

October 11, 2023, 10:00-11:30 am PST



# Prepare: Implementation Toolbox

## Land Acknowledgement

NPAIHB serves the 43 federally-recognized tribes of Oregon, Washington and Idaho and our office is located within the traditional and ancestral homelands of the Multnomah, Kathlamet, Clackamas, Tumwater, Watlala bands of the Chinook, the Tualatin, Kalauya and many other indigenous nations of the Willamette and Columbia River regions.

# Let us Start with a Blessing

“Out there beyond ideas of  
wrongdoing and rightdoing there is a  
field. I’ll meet you there.”

– Rumi





# Yá'át'ééh! Ublaaluataq! Daanzho!



**Michelle Singer**

*Navajo*

(she/her)

I love music & sports!.

[msinger@npaih.org](mailto:msinger@npaih.org)



**Millie Voight**

**Namesake: Lugaluiq**  
*Inupiaq, Native Village of  
Unalakleet*

She/Her

I love reading.

[mlvoight@anthc.org](mailto:mlvoight@anthc.org)



**Vurlene**

**Notsinne-Bowekaty**

*Jicarilla Apache Nation*

I love to cook & sports

[vurlene.notsinne-bowekaty@](mailto:vurlene.notsinne-bowekaty@nsn.gov)

[rpmic-nsn.gov](http://rpmic-nsn.gov)



**NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD**  
*Indian Leadership for Indian Health*

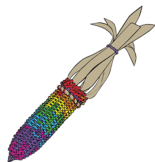
# Live Virtual Training Logistics

## Logistics

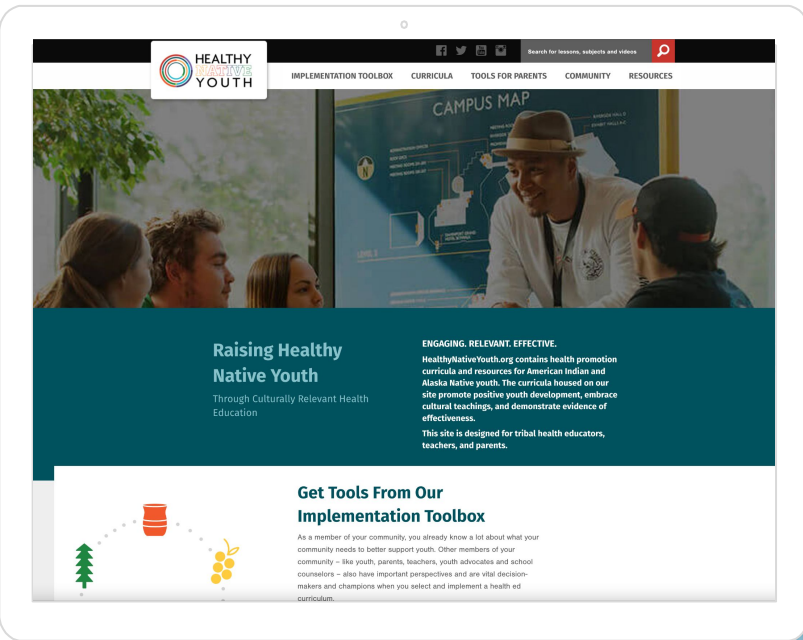
- You are muted
- If comfortable, share video

## Engagement

- Padlet Activity
- Chat box
- Icons (Zoom & More)



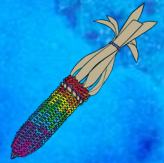




# Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Pronouns
- ★ Tribe/ Organization
- ★ What are you hoping to learn today?



# Safe Spaces



## Group Agreements



## Digital Learning Agreement

Teachers or parents: Use this document at the beginning of the school year to set a positive culture of digital citizenship in your classroom. Copy or download this form and add or delete items to customize it. Go over the pledge with students; then make sure the student and a parent/caregiver sign it.

As a student and a digital citizen, I agree to:

### Be responsible. I will ...

- Do my best to complete my schoolwork and assignments.
- Take care of my device by:
  - not dropping or tossing it.
  - putting it down on a clean, flat surface.
  - not eating or drinking when I use it.
- Tell my teacher and parent or caregiver if my device is broken, stolen, or lost.
- 

### Stay safe. I will ...

- Not share my school account passwords with anyone other than my teacher and parent or caregiver.
- Not create accounts or share private information without my family's permission. (This includes my full name, date of birth, address, phone number, and photos or videos of myself.)
- Tell my teacher or an adult I trust if anything makes me feel uncomfortable online, or if anyone acts inappropriately toward me.
- 

### Think first. I will ...

- Remember that teachers and administrators can see whatever I say and do on a school-issued device during video meetings, in emails and chats, and on shared documents.
- Not post anything online that I wouldn't want my family, teachers, college admissions officers, or future employers to see because posts and comments can be saved and shared without my knowledge.

 common sense education

commonsense.org/education 1  
Shareable with attribution for noncommercial use. Reviewing is encouraged.  
See <https://creativecommons.org/licenses/by-nc-sa/4.0/> for more details.

- Investigate whether a source is credible because not all information online is true.
- Give proper credit whenever I use, reference, or share someone else's creative work online.



# We've Got Goals!

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

- ★ **identify** HNY Toolbox resources & tools for your site and setting
- ★ **listen** to the community partners share tips and strategies for recruitment and preparing for implementation success

“If you have one hundred people who live together, and if each one cares for the rest, there is One Mind”

-Shining Arrows, Crow, 1972





# Where are we going



**Prepare Phase:**  
*HNY Implementation*  
*Toolbox*  
15 min

**Stories from Alaska!**  
*ANTHC*  
20 min

**Padlet Activity**  
5 min

**Closing**  
5 min

1

3

5

7

2

4

6

**Wellness Moment**  
*Chair Movement*  
1 min

**Stories from Arizona!**  
*SRPMIC*  
20 min

**Let's Talk**  
20 min



1.

# Prepare

Preparing for program implementation...





## Get Tools From Our Implementation Toolbox

As a member of your community, you already know a lot about what your community needs to better support youth. Other members of your community – like youth, parents, teachers, youth advocates and school counselors – also have important perspectives and are vital decision-makers and champions when you select and implement a health ed curriculum.

The steps and tools in the Implementation Toolbox will help walk you through important phases in the planning process with ready-to-go templates, tips, examples, and words of encouragement.

[Start From the Beginning](#)

[Find Your Best Starting Point](#)

[See the Big Picture](#)







## Gather

**Gather** input on youth interests and health priorities

- Identify your community's needs and resources
- Select your program setting

### GET SUPPORT:

Connect with community members for guidance and feedback

### YOUTH VOICE:

Gather input from youth and program participants



## Choose

**Choose** which criteria are most critical to your program

- Select a program that aligns with your goals
- Get approval if needed

### GET SUPPORT:

Identify decision-makers

### YOUTH VOICE:

Seek input from youth and community



## Prepare

**Prepare** an implementation action plan that includes self-care

- Order supplies, teaching tools, and incentives
- Practice going through the curriculum & activities

### GET SUPPORT:

Invite guest speakers and attend Community of Practice sessions

### YOUTH VOICE:

Recruit caregivers, youth and allies



## Implement

**Implement** your program with confidence!

- Track your implementation journey
- Assess student learning and experiences

### GET SUPPORT:

Explore technical assistance and resource supports

### YOUTH VOICE:

Celebrate the youth



## Grow

**Grow** with your program

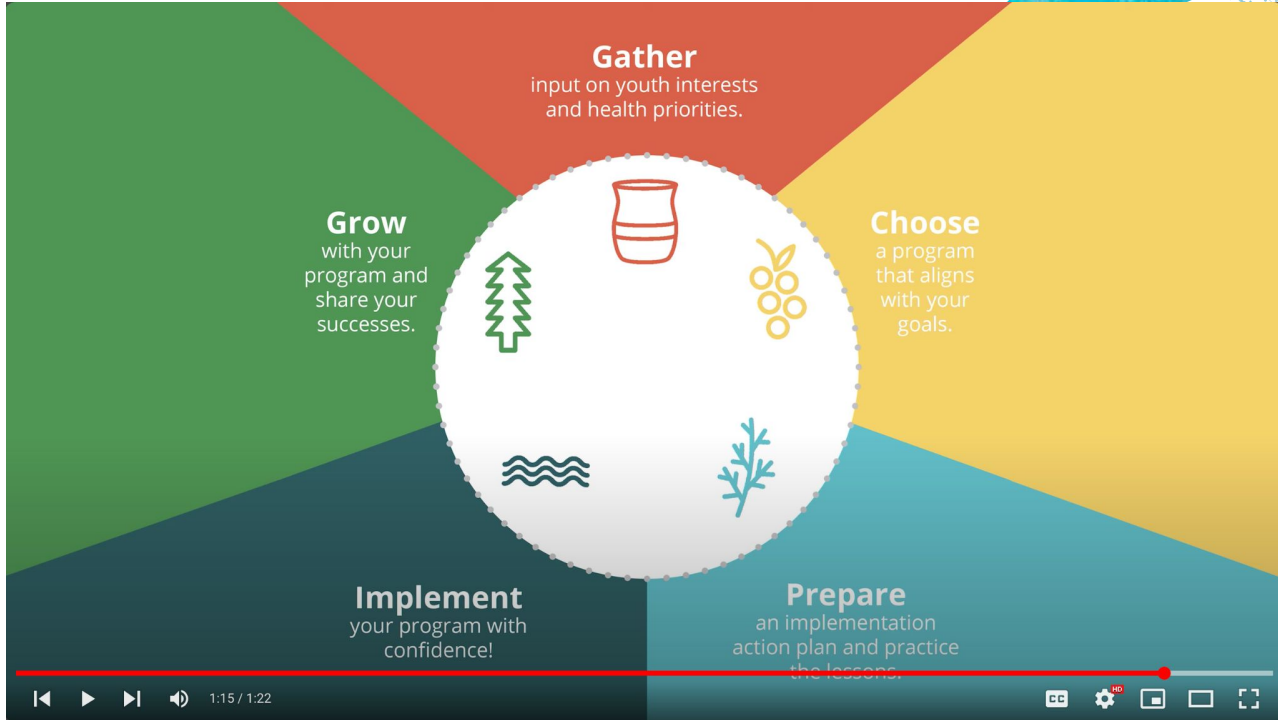
- Share successes and lessons learned
- Keep the momentum going

### GET SUPPORT:

Collaborate with other youth programs

### YOUTH VOICE:

Stay connected beyond programming



### Implementation Toolbox - Mini 101's

Healthy Native Youth - 2 / 6

↺ ↻

- Introduction & Overview – Implementation Toolbox**  
Healthy Native Youth  
1:23
- GATHER PHASE: HNY Implementation Toolbox**  
Healthy Native Youth  
1:37
- CHOOSE PHASE: HNY Implementation Toolbox**  
Healthy Native Youth  
1:29
- PREPARE PHASE: HNY Implementation Toolbox**  
Healthy Native Youth  
1:21
- IMPLEMENT PHASE: HNY Implementation Toolbox**  
Healthy Native Youth  
1:17
- GROW PHASE: HNY Implementation Toolbox**  
Healthy Native Youth  
1:28



Gather



Choose



Prepare



Implement



Grow



## Prepare

**OVERVIEW:** Start making preparations for your program – gather supplies, order materials, and preview the lessons

**Goal: Create a plan to implement the curriculum in your school or community setting. Start reading through your program of choice and begin ordering materials for activities and incentives.**

Now that you have chosen a program, you can prepare for success! In the PREPARE phase you are going to draft an implementation action plan. Reach out to potential guest speakers who can lend their knowledge and connect with the youth. Start ordering supplies, teaching tools, and incentives – make this program work for you! Practice going through the curriculum and try to anticipate any hurdles you might run into. Consider any possible logistical challenges. How will you handle them? How will you start recruiting participants? Reach out to caregivers, youth, and other community allies.





## Where do I start?



Gather



Choose



Prepare



**Get support:** Invite guest speakers and attend Community of Practice sessions. [Learn more](#) 

---

**Prepare an implementation action plan that includes self-care.** [Learn more](#) 

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**Order supplies, teaching tools, and incentives.** [Learn more](#) 

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**Practice going through the curriculum & activities.** [Learn more](#)

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**Youth voice:** Recruit caregivers, youth, and allies. [Learn more](#)



Implement

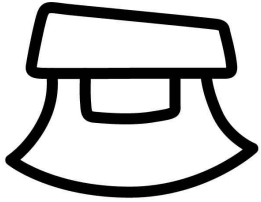


Grow



[Download for quick reference.](#)





Prepare - Get Support - Invite and Prep Guest Speakers.docx



Prepare - Step 1 - Curriculum Implementation Plan Template.docx



Prepare - Step 1 - Example Native STAND Budget.xlsx



Prepare - Step 1 - Self-Care-Plan\_Elders-Adults.pdf



Prepare - Step 2 - Example - List of Materials to Order for Native ...




Prepare - Step 4 - Example Recruitment Fliers.pdf



Prepare - Step 4 - Letter to Parents Template.doc





**Prepare**

Prepare an implementation action plan and practice the lessons.

PREPARE PHASE: HNY Implementation Toolbox

Healthy Native Youth  
356 subscribers

Analytics Edit video

Like Share Download

[https://www.youtube.com/watch?v=uaqjvstrrM&list=PLiKVo\\_vO0vosLRr8\\_cLFLD35c--BYQofe&index=4](https://www.youtube.com/watch?v=uaqjvstrrM&list=PLiKVo_vO0vosLRr8_cLFLD35c--BYQofe&index=4)

**Implementation Toolbox - Mini 101's**

Healthy Native Youth - 2 / 6

Introduction & Overview - Implementation Toolbox  
1:23  
Healthy Native Youth

GATHER PHASE: HNY Implementation Toolbox  
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1:17  
Healthy Native Youth

GROW PHASE: HNY Implementation Toolbox  
1:28  
Healthy Native Youth





## PREPARE Curriculum Implementation Plan



**Instructions:** Start thinking about the logistics involved in implementing your program. Use these questions to anticipate your program's needs: who will deliver each lesson, where will the classes take place, when will you meet and how often?

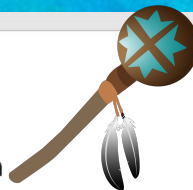


Use the Implementation Plan template to draft out logistics, lesson enhancements, and crisis response protocols. Having a clear plan will help you gain support from decision-makers and communicate your program's needs.

We know this work can be taxing, build in time and space for reflection and self-care as you go on this journey:  
[Self-care plan for Adults and Elders](#)



## Curriculum Implementation Plan



### Lead Educator Contact Information

Name:  
Tribe/Organization:  
Office # (Direct):  
Cell #:  
Email:  
Name of Supervisor:  
Email of Supervisor:



Add other staff or site points-of-contact, as needed.

1. Which curriculum did you choose on [www.HealthyNativeYouth.org](http://www.HealthyNativeYouth.org): Add (Write a few sentences, thinking about the following questions...)
  - a. What steps did you take to GATHER community support? An advisory board? Parents? Students?
  - b. When you CHOSE the program, did you need approval from the Tribe? School? School Board?
  
2. How will you recruit youth in your community to participate in the curriculum?  
Check out PREPARE – Step 4, for more tips and tools to help recruit youth, caregivers and allies. (Write a few sentences, thinking about the following questions...)
  - a. Are you building upon an existing youth program or creating a new one?
  - b. How will you build interest for youth and their parents?
  - c. Will you collect permission or consent forms?
  - d. How will you keep in touch with participants and their parents to schedule sessions?





## Template: Class Agenda and Invite for Guest Speakers



Host + contact info:

Co-host + contact info:

Start	End	Min	What/activities	Lead (Presenter and speaker)	Materials/ Links:
11:00am	11:15am	15	Welcome students, open PPT for class Kickoff  Introduce guest speaker	Facilitator's Name	Flip chart, markers, name tags
11:15	12:00	45	Talking Point to Cover  <ul style="list-style-type: none"> <li>• Add</li> <li>• Add</li> <li>• Add</li> </ul>	Guest's Name	

**Note to Guests: Our classroom**

1. Promotes skills development (e.g., communication, negotiation, refusal, assertiveness, contraceptive use) with practice and feedback.
2. Teaches youth to initiate risk reduction conversations with friends and family.
3. Teaches youth how to communicate with messages that target risk-related attitudes, norms, intentions, and self-efficacy.
4. Uses active learning techniques.
5. Uses non-heterosexist language and positive role modeling.
6. Is “sex-positive,” teaching that sexual expression under the right circumstances is normal and healthy.
7. Focuses first on knowledge, attitudes, and behaviors, then on how to promote positive social norms in the community.
8. Supports youth as they set personal goals.





**Template:** [Letter for Parents and Guardians](#)

**Examples:** [Recruitment flyers](#), [news articles](#), [parent and youth cover letters](#)



## Letter to Parent or Guardian

Date: Add

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Dear Parent or Guardian:

We are very excited to inform you that your child will have the opportunity to participate in a health education program that we will be implementing in the [school, after-school program, summer program, etc.], called **Native STAND (Students Together Against Negative Decisions)**. This curriculum is designed to help students make better decisions about their health. The curriculum is a comprehensive health curriculum that addresses sexually transmitted diseases, HIV, unplanned pregnancy, drugs and alcohol, dating violence, mental health, and other important issues that impact our youth today. After the training program is over, your child will be able to help themselves and their friends make healthy decisions.

There are 18 sessions in the curriculum that last about **one hour** each. These may occur weekly, or more frequently, depending on the program is delivered.





# Wellness Moment





2.

# Stories from Alaska

Alaska Native Tribal Health Consortium &  
*Native It's Your Game*

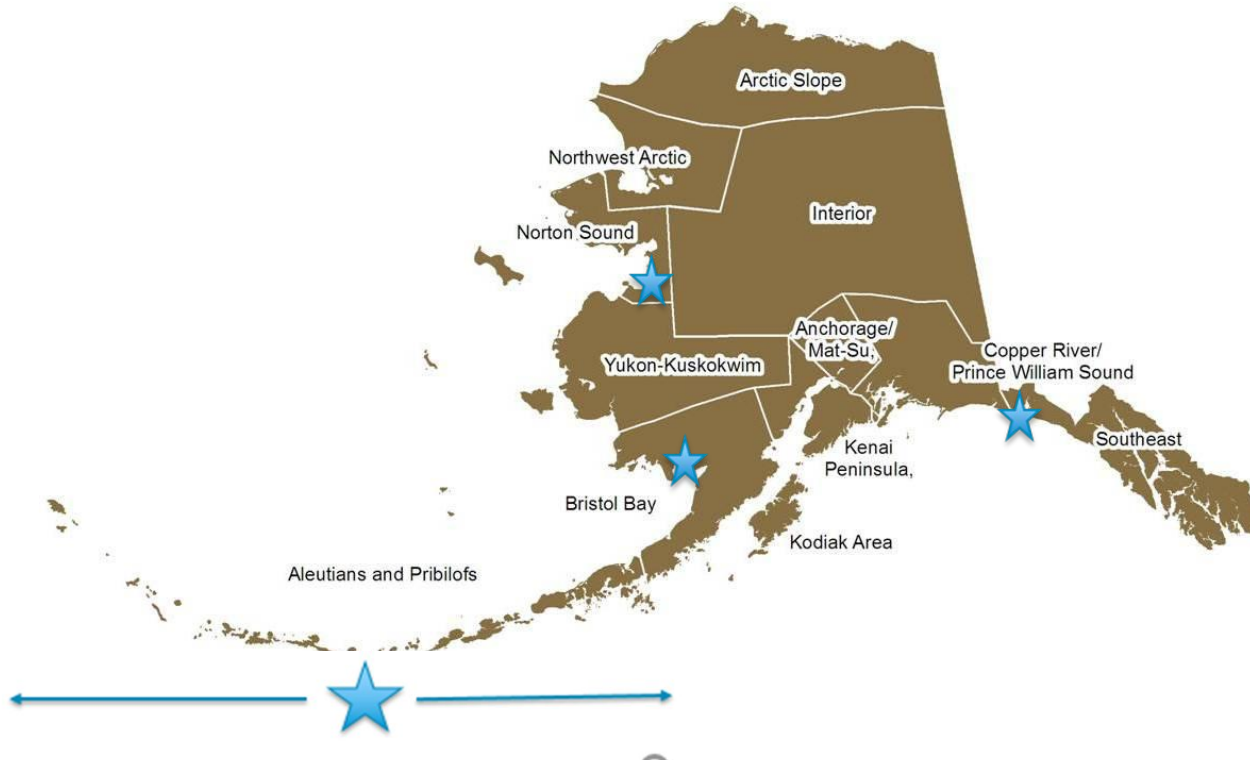


# Tribal Personal Responsibility Education Program

- ★ 5-year grant
  - 2021-2026
- ★ Combines Evaluation with Implementation
- ★ Project Wangkuta – “Project Us”
  - Community Partners
  - Pilot Program
  - iKnowMine Youth Advisory Board
- ★ N-IYG curriculum in rural Alaska



# Partners



# Community Partners

- ★ Local implementation
- ★ Providing technical assistance
- ★ Training
  - Be knowledgeable about resources you are sharing
  - Prepare Implementation Action Plan ahead of time
  - Bring food!





# Pilot Programs

- ★ Goal: Implement 1 lesson from the N-IYG in communities across the state
- ★ Constant communication
  - Doodle Poll/Email vs. Immediate Communication
- ★ Fostering Positive Relationships
  - Connections improved the creation of these programs



# iKnowMine Youth Advisory Board

- ★ Goal: Incorporate youth feedback into youth programming
- ★ Complete 1 year
  - Recruitment and retention challenges
- ★ Leverage other youth organizations
  - Tabling events
- ★ Don't be discouraged!
  - It takes a while to get started, but things will kick off




<https://www.iknowmine.org/>




# How we used HNY Toolbox



YAB meetings	2. have talking circle Questions Ready 3. Assign curriculum lessons 4. Keep CP sites in mind regarding curriculum	PC		X	X			X	X	X	x	X?					
YAB Leadership Opportunities	1. Mention Leadership opportunity to YAB members	PC			X			X									


**Template:** [Curriculum Implementation Action Plan](#)  
**Template:** [Self-Care Plan for Adults and Elders](#)  
**Example:** [Project Budget from the Field](#)

Activities	Specific Steps	Who is responsible?	Timeline for Completion												Budget		
			Sep 2023	Oct.	Nov	Dec	Jan 2024	Feb	Mar	Apr	May	June	July	Aug		Sep.	
	2. Define leadership Roles																
Offer Leadership Opportunities -present a sign-up sheet	Offer to YAB members	PC			X		X	X	X	X	X						


**Template:** [Class Agenda and Invite for Guest Speakers](#)

Start	End	Min	What/activities	Lead (Presenter and speaker)	Materials/ Links:
2 pm	2:15 pm	15	Welcome students	All staff	Permission slips received at the door
2:15	2:30	15	Ice Breaker	Millie	Mingle, Mingle, Mingle
2:30	2:35	5	Explain event – what should attendees expect, expectations of attendees also	Millie	Maybe a white board or big poster paper?



# My Self-care

- ★ Reading
- ★ Beading
- ★ Family time
- ★ Going outside!



Image source: Millie





# 3. Stories from Arizona

Salt River Pima-Maricopa Indian Community



# Program Background



Image Source: Ms. Vurlene



# Our Partnerships

- ★ Youth Services After School Program
- ★ Youth Council
- ★ Boys & Girls Club
- ★ Recreation Afterschool Program
- ★ LEARN Program
- ★ Accelerated Learning Academy (ALA) School



Image Source: Google images





# Accelerated Learning Academy

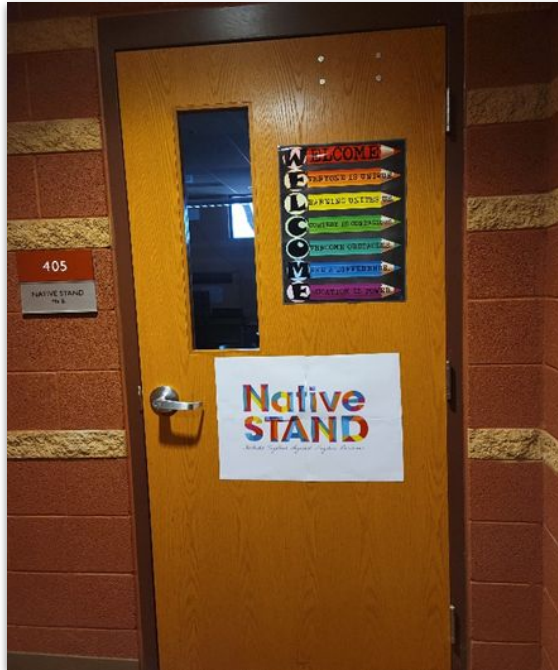


Image Source: Ms. Vurlene





# Native STAND

Class of 2016



Image Source: Healthy Native Youth



# ALA & Native STAND

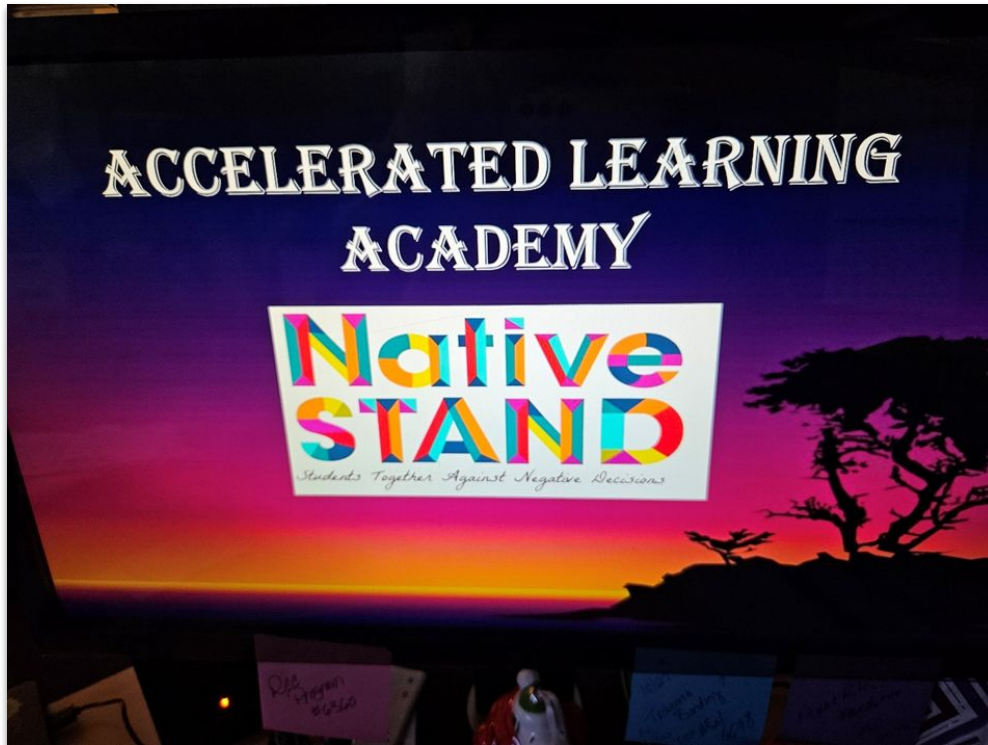


Image Source: Ms. Vurlene





# Incentives...

## What's worked for us

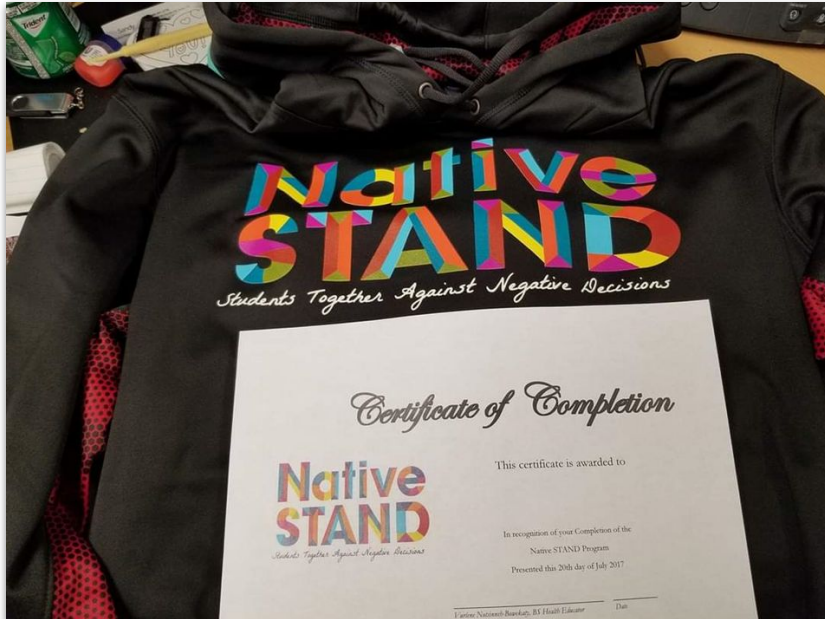


Image Source: Ms. Vurlene

**Incentives**

## Native STAND



Native STAND (Students Together Against Negative Decisions) is an ongoing program designed to help Teenagers (13-18 years old) make better decisions. The curriculum holistically addresses healthy decision making and develops knowledge and skills for healthy relationships and self esteem, preventing STD's and early pregnancy and avoiding substance abuse.

**For teens ages 13-18 years old**  
**DATE:** February 16 - May 5, 2018  
**WHEN:** Every Thursday evening from 6:00-7:30 PM  
**WHERE:** Recreation Department

For more info: SRPMIC DHHS Prevention Intervention Services (480) 362-2706  
or Recreation Dept (480) 362-6360



# #2rez4U



Image Source: Ms. Vurlene





# Eleanor E. Roehris Advocate Award



Image Source: Ms. Vurlene



# My Self-Care





# Padlet

Use QR code or the link in the chat box to join...

*Recruitment  
Strategies...Let's Share  
'em!*



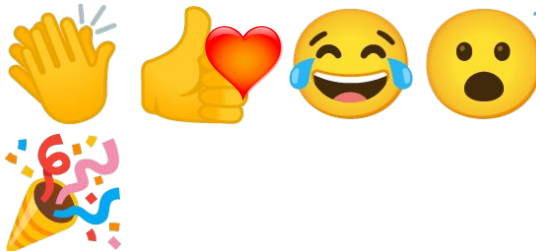
# 4. Let's Talk About it!

## Logistics

- Share Your Video
- Use the Chatfeed

## Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions







*Chatfeed Convo:  
Type Questions, Ask  
Away!*



# Practice in Action

Taking it back home!



# 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

**HEALTHY NATIVE YOUTH**

IMPLEMENTATION TOOLBOX CURRICULA TOOLS FOR PARENTS COMMUNITY RESOURCES

SEARCH FOR LESSONS, SUBJECTS AND VIDEOS

**CAMPUS MAP**

**Raising Healthy Native Youth**  
Through Culturally Relevant Health Education

**ENGAGING. RELEVANT. EFFECTIVE.**  
HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native youth. The curricula housed on our site promote positive youth development, embrace cultural teachings, and demonstrate evidence of effectiveness.  
This site is designed for tribal health educators, teachers, and parents.

**Get Tools From Our Implementation Toolbox**  
As a member of your community, you already know a lot about what your community needs to better support youth. Other members of your community – like youth, parents, teachers, youth advocates and school counselors – also have important perspectives and are vital decision-makers and champions when you select and implement a health ed curriculum.

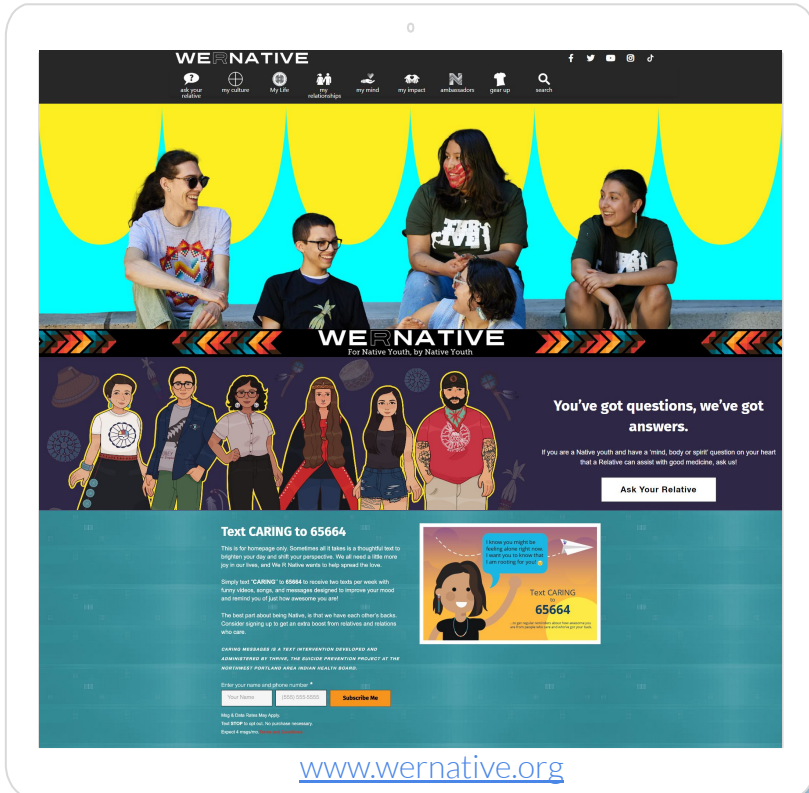
[www.healthynativeyouth.org](http://www.healthynativeyouth.org)



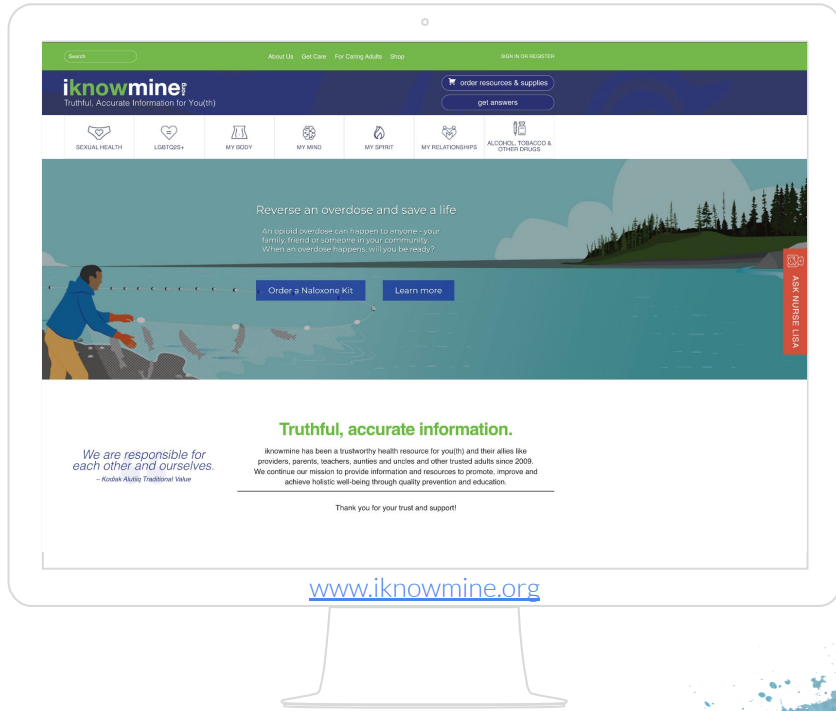
# We R Native

## 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







# I Know Mine

## For Alaska Native Youth

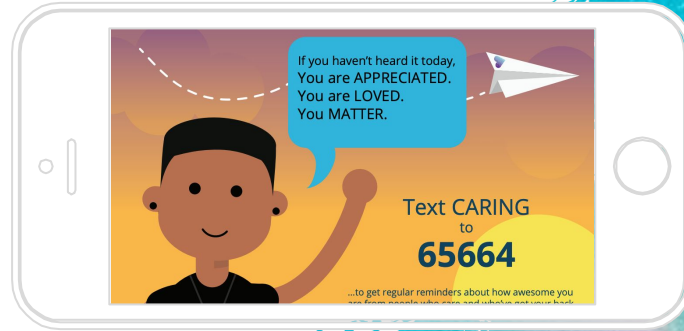
- ★ Get Condoms
- ★ “Ask Nurse Lisa” Q&A Service
- ★ Opioid Overdose Response Kit
- ★ AK Syringe Services Program
- ★ Follow on Twitter, YouTube, Facebook



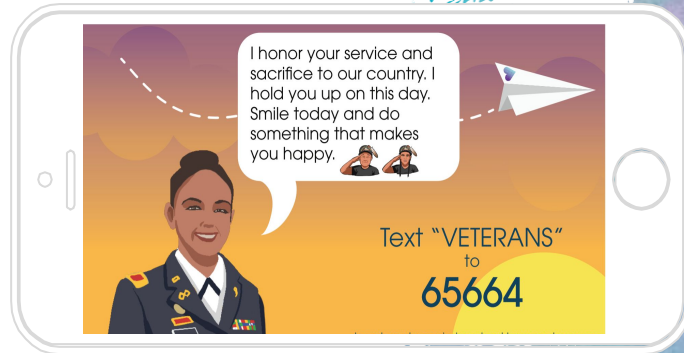
ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



# 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 741 714  
[www.crisistextline.org/](http://www.crisistextline.org/)



Suicide and Crisis Lifeline  
Dial or Text: 988  
[www.988lifeline.org/chat/](http://www.988lifeline.org/chat/)

## Abuse & Sexual Assault



StrongHearts Native Helpline  
Call, text, or chat 24/7  
1-844-7NATIVE (762-8483)  
[www.strongheartshelpline.org](http://www.strongheartshelpline.org)



National Sexual Assault Hotline Call  
(24/7): 1-800-656-HOPE  
[www.rainn.org/](http://www.rainn.org/)



National Teen Dating Abuse Helpline  
Call (24/7): 1-866-331-9474  
Text: LOVEIS to 22522  
[www.loveisrespect.org](http://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](http://www.nida.nih.gov/research-topics/parents-educators)



Truth: Smoking, Vaping, and Opioids  
Text: DITCHVAPE to 88709  
[www.thetruth.com/article/this-is-quitting](http://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/](http://www.justthinktwice.gov/)



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

## Mental Health



Mental Health America  
Call: 1-800-969-6642  
Text: MHA 741 741  
[www.mhanational.org/](http://www.mhanational.org/)



Teens Helping Teens  
Call: 1-800-852-8336  
Text: YLNATIVE to 839 863  
[www.theyouthline.org](http://www.theyouthline.org)



We R Native: My Mind  
Text: CARING to 65664  
[www.wernative.org/my-mind](http://www.wernative.org/my-mind)



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



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



# Youth Support

## Relationships & Dating



StrongHearts Native Helpline  
Call, text, or chat 24/7  
1-844-7NATIVE (762-8483)  
[strongheartshelpline.org/](http://strongheartshelpline.org/)



Love is Respect  
Call (24/7): 1-866-331-9474  
Text: LOVEIS to 22522  
[www.loveisrespect.org](http://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](http://www.wernative.org/my-relationships)

## Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project  
Text: 2SLGBTQ to 94449  
[www.pathsremembered.org/](http://www.pathsremembered.org/)



Native Youth Sexual Health Network  
[www.nativeyouthsexualhealth.com/](http://www.nativeyouthsexualhealth.com/)



The Trevor Project  
Call (24/7): 1-866-488-7386  
Text: START to 678 678  
[www.thetrevorproject.org/](http://www.thetrevorproject.org/)



It Gets Better Project  
[www.itgetsbetter.org/](http://www.itgetsbetter.org/)

## Sexual Health



Planned Parenthood  
Call: 1-800-230-7526  
Chat: [www.plannedparenthood.org/learn/foe-sexual-health-chatbot](http://www.plannedparenthood.org/learn/foe-sexual-health-chatbot)



We R Native: Sexual Health  
Text: SEX to 94449  
[www.wernative.org/ask-your-relatives](http://www.wernative.org/ask-your-relatives)



I Know Mine  
[www.iknowmine.org/ask-nurse-lisa](http://www.iknowmine.org/ask-nurse-lisa)



It's Your Sex Life  
[www.itsyoursexlife.com](http://www.itsyoursexlife.com)



Bedsider  
[www.bedsider.org/](http://www.bedsider.org/)



Get Yourself Tested #GYT  
[www.cdc.gov/std/saw/gyt/howtoGYT.htm](http://www.cdc.gov/std/saw/gyt/howtoGYT.htm)



Trans Lifeline  
Call: 1-877-565-8860  
[www.translifeline.org/](http://www.translifeline.org/)



Human Trafficking Hotline  
Call (24/7): 1-888-373-7888  
Text HELP to 233 733  
[www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)



THRIVE Linktree:  
[https://linktr.ee/npai/bbthrive?utm\\_source=qr\\_code](https://linktr.ee/npai/bbthrive?utm_source=qr_code)

Click on icons to go to resource

# Youth Support

## Bullying



Stopbullying.gov  
[www.stopbullying.gov/resources/teens](http://www.stopbullying.gov/resources/teens)



Cyberbullying  
[www.cyberbullying.org/resources/students](http://www.cyberbullying.org/resources/students)



We R Native: Bullying Prevention  
[www.wernative.org/my-life/life-hacks/bullying-prevention](http://www.wernative.org/my-life/life-hacks/bullying-prevention)

## Find Help Near You



SAMHSA - Find the treatment center closest to you  
[www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment)



Mental Health America - Find the clinic closest to you  
[www.mhanational.org/find-affiliate](http://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 NOT 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



# Talking is Power

## For Adults

### Tips & Resources for

- ★ Talking to Youth About Sexual Health
- ★ Getting the convo started
- ★ Online Printable Resources [here](#)

**TEXT  
"EMPOWER"  
TO 94449**

**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 #HealthyNativeYouth #weRnative

CURRICULA LESSON PLANS HANDOUTS RESOURCES

www.healthynativeyouth.org

fb.com/HealthyNativeYouth

Listserve: Text "YouthNews" to 22828

https://www.instagram.com/healthynativeyouth/  
@HealthyNativeYouth

native@npaihb.org

**HEALTHY  
NATIVE  
YOUTH**

SIGN UP TO RECEIVE UPDATES  
VIA TEXT MESSAGE  
TEXT "HEALTHY" TO 97779

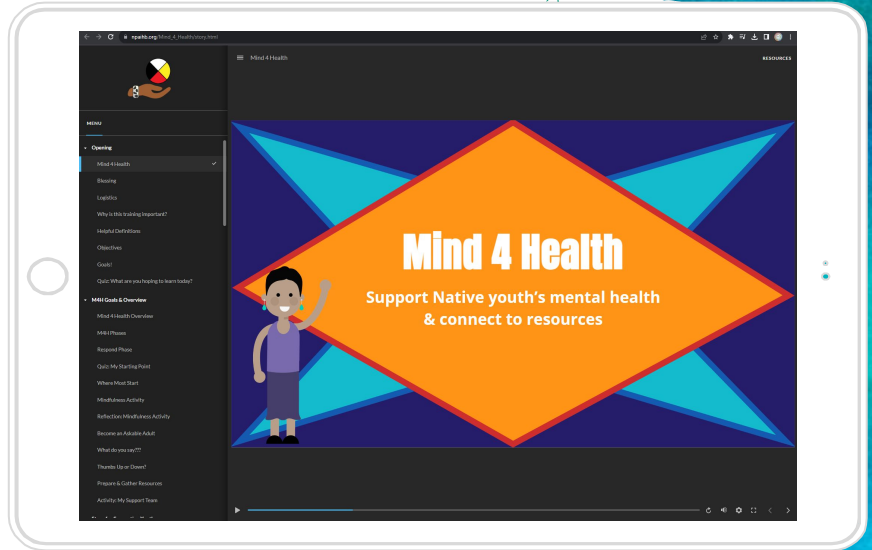
# Mind4Health

## For Adults

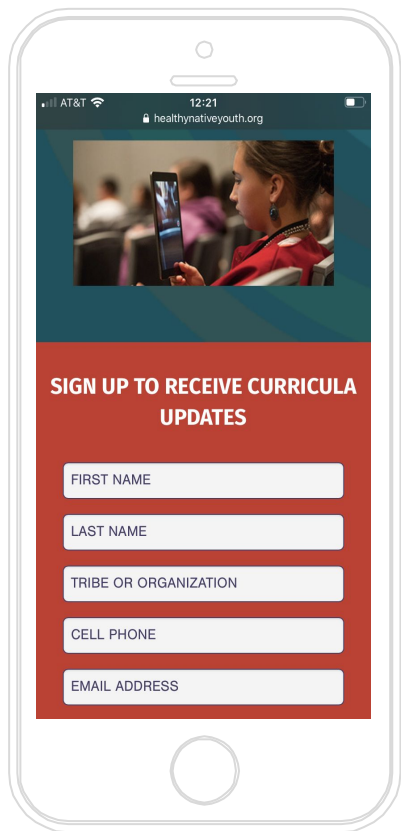
TEXT  
"MIND4HEALTH"  
TO 65064

Two Parts:

- ★ A text message service to nurture conversations with youth to build our mental health together
- ★ Online 90-min training



<https://www.healthynativeyouth.org/curricula/mind4health-training/>



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!



**COMMUNITY OF PRACTICE**

**September 13** **Gather & Choose**  
Join us as we share tips and strategies from the Healthy Native Youth Implementation Toolbox to Gather community feedback & Choose a culturally-relevant health program!

**October 11** **Prepare**  
Recruitment of caregivers, youth, and allies is always at the top of our lists. Join us as we Prepare for the implementation phase and share our lessons learned.

**November 08** **Implement & Grow**  
Let's talk Implementation, Evaluation, Reflection & Retention!

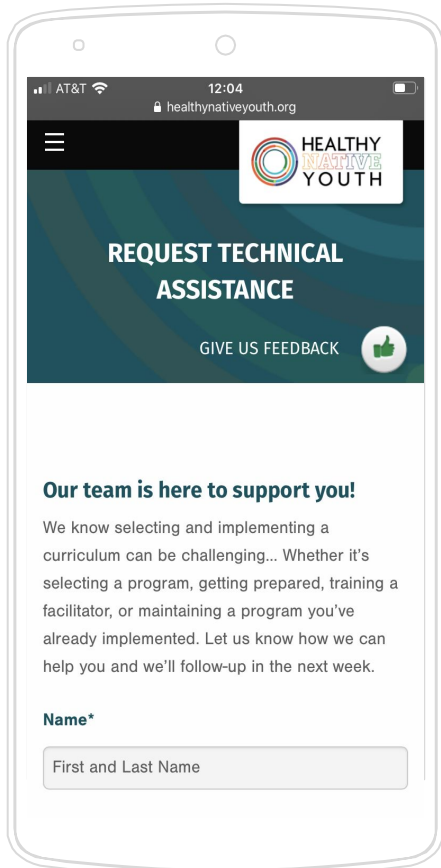
**When?**  
90-minute virtual gatherings are held the second Wednesday of most months

Start Times:  
9:00 AK, 10:00 PST, 11:00 MST, 12:00 CST, 1:00 EST

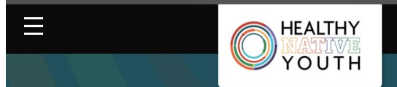
**Registration**  
Zoom registration link:  
<https://linktr.ee/HealthyNativeYouth>  
agaston-contractor@npaihb.org  
tdean@npaihb.org







AT&T 12:04  
healthynativeyouth.org



## 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\*


# We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA

# Ahe'hee! Quyana! Thank you!

From Project Red Talon (2021-2022)


[I Know Mine](#)  
[I Want the Kit](#)  
[Safe in the Village](#)



Alaska Native Tribal Health Consortium




[I Want the Kit](#)  
[Respecting the Circle of Life](#)



Johns Hopkins - Center for Indigenous Health



[Native It's Your Game](#)  
[Healthy Native Youth Implementation Toolbox](#)



University of Texas - School of Public Health



Inter Tribal Council of Arizona, Inc.



Southern Plains Tribal Health Board




Northwest Portland Area Indian Health Board



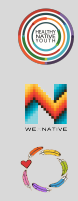
[ITCA Landing Page](#)

[I Want the Kit](#)  
[Native Test](#)



[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](mailto:agaston-contractor@npaihb.org); Michelle Singer, [msinger@npaihb.org](mailto: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

“Ish dom hoh icheema.”  
(I cherish you.)

Zuni Pueblo

