

Safe Spaces 101

December 13, 2023 10am-11:30am PT



Host

Michelle Singer

Guest Speakers

Nicole Trevino

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Chat links:

Group Agreements – Native STAND, lesson 1:

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

Digital Learning Agreements: https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaIjr9s-JGaJrNkmEk-8GX4/edit

Native IYG Take Home Activities: <https://www.healthynativeyouth.org/curricula/native-its-your-game-2-0/>

Session Feedback: https://www.healthynativeyouth.org/training_feedback/

TA Request Form: <https://www.healthynativeyouth.org/request/>

Mind4Health:

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

Part 2 CoP Registration: <https://us06web.zoom.us/meeting/register/tZMuceCvrz4qGNFJEGGA99bnPi3-sWfkbdIB#/registration>

Chat feed (names and emails have been removed)

00:35:45 ben: I'm Ben

00:35:48 Stephanie: Stephanie, NPAIHB Adolescent Health team.

00:35:56 Linda: Linda, Anchorage Alaska, RuralCap

00:35:57 Audre: Audre (she/her), Kenaitze Indian Tribe, Kenai AK, Youth suicide prevention

00:35:57 Taylor: Taylor (they/them), Puyallup tribal citizen, I work for the

Northwest Portland Area Indian Health Board as the Healthy Native Youth Outreach specialist. Today I am in charge of technical assistance for this webinar, if you have any questions feel free to come to me!

00:35:58 Olivia: Olivia, She/Her, OSU Extension on the Confederated Tribes of Warm Springs

00:35:58 Michael (He/Him), Choctaw Nation of OK, Southern Plains Tribal Health Board

00:35:59

Hi my name is Anne I am the new public health RN at Squaxin tribal clinic :)

00:36:01 Dana: Dana, RN Goldendale & Bickleton School Districts.

00:36:06 Jackie: Jackie Ed.D. (Washoe) Director of Education for the Cahuilla Band of Indians. I hope to learn about safe spaces!

00:36:18 Jen: Jen, she/her, Wisconsin, hoping to learn more about engaging youth and creating safe spaces in talking circles

00:36:20 Taylor: Group Agreements – Native STAND, lesson 1:

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

00:36:27 Taylor: Digital Learning Agreements:

https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaljr9s-JGajlrNkmEk-8GX4/edit

00:36:27 Hannah: Hannah, she/her, Chevak Quissunamiut Tribe, HIV/STD Prevention Program Manager with the Alaska Native Tribal Health Consortium, on Dena'ina land. Looking forward on how to keep integrating Safe Spaces work into our programming.

00:36:28 Kashmir: Sago! My name is Kashmir. I am Upper Cayuga turtle clan. I work in WNY at Native American community services as the youth clubhouse manager. Hoping to learn even more about fostering a safe space for our youth

00:36:30 Kim: Kim (she/her), Washoe Tribe of CA/NV, Behavior Intervention Specialist (BIS)

00:36:41 Arika: Arika (she/her), Navajo Area IHS

00:36:49 Tara: Tara with Agnew in Anchorage, AK. Would love to stay connected: Working at invitation of North Slope Borough health dept on impact of screentime on child development in northern Alaska.

00:37:03 jennine: We have Jennine Anti-Trafficking Advocate and Brandi DeCoteau DV Outreach Advocate with the Puyallup Tribe of Indians Community Domestic Violence Advocacy Program. She/her pronouns for both! Nice to meet you all!

00:37:08 Jessica: Jessica she/her Lower Elwha Klallam, Port Angeles School District native education advocate Port Angeles WA. I am hoping to learn how to create safe spaces where ever we are.

00:37:15 ben: Ben, Diné from Dinétah, New Mexico. He, him, they. Director of Project Venture, experiential & mentorship.

00:37:16 Laurie: Laurie, She/Her. Cherokee, Southcentral Foundation, Anchorage, Alaska;

00:37:19 Jennifer: Hi! I'm Jenny, Public Health Nurse in Bethel

00:37:21 Clover: Hello! My name is Clover and i'm joining here with Sitka counseling, I am part of the Lingit tribe in Sheek'a Kwaan Sitka Alaska.

00:37:30 Jolanna: Good Morning, I'm Jolanna. My pronouns are She/Her. I'm a Public Health Aide at the Navajo Area Office. I'm located in Cove, AZ.

00:37:39 Mckenna: Hi I am Mckenna I am coming from the Four Corners area in Farmington NM apart of Capacity Builders. I am a prevention educator

00:37:43 Nicole: Nicole (she/her), at the WA Dept of Health. Excited to learn more strategies to support young people in showing up in safe and authentic ways

00:37:54 Tyra: Keshi! Hello! Tyra here. Pronouns are she/her/hers. Albuquerque, NM . Social Media Project Coordinator for Coalition to Stop Violence Against Native Women. My goal is to endure information that are flexible to combine current teachings onto new age communication tools.

00:38:07 Nichelle (she/her): She:kon/Hello. My name is Nichelle and my pronouns are she/her/akoanha. I am from Akwesasne, NY. I am Mohawk from the Saint Regis Mohawk Tribe as a part of the Haudenosaunee (Iroquois). I work in a high school as a student counselor assistant. I am excited to learn about creating and fostering a safe space.

00:38:51 HANNAH: Hannah Assinaboine Fort Belknap MT Suicide Advocate / Native connections i would like to get out of this is new tools and get to make zoom help us all far away as a community

00:39:01 Dyllon: Dyllon (he/him) Tribes: Ute Mtn Ute/Navajo Nation Organization: VC of the Board for Kwiyaat Community Academy in Towaoc, Colorado Learning Goal: Seeking more avenues to consider in our school faculty master plan

00:43:45 Andreana: Hello. I am Andreana (she/her). Health Technician with Navajo Area Office.

00:45:02 Shauna: My name is Shauna (She/Her) and I'm Northern Arapaho. I live in Alaska and work as Prevention Coordinator. I'm excited to learn more about boundaries.

00:45:51 Annette: Hi this is Anne she/her @ squaxin clinic again forgot to put this in .

00:46:28 Sara: Mixawen (Hello) name is Sara, I am a tribal & community member of Torres Martinez Desert Cahuilla Indians Tribe.

00:47:27 Michelle: Replying to "Arika (she/he..."

Hello Arika! Yea! So very glad you are here!

00:50:32 Michelle: This is especially important in school and community based clinics. Warm and welcoming plus culturally identifiable images sends a positive message!

00:50:53 Jackie: Access to outdoor space

00:51:12 Clover: Our youth groups have mentioned loving to be in talking circles and being outside

00:51:27 Audre: fidget toys, noise cancelling headphones

00:51:27 Taylor: worked in a classroom with no windows for about a year, when i switched over to a room with windows it made a big difference <3

00:51:48 ben: Plants and pets help as well

00:52:46 Michelle: Fidget tools that can help for anxiety but can help youth focus while they are in the room.

00:52:49 Jessica: For the last 6+ years I've had a room with no window, I love this all so much thank you for this

00:54:00 Michelle: Replying to "Michael (He/Hi..."

Hello there, young man! Great to see you here!

00:59:06 Michelle: Creating Emotionally Safe Environments is so very important for a positive learning experience! This is a helpful start in pushing back on bullying and lifting up self-esteem & confidence.

01:00:13 Michelle: Peer-to-Peer support and advocacy for each other from the start is good relationship building + instilling respect over time in and out of the classroom.

01:01:22 Taylor: Replying to "Modeling boundaries"

I love this <3

01:01:24 Jessica: I think being someone they can talk to means being someone they trust and that can take time

01:01:46 Hannah: model inclusivity, like wearing 2SLGBTQIA+ support & pronoun pins

01:02:21 Josephine (Phines) (she/her): Showing a good example of what you expect. Being a good listener. Understanding or being empathetic. Also being authentic to yourself

01:02:44 ben: Small exercises & activities to build rapport

01:02:45 Tyra: There was this neat project that I had done that was inspired by “Freedom Writers” Where we allowed youth to have personal journals that were placed in a secure space for access. It allowed the youth to know that someone safe is aware of their thoughts and even current situations

01:03:06 Jessica: And modeling being willing to make mistakes and take responsibility for

This was benefit toward those who aren't outspoken as well as teaching others that there individuals outside of their family circle are aware if their wellbeing

01:04:49 Jessica: Yes being that auntie is what's up

01:05:04 Annette: encouraging self expression and saying that the space is nonjudgmental

01:05:28 Charity: I rely on those in my community to fill the places in my children's lives that I can't fill

01:07:45 Eva: Good morning everyone and a shoutout to Hannah!

01:11:34 Jennifer: Thanks for addressing this!

01:12:35 HANNAH: how about youth that turn there lives around it hard for them to get the trust back cause there getting judged

01:15:06 HANNAH: but building something in there community as a signage it helps them stand taller but actually showing there talents helps them grow to

01:15:11 Michelle: Chat Box Question: What other facilitator (ex: educator/clinic staff/youth advisor) characteristics help create a safe space?

01:15:44 Michelle: Humility

01:15:44 Annette: being a good listerner

01:15:49 Nichelle (she/her): Empathy, good listener, understanding

01:16:06 Dana, Goldendale & Bickleton: present at the moment and engaged

01:16:10 Charity: creating the environment you needed growing up

01:16:23 Tyra: Having a comfortable and approachable attire. I'm an artsy person, so I pay attention to the wardrobe

01:16:44 Michelle: We hear our youth say "Be Real - don't try to be something or someone you are not - authentic."

01:16:50 Kashmir : meeting them on their own level. Ntv communities are all about laughter and having fun with each other. build that rapport with them while having fun

01:16:54 Jackie: Ability to apologize or admit wrongdoing as an adult and model that students

01:16:59 Audre: creating an environment that empowers youth to use their voice

01:17:01 Tyra: Also becoming adaptable to conversations.

01:17:04 Nicole: moving at the speed of trust (especially with sexual health conversations)

01:17:09 HANNAH: some hidden skills

01:17:54 Sandra: Being mindful about language even those words that have been normalized in everyday speech but have harmful origins

01:19:22 Kashmir: yes and giving them access to those cultural practices

01:22:52 Michelle: Idea: Incentives for youth are wonderful ways to positively affirm youth as well as contribute to learning -- engagement, growth and recruitment/retention -- reward "doing something awesome!"

01:28:41 Danya: The transcript just stopped?

01:29:59 Michelle: Replying to "The transcript just ..."

Hello Danya - I will let Taylor know.

01:30:01 Taylor Dean: Replying to "The transcript just ..."

captions are enabled on my end, you might have to go into your own settings

01:30:33 Michelle: Chat Box Question 2: What is your top classroom management tip?

01:31:34 ben: Strength based approach; focusing on a person's or group's positive attributes.

01:31:39 Nichole: be willing to adapt and be flexible to what best fits the needs of the youth that day

01:31:46 Michelle: Idea: timing of your class and/or appt with youth -- be mindful of the time of day -- AM or after lunch (try ice breakers to get energy and motivating juices going.

01:31:47 HANNAH: dream big and im gonna steal all your ideals

01:31:48 Clover: being specific about the tone of the space and asking students about their comfortability in conversation and discussion

01:32:06 Jackie: consistency

01:33:56 Sandra: Naming students by the name they would like me to use for them even on the first day we meet. I struggle with names a lot so I have name tags for everyone and myself on the first day until I learn everyone's name. Ensuring that students are also learning each other's names with ice breakers, team builders, and games

01:40:23 Michelle: Chat Box Question 3: How do youth characteristics shape the learning environment?

01:43:24 Taylor: Native IYG Take Home Activities:
<https://www.healthynativeyouth.org/curricula/native-its-your-game-2-0/>

01:43:34 Taylor: Replying to "Native IYG Take Home..."

incase you want to check this out on your own time

01:43:53 Michelle: Healthy Native Youth Curriculum Page where you can find 19 culturally relevant curriculum: <https://www.healthynativeyouth.org/curriculum/>

01:46:42 Michelle: We will follow up with this recording on the HNY Resource Library Page with slides + these handouts (Youth Sample Agenda and this NIYG Take Home Activity).

01:48:21 Nichole: Thank you so much for this helpful information.

01:48:48 Stephanie: I had so many good takeaways today :)

01:49:07 Annette: thank you for all of this great info .Im new to this position and Ive really appreciated this . all of it was very healpful

01:49:07 Josephine (Phines) (she/her): I enjoyed today's information. Thank you

01:49:09 Nicole: Feel free to share additional thoughts or ideas for helping youth set boundaries for themselves!

01:49:12 Nichole: The handouts will be extremely helpful in our programming



01:49:14 Nichelle (she/her): Nia:wen/Thank you for all of the information and engaging conversation. I will implement with my afterschool group.

01:49:31 jennine:thank you!

01:49:31 Sandra: Thank you so much. I walk away with a lot of resources and tools. I feel reaffirmed when I hear similar tools being shared in the presentations that I implement and I feel very empowered to learn new tools from you all <3

01:49:32 HANNAH: very nice and clear down to mother earth talk

01:49:40 Millie: Yes, thank you so much for sharing this information! and to everyone in the chatbox for sharing their experience

01:49:46 Sara: Love this presentation and will definitely be incorporating these  

01:51:45 Hannah: Contact IKnowMine.org at & visit us at www.iknowmine.org

01:51:55 Nicole: Thank you all for your awesome participation and sharing today!

01:51:57 Clover: Atlein Gunalcheesh thank you very much for these great resources

01:52:32 Taylor: Replying to "Thank you all for yo..."

Thank you Nicole, I really enjoyed your presentation!

01:53:03 Nicole: More info on 2SLGBTQ coming up in a future COP session!

01:53:53 Nicole: Replying to "More info on 2SLGBTQ..."

In January: <https://us06web.zoom.us/meeting/register/tZMuceCvrz4qGNFJEGGA99bnPi3-sWfkbdIB#/registration>

01:54:42 Taylor: Talking is power: <https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>

01:54:52 Taylor: Mind4Health:

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

01:55:57 Taylor: Part 2 CoP Registration:

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02:00:28 Hannah: quyana