



Youth Support



In crisis? Connect 24/7...



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



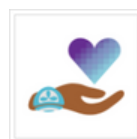
Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741
www.mhanational.org/



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



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...

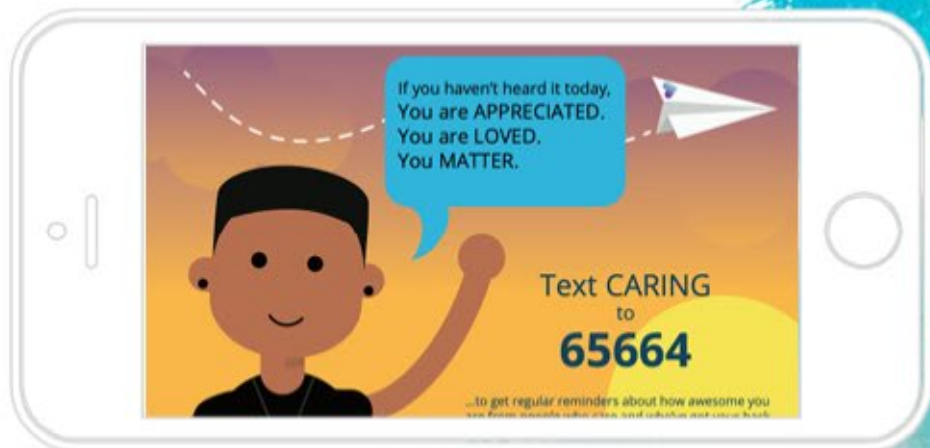
Share - any concerns you have

Talk - with someone you can trust

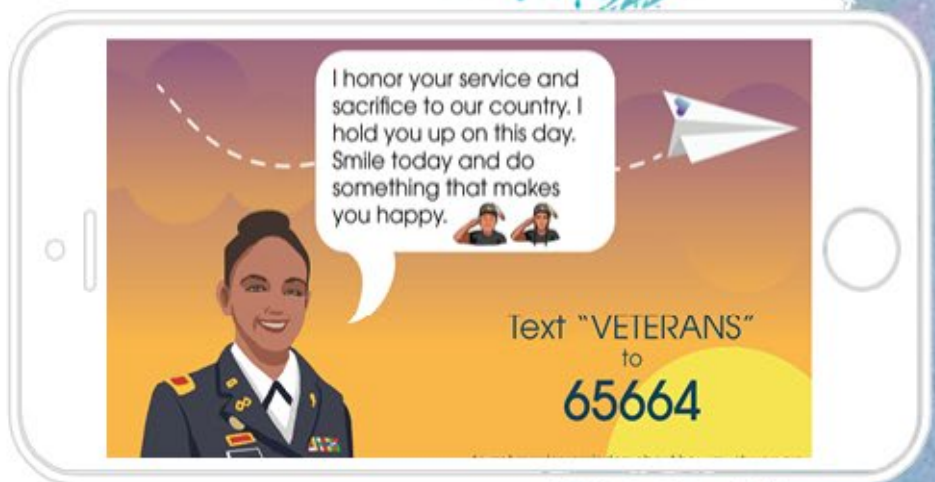
Report - if you're worried about someone



COLLEGE



YOUTH



VETERANS

Caring Messages

To get regular reminders about how awesome you are from people who care and who've got your back!

- ★ Text "Caring" to 65664
- ★ Text "College" to 65664
- ★ Text "Veterans" to 65664





Circle of Trust

Description

A "Circle of Trust" shows you the people in your life that you can turn to when you need to.

And, it all starts with you - at the center.

To start, think of who you would talk to if something traumatic, scary, or upsetting happened.

Instructions:

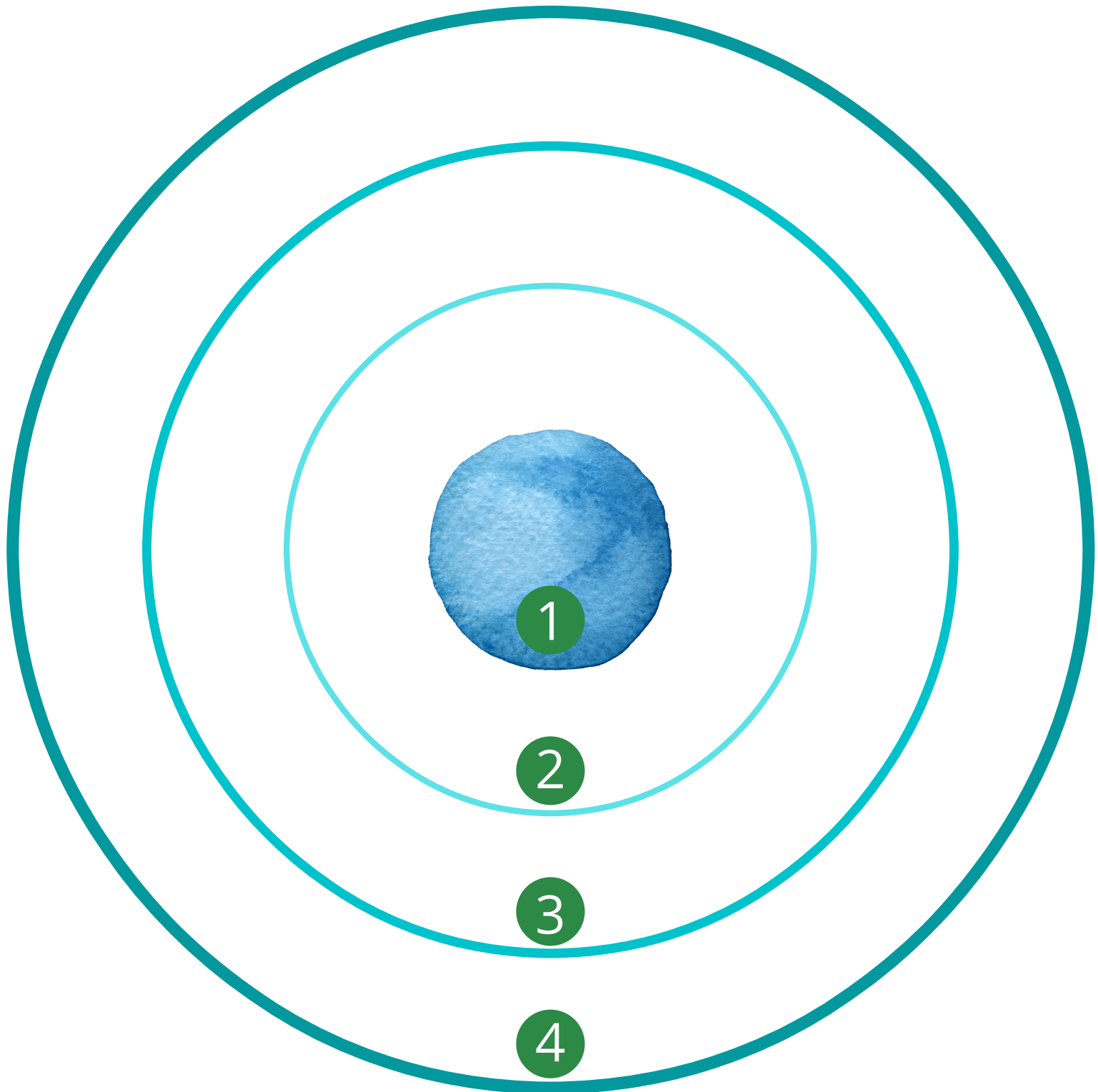
1. **Circle 1: Write your name**
2. **Circle 2: Write the names of people very close to you.** If it is very personal we should be careful who we tell and maybe stick with those who are closest to you. For example, friends, family, trusted adults, who know how to help, listen well, will not repeat what you say to others
3. **Circle 3: Write the names of people you know and spend time with;** people you feel good being around and are able to trust
4. **Circle 4: Write the names of acquaintances** that you like to spend time with and that you feel good being around. For example, role models, community leaders, professional counselor, or a clergy member.





Circle of Trust

People You can Turn to When you Need to



1

Write Your Name

2

Write the names of
people very close
to you

3

Write the names of
people you know
and spend time
with

4

Write the names of
acquaintances

Self-care Plan

This activity was created as an Enhancement Activity for [Healthy Native Youth](#).

Activity Overview: Self-care Plan (~30 minutes)			
Age Groups: Middle School, High School, Young Adults			
Activity Purpose: The primary purpose of this activity is for youth to create a self-care plan that includes selecting positive self-talk statements.			
Folks will: <ul style="list-style-type: none"> • select “self-care” activities and “positive self-talk statements, to • create a “self-care plan” 			
Activity Outline	Core Content Components	Instructional Method	Timing
Welcome and Icebreaker	• Welcome youth	Minilecture	5 minutes
	• Icebreaker		Time varies
Self-Care Strategies	• Creating My Self-care Plan	Minilecture	15 minutes
	• Use Handouts: <ul style="list-style-type: none"> • <i>My Self-Care Plan</i> 	Individual & Small Group Work	
		Large Group Activity	
Closing	<ul style="list-style-type: none"> • Reflection on learning • Cultural Teaching (if time allows) 	Large Group Reflection	5 minutes
Materials: <ul style="list-style-type: none"> • <i>My Self-Care Plan</i> Handout – enough for each person • Avery 5162 Easy Peel Address Labels – enough for each youth to have one sheet (can do activity without address labels, if needed) • Avery 5195 Easy Peel Return Address Labels – enough for each youth to have one sheet (can do activity without address labels, if needed) 			
Preparation: <ul style="list-style-type: none"> • Print enough handouts for each youth of: <ul style="list-style-type: none"> ○ <i>My Self-Care Plan</i>, p. 4 ○ <i>Self-Care Activity Examples</i> (on Avery 5195 Easy Peel Return Address Labels – if you don’t have labels, just print on regular paper), p. 5 ○ <i>Positive Self-Talk Statements Examples</i> (on Avery 5162 Easy Peel Address Labels – if you don’t have labels, just print on regular paper), p. 6 • Consider inviting local mental health professionals to introduce themselves to folks and let them know of their services, fees (if applicable), hours, and location. 			

Procedures

Welcome and Group Check In (time will vary)

1. Welcome Participants (2 minutes)

- Welcome youth, introduce yourself, and direct people where to sit.
- Say, “Today we’re going to talk about how to take care of ourselves. Sometimes it seems like this can be a no-brainer, but when we get down to it and really think about how we do this, it can be a little more complicated than that. We are going to do some activities that will help us to learn more about how to take care of ourselves.”

Icebreaker (time varies)

Icebreaker – use the “Icebreaker” activity guide to find an icebreaker appropriate for your group (i.e. small or large group, new or established group, etc.)

Introducing Activity Concepts

My Self-Care Plan (15 minutes)

- Say, “We are now going to take a moment to come up with a plan for taking better care of ourselves. This is a process that will change throughout our lives. How you take care of yourself affects how you think, feel, your sense of who you are and where your place is in this world.”
- Say, “Noticing where you are at today, are there things you could do to help strengthen your mental, spiritual, physical, or social selves”? Ask for volunteers to share with the group.”
- Distribute and discuss handout - *My Self-Care Plan* (page 4) and *Self-Care Activity Examples* (page 5).
- Say, “I’d like for you to look at the *My Self-Care Plan* and the *Self-Care Activity Examples* handouts. From the *Self-Care Activity Examples* handout, I’d like for you to select three activities that make most sense for you and where you are at today. Feel free to create your own, if you’d like.” Read aloud instructions for this first half.
- Say, “The second most important part of creating a self-care plan is to include positive self-talk statements. These are things you can say to yourself, on repeat, throughout the day when you need a little encouragement or a little self-love. Part of this process is to start paying attention, close attention, to the things you tell yourself throughout the day. Start to notice if what you tell yourself is negative, positive, or a mixture of both. The idea is that we start to take out the negative talk and replace it with positive self-talk...but this takes practice. It also takes a lot of patience. Know that we all take steps backwards and forwards, as long as we talk kindly to ourselves and keep encouraging ourselves to move forward, we are making progress. This is how we grow to live our best lives possible.”
- Say, “When you are done with selecting your three self-care activities, move on to the second part of this exercise – *Time to Talk Myself Up!*. Read the instructions to yourself

and use the *Positive Self-Talk Statements Examples* handout to select positive statements you could say to yourself when you need a little pep talk. Any questions before we begin?

- Say, “Okay, I will give you five-minutes to complete your self-care plan.”
- Give group a one-minute warning.
- Have youth break up into small groups to share their self-care plan, or they can turn to the person sitting next to them and share with them. Encourage folks to provide positive feedback to the person sharing, like; “Thank you for sharing. I like...(insert).”
- Ask for a few volunteers to share with the whole group one of their self-care activities, how they plan to protect it, and what positive self-talk statements will they plan to say to themselves.

Closing

5. Closing Reflections (5 minutes)

- Say, “I want to say again how appreciative I am for you all being here today to put in the work of taking better care of yourselves, also for all the thought you put into today’s activities. Consider how you can take what you have learned here today outside of this room and share it with others. I also want to encourage you to use your *Self-Care Plan* activities you selected on a daily basis and to make a habit of listening to the things you say to yourself throughout the day. Try to use the positive self-talk statements you wrote down earlier and make them new habit.”
- Say, “Do you feel like you could use these activities in your own life? Would you change any part of it, or add on to them?”
- Mention the next meeting time, location and the topic that will be covered, if applicable.
- If time allows, close with a poem, song, story or tradition that highlights the concept of taking care of yourself.

My Self-Care Plan

Instructions: Think about what self-care activities make most sense for you, your lifestyle, and your goals. Select three activities (from the list given or create your own) and put them in your self-care activity plan. For each activity, write down how, where, when you will do them. And, what will you do to make sure these activities are a part of your life?

#1 Self-Care Activity	#2 Self-Care Activity	#3 Self-Care Activity
How/ where/ when will I do this:	How/ where/ when will I do this:	How/ where/ when will I do this:
How will I make sure this happens:	How will I make sure this happens:	How will I make sure this happens:

Time to Talk Myself Up!

How we talk to ourselves matters! Here are some ways to help change the way you talk to yourself:

1. **Listen** – to what you say to yourself. Notice if it’s mostly negative or positive.
2. **Challenge** – what you say to yourself. Would you say this to a friend?
3. **Change** – how you talk to yourself. Try asking yourself, “What can I do to help me do this”?



Instructions: Think about one statement (or more!) you can tell yourself when you’re feeling down or could use a little encouragement. Use the list you’re given or create your own. Put that statement(s) below:



Start an Art Journal	Dance	Connect with my Culture	Sit in Silence
Unplug	Write	Be nice someone	Smudge
Take a Walk	List Three Things I'm Grateful for	Laugh	Fix my Hair
Pray	Talk to a Friend	Sweat	Cook
Talk to an Elder	Take a Shower	List Things I'm Good at	Spend Time in Nature
Plant a Garden	Breathing Exercises	Draw or Paint	Go for a Hike
Make Traditional Art	Listen to Music	Take a Nap	Go to Cultural Event
Sit by a body of Water	Read a Book	Learn my Language	Take Three Deep Breaths
Make a funny video	Daydream	Exercise	Take Care of Someone
Sing	Play Basketball	Get a Haircut	Make funny video playlist
Trim my Nails	Write a Song	Learn Traditional Art	Clean my room
Volunteer	Eat with my Family	Talk to a Counselor	Start a Journal
Play with my pet	Look at the Stars	Make a playlist	Ride a Horse
Ride a bike	Play with sibling or cousin	Say 'I love you'	Read inspiring quotes
Pow-wow	Smile with your eyes	Help my neighbor	Hug someone

I am Strong

I am special

I am a good person

All is well, right here, right now

I control my choices

I am working towards my goals

I have all that I need

I am loving

I can treat myself gently with
kindness

I have gifts

I am taking things one step at a time

I have a purpose

I am learning to take care of myself

Today I will look for the good

Self-care Plan

This activity was created as an Enhancement Activity for [Healthy Native Youth](#).

Activity Overview: Self-care Plan (~30 minutes)

Age Groups: Adults & Elders

Activity Purpose:
 The primary purpose of this activity is for adults and elders to create a self-care plan that includes selecting positive self-talk statements.

Folks will:

- select “self-care” activities and “positive self-talk statements, to
- create a “self-care plan”

Activity Outline	Core Content Components	Instructional Method	Timing
Welcome and Icebreaker	<ul style="list-style-type: none"> • Welcome participants • Icebreaker 	Minilecture	5 minutes Time varies
Self-Care Strategies	<ul style="list-style-type: none"> • Creating My Self-care Plan • Use Handouts: <ul style="list-style-type: none"> • <i>My Self-Care Plan</i> 	Minilecture Individual & Small Group Work Large Group Activity	15 minutes
Closing	<ul style="list-style-type: none"> • Reflection on learning • Cultural Teaching (if time allows) 	Large Group Reflection	5 minutes

Materials:

- *My Self-Care Plan* Handout – enough for each person
- Avery 5162 Easy Peel Address Labels – enough for each youth to have one sheet (can do activity without address labels, if needed)
- Avery 5195 Easy Peel Return Address Labels – enough for each youth to have one sheet (can do activity without address labels, if needed)

Preparation:

- Print enough handouts for each person of:
 - *My Self-Care Plan*, p. 4
 - *Self-Care Activity Examples* (on Avery 5195 Easy Peel Return Address Labels – if you don’t have labels, just print on regular paper), p. 5
 - *Positive Self-Talk Statements Examples* (on Avery 5162 Easy Peel Address Labels – if you don’t have labels, just print on regular paper), p. 6
- Consider inviting local mental health professionals to introduce themselves to folks and let them know of their services, fees (if applicable), hours, and location.

Procedures

Welcome and Group Check In (time will vary)

1. Welcome Participants (2 minutes)

- Welcome folks, introduce yourself, and direct people where to sit.
- Say, “Today we’re going to talk about how to take care of ourselves. This may seem like a no-brainer, but when we get down to it and really think about how we do this, it can be a little more complicated than that. We are going to do some activities that will help us to learn more about how to take care of ourselves.”

Icebreaker (time varies)

Icebreaker – use the “Icebreaker” activity guide to find an icebreaker appropriate for your group (i.e. small or large group, new or established group, etc.)

Introducing Activity Concepts

My Self-Care Plan (15 minutes)

- Say, “We are now going to take a moment to come up with a plan for taking better care of ourselves. We may have noticed that this is a process that has changed throughout our lives. How you take care of yourself affects how we think, feel, our sense of who we are and where our place is in this world.”
- Say, “Noticing where you are at today, are there things you could do to help strengthen your mental, spiritual, physical, or social selves”? Ask for volunteers to share with the group.”
- Distribute and discuss handout - *My Self-Care Plan* (page 4) and *Self-Care Activity Examples* (page 5).
- Say, “I’d like for you to look at the *My Self-Care Plan* and the *Self-Care Activity Examples* handouts. From the *Self-Care Activity Examples* handout, I’d like for you to select three activities that make most sense for you and where you are at today. Feel free to create your own, if you’d like.” Read aloud instructions for this first half.”
- Say, “The second most important part of creating a self-care plan is to include positive self-talk statements. These are things you can say to yourself, on repeat, throughout the day when you need a little encouragement or a little self-love. Part of this process is to pay attention, close attention, to the things you tell yourself throughout the day. Start to notice if what you tell yourself is negative, positive, or a mixture of both. The idea is that we start to take out more of the negative talk and replace it with positive self-talk...but of course this takes practice, especially if we have long-term habits of speaking negatively to ourselves. It also takes a lot of patience. Know that we all take steps backwards and forwards, as long as we talk kindly to ourselves and keep encouraging ourselves to move forward, we are making progress. This is how we live our best lives possible and it’s never too late to change the dialog.”

- Say, “When you are done with selecting your three self-care activities, move on to the second part of this exercise – *Time to Talk Myself Up!*. Read the instructions to yourself and use the *Positive Self-Talk Statements Examples* handout to select positive statements you could say to yourself when you need a little pep talk. Any questions before we begin?”
- Say, “Okay, let’s take about five-minutes to complete your self-care plan”.
- Give group a one-minute warning.
- Have people break up into small groups to share their self-care plan, or they can turn to the person sitting next to them and share with them. Encourage folks to provide positive feedback to the person sharing, like; “Thank you for sharing. I like...(insert)”.
- Ask for a few volunteers to share with the whole group one of their self-care activities, how they plan to protect it, and what positive self-talk statements will they plan to say to themselves.

Closing

5. Closing Reflections (5 minutes)

- Say, “I want to say again how appreciative I am for you all being here today to put in the work of taking better care of yourselves, also for all your thoughtfulness. We ask youth to do these activities and it’s important that we model this behavior ourselves.”
Consider how you can take what you have learned here today outside of this room and share it with others. I also want to encourage you to use your *Self-Care Plan* activities you selected on a daily basis and to make a habit of listening to the things you say to yourself throughout the day. Try to use the positive self-talk statements you wrote down earlier and make them new habit.”
- Say, “Do you feel like you could use these activities in your own life? Would you feel comfortable sharing this with youth in your lives?”
- Mention any upcoming events or notices, if applicable.
- If time allows, close with a poem, song, story or tradition that highlights the concept of taking care of yourself.

My Self-Care Plan

Instructions: Think about what self-care activities make most sense for you, your lifestyle, and your goals. Select three activities (from the list given or create your own) and put them in your self-care activity plan. For each activity, write down how, where, when you will do them. And, what will you do to make sure these activities are a part of your life?

#1 Self-Care Activity	#2 Self-Care Activity	#3 Self-Care Activity
How/ where/ when will I do this:	How/ where/ when will I do this:	How/ where/ when will I do this:
How will I make sure this happens:	How will I make sure this happens:	How will I make sure this happens:

Time to Talk Myself Up!

How we talk to ourselves matters! Here are some ways to help change the way you talk to yourself:

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2. **Challenge** – what you say to yourself. Would you say this to a friend?
3. **Change** – how you talk to yourself. Try asking yourself, "What can I do to help me do this"?



Instructions: Think about one statement (or more!) you can tell yourself when you're feeling down or could use a little encouragement. Use the list you're given or create your own. Put that statement(s) below:



Start an Art Journal	Dance	Connect with my Culture	Sit in Silence
Unplug	Write	Be nice someone	Smudge
Take a Walk	List Three Things I'm Grateful for	Laugh	Fix my Hair
Pray	Talk to a Friend	Sweat	Cook
Talk to an Elder	Take a Shower	List Things I'm Good at	Spend Time in Nature
Plant a Garden	Breathing Exercises	Draw or Paint	Go for a Hike
Make Traditional Art	Listen to Music	Take a Nap	Go to Cultural Event
Sit by a body of Water	Read a Book	Learn my Language	Take Three Deep Breaths
Make a funny video	Daydream	Exercise	Take Care of Someone
Sing	Play Basketball	Get a Haircut	Make funny video playlist
Trim my Nails	Write a Song	Learn Traditional Art	Clean my room
Volunteer	Eat with my Family	Talk to a Counselor	Start a Journal
Play with my pet	Look at the Stars	Make a playlist	Ride a Horse
Ride a bike	Play with sibling or cousin	Say 'I love you'	Read inspiring quotes
Pow-wow	Smile with your eyes	Help my neighbor	Hug someone

I am Strong

I am special

I am a good person

All is well, right here, right now

I control my choices

I am working towards my goals

I have all that I need

I am loving

I can treat myself gently with
kindness

I have gifts

I am taking things one step at a time

I have a purpose

I am learning to take care of myself

Today I will look for the good