



Strengthening Our Youth  
Tribal Personal Responsibility Education Program  
Youth Empowerment Services  
Cook Inlet Tribal Council  
adison.hawk@citci.org

### *Program Summary:*

Strengthening Our Youth is a peer-led healthy life skills and sexual health education program designed for youth and young adults, ages 14-21. It is offered entirely free of cost and participants are presented many opportunities to gain gift cards and appropriate incentives throughout lesson implementation. This program welcomes people of all cultural backgrounds and strives to utilize culturally relevant teaching methods and activities for Alaska Native and Native American participants.

### *Lesson Content:*

#### **Lesson 1: Welcome and Introduction**

- Establish a welcoming, encouraging, and inclusive learning space.
- Introduce the program, staff, and outline classroom expectations.
- Utilize activities that foster trust, cooperation, and encourage team work.

#### **Lesson 2: Diversity and Respecting Differences**

- Explore the many ways a person can come to understand who they are, while respecting differences and celebrating similarities that bridge our communities together.
- Develop a personal inventory of individuality and who we are in relationships with others.
- Define and differentiate biological sex, gender, sexual orientation, and sexual behavior as important aspects of personal identity.

#### **Lesson 3: Goals and Values**

- Encourage participants to consider how establishing healthy goals and values can affect the decisions they make and their personal self-concept.
- Identify personal values.
- Practice making challenging choices with personal values in mind.

#### **Lesson 4: Technology, Social Media, and Human Trafficking**

- Encourage participants to evaluate their current social media behaviors and identify careful ways to engage with technology.
- Gain a better understanding of some of the risks associated with social media and technology use.
- Discuss Human Trafficking and its connection to the relationships we have in person and online.

#### **Lesson 5: Healthy Relationships, Intimacy, and Conflict Resolution**

- Identify and discuss the essentials, characteristics, and expectations necessary in building and maintaining healthy relationships.
- Gain a deeper understanding of intimacy and how it can develop.
- Practice healthy conflict resolution.

#### **Lesson 6: Unhealthy Relationships, Breaking Up, and *In Their Shoes***

- Unpack a three-question guide to help determine whether a relationship is healthy or unhealthy.
- Identify warning signs and red flags of unhealthy relationships and learn how to navigate or avoid potentially unsafe situations.
- Discuss how to know when it is time to break up.

- Participate in interactive activity that explores teen dating violence, called *In Their Shoes*.

#### Lesson 7: Consent and Refusal Skills

- Gain a deeper understanding of what consent is, why it is important, and ways to ensure it is obtained during sexual activity and touch.
- Practice giving and asking for consent.
- Provide refusal skills and techniques and practice responding to peer-pressure.

#### Lesson 8: Penile and Vaginal Structures and Functions

- Identify the major structures and functions of the penile and vaginal genitalia.
- Explain how pregnancy happens.
- Provide information on how hormones can impact romantic and sexual decisions.

#### Lesson 9: Sexually Transmitted Infections and Sexually Transmitted Diseases

- Provide information about common STI's and STD's, outlining how they are transmitted, signs and symptoms, treatment, prevention, and correct any misconceptions.
- Explain reproductive rights according to state law.
- Identify personal strengths and weaknesses in STI and STD knowledge.

#### Lesson 10: Safer Sex Practices and Program Closure

- Establish that abstinence is the only 100% guaranteed way to prevent getting pregnant or contracting an STI or STD.
- Provide information regarding birth control methods and condoms and how they can provide a certain level protection from unintended pregnancy and contracting STI's and STD's.
- Participate in an optional smudging to conclude the program.

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### Acknowledgement and Consent:

#### For participants 18 years and older:

I (print name) \_\_\_\_\_ have read the above summary of lesson content and I am interested in attending this program.

Participant Phone Number \_\_\_\_\_ Email \_\_\_\_\_

#### For youth under the age of 18:

I (print parent/guardian name) \_\_\_\_\_ have read the above summary of lesson content. I understand that this program discusses topics related to sexual health including consent, penile and vaginal structures and functions, sexually transmitted infections and diseases, and safer sex practices.

I [do] [do not] provide my written permission for (print youth's name, age) \_\_\_\_\_ to participate in this program.

Signed \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian's Phone Number \_\_\_\_\_ Email \_\_\_\_\_