



<https://www.healthynativeyouth.org/resources/>

Text “Veterans” to 65664 *For Native Vets*

To get regular reminders about how much you are appreciated and cared for from other Native Vets who have been there and care about what you’re going through!



TALKING IS POWER

A Text Messaging Service for Parents and Caring Adults

Talking with youth about sensitive topics is never easy, but it's important. You are your teen's biggest influencer when it comes to making decisions about sex and healthy relationships.

Text EMPOWER to 97779

You'll receive up to 3 text messages per week with conversation starters, tips, video demonstrations, and words of encouragement.

We'll cover sexual health, pregnancy, STDs, and consent. You don't need to have all the answers, you just need to start talking – be open and honest – and keep at it. Talking with your teen will help them make healthy decisions.

#TalkingIsPower #weRNative
#HealthyNativeYouth

What's a rule you have for your relationships? How can you respect other people's rules and boundaries?

Ya'at eeh!
My name is Michelle!
My pronouns are she and her.
Give yourself a high five from me! I'm glad you're here!

www.healthynativeyouth.org
fb.com/HealthyNativeYouth
Listserve: Text "YouthNews" to 22228
https://www.instagram.com/healthynativeyouth/
@HealthyNativeYouth
native@paahb.org

CURRICULA LESSON PLANS HANDOUTS RESOURCES

For Adults : Text "Empower" to 97779

The Talk Overview

- × Multi-week intervention, under 100 days
 - × DATA DRIVEN: Using good practices, and using BETTER practices
 - × 26 messages, about 3 days apart
 - × Tips, Multimedia, Resources, Checkin
 - × Accurate, Relatable
- × Almost 500 have signed up
- × 19,000+ Messages Sent
- × Very positive feedback, users already have ideas for new topics to incorporate:
 - × *“I’d love to see more on sexting”*
 - × *“Pretty great, more info on gender identity!”*
 - × *“The talk provided great supplemental info to my education.”*



Talking is Power

A TEXT MESSAGING SERVICE FOR
PARENTS AND CARING ADULTS

TEXT
"EMPOWER"
TO 97779



HEALTHYNATIVEYOUTH.ORG





Talking is Power

For Adults

Tips & Resources for

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

Talking is Power

SETTING LIMITS WITH YOUR TEEN

By creating boundaries together, you create a 'contract' with your teen on what is and is not okay. This can help them be safe in their ever increasing independence, as well as help them to make sound decisions for their future. It also lets them know you care and support them.

STEP 1: START CARING ADULT CONVO'S

Sit down with key people in your youth's life to agree on what the most important boundaries are, which are negotiable and when, and what will the consequence be if broken.

STEP 2: LET THE NEGOTIATIONS BEGIN!

Talk WITH your youth about the boundaries you feel are important for them and tell them why. Ask for feedback. If there is space to negotiate on things you disagree with, do that. However, stand firm and state your case if there's something that is just non-negotiable in your view. Ask your youth what boundaries they'd like you, as their caring adult, stick to.

STEP 3: AND, LET THE NEGOTIATIONS CONTINUE...

Boundaries will shift as your young person becomes more mature, or breaks your agreements. Talk through the shifts of these boundaries, as they happen and agree (or keep negotiating!) on how you will move forward.

STEP 4: FOLLOW THRU WITH CONSEQUENCES

We test boundaries, that's what we ALL do! When this happens, remind youth of your agreements and how they did not meet that agreement. Ask them what the agreed upon consequence is and follow through with it.

Remember, Talking is Power. Help guide your young person towards responsible behavior while they are in your care so that they become capable, self regulating, awesome adults who can carry on our culture.



WHAT WORKS:
Connection & Humor

DOESN'T WORK:
Control & Intimidation

TEXT 'EMPOWER' TO 97779

TALKING IS POWER: TOOLS FOR PARENTS

[GIVE US FEEDBACK](#) 

Resources for Parents and Caring Adults: Talking is Power

Text "EMPOWER"
to 97779



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and We'll Pick 2
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Code Winners**