



How does culturally relevant wellness impact your youth programming?

We do a monthly cultural or outdoor events to encourage more cultural knowledge so youth choose that over substance use and have internal strengths to prevent suicide.

It is fundamental.

Incorporating community, especially elders

the passing of traditional knowledge

creates cultural connectedness

It helps me connect with youth

Culture is Prevention Movement and Water is Life!

Grounding

creates connections



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Imperative to youth mental health programming.

provides opportunities for more holistic approaches to health without stigma

Culture is prevention and connection

We use words of wisdom in Native STAND, to ground each lesson

Protective factor

Native students want to see Native leaders.

It empowers the youth to center their health & wellness in a way that makes sense for them.

Can help give some great alternatives for cultural integration and allow youth to find outlets.

Feeling connected to the people and world around you is vital to suicide prevention



How does culturally relevant wellness impact your youth programming?

Huge impact in the prevention space. Wellness is prevention.

I grounded a dissertation in culture/wellness for youth interventions of all kinds.

wellness is sustainability for the future

Use of Elders help connect, educate and heal

reconnection between youth, family and community

Canoe Journeys

Helping Native Youth become Those Native Leaders

it lets us go outside

In every way



How does culturally relevant wellness impact your youth programming?

Big impact

Healthy cultural identity

In every way

It helps youth to see that traditions relate to healthy life skills and healthy relationships.

It helps youth see themselves and their cultural assets in the activities...creating greater connection and relationships.

Holistic understanding of health, not just the western prioritization of physical health

It helps connect all ages. We bring in Elders to come in and speak with our youth.

wellness is not linear and a part of our every day being (holistic)

see alternatives to mainstream practices



How does culturally relevant wellness impact your youth programming?

Wellness and healthy lifestyle

It helps youth feel like they belong and understand their cultures.

The land speaks to each of us and heal s us. Laughter is medicine

Being a part of something bigger than yourself is an antidote to isolation and loneliness...Tribal community and culture is like one big inclusive hug from our ancestors <3

x

Opens doors for youth who haven't been connected to their culture

Hands on learning

Every community has a unique tradition and culture, so that everyone can provide a unique culturally-infused program. I have created Generational Programming, with family, community individuals to engage in.



In what ways can you Indigenize your programming?

Include Elders and peers, teen audiences will listen to both

I loved her examples of seasonal activities

By being aware of what tools are available

Horse Journey incorporates learning Traditional songs and Dine' creation stories

Use cultural teachings in our presentations to youth around substance use prevention and education

Gatherings & Cultural Teachings

Ask youth and family what they want

Incorporate talking circles to facilitate communication and include Indigenous perspectives.

Do cultural crafts. Tie in teachings from local tribal nations (e.g. Seven Teachings). Incorporate language. Connect cultural activities to the seasons.



In what ways can you Indigenize your programming?

Use Oral Stories to teach lessons :)

Including Families as well as the Youth

We bring elders and youth together in overnight sessions so they can share knowledge and traditions. We include tribal crafts in many ways and present wellness through the Medicine Wheel to understand balance.

Start with Native geography-It's important to ground students in the local geography, culture and history of the places they live in order to increase a sense of responsibility and democratic participation

Indigenous Art and Storytelling

Incorporate the language, history, and ceremonial practices.

Spend more time outside

Create a collaborative Land Acknowledgement

Discussing Indigenous Data



In what ways can you Indigenize your programming?

Create an environment of respect and reciprocity and incorporate the outdoors; an vital part of Indigenizing curriculum is giving students more opportunities to interact with the outdoor classroom.

Words matter, having youth and family and community contribute to "humanizing" terminology

We are currently working on culture events, but we get the same people, any ideas on how to expand to the community. I really like the Crisis K-9 idea and getting your staff involved, it seems like staff work 8-4:30 and at times it is more than this

Sadly we generally are not taught our history & culture in western school systems, even if they are located on a Reservation. It's always good to Indigenize your programming, not only for our Native

Connect traditional values and modern day practices so communities can see the importance of continuing to share and support our future generations.