

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



# Safe Spaces 101

**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](mailto:Nicole@nicoletrevino.com)



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



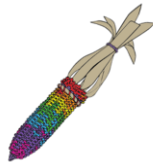
# Live Virtual Training Logistics

## Logistics

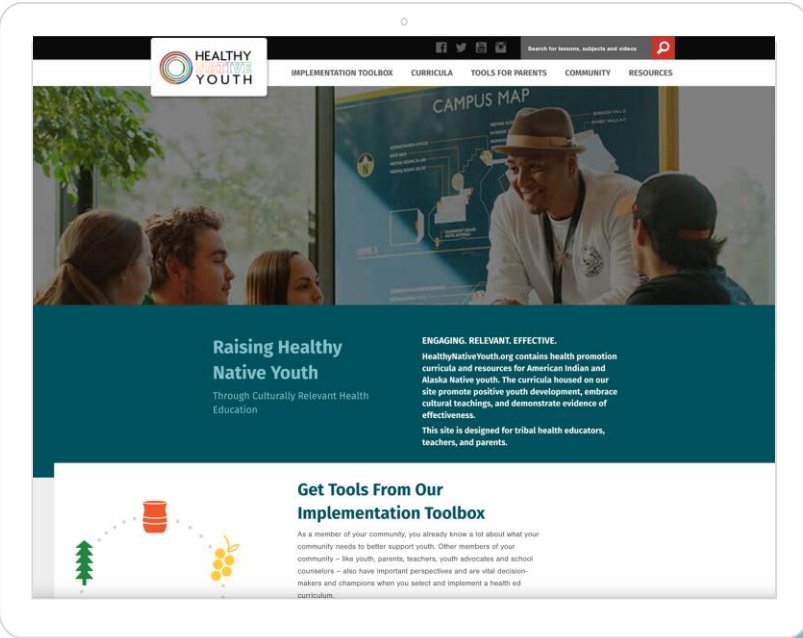
- You are muted
- If comfortable, share video

## Engagement

- Mentimeter 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



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

**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

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1

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.

[https://docs.google.com/document/d/15od\\_aYkTTQMzFz8p7tDjaljr9s-JGaJlrNkmEk-8GX4/edit](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



**Educator Characteristics & Classroom Management**

20 min

**Helping Youth Set Healthy Boundaries**

15 min

**Closing**  
10 min



**Physically & Emotionally Safe Learning Environments**

20 min

**Structuring Youth Programming & Youth Characteristics**

15 min

**Let's Talk**  
10 min





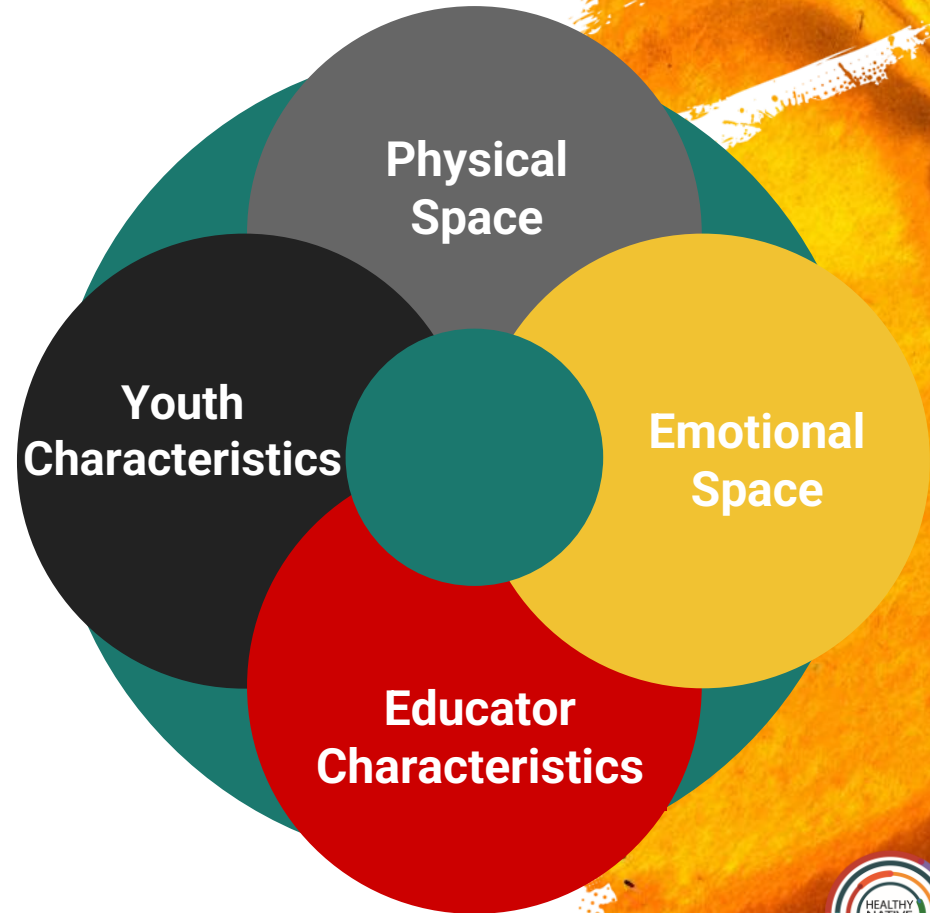
# Mentimeter Q&A

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?





# 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



*This allows youth to transition in, decompress, and prepare to learn!*

1. Arrival/ Coming Together

2. Introducing Today's Session

3. Session Content & Activities

4. Session Reflection/ Closure

*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 the day.*

*This allows youth to reflect on what they've learned, connect with each other personally and transition out of the programming.*



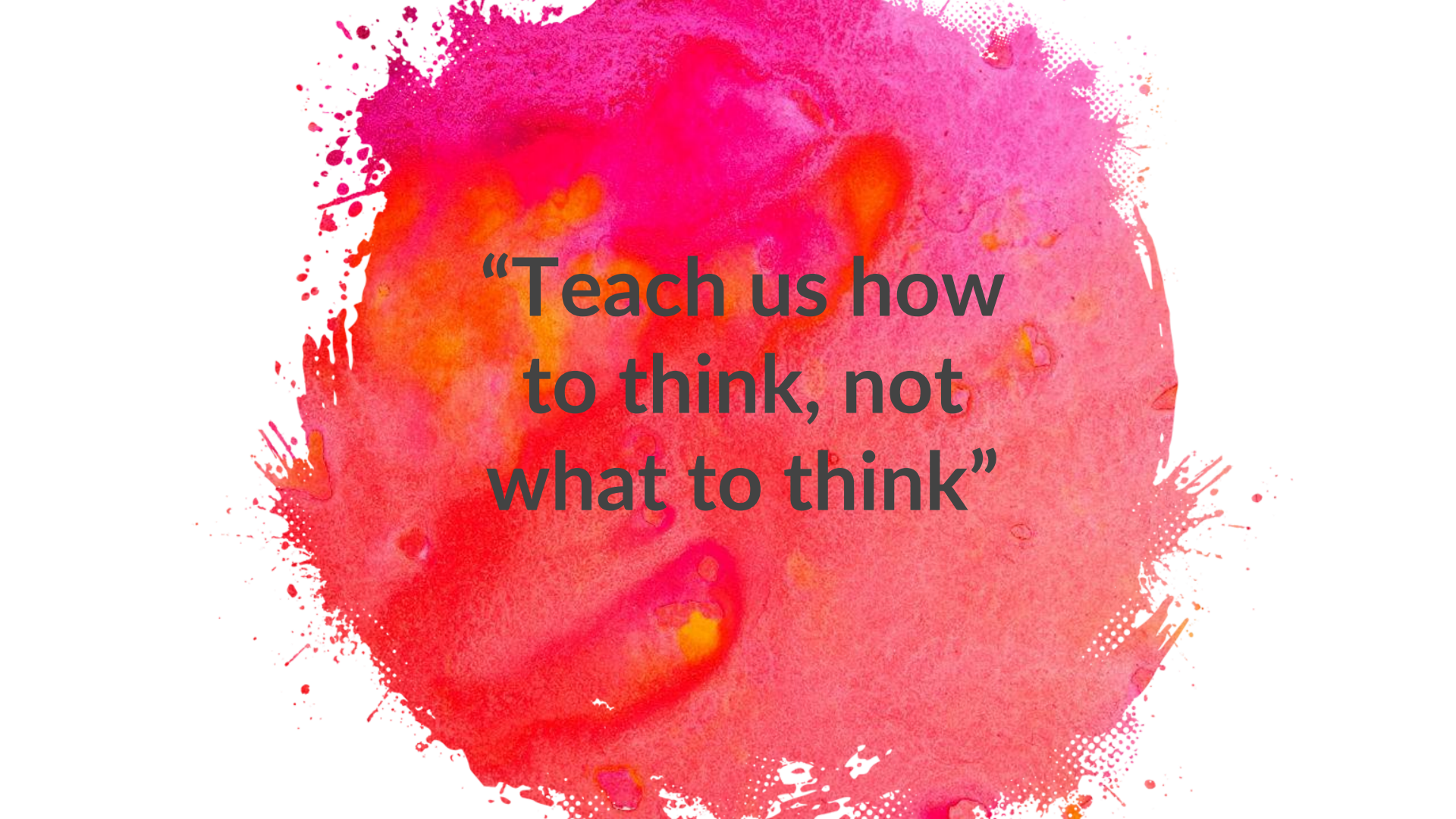


**In Chat Box:  
How do Youth  
Characteristics  
shape the  
learning  
environment?**

# 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!

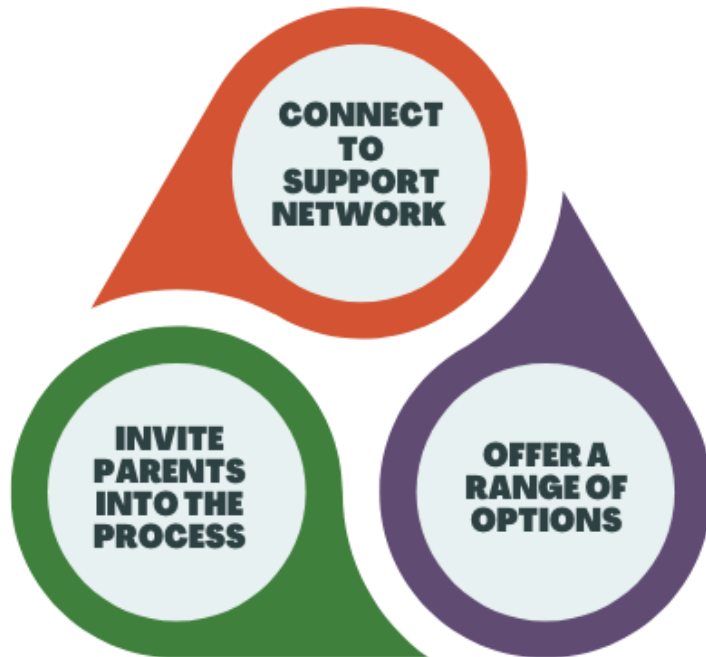




Courtesy of: NATIVE IT'S YOUR GAME



# HELPING YOUTH SELECT BOUNDARIES FOR THEMSELVES



# 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.

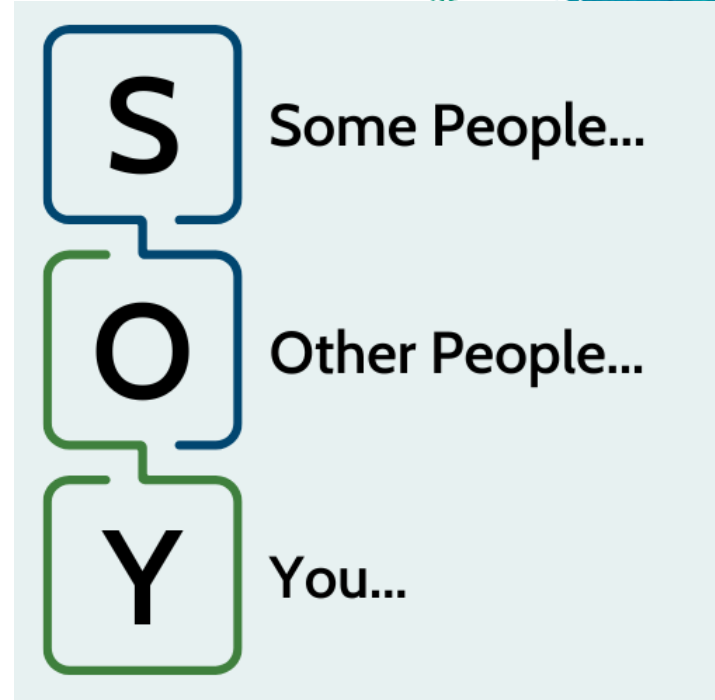




# OFFER A RANGE OF OPTIONS



- 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

**NATIVE YOUR GAME**

Native IYG Take-home activity

**Lesson 3: Playing By Your Rules...  
SELECT, DETECT, PROTECT**

**DIRECTIONS** Tell your parent/guardian or another trusted adult that you have been learning about the characteristics of healthy and unhealthy friendships and how to select your own personal rules. Explain that personal rules are things that you will and won't do in different situations. Ask them the questions below. Then write their answers in the space provided.

1. Did you have a really good friend when you were growing up?

\_\_\_\_\_

If you did, what made them a good friend? If not, what would make someone a good friend? List at least three qualities of a good friend.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

2. What are some personal rules you feel teens my age should have? (Things that teens either should or should not do).

\_\_\_\_\_

\_\_\_\_\_

3. When you were my age, what was one of your personal rules?

\_\_\_\_\_

\_\_\_\_\_

4. When you were my age, were you ever in a situation where a friend pressured you to do something that you didn't want to do? If so, how did you deal with it?

\_\_\_\_\_

\_\_\_\_\_

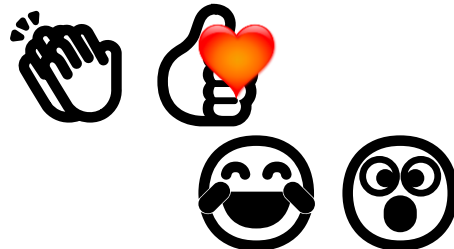
# 5. Let's Talk About it!

## Logistics

- Share Your Video
- Use the Chatfeed

## Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions





*Chatfeed Convo:  
Type Questions, Ask  
Away!*





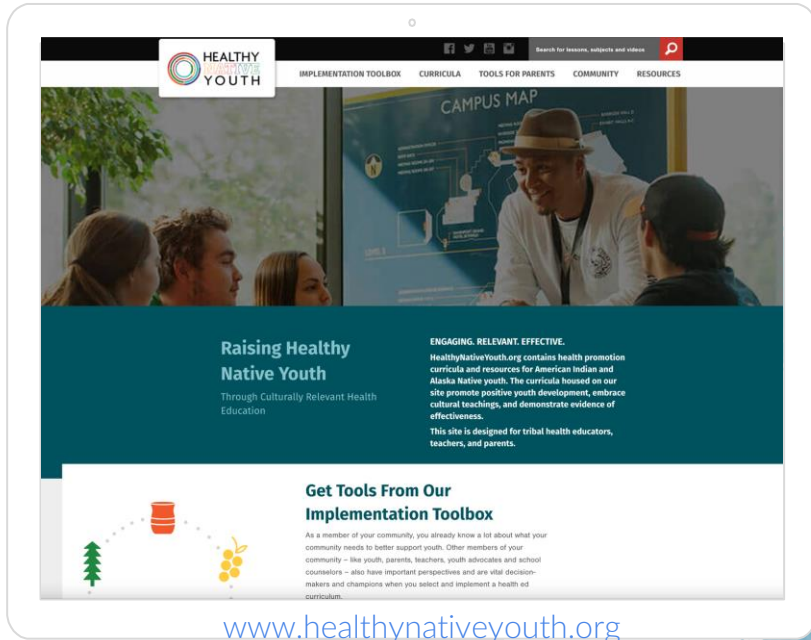


# Practice in Action

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

# 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

WE R NATIVE

ask your relative my culture My Life my mind my impact ambassadors get it up search

# NATIVE AMERICAN HERITAGE MONTH

WE R NATIVE  
For Native Youth by Native Youth

You've got questions, we've got answers.

If you are a Native youth and have a mental, body or spirit question on your heart that a Relative can assist with great medicine, ask us!

Ask Your Relative

**Text CARING to 65664**

This is for encouragement only. Sometimes all it takes is a thoughtful text to lighten your day and uplift your perspective. We all need a little more joy in our lives, and We R Native wants to help spread the love.

Simply text "CARING" to 65664 to receive text books per week with funny advice, songs, and messages designed to improve your mood and remind you of just how awesome you are!

The best part about being Native, is that we have each other's backs. Consider signing up to get an extra boost from relatives and relatives who care.

WE R NATIVE is a text intervention developed and administered by Native. Our website is a resource project of the nationwide POC/AAPIA/AA/MLA/BIPOC Health Alliance.

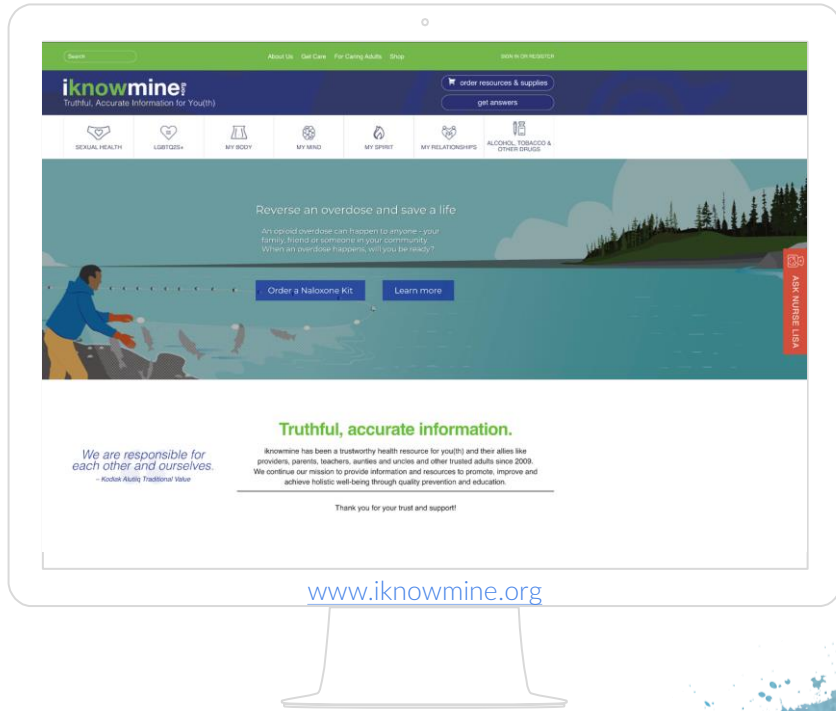
Enter your name and phone number \*

Map & Data: Native Map Apps  
The 500P is not affiliated with the healthcare community.  
Brand: 500p.org

[www.wernative.org](http://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



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM







Facebook and Instagram Social Media Post



Poster (11x17)



Zoom Background Image

# 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 |**

Crisis Text Line  
Text: NATIVE to 741 741  
[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)



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 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



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

<https://linktr.ee/npaihbthrive>



@npaihbthrive

-  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

**Cama'i!**  
My name is Greg!  
My pronouns are  
he and him. Give  
yourself a high  
five from me! I'm  
glad you're here!

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 #weNative

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

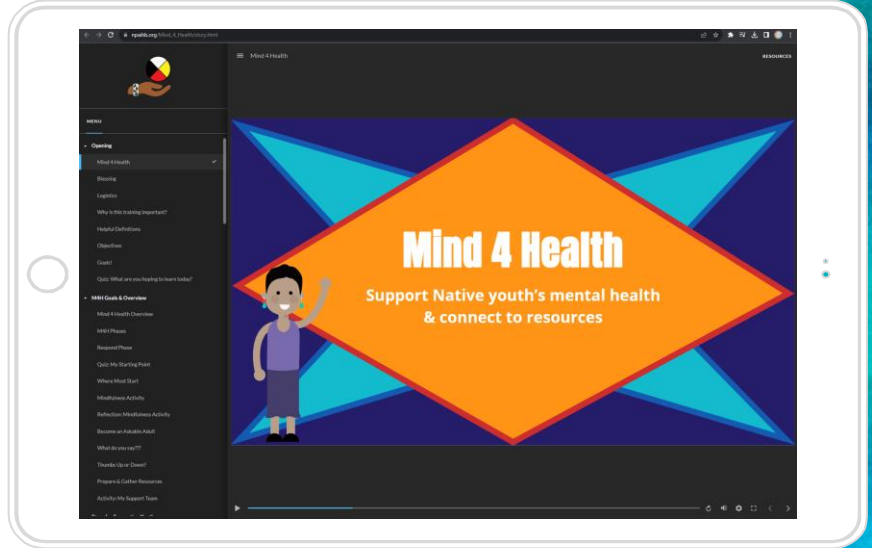


# Mind4Health For Adults

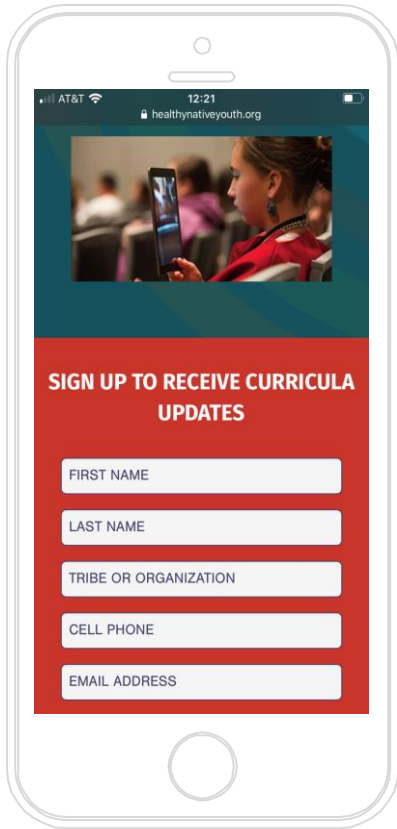
TEXT  
"MINDYHEALTH"  
TO 65664

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

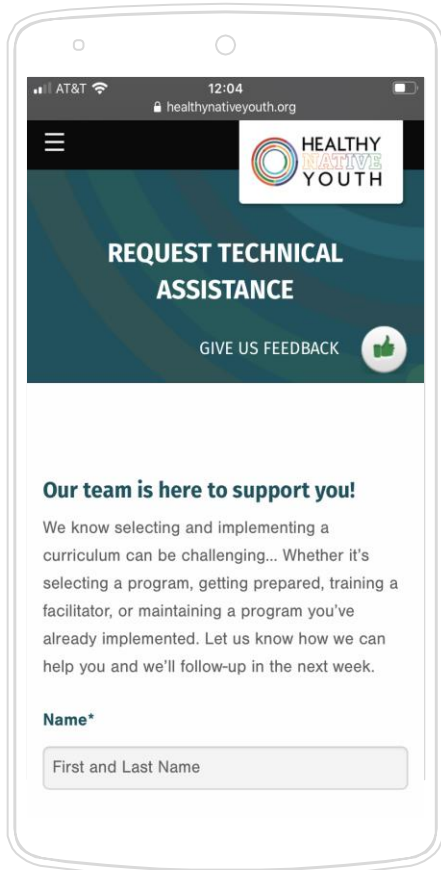
# Join the *Healthy Native* Youth Movement!

- ★ Sign up for [Newsletter](#)
- ★ Text "HEALTHY" to 94449
- ★ Follow us on Facebook, Instagram, Twitter, YouTube









# We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA




# Ahe'hee! Quayana! 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



[Native It's Your Game](#)

[Healthy Native Youth Implementation Toolbox](#)



University of Texas - School of Public Health



NPAIHB

Project Red Talon  
Regional Partner Network  
A Project of the Northwest Portland Area Indian Health Board




Inter Tribal Council of Arizona, Inc.

[ITCA Landing Page](#)

Southern Plains Tribal Health Board

[I Want the Kit](#)

[Native Test](#)




Northwest Portland Area Indian Health Board

[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

