

October 8, 2025 | 10:00-11:00 am PST



Raising Healthy Native Youth: American Indian/Alaska Native Adolescent Health Education Tools & Resources for Schools and Communities

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.



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health





Funding Credit

Healthy Native Youth is a project of the Northwest Portland Area Indian Health Board (NPAIHB) and Northwest Tribal Epidemiology Center (NWTEC) funded by the Indian Health Service ETHIC II grant.



Let us
Start with a
Blessing...



Yá'át'ééh! haʔt sləx̣il! Hello!



Michelle Singer

Navajo Nation

(she/her)

I love sports and music!



Taylor Dean

Puyallup Nation

(they/them)

I love music and art!



Amrita Sidhu

PhD. Candidate

(she/her)

I love practicing hot yoga!



**NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD**

Indian Leadership for Indian Health

Live Virtual Training Logistics

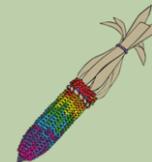


Logistics

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

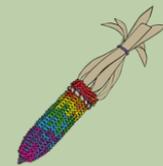
Engagement

- Chat box
- Icons (Zoom & More)





WELCOME BACK WITH *Healthy Native Youth*



Welcome!

Please introduce yourself in the chat box. Include your:

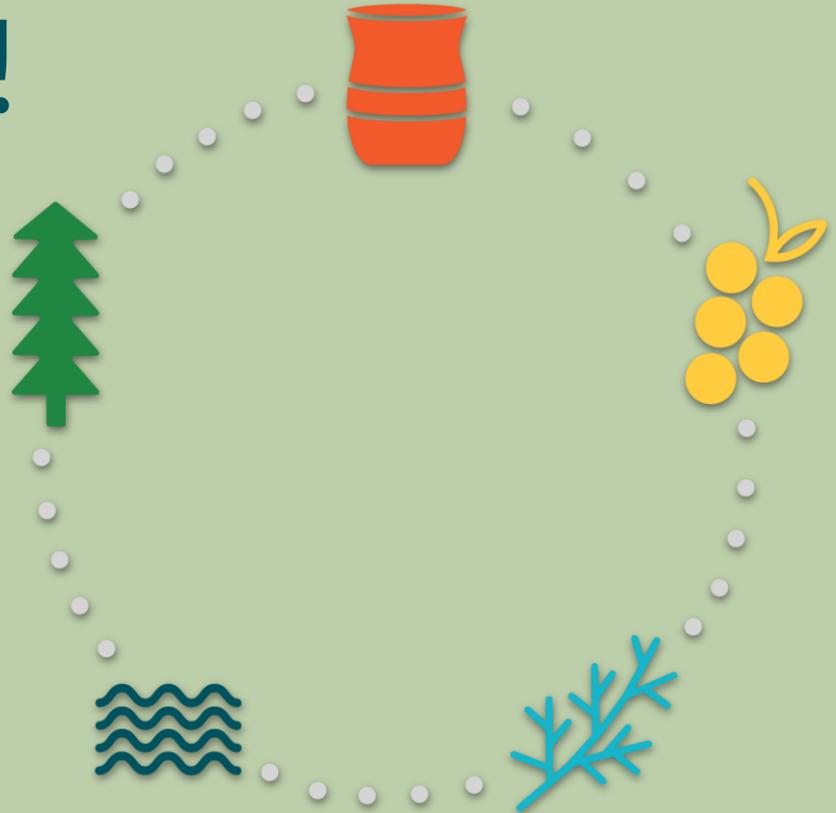
- ★ Name, Pronouns
- ★ Tribe/Organization
- ★ What are you hoping to learn today?



We've Got Goals!

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

- ★ Learn about Healthy Native Youth
- ★ Learn about Curricula, Tools, Resources & Technical Support
- ★ How to stay connected with HNY
- ★ Learn about Native It's Your Game 2.0 curriculum for middle schools
- ★ Discover Regional Indian Health Board & Tribal Epi Center Contacts & Connections for Local Support



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Where are we going



Welcome
Goals & Objectives
5 min

HNY Curriculum
Spotlight:
Amrita Sidhu
25 min

Practice into Action
Closing
5 min



Opening
Intros
5 min

HNY Collective and Overview:
Michelle Singer, Taylor Dean
15 min

Questions and Reflections
5 min

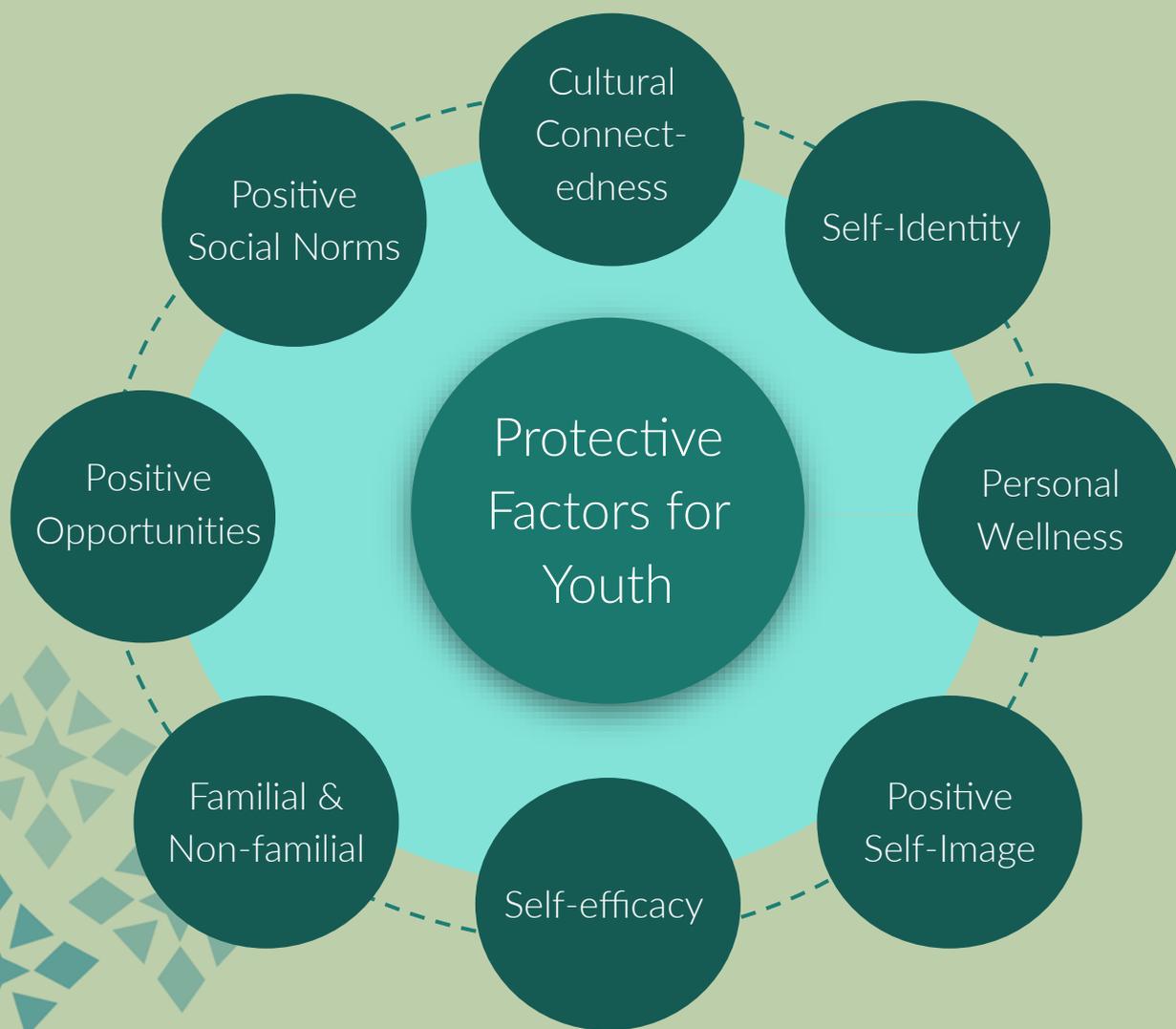


HNY Collective: Partners and Collaborators for AI/AN Adolescent Health

Michelle Singer, Healthy Native Youth Project Director, NPAIHB - NWTEC

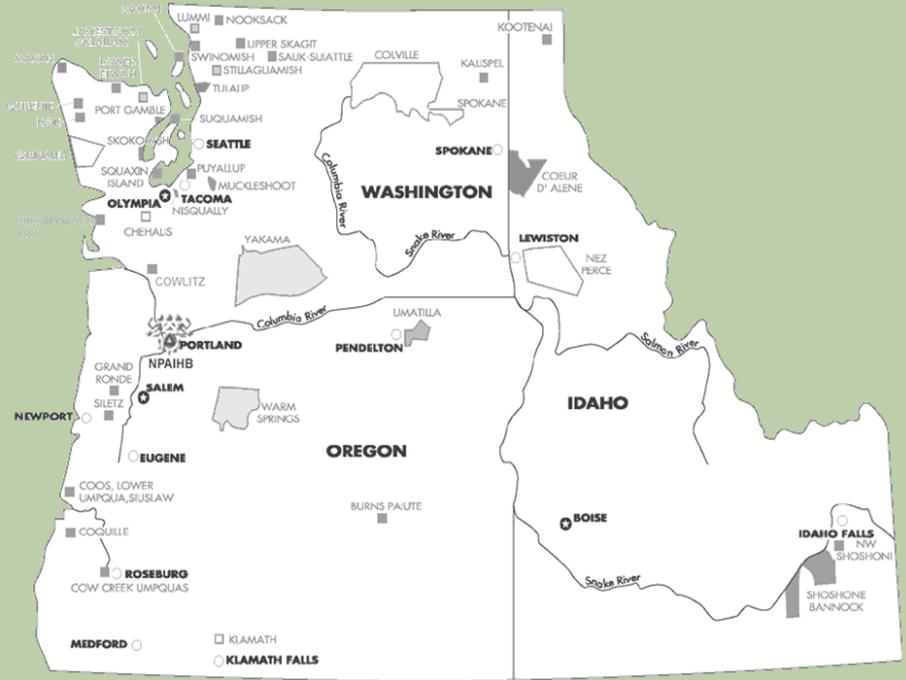


NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

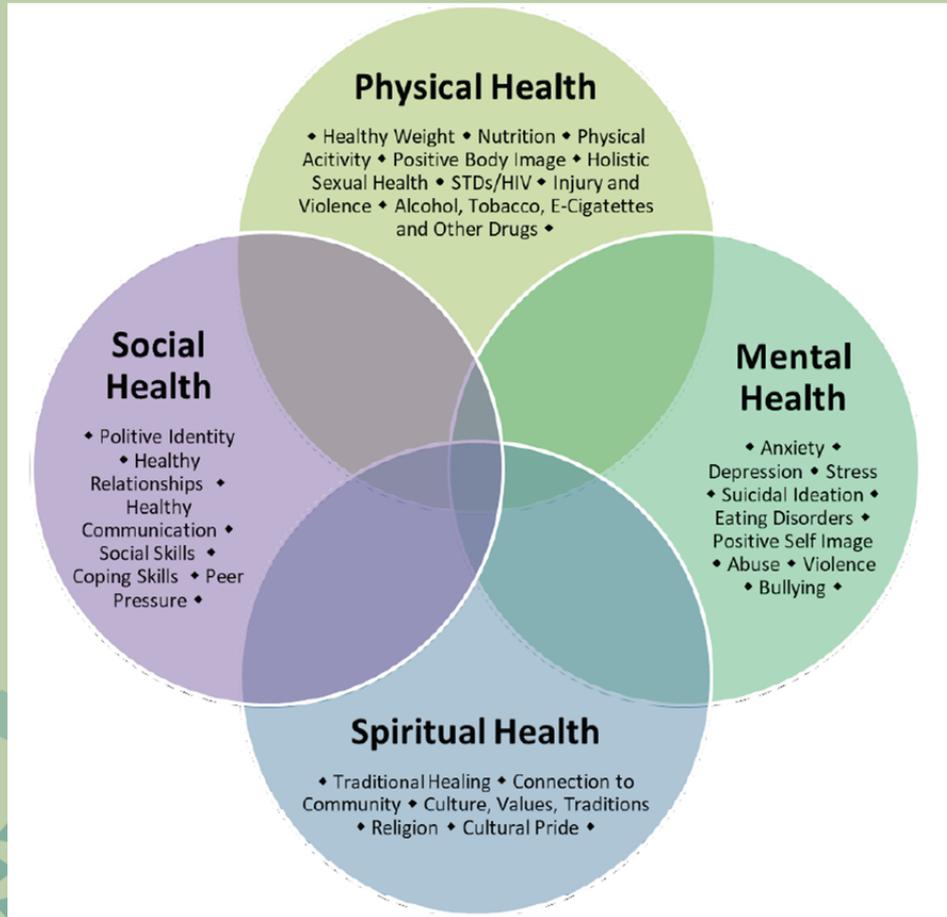


Northwest Portland Area Indian Health Board

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.



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



2020

Adolescent Health Tribal Action Plan

A Strategic Plan for the Tribes of Idaho, Oregon, and Washington



**NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD**

Indian Leadership for Indian Health

[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



Project Red Talon Regional Network
A Project of the Northwest Portland Area Indian Health Board



Inter Tribal Council of Arizona, Inc.

[ITCA Landing Page](#)

[Healthy Native Youth @ ITCA](#)



Southern Plains Tribal Health Board

[Native Test](#)



NPAIHB

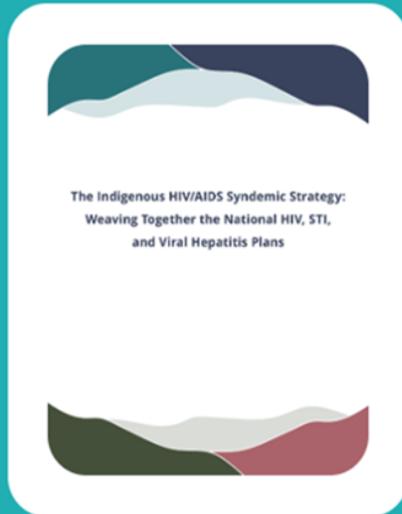
Northwest Portland Area Indian Health Board

[Healthy Native Youth We R Native](#)

Partners:
[Indian Country ECHO](#)
[Native Health Resources](#)



The Indigenous HIV/AIDS Syndemic Strategy: Weaving Together the National HIV, STI, and Viral Hepatitis Plans



The Indigenous Syndemic Strategy: Weaving Together HIV, STI, and Viral Hepatitis Plans

To support the development of comprehensive solutions to end the HIV epidemic in Indian Country, the Northwest Portland Area Indian Health Board, alongside the Indian Health Service National HIV Program, and other partners, created The Indigenous HIV/AIDS Syndemic Strategy: Weaving Together the National HIV, STI, and Viral Hepatitis Plans.



HNY Overview: Website, Implementation Toolbox & Resources

Taylor Dean, Healthy Native Youth Outreach Specialist, NPAIHB - NWTEC



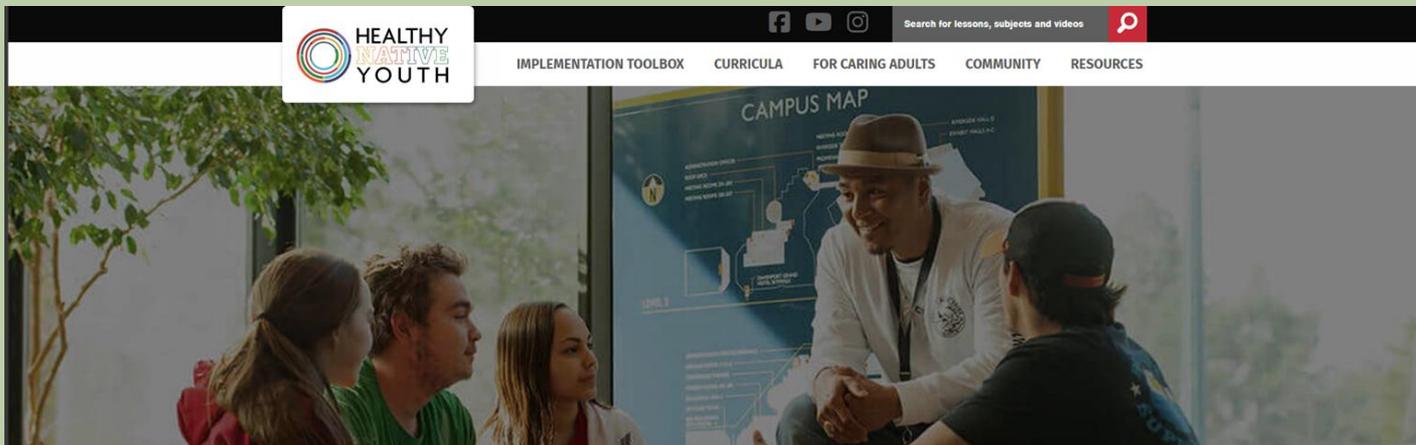
NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

What is Healthy Native Youth?



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Healthy Native Youth Website Coming Soon



**HEALTHY
NATIVE
YOUTH**

IMPLEMENTATION TOOLBOX CURRICULA FOR CARING ADULTS 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



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



Healthy Native Youth Implementation Toolbox: Phases and Steps

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

Where do I start?

I want to engage in the youth planning process

I want to do a community needs assesment

I want to select a health curriculum.

I need help planning the logistics to deliver a program.

I want to join a Community of Practice.

I want to know if my curriculum is working.

I want to celebrate and motivate students.



Template: Identify Youth & Community Partners Map



Youth Advocates and Community Partners

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.

Who can support the program?

How can they support the program?



Youth:



Families & Relatives:



Tribal Departments:



Decision Makers:
Health committee,
Tribal council



Schools: School
Board, Principal,
Teachers



Clinic & Health Staff:



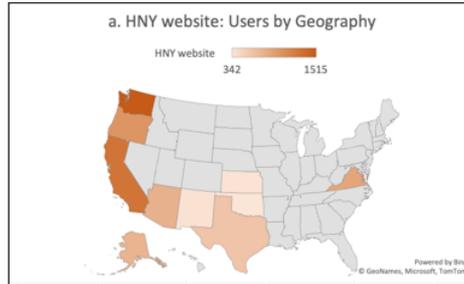
Community Orgs:



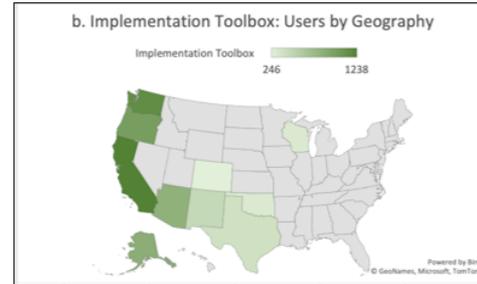
Other:



Implementation Toolbox Reach*



State of origin	User (n)
Washington	1515
California	1290
Oregon	1019
Virginia	884
Arizona	779
Alaska	764
Texas	617
New Mexico	366
Kansas	362
Oklahoma	342



State of origin	User (n)
California	1238
Washington	1142
Oregon	986
Alaska	847
Arizona	815
New Mexico	456
Texas	382
Oklahoma	307
Wisconsin	307
Colorado	246

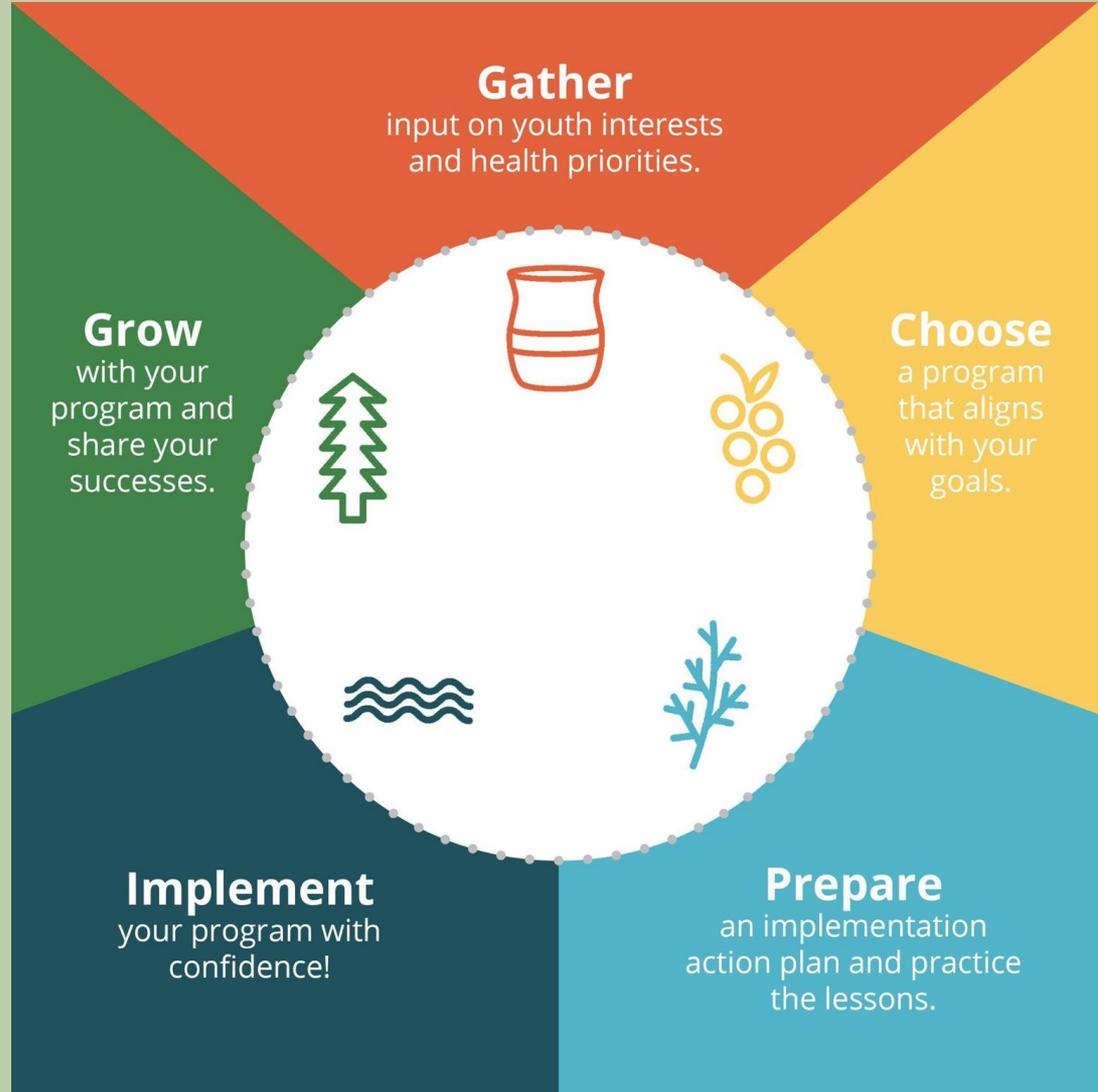
*Geographic distribution of HNY Website and HNY Implementation Toolbox users from January 1, 2022, to January 1, 2024



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

Chatbox Q:

What phase do you think you will be focusing on in the next few months in your school and/or community planning ?





Contact us for
Implementation
Toolbox Resources:
native@npaihb.org



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

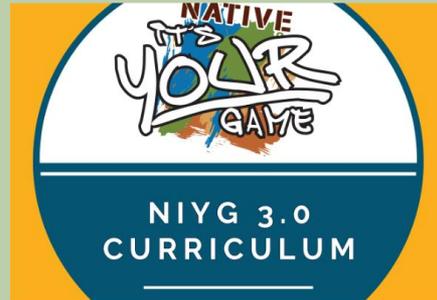
HNY Curricula Spotlight: Native It's Your Game (NIYG) 2.0 for Middle School

Amrita Sidhu, University of Texas Houston School of Public Health PhD
candidate, MPH, MDS, BDS



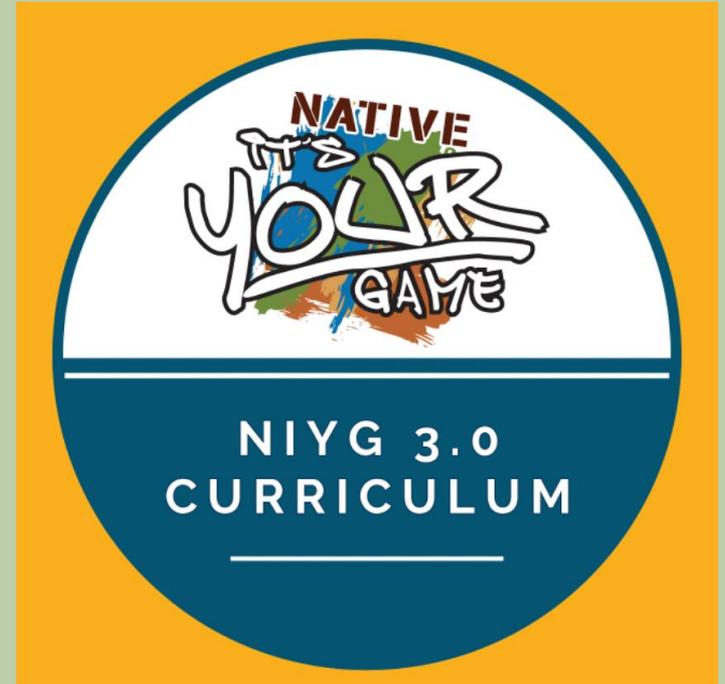
Native It's Your Game

- For Middle School Students
- Web-Based Holistic Curricula
 - Goal Setting
 - Sexual Health
 - Drugs and Alcohol
 - Boundary Setting
 - Healthy Relationships



What is Native It's Your Game

- Native It's your Game (Native IYG) is a web-based healthy relationships and life skills curriculum
 - American Indian and Alaskan Native (AI/AN) youth ages 12-14.
 - 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.



NIYG LESSONS



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



Lesson 7 Protecting Your Rules...Regarding Sex



Lesson 8 Negotiating To Protect



Lesson 9 Keeping it Real...Consequences of Pregnancy



Lesson 10 Keeping it Real...Consequences of HIV & STDs



Lesson 11 Keeping it Real...Risk Reduction Strategies



Lesson 12 Playing By Your Rules...A Review



Lesson 13 Post-Game Show

Other NIYG features



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

<p>Married Teen Couple</p>	<p>Teen Dads</p>
<p>Former Teen Mom</p>	<p>Teen Moms</p>



Youth who took NIYG reported

- More reasons not to have sex
- Increased STI knowledge
- Increased condom knowledge
- More confidence about obtaining condoms
- More confidence about using condoms
- More likely to seek education beyond high school
- Retained knowledge about condoms



Evolution of NIYG



NIYG 3.0 features

Includes

- New Class Management Portal
 - (Enhanced dashboard, easier facilitator manual and factsheet access)
- New Facilitation Manual
 - (includes classroom discussion questions and key takeaways from lessons)
- New updated Fact Sheets
- More inclusive for diverse learning styles
- More user-friendly navigation

Native It's Your Game

△ An important update for our NIYG community users
Welcome to Native IYG 3.0. We have added content and features to make your NIYG experience even better. Please update your profile so that we can continue to provide the best learning experience for you and your community.
[Edit Profile](#)

My Groups

All of your groups will be listed on this page. Click on Create New Group to add a new group to your account and they will be displayed on a list below. If you would like to deactivate a group select the checkbox next to the group or groups. Then select Archive Group(s) from the Operations pulldown and click on Execute.
If you have group not showing check the View My Archives page.

[Export All Group Data](#)

Operations
Choose an operation: Execute

FACT SHEETS

The fact sheets listed here are all downloadable PDF's

Classroom Name	Year	Semester	Description	Institution/location	
<input type="checkbox"/>	Admin test class	2015	Fall	test test	california

[Add Youth](#) [Edit](#) [Delete](#)



NIYG theme areas

**Culture
inclusive**

**Gender &
sexuality**

**Disability
friendly**

**Trauma
informed**

Review full curriculum using core frameworks in each domain:

- Culture: HNY's cultural practices & culture as prevention
- Gender & Sexuality: [Gender Transformative Approaches](#), [LGBTQ-Inclusive Sex Education](#)
- Disability: [Universal Design](#)
- Trauma: [SAMHSA's Concept of Trauma and Guidance for a Trauma Informed Approach](#)



NIYG upgrade- example

BEFORE



AFTER



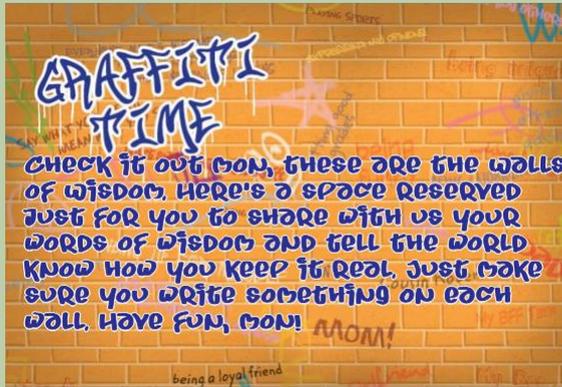
- Changed the home decor to reflect southwestern and northwestern region Native decor
- Changed TV to more modern version
- Changed pillows to Native tapestry/woven art
- Changed vase to Native pottery or sculpture
- Added a window with Pendleton blanket



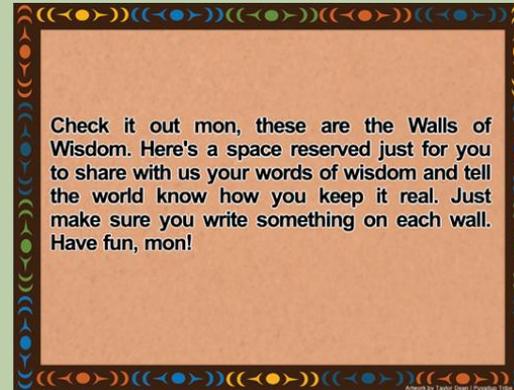
NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

NIYG upgrade- example

BEFORE



AFTER



- Update background graphic of cyber cafe to Native Art/ mural
- Add white container to specify where answers can be typed



Create Account: NIYG facilitators

- Click on Facilitator enrollment
- Follow the steps to complete onboarding
- Add youth to Classrooms
- Implement NIYG
- [Welcome to Native It's Your Game | Native It's Your Game](#)



NATIVE IT'S YOUR GAME

WELCOME TO NATIVE IT'S YOUR GAME

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.

[Facilitator Enrollment](#) [Youth Enrollment](#)

Username *

Password *

[Log in](#)

[Forgot password?](#)



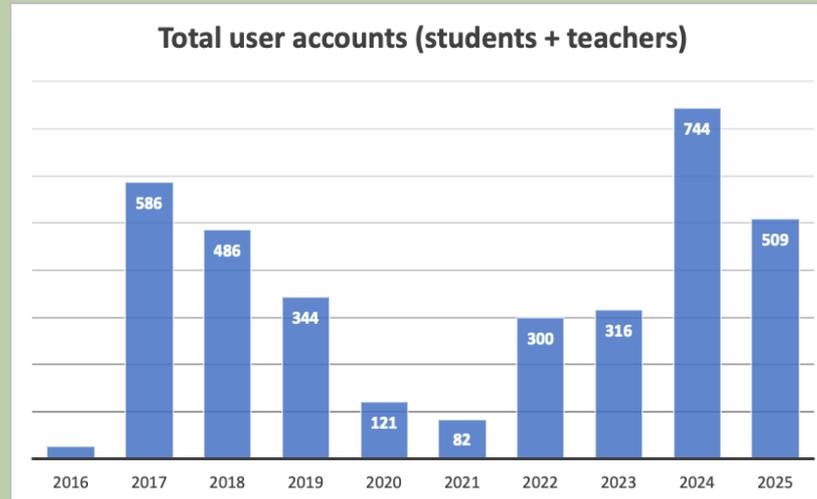
NIYG reach (2016-2025)



Total Accounts: 3515

Students: 3248

Teachers: 267

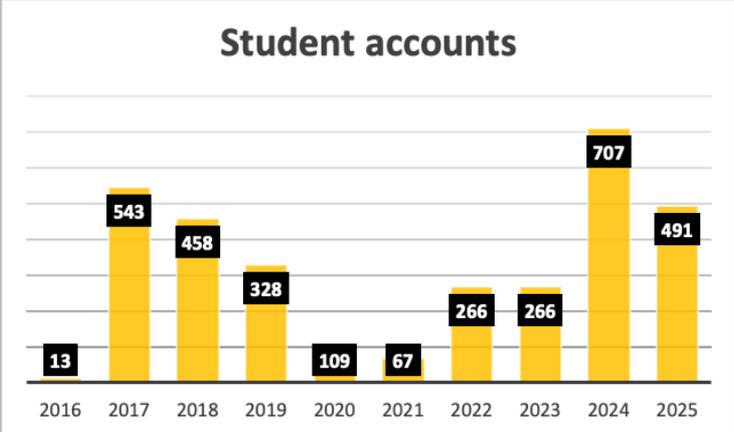
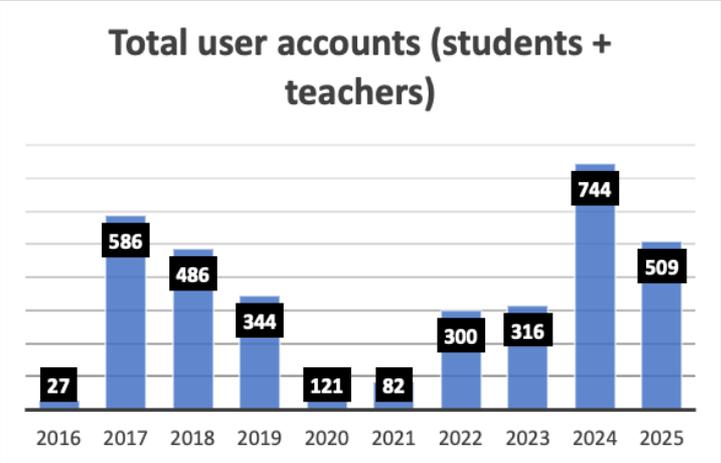
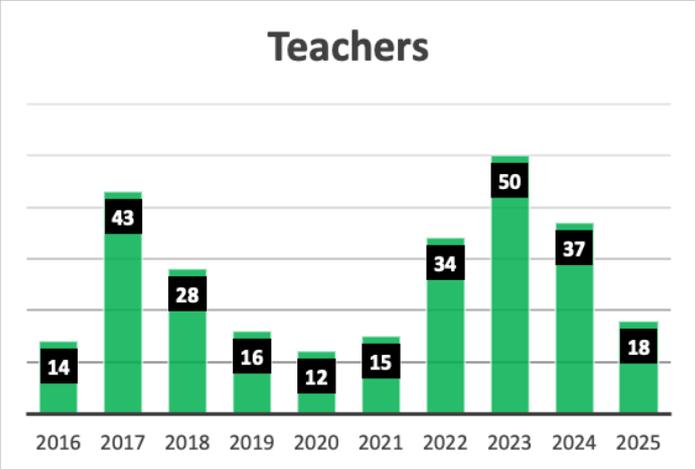


- Alaska
- Arizona
- California
- Minnesota
- Montana
- North Dakota
- Oklahoma
- Oregon
- South Dakota
- Texas
- Tennessee
- Utah
- Washington
- Wisconsin



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

NIYG reach (2016-2025)



Contact NIYG team

Amrita Sidhu

- Email: Amrita.Sidhu@uth.tmc.edu



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



HEALTHY NATIVE YOUTH

The Healthy Native Youth project provides health promotion curricula and resources for American Indian and Alaska Native youth.

Curricula

Health Topics

- Mental Health
- Physical Health
- STI Prevention
- Goal Setting
- Healthy Relationships
- Drugs and Alcohol Prevention
- Boundary Setting
- Effective Communication

Stand-Alone
Lesson

Handouts

Resources

For access to our curricula and resources, email us at native@npaihb.org

Contact Us Email!
Healthy Native Youth
&
We R Native:
native@npaihb.org



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health



In crisis? Connect 24/7...



Crisis Text Line
Text: NATIVE to 741741
WhatsApp
www.crisistextline.org/



Suicide and Crisis Lifeline
Call: 988 or 1-800-273-TALK
www.988lifeline.org/chat/

Abuse & Sexual Assault



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
www.strongheartshelpline.org



National Sexual Assault Hotline Call
(24/7): 1-800-656-HOPE
www.rainn.org/



National Teen Dating Abuse Helpline
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



Childhelp National Child Abuse Hotline
(24/7): 1-800-4-A-Child (422-4453)
<https://www.childhelphelpline.org/>

Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for Teens
Call: 1-800-662-HELP
nida.nih.gov/research-topics/parents-educators



Truth: Smoking, Vaping, and Opioids
[Get 24/7 Support](#)
Text: DITCHVAPE to 88709
www.thetruth.com/article/this-is-quitting



Get the Facts About Drugs: Just Think Twice
Call: 1-855-378-4373
Text: 55753
www.justthinktwice.gov/



National Drug Information Treatment & Referral Hotline
Call: 1-800-662-4357
www.samhsa.gov/find-treatment

Mental Health



Mental Health America
Call: 1-800-969-6642
Text: MHA 741741
www.mhanational.org/



National Hotline. Reach Out & Get Help
Call: 1-800-448-3000
Text: VOICE to 20121
www.boystown.org/hotline



Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863
www.teenline.org/



Caring Messages - to remind you of how awesome you are!
Text: CARING to 65664
Text: COLLEGE to 65664



The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
www.thetrevorproject.org/



Educator Tool: Youth Support Resources Document





COMMUNITY OF PRACTICE 2025

- **October 8, 2025:** Raising Healthy Native Youth: American Indian/Alaska Native Adolescent Health Education Tools & Resources for Schools and Communities
- **November 12, 2025:** We R Native – For Native Youth, By Native Youth – Health Promotion Resources for American Indian/Alaska Native Youth & Young Adults
- **December 12, 2025:** Winter Storytelling: Utilizing Culture & Tradition for Adolescent Health

WHEN?

Virtual gatherings are held the second Wednesday of each month.

Start Time:
10:00 AM PT

REGISTER VIA THE
EVENTS CALENDER
<https://www.npaihb.org/>

CONTACT US:
native@npaih.org



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

NPAIHB Bi-Monthly Newsletter: Health News & Notes Adolescent Health Updates

issuu.com/npaihb

npaihb

Portland, United States

<http://www.npaihb.org/>

Share Profile

Follow

Communications Manager for the Northwest Portland Area Indian Health Board

Publications (2) Stacks (0) Followers (1)

Show Articles inside

Health News & Notes
August 4, 2025

Health News & Notes - S...
May 27, 2025

ADOLESCENT HEALTH SUMMER UPDATES



Michelle Singer
Navajo Nation
Healthy Native Youth Project
Director



Tommy Ghost Dog, Jr.
Burns Paiute Tribe
WeRNative Project Manager

Healthy Native Youth Project Adolescent Health Program Support for Adult Educators Who Engage Youth

The Northwest Tribal Epidemiology Center (NW TEC) houses the Healthy Native Youth (HNY) project under the Adolescent Health umbrella. HNY offers technical assistance, training, and motivational support to adults who engage youth and young adults.

Examples include adolescent health curricula, implementation ready-to-use planning tools, teaching resources, and educator peer support.

HEALTHY NATIVE YOUTH

The Healthy Native Youth project provides health promotion curricula and resources for American Indian and Alaska Native youth.

Curricula

Stand Alone Lesson

Webinars

Resources

Health Topics

- Mental Health
- Physical Health
- STI Prevention
- Goal Setting
- Healthy Relationships
- Drugs and Alcohol Prevention
- Boundary Setting
- Effective Communication

For access to our curricula and resources, email us at native@npaihb.org

Stay Connected: NPAIHB Social Media



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



*Chatfeed Convo:
Type Questions,
Ask Away!*

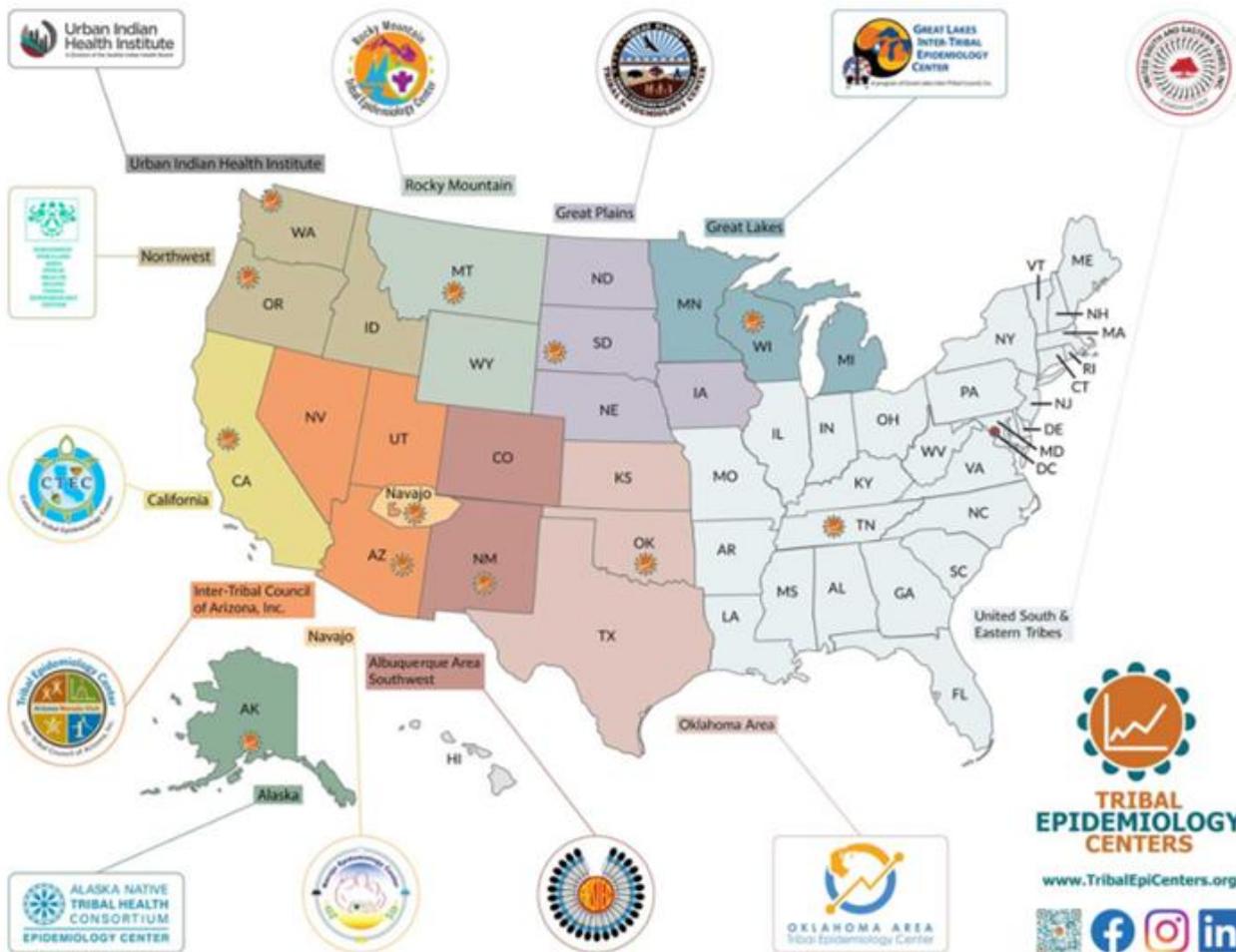




5. Closing



TEC Regional Locator Map



Reach out & connect with your regional health board for:

- *Technical Assistance
- *Training
- *Resources
- *Opportunities

tribalepicenters.org



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Contact Information



TRIBAL
EPIDEMIOLOGY
CENTERS

TribalEpiCenters.org

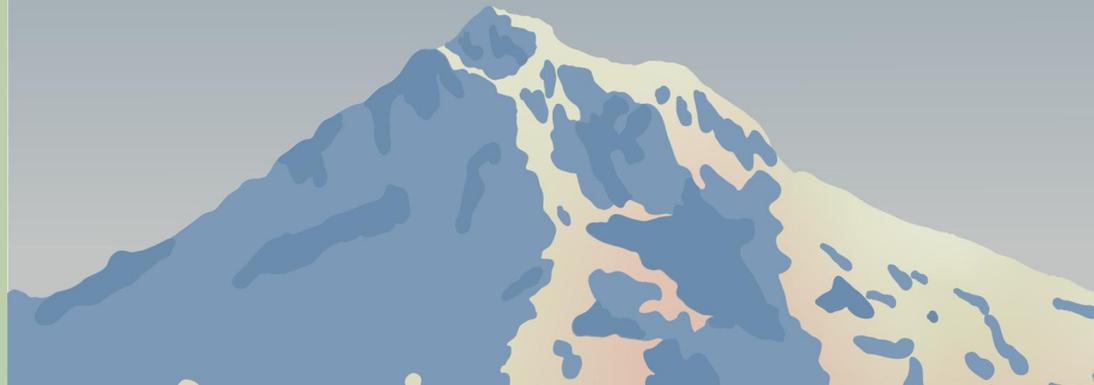
<p>Alaska Native Epidemiology Center Anchorage, AK anepicenter@anthc.org // Phone: (907) 729-4567 epi.anthc.org</p>	<p>Albuquerque Area Southwest TEC Albuquerque, NM aastecinfo@aaihb.org // Phone: (505) 962-2602 aastec.net</p>
<p>California Tribal Epidemiology Center Roseville, CA epicenter@crihb.org // Phone: (916) 929-9761 crihb.org/ctec</p>	<p>Great Lakes Inter-Tribal Epidemiology Center Lac du Flambeau, WI Phone: (715) 588-1092 glitc.org/programs/epi-home</p>
<p>Great Plains Tribal Epidemiology Center Rapid City, SD gptec@gptchb.org // Phone: (605) 719-5410 greatplaintribalhealth.org/great-plains-tribal-epidemiology-center.html</p>	<p>Inter Tribal Council of Arizona, Inc. TEC Phoenix, AZ tecinfo@itcaonline.com // Phone: (602) 258-4822 itcaonline.com/tec</p>
<p>Navajo Epidemiology Center Window Rock, AZ navajoepi@navajo-nsn.gov // Phone: (928) 357-6237 nec.navajo-nsn.gov</p>	<p>Northwest Tribal Epidemiology Center Portland, OR npaihb@npaihb.org // Phone: (503) 228-4185 npaihb.org/epicenter</p>
<p>Oklahoma Area Tribal Epidemiology Center Oklahoma City, OK info@spthb.org // Phone: (405) 652-9216 spthb.org/programs/tribal-epi-center</p>	<p>Rocky Mountain Tribal Epidemiology Center Billings, MT Phone: (406) 252-2550 rmtlc.org/tribal-epidemiology-centers</p>
<p>United South and Eastern Tribes TEC Nashville, TN Phone: (615) 872-7900 usetinc.org/tribal-epidemiology-center</p>	<p>Urban Indian Health Institute Seattle, WA info@uihi.org // Fax: (206) 812-3030 uihi.org</p>



Let us Close with a Blessing

“Everything is laid out for you. Your path is straight ahead of you. Sometimes it’s invisible but it’s there. You may not know where it’s going, but still you have to follow that path. It’s the path to the Creator. That’s the only path there is.”

~ Leon Shenandoah, Onondaga



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health