WE ARE A COMMUNITY OF PRACTICE

Our passion is to work together to uplift and support our Native youth. Sessions include new resources and opportunities to engage with native professionals in the field. As a community, we share our strengths and experiences about how we will improve the lives of Native youth.

WHO SHOULD ATTEND? Tribal health educators, teachers, parents, prevention specialists; people who share a passion for improving the lives of Native youth.

WHAT’S INCLUDED?

During the calls, when you see the below icons on the top right corner of the slides...

- **Modeling Activities**
  - Elders - we are modeling an activity that you can take back home to your community

- **Strategies**
  - Cedar hat - we are sharing a strategy

- **Sharing & Inclusion**
  - Medicine Shaker - space for us to share our experiences
  - Multicolored Corn - space for us to be 2SLGBTQ+ Inclusive

WHEN?

90-minute virtual gatherings are held the Second Wednesday of every month

Start Times:
9:00 AK, 10:00 PST, 11:00 MST, 12:00 CST, 1:00 EST

WHERE?

Click on links next to each session below to register in advance

After registering, you will receive an email with info on joining the Community of Practice calls

Contact us
- agaston-contractor@npaihb.org
- msinger@npaihb.org

www.healthynativeyouth.org

Text HEALTHY to 94449
# 2021-22 Community of Practice Lineup

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Description</th>
<th>Links</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 8, 2021</td>
<td>Back-to-School: Intentional Balance</td>
<td>What a year it has been! Now more than ever, we find the need to create intentional safe spaces for ourselves and those we serve to acknowledge, rebuild, and thrive in this upcoming school year. Join Robert Johnston from the Native Wellness Institute and Danica Brown from the NPAIHB who will help create a space for you to work through burnout, re-traumatization in the workplace, time-management and boundaries to carve a path towards intentional balance.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>October 13, 2021</td>
<td>Cultural Competency to Raise Healthy Native Youth</td>
<td>Culture is engrained in everything that we do, from how we engage, learn, and process information. In order to best serve our Native youth, we must share our experience and the science behind culture as prevention so that our Relatives and allies can best support the health of our Native youth. Join the Alaska Native Tribal Health Consortium, the Native Health Initiative and Native Social Media influencers to share their experience imparting cultural competency.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>November 10, 2021</td>
<td>Tackle Trauma with Care</td>
<td>Indigenous communities have long fostered resiliency skills to cope, rebuild, and reclaim our beauty and place. Join the Native Children’s Trauma Center to walk through trauma informed practices to address and health from the trauma we have all experienced individually and communally during the pandemic. Together with heal and thrive!</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>December 8, 2021</td>
<td>Set the Stage for Program Success</td>
<td>Our Elders have taught us the importance of the gathering season; to prepare and maintain us throughout the year, setting a strong foundation to create ease and success for the future. Join the HNY crew to talk about how to GATHER and process community and youth input on health priorities and interests to set the stage for program success.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>January 12, 2022</td>
<td>Pickers Can be Choosers: Choosing a Program</td>
<td>You have gathered youth and community feedback to identify health priorities, resources and needs. Now you are ready for the CHOOSE phase! Let the HNY crew help chose critical criteria for program selection, getting approval, and tips for involving youth in the selection process. Hear from program developers on Native youth programming: We R Native, Native STAND, Native WYSE Choices, Native It’s Your Game.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>February 9, 2022</td>
<td>Thrive in the Spaces we Create</td>
<td>Help Native youth build affirmative, inclusive, FUN and creative spaces together using Indigenous leadership and peer mentoring approaches. Hear how Native youth are using creative expression to positively process emotions to thrive in their spaces. Come learn how you can help youth in your community do the same.</td>
<td>Watch Recorded Session here</td>
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## 2021-22 Community of Practice Lineup

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<tr>
<td>March 9, 2022</td>
<td><strong>Prepare for Implementation Success</strong></td>
<td>Now that you have chosen a program, you can prepare for implementation success! Let the HNY crew help to PREPARE an IMPLEMENT a plan that includes recruitment, guest speaker lineup, supplies and incentives for implementation success. You’ve got this and we’ve got your back!</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>April 13, 2022</td>
<td><strong>Stand Up to STI/HIV Stigma</strong></td>
<td>As sexual health educators we know the challenges of community and youth attitudes, biases, misinformation, and STI/ HIV stigma that presides and harms the health of our Tribal communities. Join us as we stand up to STI/ HIV stigma through holistic approaches to Indigenous Sexual Health. And, hear about successful HIV/STI self-testing programs from the Swab Squad: Alaska Native Tribal Health Consortium, Johns Hopkins &amp; the South Plains Tribal Health Board – I want the Kit!</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>May 11, 2022</td>
<td><strong>Sustain and Grow your Program</strong></td>
<td>Congratulations! You have implemented your program and are now in the GROW phase. Let the HNY team help reflect on what worked, what can change, and how to use what you’ve learned to keep the momentum going.</td>
<td>Click here to register</td>
</tr>
<tr>
<td>June 8, 2022</td>
<td><strong>Concerning Social Media Posts Workshop</strong></td>
<td>Learn how you can become the trusted adult youth can turn to when they view or post concerning messages on social media. Suicide prevention remains challenging among youth, as many do not disclose thoughts of suicide before making an attempt. However, youth may disclose depression symptoms and suicidal ideation via social media, like Instagram, TikTok, Twitter, Snapchat, and through text messaging. These public disclosures may provide new opportunities to identify youth at risk and connect them to appropriate resources and support. Join us to learn how!</td>
<td>Click here to register</td>
</tr>
<tr>
<td>July 13, 2022</td>
<td><strong>Staying Connected</strong></td>
<td>Summer is upon us and our conversations are now consumed with how we can stay connected and keep program momentum going with our summer programs and peer/ elder mentorships. Join the CoP crew to talk about what others and doing how we can support each other’s youth programming.</td>
<td>Click here to register</td>
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**Contact us**
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- msinger@npaihb.org

**Click on links next to each session to register in advance**

www.healthynativeyouth.org

Text HEALTHY to 94449
Ya at eeh! My name’s Michelle! I am Navajo! My pronouns are she and her. Give yourself a big hug 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 POWER to 97779

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.

What’s a rule you have for your relationships? How can you respect other people’s rules and boundaries?

#TalkingIsPower #HealthyNativeYouth #weRnative
### THREE TIPS FOR TALKING WITH YOUTH ABOUT SEXUAL HEALTH

**BE AN ASKABLE ADULT**

<table>
<thead>
<tr>
<th>Tips</th>
<th>Traits of Askable Adult</th>
</tr>
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<tbody>
<tr>
<td><strong>Tip 1</strong> SHARE what you’ve been thinking about, rather than waiting for your youth to talk.</td>
<td>Wants communication, but doesn’t expect to have all the answers.</td>
</tr>
<tr>
<td><strong>Tip 2</strong> LISTEN to their point of view, even when it’s difficult to hear.</td>
<td>Knows the most important part of communication is listening.</td>
</tr>
<tr>
<td><strong>Tip 3</strong> EXPRESS your opinion without putting down theirs; acknowledge that it’s okay to disagree.</td>
<td>Doesn’t expect to be perfect, and knows that admitting mistakes is a valuable lesson for youth to see.</td>
</tr>
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**Text Empower to 97779**

#TalkingisPower
#HealthyNativeYouth
GRAB THE MOMENT TO TALK WITH YOUTH ABOUT SEXUAL HEALTH

In the car. The car is a private space where your teen doesn’t have to look at you but can hear what you have to say.

Immediately following a relevant show/series. Storyline characters model many behaviors, and may provide the opportunity to reinforce positive behaviors or discuss the consequence of risky behaviors.

Through text messaging, which may provide an easy, acceptable way to reinforce messages discussed in-person.

CREATING SAFE SPACES TO TALK TO YOUR YOUTH DOESN’T HAVE TO TAKE A LOT OF WORK. FIND MOMENTS IN YOUR EVERYDAY ROUTINES.

TEXT "EMPOWER" TO 97779

#TALKINGISPOWER
#HEALTHYNATIVEYOUTH
WWW.HEALTHYNATIVEYOUTH.ORG
Create a Self-care Plan...

1. Select three Self-Care Activities

...from the example box below (or create your own!), that will help to nourish your mental, spiritual, physical, and social self and make them a part of your routine.

Self-care activities affect how you think, feel, your sense of who you are and your place is in this world.

Examples of Self-care Activities:
Start a Journal, Unplug, Take a Walk, Pray, Talk to an Elder, Plant a garden, Make Art, Sit by a body of water, Make a funny video, Sing, Trim my nails, Volunteer, Play with my pet, Dance, Write, List 3 things I'm grateful for, Talk to a Friend, Take a Shower, Breathing Exercises, Listen to Music, Read a Book, Daydream, Play Basketball, Write a song, Eat with my family, Look at the Stars, Connect with my Culture, Be nice to Someone, Laugh, Sweat, Learn my Language. Nap...Create Your Own!

2. Select Positive Self-Talk Statements

...from the example box below (or create your own!), that you can say to yourself on repeat, throughout the day, when you need a little encouragement or a little self-love.

Start paying attention to the things you say to yourself on the daily. Are they mostly positive or negative? See if you can change the dialog to only include positive talk.

Examples of Positive Self-talk Statements:
I am Strong, I am Loving, I am Special, I am a good person, All is well - right here - right now, I control my choices, I am working towards my goals, I can treat myself gently and with kindness, I have gifts, I am taking things one step at a time, I have a purpose, I have all that I need, Today I will look for the good, I am learning to take care of myself, I am freaking awesome!...Create your Own!

3: Live it!

Make these activities and positive self-talk statements part of your daily life. This can help you to be the best version of yourself. Go you!
TALKING IS POWER
RESOURCES

CRISIS HOTLINES

National Suicide Prevention Lifeline
Call (24/7): 1-800-273-8255
Text: "START" to 741741
https://suicidepreventionlifeline.org/

RAINN - National Sexual Assault Hotline
Call (24/7): 1-800-656-HOPE
https://www.rainn.org/

Stronghearts - Native Domestic Violence Helpline
Call (7am-10pm CST): 1-844-7NATIVE
https://www.strongheartshelpline.org/

Love is Respect - National Domestic Violence Hotline
Call (24/7): 1-866-331-9474
Text: "loveis" to 22522
https://www.loveisrespect.org/

TEXT MESSAGE SERVICES

Talking is Power:
Text "Empower" to 97779

National Suicide Prevention Lifeline:
Text "START" to 741741

Love is Respect:
Text "loveis" to 22522

VIDEOS

Amaze
www.amaze.org

Ask Auntie & Ask Uncle
www.weRnative.org

PODCASTS:

ADD
ADD

SOCIAL MEDIA

@weRnative
@iKnowmine

TRAININGS & MATERIALS

RESPONDING TO CONCERNING POSTS OF SOCIAL MEDIA
www.healthynativeyouth.org

QUESTION. PERSUADE. REFER. INSTITUTE
https://qprinstitute.com/

PRINT MATERIALS

HEALTHY NATIVE YOUTH RESOURCES
www.healthynativeyouth.org/

WE R NATIVE MATERIALS
www.weRnative.org
**Loved Here, Safe Here.**

Social Marketing Campaign Materials

The creation of safe, inclusive, and welcoming spaces is critically important to provide holistic wellness for 2SLGBTQ (Two Spirit, lesbian, gay, bisexual, transgender, and queer/questioning) community members. A safe space is a place, program, or community that is intentionally working to affirm 2SLGBTQ identities. For many Native youth, having the knowledge that 2SLGBTQ allies exist across their tribal community can help create a welcoming and safe environment.

Creating welcoming spaces is a continual process; one that requires accountability and buy-in from everyone who create the space and access it. There are several ways we can create welcoming spaces, especially in the clinical and educational environments.

The Adolescent Health Team at the Northwest Portland Area Indian Health Board (NPAIHB) is pleased to announce the availability of health promotion materials for tribal clinics and those who engage with Native youth (such as health educators, teachers, advisors, counselors, coaches, youth recreation staffers, etc.) to support and provide an affirming environment for 2SLGBTQ youth. The campaign materials — Loved Here, Safe Here. — can be posted, printed, or shared with your networks.

**In this shipment you will find:**

- Posters
- Window clings
- Temporary tattoos
- Magnets
- Enamel Pins
- Stickers
- Children's books (Sassy Sassafras)
- Coloring book (Sassy Sassafras)

These youth-friendly materials are designed to promote HIV/STI testing, spark conversations around sexual health topics, and encourage access to We R Native (www.wernative.org), a multimedia health resource for Native youth, by Native youth. You will find:

- Sassy Sassafras Two Spirit Children’s Book (and companion coloring book) – A children’s book based on a southeastern woodlands Indigenous wisdom. The book captures a heartfelt encounter between the two authors, retold through a story about Sam/Samantha, a Two Spirit person, and Miss Mary, a tribal elder.

- Get Yourself Tested (GYT) – The GYT campaign encourages young people to get tested and treated for STDs and HIV to protect their health and the health of their partners.

- Text SEX to 94449 – A text message service for Native youth and young adults designed to deliver sexual health information to prevent HIV/STIs.

- Ask Your Relatives – An online anonymous Q&A service for Native Youth and young adults ages 13–24 years old on We R Native (https://www.wernative.org/ask-your-relatives).

- Caring Messages – Caring Messages is an evidence-based suicide-prevention intervention. Youth can sign up for the text message series and will receive 2 texts per week with messages design to improve their mood and remind them how awesome they are.

- BRAVE – A culturally-relevant mobile health (mHealth) intervention designed to improve healthy relationships, promote cultural pride and resilience, and increase help-seeking skills among AI/AN youth 15–24 years old.
Tips for using these campaign materials in Tribal communities:

- Hang the posters in Tribal service buildings, such as: health clinics, gyms, administration buildings, schools, local stores, and businesses.

- Use the temporary tattoos, stickers, magnets, and enamel pins to hand-out at school or community events and health fairs. Have them available in clinic waiting rooms or place them in information packets provided to patients.

- Download the materials from the NPAIHB website and post them on your Tribe’s website or social media pages.

- Promote the materials during Health Observances and holidays, such as: February - Valentine’s Day; April - STD Awareness Month; May – Teen Pregnancy Prevention Month; or June - PRIDE Month, etc.

DIGITAL DOWNLOADS

In addition to the printed materials, this campaign will include 30-second video PSAs, virtual backgrounds for social media and online education platforms!

To download visit: https://www.npaihb.org/social-marketing-campaigns/

We Appreciate Your Feedback

Please share how you’ve used the materials in your community.

Please take this 5-minute survey:
https://www.surveymonkey.com/r/GYTSafeSpacesCampaign

To request more materials, visit:
https://www.surveymonkey.com/r/GYTSafeSpacesCampaign

For more information, contact:
Celena Ghost Dog, WYSH Project Manager
Email: cghostdog@npaihb.org

Thank you to our funders:

- Minority HIV/AIDS Fund (MHAF) through Indian Health Services (IHS)
- The Office of Public Affairs (OPA) through U.S. Department of Health & Human Services (DHHS)

Beaded artwork by: Ameyalli Mañon-Ferguson, she/her, Osage/Mazahua
This piece was designed in collaboration with her sister, symbolizing the beauty of Two-Spirit identities.

Angelino A. Celebrating Our Magic: Resources for American Indian/Alaska Native transgender and Two-Spirit youth, their relatives and families, and their healthcare providers. Seattle Children’s Hospital Center for Diversity and Health Equity, Northwest Portland Area Indian Health Board; 2019
The Implementation Toolbox is your roadmap to creating a sustainable and culturally relevant sexual education program within your community. This toolbox is designed to empower you – to help you make thoughtful decisions about meeting your community needs and to support your youth.

There are 5 key phases: gather, choose, prepare, implement, and grow. Within each phase we include specific ways to increase community buy-in, get youth support, and we even give you the tools to do so.

These tools include ready to use templates such as Community Needs Assessment surveys, Memorandum of Understanding drafts, and mindful Classroom Engagement strategies.

Community buy-in is fundamental, from tribal leaders to the school board to parents and caring adults. Every tool can be adapted to your specific community and cultural needs.

If you feel ready to dive right in, go for it! If you need a little more information or if you have questions, that’s fine, too. We offer technical assistance and we’re here to help.

Keep an eye out for these Indigi-icons as you explore HealthyNativeYouth.org!
Youth Support

In crisis? Connect 24/7...

Crisis Text Line
Text: NATIVE to 741741
WhatsApp

National Suicide Prevention Lifeline
Call: 1-800-273-TALK
Chat

Abuse & Sexual Assault

StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
Chat

RAIIN
National Sexual Assault Hotline Call
(24/7): 1-800-656-HOPE
Chat

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)

Drugs, Alcohol & Tobacco

National Institute on Drug Abuse for Teens
Call: 1-800-662-HELP

Truth: Smoking, Vaping, and Opioids
Get 24/7 Support
Text: DITCHVAPE to 88709

Get the Facts About Drugs:
Just Think Twice
Call: 1-855-378-4373
Text: 55753

National Drug Information
Treatment & Referral Hotline
Call: 1-800-662-4357

Mental Health

Mental Health America
Call: 1-800-969-6642
Text: MHA 741741

Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863

We R Native: My Mind
Ask Auntie & Uncle
Text: CARING to 65664

National Hotline. Reach Out & Get Help
Call: 1-800-448-3000
Text: VOICE to 20121

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

CLICK ON THE LOGOS TO GO TO RESOURCE
### Relationships & Dating

- **StrongHearts Native Helpline**
  - Call, text, or chat 24/7
  - 1-844-7NATIVE (762-8483)
  - Chat

- **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**
  - Ask Auntie & Uncle

### Sexual Health

- **Planned Parenthood**
  - Call: 1-800-230-7526
  - Chat: Ask Roo
  - Find a Clinic

- **We R Native: Sexual Health**
  - Text: SEX to 94449
  - Ask Auntie & Uncle

- **I Know Mine**
  - Ask Nurse Lisa
  - I Want the Kit & Order
  - Condoms (AK mailing only)

- **It's Your Sex Life**
  - Live Chat

- **Bedsidder**

- **Get Yourself Tested #GYT**
  - Find a clinic near you

### Sexual Identity - 2SLGBTQ+

- **Paths (Re)Membered Project**
  - Text: 2SLGBTQ to 94449

- **Native Youth Sexual Health Network**

- **The Trevor Project**
  - Call (24/7): 1-866-488-7386
  - Text: START to 678 678
  - Chat

- **It Gets Better Project**
  - Embrace the Journey

- **Trans Life**
  - Call: 1-877-565-8860

- **Human Trafficking Hotline**
  - Call (24/7): 1-888-373-7888
  - Text HELP to 233 733
  - www.humantraffickinghotline.org
Youth Support

Bullying

- Stopbullying.gov
  - What Teens Can Do
  - What Adults Can Do

- Cyberbullying
  - Resources for Youth
  - Report Cyberbullying

- We R Native: Bullying Prevention
  - Ask Auntie & Uncle

Text Message Campaings

- 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!!!

Find Help Near You

- SAMSHA - Zip code locator for a treatment center closest to you

- Mental Health America - Zip code locator for a clinic closest to you

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