

# TALKING IS POWER

## A Text Messaging Service for Parents and Caring Adults

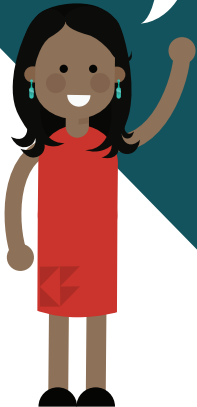
Talking with youth about sensitive topics is never easy, but it's important. You are your teen's biggest influencer when it comes to making decisions about sex and healthy relationships.

### Text EMPOWER to 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.

Ya'at eeh!  
My name's  
Michelle!  
My pronouns are  
she and her.  
Give yourself a  
high five from  
me. I'm glad  
you're here!



#TalkingIsPower

#HealthyNativeYouth

#weRnative


CURRICULA


LESSON PLANS

HANDOUTS

RESOURCES

 [www.healthynativeyouth.org](http://www.healthynativeyouth.org)

 [fb.com/HealthyNativeYouth](https://www.facebook.com/HealthyNativeYouth)

 Listserve: Text "YouthNews" to 22828

 <https://www.instagram.com/healthynativeyouth/>  
[@HealthyNativeYouth](https://www.instagram.com/HealthyNativeYouth)

 [native@npaihb.org](mailto:native@npaihb.org)

**SIGN UP TO RECEIVE UPDATES  
VIA TEXT MESSAGE**

**TEXT "HEALTHY" TO 97779**



HEALTHY  
NATIVE  
YOUTH