

May 8, 2024, 10:00-11:30 am PST



Being a Good Relative 101

Land Acknowledgement

NPAIHB serves the 43 federally-recognized tribes of Oregon, Washington and Idaho and our office is located within the traditional and ancestral homelands of the Multnomah, Kathlamet, Clackamas, Tumwater, Watlala bands of the Chinook, the Tualatin, Kalauya and many other indigenous nations of the Willamette and Columbia River regions.

Let us Start with a Blessing



“Walking. I am listening to a deeper way.
Suddenly all my ancestors are behind
me. Be still, they say. Watch and listen.
You are the result of the love of
thousands.”

Linda Hogan



Cama'i! Keshi! Hola!



**Dolores Jimerson,
LCSW, ADS, CPC**

Seneca, bear clan

(she/her)

I love living by the ocean!

diimerson@npaih.org



**Elizabeth "Liz"
Sunnyboy**

Yupik, Pilot Stations

(Auntie)

I love (insert).

amsimeonoff@anthc.org



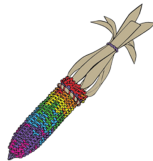
Live Virtual Training Logistics

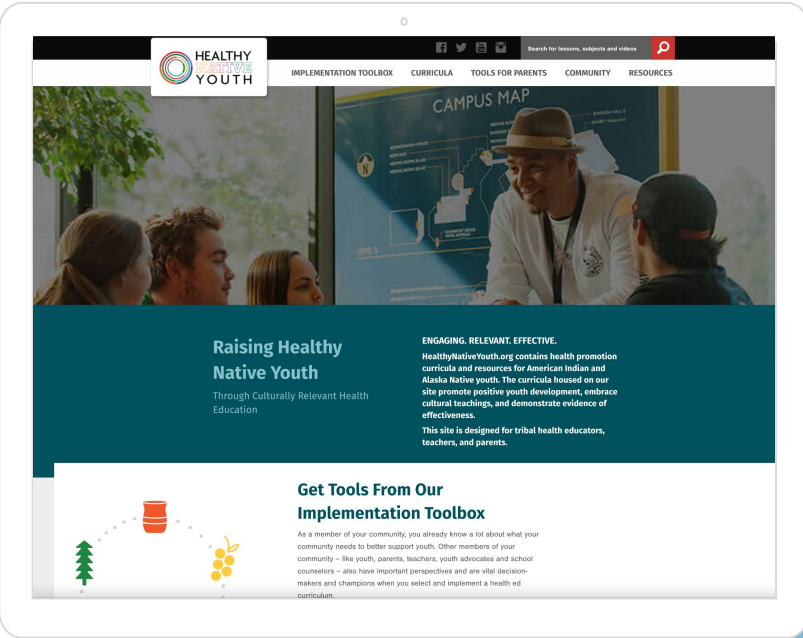
Logistics

- You are muted
- If comfortable, share video

Engagement

- Mentimeter Activity
- Wellness Moment: Paper and pen needed
- Chat box
- Icons (Zoom & More)





Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Pronouns
- ★ Tribe/ Organization
- ★ What are you hoping to learn today?

Safe Spaces



Group Agreements



<https://www.healthynativeyouth.org/curricula/native-stand-2-0/>



Digital Learning Agreement

Teachers or parents: Use this document at the beginning of the school year to set a positive culture of digital citizenship in your classroom. Copy or download this form and add or delete items to customize it. Go over the pledge with students; then make sure the student and a parent/caregiver sign it.

As a student and a digital citizen, I agree to:

Be responsible. I will ...

- Do my best to complete my schoolwork and assignments.
- Take care of my device by:
 - not dropping or tossing it.
 - putting it down on a clean, flat surface.
 - not eating or drinking when I use it.
- Tell my teacher and parent or caregiver if my device is broken, stolen, or lost.

Stay safe. I will ...

- Not share my school account passwords with anyone other than my teacher and parent or caregiver.
- Not create accounts or share private information without my family's permission. (This includes my full name, date of birth, address, phone number, and photos or videos of myself.)
- Tell my teacher or an adult I trust if anything makes me feel uncomfortable online, or if anyone acts inappropriately toward me.

Think first. I will ...

- Remember that teachers and administrators can see whatever I say and do on a school-issued device during video meetings, in emails and chats, and on shared documents.
- Not post anything online that I wouldn't want my family, teachers, college admissions officers, or future employers to see because posts and comments can be saved and shared without my knowledge.

common sense education

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Attribution Non-Commercial-ShareAlike 4.0
International License.

- Investigate whether a source is credible because not all information online is true.
- Give proper credit whenever I use, reference, or share someone else's creative work online.

https://docs.google.com/document/d/15ed_aYkTTQMzFz8p7tDJaljr9s-JGaJlrNkmEk-8GX4/edit



We've Got Goals!


By the end of today's session, you will be able to...

- ★ **describe** the impacts of being a good relative
- ★ **learn** strategies & skills to be a good relative in your community




Where are we going



Mentimeter Activity 
3min

Wellness Moment
1 min

Mentimeter Activity 
3 min

Closing
5 min

1

*

4

6

2

3

5

Being a Good
Relative 101
Background & Video
How to be a GR
30 min

Talking with Liz
Sunnyboy
25 min

Let's Talk!
20 min



1. Mentimeter Q&A

Use QR code or the link in the chat box to join...

When you hear the words 'good relative', what do you think of?

Join at menti.com | use code **4894 9335**



2.

Being a Good Relative 101

Background



Indigenous Connectedness

“May we raise our babies with our indigenous love, rather than with our colonial pain.”

<https://www.instagram.com/indigenousmotherhood/?hl=en>



MAKING RELATIVES

REMEMBERING OUR WAYS AND CARING FOR OUR COMMUNITY



0:04 / 5:52



https://www.youtube.com/watch?v=ex49ad_8wF0

“Making Relatives”
as told in stories of our
“Original Instructions”...



Good Relations

- ★ Everyone was meant to have family
- ★ Connection strengthens us – connections serve as an anchor
- ★ Fosters sense of belonging
- ★ Strengthens cultural ties and promotes cultural reproduction
- ★ Feel understood
- ★ Reciprocal compassion, care, kindness
- ★ Consider when we feel safe, supported, truly feel like we belong...brave, courageous, have purpose, life is meaningful, we let love in.



What makes a Good Relative?

- ★ How would you recognize a Good Relative?
- ★ What traits would you want in a Good Relative?
- ★ What would motivate you to reach out to someone as a relative?





Acknowledgement

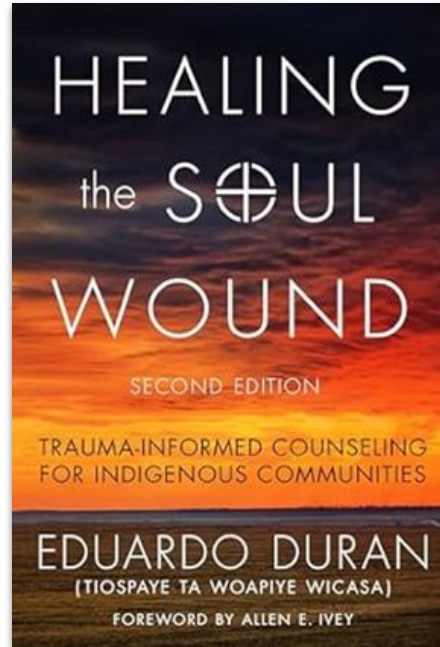
- ★ Is an act that helps to maintain balance
- ★ Sees our ties
- ★ Recognizes we are medicine
- ★ Teaches us the importance of being in Right Relationship
- ★ Is key to maintain connection to Spirit/Ancestors/Descendents

What are some of the traditional ways we acknowledge?

Prayer, thanksgiving address, not starting until all the people necessary are present, blanket ceremony...



My Guides



Ed Duran

Sidney Stone Brown

Maestro Jerry Tello

Dr. Rosales Meza

Dr. Danica Brown

<https://www.drrosalesmeza.com/about>



Stories for the Generations

Message – not the mess

What do you want to pass on?

Stories Re-Member Us into our Greatness, into
our Connections



Reflection

What are we willing and able to do so we can be a good relative to the young people in our lives, or even the ones we know are there yet haven't connected?





*Chatfeed Convo:
Type Questions, Ask
Away!*





Wellness Moment

Honoring our Gifts

Today I honor my gift of (insert). I will help it to grow by (insert). I will share it with others by (insert).



3.

Talking with Liz Sunnyboy



Image Source: <https://www.ykbc.org/>



Who was a good relative to you when you were young?

Image Source: Safe in the Village, ANTHC





How do good relatives talk to each other?

Image Source: Safe in the Village, ANTHC





How do you get youth involved in their culture and health programming?

Image Source: Safe in the Village, ANTHC





How do you support youth's identity?

Image Source: Safe in the Village, ANTHC

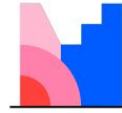


4. Mentimeter Q&A

Use QR code or the link in the chat box to join...

What will you do to
be a good relative?

Join at menti.com | use code **4894 9335**



5.

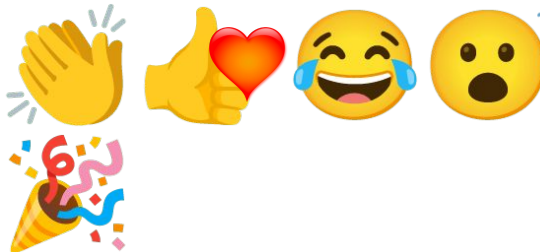
Let's Talk About it!

Logistics

- Share Your Video
- Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions





*Chatfeed Convo:
Type Questions, Ask
Away!*





6. Closing

Healthy Native Youth Highlights



Healthy Native Youth

- ★ Implementation Toolbox
- ★ Filter & Compare Tool
- ★ Stand-alone Lessons
- ★ Tools for Caring Adults
- ★ Community of Practice
- ★ Resources, Support, & TA
- ★ Upload & Submit Your Own Curricula

HEALTHY NATIVE YOUTH

IMPLEMENTATION TOOLBOX CURRICULA TOOLS FOR PARENTS COMMUNITY RESOURCES

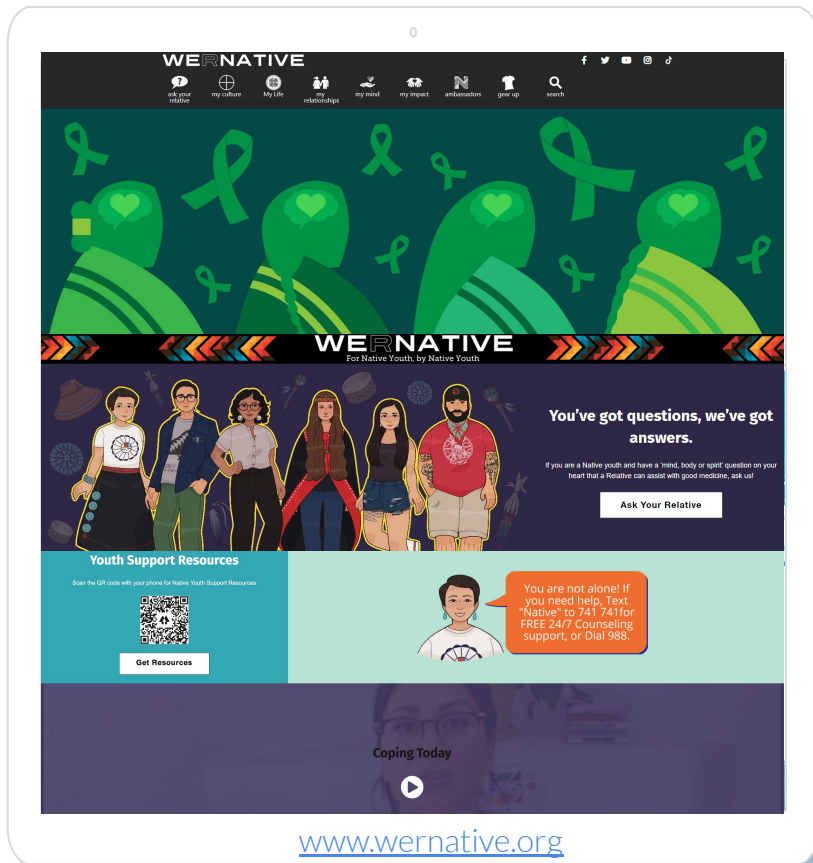
Search for lessons, subjects and videos

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 youth. The curricula housed on our site promote positive youth development, embrace cultural teachings, and demonstrate evidence of effectiveness.
This site is designed for tribal health educators, teachers, and parents.

Get Tools From Our Implementation Toolbox
As a member of your community, you already know a lot about what your community needs to better support youth. Other members of your community – like youth, parents, teachers, youth advocates and school counselors – also have important perspectives and are vital decision-makers and champions when you select and implement a health ed curriculum.

www.healthynativeyouth.org

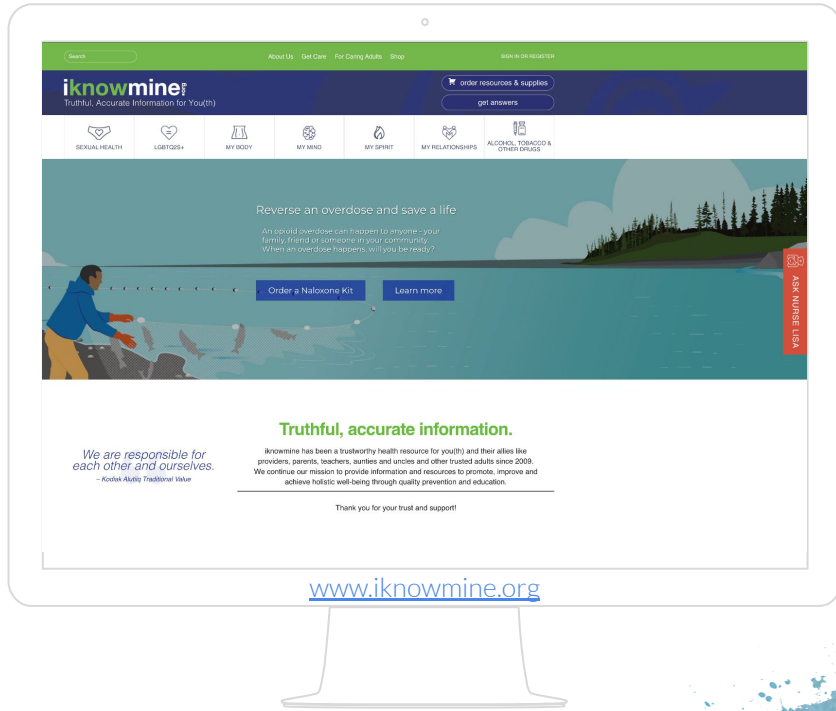


We R Native

For Youth

- ★ Multimedia health resource for Native youth by Native youth
- ★ “Ask Your Relative” Q&A Service
- ★ Youth can text “NATIVE” to 94449
- ★ Follow on Instagram, Twitter, YouTube, Facebook





I Know Mine

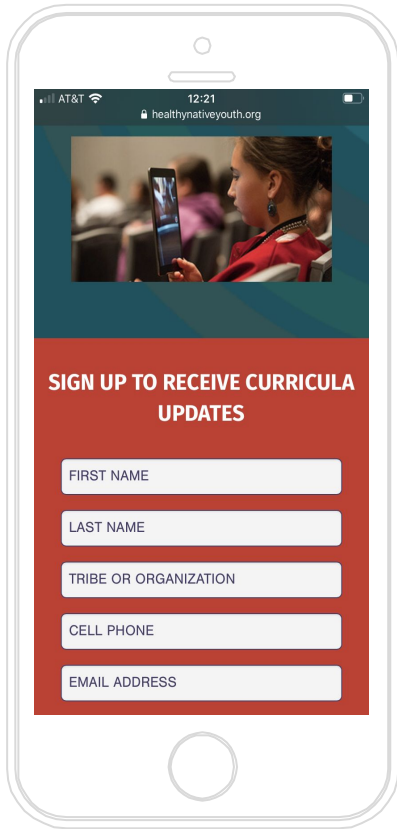
For Alaska Native Youth

- ★ Get Condoms
- ★ “Ask Nurse Lisa” Q&A Service
- ★ Opioid Overdose Response Kit
- ★ AK Syringe Services Program
- ★ Follow on Twitter, YouTube, Facebook



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM





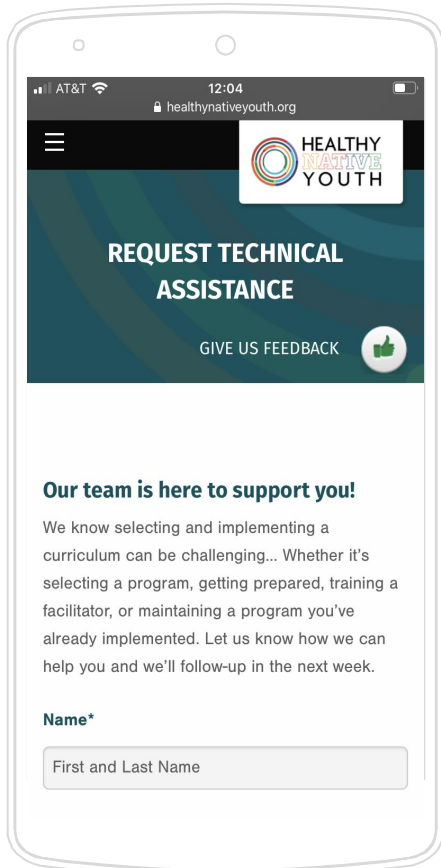
HNY [Linktree](#) QR Code

Join the *Healthy Native* *Youth* Movement!



- Sign up for [Newsletter](#)
- Text "HEALTHY" to 94449
- Follow us on Facebook, Instagram, Twitter, YouTube





We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA

Mark Your Calendars!



COMMUNITY OF PRACTICE

DECEMBER 13	SAFE SPACES 101 Youth's learning environment & Healthy Boundaries (relationships & media) are key to creating safe spaces for youth. Come talk with us about it!
JANUARY 10	2SLGBTQ+ 101 Come hear how we can build strong communities that are inclusive within our 2SLGBTQ+ youth health programs.
FEBRUARY 14	SEXUAL HEALTH 101 Come hear the FAQ's & how to answer youth's sexual health questions, along with effective strategies for program delivery for persons with intellectual and developmental disabilities.
MARCH 13	SWAB SQUAD TO THE RESCUE! Join our (affectionately named) Swab Squad and hear about HIV, Syphilis, and STD at home testing resources for your communities.
APRIL 10	SUBSTANCE MISUSE 101 Come get the breakdown of Substance Misuse 101 as well as resources and strategies for your community!
MAY 08	BEING A GOOD RELATIVE 101 Come join us as we lean into our Traditional Indigenous Knowledge; the know-how's and practices of being good relatives to each other with the intent of supporting our youth through adolescent health programming.
JUNE 12	CELEBRATING COMMUNITY & CULTURE 101 Come spend some time with us as we share our celebration strategies and discuss the important role the culture of our communities play in our adolescent health programming.

REGISTER HERE
<https://www.healthynativeyouth.org/community-of-practice/>



CONTACT US
agaston-contractor@paihb.org
tdean@paihb.org




<https://us06web.zoom.us/join/register/tZMuceCvrz4qGNFJEGGA99bnPi3-sWfkbdIB>

Nya:weh! Quyana! Thank you!

(Since 2021)




[I Know Mine](#)
[I Want the Kit](#)
[Safe in the Village](#)



Alaska Native Tribal Health Consortium




[I Want the Kit](#)
[Respecting the Circle of Life](#)



Johns Hopkins - Center for Indigenous Health



[Native It's Your Game](#)
[Healthy Native Youth Implementation Toolbox](#)



University of Texas - School of Public Health




Inter Tribal Council of Arizona, Inc.

[ITCA Landing Page](#)

Southern Plains Tribal Health Board


[I Want the Kit](#)
[Native Test](#)



Northwest Portland Area Indian Health Board

[Healthy Native Youth We R Native](#)

Partners:
[Paths ReMembered](#)
[Washington Youth Sexual Health \(WYSH\)](#)
[Native Health Resources](#)



Email us at: Amanda Kakuska, akakuska-contractor@npaihb.org; Michelle Singer, msinger@npaihb.org

Funding Credit

This project is funded by the Indian Health Service HIV and behavioral health programs. This work is also supported with funds from the Secretary's Minority AIDS Initiative Fund.



Let us Close with a Blessing

“Ish dom hoh icheema.”
(I cherish you.)

Zuni Pueblo

