



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**

Handouts

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



COMMUNITY OF PRACTICE 2025-2026



As a community, we share our strengths and experiences about how we can uplift and support our Native youth.

Sessions include new resources and opportunities to engage with adolescent health experts.

REGISTER VIA THE
EVENTS CALENDER

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

WHEN?

Virtual gatherings are held the second Wednesday of each month starting in September 2025.

Start Time:
10:00 AM PT



CONTACT US:

native@npaihb.org



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

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NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health



Stay Connected: NPAIHB Social Media



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

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

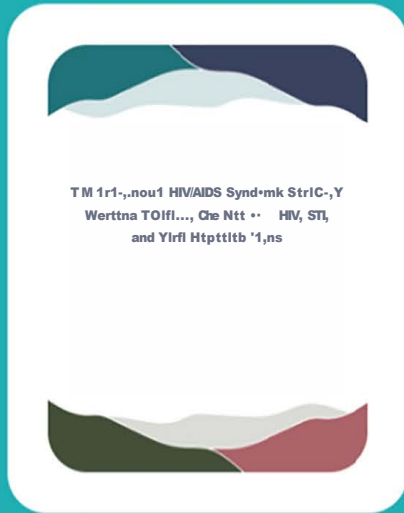


TribalEpiCenters.org

<p>Alub Nathe Epidemiology Center Anchorage, AK anepicentertantbc.org // Phone: (907) 929-5672 ...tbc..</p>	<p>Albuquerque Am Southwest TEC Albuquerque, NM aaib.org // Phone: (505) 962-2602 autk.Mt</p>
<p>California Tribal Epidemiology Center Roseville, CA ep1center@crihb.org // Phone: (916) 929-9761 crihb.org/ctec</p>	<p>Gratuks Inkr-TriNI Epidemiology Center Ucdu Flambeau, WI Phone: (715) 888-1092 r)lit.c.org/prognma/epi-llome</p>
<p>Great Plains TriNI Epidemiology Center Rapid City, SD gptec@gptchb.org // Phone: (605) 719-5410 grutplaintriNIhealth.org/gratpbimtri-q,ldemiologycmter.hbni</p>	<p>InterTriNI Council of Arizona, Inc. TEC Phoenix, AZ tecinf.atc.ionline.com // Phone: (602) 258-4822 ltaonline.com/tec:</p>
<p>Navajo Epidemiology Center Window Rock, AZ navajoep1@nav.110.nsn.gov // Phone: (928) 357-6237 nec.navajo.nsn.gov</p>	<p>NorthWest Tribal Epidemiology Center Portland, OR np.uhb@np.11hb.org // Phone: (503) 228-4185 np.uhb.org/epicenter</p>
<p>Oklahoma Tribal Epidemiology Center Oklahoma City, OK info@li.pthb.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 untinc.org/tribal-epidemiology-center</p>	<p>Urban Indian Health Institute Seattle, WA infuihi.org // Phone: (206) 812-3030 Dibi.org</p>



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.





Implementation Toolbox

CREATING HOLISTIC AND INCLUSIVE EDUCATION PROGRAMS



GATHER

The Implementation Toolbox is your roadmap to creating a sustainable and culturally relevant sexual education program within your community. This toolbox is designed to empower you - to help you make thoughtful decisions about meeting your community needs and to support your youth.

There are 5 key phases: gather, choose, prepare, implement, and grow. Within each phase we include specific ways to increase community buy-in, get youth support, and we even give you the tools to do so.



CHOOSE



PREPARE

These tools include ready to use templates such as Community Needs Assessment surveys, Memorandum of Understanding drafts, and mindful Classroom Engagement strategies.

Community buy-in is fundamental, from tribal leaders to the school board to parents and caring adults. Every tool can be adapted to your specific community and cultural needs.



IMPLEMENT



GROW

If you feel ready to dive right in, go for it! If you need a little more information or if you have questions, that's fine, too. We offer technical assistance and we're here to help.

Keep an eye out for these Indigi-icons as you explore HealthyNativeYouth.org!








TOOLS





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>



Youth Support



In crisis? Connect 24/7...

CRISIS TEXT LINE |

Crisis Text Line
Text: NATIVE to 741 741
[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.childhelpline.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



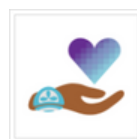
Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741
www.mhanational.org/



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

teen line

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/



Relationships & Dating



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



Love is Respect
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



Futures Without Violence: Children
futureswithoutviolence.org/priority/children/



Human Trafficking Hotline
Call (24/7): 1-888-373-7888
Text HELP to 233 733
www.humantraffickinghotline.org



Sexual Health



Planned Parenthood
Call: 1-800-230-7526
Chat: <https://roo.plannedparenthood.org/>



We R Native: Sexual Health
Text: SEX to 94449



I Know Mine
www.iknowmine.org
[I Want the Kit & Order Condoms](#)
(AK mailing only)



Bedsider
www.bedsider.org/



Get Yourself Tested #GYT
<https://gettested.cdc.gov/>



Native Youth Sexual Health Network
www.nativeyouthsexualhealth.com/



Native Test
<https://nativetest.org/>

Bullying



Stopbullying.gov
www.stopbullying.gov/resources/teens



Cyberbullying
cyberbullying.org/category/resources/students

Find Help Near You



SAMSHA - Zip code locator for a treatment center closest to you
findtreatment.gov



Mental Health America - Zip code locator for a clinic closest to you
screening.mhanational.org/get-help/



CLICK ON THE LOGOS & LINKS TO GO TO RESOURCE

Text Message Campaigns



Text: NATIVE to 94449
For health & wellness tips



Caring Messages - to remind you of how awesome you are!
Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college youth)



Text: SEX to 94449
Get tips and resources to protect your sexual health



Text: STEM to 94449
For inspiration and motivation on your journey in Health, Technology, Engineering or Math



Text: FITNESS to 94449
For inspiration and motivation to conquer your personal wellness goals and you could win fitness gear or a fitbit!!!



Text: INSPIRE 94449
Get inspired to pursue public health career pathways by hearing from your Native role models

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP

We ALL need Help...

... at different points in time. Every single one of us! Trust your gut and...

Share - any concerns you have

Talk - with someone you can trust

Report - if you're worried about someone

