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.

Sexual Health 101
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! Hello!

Gabrielle S. Evans, PhD, MPH, CEHS  
Haliwa-Saponi  
(she/her)  
I love traveling.  
gevans23@jh.edu  
Provost Postdoctoral Fellow  
Johns Hopkins Center for Indigenous Health

Kelly R. Vallo, MSW  
Navajo/Acoma Pueblo  
(Bitterwater clan)  
I love the smell of wet dirt after a rainfall.  
Kelly.Vallo@itcaonline.com  
Native Youth Coordinator  
with the Inter Tribal Council of Arizona
Live Virtual Training

Logistics
- You are muted
- If comfortable, share video

Engagement
- Trigger Warning
- Jamboard, Visualization, and Discussion Activities
- 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/nativ-e-stand-2-0/

Digital Learning Agreement

As a student and a digital citizen, I agree to:

Be responsible, I will:...
- Turn off and log out when not in use.
- Avoid using technology in a way that is not appropriate.
- Report any issues or problems with technology.
- Respect the privacy of others by not sharing passwords or other personal information.

Stay safe, I will:...
- Only share school account passwords with anyone other than my teacher and parent or caregiver.
- Protect my personal information.
- Report any suspicious activity or behavior.

Think first, I will:...
- Think before posting on social media.
- Remember that I am responsible for my own actions.

Common sense applies. I will:
- Always consider the consequences of my actions.
- Remember that I am responsible for my own actions.

https://docs.google.com/document/d/15od_aYkTTQMzFz8p7tDJaljr9s-JGaJlNkmEk-8GXd/edit
We’ve Got Goals!

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

★ **Gain** tips for navigating sexual health with confidence
★ **Learn** why it’s important and how to create inclusive practices for youth with Intellectual/ Developmental Disabilities

"LEARN HOW TO TALK, THEN HOW TO TEACH."

-NEZ PERCE
Where are we going

Navigating Sexual Health with Confidence
Visualization Activity & Jamboard
25 min

Sex Ed & Mental Disabilities
Statement Exercise
25 min

Let's Talk
25 min

Resources & Closing
5 min

Wellness Moment
1 min
1. Navigating Sexual Health with Confidence

Coming up: Visualization & Jamboard Activities
Sexual Health 101

What it is...

Fundamental to
★ Overall health & well-being
★ Social & economic development

Requires Positive & Respectful Approach
★ Pleasurable
★ Safe Sexual Experiences

What it depends on...

- Access
- Knowledge
- Environment

Holistic & Positive SH

- Fulfillment of Human Rights
- Fulfillment, not merely the absence of disease
- Relevant for Entire Lifespan
- Social, Economic, Political Understanding
- Expressed with Diversity
- Respect, Safety, & Freedom

Resource: World Health Organization, 2019
The Indigenous Context

➔ Elevated Risk
  ◆ Often overlooked by sexual health programs & curricula
  ◆ Higher rates of
     ● STIs
     ● Teen births
     ● Trauma

Resources:
Croy et al, 2009; Futures Without Violence, 2020; Brave Heart & DeBruyn, 1998; Tehee & Esqueda, 2008; Lawrence, 2000
Lawrence, 2000
Dog & Erdos, 2014, p. 79
Use QR code or the link in the chat box to join...

How do you prepare yourself to talk about sexual health?

https://jamboard.google.com/d/1tVonPb87WyeTEwYwK9Jrov0TOJ03PAHeiQK_MUnsC7U/edit?usp=sharing
Visualization Activity

Let’s take a trip back to your time as an adolescent...

https://www.advocatesforyouth.org/

Image Source: THRIVE @NPAIHB
Adolescent Development

Key Considerations:

Tremendous Change for:
- Physical
- Cognitive
- Emotional
- Social

Impacts how youth:
- Look
- Think
- Feel
- Interact with others

Expressions of Normal Development are:
- Not anticipating consequences
- Preoccupation with bodily changes
- Testing adult authority
- Curiosity about sex

https://www.advocatesforyouth.org/
Assess Values

My Values
- Things I’m for
- Things I’m Against
- Beliefs
- Guide My Behavior

https://www.advocatesforyouth.org/

Image Source: THRIVE @NPAIHB
Incorporate Culture

- Native Youth are eager to learn
- Culture is a source of healing and connectedness
- Culture can break down barriers & help youth relate

Image Source: THRIVE @NPAIHB
Prepare to Be Uncomfortable

1. Practice
2. Plan
3. Address Misconceptions
Wellness Moment

Breathing Exercise
2. Sex Education & Mental Disabilities

Coming up: Statement Exercise
Language Matters

Person - First Language
“Person with a disability”
Commonly used by providers and non-disabled people

Identity - First Language
“disabled person”
Commonly used by people in the disability community and disability activists

Acronyms
I/DD = Intellectual/Developmental Disability
This can include Autism Spectrum Disorder (ASD), Down Syndrome, Epilepsy, Fragile X, Cerebral Palsy, cognitive impairment, etc.

What Should I Say?
Everyone is different. Don’t assume people’s identity - ask them what language they prefer.
# Unique Challenges

...of Sexual Health for youth with I/DD

## Insufficient access
- Ableism
- Infantilization
- Inaccessible learning materials
- Reliance on Others
- Myths about
- Hypersexualization
- Asexuality

## Risk Factors
- High percentage of sexual abuse
- Difficulty finding, forming, and maintaining platonic, romantic, and sexual relationships
Rights to Pleasure

Sexual Health is a Fundamental Right

- Includes the right to sexual identity, expression, and activity
- Individuals with intellectual and developmental disabilities (I/DD) also have this right, yet face disparities in accessing sexual health information
- Everyone needs ongoing and age-appropriate sexuality education to develop positive attitudes about their sexuality.
http://www.youtube.com/watch?v=wZ6T8wrqjAE

“Everyone always tells me that I have the mindset of a five-year old...but I like boobs and vaginas!”

– PROGRAM YOUTH
Let’s Talk About it...

<table>
<thead>
<tr>
<th>How do you start the conversation?</th>
<th>Be open</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Practice positive approach with 2SLGBTQ+ inclusivity in mind</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What is important to talk about?</th>
<th>Puberty Healthy Romantic Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Boundaries</td>
</tr>
<tr>
<td></td>
<td>Pregnancy and STI education</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Final Tips</th>
<th>Listen</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Find the Facts</td>
</tr>
<tr>
<td></td>
<td>Be prepared</td>
</tr>
<tr>
<td></td>
<td>Be Supportive</td>
</tr>
</tbody>
</table>

PLUG: Talking is Power

EMPOWER to 94449

TALKING IS POWER
Convo Starters

Do you hope to be in a relationship one day?

What are some things you are looking for in a romantic partner?

What does consent look and sounds like to you?

What kinds of fun activities would you like to do with a romantic partner?

Do you want to have kids someday? Why or why not?
“Anything that's human is mentionable, and anything that is mentionable can be more manageable.”

—FRED ROGERS
3 Steps to Help
...talk about sexual health with youth who have I/DD

**Step 1**
Analyze whether the statement you are making is always true or are there different rules or societal rules/norms.

**Step 2**
Consider whether there are house rules or personal rules based on where the person lives or their past experiences. For example, one agency may say private is in the bathroom at home and your bedroom and other agencies may say only the bedroom is private. These are the house rules that need to be conveyed.

**Step 3**
Create a “okay, not okay” grid and list those different rules. Make the gray area, black and white. Use a grid to teach these concepts and create less confusion.
Exercise

Let’s examine this statement...

“No one should touch your sexual parts”
# Breaking it Down

<table>
<thead>
<tr>
<th>OKAY</th>
<th>NOT OKAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>√ To be naked in a private place</td>
<td>× To be naked in a public place</td>
</tr>
<tr>
<td>√ To wear a bathing suit at the beach or pool</td>
<td>× To wear a bathing suit at the mall or school</td>
</tr>
<tr>
<td>√ For a person to touch your sexual parts, if you have decided that is okay</td>
<td>× For a person to touch your sexual parts if you have not said yes</td>
</tr>
<tr>
<td>√ For a doctor to check your sexual parts to keep you healthy in an exam room with the door closed</td>
<td>× For a doctor to check your sexual parts and tells you to keep it a secret</td>
</tr>
<tr>
<td>√ To hug your family</td>
<td>× To hug a store clerk at the grocery store</td>
</tr>
</tbody>
</table>
Resources


3. 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!
4. 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

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
Join the Healthy Native Youth Movement!

★ Sign up for Newsletter
★ Text “HEALTHY” to 94449
★ Follow us on Facebook, Instagram, Twitter, YouTube

HNY Linktree QR Code
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

We LOVE helping...
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.healthynativexout.h.org/community-of-practice/

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

https://us06web.zoom.us/meeting/register/tZMuce
Cy8z4aGNFJE5GA9bPISLWkXoF1I8

Ahe'hee! Quyana! Thank you!

From Project Red Talon (2021-2022)

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

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

Zuni Pueblo