Safe Spaces 101

December 13, 2023, 10:00-11:30 am PST

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 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! Keshi! Hola!

Nicole Treviño,
MA, CHES

(She/They)
I love family time.
Nicole@nicoletrevino.com
Live Virtual Training Logistics

Logistics
- You are muted
- If comfortable, share video

Engagement
- Mentimeter activity
- Chat box
- Icons (Zoom & More)
Welcome, 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

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

https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaljr9s-JGaJlrNkmEk-8GX4/edit
We’ve Got Goals!

By the end of today’s session, you will be able to...
★ Describe the components of a positive learning environment.
★ Develop an agenda for a youth program session.
★ Identify strategies for helping youth select boundaries for themselves.

You, whose day it is, make it beautiful. Get your rainbow colors, so it will be beautiful.

-Nootka song to bring fair weather
Where are we going

1. Physically & Emotionally Safe Learning Environments
   20 min

2. Structuring Youth Programming & Youth Characteristics
   15 min

3. Helping Youth Set Healthy Boundaries
   15 min

4. Educator Characteristics & Classroom Management
   20 min

5. Let's Talk
   10 min

6. Closing
   10 min
Mentimeter Q&A

Use the link in the chat box to join...

What words describe a time when you were in a space that had 'a good vibe'?
What creates a positive learning environment?

- Physical Space
- Youth Characteristics
- Educator Characteristics
- Emotional Space
1. Creating Physically & Emotionally Safe Environments
Creating Safe Physical Spaces

- Spaces for Self-Care
- Sensory-Friendly Space
- Privacy and Freedom of Movement
- Welcoming Environment
Creating Emotionally Safe Environments

- Group Agreements/ Rules
- Predictability
- Classroom Management
- Build Group Cohesion
- Self-Expression
2. Educator Characteristics & Classroom Management
Educator Characteristics

- Classroom Management Skills
- Self-Confidence
- Experience
- Comfort with Youth & How They View Youth
- Comfort with Content
In Chat Box:
What other facilitator characteristics help create a safe space?
Classroom Management Do’s

- Prioritize Relationships
- Create Youth Ownership of Programming
- Reinforce Youth Strengths
- Use the Physical Space of the Room
- Use a Variety of Learning Methods
Classroom Management
Don’ts

● Don’t Use Language That Harms
● Don’t Take Things Personally
● Don’t Be Afraid to Apologize
In Chat Box: What is your top classroom management tip?
STRUCTURE EATS CONTENT FOR BREAKFAST
3. Structuring Youth Programming & Youth Characteristics
Sample Youth Program Routine

1. Arrival/ Coming Together
   This allows youth to transition in, decompress, and prepare to learn!

2. Introducing Today’s Session
   This allows you to set expectations, provide a head’s up about content, include a cultural teaching and center the group on the focus of the day.

3. Session Content & Activities

4. Session Reflection/ Closure
   This allows youth to reflect on what they’ve learned, connect with each other personally and transition out of the programming.
In Chat Box: How do Youth Characteristics shape the learning environment?
4. Helping Youth Set Healthy Boundaries
“Teach us how to think, not what to think”
Activity: Set a Healthy Boundary or Personal Rule At Work

What is a boundary or personal rule you would like to set for yourself - either in your work with youth or at your office?

Examples:
- I will not discuss my teen behaviors with youth
- I will not work past 6 PM!
HELPING YOUTH SELECT BOUNDARIES FOR THEMSELVES

- Connect to Support Network
- Invite Parents into the Process
- Offer a Range of Options
CONNECTING YOUTH TO THEIR SUPPORT NETWORK

- Supportive Peers & Adults
- Back-Up Plans & Emergency Supports
- Build skills for negotiation, refusal and rapid exits!
- Teach youth to accept “no” for an answer.
OFFER A RANGE OF OPTIONS

- Reinforce choosing what is right for yourself
- Help youth think about potential positive and negative outcomes
- When in doubt, use SOY to highlight a range of values and behavior options.
DON’T LEAVE PARENTS BEHIND!

- Offer Tips & Resources on how to talk
- Let them know what you’ll be teaching youth
- Provide opportunities for youth to connect with their parents- like homework discussions
5. 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

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

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
Safe Spaces & GYT

Loved Here, Safe Here. – Materials for tribal clinics and those who engage with Native youth to support and provide an affirming environment for the 2SLGBTQ community.

https://www.npaihb.org/social-marketing-campaigns/
Youth Support

For free 24/7 crisis support
Crisis Text Line
Text NATIVE to 741-741
www.crisistextline.org

Suicide and Crisis Lifeline
Dial or Text 988
www.suicide.org/chat

Abuse & Sexual Assault
StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7-NAIVE (762-8483)
www.stronghearts.org

National Sexual Assault Hotline Call (24/7): 1-866-656-4673
www.nasarq.org

National Teen Dating Abuse Helpline Call (24/7): 1-866-333-1111
Text: LOVEISLUV to 22222
www.loveis.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 1-800-626-HELP
www.drugabuse.gov/research-trends/parents-educators

Truth: Smoking, Vaping, and Opioids
Text: DITCHVAPE to 88709
www.thetruth.com/inside-the-lies-is-out.png

Get the Facts About Drugs: Just Think Twice
Call 1-855-378-4373
www.getthefacts.org

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: MIHA 74174
www.mhanational.org/

Boys Town
Children Helping Teens
Call: 1-800-852-8336
Text: YLNAVTE to 839 863
www.boys-town.org/hotline

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

National Hotline: Reach Out & Get Help
Call: 1-800-448-3000
Text: VOICE to 20201
www.boys-town.org/hotline

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

THrive Linktree:
https://linktr.ee/npaihbthrive?utm_source=qr_code

Youth Support

Relationships & Dating
StrongHearts Native Helpline
Call, text, or chat 24/7
1-866-NAIVE (762-8483)
www.stronghearts.org

Love is Respect
Call 24/7: 1-866-333-1111
Text: LOVEISLUV to 22222
www.loveis.org

We R Native: Relationship
www.wernative.org/relationships

Sexual Identity - 2SLGBTQ+
Paide (Viktori pracę)/Project
Text: 2SLGBTQ to 64449
www.viktoriapracu.org

Native Youth Sexual Health Network
www.nativeyouthsexualhealth.com

The Trevor Project
Call 24/7: 1-866-488-7386
Text: START to 67867
www.thetrevorproject.org

It Gets Better Project
www.itgetsbetter.org

Sexual Health
Planned Parenthood
Call 1-800-273-7555
www.plannedparenthood.org/conference/sexuealsexualhealth

We R Native: Sexual Health
Text: SEX to 64449
www.wernative.org/ask-your-relation

Teen? Click on icons to go to resource

Thrive Linktree:
https://linktr.ee/npaihbthrive?utm_source=qr_code

Bullying
Stopbullying.gov
www.stopbullying.gov/resources/teachers

Cyberbullying
www.stopbullying.gov/resources/students

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

Find Help Near You
SAMSHSA
Find the treatment center closest to you
www.samhsa.gov/find-treatment

Mental Health America
Find the clinic closest to you
www.nationalmentalhealth.org/find-affiliate

Text Message Campaigns
NATIVE to 94449
For health & wellness tips
Text: CARRING to 65664
For inspiration and motivation on your journey in health, technology, engineering, or math
Text: STEM to 94449
For inspiration and motivation to conquer your personal wellness goals and you could win fitness gear or a $100 gift card
Text: FITNESS to 94449
For inspiration and motivation to conquer your personal wellness goals and you could win fitness gear or a $100 gift card

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
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
Mind4Health
For Adults

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/
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

December
13
SAFE SPACES 101
Youth’s learning environment & Healthy Boundaries (relationships & media) are key to creating safe spaces for youth. Come talk with us about it!

January
10
2SLGBTQ+ 101
Come hear how we can build strong communities that are inclusive within our 2SLGBTQ+ youth programs.

February
14
SEXUAL HEALTH 101
Come hear the FAQ’s & how to answer youth’s sexual health questions, along with effective strategies for program delivery for persons with intellectual and developmental disabilities.

March
13
SWAB SQUAD TO THE RESCUE!
Join our affectionately named Swab Squad and learn about HIV, Syphilis, and STD at home testing resources for your communities.

April
10
SUBSTANCE MISUSE 101
Come get the breakdown of Substance Misuse 101 as well as resources and strategies for your community!

May
08
BEING A GOOD RELATIVE 101
Come join us as we lean into our Traditional Indigenous Knowledge; the know-how’s and practices of being good relatives to each other with the intent of supporting our youth through adolescent health programming.

June
12
CELEBRATING COMMUNITY & CULTURE 101
Come spend some time with us as we share our celebration strategies and discuss the important role the culture of our communities play in our adolescent health programming.

REGISTER HERE
https://www.healthynativeyouth.org/community-of-practice/

CONTACT US
agaston-contractor@pathb.org
teleang@pathb.org

https://us06web.zoom.us/meeting/register/tZMuc0vz-4qGvJEGGA99bnP13-aWiXk6dIh
Our team is here to support you!

We know selecting and implementing a curriculum can be challenging... Whether it’s selecting a program, getting prepared, training a facilitator, or maintaining a program you’ve already implemented. Let us know how we can help you and we’ll follow-up in the next week.

Name*
First and Last Name

★ Training & TA Evaluation Form
★ Request TA
Ahe'hee! Quyana! Thank you!

From Project Red Talon Regional Partner Network

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

University of Texas - School of Public Health

ITCA Landing Page

Inter Tribal Council of Arizona, Inc.

Southern Plains Tribal Health Board

Northwest Portland Area Indian Health Board

I Want the Kit
Native Test

Native It’s Your Game
Healthy Native Youth Implementation Toolbox

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