RAISING HEALTHY NATIVE YOUTH: AI/AN INCLUSIVE PATHWAYS FOR ADOLESCENT HEALTH

February 2020
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Topics AI/AN Youth Wanted Included in a Webpage

- Physical fitness and exercise: 57%
- Current Events: 51%
- Drug and Alcohol Use: 50%
- Nutrition: 46%
- Stress: 42%
- Weight and body image: 40%
- Depression: 39%
- STDs and HIV/AIDS: 39%
- School and Academics: 38%
- Diabetes: 36%
- Tobacco Use: 36%
- Dating and relationships: 35%
- Pregnancy: 33%
- Suicide: 33%
- Birth control and condoms: 32%
- Confidence and self-esteem: 32%
- Violence or Bullying: 32%
- Traditional healing for AI/ANs: 30%
- Religion/Spiritual beliefs: 28%
- Sexual assault: 27%
- Sexual expression & sexual: 26%
- Virginity: 24%
- Puberty: 22%
- Male and Female body parts: 19%
Communication Strategies

- **Online Sexual Health Portal**
  - Partner: NIEA, BIE, B&G Clubs
- **Social Media**
- **Teens and Young Adults**
- **Talking Points**
- **Radio, Articles**
- **Parents**
  - Partner: UNITY, GEN-I, CNAY
  - Teachers and Educators
Healthy Native Youth

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
Website Goals

- Provide tribal health educators and teachers with a one-stop-shop to access age-appropriate, culturally tailored sex education resources for AI/AN youth.

- Prepare tribal health educators and teachers to deliver this content.

- Measure the reach and impact of our efforts.
HNY Reach at 3 Years Old!

- **62,742** Page Views
- **11** Number of Curricula
- **15** Number of Community of Practice Sessions
- **2M+** Native VOICES: video views on Facebook
- **2,193** Monthly E-Newsletter Subscribers
- **1,942** Likes
- **1,999** Followers
- **141** Followers
- **206** Following
- **619** Healthy Native Youth Text Subscribers

Since 2016
Healthy Native Youth Website

Sexual Health Curricula

Finding the Right Curricula

To be effective, health curricula must be age-appropriate, culturally-relevant, and reflect the values and learning styles of the learners being taught. Finding curricula that meet these requirements for American Indian and Alaska Native youth can be challenging. Healthy Native Youth is a one-stop-shop for educators and health advocates who want to expand learning opportunities for youth.

Click on the program name to learn more about each curriculum, including intended age group, where it can be implemented, and how much time will be required. Lesson plans, handouts, and supplemental materials are also listed there. Many include recorded videos and webinars to help prepare educators to facilitate each program. Finally, we provide information about how the program was designed or adapted, and evaluated with AI/AN youth.
COMMUNITY OF PRACTICE

2019-2020 Schedule
Second Wednesday of Every Month
10:00-11:00 AM PST

- 9/11/19: Welcome to Healthy Native Youth 2.0! What's Available & What's New
- 10/9/19: Intro to Evaluation: Gathering Info to Improve Programs
- 11/13/19: Building Community Support: Creating Community Partnerships
- 12/11/19: "All Relations" Communications: Broaching "The Talk" & Other Sensitive Topics
- 1/8/20: Who's the Best Health Educator Around? Brush up on your Programming & Youth Skills
- 2/12/20: LGBTQ2S Inclusion in the Community & Classroom
- 3/11/20: Supporting Youth Experiencing Trauma in the Classroom & Beyond
- 4/8/20: Social Media: How to do it & Keep Youth Safe!
- 5/13/20: Youth Identity & Healthy Relationships
- 6/10/20: Prevention: Emerging Topics & Challenges
- 7/8/20: Raising Healthy Native Youth: Creating Positive Pathways

How to Join
JOIN BY PHONE ONLY: +1 669 900 6833
MEETING ID: 458 332 611
PRESS *6 TO MUTE YOUR LINE WHEN NOT SPEAKING

We welcome you to join in Healthy Native Youth's Community of Practice monthly virtual gatherings that include new resources and opportunities to engage with topical experts and others!

HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native youth. The site is designed for tribal health educators, teachers, and parents - providing the training and tools needed to access and deliver effective, age-appropriate programs.

COMMUNITY OF PRACTICE SESSIONS

Watch Previously Recorded Sessions & Download Supporting Documents

- 9/12/18: Using HNY to Select A Curriculum

- Resources:
  - Needs and Resource Assessment
  - Parent Poll Checklist
A New and Improved Training Webinar - Responding to Concerning Posts on Social Media

The Responding to Concerning Posts is new and improved! The training prepares adults who work with Native youth to identify youth who post or view concerning posts on social media, and connect them to appropriate services.

Updates include: an updated webinar and video, an updated look on the Viewer Care Plan Poster and Viewer Care Plan tip sheet.
Native. Two Spirit. LGBTQ
#BornSacred
“All Relations” Communication
Tools and Resources

- Instagram & YouTube
- Text Messaging Service for Parents & Caring Adults
- One-pagers for Parents (Promoting the text message service)
- Incorporate links to videos
- Parent-Child conversation examples
- Tips for starting conversations on a topic
- Q&A addressing Sensitive Questions
- Topical experts
- Resource page on HNY website
LOVE IS IN THE AIR
Everyone deserves a healthy relationship

learn more

WE R NATIVE
For Native Youth, by Native Youth.
Suicide

Suicide is a troubling topic that most of us would rather not deal with, but suicide is more common than we realize and it is more common than we would like to think. By reaching out however, we will discover that there is hope and that we are not alone. By paying attention to warning signs, talking about
Website launched September ‘12 – 7 Years Old!

Over 1.7 million page views!

Across all media channels, the service reaches on average 31,000 users per week.

Over 400 health/wellness pages, reviewed by AI/AN youth and topical experts.

Special features include:
- Ask Auntie/Ask Uncle
- Contests
- Videos
- Free gear & Promo Kits
- Leadership Development
- Community Service Projects
WE R NATIVE'S IMPACT

- Combating stigma or stereotypes, 11%
- Improved pride, 7%
- Improved self-esteem, 8%
- Improved cultural connectedness, 21%
- Improved mental health, 26%
- Other impacts, 27%
LGBT - Two Spirit

People often use the words lesbian, gay, bi-sexual, two-spirit or queer (LGBTQ) to describe their sexual orientation. Some people know their sexual orientation early on in life, while others go through periods where they wonder: Do I like men? Do I like women? Do I like both?

share:  

BEING A LESBIAN

Women usually describe themselves as lesbian when they find that...

TWO-SPRIT REFERENCE BOOKS

Check out a few of these books that could be helpful when learning.

TRADITIONAL PERSPECTIVES ON BEING LGBTQ2S

For the most part, our modern mainstream society divides gender...
SEX
TEXT SEX TO 977779
Healthy Relationships Video:

https://www.youtube.com/watch?v=5jy-jVMi2zY&feature=youtu.be
To protect participants, our study protocol has been reviewed by the Portland Area (PA) Indian Health Services’ (IHS) Institutional Review Board (IRB) [1384639], a tribal committee responsible for protecting the rights and welfare of research participants and NW tribal members. If you have any concerns about your rights as a participant, please contact Thomas Weiser, MD, MPH, at 1-877-664-0604. Dr. Weiser is Co-chair of the PA IHS IRB, that reviewed this project.
Northwest Portland Area Indian Health Board (NPAIHB)

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