



HEALTHY NATIVE YOUTH EDUCATOR RESOURCES

For educators, parents, and caring adults
www.healthynativeyouth.org

Clinicians and providers
www.indiancountryecho.org

For Native youth, by Native youth
www.wernative.org

Two Spirit and LGBTQ+ community
www.pathsremembered.org

Native youth support resources and helplines

<https://www.wernative.org/wp-content/uploads/Youth-Support-Resources.pdf>

Community of Practice

A FREE virtual gathering held on the second Wednesday of every month to share resources and to stay connected. CoP calls are for anyone and everyone committed to improving the lives of Native youth.
<https://www.healthynativeyouth.org/community-of-practice/>

Tools for Caring Adults

Talking is Power
<https://www.healthynativeyouth.org/resources/mind4health/>

Mind for Health
<https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>

HNY Resources

Resources for youth, adults, and educators. There are additional materials for supporting 2SLGBTQ+ youth and launching effective social media campaigns.
<https://www.healthynativeyouth.org/resources-search/>

A step by step guide to choosing and implementing an evidence-based health curriculum with community support and engagement.
<https://www.healthynativeyouth.org/implementation-toolbox/>



Scan this QR code to visit the HNY linktree to access our newsletter, community of practice, and our curriculum spotlights.

HNY Social Media

IG: healthynativeyouth
TWT: healthyN8Vyouth
FB: healthynativeyouth
YT: healthynativeyouth

CURRICULA HIGHLIGHTS

The Healthy Native Youth website currently houses 16 culturally responsive evidence-based curricula designed to celebrate American Indian and Alaska Native (AI/AN) youth of all ages.

You can compare curricula and download lessons at <https://www.healthynativeyouth.org/curriculum/>

Native It's Your Game

Middle school; flexible program setting

Native It's Your Game (N-IYG) is a web-based HIV, STI, and pregnancy prevention curriculum for American Indian and Alaska Native youth ages 12-14.

<https://www.healthynativeyouth.org/curricula/native-its-your-game/>

Native STAND 2.0

High school; flexible program setting

Native Students Together Against Negative Decisions 2.0 (Native STAND 2.0) is a comprehensive sexual health curriculum for Native high school students that celebrates culture and identity.

NS2.0 Modernized Lessons

<https://www.healthynativeyouth.org/curricula/native-stand-2-0/>

BRAVE

High school, young adults; flexible program setting

The multi-media BRAVE intervention was designed for AI/AN teens and young adults to amplify and reinforce healthy social norms and cultural values.

<https://www.healthynativeyouth.org/curricula/brave/>

Standalone Lessons

Free standalone lessons that can be easily incorporated into lesson plans. These can be combined with other curricula or they can be implemented as one-off activities.

<https://www.healthynativeyouth.org/enhancement-activities/>

Celebrating Our Magic Toolkit

Celebrating Our Magic Toolkit is a culturally-specific resource for AI/AN communities and aims to provide resources for transgender and Two-Spirit youth, their relatives, and their healthcare providers.

<https://www.healthynativeyouth.org/resource/celebrating-our-magic-toolkit/>

Contact

For more information, trainings, or technical assistance, reach out to the HNY Staff at the Northwest Portland Area Indian Health Board.



Michelle Singer
msinger@npaihb.org
Project Manager
Healthy Native Youth



Taylor Dean
tdean@npaihb.org
Outreach Specialist
Healthy Native Youth



Implementation Toolbox

CREATING HOLISTIC AND INCLUSIVE EDUCATION PROGRAMS

The Implementation Toolbox is your roadmap to creating a sustainable and culturally relevant sexual education program within your community. This toolbox is designed to empower you – to help you make thoughtful decisions about meeting your community needs and to support your youth.

There are 5 key phases: gather, choose, prepare, implement, and grow. Within each phase we include specific ways to increase community buy-in, get youth support, and we even give you the tools to do so.



These tools include ready to use templates such as Community Needs Assessment surveys, Memorandum of Understanding drafts, and mindful Classroom Engagement strategies.

Community buy-in is fundamental, from tribal leaders to the school board to parents and caring adults. Every tool can be adapted to your specific community and cultural needs.








If you feel ready to dive right in, go for it! If you need a little more information or if you have questions, that's fine, too. We offer technical assistance and we're here to help.

Keep an eye out for these Indigi-icons as you explore HealthyNativeYouth.org!





Healthy Native Youth Implementation Toolbox: Phases and Steps

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

TALKING IS POWER

A Text Messaging Service for Parents and Caring Adults

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

#weRnative

#HealthyNativeYouth

Ya'at eeh!
My name is
Michelle!
My pronouns
are she and her.
Give yourself a
high five from
me! I'm glad
you're here!

What's a
rule you
have for your
relationships?
How can you
respect other
people's
rules and
boundaries?



www.healthynativeyouth.org



fb.com/HealthyNativeYouth



Listserve: Text "YouthNews" to 22828



<https://www.instagram.com/healthynativeyouth/>
[@HealthynativeYouth](https://www.instagram.com/HealthynativeYouth)



native@npaihb.org

CURRICULA

LESSON PLANS

HANDOUTS

RESOURCES

HEALTHY
NATIVE
YOUTH

**Talking is
Mental Health
and can spark
healing, growth,
and connection
with our youth.**

MIND4HEALTH

A Text Messaging Service for Caring Adults


This text message series will offer tips to help you talk with youth about mental health and wellness skills, and how you can model self-care and share mental health resources when needed.



You'll receive 1 to 2 text messages a week with conversation starters, tips, video demonstrations, and words of encouragement. We'll walk you through three steps to help fill your Mental Health toolbox: Respond, Heal, and Grow. In the Respond phase, you'll learn how to support youth with their mental health. In the Heal and Grow phases, we'll use our Indigenous lens to put things into context - sharing tips and tools to support your own mental health. Throughout the series, we'll share inspirational messages from your Relatives, so you know you're not alone.

 THRIVE@npaihb.org

 www.wernative.org

 www.facebook.com/weRnative/

 [@wernative](https://www.instagram.com/wernative)

 www.youtube.com/user/weRnative

*I just want to let you know
that I'm here if you ever want
to talk about anything,
big or small.*

#mind4health #HealthyNativeYouth #TalkingisPower

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If you or a friend are in crisis, we've got your back!



Scan the QR code using your phone for Native Youth Support Resources



FOR NATIVE YOUTH

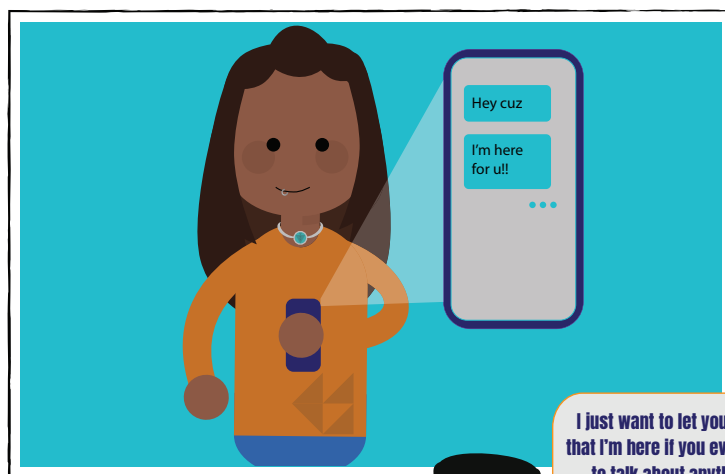
Reach out for Help When you Need to

We all need a little support from time to time. No worries! You're not alone. If you or a friend are in crisis...

**Text "Native" to 741741
for free 24/7 counseling support**

CRISIS TEXT LINE |

You can help those you care about by letting them know you're around if they need to talk. Need support? Talk to a trusted adult for help.



I just want to let you know that I'm here if you ever want to talk about anything, big or small.



#WeNative

#CaringMessages

#CrisisTextLine

ASK YOUR RELATIVES

I want to learn
jingle dancing.
Who can teach me?

How do I talk to
homophobic friends?

I want to explore
the faith of my ancestors.
Where do I start?

What is it like to
get an STD test?



Auntie Amanda



Cousin Asia



Auntie Jane



Uncle Paige

You got questions! We got answers!



REINTEGRATED
PROJECT



TEXT INSPIRE to 94449

RESOURCES TO INSPIRE THE NEXT GENERATION OF PUBLIC HEALTH PROTECTORS

You've heard about STEM careers, but do you know about the diverse opportunities for students in Public Health? Unfortunately, COVID shined a spotlight on Public Health practitioners, and the role they play that many of us weren't even aware of.

But public health is truly Indigenous. Tribes have been protecting the health of their land, water, air, and people since time immemorial. Using cultural teachings to hunt and prepare indigenous foods, using traditional plants as medicines, hosting talking circles to support mental health... are all CORE aspects of public health.

To best serve our communities, we need more Native public health professionals working in the field. We need:



- Health Educators
- Climate Change Advocates
- Data Technicians
- Community Planners
- Psychologists/Behavioral Specialist
- Lawyers
- Computer Scientists
- Multi-Media Artists
- Social Workers
- Writers
- Social Media Mangers

This campaign includes:

- Posters/Flyers
- Post Cards
- Pens
- Tabletop Signs
- USB drive with digital downloads

Share campaign materials:

- Classrooms and School hallways
- Career Centers and Vocational Education Centers
- Clinic waiting rooms
- Tribal Buildings
- Community gathering areas such as coffee shops and gas stations
- Boys and Girls Clubs
- Native Communications Outlets
- University Student Unions

There Are Two Ways You Can Help

You can help us inspire them. The INPSIRE text messaging campaign is designed share diverse Indigenous voices, and the pathways youth can take to work in public health.

Help youth text “INSPIRE” to the short code 94449. Youth who sign up will receive 2-3 text messages per week for 8 weeks. Throughout the series, we’ll share tips and ideas to help them on their academic journey.

To download and view digital materials:



To download and view digital materials, visit:

<https://www.healthynativeyouth.org/resource/text-inspire-to-94449/>

To place an order or for more information, contact:

Taylor Dean - Healthy Native Youth Outreach Specialist
Email: tdean@npaihb.org

Thank you to our funders:

- Center for Disease Control and Prevention (CDC) Nation Center for Chronic Disease Prevention and Health Promotion (NU38OT000255-04-00)
- Minority HIV/AIDS Fund (MHAf) through Indian Health Services (IHS)



Get Yourself Tested

Video Brochures

The *Get Yourself Tested (GYT)* campaign encourages young people to get tested and treated for STDs and HIV to protect their health and the health of their partners.

Three (3) GYT video campaigns are embedded in the video brochures. Video brochures or video pamphlets, are new tools to share digital video messages. No need for Wi-Fi, no need for iPads or laptops, just open it like any other print material, and the video plays automatically.

Use the USB cable to plug the brochure into a Mac or PC. (It should function similar to a thumb drive or other external memory.)



Tips for using these video brochures in Tribal communities:

- Set them in Tribal service buildings such as: health clinics, gyms, administration buildings, schools, local stores, and businesses.
- Have them available in clinic waiting rooms or place them in information packets provided to patients.
- Hand-out at school or community events and health fairs.
- Engage your audience with a combination of print and video at the same time. Download the materials from the NPAIHB website, or request more.
- Promote the materials during Health Observances and holidays, such as: February - Valentine's Day; April - STD Awareness Month; May – Teen Pregnancy Prevention Month; or June - PRIDE Month, etc.

We Appreciate Your Feedback

Please share how you've used the materials in your community.

Please take this 5-minute survey:



To request more materials, visit:



For more information, contact:

Celena Ghost Dog, WYSH Project Manager
Email: cghostdog@npaihb.org

Thank you to our funders:

- Minority HIV/AIDS Fund (MHAF) through Indian Health Services (IHS)
- The Office of Public Affairs (OPA) through U.S. Department of Health & Human Services (DHHS)



Loved Here, Safe Here.

Social Marketing Campaign Materials

The creation of safe, inclusive, and welcoming spaces is critically important to provide holistic wellness for 2SLGBTQ (Two Spirit, lesbian, gay, bisexual, transgender, and queer/questioning) community members. A safe space is a place, program, or community that is intentionally working to affirm 2SLGBTQ identities. For many Native youth, having the knowledge that 2SLGBTQ allies exist across their tribal community can help create a welcoming and safe environment.

Creating welcoming spaces is a continual process; one that requires accountability and buy-in from everyone who create the space and access it. There are several ways we can create welcoming spaces, especially in the clinical and educational environments.

The Adolescent Health Team at the Northwest Portland Area Indian Health Board (NPAIHB) is pleased to announce the availability of health promotion materials for tribal clinics and those who engage with Native youth (such as health educators, teachers, advisors, counselors, coaches, youth recreation staffers, etc.) to support and provide an affirming environment for 2SLGBTQ youth. The campaign materials – *Loved Here, Safe Here.* – can be posted, printed, or shared with your networks.

In this shipment you will find:

- Posters
- Window clings
- Temporary tattoos
- Magnets
- Enamel Pins
- Stickers
- Children's books (Sassy Sassafras)
- Coloring book (Sassy Sassafras)



SCAN ME

These youth-friendly materials are designed to promote HIV/STI testing, spark conversations around sexual health topics, and encourage access to **We R Native** (www.weRnative.org), a multimedia health resource for Native youth, by Native youth. You will find:

- **Sassy Sassafras Two Spirit Children's Book** (and companion coloring book) – A children's book based on a southeastern woodlands Indigenous wisdom. The book captures a heartfelt encounter between the two authors, retold through a story about Sam/Samantha, a Two Spirit person, and Miss Mary, a tribal elder.
- **Get Yourself Tested (GYT)** – The GYT campaign encourages young people to get tested and treated for STDs and HIV to protect their health and the health of their partners.
- **Text SEX to 94449** – A text message service for Native youth and young adults designed to deliver sexual health information to prevent HIV/STIs.
- **Ask Your Relatives** – An online anonymous Q&A service for Native Youth and young adults ages 13-24 years old on We R Native (<https://www.wernative.org/ask-your-relatives>).
- **Caring Messages** – Caring Messages is an evidence-based suicide-prevention intervention. Youth can sign up for the text message series and will receive 2 texts per week with messages design to improve their mood and remind them how awesome they are.
- **BRAVE** – A culturally-relevant mobile health (mHealth) intervention designed to improve healthy relationships, promote cultural pride and resilience, and increase help-seeking skills among AI/AN youth 15-24 years old.

Tips for using these campaign materials in Tribal communities:

- Hang the posters in Tribal service buildings, such as: health clinics, gyms, administration buildings, schools, local stores, and businesses.
- Use the temporary tattoos, stickers, magnets, and enamel pins to hand-out at school or community events and health fairs. Have them available in clinic waiting rooms or place them in information packets provided to patients.
- Download the materials from the NPAIHB website and post them on your Tribe's website or social media pages.
- Promote the materials during Health Observances and holidays, such as: February - Valentine's Day; April - STD Awareness Month; May - Teen Pregnancy Prevention Month; or June - PRIDE Month, etc.

DIGITAL DOWNLOADS

In addition to the printed materials, this campaign will include 30-second video PSAs, virtual backgrounds for social media and online education platforms!

To download visit:

<https://www.npaihb.org/social-marketing-campaigns/>



We Appreciate Your Feedback

Please share how you've used the materials in your community.

Please take this 5-minute survey:



To request more materials, visit:



For more information, contact:

Celena Ghost Dog, WYSH Project Manager
Email: cghostdog@napihb.org

Thank you to our funders:

- Minority HIV/AIDS Fund (MHAF) through Indian Health Services (IHS)
- The Office of Public Affairs (OPA) through U.S. Department of Health & Human Services (DHHS)



Beaded artwork by: Ameyalli Mañon-Ferguson, she/her, Osage/Mazahua

This piece was designed in collaboration with her sister, symbolizing the beauty of Two-Spirit identities.

Angelino A. Celebrating Our Magic: Resources for American Indian/Alaska Native transgender and Two-Spirit youth, their relatives and families, and their healthcare providers. Seattle Children's Hospital Center for Diversity and Health Equity, Northwest Portland Area Indian Health Board; 2019



Paths ReMembered Identity Presentation & Guided Discussion

www.pathsremembered.org



Itai Jeffries, PhD – Yesah/Occaneechi
English Pronouns: they/them/y'all
Paths (Re)Membered Project Manager
Email: ijeффries@npaihb.org

Healthy Native Youth YouTube link: <https://youtu.be/75bENyKMQTo>

Guided Group Discussion:

- Who taught you about sex/sexual orientation? How did you come to understand your own sexual orientation?
- How and when did you come to understand your current gender identity?
- How, if at all, does the male/female gender binary limit you?
- What does it mean to you to feel safe in gendered spaces?

For more information, visit:

Order a Paths Remembered Celebrating Our Magic Toolkit:

<https://www.pathsremembered.org/celebrating-our-magic-toolkit/>

Healthy Native Youth Website Resources Page:

<https://www.healthynativeyouth.org/resources/>





Paths ReMembered Website Resources
Two Spirit, Lesbian, Gay, BiSexual, Transgender, Queer + Health
www.pathsremembered.org



Itai Jeffries, PhD – Yesah/Occaneechi
English Pronouns: they/them/y'all
Paths (Re)Membered Project Manager
Email: ijeффries@npaihb.org

Services

- Paths(Re)Membered mental health services: <https://www.pathsremembered.org/mental-health-services/>
- Paths(Re)Membered blog: <https://www.pathsremembered.org/blog/>
- SassySassafras Children's book: <https://www.pathsremembered.org/resources/sassy-sassafras-childrens-book/>
- Celebrating Our Magic Toolkit: <https://www.pathsremembered.org/toolkit/>

Movies and Podcast

- Two Spirit Talks: <https://soundcloud.com/twospirittalks>
- Becoming Jane Doe: <https://www.pathsremembered.org/becoming-jane-doe/>
- See Me. Stand with Me.: <https://www.org/see-me-stand-with-me/>
- There's Heart Here: <https://www.pathsremembered.org/theres-heart-here/>

Downloadables

- Factsheets: <https://www.pathsremembered.org/resources/? sft category=factsheets>
- Pamphlets: <https://www.pathsremembered.org/resources/? sft category=pamphlet>
- Posters: <https://www.pathsremembered.org/resources/? sft category=poster>
- Rack Cards:
- <https://www.pathsremembered.org/resources/? sft category=rack-card>

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)

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

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

YouthLine
A Service of Lines for Life

We listen. We support.
We keep it to ourselves.

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



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



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



Youth Support

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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.wernative.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/roo-sexual-health-chatbot



We R Native: Sexual Health
Text: SEX to 94449
www.wernative.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



Youth Support



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Bullying

stopbullying

Stopbullying.gov
www.stopbullying.gov/resources/teens



Cyberbullying
www.cyberbullying.org/resources/students



We R Native: Bullying Prevention
www.wernative.org/my-life/life-hacks/bullying-prevention

Find Help Near You



SAMSHA - 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

