

Healthy Native Youth

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HEALTHY
NATIVE
YOUTH



NPAIHB
Indian Leadership for Indian Health



SOUTHERN PLAINS
TRIBAL HEALTH BOARD



The University of Texas
Health Science Center at Houston

Inter Tribal Council of Arizona (ITCA) Healthy Native Youth

PURPOSE:

- Collaborating with the:
Northwest Portland Area Indian Health Board
Alaska Native Tribal Health Consortium
Inter Tribal Council of Arizona, Inc., and the
University of Texas Health and Science Center at Houston
- To provide sexual health curricula for educators and health advocates teaching American Indian/Alaska Native youth so that youth can have increased sexual health knowledge regarding HIV, STD, and teen pregnancy prevention.



Objectives:

- Promote the Healthy Native Youth website across tribal communities in and outside of Arizona
- Provide trainings to sites with the ability to:
select,
adopt,
implement, and
maintain curricula available through these websites
- Provide on-going technical assistance for sites implementing curricula

Training
Information
Support



Healthy Native Youth Curriculum



Native It's Your Game (NIYG)

- Web-based HIV, STD, and pregnancy prevention curriculum for American Indian and Alaska Native (AI/AN) youth.
- 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.
- Teaches learners how to protect themselves from pregnancy and sexually transmitted infections using medically accurate information.



Native STAND 2.0

Native Students Together Against Negative Decisions 2.0 (Native STAND 2.0)

- ❑ **Comprehensive sexual health curriculum for Native high school students that focuses on:**
 - ❑ life goals, communication,
 - ❑ healthy relationships,
 - ❑ sexually transmitted infections,
 - ❑ HIV/AIDS, and
 - ❑ teen pregnancy prevention
- ❑ **While also covering:**
 - ❑ drug and alcohol misuse,
 - ❑ suicide, and
 - ❑ dating violence.



Native Voices



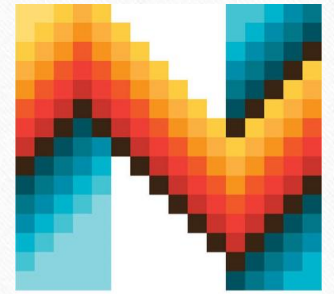
Native VOICES (Video Opportunities for Innovative Condom Education and Safer Sex)

- ❑ **23-minute video, designed to encourage condom use and HIV/STI testing among heterosexual, and LGBTQ2S (Lesbian, Gay, Bisexual, Trans, Queer, and Two Spirit),**
- ❑ **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.**

We R Native

The 10-session guide offers fun, interactive lessons for using We R Native's multimedia health resources with students 13–18 years old.

- ❑ Activities incorporate connection to culture as a protective factor, while covering vital information about:
 - ❑ suicide prevention
 - ❑ mental health,
 - ❑ sexual health,
 - ❑ dating and relationships,
 - ❑ drug and alcohol use, and
 - ❑ bullying.
- ❑ The lessons align with common core standards and have been reviewed for medical accuracy by the HHS Family and Youth Services Bureau.



WERNATIVE





Implementation Tool Box

A 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.



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.

Meeting Times:

The second Wednesday of every month at 10–11:30am PST

Schedule:

Part 1 – Healthy Native Youth Implementation Toolbox

10/11/23 Prepare Phase

11/8/23 Implement & Grow Phase

Part 2 – Topical Series

12/13/23 Safe Spaces 101

1/10/24 Inclusive Strong Communication

2/14/24 Sexual Health 101

3/13/24 Indigi–I–Want The Kit

4/10/24 Substance Misuse 101

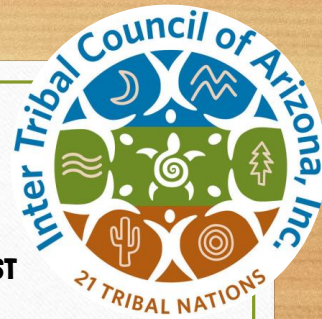
5/8/24 Being a Good Relative

6/12/24 Celebrating Culture & Community

Registration:

Register by clicking next to the session

Receive an email with information on joining the webinar



Text Messaging Services

Text:
EMPOWER to 94449

TALKING IS POWER
A Text Messaging Service for Parents and Caregivers

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

You'll receive up to 3 text messages per week with conversation starters, tips, video demonstrations, and more of encouragement.

We'll cover sexual health, pregnancy, STIs, and consent. You don't need to have all the answers, you just need to start talking - be open and honest - and here we go. Talking with your teen will help them make healthy decisions.

What's a safe way to get your teenager's attention? How do you know when they're ready to talk? What are some signs and symptoms?

#TalkingIsPower #WeInspire
www.healthystudentpower.org
@weinspire
@weinspire
@weinspire
@weinspire

CURRICULA **LESSON PLANS** **HANDOUTS** **RESOURCES**

HEALTHY STUDENT POWER

Text:
LGBTQ2S or ALLY
to 94449

Text:
INSPIRE to 94449

TEXT 'INSPIRE' TO 94449

WE INSPIRE

Native.
Two Spirit. LGBTQ.
#BornSacred

Text:
SEX to 94449

SEX

TEXT SEX TO 94449

Text:
HEALTHY to 94449

COMMUNITY OF PRACTICE

Text:
NATIVE to 94449

WERNATIVE

Resources

Healthy Native Youth Website

Scan the QR Code using your phone for
Native Youth Support Resources



Youth Support



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Bullying



Stopbullying.gov
www.stopbullying.gov/resources/teens



Cyberbullying
www.cyberbullying.org/resources/students



We R Native: Bullying Prevention
www.wernative.org/my-life/life-hacks/bullying-prevention

Find Help Near You



SAMSHA - Find the treatment center closest to you
www.samhsa.gov/find-treatment



Mental Health America - Find the clinic closest to you
www.mhanational.org/find-affiliate

Text Message Campaigns



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. #BomSacred



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!!!

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NO BUENO

Healthy Native Youth

Marketing Material



Indigenous Youth Health First Aid Mental



Youth Mental Health First Aid for Indigenous Communities began in 2022

Confidently recognize and respond to an Indigenous adolescent between ages 12 and 18 who may be experiencing a mental health or substance use challenge or crisis.



Mental Health FIRST AID®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®

Training



- **Provided in (7) segments**
- **Must be In-Person only**
- **Training provided in (2) days**
- **Must have (5) - (35) participants**



Agenda



Agenda

Assess for a risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information,

Embolden the individual to seek professional help

Encourage self-help and other support strategies

Day 1:

Segment 1: Introductions

Segment 2: Mental Health and Illness in Youth

Segment 3: Typical Adolescent Development

Segment 4: Signs and Symptoms of Mental Health Challenges in Youth

Day 2:

Segment 5: YMHFA in a Non-Crisis Situation

Segment 6: YMHFA in a Crisis Situation

Segment 7: Self-Care for the First Aider

Point of Contact

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