



# WELCOME 2024 NNYG PARTICIPANTS



**WEDNESDAY APRIL 17, 2024**  
**WINNEBAGO PUBLIC SCHOOLS**

9:30 AM - 2:30 PM CST

A Hybrid Event



**ALL MATERIALS CAN BE FOUND AT**  
**[HTTPS://NENYG.COM](https://nenyg.com)**



# NEBRASKA NATIVE YOUTH GATHERING 2024

WEDNESDAY APRIL 17

## COVER ART

### MICHELLE PARKER

*Michelle Parker*



Michelle is one of the original founding planning team members to conceptualize the Nebraska Native Youth Gathering. She created the art on our program and name tag.

**Love art? We encourage you to design an image or logo for the 2025 NNYG and email it to [jessie.coffey@nebraska.gov](mailto:jessie.coffey@nebraska.gov)**



## EXHIBITORS

*Thanks Exhibitors*

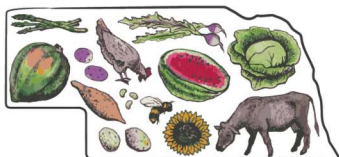
UNIVERSITY of NEBRASKA-LINCOLN



College of Education and Human Sciences

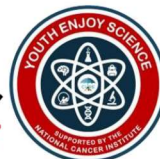
INTERPERSONAL VIOLENCE RESEARCH LABORATORY

LEAGUE  
OF  
HUMAN  
DIGNITY

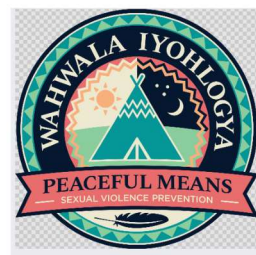


*Farm to School*  
NEBRASKA

UNIVERSITY OF  
**Nebraska**  
Medical Center



**NICWC**  
NEBRASKA INDIAN CHILD  
WELFARE COALITION







# Get-to-know-you Scavenger Hunt

For each of the categories below, find a person at the event who fits the description.

- Introduce yourself before asking the question to a person you do not know.
- Write the person's name on the item that fits them.
- You can only use each person three times. The individual who gets the most matches wins!

1. Was born in April \_\_\_\_\_
2. Is an only child \_\_\_\_\_
3. Loves Pow-wow/Round Dance music \_\_\_\_\_
4. Has been to Gathering of Nations Pow-wow in Albuquerque, NM. \_\_\_\_\_
5. Speaks their indigenous language \_\_\_\_\_
6. Likes to participate in sweat lodge \_\_\_\_\_
7. Likes art \_\_\_\_\_
8. Is from a different ethnic group other than Indigenous \_\_\_\_\_
9. Has 5 or more brothers and sisters \_\_\_\_\_
10. Owns a car \_\_\_\_\_
11. Likes to sing at Pow-wows/Round Dance/NAC \_\_\_\_\_
12. Loves purple \_\_\_\_\_
13. Has gone white water rafting \_\_\_\_\_
14. Plays sports \_\_\_\_\_
15. Likes Mexican food \_\_\_\_\_
16. Dislikes Indian Tacos \_\_\_\_\_
17. Has been to an art museum \_\_\_\_\_
18. Has had braces \_\_\_\_\_
19. Has met a movie star \_\_\_\_\_
20. Was born in the state where you are located \_\_\_\_\_
21. Was born outside the state where you are located \_\_\_\_\_
22. Recycles \_\_\_\_\_




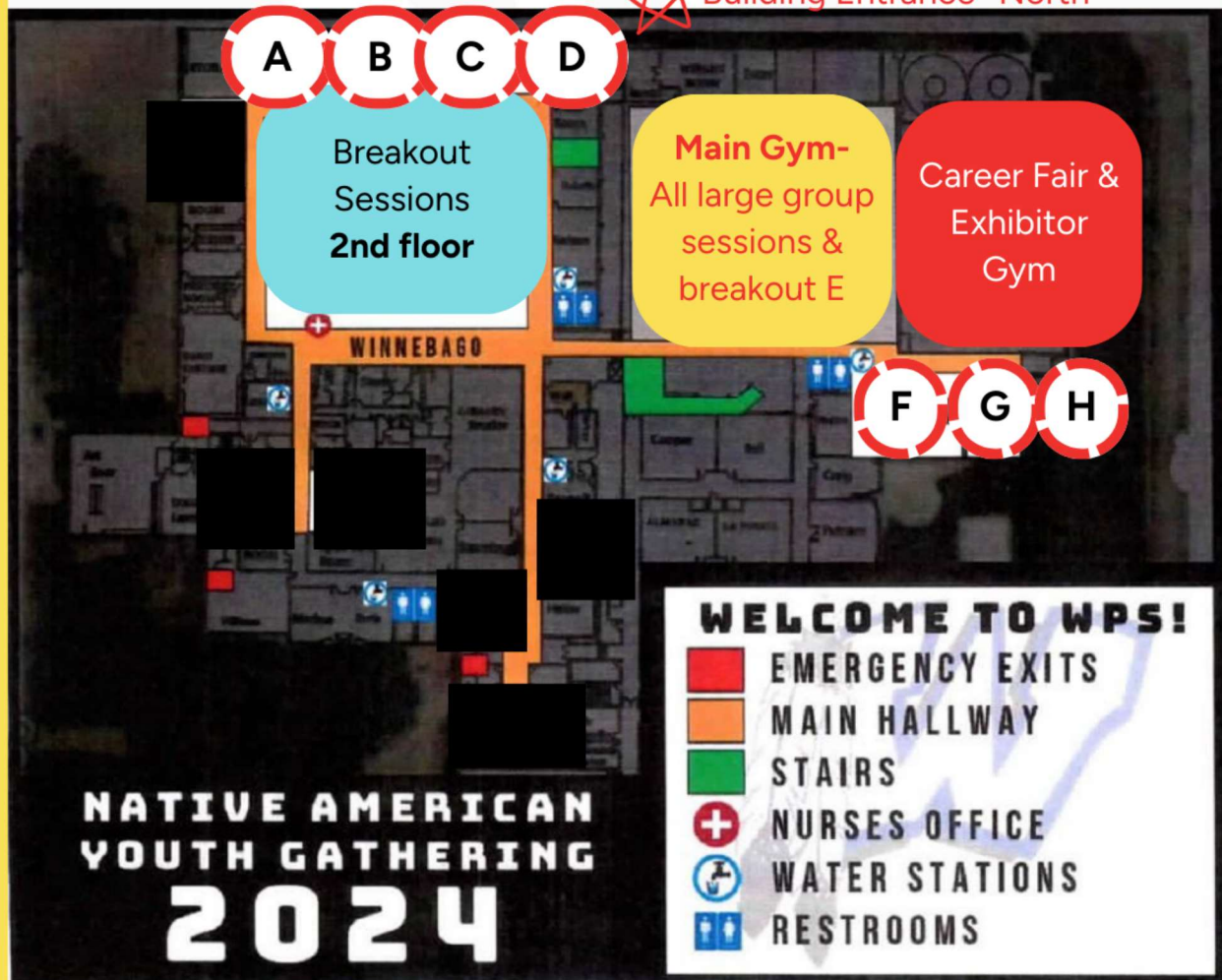
# NNYG MAP

CAREER FAIR LOCATED IN THE PRACTICE GYM

**MAIN GYM FOR ALL  
LARGE GROUP  
SESSIONS**

See Pages 4- 12 for Breakout  
Session Information

 Building Entrance- North



Share your NNYG experience on social media! Post on twitter and tag @NDE\_news with the hashtag #NENYG



# NEBRASKA NATIVE YOUTH GATHERING 2024

WEDNESDAY APRIL 17 AGENDA

## PRAYER & WELCOME

*Main Gym*

*9:30– 10:15*

### PRAYER

#### **Terry Medina**

Terri is a Tribal elder working on preserving language and culture through spiritual empowerment.



### WELCOME

*Winnebago Public Schools Staff*

### MEDICINE POUCH PRESENTATION AND BLESSING

#### **Delberta Frizer**

Youth will receive a hand-crafted medicine pouch, and learn the cultural significance, uses, care, as well as a blessing for their medicine pouch.

## KEYNOTE SPEAKER

<https://educationne.zoom.us/j/92955342966>

*10:15–10:45*

### LIFE LESSONS AND YOU

*Trey Blackhawk*



Trey Blackhawk is first and foremost a husband and a father to three beautiful children. He graduated from the Little Priest Tribal College and is currently attending the College of Agricultural Sciences and Natural Resources at the University of Nebraska-Lincoln. A first-generation farmer and college student, Trey sees the need for education and a movement towards being food sovereign. He currently manages the Winnebago Tribe's Farm which specializes in food production. When he isn't farming, you can still find him outdoors enjoying nature around his home with his wife and children. He is an avid outdoorsman who hunts, fishes, and forages.

## TRANSITION /BREAK

*Move to breakout session*

*10:45–10:55*

# NEBRASKA NATIVE YOUTH GATHERING 2024

## BREAKOUT SESSION OPTIONS

### CAREER SESSIONS

10:55–11:30

### **WINNEBAGO YOUTH SHOULD ATTEND THE CAREER FAIR & EXHIBITORS DURING THIS BREAKOUT SESSION**

#### **BUILDING OPPORTUNITY WITH PRIDE, TRADITION & STRENGTH**

*Terri Medina & Sarah Snake*

*Room A*

Terri and Sarah will share that to achieve success, we must reflect on our language, culture, and teachings from past leaders and our ancestors. Our tribal sovereignty is often threatened by social issues like low educational attainment, double-digit unemployment, poverty, etc. Being indigenous means being able to navigate between "two worlds" while still achieving success. By thinking forward, we can ensure that future generations will follow suit.

#### **SET FOR SUCCESS: SOCIAL & EMOTIONAL LEARNING SKILLS**

*Lily DeFrank Glantz*

*Room B*

Lily's session will explore Social Emotional Learning Skills and how these skills benefit young people. Discover how these skills can be found in our traditional cultures and values.

#### **HOPE SQUADS**

*Donna Wolff*

*Room C*

Hope Squad are a peer-to-peer suicide prevention program. Hope Squad members are nominated by their classmates as trustworthy peers and trained by advisors. The program reduces youth suicide through education, training, and peer intervention. I have seen the positive impact our Hope Squad has on the youth population at the school and in the community. Come join me to learn more about what a Hope Squad is and how it can make a huge difference as youth voices are on the front line in your school.





# NEBRASKA NATIVE YOUTH GATHERING 2024

## CAREER AND TECHNICAL EDUCATION PROJECT

*LaTeasha Bass*

*Room D*

The CTE Project provides direct financial assistance to their enrolled students to help them along their educational journey in receiving their certificates/licensure in trade/vocational programs within our partner schools. Youth will gain knowledge on the benefits of our program and understanding the difference between traditional style classes, and hands on learning.

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## ENGAGING YOUTH VOICE IN PUBLIC HEALTH EDUCATION- CULTURALLY RESPONSIVE MENTAL HEALTH FOR YOUTH

*Mona Zuffante*

Main Gym- Room E

Virtual option:

<https://educationne.zoom.us/j/92955342966>

**Meeting ID: 929 5534 2966**

Learn how your voice can be included in public health collaborations in your communities.

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## TRADITIONAL FOODWAYS: HUNTING & GATHERING

*Steve Tamayo*

*Room F*

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## TOOLKIT FOR NATIVE ENTREPRENEURS

*Biagio Arobba*

*Room H*

This presentation will cover three types of businesses available to young entrepreneurs: high-growth startups, local circular economy businesses, and Federal contracting. It will also incorporate opportunities specific to tribes and Nebraska-based businesses and go over the steps you can take to get your business started, no matter which path you choose to take.



# NEBRASKA NATIVE YOUTH GATHERING 2024

MID-DAY  
SESSIONS  
AND LUNCH

11:35 to 12:30

**PARTICIPANTS WILL CYCLE THROUGH THREE STATIONS  
DURING THIS TIME FRAME BY WRISTBAND COLOR**

## 1. CAREER FAIR & EXHIBITORS

*Practice Gym*

Visit the career fair (LPS, OPS, Norfolk, or any youth that will need to leave early).

- Blue wristbands 11:35 to 11:50

**Exhibitors on lunch from 12:00 to 12:30**

## 2. MOCCASIN GAMES

*Oscar Earth and Team- Main Gym*

Learn about traditional games, meet peers, connect with culture, and have fun!

- Green wristbands 11:35 to 11:50
- Orange wristbands 11:55 to 12:10
- Blue wristbands 12:15 to 12:30

## 3. LUNCH

*Follow directions from Winnebago Public Schools staff announcement*

Re-charge with a delicious lunch sponsored by Winnebago Public Schools.

- Orange wristbands 11:35 to 11:50
- Blue wristbands 11:55 to 12:10
- Green wristbands 12:15 to 12:30





# NEBRASKA NATIVE YOUTH GATHERING 2024

YOUTH  
ENGAGEMENT

12:35- 1:10

## YOUTH ACHEIVEMENT SPOTLIGHT

*All Participating Schools*

*Main gym*

## STEALING BACK OUR WAYS INTERACTIVE SESSION

*Echohawk Lefthand*

*Main gym*

Join us in he main gym for instructions on how to participate in the activity

CULTURE  
SESSIONS

1:20-1:55

## YOUTH WITH GREEN WRISTBANDS SHOULD ATTEND THE CAREER FAIR & EXHIBITS DURING THIS BREAKOUT SESSION

## FOOD IS MEDICINE: UMO<sup>n</sup>HO<sup>n</sup> NATION HISTORIC MEMORY

*Ricardo Ariza*

*Room A*

Imagine growing your own food and learning to change your diet. Through a partnership between JAG Nebraska and Umo<sup>n</sup>ho<sup>n</sup> Nation Public School, we have taken successful steps toward our future. This session will provide an overview of how we have created a program to improve food security, develop employment opportunities, promote advancement to higher education, teach employability skills through work-based learning, and provide career exploration. Students earn \$10.00 per hour farming seven acres of Tribal land, organizing farmer's markets, and learning life skills.

# NEBRASKA NATIVE YOUTH GATHERING 2024

## CULTURE SESSIONS

1:20-1:55

### TRADITIONL TOBACCO USE- KEEPING IT SACRED

*Mr and Mrs Snowball*  
*Room B*



### TEACHING OF SAKSANNIC'A DRESS- MAKING RIBBON SKIRTS

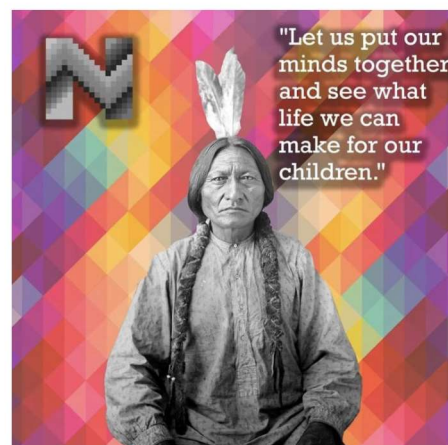
*Donna Pike*  
*Room C*

I will be speaking about the Saksannic'a (ribbon skirt/dress). I first took an interest in sewing at a young age, as I got older I wanted to make ribbon skirts and had my c'uwe (older sister teach me). Youth will learn a little about the history of the saksanic'a and they will be instructed and have that information on how to make one of their own.

### CULTURE IS PREVENTION

*Nichole Benegas*  
*Room D*

Join this session to learn how culture is a strong suicide prevention tool, learn about community connections and traditional practices, and develop programming that is culturally relevant that provides protective resources for Native American/Indigenous youth and their families.





# NEBRASKA NATIVE YOUTH GATHERING 2024

## CULTURE SESSIONS

1:20-1:55

### TRADITIONL TOBACCO USE- KEEPING IT SACRED

*Kenneth R Provost  
Room E- Main Gym*

**Virtual Option:**

**<https://educationne.zoom.us/j/92955342966>**

**Meeting ID:929 5534 2966**



Kenny will highlight hsi work as a cultural coordinator bringing cultural awareness and sensitivity to indigenous youth and young adults, teaching them how to walk with a Nike sneaker on one foot and a moccasin on the other foot (how to succeed in colonized spaces by preserving ancient traditions). Kenny is focused on the wellbeing of Native American youth. His goal is healthy and cultivated Native American adults.



### SPIRITUALITY EMPOWERMENT

*Terry Medina- Souxland Human Investment Partnership  
Room C*

Join this session to learn how Spirituality Empowerment can support native youth to start acknowledge their identities, tribe, language, and culture.

### MY STORY: PAST, PRESENT AND FUTURE

*Sandy "Macky" Scott  
Room G*

Join this session to learn how culture is strong suicide prevention tool, learn about community connection and traditional practices, and developing programming that is culturally relevant and provide protective resources for Native American/Indigenous youth.

# NEBRASKA NATIVE YOUTH GATHERING 2024

## EVALUATION REMINDER

*Nebraska Department of Education Staff*

**PLEASE FILL OUT THE EVENT EVALUATIONS TO BE ELIGIBLE TO WIN A VARIETY OF PRIZES WORTH \$25 IN VALUE.  
SCAN TO COMPLETE THE EVALUATION ON YOUR PHONE OR USE THE PAPER COPIES ON YOUR TABLE.**



## CLOSING KEYNOTE

2:00-2:30



## NEW BREED SINGERS & ROUND DANCE

*Oscar Earth and Group*

Learn about the power of traditional drum groups and the cultural connections that are created between relatives near and far with music, song, and dance.

## WRAP UP

2:30

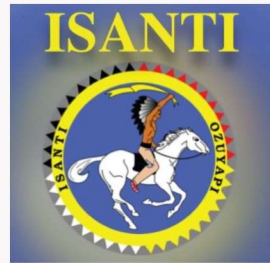
**BE SAFE AND UNTIL NEXT  
YEAR...  
HONOR THE SACRED HOOP-  
BODY, SPIRIT, HEART, AND  
MIND.**



VIRTUAL RECORDINGS WILL BE POSTED AT: [HTTPS://NENYG.COM/](https://nenyg.com/)

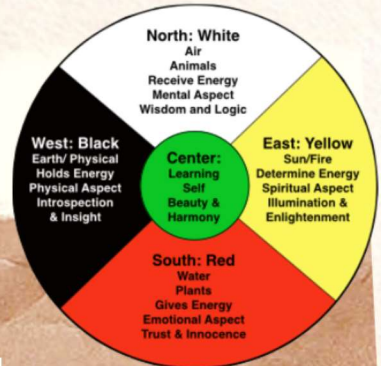


# NEBRASKA NATIVE YOUTH GATHERING 2024 PARTNERS



## NEBRASKA NATIVE YOUTH GATHERING:

Thank You Gold Sponsors!!







## Part-Time Online and In-person Internships for College and Advanced High School Students

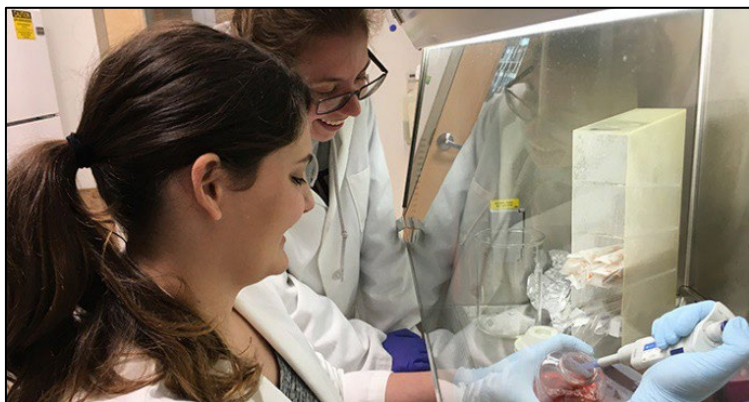
### Program Description

The Youth Enjoy Science (YES!) Research Internship allows students with Native American heritage to learn about cancer research. Participants' time will be dedicated to building knowledge and experience critical to all researchers working in community-based public health or lab-based research projects at the University of Nebraska Medical Center in relation to cancer prevention, treatment, and research. Participants can learn about ongoing research and opportunities in health careers in the College of Public Health or at the Fred & Pamela Buffett Cancer Center, engage with community through health interventions, virtual meetings with scientists and public health practitioners and support existing studies through data collection, analysis and/or presentation.

### Program Requirements

- Native American heritage
- Undergraduate or advanced high school student (≥16 years old)
- Interest in a health profession and/or research career

More information about the YES! Program can be found at <https://www.unmc.edu/eppley/education-outreach>



### Commonly Asked Questions

#### What research experiences are available for students?

Students can participate in an online program in which they will learn the fundamental science behind several laboratory techniques or public health research methods through participation in various research projects. Students can meet virtually to talk with graduate students and/or faculty members to learn about current cancer lab or community-based research projects and career options. Research projects and experiences will be matched to each student individually and can be somewhat flexible to accommodate students' schedules and interests.

#### Is this a paid internship?

Yes, students will be compensated \$12/hour

#### Can this internship be used to satisfy college program requirements?

We will do our best to create experiences that fulfill college program requirements for internships, capstone projects, or service-learning.

For specific questions about this program, please e-mail us at [yesinfo@eppleyits.com](mailto:yesinfo@eppleyits.com).





# YES! High School Opportunities

## Youth Enjoy Science

*A program funded by the National Cancer Institute*

### Cancer Biology & You Day

The YES! Program offers a day-long science programs for partner schools called Cancer Biology & You. These days give Native American high school students hands on experiences designing cancer research experiments and learning about cancer causes, diagnosis, treatment, and prevention as well as opportunities to learn about a variety of career options within cancer research and treatment. These days are great opportunities for high school students to interact with graduate students that are studying cancer research at UNMC and undergraduate students at UNO.

### YES! WISH-SHPEP Summer Program

Junior and Senior high school students with Native American ancestry can participate in a week-long summer cancer research program. This program will expose students to the fields of public health, biomedical sciences, nursing, pharmacy, and medicine with a focus in cancer research. Students will also be able to tour the campus of UNO, UNL, and UNMC. Through these visits, they will gain insight into research and program opportunities that exist as well as participating in a college preparedness course.

### YES! High School Club

High school students with Native American ancestry can participate in the YES! Science Clubs. These clubs are school-based programs focused on learning cancer biology, prevention, treatment, and research based in indigenous pedagogy. Activities include one-on-one health sciences mentoring, art-based projects, guest speakers and hands-on learning experiences.

### High School Research Internships

Opportunities exist for junior and senior high school students with Native American ancestry to participate in cancer research in laboratories at the Fred & Pamela Buffett Cancer Center. Experiences include summer research projects and part-time projects during the school year. To apply for this program, please complete the following application: <https://forms.gle/3SPVDXYeLvj3qtYA8>

Please visit our website <https://www.unmc.edu/eppley/education-outreach/high-school.html> or e-mail [aislinn.rookwood@unmc.edu](mailto:aislinn.rookwood@unmc.edu) for more information.







# YES! Middle School Opportunities

## Youth Enjoy Science

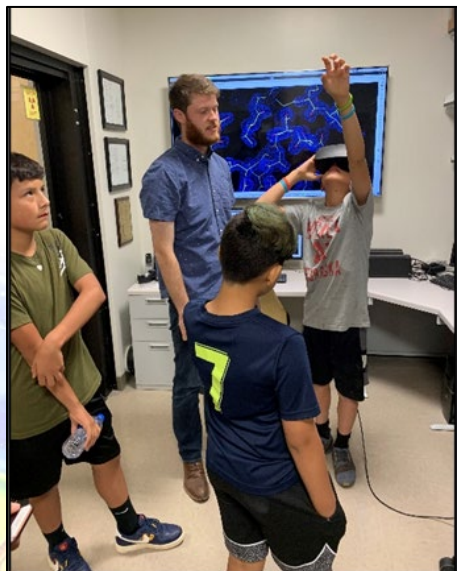
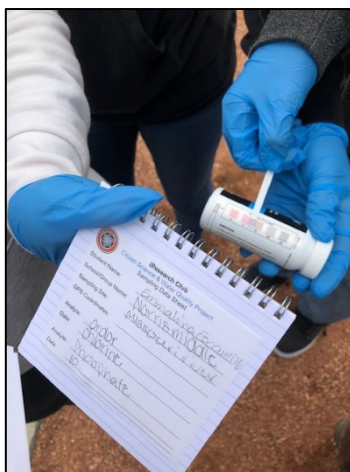
*A program funded by the National Cancer Institute*

### YES! IResearch Club

Middle school students with Native American ancestry can participate in the YES! IResearch (Indigenist Research) Clubs. These clubs are school-based programs focused on how chemicals in water, soil, air and food can affect cancer risk. Activities include field research, guest speakers and hands-on learning experiences based in indigenous pedagogy.

### YES! STEAM Summer Camp

Middle school students living in the Omaha metropolitan area with Native American ancestry can participate in a week-long summer Science, Technology, Engineering, Art and Math camp.



Please visit our website at <https://www.unmc.edu/eppley/education-outreach/high-school.html> or e-mail [aislinn.rookwood@unmc.edu](mailto:aislinn.rookwood@unmc.edu) for more information.

# My Safety Plan

1

## My warning signs are:

\*These can be thoughts, feelings or behaviors that indicate a crisis may be developing:







2

## My internal coping strategies are:

\*These are things you can do on your own to take your mind off the problem, like playing video games or exercise:







3

## People I can reach out to for distraction:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

4

## People I can reach out to for help:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

5

## In the event of a crisis:

Call Emergency Contact #1:

Call Crisis Hotline:

Call Emergency Services:

6

## Steps I can take to make my environment safer. Please list:

**Remember:** Help is always available. Text NATIVE to 741 741 for 24/7 support.



# TIPS FOR IDENTIFYING SUICIDALITY AND TALKING ABOUT IT

## *What language should I use when talking about suicide?*

The way we talk about suicide is important and has changed in recent years.  
From now on, please:

### USE

Died of Suicide  
Suicide Death  
Suicide Attempt  
Suicide  
Describe the Behavior  
Working with

### AVOID

~~Committed Suicide~~  
~~Successful Attempt~~  
~~Unsuccessful Attempt~~  
~~Completed Suicide~~  
~~Manipulative~~  
~~Dealing with Suicidal Patients~~

## *What posts should I worry about?*

"FML (Fuck My Life). It's too hard, I can't take it anymore."

"Nobody would notice if I went missing."

"I'm done."

"I don't want to do this anymore, there's no point."

"F\*\*K IT GOODBYE"

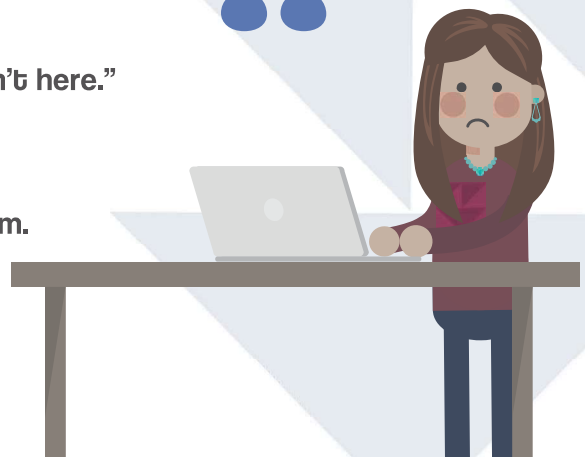
"I'm worthless...no one cares about me. Wish I wasn't here."

"Sometimes you have to fly with the eagles"

Photos of alcohol bottles, pills, weapons, or self-harm.


Depressing or sad song quotes.

Gun, knife, pills, or noose emojis:   



No doubt, it can be difficult to interpret the meaning of some posts. Remind students that if anything makes them feel worried or uncomfortable, they should come to you for help. You will follow the steps in the "Viewer Care Plan Handout" to assess the situation and provide needed support.





How do I explain  
being Native to  
someone who's  
only heard bad  
stuff?

How do I start a  
gay straight  
alliance club (GSA)  
at my school?

How do you use a  
condom?

I am a boy. I like  
this girl. Should I  
go talk to her?

What financial aid  
is available for  
college students?

# Ask Auntie!

You've got questions, she's got answers!

## WeRNative.org

Visit Us Online



# Youth Support



## For free 24/7 crisis support

**CRISIS TEXT LINE |**

Crisis Text Line  
Text: NATIVE to 741 741  
[www.crisistextline.org/](http://www.crisistextline.org/)



Suicide and Crisis Lifeline  
Dial or Text: 988  
[www.988lifeline.org/chat/](http://www.988lifeline.org/chat/)

## Abuse & Sexual Assault



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



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



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



Childhelp National Child Abuse Hotline  
(24/7): 1-800-4-A-Child (422-4453)

## Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for  
Teens  
Call: 1-800-662-HELP  
[www.nida.nih.gov/research-topics/parents-educators](http://www.nida.nih.gov/research-topics/parents-educators)



Truth: Smoking, Vaping, and Opioids  
Text: DITCHVAPE to 88709  
[www.thetruth.com/article/this-is-quitting](http://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/](http://www.justthinktwice.gov/)



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

## Mental Health



Mental Health America  
Call: 1-800-969-6642  
Text: MHA 741 741  
[www.mhanational.org/](http://www.mhanational.org/)



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

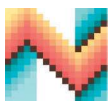
**YouthLine**  
A Service of Lines for Life

We listen. We support.  
We keep it to ourselves.

Teens Helping Teens  
Call: 1-800-852-8336  
Text: YLNATIVE to 839 863  
[www.theyouthline.org](http://www.theyouthline.org)



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



We R Native: My Mind  
Text: CARING to 65664  
[www.wernative.org/my-mind](http://www.wernative.org/my-mind)



# Youth Support

PAGE 2 OF 3



## Relationships & Dating



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



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



That's Not Cool  
Healthy Relationships, Online & Off  
Call (24/7): 1-866-331-8453



We R Native: My Relationships  
[www.wernative.org/my-relationships](http://www.wernative.org/my-relationships)

## Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project  
Text: 2SLGBTQ to 94449  
[www.pathsremembered.org/](http://www.pathsremembered.org/)



Native Youth Sexual Health Network  
[www.nativeyouthsexualhealth.com/](http://www.nativeyouthsexualhealth.com/)



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



It Gets Better Project  
[www.itgetsbetter.org/](http://www.itgetsbetter.org/)

## Sexual Health



Planned Parenthood  
Call: 1-800-230-7526  
Chat: [www.plannedparenthood.org/learn/roo-sexual-health-chatbot](http://www.plannedparenthood.org/learn/roo-sexual-health-chatbot)



We R Native: Sexual Health  
Text: SEX to 94449  
[www.wernative.org/ask-your-relatives](http://www.wernative.org/ask-your-relatives)



I Know Mine  
[www.iknowmine.org/ask-nurse-lisa](http://www.iknowmine.org/ask-nurse-lisa)



It's Your Sex Life  
[www.itsyoursexlife.com](http://www.itsyoursexlife.com)



Bedsider  
[www.bedsider.org/](http://www.bedsider.org/)



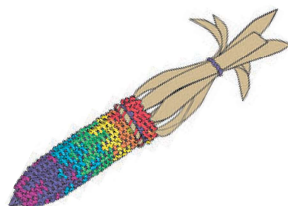
Get Yourself Tested #GYT  
[www.cdc.gov/std/saw/gyt/howtoGYT.htm](http://www.cdc.gov/std/saw/gyt/howtoGYT.htm)



Trans Lifeline  
Call: 1-877-565-8860  
[www.translifeline.org/](http://www.translifeline.org/)



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





# Youth Support



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## Bullying

stopbullying

Stopbullying.gov  
[www.stopbullying.gov/resources/teens](http://www.stopbullying.gov/resources/teens)



Cyberbullying  
[www.cyberbullying.org/resources/students](http://www.cyberbullying.org/resources/students)



We R Native: Bullying Prevention  
[www.wernative.org/my-life/life-hacks/bullying-prevention](http://www.wernative.org/my-life/life-hacks/bullying-prevention)

## Find Help Near You



SAMSHA - Find the treatment center closest to you  
[www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment)



Mental Health America - Find the clinic closest to you  
[www.mhanational.org/find-affiliate](http://www.mhanational.org/find-affiliate)

## 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: 2SLGBTQ to 94449 or ALLY to 94449  
Native. Two-Spirit. LGBTQ. #BornSacred



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!!!

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NO BUENO

## 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

