HEALTHY NATIVE YOUTH

A ONE-STOP-SHOP FOR EDUCATORS WHO WORK WITH NATIVE YOUTH

July 2018
Established in 1972, the Board is a non-profit tribal organization serving the 43 federally recognized tribes of Oregon, Washington, and Idaho.
MISSION:
To assist Northwest tribes to improve the health status and quality of life of member tribes and Indian people in their delivery of culturally appropriate and holistic health care.
Adolescent Health Tribal Action Plan

A Five-Year Strategic Plan for the Tribes of Idaho, Oregon, and Washington
2014-2018

Developed with the Northwest Native Adolescent Health Alliance
Northwest Portland Area Indian Health Board
Phone: (503) 228-4185  Fax: (503) 228-8182
www.npaihb.org

- Decrease risk factors that contribute to risky behaviors and poor health outcomes
- Increase protective factors that contribute to resiliency and healthy outcomes
- Provide opportunities for young people to successfully meet their developmental needs
- Build healthy communities and schools that support and nurture adolescents

Physical Health
- Healthy Weight • Nutrition • Physical Activity • Positive Body Image • Holistic Sexual Health • STD/HIV • Injury and Violence • Alcohol, Tobacco and Other Drugs

Social Health
- Self Awareness • Healthy Relationships • Healthy Communication • Social Skills • Coping Skills • Peer Pressure

Mental Health
- Grief • Depression • Stress • Suicidal Ideation • Eating Disorders • Positive Self Image • Abuse • Violence • Bullying

Spiritual Health
- Traditional Healing • Connection to Community • Culture, Values, Traditions • Religion • Cultural Pride

Other Emerging Health Topics
1. Healthy Native Youth
   - Native It’s Your Game
   - We R Native Teacher’s Guide
   - Native VOICES
   - Healing of the Canoe
   - Concerning Social Media Posts
Gain insights and connections to support the dissemination of culturally-appropriate health programs to AI/AN youth.
RAISING HEALTHY NATIVE YOUTH
THROUGH CULTURALLY RELEVANT HEALTH EDUCATION

ENGAGING. RELEVANT. EFFECTIVE.

Healthy Native Youth promotes and provides health curricula designed for American Indian and Native youth.
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.
<table>
<thead>
<tr>
<th>BY AGE GROUP</th>
<th>LGBT INCLUSIVE</th>
<th>PROGRAM SETTING</th>
<th>EVIDENCE OF EFFECTIVENESS</th>
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<tbody>
<tr>
<td>Grades K - 2</td>
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<td>Grades 3 - 5</td>
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<tr>
<td>Middle School</td>
<td>Yes</td>
<td>In School</td>
<td>Tribal Best Practice</td>
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<td>High School</td>
<td>No</td>
<td>After School</td>
<td>Best Practice</td>
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<td>Young Adults</td>
<td></td>
<td>Community-Based</td>
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<td>Clinic-Based</td>
<td>Leading Practice</td>
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<tr>
<td></td>
<td></td>
<td>Flexible</td>
<td>Emerging Practice</td>
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ABOUT THIS PROGRAM

Updated: 09/06/2016

Multimedia Circle of Life (mCOL) is a sexual risk-reduction program designed specifically for American Indian youth ages 10-12 years. mCOL teaches skills such as goal setting, decision making, and standing up to peer pressure. Prevention topics include: how diseases are spread; the health effects of HIV, AIDS, and sexually transmitted infections; and ways youth can protect themselves from these diseases. The content also addresses teen pregnancy prevention.

AGE GROUP DESIGNED FOR: Middle School

LGBT INCLUSIVE: Yes

PROGRAM SETTING: Flexible

DURATION: 7 online lessons @ 20 min each + 7 group lessons @ 45 min each

COST TO PURCHASE: Free

TEACHER TRAINING OR CERTIFICATION REQUIRED: No

STUDENT TO TEACHER RATIO: 15:1

PROGRAM OUTCOMES: Delayed sexual initiation, Reduced teen pregnancy, Precursors to sexual behavior (knowledge, self-efficacy and volition)

EVIDENCE OF EFFECTIVENESS: Leading Practice

ENDORSEMENTS: Office of Minority Health
### COMPARE

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

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Program Setting</th>
<th>Duration</th>
<th>Cost</th>
<th>Student/Teacher Ratio</th>
<th>Certification Required</th>
<th>Evidence of Effectiveness</th>
<th>Endorsement</th>
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<tbody>
<tr>
<td>Multimedia Circle of Life (mCOL)</td>
<td>Middle School</td>
<td>Flexible</td>
<td>7 online lessons @ 20 min each + 7 group lessons @ 45 min each</td>
<td>Free</td>
<td>15:1</td>
<td>No</td>
<td>Leading Practice</td>
<td>Office of Minority Health</td>
</tr>
<tr>
<td>Native It's Your Game</td>
<td>Middle School</td>
<td>Flexible</td>
<td>13 lessons (30-50 minutes each)</td>
<td>Free</td>
<td>Any</td>
<td>No</td>
<td>Promising Practice</td>
<td>It's Your Game...Keep It Real is recognized as a Tier 1 intervention by TPP and by What Works 2010.</td>
</tr>
<tr>
<td>Native STAND</td>
<td>High School</td>
<td>Flexible</td>
<td>27 sessions (90 minutes each)</td>
<td>Free (plus cost of materials for class activities, roughly $500)</td>
<td>20:2</td>
<td>No</td>
<td>Leading Practice</td>
<td>N/A</td>
</tr>
<tr>
<td>Native VOICES</td>
<td>High School, Young Adults</td>
<td>Flexible</td>
<td>1 lesson at 36 minutes; 1 lesson at 75 minutes; or 5 lessons at 60 minutes apiece</td>
<td>Free</td>
<td>Up to 75:1</td>
<td>No</td>
<td>Best Practice</td>
<td>CDC’s HIV Effective Interventions,</td>
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ADOLESCENT HEALTH RESOURCES

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:
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
Eligibility Criteria

We are looking for programs that:

- **Promote** positive youth development and healthy-decision-making
- Were **purposefully designed** or adapted for AI/AN youth or young adults
- Embrace **cultural teachings** and learning styles of AI/AN youth
- Have been **evaluated** with AI/AN youth and demonstrated evidence of effectiveness*

Not sure if your program meets our criteria? Please send a brief description of your curriculum to scraig@npaihb.org before completing the full form.

Process for Removal

If you wish to remove your curriculum from this website, please contact scraig@npaihb.org.
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? *
<table>
<thead>
<tr>
<th>Users</th>
<th>Sessions</th>
<th>Bounce Rate</th>
<th>Session Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.2K</td>
<td>7.6K</td>
<td>47.24%</td>
<td>2m 58s</td>
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</tbody>
</table>

vs last year

↑ 55%  
↑ 53%  
↑ 2.2%  
↓ 3.9%
Reach: Since January 2018
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.
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.
Lesson 1: Pre-Game Show

Lesson 2: Keeping it Real...Among Friends

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

Lesson 4: Protecting Your Rules

Lesson 5: Know Your Body

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

**Native Your Game**

**Elder Wisdom**

**Conclusion...**

Do you want to be the best fisherman you can be and provide for your family?

Plenty of choices datu...it is you who can make the right ones.
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
ABOUT THIS PROGRAM

Updated: 06/11/2018

Get your students actively involved in their own health and wellbeing! We R Native has created a guide for using We R Native's multimedia health resources with students 13-18 years old. The guide's 10 lessons align to common core standards. Students will be able to evaluate and support claims while analyzing an online health resource, and will demonstrate their understanding of health topics by designing a community service project.

AGE GROUP DESIGNED FOR: High School,

LGBT INCLUSIVE: Yes

PROGRAM SETTING: Flexible,

DURATION: 10 lessons, 50 minutes each

COST TO PURCHASE: Free

TEACHER TRAINING OR CERTIFICATION REQUIRED: No

STUDENT TO TEACHER RATIO: 20:1

PROGRAM OUTCOMES: , , Aligns with Common Core Standards; Deemed medically-accurate by DHHS FYSB

EVIDENCE OF EFFECTIVENESS: Emerging Practice,
Covers:
suicide prevention, mental health, sexual health, dating and relationships, drug and alcohol use and bullying.
L3 Student Handout: "Ask Auntie" Drugs and Alcohol Advice

Navigate to the "Ask Auntie" section of the website.

Ask Auntie
You’ve got questions, she’s got answers!

1. Read or watch at least three "Ask Auntie" questions and answers related to drug or alcohol problems.

2. Use two of the 5 Criteria for Assessing the Quality of Information (found on the next page) to defend whether, or not "Ask Auntie" is a reliable resource.

3. Did you notice any similarities in the way Auntie framed her advice?

4. Write down and submit online your own question for Auntie.

How to Get Started
Find a group of friends and brainstorm an idea:

- Get inspired with ideas below or check out dosomething.org
- Or create your own activity in conjunction with a National health observance like World No Tobacco Day or Teen Pregnancy Prevention Month: healthfinder.gov

Then, complete the online application.
Native VOICES

Celena McCray
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
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)
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.
The entire intervention will include five 1-hour sessions. This option is ideal for small or large groups that can meet multiple times.
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 no longer prioritize...

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
An Elder’s wisdom is invaluable. So when an Elder speaks, you know to listen. Episode 2 of Native VOICES drops tomorrow at 3pm.

#StopTalking #ILikeTheMintyOnes Text SEX to 97779 to learn more
Safe in the Village - Episode 1

iknowmine

16 views
Healing of the Canoe

Colbie Caughlan
ABOUT THIS PROGRAM
Updated: 06/11/2018

Culturally Grounded Life Skills for Youth (Healing of the Canoe) is a curriculum for Native youth focused on suicide and substance abuse prevention. It was designed to be adapted by Native communities using community-specific traditions and beliefs to strengthen youths' connection to their communities and cultures, and strengthen their hope and optimism. The curriculum uses the Pacific Northwest Canoe Journey as a metaphor, providing skills needed to navigate life's journey without being pulled off course by alcohol or drugs— with Native culture as compass and anchor. The generic curriculum template allows each community to use their own metaphors for a successful life journey. The curriculum and accompanying training manual were developed as part of the Healing of the Canoe Project, a collaboration between the Suquamish Tribe, the Port Gamble S'Klallam Tribe, and the Alcohol and Drug Abuse Institute at the University of Washington. The development, evaluation, and dissemination of the curriculum has been supported by a series of grants from the National Institute on Minority Health and Health Disparities.

AGE GROUP DESIGNED FOR: High School,

LGBT INCLUSIVE: Yes

PROGRAM SETTING: Flexible,

DURATION: No set length – for example it could be used over a weekend or over an entire school year.
RESPONDING TO CONCERNING SOCIAL MEDIA POSTS
RESPONDING TO CONCERNING POSTS ON SOCIAL MEDIA

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 implementation of skills taught in the Social Media Prevention Program (SMAHRT)
1. Watch the video training (30 min.)

Please click here to watch the training video.
Concerning Posts-Take Ac...
Hey, you around?

Ya. What's up?

I just seen some stuff on my FB from my cousin. It's making me worried about him
DISCUSSION: BEST PRACTICES IN HEALTH EDUCATION

Colbie Caughlan
To Get Involved:

SHARE THE SITE WITH YOUR COMMUNITY NETWORKS:  [WWW.HEALTHYNATIVEYOUTH.ORG](http://WWW.HEALTHYNATIVEYOUTH.ORG)

SIGN UP TO RECEIVE UPDATES ABOUT CURRICULA AVAILABLE ON THE SITE (IN THE RED BAR AT THE BOTTOM OF THE HOMEPAGE)

FOLLOW THE SITE ON FACEBOOK ([WWW.FACEBOOK.COM/HEALTHYNATIVEYOUTH](http://WWW.FACEBOOK.COM/HEALTHYNATIVEYOUTH))
HEALTHY NATIVE YOUTH

www.healthynativeyouth.org
@healthyN8Vyouth
Listserve: Text “YouthNews” to 22828
Text Message: Text “Healthy” to 97779
fb.com/HealthyNativeYouth
native@npaihb.org
Northwest Portland Area Indian Health Board

Indian Leadership for Indian Health

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Portland, Oregon 97201
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