:12 AM From Brandy To Everyone: 1

11:12 AM From Joanna To Everyone: 4

11:17 AM From Mandy Yeahpau To Everyone: Here is the inspire video from Maleah More, THRIVE Project Coordinator for NPAIHB:
https://www.tiktok.com/@wearehealers/video/7155511236921183530?is_copy_url=1&is_from_webapp=v1&lang=en

11:20 AM From Rhonda To Everyone: I agree with what you were stating, I don't have any questions. the conversation is interesting as a whole

11:25 AM From Thomas & Celena Ghost Dog To Everyone: @Beaver, also got cut off, but love to hear your progress on a SM account, esp. with your new leadership buy in!

11:25 AM	From Thomas & Celena Ghost Dog To Everyone:	
11:25 AM	From Cody Knight To Everyone:	for Native Test/IWTK material... jknight@sphb.org
11:25 AM	From Asia Brown To Everyone:	
11:26 AM	From Michelle Singer To Everyone:	@Birdie, contact me and happy to get you resources + info for your community college class on STI/HIV, etc! Love that you are teaching on an important topic!
11:26 AM	From Asia Brown To Everyone:	Omg go Birdie!
11:26 AM	From Birdie To Everyone:	Yes! Thanks Michelle! Thank you all for this great presentation!
11:26 AM	From Joanna To Everyone:	thank you everyone for their presentations.
11:27 AM	From Thomas & Celena Ghost Dog To Everyone:	We R Native gear store is now open!!!! Follow the link to purchase We R Native branded clothing. https://bsnteamssports.com/shop/rnt9jSgEPT?utm_source=flyer&utm_medium=pdf&utm_campaign=store_shop&utm_content=store_link
11:28 AM	From Beaver To Everyone:	Is the chat link included in the recording as well?
11:29 AM	From Jane Manthei To Everyone:	Yes! We put together a handout that will contain all of the links and resources shared today
11:29 AM	From Michelle Singer To Everyone:	@Beaver, yes, it will be included as support materials in addition to the PPT.
11:30 AM	From Michelle Singer To Everyone:	January HNY e-News will be released tomorrow!!!
11:30 AM	From Michelle Singer To Everyone:	Like or check out our HNY social media channels for the link!