Promoting Culturally-Relevant, Holistic Health Curriculum and Resources for Native Youth and Trusted Adults

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Our HNY Partners
Session Objectives

- Identify current health topics among Native youth
- Locate culturally-responsive, holistic, inclusive health promotion resources for Native youth, parents/caregivers, and youth-serving professionals
- Describe strategies to connect youth to sexual health services
What Tribes are represented in your community or state?
## National & State Representation

- **574 American Indian and Alaska Native (AI/AN) Tribes in USA**

<table>
<thead>
<tr>
<th>State</th>
<th>Tribes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arkansas</td>
<td>Blackfoot, Caddo, Cherokee, Chippewa, Quapaw</td>
</tr>
<tr>
<td>Louisiana</td>
<td>Choctaw, Chitimacha, Coushatta, Tunica-Biloxi</td>
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<tr>
<td>New Mexico</td>
<td>Apache, Navajo Nation, Multiple Pueblo Tribes</td>
</tr>
<tr>
<td>Oklahoma</td>
<td>Apache, Arapaho, Caddo, Cherokee, Cheyenne, Choctaw, Delaware Nation, Kaw Nation, Kickapoo, Modoc, Osage, Wichita</td>
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<tr>
<td>Texas</td>
<td>Alabama-Coushatta, Apache, Caddo, Comanche, Tigua, Kickapoo, Tonkawa, Ysleta del Sur Pueblo</td>
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</tbody>
</table>
Protective Factors for Youth

- Cultural Connectedness
- Self-Identity
- Personal Wellness
- Positive Social Norms
- Positive Opportunities
- Familial & Non-familial
- Self-efficacy
- Positive Self-Image
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.

https://www.healthynativeyouth.org/
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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.
# Cultural Considerations

<table>
<thead>
<tr>
<th>Level</th>
<th>Strategy</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Surface culture</strong></td>
<td>Peripheral</td>
<td>Clothing, colors, images, fonts, pictures of group members, places</td>
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<tr>
<td></td>
<td>Evidential</td>
<td>Epidemiological data</td>
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<tr>
<td></td>
<td>Linguistic</td>
<td>Language(s), terms, literacy level</td>
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<tr>
<td><strong>Deep culture</strong></td>
<td>Constituent-</td>
<td>Indigenous staff and lay health workers, indigenous peers and elders</td>
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<tr>
<td></td>
<td>involving</td>
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<td></td>
<td>Sociocultural</td>
<td>Cultural values and beliefs; social, historical, environmental and</td>
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<tr>
<td></td>
<td></td>
<td>psychological forces that influence target health behavior</td>
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<tr>
<td>Lesson</td>
<td>Title</td>
<td>Homework</td>
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<tr>
<td>--------</td>
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</tr>
<tr>
<td>1</td>
<td>Pre-Game Show</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Keeping it Real...Among Friends</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Playing By Your Rules...SELECT DETECT PROTECT</td>
<td>Download Homework</td>
</tr>
<tr>
<td>4</td>
<td>Protecting Your Rules</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Know Your Body</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Keeping it Real...Healthy Dating Relationships</td>
<td>Download Homework</td>
</tr>
</tbody>
</table>
Adaptation

Surface & Deep

DO YOU WANT TO BE THE BEST FISHERMAN YOU CAN BE AND PROVIDE FOR YOUR FAMILY?

CONCLUSION...

PLENTY OF CHOICES, DATU... IT IS YOU WHO CAN MAKE THE RIGHT ONES.
Tribal Elders and Native Health Experts

https://www.healthynativeyouth.org/curricula/native-its-your-game/
Youth Videos

Select the Teen Parents that you want to hear from...

- Married Teen Couple
- Teen Dads
- Former Teen Mom
- Teen Moms

Native It's Your Game Intro Video - YouTube
Teens who received NIYG reported ...

- More reasons not to have sex
- Increased STI knowledge
- Retained knowledge about condoms
- More confidence to obtain and use condoms
- More likely to seek education beyond high school

Reaching 2000+ youth in 14 states .....
Meeting Youth where they’re at...
We R Native
For Youth

★ Multimedia health resource for Native youth by Native youth
★ Youth can text “NATIVE” to 94449
★ Follow on Instagram, Twitter, YouTube, Facebook

www.wernative.org
What is Ask Your Relative?

Ask Your Relative is a team of educators, public health professionals, and caring adults supporting Native Youth through our Q&A service.

Here, Native you(th) are able to ask us questions on a variety of topics ranging from how to flat stitch to snagging.

We do our best to answer – as your relatives, we recognize the ways identity, culture, and community influence our lives and our youth.
The Paths (Re)Membered Project centers the Two Spirit and LGBTQ+ community – its strengths, resiliencies, and histories – in our movement toward healthy equity. Through community engagement, research, and advocacy, we work toward a liberated 2SLGBTQ+ future, which includes the memories of Two Spirit ancestors, the wisdom of our elders, and the creativity of our young people.

www.pathsremembered.org

Text 2SLGBTQ to 94449 to get regular updates and resources
# Request our Toolkit

We offer Two Spirit and LGBTQ+ Pride Toolkits for community and clinical spaces. These toolkits are designed to ensure Two Spirit and LGBTQ+ clients see themselves reflected in the printed materials in a space. They include:

- 3 sets of pamphlets and rack cards about Two Spirit and LGBTQ+ health—one for providers, one for accomplices, and one for Two Spirit and LGBTQ+ people
- 2 copies of the Celebrating Our Magic Toolkit
- 3 sets of one-pagers about pronouns and gender identity
- 20 Rainbow Corn Enamel Pins
- Pronoun Pins (she/they/he)

<table>
<thead>
<tr>
<th>Name</th>
<th>Mailing Address</th>
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<tr>
<td><strong>Name</strong></td>
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<td>Email</td>
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<td><strong>Email</strong></td>
<td><strong>Mailing Address</strong></td>
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<tr>
<td><strong>Number of Pronoun Pins</strong></td>
<td><strong>Number of Toolkits</strong></td>
</tr>
<tr>
<td>she/they/he</td>
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www.pathsremembered.org/toolkit/
Gender Pronouns Guide

GENDER PRONOUNS: Provider 101

Why should pronouns matter to you? Because they matter to your patients.
The use of correct name and pronouns is associated with decreased depressive
symptoms, suicidal ideation, and suicidal behavior in trans youth.

Used incorrectly, a pronoun may cause a patient to feel you don’t understand or accept
their gender identity and aren’t capable of providing them competent care.
Used correctly, they show respect and affirm the gender identity of your clients.

Ask your patients about pronouns.
Ask every patient. Ask every time.

When should I ask?
Any time you interact with a new patient, as a regularly part of
your introduction.
How should I ask?
“Do you use pronouns, for example he, she, or they? Which
pronouns do you use?”

Note: Some patients may not be familiar with this question or with
parts of speech. To explain, use yourself as an example – “I use she/her
pronouns. What pronouns do you use?”

The English language, including its pronouns, are part of the forced assimilation Indigenous people
experience. We know that Indigenous people have always taken great care in how we refer to one another
which is why we have ceremonies for gifting names.

more at
www.pathsremembered.org
Use of chosen name and pronouns associated with a 56% decrease in suicide attempts

Visualization Activity

Imagine walking into the space your youth gather. Do a quick inventory of the things that you see and hear there. Is there anything you can replace or add to the space to make it more safe and affirming for youth?
Support for Parents & Caring Adults
Talking is Power
For Adults

Tips & Resources for
★ Talking to Youth About Sexual Health
★ Getting the convo started
★ Online Printable Resources [here](#)

text “EMPOWER” to 94449
TEXT
MIND4HEALTH
TO
656664
Support for Professionals
Healthy Native Youth Implementation Toolbox: Phases and Steps

**Gather**
- Input on youth interests and health priorities
- Identify your community’s needs and resources
- Select your program setting

**Choose**
- Which criteria are most critical to your program
- Select a program that aligns with your goals
- Get approval if needed

**Prepare**
- An implementation action plan that includes self-care
- Order supplies, teaching tools, and incentives
- Practice going through the curriculum & activities

**Implement**
- Your program with confidence!
- Track your implementation journey
- Assess student learning and experiences

**Grow**
- With your program
- Share successes and lessons learned
- Keep the momentum going

**GET SUPPORT:**
- Connect with community members for guidance and feedback
- Identify decision-makers
- Invite guest speakers and attend Community of Practice sessions
- Explore technical assistance and resource supports
- Collaborate with other youth programs

**YOUTH VOICE:**
- Gather input from youth and program participants
- Seek input from youth and community
- Recruit caregivers, youth and allies
- Celebrate the youth
- Stay connected beyond programming
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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

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GATHER
Identify Youth Advocates and Community Partners

Get Support: This is a resource that can help you identify community partners and key decision-makers that can help support the delivery and implementation of your program. These partners may have resources or contributions beyond what you can think of, so stay open to learning about what they are doing and how they want to work together.

Instructions: In the left column, brainstorm potential and existing partners that can support your work. Include actual names or organizations, if you know them. There are a few categories written in to get you started and a few “Other” spaces that can be used for partners that don’t fit into the other boxes. In the right column, list ways these partners can support or participate in your programming.
Template: Community Needs and Resource Assessment

**GATHER**
Community Needs and Resource Assessment

Use the “Community Needs and Resource Assessment” to help organize your outreach while you meet with partners to identify health priorities. There are several options included in the template that you can use to engage partners in the planning process, depending on your setting and audience. You will collect feedback from different audiences and constituents.

The goal of a community needs and resource assessment is to understand:

- What youth, their families, and the broader community want
- What resources you have available to your program
- What constraints or challenges may need to be addressed

To assist you in this process, we have included a planning template with five steps:

1. Step 1: Selecting Who to Engage in the Planning Process
2. Step 2: Questions to Discuss
3. Step 3: Sharing Your Findings

**Sample Q’s for Youth**

**Health Priorities and Ideas**

1. What health topics are most important to you and your friends right now?
2. What health resources do you and your friends use in the community?
3. Are there any resources you avoid? Why?
4. What additional health resources do you wish our community had?
5. What ideas do you have that would make the health resources in our community better for teens and young adults?
Stories From the Field

From 2022-2024:
• 2566 new users
• 4564 page views

Stories from the Field

Michelle Singer
Oregon

Michelle Singer (Navajo), Healthy Native Youth Project Manager, shares her words of encouragement to inspire caring adults to support Native youth by selecting and implementing culturally-relevant programs.

Community of Practice

Every second Wednesday of the month at 12 pm Central time

★ 90-minutes

★ For: Tribal health educators, teachers, parents, prevention specialists; people who share a passion for improving the lives of Native youth
Access to HIV & STI Testing
Native Test Program Overview

- Nationwide distribution of self-test kits, reaching all 50 states
- 55 Community Partners across Indian Country
- Provides Native and Non-Natives 13 years or older with access to free HIV self-testing, information on PrEP, and free STI self-collection testing
- Over 5,679 HIV self-test kits distributed nationwide, in addition to over 55,528 condoms and educational materials.
- 29 Individuals linked to PrEP care
For More Information, Scan the QR Code

TEXT NATIVE TEST TO 55251

To get a rapid HIV and STI self-test kit mailed to you for FREE
The I Want the Kit (IWTK) Program offers free, accurate, and confidential in-home specimen collection and lab-based testing for two common STIs, Chlamydia and Gonorrhea, as well as Trichomoniasis testing for those assigned female at birth.

Syphilis, HIV, Hepatitis B, Hepatitis C, and Pregnancy testing is also available in Oklahoma, with more states coming soon. You can order by going online to iwantthekit.org or texting “NATIVE TEST” to 55251.
IWTK Distribution

*Zip codes where orders were made indicated by dots
For More Information, Scan the QR Code

ORDER A FREE, CONFIDENTIAL STI TEST KIT

iwantthekit.org
COMMUNITY OF PRACTICE

Swab Squad to the Rescue! - Mar 13th

Join our (affectionately named) Swab Squad and hear about HIV, Syphilis, and STD INDI to I Want The Kit at-home testing resources for your communities.

WHEN?
March 13, 2024
90-minute virtual gathering.
Start Times:
9:00 AK, 10:00 PST, 11:00 MST, 12:00 CST, 1:00 EST

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

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

NPAIHB
Join the Healthy Native Youth Movement!

- Sign up for Newsletter
- Text “HEALTHY” to 94449
- Follow us on Facebook, Instagram, Twitter, YouTube

HNY Linktree QR Code
Thank You!

Christine Markham Christine.Markham@uth.tmc.edu
References