



Talking is Power

March 8, 2023, 10:00-11:30 am PST

Let us Start with a Blessing

“Nothing belongs to us. We are here
for the universe. All of us are here to
serve the universe.”

Rita Pitka Blumenstein, *Yup'ik*



Cama'i! Keshi! Hola!



Stephanie Craig Rushing, PhD, MPH

(She/Her)

I love coffee.

scraig@npaihb.org



Kathleen Bonnar

lñupiaq

(she/her)

I love smoked salmon.

kdbonnar@anthc.org



Nicole Treviño-
WRN

(she/they)

I love dogs.

nicole@nicoletrevino.com



Jeni Williamson

(she/her)

I love coffee and dogs.

jjwilliamson@anthc.org



Robbie Bright

(she/her)

I love music

rbright@spthb.org



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Live Virtual Training

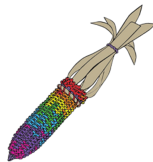
Logistics

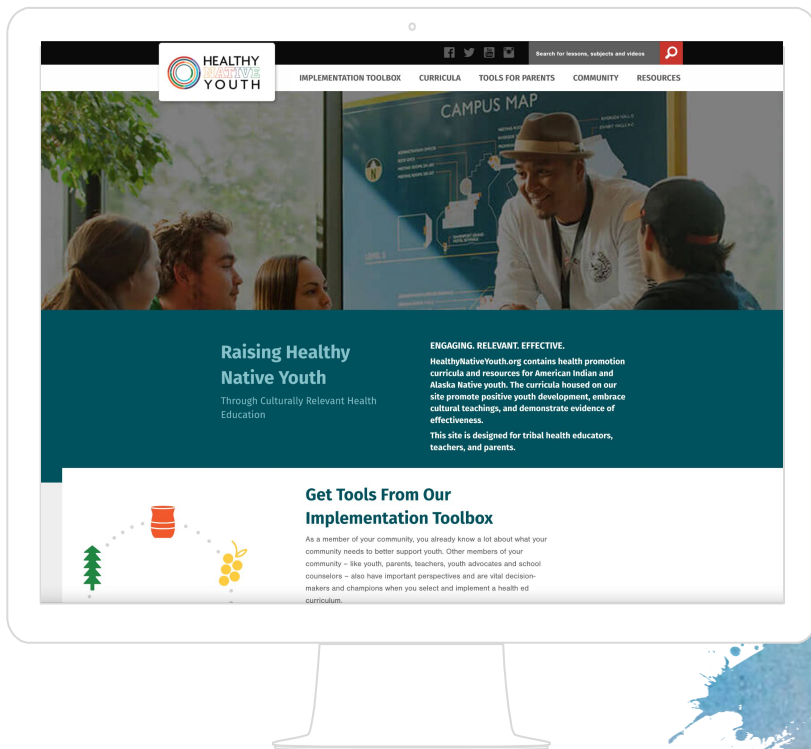
Logistics

- You are muted
- If comfortable, share video

Engagement

- Canva activity
- Chat box - say 'hi' to your relatives
- 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?

Group Agreements

- ★ **Participate Fully**
- ★ **Delay Distractions**
- ★ **Honor Different Experiences**
- ★ **Be Brave & Explore**
- ★ **Others? (Type in the chat)**



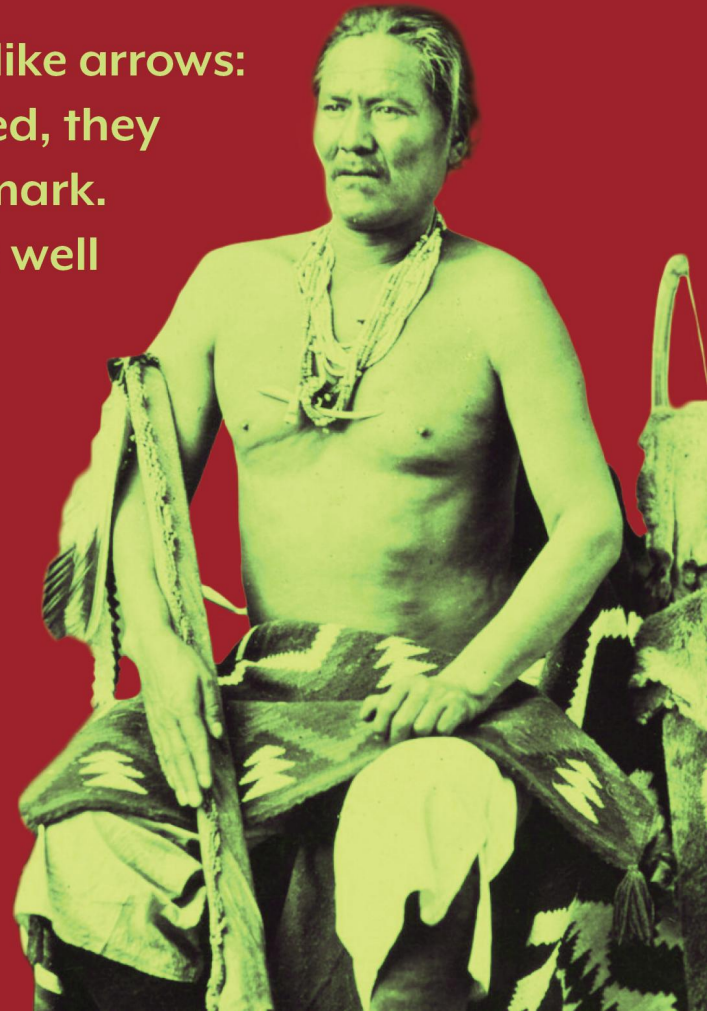
We've Got Goals!

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

- ★ **examine** youth technology and messaging needs
- ★ **listen** to examples of adolescent sexual health interventions
- ★ **design** culturally and community relevant sexual health promotional materials for your community

**“Words are like arrows:
once released, they
strike their mark.
Guard them well
or one day
you may be
your own
victim.”**

-Navajo



Where are we going



Meeting Youth
Where They're at
Youth Health Tech
Survey
5 min

Talking is Power
Txt Msg Service
15 min

I Want the Kit
ANTHC
5 min

Let's Talk &
Tech Time
20 min



The Power of Tailored
Messaging
Framing Messages
15 min

I Want the Kit &
Native Test
SPTHB
10 min

Canva Activity
5 min



1. Meeting Youth Where They Are

We R Native







NORTHWEST PORTLAND INDIAN HEALTH BOARD

YOUTH HEALTH TECH SURVEY 2020

REPORT CREATED BY NICOLE D. REED, MPH, CHES

In total, 349
Native youth
completed
the survey.

Average
age of
participants
was 19.19

Participant Age Breakdown

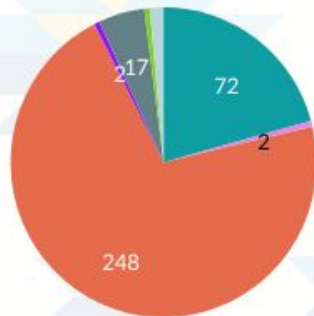


LGBTQ+

REPRESENTATION

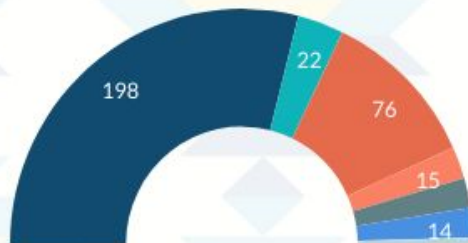


GENDER IDENTITY



Male (20.69%)
 Female (71.26%)
 Genderqueer (4.89%)
 Other (1.44%)
 Trans-Man (0.57%)
 Trans-Woman (0.57%)
 Cisgender (0.57%)

SEXUAL ORIENTATION

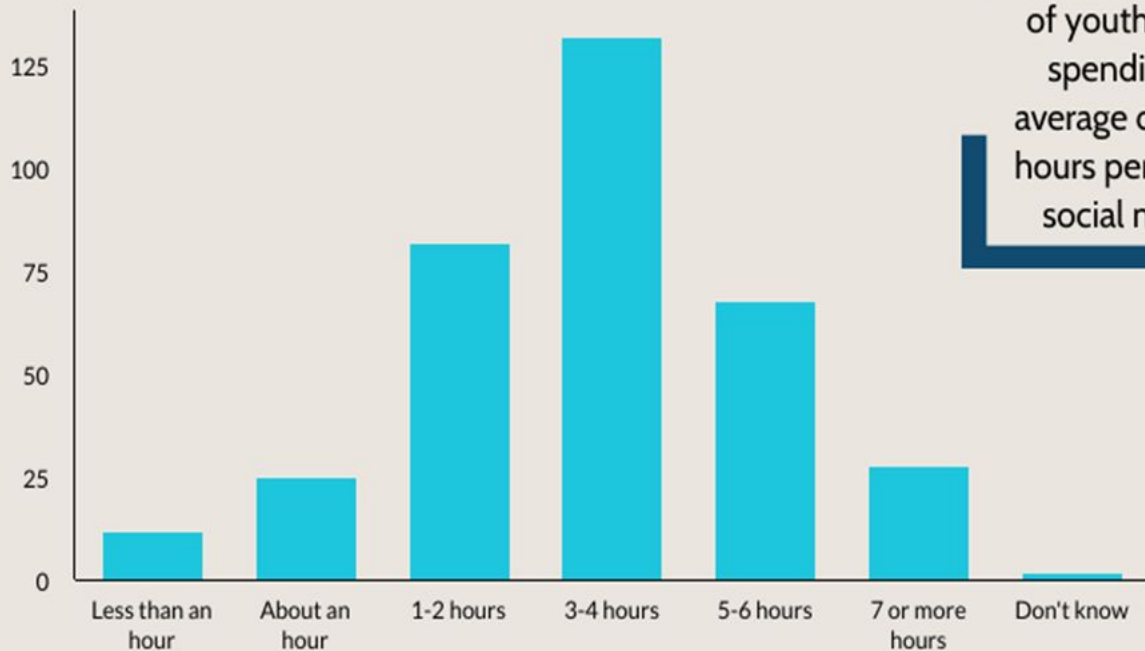


Heterosexual (57.89%)
 Lesbian/Gay (6.43%)
 Bisexual (22.22%)
 Two-spirit (4.39%)
 Something else (4.09%)
 I don't know (4.09%)
 Prefer not to answer (0.88%)

SEXUAL AND GENDER MINORITY YOUTH

- × 138 participants identified as LGBTQ+
- × Separate analysis conducted to better understand specific Native LGBTQ+ youth health and needs.
- × Despite LGBTQ+ status, the top 3 health topics remained the same.
- × 84.4% of LGBTQ+ AIAN youth reported having poor or fair mental health days compared to non-LGBTQ+ AIAN youth.
- × LGBTQ+ AIAN youth reported having better physical health (62.3%) than their non-LGBTQ+ counterparts (53.9%)

AVERAGE SOCIAL MEDIA USE



37.8%

of youth report
spending an
average of 3 to 4
hours per day on
social media.

PREFERRED SOCIAL MEDIA PLATFORMS



TikTok
16.6%



Instagram
36.7%



Facebook
17.2%



Twitter
6.3%



Snapchat
21.2%



Other
2.0%

SOCIAL MEDIA BEHAVIORS

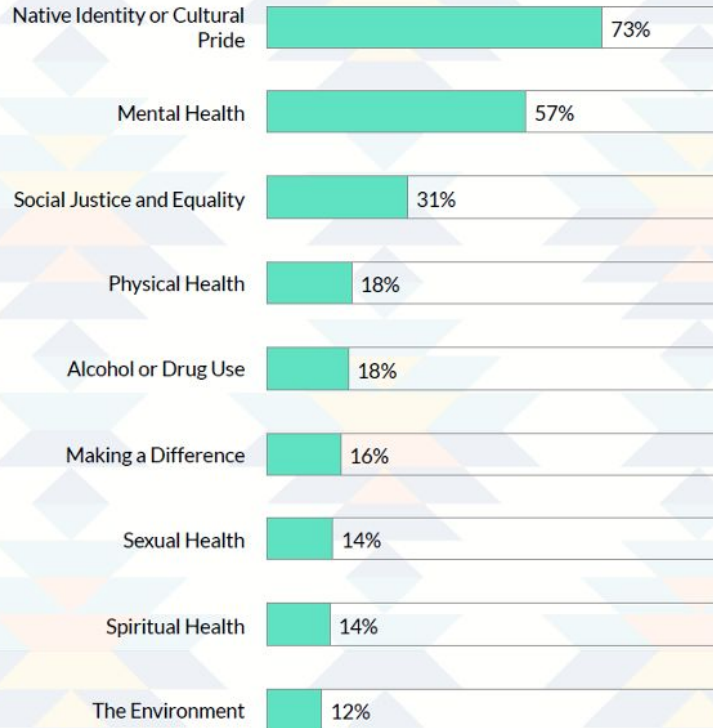
86% of Native Youth

Said scrolling is their favorite thing to do online

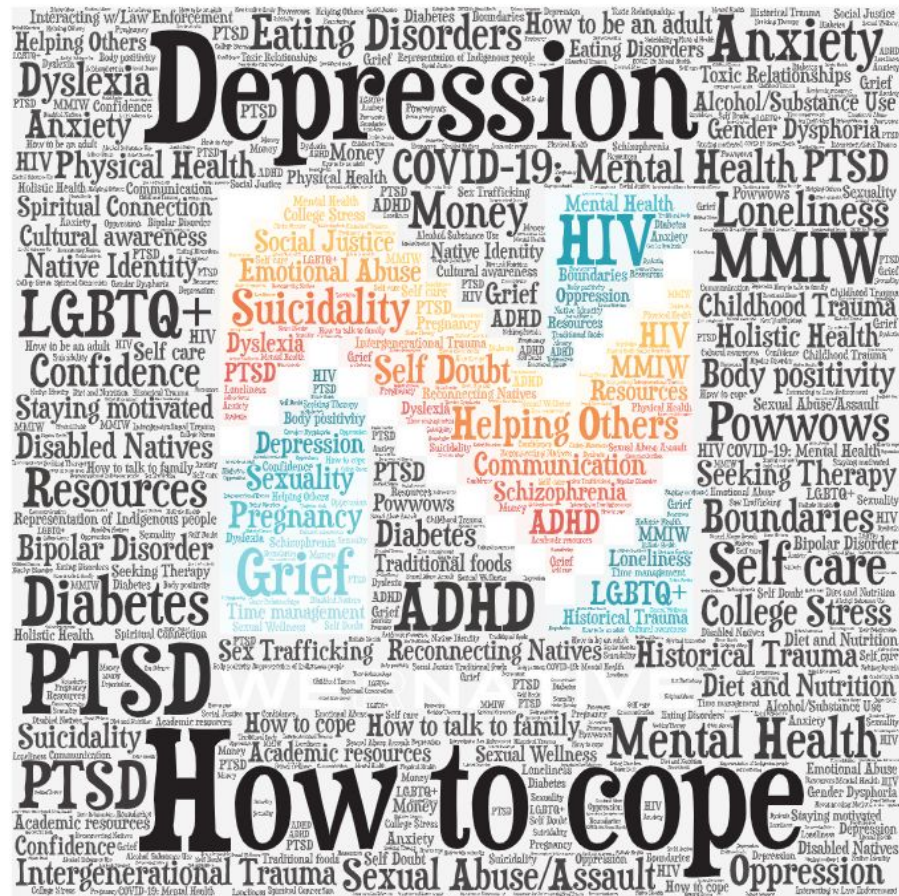
75% of Native Youth

Said watching videos is their second favorite way to spend time online.

IN YOUR OPINION, WHAT 3 TOPICS ARE THE MOST IMPORTANT FOR NATIVE YOUTH TO LEARN ABOUT?



"I never grew up on the rez and I didn't know much about my culture. This is how I keep up with all things Native."



2.

The Power of Tailored Messaging

Framing messages: tips for normalizing and destigmatizing
communications around sexual health education



*Every communication
is an opportunity to
garner support,
influence behavior and
create a safe space.*



Establish your goals



Identify & know your audience



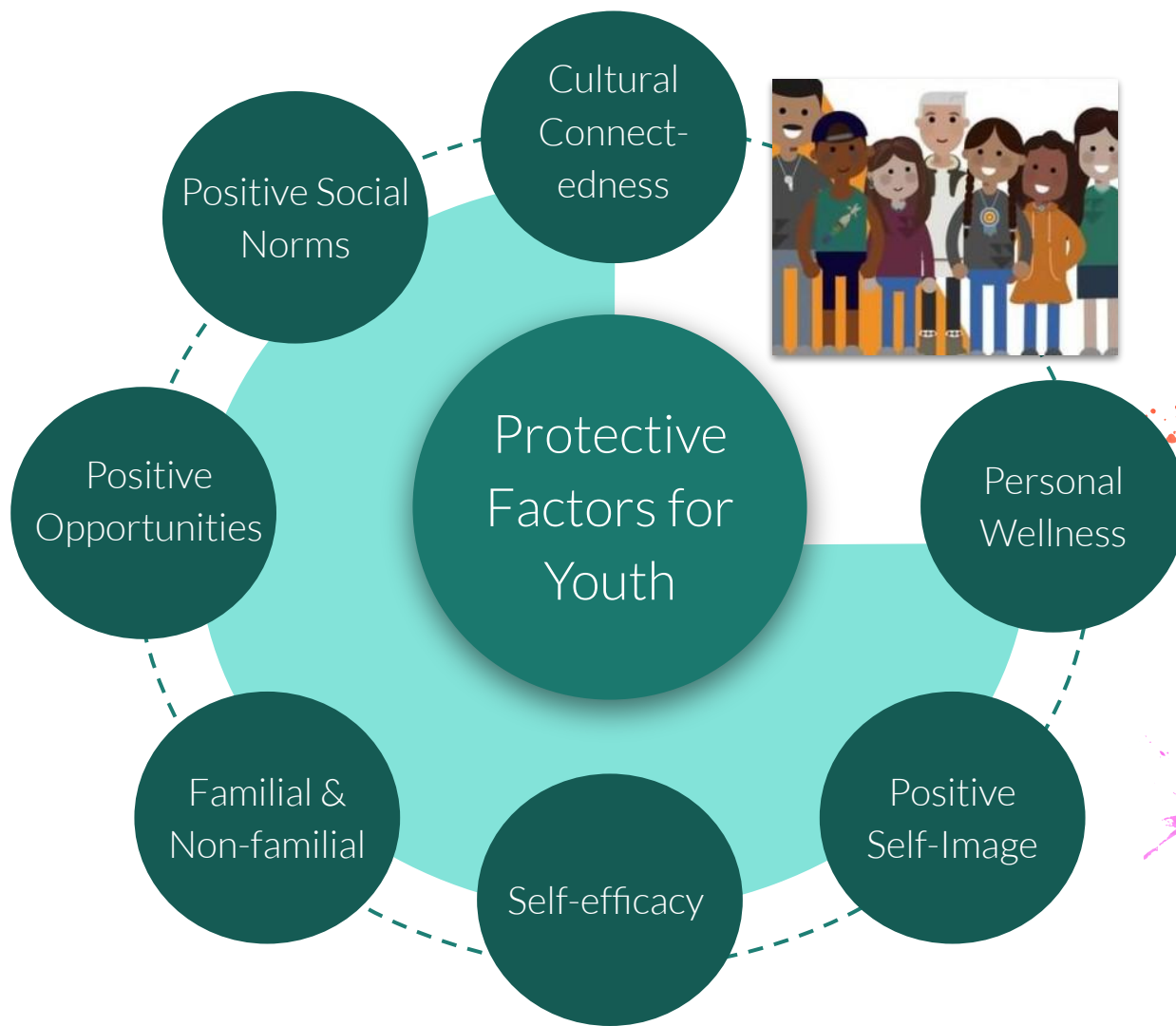
Identify key messages

- Medically accurate, judgement-free, inclusive sex education
- Intersectionality of disease and the importance of providing holistic health and wellness education
- Resources available that empower people to control their own health outcomes for HIV/STDs/STIs



Establish a voice





Guidelines

Strengths-based approach

- Person-first language
- Nurture cultural connections
- Provide a safe place to learn
- Encourage/positively reinforce youth

Tone

- Motivational/uplifting
- Compassionate
- Thorough without condescension
- Allow space for different values/priorities – avoid preaching
- Humorous – lean into Native Humor



Culturally based

- Language
- Land
(including living things like plants and animals)
- Activities
- Food
- Values
- Tradition
- Knowledge bearers
(especially Elders)

Credibility

- Refer back to iknowmine.org as much as possible
- Cite reputable sources
- Include attribution (image/content credit)



Recognize your bias
and other limitations



Draft

Today is International Sex Worker Rights Day.

Globally, sex workers are about 13 times more at risk to acquire HIV than the general population. With early testing and treatment, sex workers with HIV can live longer, healthier lives.

Factors that make sex workers vulnerable to HIV transmission include stigma, discrimination, poverty, alcohol and drug use, criminalization of their livelihood, and lack of access to testing, prevention, and treatment. Aspects of high-risk sex, such as multiple partners and inconsistent condom use, contribute to HIV vulnerability among sex workers.

Sex workers should get tested for HIV at least once a year, and in some cases more frequently. This is especially true for sex workers who inject drugs. If they test positive for HIV, they can take steps to reduce the risk of infecting their partners and clients and ensure their own health.

The best way to prevent infection is by using condoms, taking PrEP if HIV-negative, and taking strong ART if HIV-positive. Sex workers who use intravenous drugs should not share injection equipment and supplies.

In all your sexual relationships, remember that you have the right to:

1. feel safe and supported
2. consent to all activities that you want to do, and reject any activities you don't
3. be treated with respect
4. get appropriate medical care when you need it, like STI or HIV testing and treatment
5. to use protection when you need and want it, to prevent getting STIs or HIV

Get tested for HIV today. Find a testing location near you here: <https://gettested.cdc.gov/>

Everyone deserves access to health and wellness, regardless of their:

- Ethnicity
- Gender
- Sexuality
- Age
- Mental health status
- Line of work
- Drug-use status
- Housing status

Everyone has the right to:

- feel safe and supported
- decline or consent to any activity
- be treated with respect
- get appropriate medical care when needed, like STI or HIV testing and treatment
- use protection when needed and wanted to prevent STI and HIV transmission



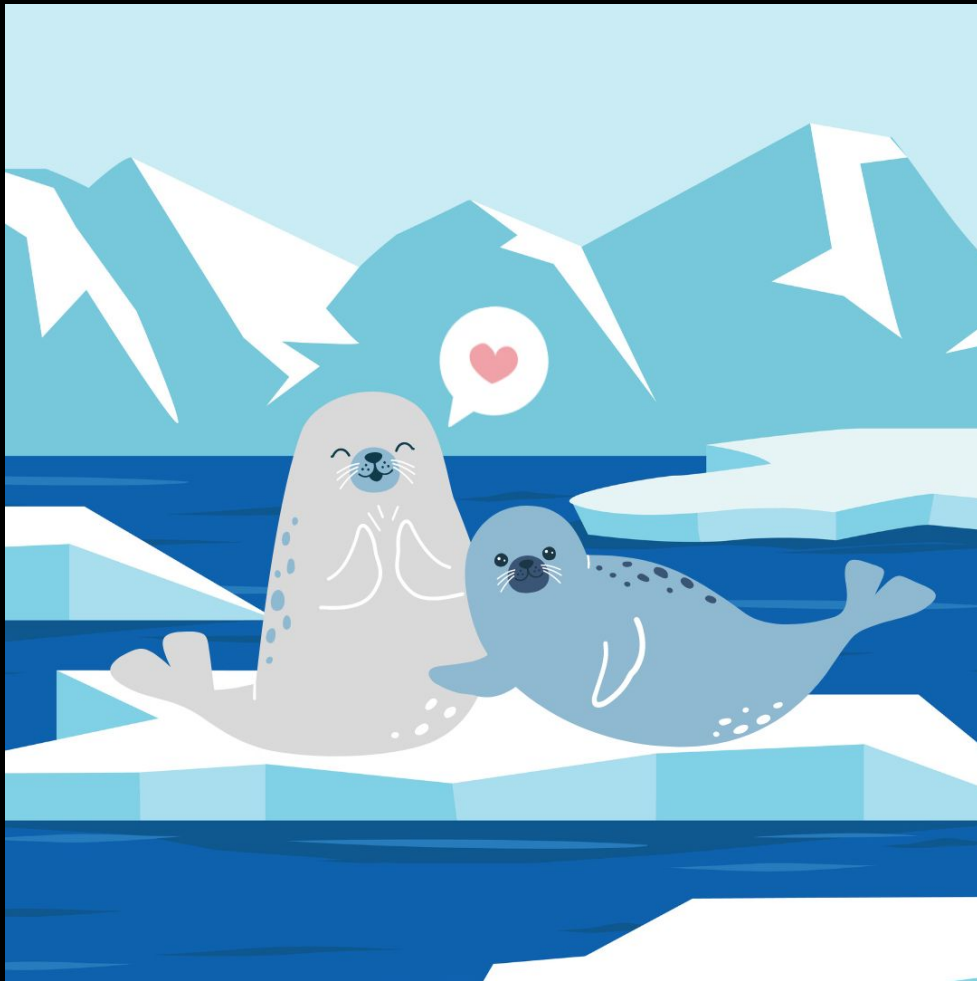
iknowmine Today is International Sex Worker Rights Day. While everyone deserves access to health and wellness, the reality is that many people encounter barriers and/or are vulnerable to experiencing harm, which can mean they're susceptible to HIV infection.

The best way to prevent infection is by using condoms and taking medication to either prevent or manage infections, such as PrEP or antiretroviral therapy (ART). People who use intravenous drugs can prevent infection by not sharing injection equipment and supplies.

Get tested for HIV today. Find a testing location near you:
<https://gettested.cdc.gov/>

Learn more about HIV treatment and prevention at
<https://www.iknowmine.org/topic/hiv-treatment-and-prevention/>.

#healthequity #healthcareisahumanright



iknowmine With Valentine's day coming up, here are some tips to keep in mind:

👉 It's ok to choose not to have sex.

Talk to your partner(s) about your preferences ahead of time in a neutral setting before things get hot and heavy. Most people are understanding, and if they aren't, consider whether safety is a priority for them.

If you are having sex:

👉 Use barrier protection, such as condoms and oral dams, regularly. (And have them with you, just in case they're needed.)

👉 Talk to a health care provider about selecting an effective method of birth control, if applicable. Keep in mind that some birth control methods do not prevent sexually transmitted infections (STIs) — in this case, consider also using barrier protection.

👉 Reduce the number of sexual partners, if you can, to lower the risk of STIs.

👉 Get tested for HIV and STIs, like chlamydia, gonorrhea and syphilis. Many STIs don't have symptoms, but can still cause health problems. Testing is the only way to know for sure that you do not have an STI. Be sure to ask your health care provider which STIs they test for – not all tests are comprehensive.

Order condoms, oral dams and other safer-sex supplies at [iknowmine.org/store](https://www.iknowmine.org/store).

Learn more about safer-sex practices at <https://www.iknowmine.org/topic/sex/#safety> (links in bio)

#healthyrelationships #safersex #happyvalentinesday

LOVE YOURSELF FIRST



iknowmine This time of year, it can be easy to get caught up in expressing love to others. But, it's always a good time to reflect on self-love. Some people might explore these feelings through masturbation, which is to touch one's own body for pleasure.

Masturbation is a physically safe way for people to express sexual feelings, and:

- ♥ is normal if you do it, normal if you don't.
- ♥ cannot hurt you physically, even if done frequently.
- ♥ serves a purpose, whether for stress relief, comfort or safe exploration of one's self.
- ♥ is something people should do in private, either on your own or consensually with others.
- ♥ brings up a wide range of cultural and religious beliefs, which can sometimes lead to guilt or shame. In this case, talk to a trusted adult about how to work through these feelings.

Content adapted from "Masturbation: Totally Normal" by amaze.org | [@amazeinternational](https://twitter.com/amazeinternational)

KINK & CONSENT



iknowmine An important aspect to safe, consensual sex is making sure everyone feels comfortable and is on the same page.

In observance of International Fetish Day, this could be a good time to talk to your partner(s) about sexual preferences, kinks or fetishes. Keep in mind that everyone involved might not be on the same page or might have different boundaries. Try to navigate these conversations in a way that's respectful and not judgmental or shaming. At the very least, you'll gain a better understanding of everyone's boundaries and, quite possibly, you'll find something you're excited to explore together. When trying new sexual activities, plan ahead for how to communicate and respond to discomfort anyone might feel.

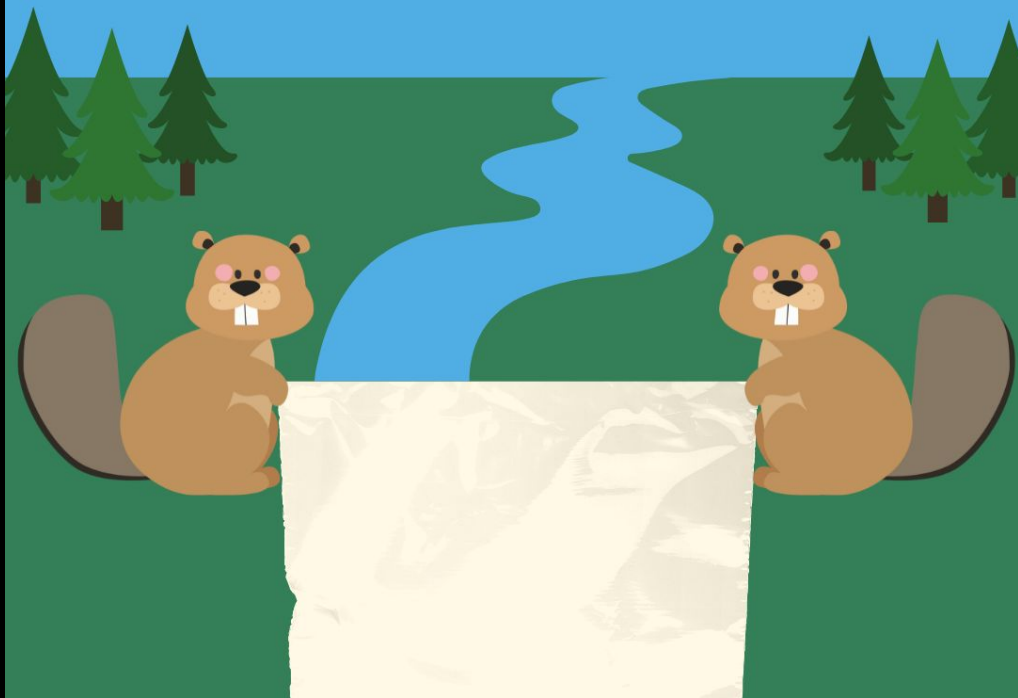
So what are fetishes and kinks anyway?

A fetish is often described as a fixation that's needed for sexual gratification (or getting off). Whereas, a kink can be a whole range of different alternative sexual interests, preferences or fantasies. In either case, consent is crucial for ensuring everyone involved is safe and having fun.

Learn more about consent at
<https://www.iknowmine.org/topic/consent/> (link in bio)

#internationalfetishday #sexpositivity #heathyrelationships

Safer sex with oral dams



iknowmine Oral dams (also known as dental dams) are an easy and effective barrier method of STI protection during oral sex that anybody can use. They can prevent transmission of STIs, like herpes, gonorrhea, syphilis and hepatitis, so they're pretty 'dam' important. Using barrier protection, like oral dams or condoms, just means better, safer sex all around.

If you're wondering what the heck an oral dam is or how they're used, you're in the right spot!

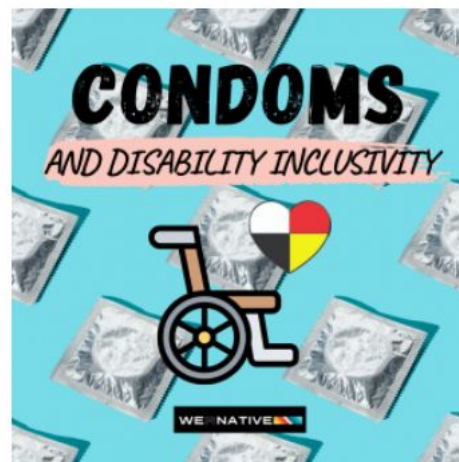
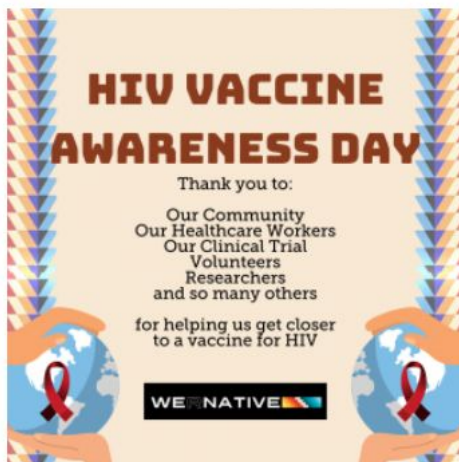
An oral dam is a thin sheet of either latex or non-latex material. They're usually placed over the anus or the vulva 🐾 before 🐾 oral sex. Oral dams can be fun to use too, coming in all sorts of flavors and colors that can help enhance the mood while keeping your body safe from STIs. Just to be clear, dental dams and condoms shouldn't be used at the same time - rubbing a condom and oral dam together can cause breakage.

Alaskans can order oral dams for free at <https://www.iknowmine.org/product/oral-dams-for-personal-use/> (link in bio)

Oral dams are also available at drugstores and local health centers, such as Planned Parenthood.

Don't have a dental dam, and need one in a pinch? If needed, dental dams can be made out of condoms, rubber gloves and even non-porous plastic wrap.

#safersex #healthyrelationships





*Chatfeed Convo:
Type Questions, Ask
Away!*

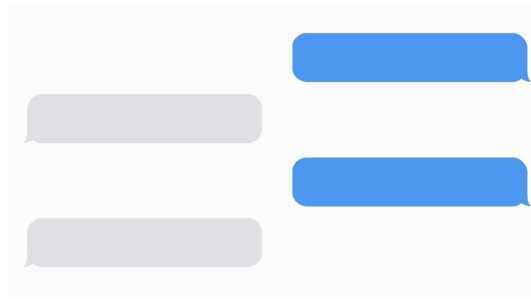
3.

Talking is Power

Getting the convo started with about sexual health topics and resources...



What is SMS?



- ★ Short Media Service (Texting)
 - How many times a day do you text, send photos?

- ★ Our Health Based Text Campaigns:
 - Address a variety of health needs in the community
 - Regularly send fresh content through a range of methods
 - Scheduled Messages
 - Pre-Formulated Messages in a Sequence (often months long – Talking is Power)
 - Multimedia – text + image or video
 - Live Q&A/Follow Ups
 - Giveaways



Why We Text – The Pros

- ★ Text Messaging is a ‘catch all’:
 - **Health Based-Content Dissemination**
 - **Hint: It works!**
 - Recruiting, Surveys, Reminders
 - Upload/Chat Portal, Help Desk

- ★ Reaching AI/AN ‘where they are at’
 - Our overall subscribership is young adult leaning
 - Urban AND Rural
 - Around 99% Have access to Cell Phone
 - (2020 Youth Tech Health Survey)

The light in you is so beautiful. I can feel it from here. Hope you let it shine today. Have a great day! ☀️

The Talk Overview

Other Campaigns



Multi-week intervention, under 100 days



- DATA DRIVEN: Using good practices, and using BETTER practices
- 26 messages, about 3 days apart
- Tips, Multimedia, Resources, Check-In
- Accurate, Relatable

Almost 700 Signed Up!



- 543 Active Subscribers
- 27,000 Messages Sent!

Other Txt Msg Campaigns



We R Native

- 8,485 Lifetime Subscribers
- 314,000+ Messages Sent!

Text 4 Sex Ed

- 1,193 Lifetime Subscribers
- 18,150+ Messages Sent!



Talking is Power: The Series

Welcome Messages

Phase 1



[Elder Blessing Video](#)

[Three Tips for Talking with Youth](#)
[Grab the Moment](#)



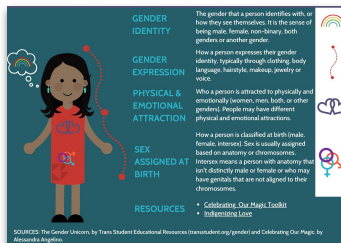
The Rules

Phase 3

[Setting Limits Together](#)
[Consent Video](#)
[My Self-care Plan](#)
[Talking About Masturbation](#)
[Respecting The Circle of Life Video](#)

The Future

Phase 2



[The Talking Journey](#)
[Creating Boundaries](#)
[Gender and Sexuality Terms](#)
[Goal Setting](#)



Supporting 2SLGBT Youth

★ **Dr. Itai Jeffries** (Occaneechi) supports 2SLGBTQ youth with four videos, on:

- [Video 1](#) | **Identity** – Digs into sexual and gender identity
- [Video 2](#) | **Internal & External Identity** – Our identities play into how we are perceived and what happens when those identities do not match
- [Video 3](#) | **Terms for Sexual and Gender Identity** – Terminology used for sexual and gender identity
- [Video 4](#) | **Ways to Support People's Identities** – including their sexual and gender identity



Let's talk about ways that you can support people's identities



0:00 / 1:00



Talking is Power Identity Video #4 - Ways to Support People's Identities

<https://youtu.be/dLPG6fDilhE>



Talking is Power

A TEXT MESSAGING SERVICE FOR
PARENTS AND CARING ADULTS

TEXT
"EMPOWER"
TO 94449



HEALTHYNATIVEYOUTH.ORG

(Michelle)



User Feedback

- ★ Very positive feedback, users already have ideas for new topics to incorporate:
 - *"I'd love to see more on sexting"*
 - *"Pretty great, more info on gender identity!"*
 - *"The talk provided great supplemental info to my education."*



Cama'i



https://www.healthynativeyouth.org/wp-content/uploads/2022/05/Greg-02_04.22.mp4

Ya'at'eeh!



https://www.healthynativeyouth.org/wp-content/uploads/2022/05/Michelle-01_04.22.mp4



Search for lessons, subjects and videos



IMPLEMENTATION TOOLBOX

CURRICULA

TOOLS FOR CARING ADULTS

COMMUNITY

RESOURCES

TALKING IS POWER

MIND4HEALTH

GIVE US FEEDBACK



TALKING IS POWER: TOOLS FOR PARENTS

Resources for Parents and Caring Adults: Talking is Power



TEXT "EMPOWER"
TO 94449

Sign Up Today
and We'll Pick 2
\$25 Amazon Gift
Code Winners

4.

I Want the Kit & Native Test

Southern Plains Tribal Health Board/
Oklahoma Area Tribal Epidemiology Center



I Want The Kit

Free, accurate, and confidential self-test specimen collection and lab based testing for two common STIs, Chlamydia and Gonorrhea, as well as Trichomoniasis testing for those assigned female at birth.

What States is this available in?

Currently available in Maryland, Alaska, Oklahoma, Kansas, New Mexico, Utah, Arizona, and Baltimore City residents.



• Attention IWTK Users: We have added a new feature that allows you to have two separate addresses: your physical (home) address and your mailing address. If these two addresses are the same, you may indicate that in your IWTK account. You may update either address on file at any time in your IWTK account.

• If you are not a resident of MD, OK, KS, AK, NM, UT or AZ and would like to be tested for STIs, please visit the [CDC Testing Locator](#) to find a testing site near you.

I WANT THE KIT

English Español

Welcome! Please login to your account.

Username (Email or Mobile Number)

Password

By clicking Login, you agree to our Privacy Policy.

REGISTER LOGIN

Forgot Password
Return to website

10:19 LTE

< 2

55251

Text Message
Today 10:18 AM

NATIVE TEST

Welcome to Native Test/PrEP! In this texting system you can request HIV & STI self-test kits be mailed to you for FREE, get information on HIV prevention with PrEP, pill reminders, and connect to a PrEP specialist. This program is supported by the Southern Plains Tribal Health Board and the Oklahoma Area Tribal Epidemiology Center. Can we get your FIRST NAME?

Recurring Msgs. Reply STOP to quit, HELP for info.
Msg&DataRatesMayApply

Robbie

IWTK I WANT THE KIT
Take Control, Know Your Status

Hello Robbie!

Please reply with the letter (A, B, C, or D) that best fits you or your preference. Select one letter at a time, and complete the request then you can text back in Native Test to select another letter:

- A) Info about HIV Prevention with PrEP
- B) Connect with a PrEP Specialist
- C) HIV self-test kit
- D) STI self-testing

D

Test kits will be mailed in discreet packaging to an address you choose Robbie. You must be 14 years or older to request an self STI test kit. The STI swabs do not require blood. To confirm that you are 14 years or older, and are requesting an STI self test kit to be mailed to you; please text back STI.

STI

This service provides sexually transmitted infection (STI) testing through I Want The Kit (IWTK) for Oklahoma, Arizona, and Alaska residents. This service delivers STI self-swabs to you, and are then mailed back to the lab. This service is provided for FREE by John Hopkins University College of Medicine. You will order your free test kits through this website. Please visit the website to learn more about this program.

<https://iwtk-app.iwantthekit.org/>

NATIVE TEST

FREE HIV TESTING

What is Native Test?

Native Test is a texting service where you can request a HIV self-test kit, STI self-test kit, and information about PrEP.

This program is for anyone nationwide 13 years or older including both American Indians/Alaskan Natives and non-Native individuals.

Native Test is impacting communities with positive change and resources by working alongside partners within the community to help bring awareness to the programs and expand their potential impact.

Knowledge about HIV
and STI self testing is...

BIG AUNTIE ENERGY

NATIVE AUNTIES
Help Spread the Word

TAKE THE TEST TAKE CONTROL

Scan me

SPH SOUTHERN PLAINS HIV TESTING SERVICE | OIA OKLAHOMA AREA HIV TESTING SERVICE | IWK I WANT THE KIT Take Control, Know Your Status

NATIVE TEST

Two methods to order:

Texting “NATIVE TEST” to 55251

55251

NATIVE TEST

Welcome to Native Test/PrEP! In this texting system you can request HIV & STI self-test kits be mailed to you for FREE, get information on HIV prevention with PrEP, pill reminders, and connect to a PrEP specialist. This program is supported by the Southern Plains Tribal Health Board and the Oklahoma Area Tribal Epidemiology Center. Can we get your FIRST NAME?

Recurring Msgs. Reply STOP to quit, HELP for info. Msg&DataRatesMayApply

Robbie

Hello Robbie!

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- A) Info about HIV Prevention with PrEP
- B) Connect with a PrEP Specialist
- C) HIV self-test kit
- D) STI self-testing

C

Test kits will be mailed in discreet packaging to an address you choose Robbie. You must be 13 years or older to request an self HIV test kit. The HIV rapid test is a mouth swab that does not require blood. To confirm that you are 13 years or older, and are requesting a HIV test kit to be mailed to you; please text back CONFIRM. If you have had a direct exposure to HIV within 72 hours, see a provider for PEP services immediately.

CONFIRM

We are very excited you have started a request for an HIV self-test kit! Can you reply with your age? Our kit is intended for those who are 13+.

Reply STOP to quit

25

Thank you! Please REPLY with the complete ADDRESS including the city, state, and zipcode you want the kit to be mailed to and your NAME (if there is no name, we will leave that blank for privacy on the package).

9705 Broadway Ext Oklahoma City, OK 73114

Robbie

You are one step closer to knowing your status! There will be instructions for the test kit and resources included in the package. Thank you for your participation! Your test kit will arrive shortly. Please text in again if you or someone else needs a test kit. If you have had a direct exposure to HIV within 72 hours see a provider for PEP.

Going online to nativetest.org

spihb | BEAARDAA AREA Tribal Epidemiology Center

Get a rapid HIV or STI self-test kit mailed to you for FREE

TEXT NATIVE TEST TO 55251

CLICK TO TEXT

TAKE THE TEST, TAKE CONTROL

Sign up for your FREE rapid HIV self test kit

Name (Optional)

Cell Phone

Address

City

State

Zip Code

Age (13+)

Please confirm the provided address is able to receive packages:

☐ Good to go!

☐ I attest that I am requesting only on behalf of myself for my personal use

☐ I agree

Submit

*You are ordering a free rapid HIV self-test kit. Other resources are available by texting "Native Test" to 55251. Completion of this form gives permission to contact you if we need more information to complete your request. Your information will never be shared.

If you have been exposed to HIV in the last 72 hours, see a provider for PEP services immediately.

An estimated 1.2 million people in the United States is living with HIV. One in seven are unaware of their status.

Disclaimer: Information provided on this site does not constitute medical, legal, or professional advice and is provided for educational and informational purposes only. Contact your own provider or healthcare provider regarding your personal medical decisions, or decisions involving or concerning. Southern Plains Tribal Health Board and the Oklahoma Area Tribal Epidemiology Center are not responsible for any and all damages, including legal damages, of any kind, arising from the use of this website and its contents.

RAPID TESTS AND PrEP

Just text or sign-up to get an HIV, STI* Rapid Test or PrEP

HIV Test Kit and PrEP

*STI Test Kit

Just text or sign-up to get an HIV, STI* Rapid Test or PrEP

HIV Test Kit and PrEP

HIV test kits and PrEP are available nationwide at no cost. Text "NATIVE TEST" to 55251 or fill out the contact form for yours today.

*STI Test Kit

STI test kits are available in OK, AZ, AK, and MD at no cost. Text "NATIVE TEST" to 55251 or [click here](#) to request your kit.

HIV Self-Testing Instructional Video

To learn more about the HIV Self-Testing Kit and how it works, watch the instructional video on YouTube.



spihb | BEAARDAA AREA Tribal Epidemiology Center

This project is funded through the Indian Health Service with backing from the Minority HIV/AIDS Fund.

Connect With Us



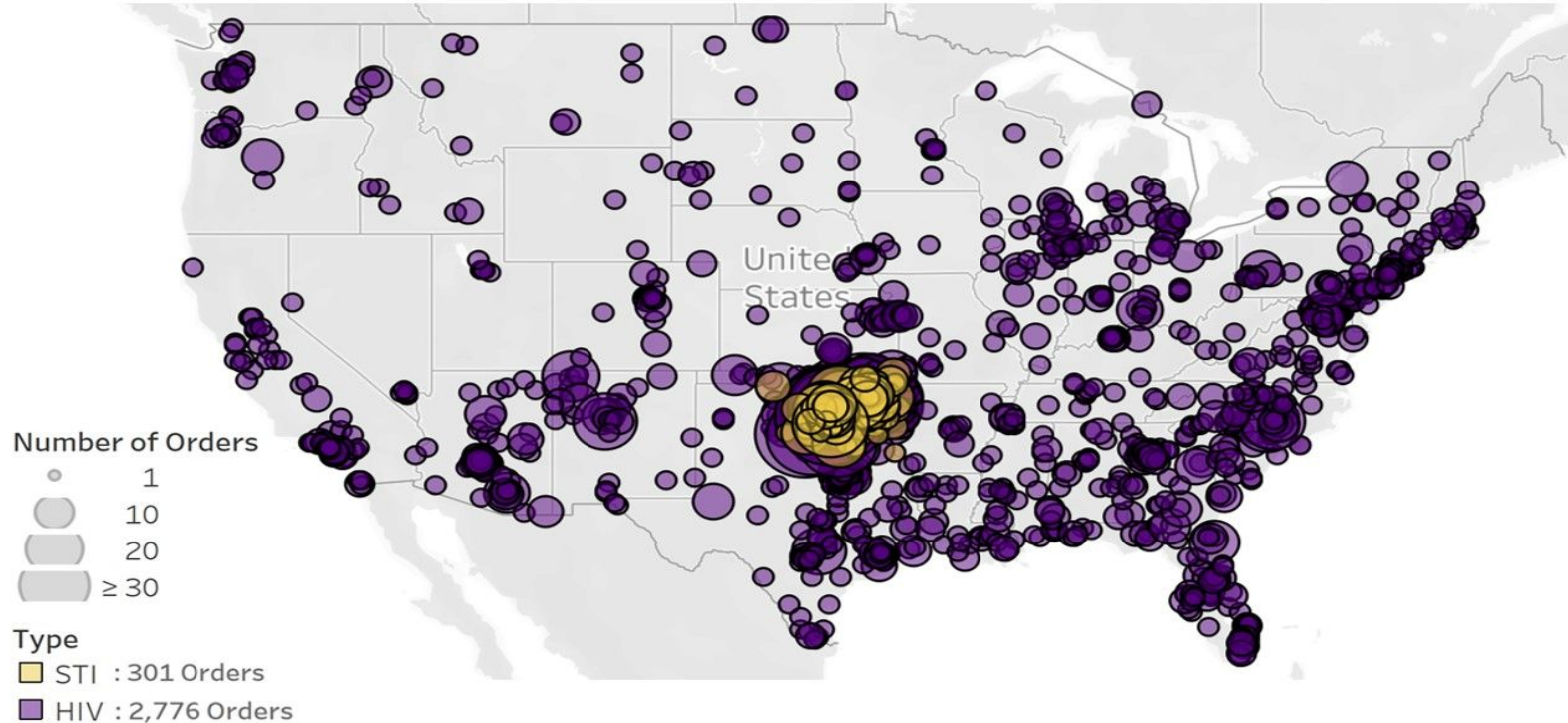
9705 Broadway Ext, Suite 200 Oklahoma City, OK 73114
PO Box 16455, Oklahoma City, OK 73113
Phone: (405) 452-9200 Fax: (405) 840-7952
info@spihb.org

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Distribution

June 1, 2022 - February 14, 2023



Community

Haskell Indian
Nations University



Kansas City Indian
Resource Center



Claremore Indian
Hospital
World AIDS Day Event



5. I Want the Kit

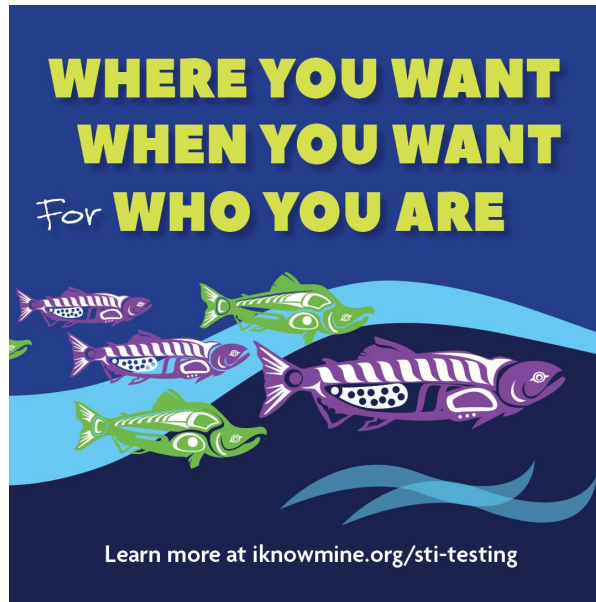
Alaska Native Tribal Health Consortium





KNOW YOUR STATUS!

Learn more at iknowmine.org/sti-testing



WHERE YOU WANT WHEN YOU WANT For WHO YOU ARE

Learn more at iknowmine.org/sti-testing



Sexually transmitted infections and HIV **CAN HAPPEN TO ANYONE**

Learn more at iknowmine.org/sti-testing



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



Sexually transmitted infections (STIs) CAN HAPPEN TO ANYONE

Order an STI self-test kit at
iwantthekit.org

Test on your own terms for
chlamydia and gonorrhea,
and know your status in
less than two weeks.

Questions about the
STI self-test?

Call 877-334-8762



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM





HIV CAN HAPPEN TO ANYONE.



Order an HIV self-test kit at
iknowmine.org/shop

Test on your own terms.
Take an oral swab test and
connect with a medical
professional for safer-sex
education and resources.

iknowmine.org



iknowmine.org/shop

Search

About Us Get Care For Caring Adults Shop

SIGN IN OR REGISTER

iknowmine.org
Truthful, Accurate Information for You(th)

order resources & supplies

get answers

SEXUAL HEALTH

LGBTQ2S+

MY BODY

MY MIND

MY SPIRIT

MY RELATIONSHIPS

ALCOHOL, TOBACCO & OTHER DRUGS

Order Resources & Supplies



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



Sexual Health & Wellness



PERSONAL CONDOM PACK

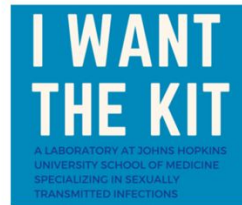


CONDOMS FOR ORGANIZATIONS



HIV SELF-TEST KIT

ASK NURSE LISA




STI SELF-TEST KIT





ORAL DAMS FOR PERSONAL USE



SEXUAL HEALTH PRINTED MATERIALS


 **iKnowMine**
Sponsored · 🌐

HIV testing is love - love for yourself, your partner(s) and your community.




Learn more about HIV **Order now** **HIV t self-I**

👍 Like 💬 Comment ➦ Share


 **iKnowMine**
Sponsored · 🌐

HIV testing is love - love for yourself, your partner(s) and your community.




HIV testing = self-love **Order now**

👍 Like 💬 Comment ➦ Share

 **iKnowMine**
Sponsored · 🌐

HIV testing is love - love for yourself, your partner(s) and your community.



Order the HIV self-test **Order now**

👍 Like 💬 Comment ➦ Share

Practice in Action

Tailor promo materials for your community...



Your Turn!



Original



Add Greeting

Example: your tailored image



Add Clinic Hours & #

Add Logo

Canva Template:

https://www.canva.com/design/DAFcJS2RFiY/p4u_ij3rZRVTLU-hWDP_CQ/view?utm_content=DAFcJS2RFiY&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

Adapting Promo Materials

Some general guidelines...

- ★ Courtesy email
- ★ Keep original funder, links, and logo info
- ★ Stick to design theme



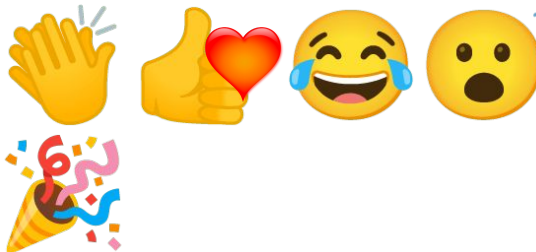
6. Let's Talk About it!

Logistics

- Share Your Video
- Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



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

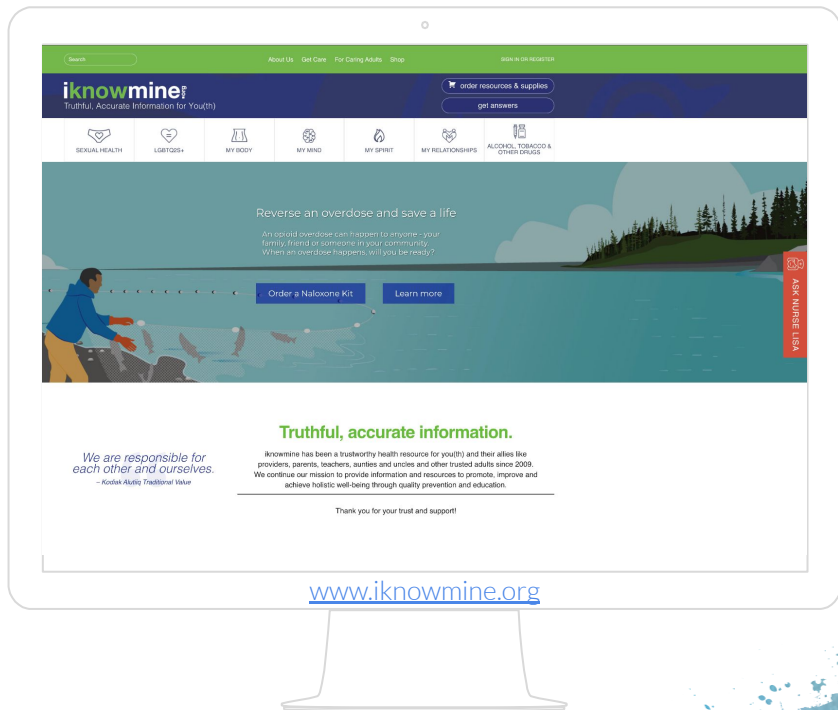
For Youth

- ★ 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



SEX

is a loaded word.

Let's talk about it.

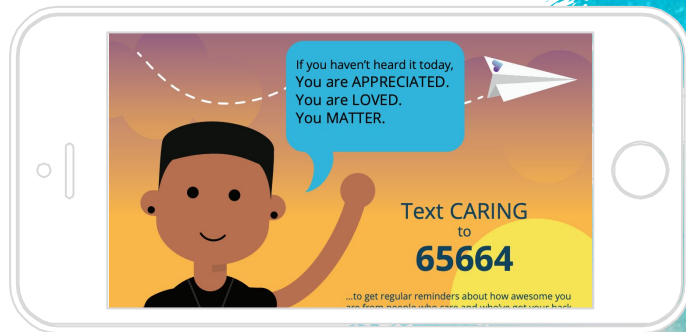
FOR YOUTH

Text **SEX** to 94449

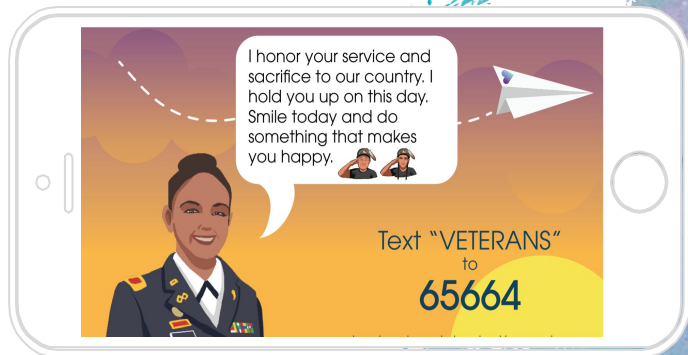
We'll share resources covering healthy relationships, communication skills, STIs and birth control.



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/



Suicide and Crisis Lifeline
Dial or Text: 988
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/



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



Teens Helping Teens
Call: 1-800-852-8336
Text: YLNATIVE to 839 863
www.theyouthline.org



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

PAGE 1 OF 3

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



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



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.wenative.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.wenative.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



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

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.wenative.org/my-life-life-hacks/bullying-prevention

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

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. #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

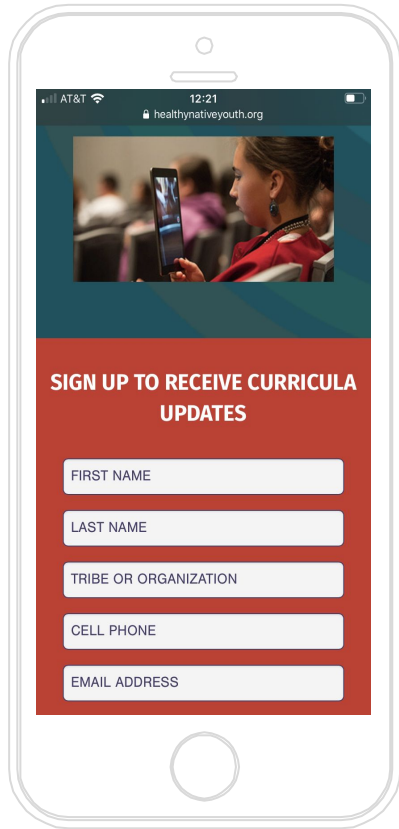


<https://linktr.ee/npaihbt thrive>



@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



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 II - Take the Power Back!

Technology is Power

January 11, 2023

Let's talk about digital wellness! Come get behind the scenes techy tips to text message, social media campaigns, and digital prevention interventions.



Culture is Power

February 8, 2023

Our relationships and cultural experiences are a keystone to our adolescent health programming. Join us to get some tips for culture integration and get *Inspired!*

Talking is Power

March 8, 2023

Talking is sexual health power! Come talk about caregiver and child communication interventions and strategies, as well as *I Want the Kit* at home STI/ HIV testing kits.

Mind 4 Health is Power

April 12, 2023

Join us for tips on how to embody healing conversations with youth and community members and get resources to share!

Media Literacy is Power

May 10, 2023

Let's help youth to think critically and gain self-care boundaries around media literacy, so they can learn to act with intention.

Community is Power

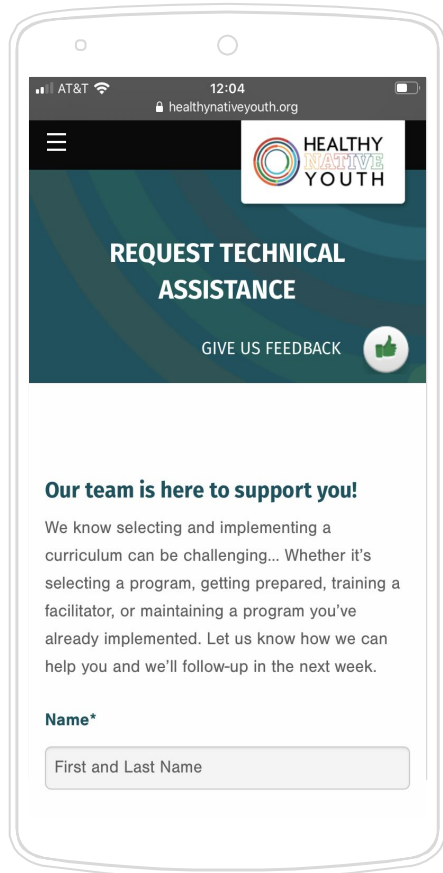
June 14, 2023

Community is at the heart of adolescent health programming. Join us to talk about how to use the power of community to strengthen the health of our youth.



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 battery level. The address bar shows 'healthynativeyouth.org'. The website 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' button 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 with the placeholder '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*

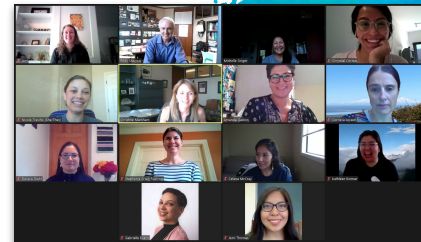
First and Last Name

We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA

Thank you!

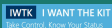
From Project Red Talon (2021-2022)



[I Know Mine](#)



[I Want the Kit](#)



[Safe in the Village](#)



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 Indigenous Health

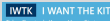


CENTER FOR
INDIGENOUS HEALTH



Southern Plains Tribal Health Board

[I Want the Kit](#)



[Native Test](#)



TO GET A NATIVE TEST KIT, VISIT [NATIVE TEST KIT](#)

TO GET A NATIVE TEST KIT, VISIT [NATIVE TEST KIT](#)

[Native It's Your Game](#)



[Healthy Native Youth
Implementation Toolbox](#)

University of Texas - School of Public Health



UTHealth
The University of Texas
Health Science Center at Houston



NPaiHB

Northwest Portland Area Indian Health Board

[Healthy Native Youth
We R Native](#)



Partners:

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



You can find us at: Amanda Gaston, agaston-contractor@npaihb.org; Michelle Singer, 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

“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

