



HEALTHY
NATIVE
YOUTH

Back-to-School Webinar

Information on free
health curricula



HEALTHY NATIVE YOUTH

A ONE-STOP-SHOP FOR EDUCATORS WHO WANT TO
EXPAND LEARNING OPPORTUNITIES FOR AI/AN YOUTH

September 2017

Today's Agenda

- **Describe** the Healthy Native Youth portal.
- **Share:** Curricula, tools, & resources.
- **Back-to-School Challenge:** Earn prizes and school supplies.

Workgroup Goal



- Support the dissemination of culturally-appropriate sexual health programs to AI/AN youth.

find curricula

RAISING HEALTHY NATIVE YOUTH

THROUGH CULTURALLY RELEVANT HEALTH EDUCATION

ENGAGING. RELEVANT. EFFECTIVE.

SEXUAL HEALTH CURRICULA

[GIVE US FEEDBACK](#)

[COMPARE CURRICULA](#)


VIEW:



FILTER YOUR SEARCH

FINDING THE RIGHT CURRICULA



MULTIMEDIA CIRCLE OF LIFE (MCOL)

Ages	Program Setting
Middle School	Flexible

[VIEW MORE](#)


NATIVE IT'S YOUR GAME

Ages	Program Setting
Middle School	Flexible

[VIEW MORE](#)

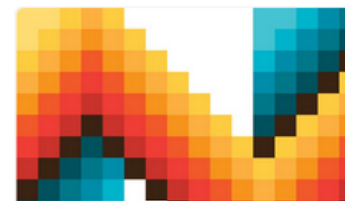
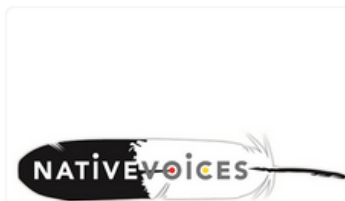

NATIVE STAND

Ages	Program Setting
High School	Flexible

[VIEW MORE](#)

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.


[COMPARE ALL](#)

VIEW:



FILTER YOUR SEARCH

Check All

BY AGE GROUP

- Grades K - 2
- Grades 3 - 5
- Middle School
- High School
- Young Adults

LGBT INCLUSIVE

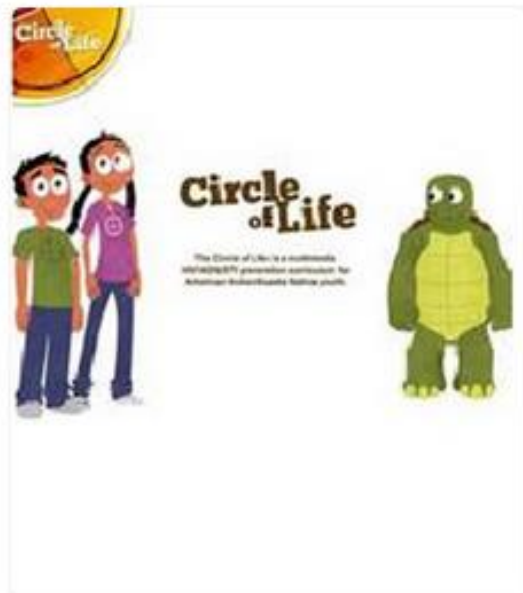
- Yes
- No

PROGRAM SETTING

- In School
- After School
- Community-Based
- Clinic-Based
- Flexible

EVIDENCE OF EFFECTIVENESS

- Tribal Best Practice
- Best Practice
- Promising Practice
- Leading Practice
- Emerging Practice



COMPARE

[GIVE US FEEDBACK](#)


Check the programs you wish to compare. Then click the "Compare" button.

Name	Age	Program Setting	Duration	Cost	Student/Teacher Ratio	Certification Required	Evidence of Effectiveness	Endorsement
<input type="checkbox"/> Multimedia Circle of Life (mCOL)	Middle School	Flexible	7 online lessons @ 20 min each + 7 group lessons @ 45 min each	Free	15:1	No	Leading Practice	Office of Minority Health
<input type="checkbox"/> Native It's Your Game	Middle School	Flexible	13 lessons (30-50 minutes each)	Free	Any	No	Promising Practice	It's Your Game...Keep It Real is recognized as a Tier 1 intervention by TPP and by What Works 2010.
<input type="checkbox"/> Native STAND	High School	Flexible	27 sessions (90 minutes each)	Free (plus cost of materials for class activities, roughly \$500)	20:2	No	Leading Practice	N/A,
<input type="checkbox"/> Native VOICES	High School, Young Adults	Flexible	1 lesson at 35 minutes; 1 lesson at 75 minutes; or 5 lessons at 60 minutes apiece	Free	Up to 75:1	No	Best Practice	CDC's HIV Effective Interventions,

ABOUT THIS PROGRAM

Updated: 04/26/2017

Native STAND is a comprehensive sexual health curriculum for Native high school students that focuses on sexually transmitted infections, HIV/AIDS, and teen pregnancy prevention, while also covering drug and alcohol use, suicide, and dating violence. Twenty-seven sessions support healthy decision-making through interactive discussions and activities that promote diversity, self-esteem, goals and values, team building, negotiation and refusal skills, and effective communication. The 1.5 hour lessons contain stories from tribal communities that ground learning in cultural teachings.

AGE GROUP DESIGNED FOR: High School

LGBT INCLUSIVE: Yes

PROGRAM SETTING: Flexible

DURATION: 27 sessions (90 minutes each)

COST TO PURCHASE: Free (plus cost of materials for class activities, roughly \$500)

TEACHER TRAINING OR CERTIFICATION REQUIRED: No

STUDENT TO TEACHER RATIO: 20:2

PROGRAM OUTCOMES: Teens demonstrated improvements in knowledge of STD/HIV prevention, reproductive health, and healthy relationships.

EVIDENCE OF EFFECTIVENESS: Leading Practice



**DOWNLOAD PROGRAM
FACT SHEET**

ADOLESCENT HEALTH RESOURCES

GIVE US FEEDBACK



Tips and Tools

- [Tips for Making your Clinic Teen-Friendly](#)
- [A Teen-Friendly Reproductive Health Visit](#)
- [Guidelines for Creating a Safe Clinical Environment for LGBT Patients](#)
- [Answering Sensitive Health Questions](#)

Websites for Educators

- [National Teacher Preparation Standards for Sexuality Education \(PDF\)](#)
- [Future of Sex Education \(FoSE\) National Sexuality Education Standards](#)
- [Sexuality Information and Education Council of the United States](#)

Websites for Youth

- [We R Native](#)
- [iknowmine](#)
- [Generation Indigenous](#)

Social Marketing Campaigns

To develop health promotion messages that resonate with AI/AN youth, the Northwest Portland Area Indian Health Board uses social marketing, an evidence-based planning process that improves the impact of health promotion messages. The model uses formative research to identify priority populations, segment the community into distinct audiences, pretest materials with the audience, and then monitors the campaign to assess its effectiveness.

We've used this community-driven process to design [social marketing campaigns](#) addressing health topics important to AI/AN communities, including:



FEEDBACK

We appreciate your feedback!

We'd like to track who is using curricula housed on the website, how many youth are being reached by each program, and improve your experience navigating the website. If you've subscribed to our listerv, we will ask you once or twice a year to return to this page to share your feedback. If you've decided not to use any of the programs on the site, that's helpful to know too. **The survey will take approximately 10 minutes to complete.**

First Name *

Last Name *

Email Address *

First, please tell us a little about yourself.

1. With what school, organization, or community are you affiliated? *

ABOUT THE PROGRAM

Health Categories (Check all that apply) *



- Sexual Health
- Healthy Relationships
- Alcohol and Drug Prevention/Cessation
- Tobacco Prevention/Cessation
- Violence or Bullying Prevention
- Suicide Prevention/Mental Health Promotion
- Other Healthy Life-Skills
- Physical Fitness
- Nutrition

NATIVE IT'S YOUR GAME



ABOUT THIS PROGRAM

Updated: 09/19/2016

Native It's Your Game (Native IYG) is a web-based HIV, STD, and pregnancy prevention curriculum for American Indian and Alaska Native (AI/AN) youth ages 12-14. Native IYG is comprised of thirteen 30-50 minute interactive lessons, which can be used in the classroom, or as an extracurricular program. The program teaches about healthy relationships, life skills, communication, and refusal skills using interactive activities, videos, games, personalized "journaling" activities, tailored feedback, and individually tailored activities. It emphasizes abstinence, but also teaches learners how to protect themselves from pregnancy and sexually transmitted infections using medically accurate information.

AGE GROUP DESIGNED FOR: Middle School

LGBT INCLUSIVE: Yes

PROGRAM SETTING: Flexible

DURATION: 13 lessons (30-50 minutes each)

COST TO PURCHASE: Free

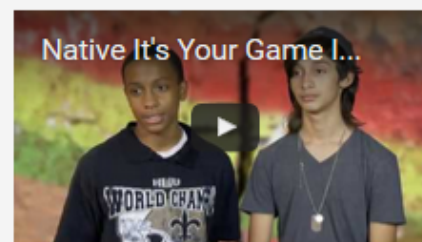
TEACHER TRAINING OR CERTIFICATION REQUIRED: No

STUDENT TO TEACHER RATIO: Any

PROGRAM OUTCOMES: Increased reasons not to have sex; Increased STI and condom knowledge; Increased condom availability self-efficacy; Increased condom use self-efficacy.

EVIDENCE OF EFFECTIVENESS: Promising Practice

ENDORSEMENTS: It's Your Game...Keep It Real is recognized as a Tier 1 intervention by TPP and by What Works 2010.



**DOWNLOAD PROGRAM
FACT SHEET**



Facilitators registering for the first time: please click on Facilitator Enrollment. Facilitators with an existing account may enter their username and password below.

Youths who are visiting for the first time, can click on Youth Enrollment, or login using the username and password their facilitators gave them.

Facilitator Enrollment

Youth Enrollment

Username *

Password *

Log in

Forgot password?



Lesson 1: Pre-Game Show

Start



Lesson 2 : Keeping it Real...Among Friends

Start



Lesson 3 : Playing By Your Rules...SELECT DETECT PROTECT

Start



Lesson 4 : Protecting Your Rules

Start



Lesson 5 : Know Your Body

Start



Lesson 6 : Keeping it Real...Healthy Dating Relationships

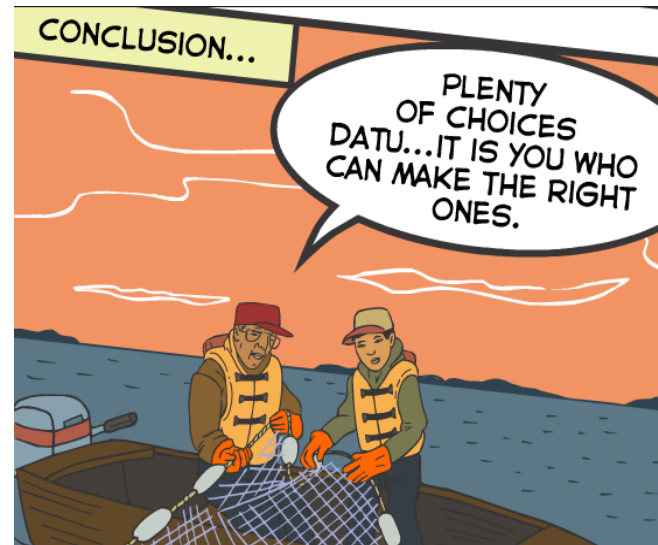
Start

Tribal Elders & Native Health Expert



Cultural adaptations

NATIVE
IT'S
YOUR
GAME



Effectiveness study: by the numbers

- ❑ **2** study arms: Native IYG and Control
- ❑ **25** Tribal Sites randomized
- ❑ **3** regions: AK, NW, AZ
- ❑ **574** middle school aged youth enrolled
- ❑ **3** surveys: Pre, Post, 12-month follow-up

Youth who took Native IYG reported:

- More reasons not to have sex
- Increased STI knowledge
- Increased condom knowledge
- More confidence obtaining condoms
- More confidence about using condoms



Native VOICES



[ABOUT](#)[TRAINING](#)[LESSON PLANS](#)[SUPPORTING MATERIALS](#)[CULTURAL RELEVANCE](#)[EVALUATION](#)[REFERENCES](#)

ABOUT THIS PROGRAM

Updated: 08/15/2016

Native VOICES (Video Opportunities for Innovative Condom Education and Safer Sex) is a 23-minute video, designed to encourage condom use and HIV/STI testing among heterosexual and LGBTQ (Lesbian, Gay, Bisexual, Trans and Queer) American Indian teens and young adults 15-24 years old. The video shows Native role models in situations that youth can relate to – playing basketball, at a party at a friend's home, traveling between urban and rural environments, and seeking advice from older family members and friends. The video demonstrates how to negotiate condom use with a partner, and stresses the importance of talking with partners about sexually transmitted infections.

AGE GROUP DESIGNED FOR: High School, Young Adults

LGBT INCLUSIVE: Yes

PROGRAM SETTING: Flexible

DURATION: 1 lesson at 35 minutes; 1 lesson at 75 minutes; or 5 lessons at 60 minutes apiece

COST TO PURCHASE: Free

TEACHER TRAINING OR CERTIFICATION REQUIRED: No

STUDENT TO TEACHER RATIO: Up to 75:1

PROGRAM OUTCOMES: Improved contraception use, Improved HIV/STI testing

EVIDENCE OF EFFECTIVENESS: Best Practice

ENDORSEMENTS: CDC's HIV Effective Interventions



[DOWNLOAD PROGRAM
FACT SHEET](#)



www.youtube.com





National Efficacy Study (8 sites, urban/rural)

Randomize Sites into 3 Arms (900 youth, 15-24 yrs):

- Native VOICES w/ a facilitator (n=300 youth)
- Native VOICES video alone (n=300 youth)
- We R Native sexual health fact sheets (n=300 youth)



OPTION 1: **Show the video beginning to end without facilitation**

The entire intervention will take 35 minutes & is ideal for individuals or groups with limited time.

Tips: Provide a door prize raffle, drinks and popcorn, in an environment that is private.

OPTION 2

Show the video beginning to end, followed by a 45-minute discussion

The entire intervention will take approximately 1 hour and 15 minutes, and is ideal for groups requiring a single session intervention.

OPTION 3:

FIVE ONE-HOUR SESSIONS

Show a short segment of the video followed by a 45-minute discussion.

The entire intervention will include five 1-hour sessions. This option is ideal for small or large groups that can meet multiple times.

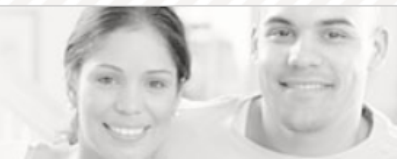


Visit www.HIVPwP.org, a resource center for prevention with persons living with HIV.

[Biomedical Interventions](#) ▼[Public Health Strategies](#) ▼[Behavioral Interventions](#) ▼

- ▶ CLEAR
- ▶ ¡Cuidate!
- ▶ Connect
- ▶ d-up: Defend Yourself!
- ▶ FOF: Focus on the Future
- ▶ FIO: The Future is Ours
- ▶ Focus on Youth + ImPACT
- ▶ Healthy Love
- ▶ Healthy Relationships
- ▶ Holistic Health Recovery Program
- ▶ Many Men, Many Voices
- ▶ MIP
- ▶ Mpowerment
- ▶ Nia
- ▶ Partnership for Health - Safer Sex

VOICES/VOCES



Video Opportunities for Innovative Condom Education & Safer Sex: A group-level, single-session video-based intervention designed to increase condom use among heterosexual African American and Latino men and women who visit STD clinics.

Important CDC Update:

The CDC's strategy for High Impact HIV Prevention involves prioritizing and implementing an optimal combination of cost-effective, scalable interventions based on the current state of the science. This shift should help improve the effectiveness of HIV prevention efforts, reduce HIV incidence, and ultimately increase the possibility of achieving an AIDS-free America. In its ongoing effort to align HIV prevention resources with current surveillance data and this strategy, the Division of HIV/AIDS Prevention (DHAP) at CDC will not offer trainings or

More Info...

RELEVANT LINKS

- ▶ [VOICES/VOCES Resources & Tools](#)
- ▶ [Training Calendar](#)
- ▶ [VOICES Fact Sheet](#)
- ▶ [VOICES Training Specifications](#)
- ▶ [VOICES Technical Assistance Guide](#)
- ▶ [Order VOICES Videos](#)
- ▶ [VOICES Videos Guide](#)
- ▶ [Order Supplemental VOICES Videos](#)
- ▶ [Order VOICES Implementation Kit](#)
- ▶ [VOICES Online Course](#)

RESPONDING TO CONCERNING SOCIAL MEDIA POSTS



RESPONDING TO CONCERNING POSTS ON SOCIAL MEDIA

GIVE US FEEDBACK



COMPARE CURRICULA



ABOUT

TRAINING

LESSON PLANS

SUPPORTING MATERIALS

CULTURAL RELEVANCE

EVALUATION

REFERENCES

ABOUT THIS PROGRAM

Updated: 08/23/2017

Suicide prevention remains challenging among youth, as many do not disclose suicidal ideation to others before attempting suicide. However, emerging research suggests that nearly one-third of AI/AN youth see concerning messages on social media on a daily or weekly basis. This webinar training will prepare adults who work with Native youth to identify youth who post or view concerning posts on social media, and connect them to appropriate services.

AGE GROUP DESIGNED FOR: Middle School, High School, Young Adults

LGBT INCLUSIVE: No

PROGRAM SETTING: Flexible

DURATION: 1, 1-hour webinar

COST TO PURCHASE: Free

TEACHER TRAINING OR CERTIFICATION REQUIRED: No

STUDENT TO TEACHER RATIO: 40:1

PROGRAM OUTCOMES: An ongoing evaluation is assessing changes in educator knowledge, confidence, and suicide reporting behavior. Suicide Prevention Resource Center (SPRC)



What are “Concerning Posts”?

Concerning posts include those that express depression or intent to hurt one’s self or others, that have been posted on a social media site, such as Facebook, Instagram, Twitter, or Snapchat.

Gf wants to take a break.... My life is over

Like · Comment · Share

 Jim and 11 others like this.

1. Watch the video training (30 min.)

Please click [here](#) to watch the training video.



Community Awareness Activity

Concerning Social Media Posts: Community Activity

Lesson Title: Help Youth who view Concerning Posts on Social Media

Time: 60 minutes

Community Objectives:

1. Understand what a 'concerning post' is
2. Identify themselves as a 'Trusted Adult'
3. Demonstrate and practice their understanding of the 'View Care Plan'

Materials:

- Access to *Responding to Concerning Posts on Social Media* Video:
<https://www.youtube.com/watch?v=n7teaLjD3il&feature=youtu.be>
- A projector and audio equipment, if you're showing the video to a large group
- Copies of *Viewer Care Plan* (pg. 4-5)
- Copies of *Concerning Social Media Posts Role-Play Activity* (pg. 6-20)
- Pencils/pens

Preparation:

Explore the [Responding to Concerning Posts on Social Media](https://www.youtube.com/watch?v=n7teaLjD3il&feature=youtu.be) Video. Ensure audio equipment (speakers and projector) is functioning and video link is loaded, or

RESOURCES FOR YOUTH





MENU



MY CULTURE

Discovering Native Identity and Pride

[learn more](#)

WE R NATIVE

For Native Youth, by Native Youth.



MENU



RELATIONSHIPS & DATING

Dating

Dating and relationships can be fun and exciting, but they can also be really confusing. Once you know the person that you like also likes you, you might not know what to do next. The first step is to decide if you want a relationship

share:



WHEN THINGS AREN'T WORKING OUT

Like any relationship, there can be times that you argue or g..



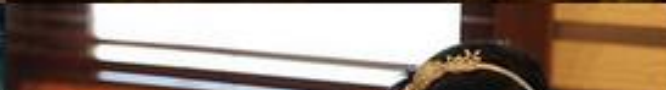
WHEN A RELATIONSHIP IS ENDING

Over time, your interests might change. You can grow apart fr..



MANAGING RELATIONSHIP PRESSURES

When you're in a sexual or romantic relationship, you might exper..



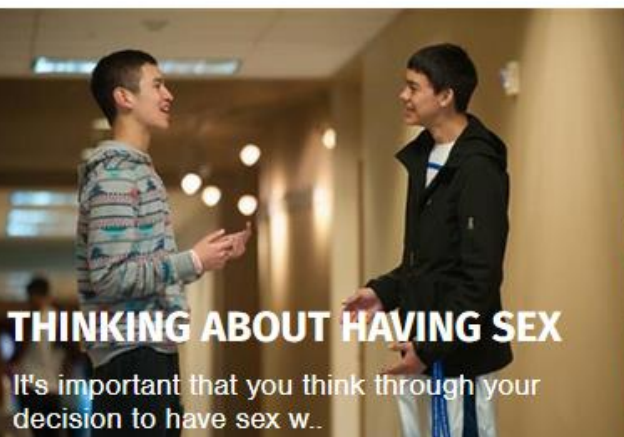
SEXUAL HEALTH

Sex

People define "sex" in different ways. The Merriam-Webster dictionary defines it as "sexually motivated behavior." This sounds right to us. But not everyone agrees with the dictionary or with us. However you define it, being sexual with another person – whether that means kissing, touching, or intercourse – involves a lot of responsibility.



share:   



THINKING ABOUT HAVING SEX

It's important that you think through your decision to have sex w...



TOP 10 SEX MYTHS

MYTH #10: If I use birth control, I don't need to worry about STD...



STEPS TO PUTTING ON A CONDOM CORRECTLY

Check the date on the condom. Make sure it hasn't expired. If t...

ASK AUNTIE QUESTIONS

I'm worried about a friend who keeps posting depressing music lyrics and sharing posts about dying. Do you think I should be worried?

Hey there. Thank you for caring enough about your friend to write in. If something is worrying you, listen to that, don't shrug it off. Trust your gut and have confidence you're doing the right thing.

It sounds like your friend might be reaching out by sharing posts around depression and death. Here are some other warning signs to look out for:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much



Text
CONDOM
to
97779





HEALTHY
NATIVE
YOUTH

Back-to-School Challenge

Earn free school supplies

Take the Back-to-School Challenge

- A 3-month challenge to help students grades 6-12 develop skills for healthy relationships. Earn your class free school supplies!
- Step 1: Select a curriculum from HNY.
- Step 2: Implement it with a group of students
- Step 3: Complete the **Feedback Form** by Dec 1st:
<https://www.healthynativeyouth.org/about/feedback>


Win Prizes!!!

- First 10 entries = **\$250 in School Supplies**
- All Participants = **We R Native Promo Kits**





HEALTHY NATIVE YOUTH

 www.healthynativeyouth.org

 [@healthyN8Vyouth](https://twitter.com/healthyN8Vyouth)

 Listserve: Text "YouthNews" to 22828

 Text Message: Text "Healthy" to 97779

 fb.com/HealthyNativeYouth

 native@npaihb.org

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Thank you! Questions?



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