

# Sexual Health 101

February 14, 2024 10am-11:30am PT



## **Host**

[Amanda Gaston](#)

## **Guest Speakers**

Kelly Vallo, Gabrielle Evans

## **Objectives**

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

1. **Gain** tips for navigating SH with confidence.
2. **Learn** why it's important and how to create inclusive practices for youth with IDD

## **Stay connected**

- [Upcoming Community of Practice Sessions](#)
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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\\_aYkTTQMZfz8p7tDJaljr9s-JGajlrNkmEk-8GX4/edit](https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaljr9s-JGajlrNkmEk-8GX4/edit)

Jamboard:

[https://jamboard.google.com/d/1tVonPb87WyeTEwYwK9Jrov0TOJ03PAHelQK\\_MUnsC7U/edit?usp=sharing](https://jamboard.google.com/d/1tVonPb87WyeTEwYwK9Jrov0TOJ03PAHelQK_MUnsC7U/edit?usp=sharing)

Chatfeed Q: How do you prepare yourself to talk about sexual health?

Sex Ed for People with IDD: <http://www.youtube.com/watch?v=wZ6T8wrqjAE>

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

Mind4Health:

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

Session Feedback: [https://www.healthynativeyouth.org/training\\_feedback/](https://www.healthynativeyouth.org/training_feedback/)

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

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

I Know Mine: [www.iknowmine.org/](http://www.iknowmine.org/)

Part 2 CoP Registration:

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

Chat feed (names and emails have been removed)

- 00:38:12 NPAIHB: Michelle (she/her | Navajo): Ahe'hee, Kelly, for good words!
- 00:38:23 Kelly: you are so welcome
- 00:40:36 Jessica: my valentines sweater says... Killing time on valentines :). so I love your shirt !!!
- 00:41:05 Kelly: awesome
- 00:41:06 Kelly: lol
- 00:42:48 Hannah: Hannah (Warren), she/her, Chevak Quissunamiut Tribe, Alaska Native Tribal Health Consortium
- 00:43:00 Samantha: she/her, Native American Lifelines of Baltimore and Boston
- 00:43:08 Dyllon: Dyllon (he/him) Ute Mtn Ute Tribe. I am on for personal learning
- 00:43:17 Jessica: Jessica, Alaska PHN, how I can help support my rural community
- 00:43:18 Josephine: Phines, she/her, ANTHC, Holy Cross Tribe, 3/4 Athabascan and 1/4 Inupiaq
- 00:43:23 Lisa: Lisa, Tlingit and Haida in Juneau Alaska Hope to learn how to share this topic respectfully with teens.
- 00:43:33 Arika: Arika Navajo Area IHS
- 00:43:34 Taylor: haʔt sləx̣il, my name is Taylor, I am a member of the Puyallup tribe, and I am the Healthy Native Youth Outreach Specialist. If you have an IT questions feel free to dm me :)
- 00:43:38 Madison: Madison, I work with the Saint Regis Mohawk Tribe in Akwesasne, NY as a Health Promotion and Planning Program Manager. I am looking for ways to increase health education within the youth in our community as well as increasing community involvement in health activities
- 00:43:49 Taylor: 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\\_aYkTTQMZfz8p7tDJaljr9s-JGalrNkmEk-8GX4/edit](https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaljr9s-JGalrNkmEk-8GX4/edit)
- 00:43:50 Ciera: Ciera (she/her) Navajo County Public Health. I am hoping to learn new strategies for when I teach sexual health for youth
- 00:43:52 Millie: Hi, my name is Millie and I use she/her pronouns. I am part of the Native Village of Unalakleet, work at ANTHC
- 00:43:58 Jillisa: jillisa she/her, warm springs Oregon. organization- papalaxsimisha
- 00:44:13 Haley: Haley, Member of the Gila River Indian Community - I work with Salt River Pima-Maricopa Indian Community - Public Health

00:44:37 Ashlee: Ashlee, she/her, Yakama Nation, working with Lummi Nation at Lummi Nation School

00:44:42 Telena: Telena, PHN with GIMC/IHS.

00:44:56 Samantha (she/her): Samantha (she/her). Nevada Urban Indians, in Reno, NV. I'm here to gain cultural awareness/competency in having these conversations with my clients.

00:45:08 Shirlene: Shirlene, Navajo County Public Health Services District, AZ Deputy Director of Clinical Services

00:45:12 Christine: Great to see Everyone! Chris, she/her/hers, UTHealth Houston

00:45:17 Elsa: Elsa, Disease Intervention Specialist with the Arizona Department of Health Services. I joined today in order to gain knowledge and skills that can help me interact with and support my clients.

00:45:23 Hollie: Hollie, Prevention Specialist for the Kalispel Tribe in Usk, WA.

00:45:32 Kaleigh- Tutčint Youth Empowerment: Good morning everyone and Happy Valentines Day. My name is Kaleigh (she/hers). I am Caddo, Kiowa, and Comanche from Oklahoma City. I am currently the Program Coordinator for Tutčint Youth Empowerment in San Fernando, CA. I work with middle and high school students, and many of them speak about their relationships, so I think this training will be very useful in being a better advocate/ safe space for sexual health programming with this age group. Thank you so much!!

00:46:02 Frankiana: Frankiana, she/her, Navajo Diné tribe, I'm a Peer Indigenous Recovery Coach from Cortez CO, here to gain more knowledge with working with our youth. Thank you

00:46:07 PATTI: Patti, RN, Immunization Coordinator, Sheridan County Public Health, Wyoming

00:46:13 Kalli: Kalli-- I work for Yavapai County Community Health Services in Arizona. I mainly teach Sexual Health and am currently teaching a group of girls on the Yavapai Apache Nation. Excited to increase my cultural awareness and competency to hopefully be able to teach these girls with more sensitivity and relevance.

00:46:59 Misti: Misti- Indian Health Care Resource Center of Tulsa. I do school outreach. 😊

00:47:00 Barbara: Barbara (they, them, theirs) Sr. Research Program Coordinator. I work with Navajo Adolescent youth 10-19 yrs of age on Health Projects in Chinle, AZ.

00:47:05 Michael: hello ya'll- Michael- APALACHEE Indian Of the TALIMALI Band of Louisiana. working at Lake County Tribal Health Consortium as a men and youth Family Advocate for the Gouk-Gumu-Xolpelema Tribal Home Visiting Program

00:47:10 Antoinette: Antoinette, She/Her, I am a member of the Northern Arapahoe Tribe from the Wind River Reservation. I work as a Community Health Representative for Wind River Cares. I would like to gain more knowledge and skills in teaching the youth in my community.

00:47:30 NPAIHB: Michelle (she/her | Navajo): Replying to "Telena Watchman, PHN..."

Hi Telena! It's your Auntie Shelly Singer from Portland! Welcome!

00:47:38 Amy: Amy, RN, Public Health Nurse with the Kodiak Public Health Center.

00:49:24 NPAIHB: Michelle (she/her | Navajo): Ya'at'eeh! Welcome! Michelle (she/her | Navajo), Healthy Native Youth Project Director, Northwest Portland Area Indian Health Board - msinger@npaihb.org

00:49:50 Kelly: Hello Relatives:

Kelly (MSWO

00:50:48 Telena: Replying to "Telena, PHN..."

Hey! Hello all the way over here from New Mexico 😊

00:52:29 Taylor: Jamboard:  
[https://jamboard.google.com/d/1tVonPb87WyeTEwYwK9Jrov0TOJ03PAHelQK\\_MUUnsC7U/edit?usp=sharing](https://jamboard.google.com/d/1tVonPb87WyeTEwYwK9Jrov0TOJ03PAHelQK_MUUnsC7U/edit?usp=sharing)

Chatfeed Q: How do you prepare yourself to talk about sexual health?

00:52:37 Charity: Charity (Asdzaan), I am Painted Cheeks Clan, born for Bitterwater, and my maternal grandfather is Tangle People and my paternal grandfather is Salt Clan. I work with behavioral health programs in Shiprock, NM for Johns Hopkins University.

00:53:56 Madison: I think about how I felt when I was first learning and discussing sexual health

00:54:08 Josephine: Replying to "Jamboard: <https://ja...>"

learn my audience and what they want to know

00:54:09 Andrew: Approach with humility

00:55:46 Sandra: Make sure to incorporate inclusive language

00:58:00 Amanda (she/her): Love this photo <3

00:58:44 Taylor: What changes were going on with your body and how did you feel about it?

00:58:59 Amanda (she/her): What was it like when you had your first crush? What was it like to date?

00:59:15 Jessica: I think the DOVE SB aid said it all... uncomfortable in my skin

00:59:24 Amanda (she/her): Who could you talk to about the things you felt and the changes you were going through?

00:59:24 Gabrielle (she/her): Who could you talk to about the things you felt and the changes you were going through?

00:59:53 Amanda (she/her): Consider all the things that came up during your trip back in time – How relevant is this to the work that you do/will be doing?

01:00:01 Jessica: VERY!

01:01:06 NPAIHB: Michelle (she/her | Navajo): Love this picture of Pacific Northwest Tribal Youth public health interns! Our future....

01:06:58 Amanda (she/her): I script EVERYTHING out...

01:08:37 NPAIHB: Michelle (she/her | Navajo): Our HNY youth public health interns tell us that they want adults to "keep it real -- they know that we were youth once -- it's okay, we can handle the truth." So cute and so true....

01:08:53 Amanda (she/her): Yes, check to see if you're a Mandatory Reporter too. You can check with your organization.

01:10:26 Kalli: Replying to "Our HNY youth public..."

They deserve truthful and candid education ❤️

01:11:12 NPAIHB: Michelle (she/her | Navajo): The Healthy Native Youth Implementation Toolbox has ready-to-use templates, including an Implementation Action Plan, which does include mandatory reporting considerations, etc. Cool to check out! Toolbox Link to Bookmark: <https://www.healthynativeyouth.org/implementation-toolbox/>

01:13:03 Amanda (she/her): I would even challenge the use of the word "them" (not the use of the pronoun they)

01:14:39 Meli: not every disability is visible,,

01:22:55 Kalli: Oh they are STILL super cheesy!!!

01:24:10 NPAIHB: Michelle (she/her | Navajo): In the Native STAND curriculum research project, middle/high school students stated that their number one influencer for sexual health education is: parent(s), caring adults and medical doctor follows close behind. Learning at home is so very important and parents/caring adults need to take the power back on these conversations! Talking is Power!

01:25:13 Taylor: Sex Ed for People with IDD: <http://www.youtube.com/watch?v=wZ6T8wrqjAE>

01:25:18 NPAIHB: Michelle (she/her | Navajo): Talking is Power text message campaign for adults is so very helpful. Here is the link to learn more: <https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>

01:26:54 Sandra: I love that video!

01:27:24 Amanda (she/her): Please feel free to unmute your line or write in the chat

01:27:31 Heather: It was a good message to think outside the box

01:27:33 Jessica: I love it, I love meeting people where they are !!

01:27:38 Shirlene: That was insightful.

01:28:04 Sandra: Their words were very relatable like yes that happened to me too sort of feeling

01:28:08 Antoinette: The video was opening peoples awareness. Good video

01:29:10 Kaleigh- Tutčint Youth Empowerment: I really loved this video. It made me think of the idea "Nothing for us, without us". The video provided perspective from people living with IDD, and addressed the myths but also the need to include everyone in sexual health education.

01:29:16 NPAIHB: Michelle (she/her | Navajo): I liked the video as it was good to hear the voices of people with IDD which is a one that the mainstream do not hear or see or know that it is an important part of their lives. It was well-done.

01:29:17 Taylor: Not having these conversations with ppl with IDDs seems very harmful to their safety and self esteem. All kids need to learn boundaries, safe sex, and that its normal to feel the way they do

01:29:52 Jessica: I lived on site as a medical director for IDD

01:30:16 Jessica: adults and children who came for the summer

01:30:57 Elsa: The folks in the video were very articulate, and I wonder if folks with IDD who are less articulate would have an even harder time having their sexual health needs met.

01:31:09 Kalli: It makes me think of the people I know with I/DD, and how so many decisions have been made for them-- even the decision to have them undergo hysterectomies... while each situation is different and that can't be an easy decision, it does make me pause.

01:33:45 NPAIHB: Michelle (she/her | Navajo): We have Kelly back! Yea!

01:33:55 Kelly: so sorry everyone

01:36:16 Taylor: It seems to me, even if you're not a special education teacher or specialist/IA, learning to have these conversations is important. It's extremely likely that most of us have at least one person with IDD in their families

01:38:39 Amanda (she/her): Yes, there is a readiness level specific to each community to consider when thinking about SH programming....

01:39:33 Taylor: Talking is Power: <https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>

01:40:10 Taylor: Replying to "Talking is Power: ht..."

for those of you looking for training on how to talk about sex ed with family members or kiddos in your care

01:41:06 Hannah: you're doing great

01:41:46 NPAIHB: Michelle (she/her | Navajo): Replying to "Talking is Power: ht..."

Parents, teachers, advisors, counselors, coaches, relatives, school & community health professionals, after-school programs, campus personnel, child welfare -- all adults who engage youth & young adults.

01:41:51 Gwenda: Great questions! Love it!

01:46:16 Michelle: I have to hop off early but thank you so much for this! This is so incredibly interesting!

01:46:51 Amanda (she/her): Replying to "I have to hop off ea..."

Thanks Michelle! Have a good one! 😊

01:48:10 Amanda (she/her): Yes...I like to ask, "what did you just hear me say?"

01:48:18 Amanda (she/her): 😊

01:48:30 NPAIHB: Michelle (she/her | Navajo): Repeating back what you just said with a youth or anyone -- is good to do -- "reflective listening." I do this with my nieces/nephews.

01:49:04 Amanda (she/her): That's hard for me sometimes...

01:49:54 NPAIHB: Michelle (she/her | Navajo): Indigenous silence -- is a real thing -- love it. Just because someone does not respond does not mean they did not hear you but is really processing in their own way which is good!

01:51:17 Serina she/her: John Oliver has an episode on Last Week Tonight about Sex Education if y'all wanna check that out. The show also made their own Sex Ed Video w/ famous actors:  
<https://www.youtube.com/watch?v=m25COdZ5HAE>

01:51:23 Jessica: had three I survived

01:51:57 Jessica: patience and grace with myself, but that took years !!

01:53:35 Amanda (she/her): Great question! How do we involve our community?

01:55:23 NPAIHB: Michelle (she/her | Navajo): Thank you for taking healthy risks and contributing your comments/questions to our CoP presenters and the community. It is refreshing to know we are in this together.



01:55:41 Jessica: I almost found it easier to talk to my patients and clients about these topics than I did my kiddos, I can not state why, my kiddos are comfortable with me and I them, so I always made sure they knew their resources and safe places until they all became comfortable coming to me .... it may be bc mom was a nurse

01:56:36 Josephine: I continue to have the conversation with my child, especially when my child asks about it. It makes me happy she can come to me about it. These meetings and content help me with that, too. Thank you!

01:57:36 Amanda (she/her): Replying to "I almost found it ea..."

Saying 'it' complicated' doesn't quite cover it, but it is! There's a lot of emotions and expectations woven into our conversations with ourselves before we have it with our youth.

01:58:01 Amanda (she/her): I love the self-reflection you're asking Heather

01:58:22 Amanda (she/her): What a wonderful healing this space is to share with everyone here

01:58:49 Taylor: walking the talk is important to me as a person working in sexual health promotion

01:58:54 Taylor: Replying to "walking the talk is ..."

as well

01:59:37 Elsa: Loved everything Heather said

01:59:37 NPAIHB: Michelle (she/her | Navajo): The questions posed earlier in the CoP are so very important -- for reflection journey of our own sexual health education -- with the main question being, "how do we want the learning experience to be for today's youth/young adults?" That is always front and center in my mind & hear with culture being a part of the foundation.

02:01:18 Lalonni she/her: I am fascinated by the positive feedback I have received from my teens, concerning the healthy native youth resources. It gets awkward sometimes, but it is so important and I appreciate all of your work. Kudos. Great presentation and way to go, getting me thinking about how to...talk more.

02:02:20 Taylor: Home - Healthy Native Youth

02:02:26 Christine: Thanks so much, Gabrielle and Kelly!!

02:02:32 Kelly: VERY WELCOME

02:02:38 Taylor: Home - We R Native

02:03:14 Taylor: Home - iknowmine

02:03:14 Jessica: LOVE I know mine here in Alaska !!

02:03:24 Frankiana: Thank you for all the new information and resources... our program is going to start incorporating our youth so this was very informational for me.

02:03:27 NPAIHB: Michelle (she/her | Navajo): We have I Know Mine's dynamic duo on this call -- Hannah and Josephine -- the best!

02:04:29 Taylor: TA Request Form: <https://www.healthynativeyouth.org/request/>

02:04:32 NPAIHB: Michelle (she/her | Navajo): IT WILL BE AWESOME ONCE AGAIN IN MARCH SO JOIN US!!!

02:04:52 Taylor: Part 2 CoP Registration:  
<https://us06web.zoom.us/meeting/register/tZMuceCvrz4qGNFJEGGA99bnPi3-sWfkbdIB#/registration>

02:05:05 Elsa : Thank you!

02:05:14 Charity: Thank you!

02:05:34 Kalli: Thank you so much! This was great.

02:05:45 Michael: thank you for your time :)

02:07:02 Taylor: Thank you!!