



NATIVE WELLNESS

Institute



LEADING THE NEXT GENERATIONS

NATIVE YOUTH LEADERSHIP

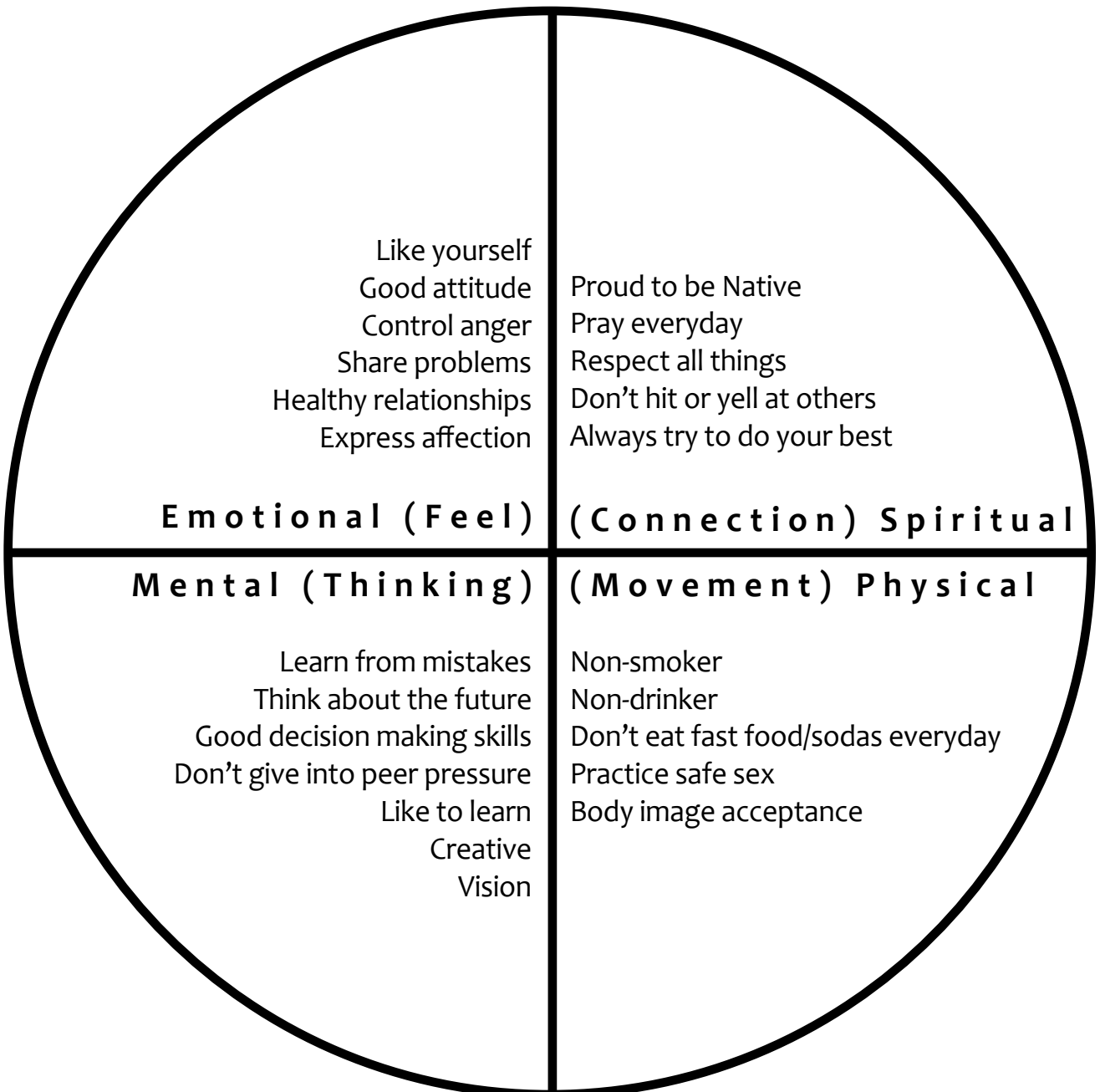
CURRICULUM

HANDOUTS



Native Youth Wellness . . .

- ◆ Is a cultural and traditional model of lifestyle.
- ◆ Is a holistic approach to living one's life in a good way.
- ◆ Has 4 "Directions." These directions are interdependent.
- ◆ Is about making good choices and having pride in your culture.





How Well Am I?

In each direction, write the things you do well in the inner circle and the things that need improvement in the outer circle.

Emotional Spiritual

Mental Physical



Power Of Positive Thinking

Living by the Warrior Spirit means being positive, productive, and proactive.

Positive thinking means to reaffirm your belief system and your strengths. It is thinking about what can be done, instead of what cannot. Positive thinking is different than being optimistic. Thinking positive allows you to be open to more positive life experiences and filters out the negative.

TRAITS OF A POSITIVE THINKER

- Enjoys life
- Doesn't see barriers, but challenges
- Plans for the future
- Accepts responsibility
- Earns respect
- Filters out the negative
- Appreciates others
- Acknowledges their strengths
- Attracts strong people
- Is successful
- Create opportunities

TRAITS OF A NEGATIVE THINKER

- Is generally unhappy
- Gives up easily
- Predicts the future
- Blames others
- Expects respect without earning it
- Does not accept positive messages
- Puts down others
- Concentrates on their weaknesses
- Attracts like-minded people
- Fears failure
- Misses opportunities

Positive thinking is good medicine. Medicine is anything that you use or do to help move you toward wellness.

Medicine can be plants or herbs. It can be food or drink. It can be laughing or crying. It can be dancing or singing. It can be praying or sharing, anything that helps to move you along on your wellness journey. Using medicine daily was a positive, productive, proactive way of life for our ancestors!

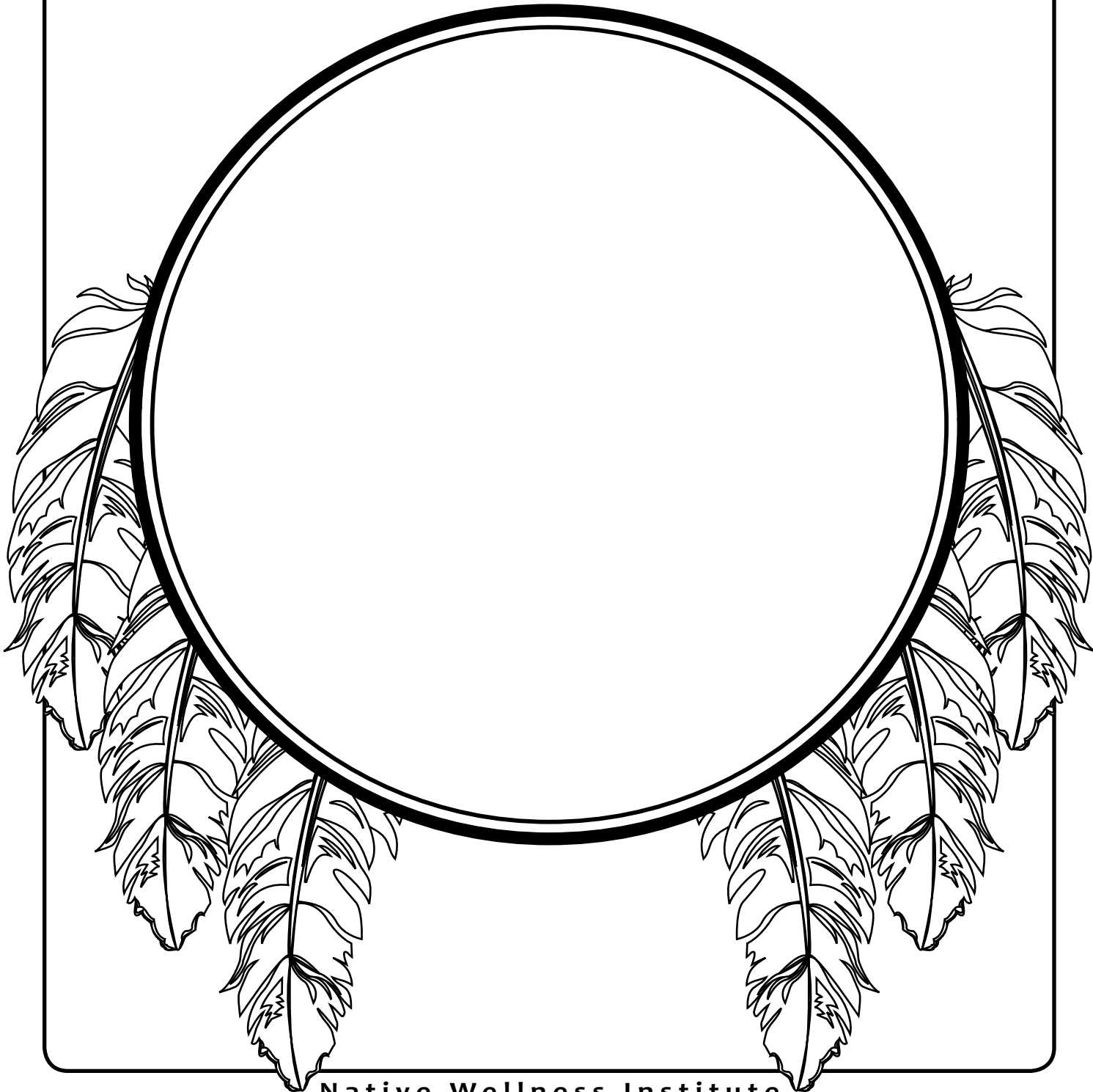
In today's society, medicine is viewed as having a different effect. Medicine is seen as something that you use to get rid of an illness. If we have a symptom, we are told to take some medicine and it will go away. Because of this, a person who uses medicine on a daily basis today is seen as a weak and unhealthy person.

A person who uses medicine on a daily basis is known to be a strong and healthy person. Are you positive, productive and proactive like your ancestors?



Warrior Shield

Warrior shields are decorated with images, or medicine, to give a warrior strength and power. In pictures only, draw your medicine on the shield. What best describes you? What are your sources of strength? What protects you?





Life Is A Journey (continued)

3) Maria arrives at a party with her friends. She sees Clint. He is really drunk and tells Maria to kick back and drink with him. Even though she knows that Clint can be a jerk when he drinks, she really likes him. Her friend Crystal doesn't like being around drunk people and wants to leave.

What are Maria's choices?

Choice that could lead to positive consequences	Choice that could lead to negative consequences

4) Sam is a great student and is being mentored by an elder in conducting certain ceremonies. He comes from a big family. One night he was out with friends, met a girl from the next reservation and they had unprotected sex. They exchanged numbers and started texting. Several days later he heard rumors that the girl already has a boyfriend who is now looking for Sam.

What are Sam's choices?

Choice that could lead to positive consequences	Choice that could lead to negative consequences

5) Anna and Jake have been dating for two months. She notices that when Jake is drunk he always forces her to drink too and do things that she doesn't feel comfortable doing.

What are Anna's choices?

Choice that could lead to positive consequences	Choice that could lead to negative consequences

Are you happy with the consequences your choices bring to you? If not, don't worry! You can change them because they are YOUR CHOICES!!



Traditional Values Of Native Youth

Bravery

Bravery is demonstrating strength of heart in difficult or challenging times. Brave people are healthy risk takers.

- ◆ How can you show bravery and courage today?

Generosity

Generosity is giving without expecting anything in return. Giving your time, belongings, wisdom, and money are all examples of generosity.

- ◆ How can you show your generosity?

Peace Making

Peace making is a process of guiding people through their difficulties, creating agreements, and restoring harmony. Patience, listening, willingness, and compassion are building blocks of peace making.

- ◆ What are ways that you can make peace?

Wisdom

Wisdom is knowledge, experience, understanding, common sense, and insight coupled with good judgment. Anyone can be wise, including children, teens, adults, and elders.

- ◆ How do you show your wisdom?

Humility

Humility is the spiritual quality of knowing one's place in the world. Humble people give others credit and point out the good in them. They are confident, content, have high self-esteem, and receive praise in a respectful manner.

- ◆ How do you show your humility?

Spirituality

Spirituality is being connected to the earth and to all creations. It is having purpose in life and knowing who you are. Spirituality involves the deepest values and meanings by which people live.

- ◆ How do you express your spirituality?

Family

At the center of Native life is the family, including extended family members. Members of a family may not always be related by blood, and do not always live in the same household. Nurturing a family is one of our greatest responsibilities and joys.

- ◆ What is your sense of duty to family?



My Values Poster

Create your **My Values Poster**. In the space provided, finish the statements in both words and pictures that best describe your values. Next, transfer what you have written or drawn to poster board or flipchart paper. Use colorful markers.

◆ Name, Tribal Name, or Nickname:

◆ I always:

◆ I need:

◆ I value:

◆ My personal motto:



Native IQ Test

The following test will probe your knowledge of Native American history and current issues.

1. The Holocaust of World War II was not only one of the most tragic events of the 20th century, but of modern history in general. Close to 6 million Jews (nearly two-thirds of all European Jews) and many other people perished. By comparison, approximately how many Indians in the Americas died within a century of Christopher Columbus' arrival?
 - A. Nearly 5 million, roughly half the existing population
 - B. Nearly 10 million, roughly half the existing population
 - C. Nearly 10 million, roughly 95% of the existing population
 - D. Nearly 100 million, roughly 95% of the existing population
2. Which of the following statements did Christopher Columbus make to Queen Isabella and King Ferdinand of Spain when writing about native people in the Americas?
 - A. "They would make fine servants. With fifty men we could subjugate them all and make them do whatever we want."
 - B. "We can send from here, in the name of the Holy Trinity, all the slaves and brazil-wood which could be sold. One Indian is worth three Negroes."
 - C. Both of the above
 - D. None of the above
3. The practice of scalping:
 - A. Dates back to ancient Greece
 - B. Was introduced in America by the Dutch
 - C. Was done occasionally by U.S. soldiers in World War II
 - D. All of the above
4. How does the U.S. Declaration of Independence refer to American Indians?
 - A. As "merciless Indian Savages"
 - B. As "the Native inhabitants of this land"
 - C. It does not mention the existence of American Indians
 - D. None of the above

Native IQ Test (continued)

5. In its policy of “removal,” the U.S. government forced American Indians to leave their ancestral lands. For example, in a march that began in 1838 and was later called the Trail of Tears, 17,000 Cherokees were moved west under conditions so severe that 4,000 people died. In a speech to Congress, how did President Martin Van Buren (in office at the time) describe Indian removal?
- A. “The entire removal of the Cherokee Nation has been principally under the conduct of their own chiefs, and they have emigrated without any apparent reluctance.”
 - B. “[The government’s] dealings with the Indian tribes have been just and friendly throughout all these tribes are friendly in their feelings toward the United States.”
 - C. “Since the spring of 1837 more than 40,000 Indians have been removed to their new homes [and] all accounts concur in representing the result of this measure as eminently beneficial to that people.”
 - D. All of the above
6. Of all the major racial and ethnic groups in the United States, which one lives in the most residentially segregated environment?
- A. African Americans
 - B. Hispanic Americans
 - C. Asian Americans
 - D. Native Americans
 - E. None of the above
7. Which statement is true of American Indian citizenship?
- A. Most Indians are citizens of their own nations, not the United States
 - B. Upon application, Indians are eligible for U.S. citizenship after age 18
 - C. Indians born in the U.S. automatically receive U.S. citizenship
 - D. None of the above
8. According to a spokesperson for the Cleveland Indians baseball team, the main reason for continuing to use the Chief Wahoo logo is:
- A. Overwhelming fan support
 - B. It honors the history of Native Americans
 - C. A change would cost the team too much money
 - D. None of the above



Native IQ Test Answer Key

1. Correct Answer: D. Nearly 100 million -- roughly 95% of the existing population. Within a few generations of their first encounter with Europeans, nearly all Native people in the Western Hemisphere were exterminated. In terms of the number dead, the destruction of the Indians of the Americas ranks as the largest act of genocide in history.
2. Correct Answer: C. Both of the above. To pay back dividends to those who had invested in his voyages, Columbus and his men captured and enslaved hundreds of Indians, many of whom died at sea while being transported to Spain. Columbus also tried to amass as much gold as possible. For example, in the province of Cicao on Haiti, Columbus and his men ordered all persons 14 or older to collect a certain amount of gold every three months. Indians who failed to find enough gold had their hands cut off and bled to death.
3. Correct Answer: D. All of the above. Even though scalping is often portrayed as an Indian activity, it was practiced in ancient Greece, introduced to America by the Dutch, and encouraged by bounties for Indian scalps. In 1755, for instance, the Massachusetts legislature offered the following bounty: "For every scalp of a male Indian brought in ... forty pounds. For every scalp of such female Indian or male Indian under the age of twelve year that shall be killed ... twenty pounds."

During World War II, U.S. soldiers in the Pacific occasionally carved Japanese bones into letter openers or used Japanese skulls as table ornaments. At the time, it was well known that some U.S. soldiers collected "battlefield trophies" such as Japanese scalps, gold teeth, ears, and bones. For example, the photograph on this page appeared as "Picture of the Week" in the May 1944 issue of Life magazine, with the caption "Arizona war worker writes her Navy boyfriend a thank-you note for the Jap skull he sent her."

4. Correct Answer: A. As "merciless Indian Savages." More fully, the Declaration of Independence refers to Native Americans as "the merciless Indian Savages, whose known rule of warfare is an undistinguished destruction of all ages, sexes, and conditions."

Several early U.S. presidents shared this view of Native Americans. For example, George Washington referred to them as "ignorant Savages" and "beasts of prey," John Adams referred to them as "poor, ignorant savages" with "an aversion both to civilization and Christianity," and Thomas Jefferson confided to James Monroe: "I hope we shall drub the Indians well this summer & then change our plan from war to bribery."

5. Correct Answer: D. All of the above. President Van Buren made the first two statements in a 1838 speech that described Indian removal as having had "the happiest effects," and he made the third statement in an 1840 speech that referred to "the wily character of the savages."

Native IQ Test Answer Key (continued)

Andrew Jackson, in his 1830 Annual Message to Congress, likewise referred to Indian removal as a “benevolent policy” that would allow Indians to “cast off their savage habits and become an interesting, civilized, and Christian community.” Jackson went on to win a second term as president, and in his Fifth Annual Message he told Congress that Indians “have neither the intelligence, the industry, the moral habits, nor the desire of improvement which are essential to any favorable change in their condition. Established in the midst of another and a superior race ... they must necessarily yield to the force of circumstances and ere long disappear.”

6. Correct Answer: E. None of the above. In the United States, White Americans are the most residentially segregated racial group (they are least likely to have contact with members of another race). Although a majority of Native Americans once lived on reservations, over half live outside the reservation system.
7. Correct Answer: C. Indians born in the U.S. automatically receive U.S. citizenship. In 1924, the Indian Citizenship Act declared all Native Americans to be U.S. citizens. Native Americans 18 or older are eligible to vote in all state and federal elections. Even though some states did not allow Native Americans to vote until decades after the Indian Citizenship Act had passed, democracy was not new to Native American communities. As the U.S. Senate Select Committee on Indian Affairs reported on September 30, 1988, in connection with the bicentennial celebration of the U.S. Constitution:

“More than 200 years ago, the framers of the United States Constitution reviewed the principles of democracy and the democratic institutions of the Six Nations of the Iroquois Confederacy, and then drew from the Iroquois’ experiences in constructing the United States form of government.”

8. Correct Answer: A. Overwhelming fan support. In an Oct. 20, 1995, Cleveland Plain Dealer news report, Indians spokesperson Bob DiBiasio said of the logo: “I think overwhelming fan support is pretty much the reason why we are continuing with it. Let’s just play baseball.” In another news report on the Cleveland Indians, owner Richard Jacobs described Chief Wahoo as “an ideal logo.” Said Jacobs: “It’s not demeaning... It’s a caricature of a noble race, a brave race.”

And in a similar controversy involving the Washington Redskins team name, spokesperson Karl Swanson told the Washington Post on Jan. 26, 2002: “We’ve always used the word in a respectful way, to mean tradition, courage and respect.” In the words of team owner Daniel Snyder, “The Redskins name was taken actually as an honor.”



Trauma Web

The column on the left lists various types of trauma that can affect our lives. The column on the right lists characteristics of trauma. Any of these may have affected you, your parents, grandparents or other people who have had a significant impact on your life. For each of the traumas and characteristics that have affected you, your family or significant others draw a line connecting the trauma or characteristic to “you” in the center of the page.

Death of a loved one

Gambling addiction

Emotional abuse

Drug addiction

Physical abuse

Verbal abuse

Cultural loss

Alcoholism

Neglect

Racism

Divorce

Poverty

Violence

Disability

Relocation

Foster care

Adoption

Oppression

Sexual abuse

Loss of a job

Boarding school

War experiences

Loss of spirituality

Discrimination of any kind

Frequent periods of depression

Difficulty hearing positives

Fear of conflict and anger

Continuing sense of guilt

Need to be in control

Fear of dependency

Overly responsible

Very irresponsible

Overachievement

Poor self-images

Need to be right

Fear of trusting

Perfectionist

Chaos junkies

Fear of feeling

Fear of intimacy

Underachievement

Denial of problems

Fear of incompetence

Compulsive behavior

Heavily depends on others

Repetitive relationship behavior

Unable to relax, let go, and have fun

Hypersensitive to the needs of others

YOU



Healing

Healing comes from the word HAELEW, meaning to be or become whole. Healing can also be described as removing unbalance from self. It is bringing wholeness to body, mind, heart and spirit.

Healing is a “personal cleansing” of...

- ◇ Mistrust
- ◇ Unresolved grief
- ◇ Loss and hurt
- ◇ Anger / hatred
- ◇ Historical trauma
- ◇ Shame / guilt
- ◇ Fear
- ◇ Negativity
- ◇ What else?

We heal by...

- ◇ Forgiveness – self and others
- ◇ Looking within – introspection
- ◇ Feasting
- ◇ Praying
- ◇ Sharing ourselves
- ◇ Therapy
- ◇ Being generous
- ◇ Taking healthy risks
- ◇ Changing unhealthy behavior
- ◇ Practicing spirituality
- ◇ Loving ourselves and others
- ◇ What else?



Healing Plan

MY PERSONAL HEALING JOURNEY!

You wouldn't go on a trip to a new destination without a map, would you? Well, a Healing Plan is your map to your Healing Journey. What are you going to do this month on the path to your own Wellness?

	Spiritual	Emotional	Mental	Physical
Example	Pray for my healing and my families healing every morning before I go to work.	Go to weekly talking circles and share what I am feeling about my healing.	Make a digital story about my healing journey.	Walk 3 miles every day after work to allow my body to stay healthy.
Week 1				
Week 2				
Week 3				
Week 4				

Remember: Healing is a journey, not a destination! Happy Travels!



Conflict Resolution Principles

Disagreeing with someone is okay.

Conflict should not be avoided.

Take the higher road.

Be reasonable.

Be understanding.

Focus on coming to the best solution,
not on winning an argument.

Listen well!

Be open-minded.

Differences with someone should not reflect
negatively on that person as a whole.

Be persistent. Don't give up.



Collaborative Conflict Resolution

Step 1 – Define the problem

For a healthy outcome, state the problem in terms of needs, not solutions.

“I need... [remember needs, not solutions].”

Listening skills are critical in this step; often language coded.

Step 2 – Brainstorm possible solutions

Think quantity, not quality. Be creative.

Don't evaluate or clarify ideas. Expand on ideas.

Step 3 – Select solution(s) that meet your needs

State which alternatives looks best to all parties involved.

Then jointly decide together on one or more of the choices.

Look ahead to possible consequences of the solution(s).

Step 4 – Plan who will do what, where, when, and how

Write down the plan – people forget!

Step 5 – Go for it!!

Implement the plan.

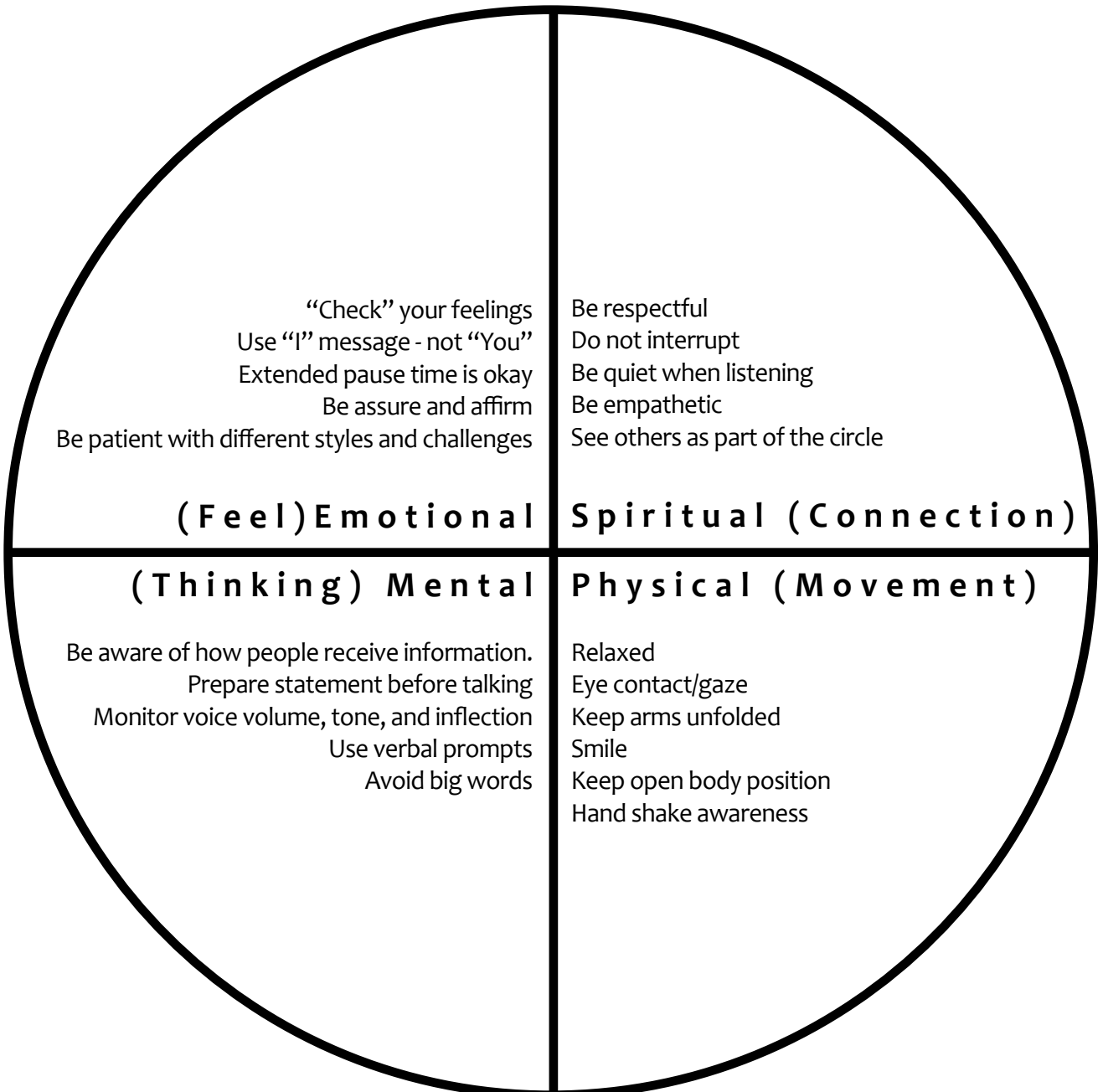
Step 6 – Evaluate

“Did we do what we agreed to do?”



Four Ways Of Connecting

Native Communication Listen with heart and mind





Conversation Starters

Sometimes, we need a little help in getting a conversation started, especially with someone we don't know. Here are some beginning sentences that you can use in practice or in real conversations.

1. The happiest day of my life was...
2. I wish I were....
3. I wish I were not...
4. I wish I had...
5. I wish I had not...
6. I wish I could...
7. If I were Tribal Chairman/woman, I would...
8. The Tribal Chairman/woman should...
9. If I could start this year over, I would...
10. The thing I fear most....
11. My favorite place is...
12. My mom/dad should...
13. I wish my mom/dad wouldn't...
14. What hurts me the most is...
15. If I had \$25 I would...
16. I would like to tell my best friend...
17. The worst thing a person could do is...
18. What always makes me mad is...
19. If I could do anything, and no one else would know, I would...
20. I always cry when...
21. I always laugh when...
22. I love it when...
23. If I were principal of my school, I would...
24. If I had a million dollars, I would...
25. If my parents left me alone, I would...
26. This is what I think of being Native...
27. I feel most proud when...
28. I think in 50 years, tribes will...
29. When I'm thirty, I will...
30. I am the best at...



Self-esteem

Self-esteem is how a person feels about him or herself. We can have high and positive self-esteem or low and negative self-esteem. Two basic components of high self-esteem are feeling capable (“I can do things well”) and feeling worthwhile (“I am loved and valued by others”). Our high and positive self-esteem helps us to be happy, cope with life stressors and events, be successful and behave and do the right things. It also help us to help others feel good about themselves too.

Boosting Our Self-esteem

Feeling sad or depressed for short periods of time for anyone is normal. Extended bouts with depression, extreme sadness, hopelessness or anxiety often need the attention of a medical provider. These feelings are also associated with our self-esteem. Low self-esteem can be related to many factors, including negative self talk or being put down constantly by family, friends and coworkers.

- Try to be aware of our negative self talk.
- When we hear ourselves talking negative inside our heads, stop.
- Give ourselves positive affirmations.
- Help others.
- Pray.
- Go to ceremony or church.
- Meditate.
- Start a gratitude journal.
- Say kind things to others.
- Sing.
- Dance.
- Wear clothes that make us feel good.
- Make a special dinner.
- Exercise.
- Eat healthy.
- Drink water.
- What else?

Rate YOUR Self-esteem

(low) 1 2 3 4 5 6 7 8 9 10 (high)

Questions to ponder:

1. Where does our self-esteem come from?
2. Who most shaped your self-esteem?
3. Why do you think some people have low self-esteem?



Self-confidence

What is it?

Self-confidence combines positive self esteem with the ability or belief that something can be accomplished or achieved. This allows people to try challenging or difficult tasks or to take healthy risks.

Can people tell if I'm confident?

People have different levels of self-confidence and it shows in different ways:

Your body language?

Do you fidget? Look down? Shake your body? Hold your head up? Smile? Are you hard to understand because you mumble? Do you apologize for everything? Are you loud and clear?

What you say?

Are you negative? Do you put yourself down to others? Do you shrug off compliments?

Your behavior?

Do you try new things like going to school? Take training? Try for a new job? Is it difficult to hold a conversation? Do you make friends easily? How is your self-confidence?

High Self-confidence	Low Self-confidence
Doing what you believe is right, even if others disagree.	Guiding your behavior based on what people think.
Being willing to take healthy risks and go the extra mile.	Staying in your comfort zone, fearing failure and avoid taking healthy risks.
Admitting your mistakes and learning from them.	Working hard to cover up mistakes and hoping that you can fix the problem before anyone notices.
Waiting for others to congratulate you on your accomplishments.	Praise your own qualities as often as possible to as many people as possible.
Accepting compliments graciously. "Thanks, I really worked hard on that. I'm pleased you recognize my efforts."	Dismissing compliments offhandedly. "Oh, that was nothing really. Anyone could have done it."

Low self-confidence can be self-destructive, and it often manifests itself as negativity. Self-confident people are generally more positive; they believe in themselves and their abilities, and they also believe in living life to the fullest.

Boosting Self-confidence

Positive self-affirmations	Identify your successes and strengths
Positive thinking	Be thankful for what you have
Set and achieve goals	Be positive, even if you don't feel that way
Recognize your insecurities	Accept compliments gracefully
Talk about it with friends and family	Look in the mirror and smile
Remember that nobody is perfect	Fake it, it will help you
Stick to your principles	Help others
What else?	



Hot Penning

Guidelines for Hot Penning

Hot Penning is an unusual way to get in touch with how you truly feel about the many things that have occurred in your life. It's a way to write from your heart, not your head. Hot Penning can be a healing treatment for the battered heart. When the heart feels well, the head and body follow.

Directions

- ◇ Sit somewhere comfortable and set a timer for a specific amount of time. It is generally recommended to start with 15 minutes and go from there.
- ◇ If you have a topic, write it at the top of your page. Or write about anything that comes to mind, how you're feeling, something that happened to you today, a fight, etc.
- ◇ Start writing as fast as you can and as much as you can.
- ◇ Do not stop and think about WHAT to write.
- ◇ Write ANYTHING!!!!!!! Even "I don't know what to write on this silly piece of paper."
- ◇ As you keep writing without thinking about it, what is in your heart (not your head) will begin to appear on the paper very shortly.
- ◇ DO NOT STOP and read what you have written. Just keep writing until your time is up.
- ◇ DO NOT STOP writing until the time is up. Even if a lull seems to come in to the writing,
- ◇ KEEP WRITING. Again, write something like "I can't think of what to write, so I'm writing this silly sentence."
- ◇ Do this for yourself; no one is going to judge what you have written. How it sounds to others is NOT the goal. You are writing to get to know your inner self.
- ◇ When your true feelings are brought out from deep inside, looked at, felt, and examined by you, even shared, often they take wings, leaving us forever. We will now be freed, ready to go on with life.
- ◇ The key to successful Hot Penning is to NEVER take your pen from the paper.

GOOD LUCK. GOOD WRITING.



Healthy And Unhealthy Relationship Behavior

All behavior is a result of our responses to the experiences of our past, but the past doesn't equal the future. We are all endowed with the ability to create positive change within ourselves. Listed below are examples of healthy and unhealthy relationship behaviors; that is, behaviors that can contribute to, or take away from, the quality of our relationships and our lives.

Healthy

Cooperative
Honest
Respects self
Respecting others
Trusting
Responsible
Able to express emotions
Sincere
Sensitive
Patient
Understanding
Support
Forgiving
Humble
Loyal
Humorous
Empathic
Communicative
Compassionate
Disciplined
Dependable
Unconditionally loving
Affectionate
Creative
Spiritual
Accepting
Fun
Kind
Caring
Considerate
Happy
Content

Unhealthy

Untrusting
Feeling continuous guilt
Lying
Impatient
Chronically irresponsible
Perfectionist
Afraid to depend on others
Needing to be in control
Can't accept praise
Overachieving or underachieving
Abusive
Poor self-image
Unforgiving
Compulsive
Needing to be right
Caught up in denial
Jealous
Envious
Afraid of conflict
Chaos junkie
Fear of feeling emotions
Frequently depressed
Afraid of Intimacy
Being possessive
Repetitive relationships
Unable to control anger
Unable to relax and have fun
Self-centered
Disrespectful
Fear of appearing incompetent
Conditional love
Malcontent



Signs of Healthy And Unhealthy Relationships

SIGNS OF A HEALTHY RELATIONSHIP

- ◆ You enjoy being with the other person.
- ◆ You feel good about yourself when you are with this person
- ◆ You are able to be yourself without feeling as though you have to act like someone else.
- ◆ You feel secure and trusting because the person has earned your trust.
- ◆ You can continue to grow and reach personal goals.
- ◆ The other person respects your personal values and desires.
- ◆ The other person respects your wishes to do, or not do, things.
- ◆ You feel your relationship needs are being met.
- ◆ You are both able to communicate in a way that meets the other's needs.
- ◆ You both have similar expectations (same wants) from the relationship.

SIGNS OF AN UNHEALTHY RELATIONSHIP

- ◆ You don't enjoy being with the other person.
- ◆ You feel inferior, guilty, or worthless when you are with this person.
- ◆ You feel as though you have to put on an act to impress this person and keep this person interested in you.
- ◆ The other person puts you in situations that create stress or risks in your life.
- ◆ Your physical, mental, and emotional health needs are ignored or placed at risk.
- ◆ The other person attempts to use guilt or anger to manipulate you into doing things.
- ◆ You do not feel as though your relationship needs are being met.
- ◆ One or both of you fail to communicate in a way that meets the other's needs.
- ◆ You both want different things from the relationship.



Sex Anatomy Instructor's Key

FEMALE REPRODUCTIVE SYSTEM

- ◆ **Cervix:** Lower, narrow part of the uterus where it joins with the top of the vagina
- ◆ **Clitoris:** Small body of spongy tissue that functions solely for sexual pleasure
- ◆ **Endometrium:** The inner lining of the uterus, provides nourishment to the growing fetus
- ◆ **Fallopian Tubes:** Located at the upper end of the vagina, passageway for the egg from the ovary
- ◆ **Hymen:** Thin fold of mucous membrane that separates the canal of the vagina from the urethral sinus
- ◆ **Labia Majora:** Outer “lips” of the vulva, made of tissue and some smooth muscle
- ◆ **Labia Minora:** Inner lips of the vulva, folds and protects the vagina, urethra and clitoris
- ◆ **Mammary Glands:** Organs that produce milk for the sustenance of the baby
- ◆ **Uterus:** Major reproductive organ, receives fertilized eggs which become implanted in the lining (endometrium) provides nourishment to developing fetus
- ◆ **Vagina:** Muscular, hollow tube that extends from the vaginal opening to the cervix
- ◆ **Vulva:** External female genitals, includes labia majora, labia minora, clitoris, vagina entrance

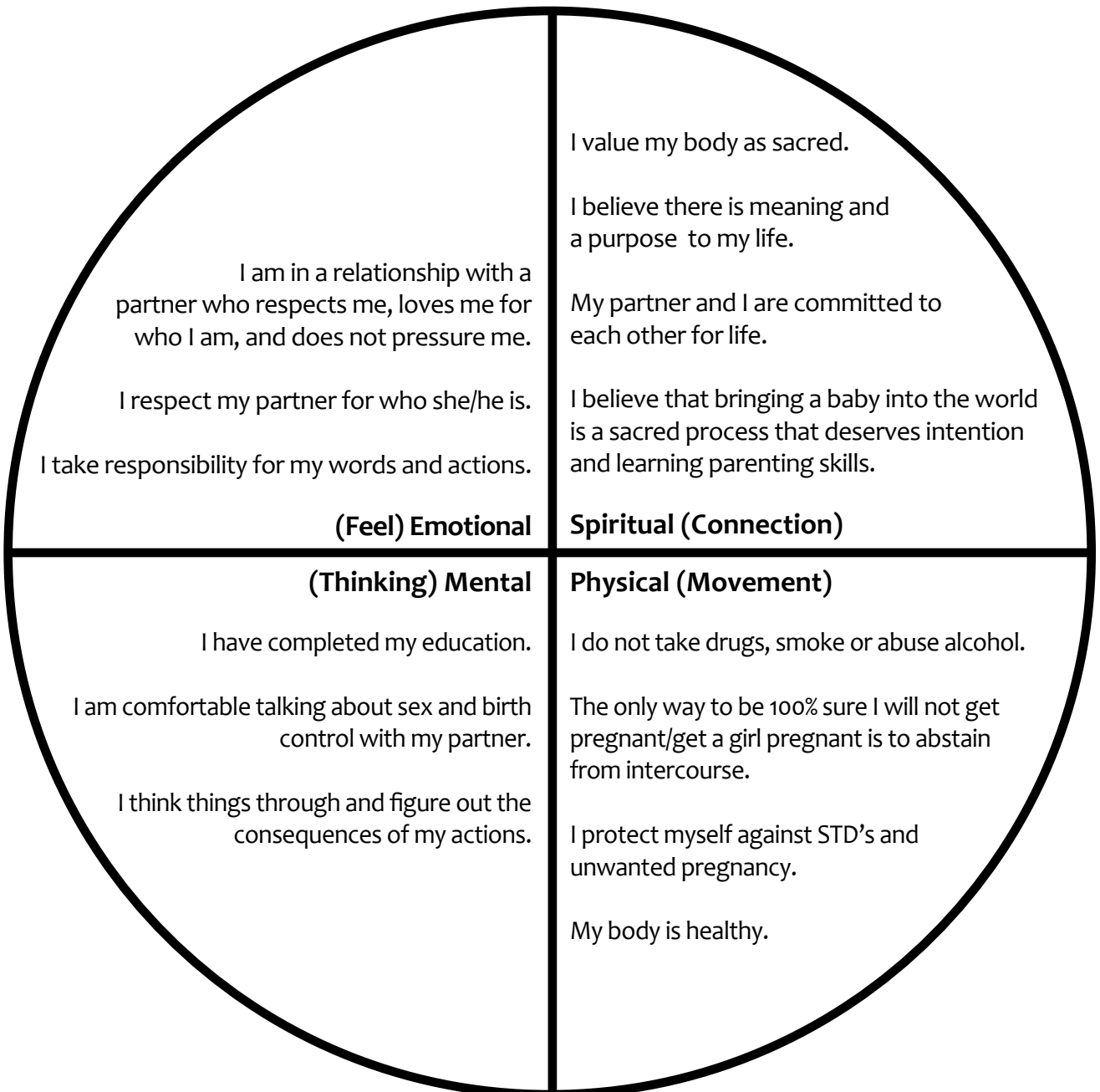
MALE REPRODUCTIVE SYSTEM

- ◆ **Penis:** The penis (shaft) and scrotum (balls) are the external sexual organs of men
- ◆ **Glans:** The head of the penis
- ◆ **Corona:** The ‘crown,’ a ridge of flesh where the head of the penis and the shaft join.
- ◆ **Foreskin:** A roll of skin that covers the head of the penis. Surgical removal is called circumcision
- ◆ **Urethra:** The opening at the tip of the penis that allows passage of both urine and semen.
- ◆ **Scrotum:** A sac that hangs behind and below the penis, containing the testicles. Its primary function is to maintain the temperature to most effectively produce sperm
- ◆ **Testicles:** The male sexual glands within the scrotum that produce sperm and testosterone
- ◆ **Vas Deferens:** The ducts leading from the epididymis (where sperm matures) to the seminal vesicles. These are the ducts that are cut during the procedure known as vasectomy.
- ◆ **Seminal Vesicles:** Produces semen, a fluid that activates and protects the sperm after ejaculation.
- ◆ **Prostate Gland:** Produces a fluid that makes up the semen. The prostate gland also squeezes shut the urethral duct to the bladder, thus preventing urine from mixing with the semen.



Am I Ready For A Sexual Relationship?

Measure Your Maturity Level Using the Circle of Life





Honoring Our Ancestors

Traditional values guided the behavior of leaders. Leaders inspired their people and ensured their survival. One quality of Native leadership is to show appreciation and respect for those that came before us.

1. Spirituality was the center of Native life and all leaders were spiritual.
2. Leaders were generous, kind, and honored all living things.
3. Elders nurtured leaders of future generations.
4. Native leaders were humble and served the community.
5. Leaders were chosen by the people based on their contributions and accomplishments.
6. Different leaders emerged for different reasons, depending on the purpose, task, and situation, on the skills and abilities needed, and for different periods of time - sometimes for a lifetime.
7. The community could simply choose not to recognize leaders or follow him or her anymore.
8. The community could stop acknowledging a leader by simply choosing to not follow him or her.
9. Native leaders led by example rather than by authority or command.
10. Native leaders took their time when making a decision. When they gave their word on a decision it was final.
11. When tribal leaders discussed a matter, they sought agreement and understanding. This process is called consensus.
12. When resolving conflict, Native leaders focused on making peace.



Well Native Youth Leaders

Proud to be Native

Likes themselves

Doesn't give in to peer pressure

Models healthy behavior – “walks the talk”

Alcohol/drug/tobacco free

Sexually responsible

Has a vision of themselves & Native people

Plans ahead

Respects all living things

Sees the goodness in people

Values education

Humble

Non-violent

Positive can-do attitude

Takes healthy risks

Talks and listens well

Not afraid to lead

Spiritually connected

Makes the world a better place

Helps parents and elders

Positive role model

Participates in culture

Good sense of humor

Encourages others



Warrior Spirit Checklist

Do you live by the Warrior Spirit? This checklist will help you discover how positive, proactive and productive you are. Read the following statements. If you agree with the statement, check the “yes” box. If you do not agree, check the “no” box.

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I am willing to change. |
| <input type="checkbox"/> | <input type="checkbox"/> | I am a good listener. |
| <input type="checkbox"/> | <input type="checkbox"/> | I believe in myself. |
| <input type="checkbox"/> | <input type="checkbox"/> | I set goals for myself. |
| <input type="checkbox"/> | <input type="checkbox"/> | I love life and take time to enjoy it. |
| <input type="checkbox"/> | <input type="checkbox"/> | I am willing to take healthy risks. |
| <input type="checkbox"/> | <input type="checkbox"/> | I plan out all my successes. |
| <input type="checkbox"/> | <input type="checkbox"/> | I surround myself with positive people. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have complimented someone in the last 24 hours. |
| <input type="checkbox"/> | <input type="checkbox"/> | I am willing to help someone who needs it. |
| <input type="checkbox"/> | <input type="checkbox"/> | I avoid gossip. |
| <input type="checkbox"/> | <input type="checkbox"/> | I can give praise whenever I see good behavior. |
| <input type="checkbox"/> | <input type="checkbox"/> | I enjoy laughing and can share laughs with others. |
| <input type="checkbox"/> | <input type="checkbox"/> | I acknowledge my family, friends, and co-workers by greeting them each day. |
| <input type="checkbox"/> | <input type="checkbox"/> | I let myself determine what kind of day I am having. |
| <input type="checkbox"/> | <input type="checkbox"/> | I approach problems in a positive, proactive, productive way. |
| <input type="checkbox"/> | <input type="checkbox"/> | I notice that when I am around positive people I am more productive. |



Let's Practice Decision Making

Directions: On a separate piece of paper write in your response to each statement or question to the best of your ability.

Example:

1. Identify the decision that has to be made.

What exactly needs to be decided?

I just found out I'm missing two credits and won't be able to graduate until next year. I'm bummed and wondering if I should just drop out.

1. Identify the decision that has to be made.

What exactly needs to be decided?

2. What are the options?

Identify all (or the main) choices that you could make.

When does the decision have to be made?

3. Gather Information.

Ask those you trust (elders, friends, family members, support people) for advice, prayers and guidance. Who will you trust to give you the best guidance?

Conduct research using all of the resources you can: Internet, books, people, etc.. What resources will you use to help you make your decision?

4. Know the consequences.

What are the possible consequences of each choice?

5. Attach some values.

How would the people you care about react or respond to each choice?

6. Consider all the information.

Look at and consider everything. Write anything else you need to consider.

Only you can know what is best for you. Have you covered everything and made the best decision?

7. Make a decision and make it happen.

Do it. Plan for it. When, where, and how will you do it?

Tell others involved what you have decided to do. Who will you tell?

Ask for feedback. Who will give you feedback?

8. Re-evaluate.

After some time has passed, look at your decision again. Is it still a good one?

Read just the decision over time if you need to. How does it need to be adjusted?

Learn from your decisions, successes, obstacles, and mistakes



Vision

Vision is a mental image of a possible and desirable state. Vision is the result of dreams in action. It is essential to have a positive attitude to think about, dream about, and envision the future, especially in tough time.

Leaders look to the future. Leaders help others see exciting future possibilities. Leaders bring color to vision.

Vision brings to mind images and pictures.

Vision is an ideal.

Visions are statements of destination.

Visions are about hope and optimism.

Visions often comes from intuition – how we “feel and see” the future.

How do we get it?

- ◇ Having a mentor
- ◇ Someone helps us
- ◇ Observing people and situations
- ◇ Having a large world view
- ◇ Family/tribal values
- ◇ History and culture
- ◇ Social imperative – wanting to make the world a better place
- ◇ “Watershed” event – a trauma or significant event

To create vision

- ◇ Think about the past
- ◇ Determine what you want
- ◇ Develop a vision statement

What makes up a great vision?

- ◇ Developed by leaders, after talking and listening to their people
- ◇ Shared with the people, and the people must agree to support it
- ◇ Comprehensive and detailed – not generalities (how, when, where, what, why)
- ◇ Positive and inspiring – a challenge to grow and to stretch skills
- ◇ Worth the effort – it’s better to have too great a vision than not enough

This image is ...

- ◇ Realistic
- ◇ Credible
- ◇ Future oriented
- ◇ An improved condition
- ◇ Ideally shared



Vision Book

A vision book contains the vision you have for a positive future and serves as a reminder to stay on your wellness path. Create a vision book following these guidelines:

Cover: Title of Vision Book

Inside Cover: Blank

Page 1: My Vision Statement

Write a one or two sentence statement that explains your vision.

Page 2: My Goals Statement

Write 3 goals that will help you achieve your vision.

Write 3 steps to help you achieve each goal.

Page 3: Where Will I Be in the Future?

Write down the answers to the following questions:

- Where do I see myself in one month?
- Where do I see myself in three months?
- Where do I see myself in one year?
- Where do I see myself in five years?

Page 4: Who are My Support Systems?

Write down who will help you achieve your vision.

- Who can mentor me?
- Who can support me in achieving my vision?

Page 5: My Vision in Pictures

Draw a picture of what your vision looks like or cut pictures from magazines and paste them onto this page.

Page 6: Vision Check-in Page

Write the date that you will check in with your vision.

Note: When you check-in on that date, you will update yourself on the progress of your vision and how are feeling about it.

Page 7: Leave this page blank.

Page 8-13: Positive Affirmations

Have your peers, friends, and other participants write positive affirmations in your Vision book.

Back Cover: Acknowledgment Page

Write down the names of people for whom you are grateful for helping you achieve your vision so far.



Understanding Your Purpose

List your top six answers that first come to mind for each of the following questions. Take your time but don't get stuck in one place.

What is important to you?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What do you love to do?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What are you good at?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What were you born to do?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Rank the items in each of your lists in order of their importance to you. On the backside of this page, write a paragraph that blends the top two or three answers from each list into a description of what your life is about – your own purpose statement for your life.



10 Ways To Be A Better Person

1. Exercise patience in everything you do and understand that change will take time, devotion, and hard work. Accomplishing one simple goal right now will make it easier to accomplish larger more difficult ones later on.
2. Judging others is easy while judging oneself can be extremely difficult. Look at yourself honestly and ask: What would I like to change about myself? What are my strengths and weaknesses? What do I have to give?
3. There is no growth in resentment. Emotions are often directly related to your perception of the world around you. Viewing things in a positive light can make your world into a better place, and foster confidence and self-respect.
4. As you meet the needs of your body, nourish your soul as well. Each of us requires relaxation, love, and acceptance. Spend at least five unrushed minutes each day in meditation or another relaxing activity.
5. Listen to your heart's counsel. The logical, profitable, or fastest course may be in opposition with what you truly believe would be most rewarding. Following your heart can lead to great wisdom.
6. Accept that you have no control over the actions of others and discover the freedom of forgiveness. Letting go of old emotional wounds carries benefits to both body and soul.
7. Understand that failure, while painful, can be beneficial. Learn from your mistakes. Give the people in your life the chance to experience and learn from their own.
8. Never stop learning. True wisdom comes from knowledge and knowledge will only increase if you keep your mind open to new ideas and suggestions.
9. That which is in your power to do is also within your power not to do. Self-discipline is the foundation for all virtues. Avoiding toxic substances and keeping your body and mind healthy will help you break bad habits and adopt positive ones in their place.
10. The means to growth and change are within you and cannot be delegated to another. Live your own life as you wish it to be, cultivate self-reliance, take responsibility, and love yourself.



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