

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



2SLGBTQ+ 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 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



Mècou! Keshi! Hello!



Itai Jeffries, PhD

Yesah/Occaneechi
(they/them/ya'll)

I love cornbread.

Itai Jeffries
ijeффries@npaihb.org



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

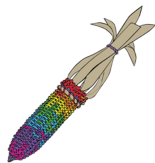
Live Virtual Training Logistics

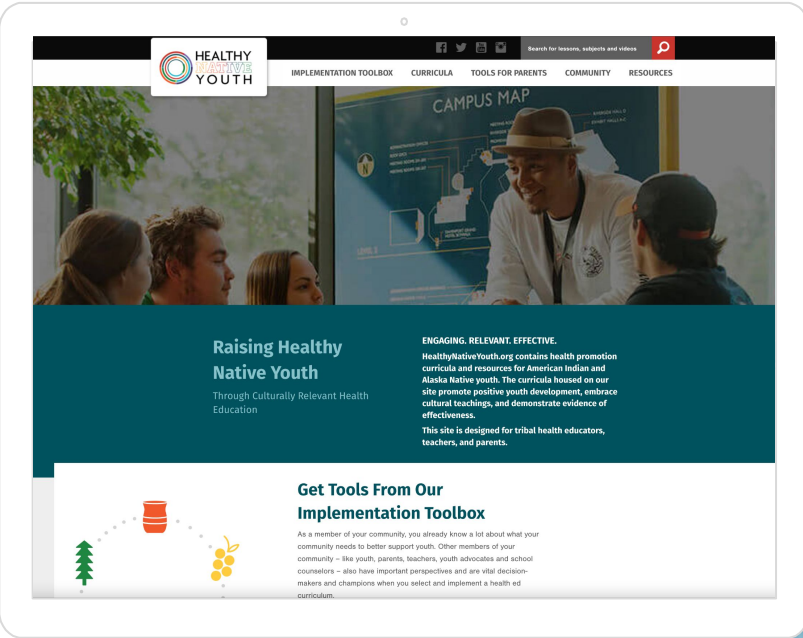
Logistics

- You are muted
- If comfortable, share video

Engagement

- Scenario
- 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

© 2018 common sense education
This work is licensed under a Creative Commons
Attribution Non-Commercial-ShareAlike 4.0
International License.

- 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/15ed_aYkTTQMzfz8p7tDJaljr9s-JGaJlrNkmEk-8GX4/edit



We've Got Goals!

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

- ★ Discuss the basics of gender and sexual orientation
- ★ Participate in a school bullying scenario
- ★ Access 2SLGBTQ resources for youth a relatives

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



Supporting Indigiqueer Youth
Gender & Orientation Basics
20 min

Scenario
Let's Practice Together
20 min

Resources
5 min

Wellness Moment
1 min

Let's Talk
25min

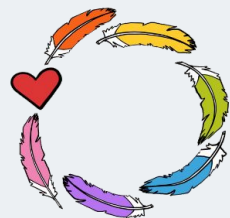
Closing
5 min



1. Supporting Indigiqueer Youth

Paths ReMembered





SUPPORTING INDIGIQUEER YOUTH

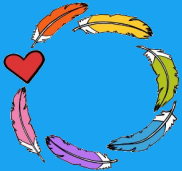
Itai Jeffries, PhD



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Note

As adults who support young people, affirming them in their gender, sexual orientations, and other key identities has less to do with what any one person believes, individually, but is important to extending care and reducing harm.



Gender



Gender refers to a person's internal sense of identity (could be man, woman, both, neither, or another identity) and their social role.

It is often assumed that sex is clear, limited, and binary, while gender is expansive. This is not the case. In reality, sex is as complex and broad as gender.



Some Gender Terms

Cis: A person whose gender identity corresponds with their sex assigned at birth



Trans (Gender-Diverse, Gender-Expansive): A person whose gender identity does not match their sex assigned at birth

Nonbinary: A person whose gender identity does not evenly correspond with the male/female binary

Two Spirit, Indigiqueer*



Trans & Gender-Diverse AI/AN

Nearly half of our AI/AN 2SLGBTQ+ community identify as trans and gender diverse (TGD).

Of the AI/AN TGD sample, 79% identify using at least one nonbinary term to describe their gender.

Trans & Gender-Diverse people were more than **5x** as likely to identify as **Two Spirit** than cisgender queer respondents (significant at $p < .0001$ in chi-square test).

Quantitative data from the 2020 2SLGBTQ Pride and Connectedness Survey conducted by the Paths (Re)Membered Project at the Northwest Portland Area Indian Health Board (N=223)



Sexual Orientation

Refers to the way one describes their emotional, romantic, or sexual attraction.*

*SO identity does not necessarily imply sexual behavior, need, risk, etc.



Two Spirit

Refers to an Indigenous person who expresses their gender identity, spiritual identity, or social role in a traditional or non-Western way.

Originates in the early 1990s, based on Anishinaabe conceptualization of gender- diverse roles. Hundreds or thousands of other conceptualizations have existed, many are still used. Two Spirit is thought of and used in many diverse ways today, and **Indigiqueer** is also gaining in popularity.



Two Spirit History

Woman Warchief



1850

Nation: Algonquin, Crow

Woman Warchief was a Two-Spirit hero drawn to "male" tribal roles. Woman warchief was also a leader in marksmanship and hunting competitions and had four wives.

We'Wha



1849-1896

Nation: Zuni

We'Wha was a healer, craftswoman, caretaker who traveled to D.C. in 1886 as a Zuni representative.

Osh-Tisch



1870s

Nation: Crow

Osh-Tisch was assigned male at birth but lived as female during peace time and as a third gender in war. They fought in war dressed as a male.



Wellness Moment

Breathing Exercise





2. Practice in Action

Scenario: Let's practice together in a safe space



SCENARIO

A 14-year old young person named Rain approaches you in your community. They are experiencing bullying by classmates at school. Additionally, Rain's teacher does not honor their request to be addressed using their chosen name and they/them pronouns. This is making the bullying worse.

What are some ways you might support and affirm Rain. What may you need to know from Rain in before intervening?



SCENARIO- POINTS OF CONSIDERATION

- Rain's sense of agency (including their comfort with others advocating on their behalf)
- Rain's needs regarding their parents/family members
 - The extent to which they are out and open with their parents
- Ways to ground and protect themselves independent of the choices of others
 - Your own role in supporting that effort Opportunities
- for you own self-education and allyship
- Opportunities for repair and education at school (teacher, staff, classmates/peers)
- Opportunities for family and community education
- Other connections to care for Rain



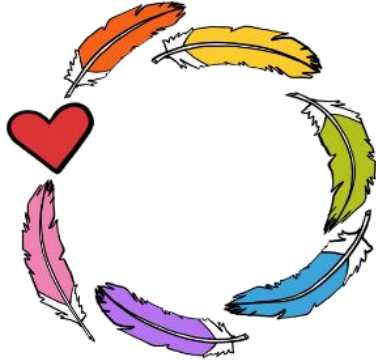


3. Resources

Here's some helpful tips and tools to take back home



Resources from



PATHS
(RE)MEMBERED
PROJECT

Northwest Portland
Area Indian Health Board

www.pathsremembered.org

Check us out on IG @2SLGBTQ



Text 2SLGBTQ to 94449 to get
regular updates and resources



PATHS (REMEMBERED PROJECT)
NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD

SASSY SASSAFRAS

A TWO SPIRIT STORY



By Victoria Persinger Ferguson
& Itai Jeffries

Illustrated by Trae Middlebrooks

Our Two Spirit Children's Book
Available at:

www.pathsremembered.com

Request our Toolkit

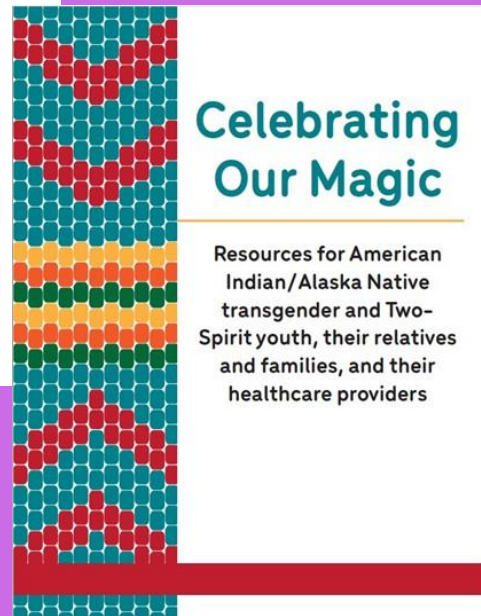
We offer Two Spirit and LGBTQ+ Pride Toolkits for community and clinical spaces. These toolkits are designed to ensure Two Spirit and LGBTQ+ clients see themselves reflected in the printed materials in a space. They include:

- 3 sets of pamphlets and rack cards about Two Spirit and LGBTQ+ health—one for providers, one for accomplices, and one for Two Spirit and LGBTQ+ people
- 2 copies of the Celebrating Our Magic Toolkit
- 3 sets of one-pagers about pronouns and gender identity
- 20 Rainbow Corn Enamel Pins
- Pronoun Pins (she/they/he)

Name	Mailing Address
<input type="text" value="Name"/>	<input type="text" value="Mailing Address"/>
Email	
<input type="text" value="Email"/>	
Number of Pronoun Pins	Number of Toolkits
<input type="text" value="she/they/he"/>	<input type="text"/>
<input type="button" value="ORDER"/>	

www.pathsremembered.org/toolkit/

Also available in pdf download!



Gender Pronouns Guide

GENDER PRONOUNS: Provider 101

Why should pronouns matter to you? Because they matter to your patients.

The use of correct name and pronouns is associated with decreased depressive symptoms, suicidal ideation, and suicidal behavior in trans youth.

Used incorrectly, a pronoun may cause a patient to feel you don't understand or accept their gender identity and aren't capable of providing them competent care.

Used correctly, they show respect and affirm the gender identity of your clients.

**Ask your patients
about pronouns.**

**Ask every patient.
Ask every time.**

When should I ask?

Any time you interact with a new patient, as a regularly part of your introduction.

How should I ask?

"Do you use pronouns, for example he, she, or they? Which pronouns do you use?"

Note: Some patients may not be familiar with this question or with parts of speech. To explain, use yourself as an example – "I use she/her pronouns. What pronouns do you use?"

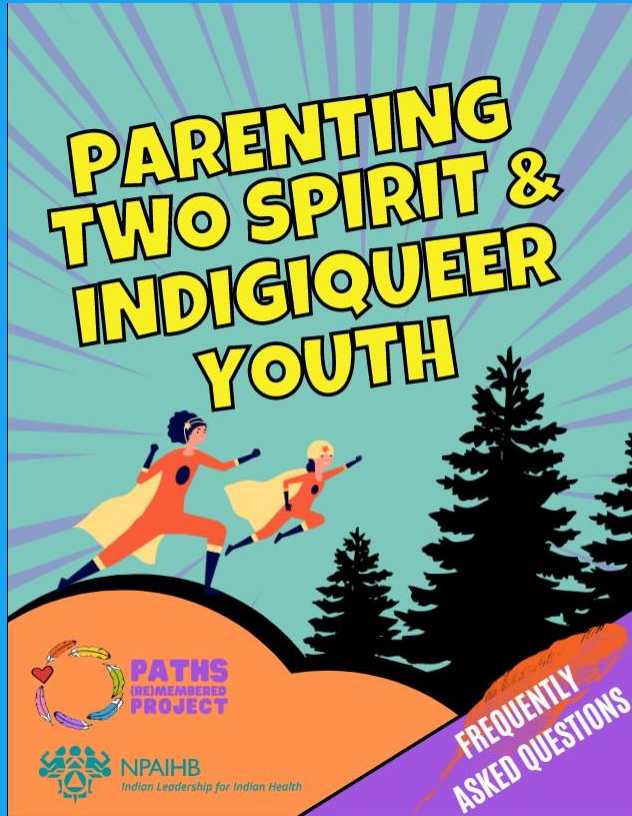
The English language, including its pronouns, are part of the forced assimilation Indigenous people experience. We know that Indigenous people have always taken great care in how we refer to one another which is why we have ceremonies for gifting names.

more at

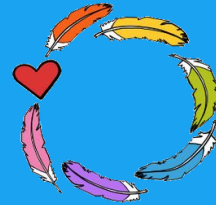
www.pathsremembered.org



FAQ for Parents with Indigiqueer Kids



<https://www.pathsremembered.org/parenting-two-spirit-and-indigiqueer-youth-faq/>





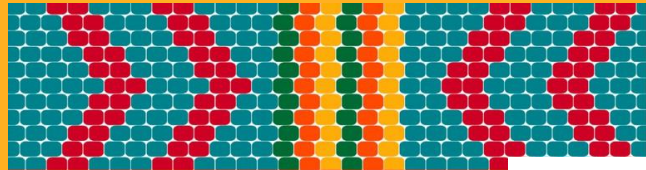
Access to affirming mental healthcare is...

INDIGI QUEER JOY

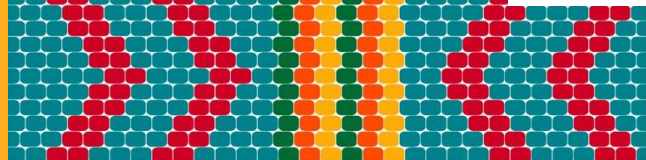
Paths (Re)Membered and the NPAIHB are offering NO COST mental health services for Two Spirit and Indigenous 2SLGBTQ+ persons aged 15 years and older. Services are currently offered in limited states with plans to expand.



www.pathsre/membered.org/mental-health-services/



Section 2: YOUTH

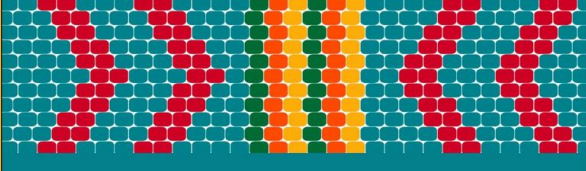


2: Youth – You are not alone, You are in this world for a reason, You are your best advocate

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Sharing your identity with family members/friends/schools	32
Interacting with health providers and primary care	41
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Mindfulness and Meditation	53
Your Sexual Health	55
Your Community	56

www.pathsremembered.org/celebrating-our-magic-toolkit/





Section 3:
**FAMILIES &
RELATIVES**

3: Families and relatives – *Your child needs you now more than ever*

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www.pathsremembered.org/celebrating-our-magic-toolkit/



Exercises for Mental Wellness

Indigiqueer Self-Love is Community Love



Breathe with the directions

4. NORTH- Repeat steps 1 to 3 until you feel re-centered.

3. WEST- Slowly exhale through your mouth for 4 seconds.



1. EAST- Breathe in, counting to four slowly. Feel the air enter your lungs.

2. SOUTH- Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.

Sing



Intentionally activating the Vegas nerve can calm your body's fight-or-flight response. The nerve is connected to your vocal cords and the muscles at the back of your throat. You could dust off your drum and sing a song from your family/tribe.

Humming your favorite bop, chanting affirmations, and even gargling warm water or tea can have a similar calming effect!

Express

Express your feelings through written word, drawing or art, or speaking with a trusted friend. Allow difficult feelings to release their hold over you by expressing them in the way that suits you best.



Ground



Sit or stand with your feet firmly planted. Notice the stability of the ground beneath you. Begin to imagine the feeling of Mother Earth's energy moving up from the ground into your feet. Then slowly imagine it moving up through the rest of your body. Imagine it moving upward and out your limbs as if you are a tree and it is moving from roots to the branches.

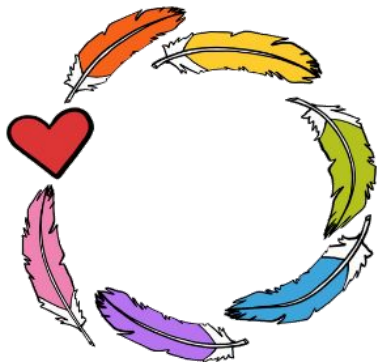
Gratitude to Danica Brown, PhD, for her assistance developing this tool



www.pathsremembered.org/exercises-for-mental-wellness/



Two Spirit Talks Podcast



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(RE)MEMBERED
PROJECT

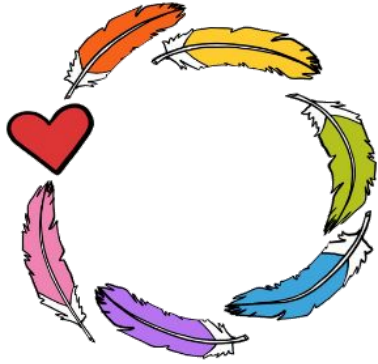
Northwest Portland Area
Indian Health Board

www.pathsremembered.org



Image by Zo Yazzie

Blog - Indigiqueer Stories



PATHS
(RE)MEMBERED
PROJECT

Northwest Portland Area
Indian Health Board

www.pathsremembered.org/blog/



OUT & EQUAL
WORKPLACE ADVOCATES

What's Your Pronoun?

Strategies for
Inclusion in the
Workplace

www.outandequal.org/wp-content/uploads/2021/05/Pronouns-Guide_final.pdf

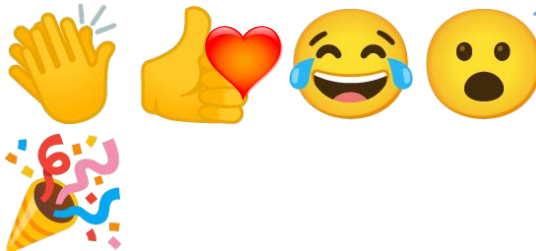
4. Let's Talk About it!

Logistics

- Share Your Video
- Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



Questions?



ADDITIONAL SCENARIO

A relative of yours is 10 years old. You have always known this young person as a boy. You were part of this young person's baby shower, helped to raise them, and are close to their parents. This young person shares with you that they don't actually think they are a boy. You can tell that they were anxious and nervous about sharing this with you. What are your next steps? How do you support them?



SCENARIO- POINTS OF CONSIDERATION

- Whether your own feelings about your shared history with this young person are impacting your ability to hear them and honor what is being shared.
- Assumptions you may be making about what this information means, or the needs it may or may not create
- Ways to ease the anxiety of the share
- Determination of next steps that are driven by actual needs and asks, not by your own feelings, assumptions, or motivations





5. Closing

Healthy Native Youth Highlights



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

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

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

WERNATIVE
For Native Youth, by Native Youth

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

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

Ask Your Relative

Text CARING to 65664

This is to encourage my businesses and I later in a photograph need to together you and with 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.

Text CARING to 65664

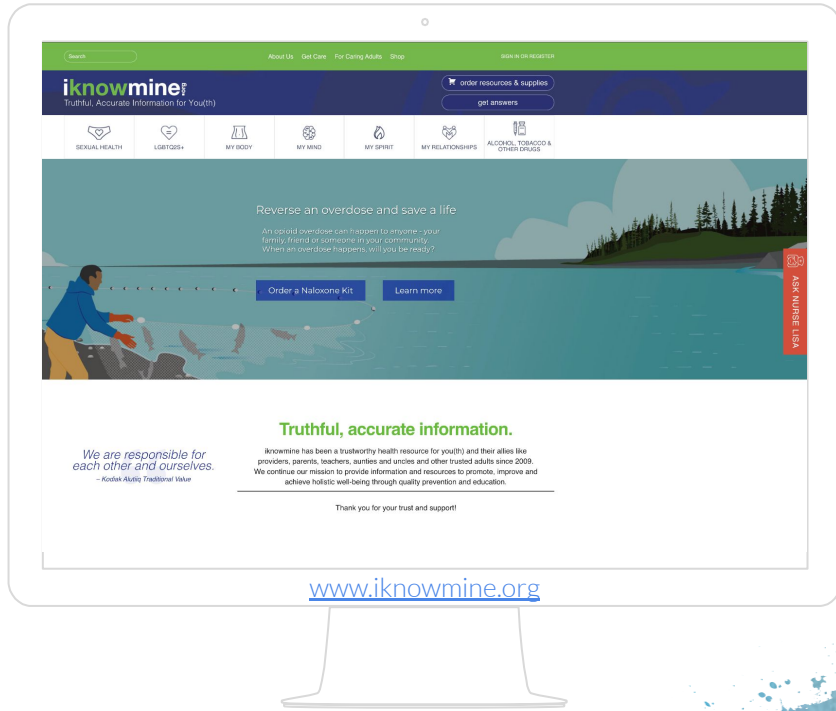
Enter your name and phone number *

Your Name: [input] 65664 [input] **Subscribe Me**

Map & Data: Home Map Youth
Text: STOP to opt out, the number remains
Privacy: Privacy

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

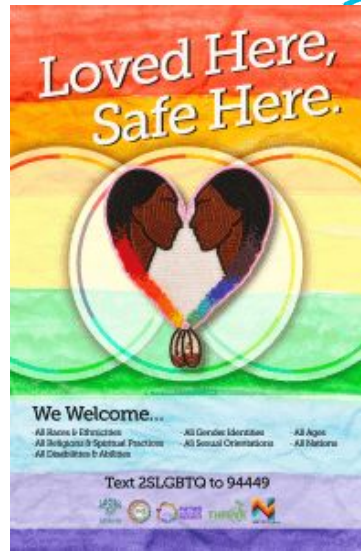


ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM





Facebook and Instagram Social Media Post



Poster (11x17)



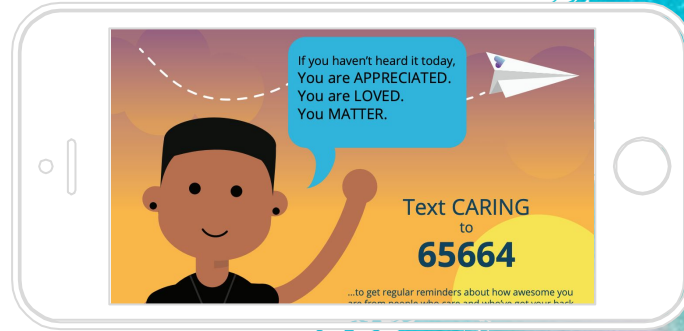
Zoom Background Image

Safe Spaces & GYT

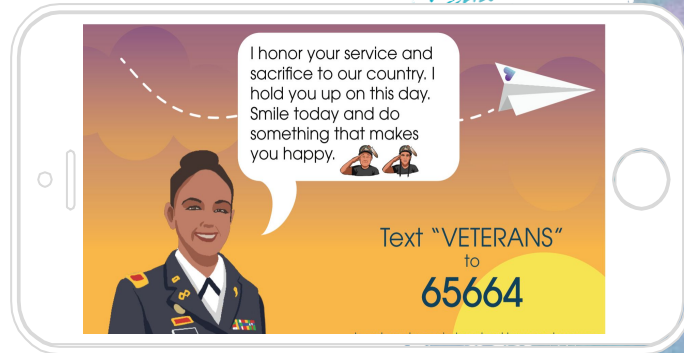
Loved Here, Safe Here. – Materials for tribal clinics and those who engage with Native youth to support and provide an affirming environment for the 2SLGBTQ community.

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

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/



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)

Mental Health



Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741
www.mhanational.org/



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



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

PAGE 1 OF 3



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



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



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

Youth Support

PAGE 2 OF 3

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/foe-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



Click on icons to go to resource

Youth Support

PAGE 3 OF 3

Bullying



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



SAMHSA - 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 NOT FUN!

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/bhthrivr?utm_source=qr_code

<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

Talking is Power

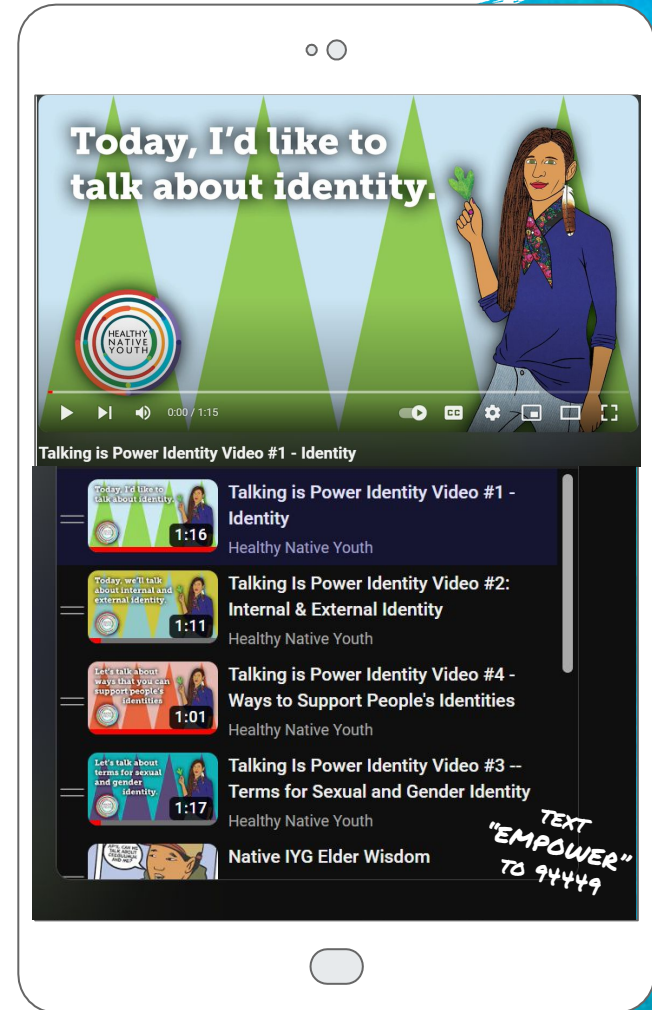
Lesson Enhancements

YouTube Playlist

https://www.youtube.com/playlist?list=PLiKVo_v00vou-hsRiwPdCvzx_nrej4OHu

Website Resources

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



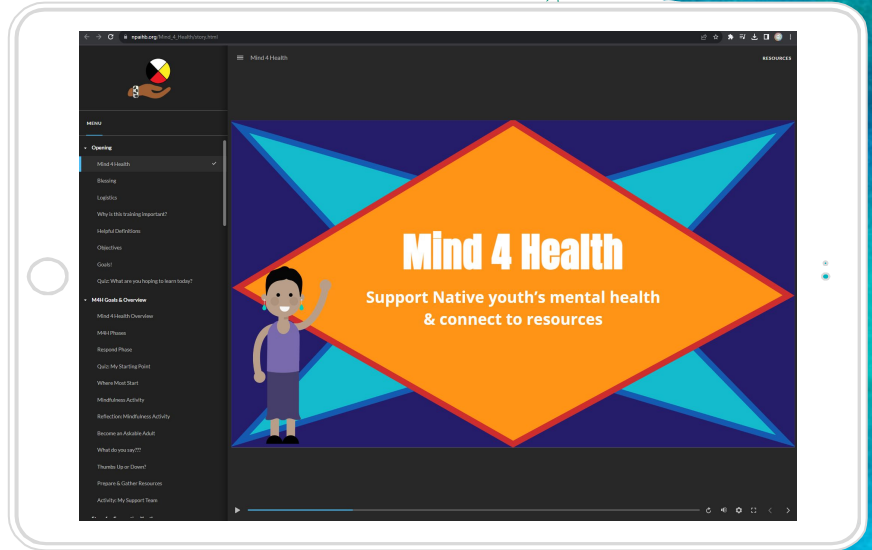
Mind4Health

For Adults

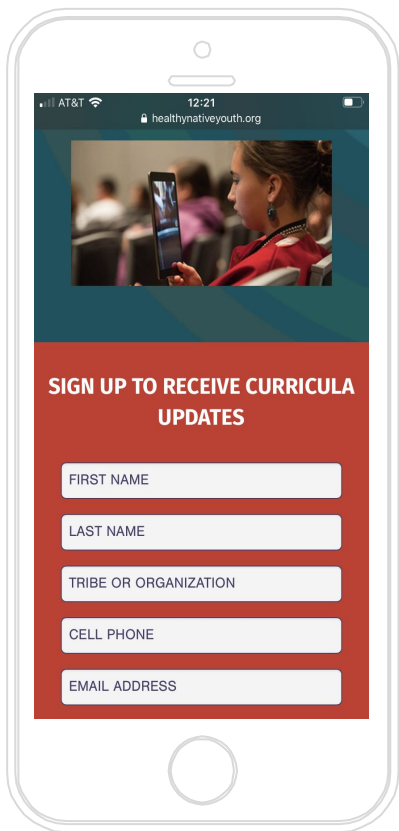
TEXT
"MIND4HEALTH"
TO 65064

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

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 health 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 hear 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/>

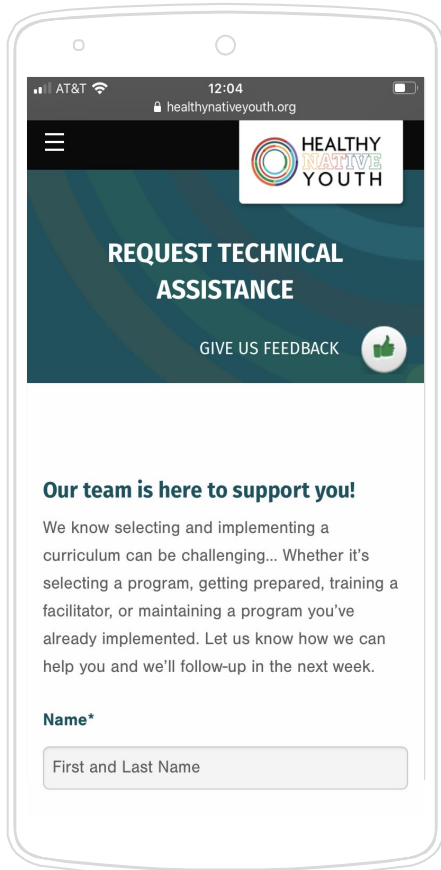


CONTACT US
agaston-contractor@paihb.org
tdean@paihb.org



<https://us06web.zoom.us/join/register/tZMuceCvrz4qGNFJEGGA99bnPi3-sWfkbdIB>






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](#)



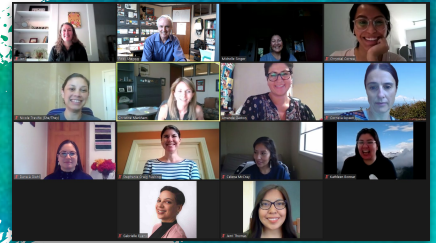
Johns Hopkins - Center for Indigenous Health



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



University of Texas - School of Public Health



Inter Tribal Council of Arizona, Inc.

[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; Michelle Singer, msinger@npaihb.org

Funding Credit

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Let us Close with a Blessing

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

Zuni Pueblo

