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.
screig@npaihb.org

Kathleen Bonnar
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(she/her)
I love smoked salmon.
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Nicole Treviño-WRN
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Jeni Williamson
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I love coffee and dogs.
jwilliamson@anthc.org

Robbie Bright
(she/her)
I love music.
rbright@spthb.org
Live Virtual Training

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

1. Meeting Youth Where They’re at
   Youth Health Tech Survey
   5 min

2. The Power of Tailored Messaging
   Framing Messages
   15 min

3. Talking is Power
   Txt Msg Service
   15 min

4. I Want the Kit
   ANTHC
   5 min

5. I Want the Kit & Native Test
   SPTHB
   10 min

6. Canva Activity
   5 min

7. Let’s Talk & Tech Time
   20 min

Talking is Power
Txt Msg Service
15 min

I Want the Kit
ANTHC
5 min

I Want the Kit & Native Test
SPTHB
10 min

Canva Activity
5 min

Let’s Talk & Tech Time
20 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
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.
75% of Native Youth said watching videos is their second favorite way to spend time online.

86% of Native Youth said scrolling is their favorite thing to do online.
"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."
IMPORTANT TOPICS NATIVE YOUTH WANT TO SEE WE R NATIVE ADDRESS
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
Protective Factors for Youth

- Cultural Connectedness
- Personal Wellness
- Positive Self-Image
- Positive Social Norms
- Positive Opportunities
- Familial & Non-familial
- Self-efficacy
## Guidelines

<table>
<thead>
<tr>
<th>Strengths-based approach</th>
<th>Tone</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Person-first language</td>
<td>● Motivational/uplifting</td>
</tr>
<tr>
<td>● Nurture cultural connections</td>
<td>● Compassionate</td>
</tr>
<tr>
<td>● Provide a safe place to learn</td>
<td>● Thorough without condescension</td>
</tr>
<tr>
<td>● Encourage/positively reinforce youth</td>
<td>● Allow space for different values/priorities – avoid preaching</td>
</tr>
<tr>
<td></td>
<td>● Humorous – lean into Native Humor</td>
</tr>
</tbody>
</table>
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
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
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.

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

#healthyrelationships #safersex #happyvalentinesday
LOVE YOURSELF FIRST

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
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
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 #healthylrelationships
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 Talk Overview

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!
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
  - Creating Boundaries
  - Gender and Sexuality Terms
  - Goal Setting

Talking is Power: The Series
- The Talking Journey
- The Rules
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

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.”
Ya’at’eeh!

https://www.healthynativeyouth.org/wp-content/uploads/2022/05/Michelle-01_04.22.mp4
Resources for Parents and Caring Adults: Talking is Power

Sign Up Today and We’ll Pick 2 $25 Amazon Gift Code 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.
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.
NATIVE TEST

Two methods to order:

Texting “NATIVE TEST” to 55251

Welcome to Native Test/PrEP! In this testing 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.
Msgs&DataRatesMayApply

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

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 PrEP.

9706 Broadway Ext Oklahoma City, OK 73114

Going online to nativetest.org

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

**HIV Test Kit and PrEP**

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

**STI Test Kit**

STI test kits are available in OK, AZ, AK, and MT at no cost. Text "PATIENT TEST" to 55251 or click here to request your kit.

HIV Self-Testing

Instructional Video

Please watch the video before testing a kit at home, or call the national hotline for help.

Connect With Us

9070 E 71st St, Tulsa, OK 74133
Phone: 918-622-5288 Fax: 918-622-5289

Attended by

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Distribution

June 1, 2022 - February 14, 2023

Number of Orders
- 1
- 10
- 20
- ≥ 30

Type
- STI : 301 Orders
- HIV : 2,776 Orders
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

Sexually transmitted infections and HIV can happen to anyone

Learn more at iknowmine.org/sti-testing
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
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
HIV testing is love - love for yourself, your partner(s) and your community.

Learn more about HIV  Order now

HIV testing = self-love  Order now

Order the HIV self-test
Practice in Action

Tailor promo materials for your community...
Your Turn!

Original

Example: your tailored image

Canva Template: https://www.canva.com/design/DAFcJS2RFiY/p4u_jj3rZRVTLU-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
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

www.iknowmine.org
is a loaded word.

Let’s talk about it.
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
Click on icons to go to resource

Youth Support

For free 24/7 crisis support
Call: 1-800-273-TALK (1-800-273-8255)
www.crisistextline.org/

Abuse & Sexual Assault
StrongHearts Native Helpline
Call: 1-844-7-NATIVE (1-844-762-8843)
www.strongheartsnative.org

National Sexual Assault Hotline
Call: 1-800-656-HOPE (1-800-422-7370)
www.rainn.org

National Teen Dating Abuse Helpline
Call: 1-866-333-8457
www.tandahelp.org

Childhelp National Child Abuse Hotline
(24/7) 1-800-4-A-Child (1-800-422-4453)

Mental Health
Mental Health America
Call: 1-800-985-5959
www.mhanational.org/

YouthLine: Teens Helping Teens
Call: 1-800-852-8336
www.theyouthline.org

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

STAY AT HOME

Suicide & Crisis Lifeline
Call: 988
dial1988
www.crisis.Online.org/hotline/

Drugs, Alcohol & Tobacco
National Institute on Drug Abuse for Teens
Call: 1-800-222-1112
www.NIDA.gov/research-teens/parents-education

Truth Smoking, Vaping, and Opioids
Text: SHIFT4PAVE to 887109
www.thetruth.com/childs-make-thedifference

Get the Facts About Drugs:
Just Think Twice
Call: 1-855-378-4373
Text: 55763
www.usthinktwice.gov

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

Relationships & Dating
StrongHearts Native Helpline
Call: 1-844-7-NATIVE (1-844-762-8843)
www.strongheartsnative.org

Love is Respect
Call: 1-866-333-8457
Text: LOVEIS to 25232
www.kickservice.org

That’s Not Cool
Healthy Relationships, Online & Off
Call: 1-844-7-NATIVE (1-844-762-8843)
www.strongheartsnative.org

More My Relationships
www.nativesupport.myrelatioships.org

We R Native: My Relationships
www.wernative.org/your-relationships

Sexual Identity - 2SLGBTQ+
Pathfinder Project
Text: 2SLGBTQ to 94449
www.pathfinderproject.org

Native Youth Sexual Health Network
Netawakaneren Network
www.netawakaneren.org

The Trevor Project
Call: 1-866-488-7386
Text: START to 6789
www.thetrevorproject.org

13-Its Better Project
www.13itsbetter.org

Sexual Health
Planned Parenthood
Call: 1-800-227-9438
www.plannedparenthood.org

We R Native: Sexual Health
Text: SD to 94449
www.wernative.org/your-relationships

Tom’s Uplift
Call: 877-565-0860
www.tomsonline.org/

Human Trafficking Hotline
Call: 1-888-373-7888
Text: HLP to 22273
www.ultacenter.org

We ALL need Help...
...at different points in time. Every single one of us! Trust your gut and...
Share - any concerns you have
Talk - with someone you can trust
Report - if you’re worried about someone

THRIVE Linktree:
https://linktr.ee/npaihbthrive?utm_source=qr_code
Join the Healthy Native Youth Movement!

★ Sign up for Newsletter
★ Text “HEALTHY” to 94449
★ Follow us on Facebook, Instagram, Twitter, YouTube

HNY Linktree QR Code
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 test your 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 touched.

Talking is Power
March 8, 2023
Talking is sexual health power! Come talk about consent and child communication interventions and strategies, as well as in-home STI/HIV testing kits.

Mind 4 Health is Power
April 12, 2023
Join us for tips on how to embed body positive 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://tinyurl.com/HealthyNativeYouth
We LOVE helping...

★ Training & TA Evaluation Form
★ Request TA
Thank you!

From Project Red Talon (2021-2022)

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