

November 12, 2025 | 10:00-11:00 am PST



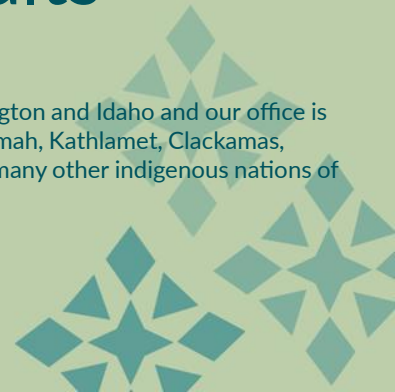
# We R Native: For Native Youth by Native Youth - Health Promotion Resources for American Indian Alaskan Native Youth and Young Adults

## 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, Kalapuya 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 and NWTEC funded by the Indian Health Service ETHIC II grant fund.



Let us  
Start with a  
Blessing...





# WELCOME BACK WITH *Healthy Native Youth*



# Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Pronouns
- ★ Tribe/ Organization
- ★ **What is the last kind thing someone did for you?**



# Where are we going

**Welcome**  
*Goals & Objectives*  
5 min

**Young Adult  
Testimonies:**  
*Stories from the Field*  
25 min

**Practice into Action**  
*Closing*  
5 min

1  
**Opening**  
*Intros*  
5 min

3  
**We R Native Overview**  
10 min

5  
**Q & A Discussion**  
10 min



# 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.



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## TEC Regional Locator Map



Reach out & connect with your regional health board for:

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

[tribalepicenters.org](http://tribalepicenters.org)



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# ʔa xest sxl̥xalt, Yá'át'ééh!



**Maiya Martinez**  
*Spokane Tribe*  
(she/her)  
I love running!



**Cheydon Herkshan**  
*Confederated Tribes of  
Warm Springs*  
(She/Her)  
I love anime!



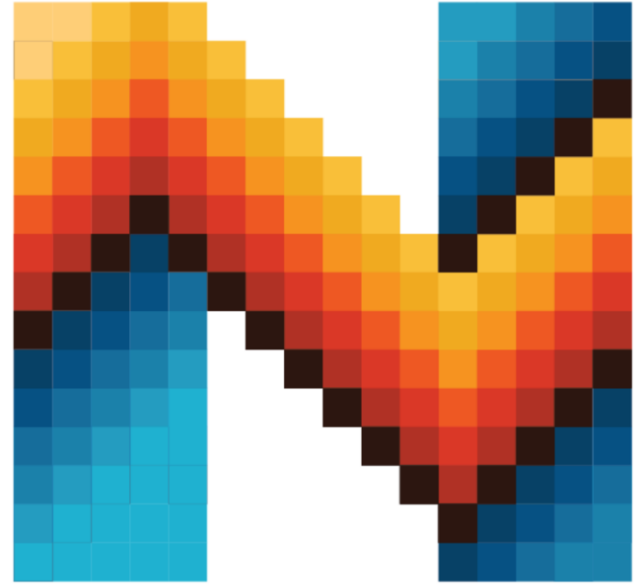
**Celena Ghost Dog, MPH. CPH**  
*Navajo Nation*  
(she/her)  
I love coffee!



# We've Got Goals!

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

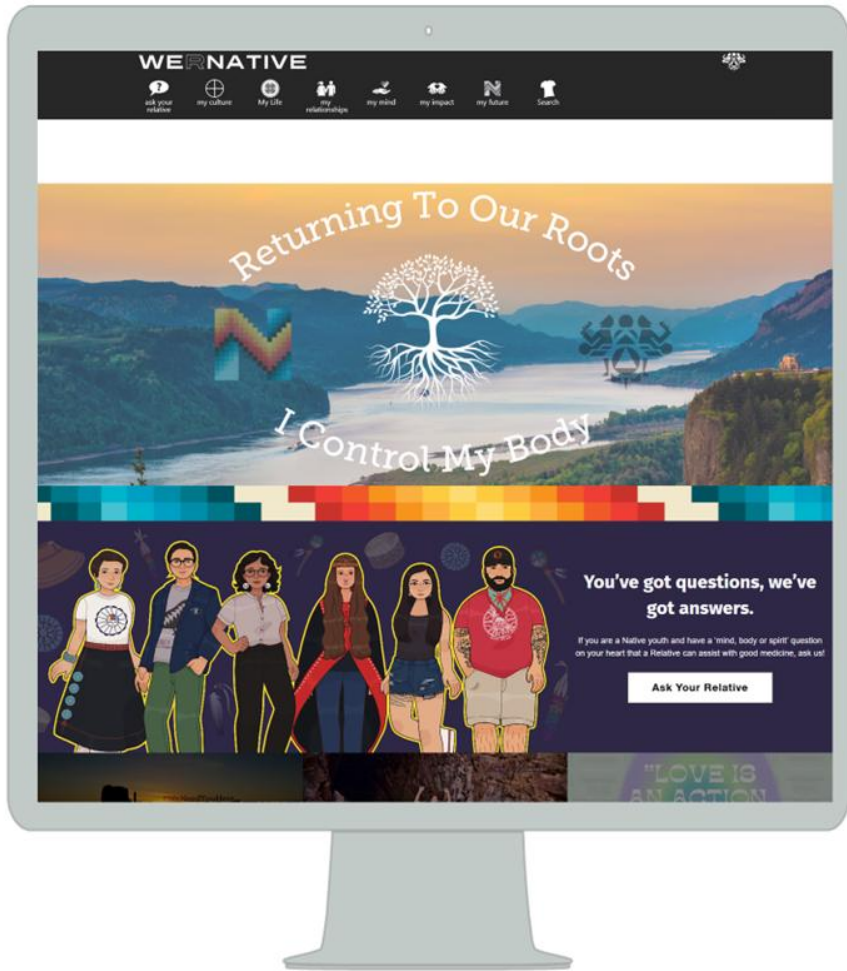
- ★ Learn about We R Native
- ★ Learn about resources, tools & technical support
- ★ Learn about Ask Your Relatives Q&A service
- ★ Hear Native young adult testimonies



**WERNATIVE**  
A PROJECT OF NPAIHB



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 WERNATIVE.ORG

***FOR YOUTH***

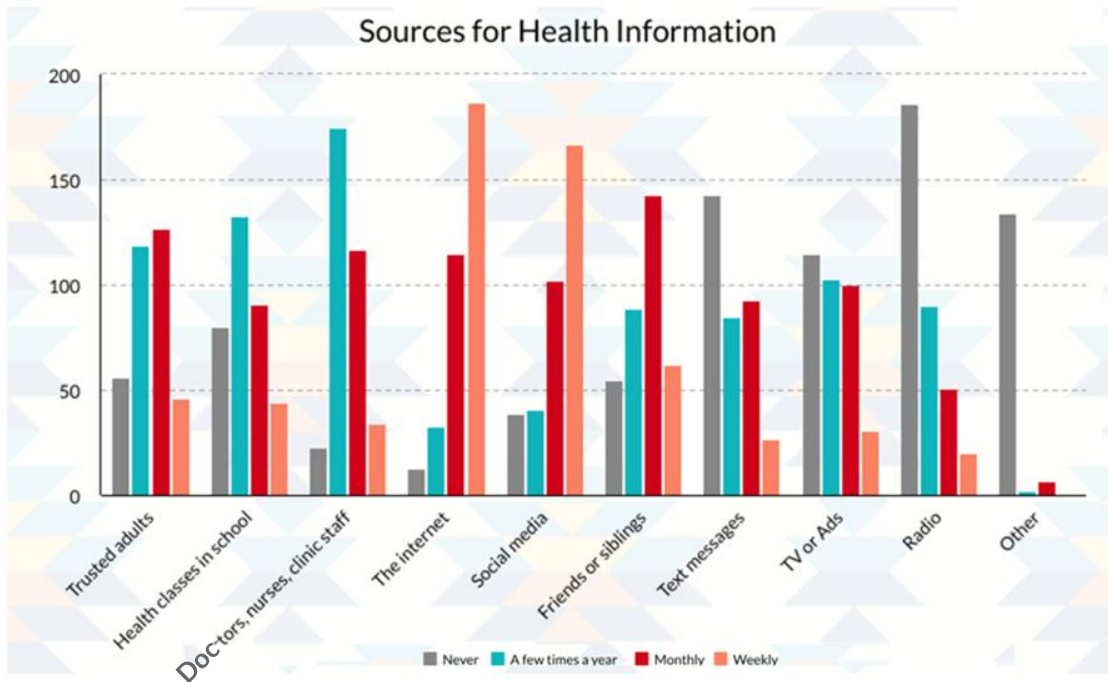


Multimedia health resource for  
Native youth by Native youth

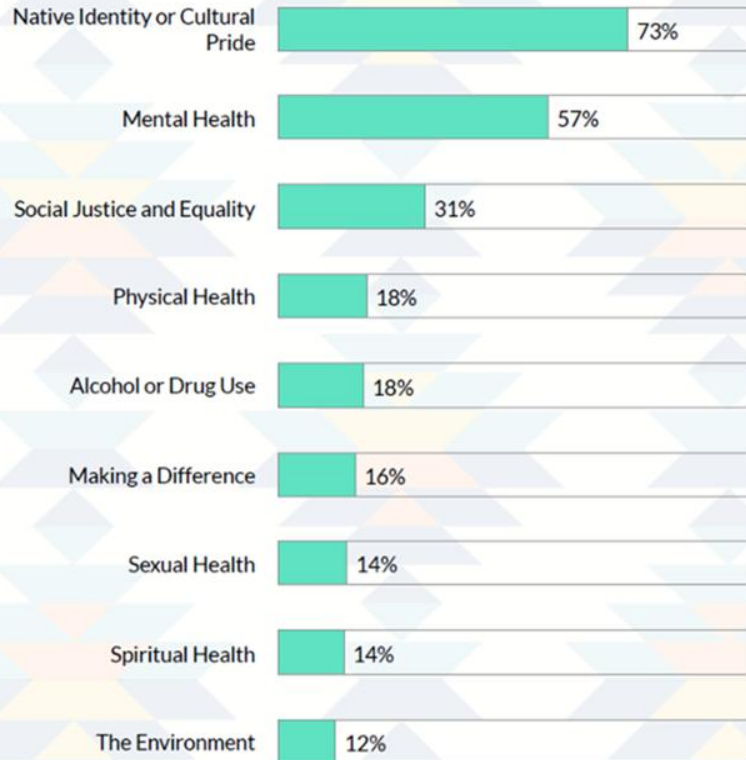
Follow us @wernative



# SOCIAL MEDIA USE FOR NATIVE YOUTH



# IN YOUR OPINION, WHAT 3 TOPICS ARE THE MOST IMPORTANT FOR NATIVE YOUTH TO LEARN ABOUT?





# ASK YOUR RELATIVES



**ASK YOUR RELATIVE IS THE LARGEST Q&A SERVICE  
FOR NATIVE YOUTH!**



**340 PUBLISHED AYR VIDEOS ON YOUTUBE  
601 PUBLISHED Q&A'S**

## **MOST POPULAR Q&AS:**

**IDENTITY - (336)**

**CULTURE & LANGUAGE - (245)**

**MENTAL HEALTH - (149)**

**RELATIONSHIPS - (148)**

**PHYSICAL HEALTH - (132)**



**WE N NATIVE**



**SCAN ME**

**400K**Website  
Page Views**7.4M**Views/impressions across our  
Social Media channels**2M** Views**43M**Reach  
across all  
channels**1.2M** Impressions & Reach**1.2M** Impressions**2.9M** Views & Reach

WERNATIVE

**9.2K**

We R Native Text Subscribers

**7.9M**

Text Messages Sent

**2.6K**

Text for Sex Ed Text Message Subscribers

- Imagine 200 high school gyms packed full, that's how many times our site was visited
- We reached the equivalent of 16 full Gathering of Nations crowds on Instagram
- If each text was a bead, we could make a strand that stretches from Portland to the Washington, DC!

# We R Native

Young Adult Testimonies



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# We R Native

## Young Adult Testimonies



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*Chatfeed Convo:  
Type Questions,  
Ask Away!*





# 5. Closing



# NPAIHB WRN Landing Page

## About Us

○ Who is our Audience?

○ What's our Reach?

● Our Core Values

**We Are Native.** We are members of diverse and vibrant communities. Learn more about your culture, history, and current events.

**I am Strong in Mind and Spirit.** By sharing with one another, we can teach each other lessons about self-confidence, self-respect, pride, courage, and spirituality.

**I Control My Body.** My body is mine and mine alone. I have control over my physical and sexual health.

**We Are Not Alone.** Regardless of the issue, there are other Native teens and young adults going through the same life challenges... hear their stories and share your



**ACKNOWLEDGEMENTS:** We R Native is supported, in part, with funds from the Indian Health Service and the Minority AIDS Initiative Fund, and by a GLS suicide prevention grant from the Substance Abuse and Mental Health Administration.

[We R Native | NPAIHB](#)



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# 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](mailto:native@npaihb.org)


Reach out to us!  
Healthy Native Youth  
&  
We R Native:  
[native@npaihb.org](mailto:native@npaihb.org)



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# Feedback



inigSearch for lessons, subjects and videos🔍IMPLEMENTATION TOOLBOXCURRICULAFOR CARING ADULTSCOMMUNITYRESOURCES

## TRAINING AND TA FEEDBACK

GIVE US FEEDBACK

**Thank you!**

Thanks for requesting technical assistance, attending our training, participating in our Community of Practice or receiving our monthly e-Newsletter. We'd like to hear whether it was helpful for you, and how we can support other trainees or interested educators. We appreciate your feedback! **The survey will take approximately 5 minutes to complete.**

**Name\***

**Tribe or Organization\***

**State\***

**Phone\***

**Cell Phone\***

**Email\***

What Healthy Native Youth service did you receive or participate in? (choose one)\*





# COMMUNITY OF PRACTICE

# 25-26

- **December 12, 2025:** Winter Storytelling: Utilizing Culture & Tradition for Adolescent Health
- **January 14, 2026:** Tobacco & Vaping 101: What is helpful for Native Youth to Learn
- **February 11, 2026:** Vaping in Schools: Policy Impacts for Learning, Stories From the Field as Best Practices

## 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@npaihb.org](mailto:native@npaihb.org)



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# Stay Connected: NPAIHB Social Media & Health News and Notes NPAIHB Newsletter



COMMUNITY OF PRACTICE FOR EDUCATORS & CARING ADULTS - Second Wednesdays of Each Month at 10 AM PST



**Michelle Singer**  
*Navajo Nation*

Healthy Native Youth Project Director



Healthy Native Youth offers a free, monthly, one-hour learning collaborative group known as Community of Practice (CoP). It is recommended for educators and caring adults who engage with Native youth and young adults. The CoP is an opportunity for skill building and/or adolescent health team strategic planning for school and community health educators.

For CoP event information, visit the NPAIHB website - <https://www.npaihb.org/> - for dates & registration links.

**The upcoming schedule line up is:**

- 10/8/25 – Raising Healthy Native Youth: American Indian/Alaska Native Adolescent Health Education Tools & Resources for Schools and Communities
- 11/12/25 – We R Native – For Native Youth, By Native Youth – Health Promotion Resources for American Indian/Alaska Native Youth & Young Adults
- 12/10/25 – Winter Storytelling: Utilizing Culture & Tradition for Adolescent Health
- 1/14/26 – Tobacco & Vaping 101: What is helpful for Native Youth to Learn
- 2/11/26 – Vaping in Schools: Policy Impacts for Learning, Stories From the Field as Best Practices

# A Small Act of Kindness

Say “**Hello**”, **Smile** and offer a **Compliment** to a **Youth** you don’t know that you might see today, or this week sometime...



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