

September 11, 2024, 10:00-11:30 am PST



# Back to School with Healthy Native Youth!

## 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.

# 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 Start with a Blessing



“Out there beyond ideas of  
wrongdoing and rightdoing there is a  
field. I’ll meet you there.”

– Rumi



# haʔt sləx̣il! Cami! Keshi!



**Taylor Dean, MFA**

*Puyallup*

(they/them)

I love art and music.

[tdean@npaih.org](mailto:tdean@npaih.org)



**Alicia Edwards,  
MBA, MPH, CHES**

*Colville*

(she/her)

I love dogs.

[aedwards@npaih.org](mailto:aedwards@npaih.org)



**Phines Edwards,**

*Athabaskan, Inupiaq, Member of  
Holy Cross Tribe*

I love eat!

[iledwards1@anthc.org](mailto:iledwards1@anthc.org)



NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD  
*Indian Leadership for Indian Health*

# Live Virtual Training Logistics

## Logistics

- You are muted
- If comfortable, share video
- AI Notetaker is disabled

## Engagement

- QR Codes
- Mentimeter Poll
- Chat box
- Icons (Zoom & More)





WELCOME BACK WITH  
*Healthy Native youth*



# 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/>

The image shows a document titled "Digital Learning Agreement" with a header containing icons for a person, a book, a speech bubble, and a thumbs up. The document text includes instructions for teachers/parents to use the document at the start of the school year, and a list of agreements for students and digital citizens. The agreements are categorized into "Be responsible, I will...", "Stay safe, I will...", and "Think first, I will...". At the bottom, there is a logo for "common sense education" and a small footer with the number 1.

**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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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](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...

- ★ **Learn** about Healthy Native Youth, Native Health Resources, and I Know Mine
- ★ **Access** resources and materials



"Let us put our minds together and see what life we can make for our children."



# Where are we going



Native Health Resources  
NPAIHB  
20 min

I Know Mine  
ANTHC  
15min

Closing  
5 min



Health Native Youth  
Mentimeter Poll  
NPAIHB  
20 min

Wellness Moment  
5 min

Let's Talk!  
15 min



1.

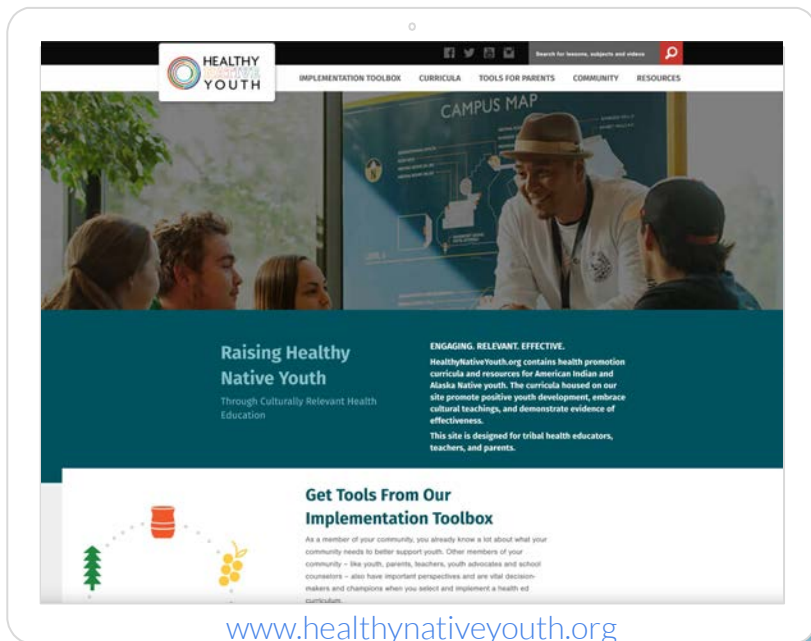
# Healthy Native Youth

Let's Check it out!



# 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



# Emoji Game



Each slide will have a different group of emojis. Guess what they mean!

Let's practice...



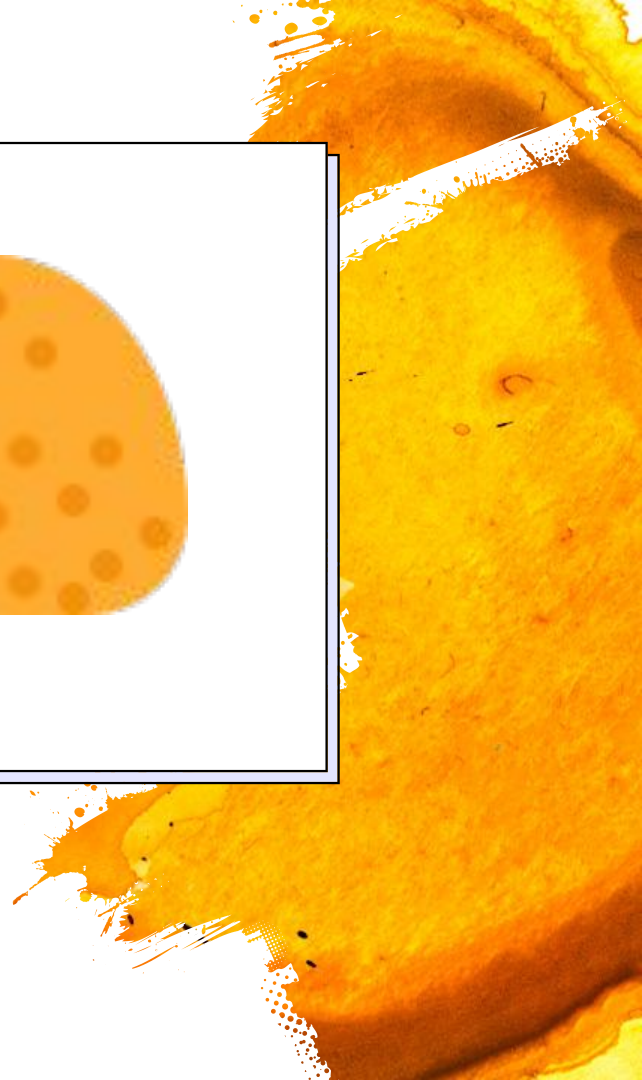
















## Get Tools From Our Implementation Toolbox

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.

The steps and tools in the Implementation Toolbox will help walk you through important phases in the planning process with ready-to-go templates, tips, examples, and words of encouragement.






[Start From the Beginning](#)

[Find Your Best Starting Point](#)

[See the Big Picture](#)



# Healthy Native Youth Implementation Toolbox: Phases and Steps

				
Gather	Choose	Prepare	Implement	Grow
<p><b>Gather</b> input on youth interests and health priorities</p> <ul style="list-style-type: none"><li>• Identify your community's needs and resources</li><li>• Select your program setting</li></ul>	<p><b>Choose</b> which criteria are most critical to your program</p> <ul style="list-style-type: none"><li>• Select a program that aligns with your goals</li><li>• Get approval if needed</li></ul>	<p><b>Prepare</b> an implementation action plan that includes self-care</p> <ul style="list-style-type: none"><li>• Order supplies, teaching tools, and incentives</li><li>• Practice going through the curriculum &amp; activities</li></ul>	<p><b>Implement</b> your program with confidence!</p> <ul style="list-style-type: none"><li>• Track your implementation journey</li><li>• Assess student learning and experiences</li></ul>	<p><b>Grow</b> with your program</p> <ul style="list-style-type: none"><li>• Share successes and lessons learned</li><li>• Keep the momentum going</li></ul>
<p><b>GET SUPPORT:</b> Connect with community members for guidance and feedback</p>	<p><b>GET SUPPORT:</b> Identify decision-makers</p>	<p><b>GET SUPPORT:</b> Invite guest speakers and attend Community of Practice sessions</p>	<p><b>GET SUPPORT:</b> Explore technical assistance and resource supports</p>	<p><b>GET SUPPORT:</b> Collaborate with other youth programs</p>
<p><b>YOUTH VOICE:</b> Gather input from youth and program participants</p>	<p><b>YOUTH VOICE:</b> Seek input from youth and community</p>	<p><b>YOUTH VOICE:</b> Recruit caregivers, youth and allies</p>	<p><b>YOUTH VOICE:</b> Celebrate the youth</p>	<p><b>YOUTH VOICE:</b> Stay connected beyond programming</p>



## Where do I start?

Lorem ipsum dolor sit amet, consetetur sadipscing elitr, sed diam nonumy eirmod tempor invidunt ut labore et dolore magna aliquyam erat, sed diam voluptua. At vero eos et accusam et justo duo dolores et ea rebum. Stet citta kasd gubergren, no sea takimata sanctus est Lorem ipsum dolor sit amet. Lorem ipsum dolor sit amet, consetetur sadipscing elitr, sed diam nonumy eirmod tempor invidunt ut labore et dolore magna aliquyam erat, sed diam voluptua. At vero eos et accusam et justo duo dolores et ea rebum. Stet citta kasd gubergren, no sea takimata sanctus est Lorem ipsum



1 - Basket -  
Gather



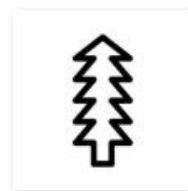
2 - Berries -  
Choose



3 - Cedar -  
Prepare



4 - Water -  
Implement



5 - Tree -  
Grow

Let's do a walkthrough!

[www.healthynativeyouth.org/](http://www.healthynativeyouth.org/)



# Let's Talk about Sex!

Use the link in the chat box to join the Mentimeter fun...

Where did you first learn about sex?



# For Parents & Caring Adults Talking Is Power Text Message Campaign

- Text message training for “The Talk” for parents, caregivers, and educators.
- Text “EMPOWER” to 94449





3.

# Native Health Resources

[www.NativeHealthResources.org](http://www.NativeHealthResources.org)



RESOURCES TOPIC AREAS ▾ ABOUT CONTACT



# What is *Native Health Resources?*

- Founded in 2023, Native Health Resources is the brainchild of the Northwest Portland Area Indian Health Board (NPAIHB)
- High-quality materials for American Indian and Alaska Native people
- One-stop-shop for no or low-cost Indigenous health education tools



# Who should use Native Health Resources?

- Tribes
- Tribal serving organizations
- Tribal health clinicians
  - Community Health Workers
  - Doctors
- Those providing healthcare services to Tribes or Tribal communities



# Let's check out the site!



RESOURCES

TOPIC AREAS ▾

ABOUT

CONTACT



Native Health Resources

Order Now



# Ideas for using materials

- Community events
- Clinics and other health care facilities
- Creating safer sex and harm reduction kits
- Community centers
- Public health programs and providers
- Schools
- Other ideas?



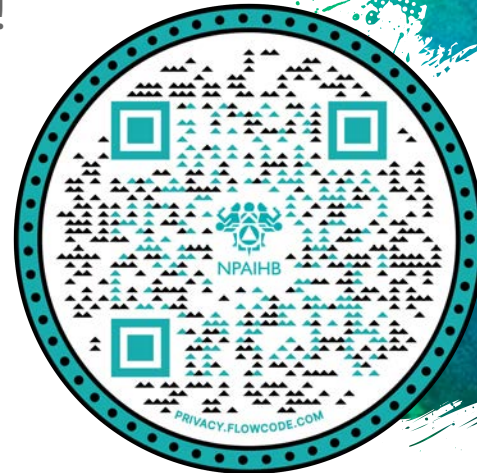
# Great way to spend down funds!

- Some materials on the site are offered at a low-cost
  - Tribal Opioid Response
  - THRIVE
  - Paths (Re)Membered
  - Native Boost
  - VacciNative
- Purchase these materials to spend down grant funds before the end of your fiscal year



# Bolster your health education efforts!

- Visit the site and place an order today!
- Share the link with a friend working in Indian Country
- [www.nativehealthresources.org](http://www.nativehealthresources.org)





# Wellness Moment



[https://www.youtube.com/watch?v:ysi9cOerEdO\\_U](https://www.youtube.com/watch?v:ysi9cOerEdO_U)

**My Self-Care Plan**

**#1 Self-Care Activity**

How: \_\_\_\_\_

Where: \_\_\_\_\_

When, will I do this?: \_\_\_\_\_

How will I make sure this happens?: \_\_\_\_\_

**#2 Self-Care Activity**

How: \_\_\_\_\_

Where: \_\_\_\_\_

When, will I do this?: \_\_\_\_\_

How will I make sure this happens?: \_\_\_\_\_

**#3 Self-Care Activity**

How: \_\_\_\_\_

Where: \_\_\_\_\_

When, will I do this?: \_\_\_\_\_

How will I make sure this happens?: \_\_\_\_\_

**Example Self-Care Activities**

Start an Art Journal, Dance While Listening, Take a Walk, Use a Thing I'm Grateful For, Play, Talk to a Friend or Elder, Take a Shower, Get my Hair, Do my Hair, Stretch, Breathing Exercises, Sweat, Traditional Art, Listen to Music, Sit by a Body of Water, Read a Book, Make a Family Video, Connect with my Culture, Sing Be Nice to Someone, Laugh, Indulge, Look at Stars, Nap, Daydream, Spend My Language, Cook, Cleanse Your Den...

**Time to Talk Myself Up!**

How do I talk to ourselves (without) there are some ways to help change the way you talk to yourself!

- 1. **Support** - to what you say to yourself! Notice if it's mostly negative or positive.
- 2. **Challenge** - what you say to yourself! Would you say this to a friend?
- 3. **Change** - how you talk to yourself! Try asking yourself, "What can I do to help me do this?"

**Instructions:** Think about one statement (or more!) you can tell yourself when you're feeling down or could use a little encouragement. Use the list you've given or create your own. Put that statement(s) below.

<https://www.healthnativeyouth.org/wp-content/uploads/2022/02/My-Self-Care-Plan.pdf>





4.

# I Know Mine

HIV/ STD Prevention Program  
***Spawn Safely Awareness***



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

# Our Vision

Alaska Native people are the healthiest people in the world.



# HIV/STD Prevention Program

To be a trusted resource for HIV & STD prevention and education, in partnership with Alaska Tribal Health Systems.




Search

[About Us](#) [Get Care](#) [For Caring Adults](#) [Shop](#)

[SIGN IN OR REGISTER](#)

**iknowmine**.org

Truthful, Accurate Information for You(th)

 [order resources & supplies](#)

[get answers](#)



SEXUAL HEALTH



2SLGBTQIA+



MY BODY



MY MIND



MY SPIRIT



MY RELATIONSHIPS



ALCOHOL, TOBACCO &  
OTHER DRUGS

Loved Here,  
Safe Here.  
All are welcome.



[Learn about coming out](#)

[Learn about 2SLGBTQ+ resources](#)

[Download 'Safe Spaces' materials](#)



# Safer Substance Use



SAFE MEDICATION DISPOSAL SUPPLIES



OVERDOSE RESPONSE KIT



HARM REDUCTION KIT

## Medication Assisted Treatment Toolkit

Empowering Recovery from Substance Use Disorders in Rural Alaska



MEDICATION ASSISTED TREATMENT TOOLKIT



SAFER SUBSTANCE USE SUPPLIES

## A Lesson Plan from iknowmine.org



FINANCED BY THE  
ALASKA BEHAVIORAL PREVENTION &  
RECOVERY RESEARCH CENTER

SUBSTANCE USE EDUCATION

iknow  
mine.org

# Sexual Health & Wellness



PERSONAL CONDOM PACK



CONDOMS FOR ORGANIZATIONS



HIV SELF-TEST KIT



STI SELF-TEST KIT



ORAL DAMS FOR PERSONAL USE



SEXUAL HEALTH PRINTED MATERIALS



# Store Resources

## Individuals

- Condoms
- Dental Dams
- HIV Self-Test Kit
- I Want The Kit: STI self-swab
- Safer Injection Kit
- Opioid Overdose Response Kit
- Safe Medicine Disposal Systems
- Educational materials
  - DVDs, lesson plans, toolkits, etc.

## Organizations

- Educational Materials
  - DVDs
  - lesson plans
  - Toolkits, etc.
- Community awareness tools
  - Posters
  - Brochures
  - Palm cards, etc.
- Bulk supplies for outreach
  - Condoms, etc.

The logo for iknowmine.org is a green circle containing the text "iknow" in blue and "mine.org" in white. The background of the slide features abstract brushstrokes in shades of pink, purple, and orange.

iknow  
mine.org



# Educational Materials

iknow  
mine.org



1 in every 4 sexually active teens will get an STD this year.

**Prevention**

abstinence  
This means not having vaginal, oral or anal sex. This is the best way to protect yourself. It is possible to get an STD even without having sex through skin-to-skin contact.

**How STDs spread**

- STDs are spread by bodily fluids or
- Some STDs can be passed by skin-to-skin contact
- Most STDs do not cause any noticeable symptoms

**Common STDs**

Chlamydia - Caused by bacteria. Infection of the cervix, urethra, or rectum.  
Genital Herpes (HSV-2) - Caused by a virus.  
Genital Warts (HPV) - Caused by a virus.  
Gonorrhea - Caused by bacteria. Infection of the cervix, urethra, or rectum.  
Syphilis - Caused by bacteria. Infection of the body.  
Trichomoniasis - Caused by a protozoan.  
Hepatitis B (HBV) - Caused by a virus.  
HIV and AIDS - Caused by a virus. Infection can make it easier to pass on and get infected.

STD stands for Sexually Transmitted Disease. They are sometimes called STIs (sexually transmitted infections).

**Language Matters**

We can speak, write and think in a way that acknowledges the human being first, rather than their condition or disease.

- Use people-first language
- Use language that reflects the medical nature of substance use disorders
- Avoid negative slang

**Suggested language:**

- Person who uses drugs
- Substance use disorder
- Had a setback
- Maintained recovery

For more tips, visit [iknowmine.org/wordsmatter](https://www.iknowmine.org/wordsmatter)


**Medication-assisted Treatment (MAT)** is the use of FDA approved medications alongside counseling and behavioral therapies to treat substance use disorders. The goal is to sustain recovery and to prevent or reduce opioid overdose. Research shows that MAT can improve patient survival, increase retention in treatment and reduce risk of contracting HIV or hepatitis C.

For more information, visit [www.samhsa.gov/medication-assisted-treatment](https://www.samhsa.gov/medication-assisted-treatment)

Request an MAT Toolkit from [behavioralhealth@nhtc.org](mailto:behavioralhealth@nhtc.org)

**Harm Reduction Resources Near You:**

Stressful times, like the COVID-19 pandemic, increase the likelihood of substance use. Harm reduction aims to connect people who use drugs to resources. Whether you use drugs, or love someone who does, the following resources support safer drug use and substance misuse prevention and treatment.



Emergency: Call 911  
Resources near you: Call 211 or visit 211.org  
Treatment options in Alaska: Visit [treatmentconnection.com](https://treatmentconnection.com)  
Need someone to talk to, call the Careline at 1-877-266-4357

Local, in-person or virtual support for behavioral health or substance use management needs: Call SAMHSA's 24/7 National Helpline at 800-662-HELP (4357)

Additional Harm Reduction Resources and Free Supplies, visit: [iknowmine.org/harmreduction](https://www.iknowmine.org/harmreduction)

**A Compassionate Approach to Drug Use**

**Harm Reduction**



**iknowmine**  
ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

People are more than their substance use. Harm reduction focuses on the whole person.



**What is harm reduction?**

Harm reduction is a public health philosophy that aims to minimize potential harms related to health, social and legal impacts associated with drug use, drug policies and laws.

It focuses on positive change, safety and working with people without judgment, discrimination, coercion, or requiring that individuals stop using drugs as a precondition for support.

Harm reduction meets people where they are at.



# Ask Nurse Lisa

## Ask a sexual health question online

Prevention strategies

Testing and treatment options

Review local resources across the state

## Responses are:

Medically accurate

Non-judgmental

Confidential

Quick

Free

Prefer to chat? Call Nurse Lisa at: 877-334-8762

The logo for iknowmine.org is a green circle containing the text "iknow" in blue and "mine.org" in white. The background of the slide features a textured orange and yellow surface with a paintbrush stroke and a small illustration of a paintbrush tip.

iknow  
mine.org

Can we talk about STI testing options in my area?

Where can I access PrEP for HIV prevention?

# Self-Test Kits

HIV



STIs





**Mission: to decrease the transmission and burden of STIs through free, convenient, confidential and accurate testing and to educate clients about STI prevention**

Based out of Johns Hopkins University School of Medicine in Maryland





# HIV Self-Test Kit

For Alaskans 17 years of age  
and older

Mailed in discreet packaging

ANTHC HIV Clinical Services  
provider available for follow up  
and linkage to care



## HIV Self-Testing Kit: Next Steps

### POSITIVE RESULTS

With positive results, you can still live a long and healthy life. We can get through this!

Finding out that you're HIV positive\* can be a lot to process. You are not alone. People with HIV can live happy lives with family and relationships. HIV is managed with regular medical care and healthy habits. Getting medical care right away is key.

\*A positive test result is not a final diagnosis. You should get a blood test. Contact your healthcare provider for a follow up test.

#### The next steps:

- Get a blood test result
- Seek medical care
- Stay current and up-to-date with HIV medical care

ANTHC's Early Intervention Services will follow up with you within two weeks of your order to assist with:

## HIV Self-Testing Kit Quick Start Guide

If you have questions about testing or would like someone on the phone as you take the test, call OraQuick at 1-866-436-6527.

Total estimated time to complete test: 55 minutes

### BEFORE OPENING THIS KIT

1. Watch a five-minute demonstration video on how to use the kit, or refer to the offline guide if you selected that option.
  - Visit this web page for the video: [liknowmine.org/7mm2](https://www.iknowmine.org)
  - Find a private, well-lit area with a flat surface, such as a desk, table or counter, where you can stay for up to one hour.
2. Bring these items:
  - OraQuick testing kit
  - Timer, such as a smartphone or watch
  - Phone to call OraQuick, if needed
  - Scissors or knife to open kit packaging
  - Reading glasses, if needed
3. For accurate results, ensure it has been at least 30 minutes since:
  - Smoking
  - Drinking
  - Eating (including gum, mints, tobacco and cough drops)
  - Brushing teeth
  - Wearing dentures
  - Using oral products
4. Open packaging



Visit [iknowmine.org](https://www.iknowmine.org) for more information on how to reduce your risk of infection, as well to order free condoms, educational materials and a sexually transmitted infection (STI) self-testing kit.

Visit [iknowmine.org](https://www.iknowmine.org) for more information on how to reduce your risk of infection, as well to order free condoms, educational materials and a sexually transmitted infection (STI) self-testing kit.

### NEGATIVE RESULTS

Yay! Let's keep it that way

You tested negative! Great news! How can we keep it that way? Learning the basics of HIV prevention leads to establishing clear boundaries and safe practices with partners, keeping everyone safer. You can greatly reduce your risk of infection in the future by embracing a few key practices:

ANTHC's Early Intervention Services will follow up with you within two weeks of your order, regardless of your results, to assist with:

- Referrals to Alaska-based resources
- How to understand results

#### Prevention basics:

- Use condoms at [iknowmine.org](https://www.iknowmine.org), discreet delivery address
  - Get tested regularly, months after exposure to HIV
  - Know the status of your sexual partner; exposure increases with new partner
  - Discuss the options for HIV prevention with your healthcare provider
  - Use safe needle practices
1. Follow the instructional flip-book in the kit closely.
  2. For accurate results, keep these important tips in mind:
    - Do not touch the end of the testing swab with your fingers
    - Swipe only once across the top and bottom gum
    - Keep the testing liquid upright to avoid spills
    - Start timer as soon as you put the swab in the testing liquid
  3. Check results within 20-40 minutes. Note: Results may be inaccurate after 40 minutes.
  4. Here are suggested activities while you wait for your results:
    - Read the provided material on HIV
    - Go for a short walk
    - Talk on the phone with friends and family
    - Remember: Keep track of time
  5. Call OraQuick at 1-866-436-6527 for immediate help on how to understand your results and to find treatment resources, if necessary.

Within two business weeks of your order, ANTHC's Early Intervention Services will follow up with you to provide assistance with:

- Referrals to Alaska-based resources
- How to understand results
- Where to get a blood test to confirm a positive result
- How to receive follow-up treatment
- PrEP information to prevent HIV transmission, if you received a negative result
- Local syringe services
- Kit reorder, if needed

iknowmine.org

# Mailouts

Packages are shipped within 1 week

Mail is discreet

Packages do not indicate contents

Return label is a generic ANTHC address



iknow  
mine  
.org



# Spawn Safely Awareness



# September Contests!

## Weekly Quizzes:

1. Human Immunodeficiency Virus (HIV)
2. Sexually Transmitted Infections (STI's)
3. Family Planning
4. 2Spirit and LGBTQIA+



# What's the # again?



Phines Edwards, [jledwards1@anthc.org](mailto:jledwards1@anthc.org)

Email: [iKnowMine@anthc.org](mailto:iKnowMine@anthc.org)



Facebook: [@iKnowMine](https://www.facebook.com/iKnowMine)

Instagram: [@iKnowMine](https://www.instagram.com/iKnowMine)

Website: [iKnowMine.org](http://iKnowMine.org)



Order supplies online at [iKnowMine.org](http://iKnowMine.org)



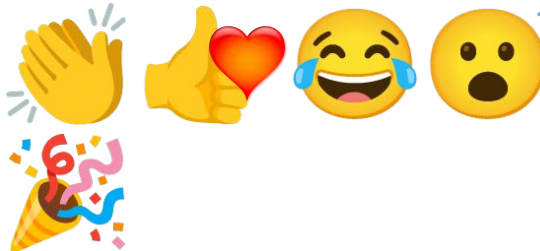
# Let's Talk About it!

## Logistics

- Share Your Video
- Use the Chatfeed

## Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions





*Chatfeed Convo:  
Type Questions, Ask  
Away!*





## 6. Closing



# We R Native

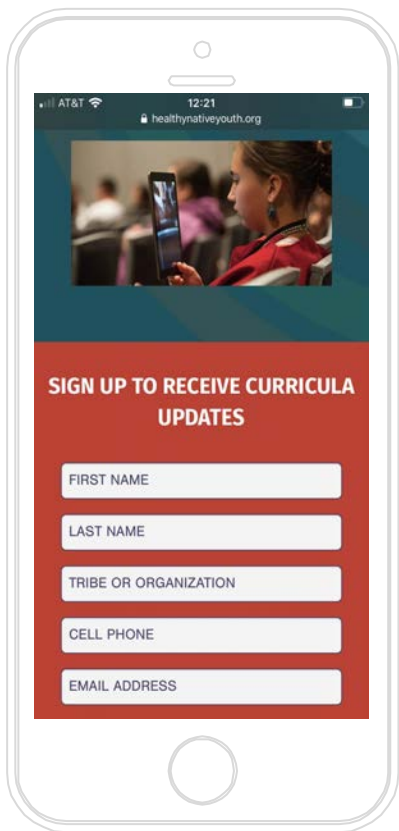
## For Youth



[www.wernative.org](http://www.wernative.org)

- ★ 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





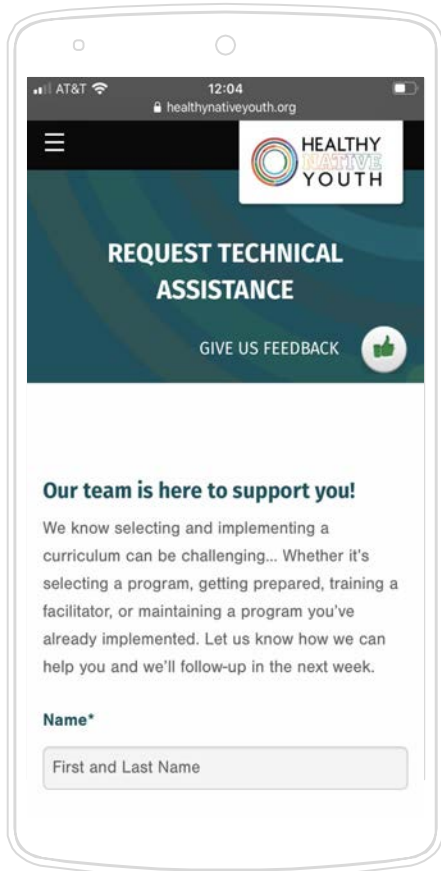
HNY [Linktree](#) QR Code

# 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**

**SEPTEMBER 11** **BACK TO SCHOOL WITH HEALTHY NATIVE YOUTH**  
Come get the highlights on using the HNY website to empower and support positive youth development, embrace cultural teachings, and demonstrate evidence of effectiveness for your youth programming!

**OCTOBER 9** **BUILDING COMMUNITY WITH YOUTH**  
Join us as we share and learn from each other about best practices for building safe and inclusive learning environments in partnership with youth and community members.

**NOVEMBER 13** **HNY IMPLEMENTATION TOOLBOX: GATHER & CHOOSE**  
Get tools from our Implementation Toolbox! This month we'll focus on the Gather & Choose phases.

**DECEMBER 11** **HNY IMPLEMENTATION TOOLBOX: PREPARE & IMPLEMENT**  
Let us help walk you through steps and tools in the planning and implementation phases.

**CONTACT US**  
tdean@npaihb.org  
**REGISTER HERE**  
<https://www.healthynativeyouth.org/community-of-practice/>

**HEALTHY NATIVE YOUTH**  
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# Ahe'hee! Quyana! Thank you!

(Since 2021)




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[Respecting the Circle of Life](#) 

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# Let us Close with a Blessing

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

Zuni Pueblo

