

February 14, 10:00-11:30 am PST



Sexual Health 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



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*

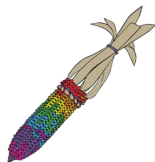


**NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD**
Indian Leadership for Indian Health

Live Virtual Training Logistics

Logistics

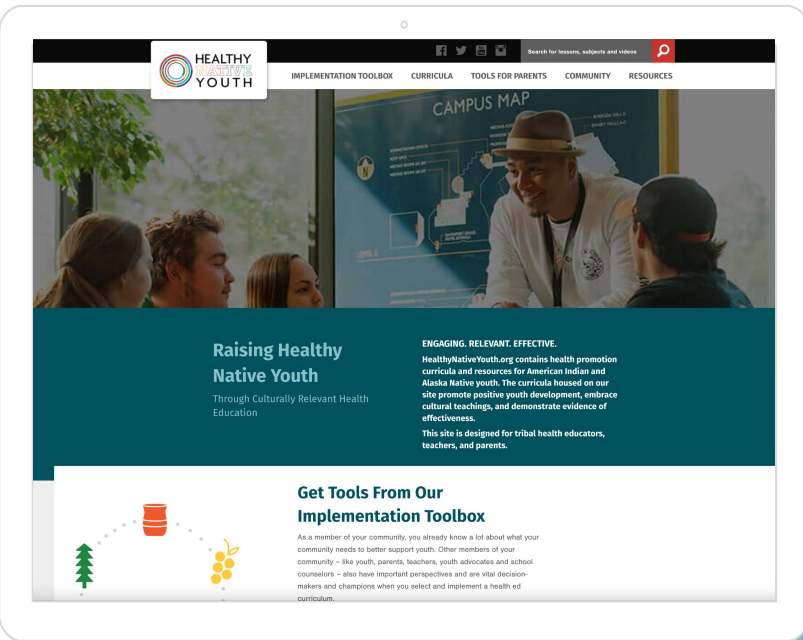
- You are muted
- If comfortable, share video



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/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. All rights reserved. See www.commonsense.org/education/privacy-policy for more information.

- 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...

- ★ **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



**Resources &
Closing**
5 min



Wellness Moment
1 min



Let's Talk
25min



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

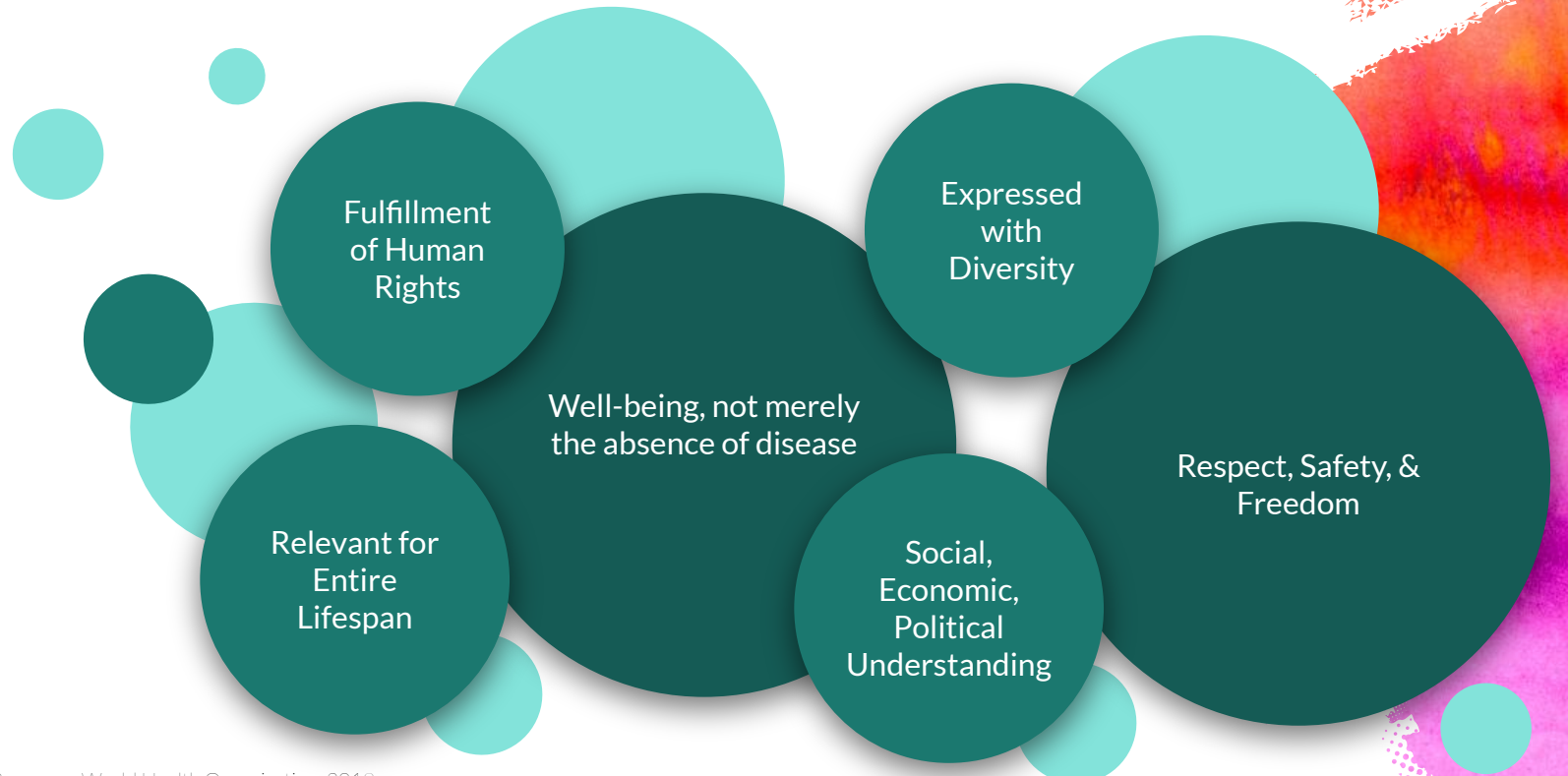
Requires Positive & Respectful Approach

- ★ Pleasurable
- ★ Safe Sexual Experiences

What it depends on...

- ☐ Access
- ☐ Knowledge
- ☐ Environment

Holistic & Positive SH



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 & Erdoes, 2014, p. 79



Jamboard

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/1tVonPb87WyeTEwYwK9Jrov0TOJ03PAHelQK_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

Assess Values



My Values

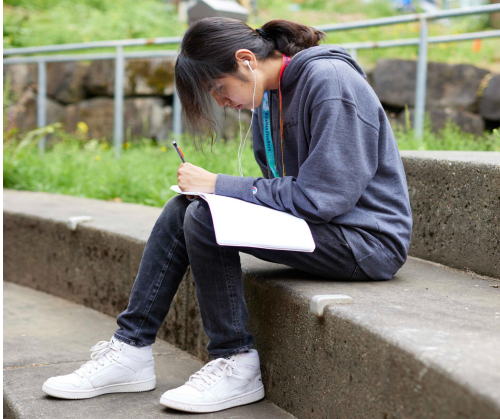
- Things I'm for
- Things I'm Against
- Beliefs
- Guide My Behavior

<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 @NPAlHB



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

VS

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.



The image shows a YouTube video player interface. The video title is "SEX ED for people with IDD". The video player shows a progress bar at 0:01 / 1:28. The video player controls include play, next, volume, and a progress bar. The video player also shows the video title "Sex Ed for People with Disabilities: Introduction" and the channel name "National Council on Independent Living" with 590 subscribers. The video player also shows a "Subscribe" button, a "Like" button with 144 likes, a "Share" button, a "Download" button, and a "More" button.

SEX ED

for people with IDD

[Narrator] Sex Ed for People with IDD.

0:01 / 1:28

Sex Ed for People with Disabilities: Introduction

NCIL National Council on Independent Living 590 subscribers

Subscribe

144

Share

Download

<http://www.youtube.com/watch?v=wZ6T8wrgiAE>

Source: National Council on Independent Living. *Sex Ed For People With Disabilities: Introduction*. 2019,



“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...



PLUG:
Talking is Power

✓	How do you start the conversation?	<ul style="list-style-type: none">• Be open• Practice positive approach with 2SLGBTQ+ inclusivity in mind
✓	What is important to talk about?	<ul style="list-style-type: none">• Puberty Healthy Romantic Relationships• Boundaries• Pregnancy and STI education
✓	Final Tips	<ul style="list-style-type: none">• Listen• Find the Facts• Be prepared• Be Supportive



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?



Source: THRIVE @NPAIHB



“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



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



Resources

Arizona Developmental Disabilities Planning Council. *Who We Are* | ADDPC.

<https://addpc.az.gov/about>.

Elevatus Training. *Turning the Gray Areas into Black and White*.

<https://www.elevatustraining.com/gray-areas/>.

National Council on Independent Living. *Sex Ed For People With Disabilities: Introduction*.

2019, <https://youtu.be/wZ6T8wrqjAE>.

Schaafsma, D., Kok, G., Stoffelen, J. M. T., & Curfs, L. M. G. (2015). Identifying Effective Methods for Teaching Sex Education to Individuals With Intellectual Disabilities: A Systematic Review. *The Journal of Sex Research*, 52(4), 412–432.

<https://doi.org/10.1080/00224499.2014.919373>



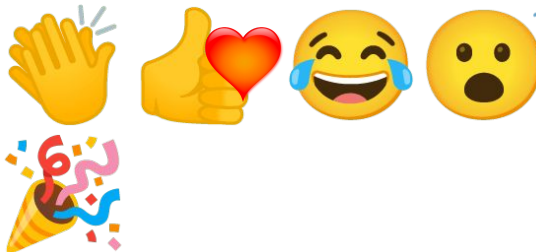
3. Let's Talk About it!

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

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

WE R NATIVE

my future my life my resources my road my story my friends my family my support my help

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 "heck, body or spirit" question on your heart that a Relative can answer with good medicine, we will.

Ask Your Relative

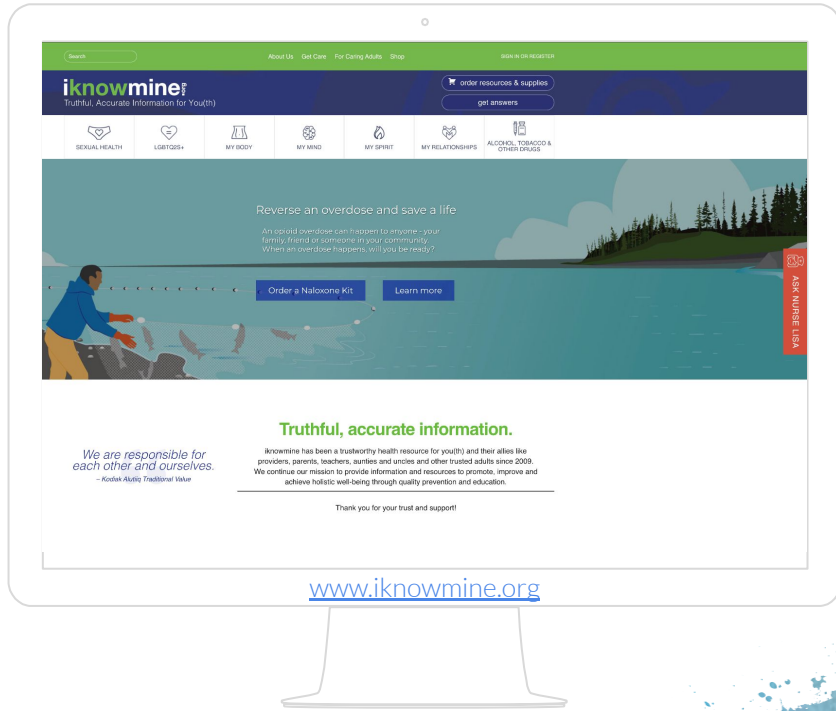
Youth Support Resources
Scan the QR code with your phone for Native Youth Support Resources

Get Resources

You are not alone! If you need help, Text "Native" to 741 741 for FREE 24/7 Counseling support, or Dial 988.

Coping Today

www.wernative.org



I Know Mine

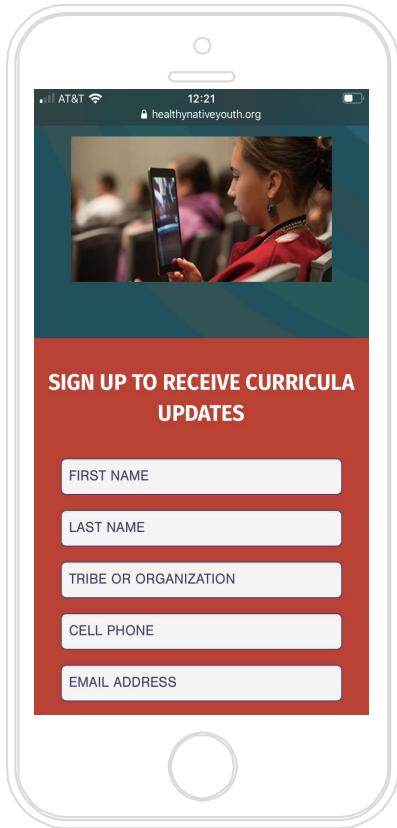
For Alaska Native Youth

- ★ 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





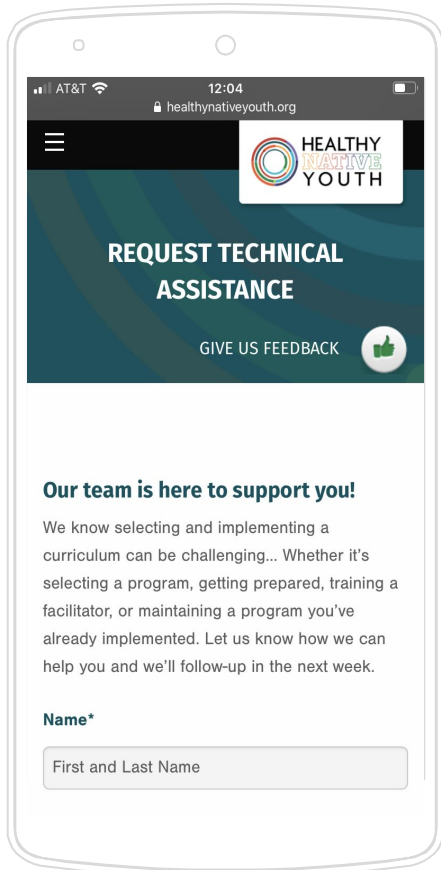
HNY [Linktree](#) QR Code

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

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>



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



NPAIHB

Inter Tribal Council of Arizona, Inc.




Southern Plains Tribal Health Board



Northwest Portland Area Indian Health Board


[ITCA Landing Page](#)

[I Want the Kit](#)
[Native Test](#)



[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

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

