



# PARENTS SPEAK UP

## Community Outreach Kit

### BACKGROUND

Parents Speak Up is a national public education media campaign developed to provide parents with the information, tools, and skills necessary to help their kids make healthy choices. Funded by the U.S. Department of Health and Human Services, the campaign encourages parents to talk to their children about the importance of waiting to have sex. This Community Outreach Kit is part of a special effort to reach American Indian and Alaska Native (AI/AN) parents of pre-teen & young teens with the campaign message: “Talk with your kids early and often. Tell them you want them to wait to have sex, so they’ll have a better chance at success. For help making this conversation easier, visit [www.4parents.gov/shareyourvision](http://www.4parents.gov/shareyourvision).”

### PURPOSE

The Native American Outreach Center was created to help generate a grassroots effort across Indian Country by encouraging parents to talk to their children about the importance of waiting to have sex. This kit is designed as a tool for community leaders to spread the campaign message and to help parents and caregivers communicate it to their kids. Community Outreach Kit materials include:

1. **The Issue:** Information to help parents and other community members understand the abstinence issue and the need for campaign support.
2. **Talking Circle:** This guide provides information on starting a talking circle. Most parents find it difficult to talk about sexual issues with their children. A talking circle can provide a safe environment to talk with other parents or family members who are facing similar issues with their kids.
3. **The Facts:** A fact sheet on Sexually Transmitted Diseases (STDs), HIV/AIDS, and pregnancy rates among AI/ANs. By sharing this information with other parents, you can help them understand the seriousness of these issues and the importance of this campaign to our pre-teens & young teens, our families, and our communities.
4. **Our Partners:** A list of organizations who have agreed to assist in this grassroots effort to reach AI/AN parents and family members with the campaign message.
5. **Parent Commitment Card:** A commitment card in the shape of an eagle feather is a cultural reminder to parents about the important responsibility of talking with their children about the parents’ wants and expectations for their children’s future.
6. **Posters (2):** Posters to communicate the campaign message to your community that may be displayed in your local clinic, school or community center.
7. **Compact Disc:** A CD which includes all of the materials in this kit in an electronic format so you can reproduce as many copies as needed for distribution in your community.

# THE ISSUE



## Parents Speak Up National Campaign

When Parents Speak Up, Kids Listen. The decision to wait to have sex is one of the most important decisions a pre-teen and young-teen can make. As parents (or other caretakers), community leaders, and educators you share a common responsibility to guide adolescents as they navigate important life choices, including choices regarding sexual behavior. Adolescents are bombarded daily with messages about sex everywhere -- from television programs to popular songs to magazine articles. Media messages are just one contributor to the alarming state of sexual activity among American teenagers today.<sup>1</sup>

Did you know that:

- About 46% of high school students in the U.S. have had sexual intercourse.
- Each year, one in four teens contracts an STD.
- An estimated 46% of teen mothers having their first child are under the age of 20.
- Most sexually active teens wish they had waited longer to have sex.

Sexual activity is a sensitive subject; however, if you don't bring it up, you know their friends and the media will. The Parents Speak Up National Media Campaign provides an opportunity to empower parents and communities to take an active role in a child's life. Now is the time to talk with your pre-teen and young-teen; to tell them about the importance of waiting to have sex, so they'll have a better chance at success. For more information on how to help kids make wise decisions you can go to [www.4parents.gov/shareyourvision](http://www.4parents.gov/shareyourvision).

<sup>1</sup> Centers for Disease Control and Prevention. Retrieved June 20, 2006, from <http://www.cdcnpin.org/scripts/population/native.asp>



# TALKING CIRCLE

## TALKING CIRCLE

By Joe Stone, Ph.D.

The traditional “talking circle” is a very old way of bringing Native people of all ages together in a quiet, respectful manner for the purpose of teaching, listening, learning, and sharing. When approached in a certain way, the circle can be a very powerful means of touching or bringing some degree of healing to the mind, the heart, the body, or the spirit. One could call it a very effective form of Native group therapy.

The circle leader, teacher, or facilitator begins by passing around sweetgrass, cedar, or sage so that the participants may “smudge” themselves. Our ancestors have taught us that these sacred herbs have a purifying effect upon our total being. As smoke from the herbs surrounds us, we are better able to connect on many levels, including with others within the circle, with ourselves, and with what we are about to experience.

The group leader (or a volunteer) then opens the circle with a prayer. The circle is now in the hands of the Great Spirit, Grandfather, God, or whatever one chooses to call the Higher Power. Next, the leader might have the people shake hands to acknowledge each other. It is a good thing to do, especially if this is a new circle of people.

The group leader then begins to talk to the people without interruption, talking not to one person, but to all who are present.

All are expected to listen respectfully until the speaker is finished. All who sit within the circle will have an opportunity to express themselves if they choose, or they may simply listen, but all who speak will be given the same respect – they will be listened to.

## TALKING CIRCLE CONT.

The group leader, and most likely others within the circle, may bring eagle feathers, stones, or other sacred objects that are passed around the circle and shared. We believe these sacred things to be helpers in furthering the connections to spirit and to other higher selves. They help us listen; they aid in our learning.

Within the sacred circle we are encouraged to speak not only from the mind, but also from the heart; we are free to share our innermost feelings if we choose. Regardless of whether one brings a traditional teaching or a personal problem to the circle, all persons are valued, respected, and listened to. There is an Indian belief of: right time/right place/right people/hearing right things; we rely on that belief within the circle.

When all have spoken, anyone may request that this be a “closed circle”, meaning that all that has been said and all the identities of the participants shall be confidential. If no one requests a closed circle, all may freely share what they have learned.

The circle is closed with a prayer. So – in this old way we have come together again to teach, to learn, to touch each other’s spirit; that we may find strength to live in these two worlds; that our people may live.

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from Joseph Stone, Ph.D

## "WHAT DOES HIV/AIDS HAVE TO DO WITH MY CHILD?"



- From the beginning of the AIDS epidemic through 2004, 3,084 AI/ANs have been diagnosed with AIDS and 1,578 AI/ANs with AIDS have died.<sup>1</sup>
- In 2004, an estimated 1,506 AI/AN adults and adolescents were living with AIDS.<sup>2</sup>
- AI/AN adults and adolescents currently have the 3rd highest rate of AIDS diagnoses at 10.4 per 100,000, in relation to other ethnic groups; an increase from the rate of 9.5 in 2001.<sup>3</sup>

## "IT WON'T HAPPEN TO HER!"

- Over 850,000 teen girls became pregnant in 2000.<sup>4</sup>
- Almost 46% of Indian mothers having their first child are under the age of 20.<sup>5</sup>

### TEENS WHO BECOME PARENTS<sup>6</sup>:

1. ARE MORE LIKELY TO END UP POOR OR ON WELFARE
2. HAVE FEWER JOB OPPORTUNITIES.
3. HAVE FEWER EDUCATIONAL OPPORTUNITIES.
4. ARE LESS LIKELY TO MARRY.



## "AREN'T SEXUALLY TRANSMITTED DISEASES RARE?"



- In 2001, AI/ANs had the 2nd highest rates of chlamydia infection, gonorrhea, and syphilis in the U.S.<sup>7</sup>
- In 2003 American Indians were nearly six times more likely than whites to have chlamydia, over three times more likely to have gonorrhea, and twice as likely to have syphilis.<sup>8</sup>

## "THEY'RE TOO YOUNG TO HAVE SEX."

- An estimated two-thirds of all STDs occur in people 25 years of age or younger.<sup>9</sup>
- Each year, one in four teens contracts an STD.<sup>10</sup>
- Thirty-four AI/AN children, younger than 13 years of age, with AIDS, have died since the beginning of the AIDS epidemic through 2004.<sup>11</sup>



1 Centers for Disease Control and Prevention. Retrieved June 20, 2006, from <http://www.cdcnpin.org/scripts/population/native.asp>

2 Ibid.

3 Rushing, C., et.al., Red Talon STD Profile: STD Treatment and Prevention Capacity within Idaho, Oregon, and Washington Tribes. Portland, OR. Northwest Portland Area Indian Health Board, 2005.

4 U.S. Department of Health and Human Services and The Office of Population Affairs. Parents, Speak Up! A Guide for Discussing

Abstinence, Sex, and Relationships, 2006 (Washington, DC, 2006).

5 Centers for Disease Control and Prevention. Retrieved June 20, 2006, from <http://www.cdcnpin.org/scripts/population/native.asp>

6 U.S. Department of Health and Human Services and The Office of Population Affairs. Parents, Speak Up! A Guide for Discussing Abstinence, Sex, and Relationships, 2006 (Washington, DC, 2006).

7 Centers for Disease Control and Prevention. Retrieved June 20, 2006, from <http://www.cdcnpin.org/scripts/population/native.asp>

8 Rushing, C., et.al., Red Talon STD Profile: STD Treatment and Prevention Capacity within Idaho Oregon, and Washington Tribes. Portland, OR. Northwest Portland Area Indian Health Board, 2005.

9 U.S. Department of Health and Human Services and The Office of Population Affairs. Parents, Speak Up! A Guide for Discussing Abstinence, Sex, and Relationships, 2006 (Washington, DC, 2006).

10 Ibid

11 Centers for Disease Control and Prevention. Retrieved June 20, 2006, from <http://www.cdcnpin.org/scripts/population/native.asp>

# PARTNER ORGANIZATIONS

## American Indian Science and Engineering Society (AISES)

Pam Silas, Executive Director  
PO Box 9828  
Albuquerque, NM 87119-9828  
Tel: 505-765-1052  
Fax: 505-765-5608  
Email: pam@aises.org  
Website: www.aises.org

American Indian Science & Engineering Society promotes excellence, leadership, and opportunities in education and professional development for American Indians and Alaska Natives. AISES enriches the fields of science and engineering with Native traditions and strengthens communities with knowledge, resources, and innovation.

## Association of American Indian Physicians (AAIP)

Robert Whitebird, Program Coordinator  
1225 Sovereign Row, Suite 103  
Oklahoma City, OK 73018  
Tel: 405-946-7072  
Fax: 405-946-7651  
Email: aaip@aaip.com  
Website: www.aaip.com

AAIP is dedicated to pursuing excellence in Native American health care by promoting education in the medical disciplines and honoring traditional healing practices.

## Ateyapi Abstinence Program Rural America Initiative

Vince Gallagher, Program Coordinator  
231 Knollwood Drive  
Rapid City, SD 57701  
Tel: 605-716-0954

The ATEYAPI (which means "fatherhood" in Lakota) mentoring project matches Native American adults with at-risk Native teens to provide guidance, companionship, and academic assistance. The program's goal is to reduce delinquency and high school dropouts and increase academic achievement, self-esteem, cultural knowledge, and social/relationship skills for participants.

## Boys & Girls Clubs in Indian Country

Tel: 1-866-NA CLUBS (or 301-261-6925)  
Email: info@naclubs.org  
Website: www.naclubs.org

The Boys & Girls Clubs in Indian Country's mission is to inspire and enable all young people, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible, and caring citizens.

## IWASIL Boys & Girls Club Seattle, WA

Ryan Wilson, Executive Director  
2524 16th Avenue South  
Seattle, WA 98144  
Tel: 206-325-3942  
Email: rwilson@positiveplace.org

The IWASIL Boys & Girls Club's mission is to inspire and enable all young people, especially those from disadvantaged circumstances to realize their full potential as productive, responsible, and caring citizens.

## National Congress of American Indians Youth Commission

Jenifer Rackliff  
1301 Connecticut Avenue, Suite 200  
Washington, DC 20036  
Tel: 202-466-7767  
Fax: 202-466-7797  
Email: ncai@ncai.org  
Website: www.ncai.org

## National Council of Urban Indian Health

Geoffrey Roth, Executive Director  
501 Capitol Court, Suite 100  
Washington, DC 20002  
Tel: 202-544-0344  
Fax: 202-544-9394  
Email: NCUIHNews@ncuih.org  
Website: www.NCUIH.org

The mission of NCUIH is to support and develop quality accessible healthcare programs for all American Indian and Alaska Natives living in urban communities through advocacy, training, education, and leadership development

## National Indian Education Association

Lillian Sparks, Executive Director  
110 Maryland Avenue, N.E., Suite 104  
Washington, D.C. 20002  
Tel: 202-544-7290  
Fax: 202-544-7293  
Email: niea@niea.org

The Mission of the National Indian Education Association is to support traditional Native cultures and values, to enable Native learners to become contributing members of their communities, to promote Native control of educational institutions, and to improve educational opportunities and resources for American Indians, Alaska Natives, and Native Hawaiians throughout the United States.

## PARTNER ORGANIZATIONS CONT.

### National Native American Families Together (NNAFT)

Contact Person: Prairie Flower Reuben  
121 Sweet Ave. Ste. 123  
Moscow, Idaho 83843  
Tel: 208-892-8270  
Fax: 208-892-8260  
Toll Free: 877-205-7501  
Email: [naft@moscow.com](mailto:naft@moscow.com)  
Website: [www.nativefamilynetwork.com](http://www.nativefamilynetwork.com)

NNAFT is an outreach project to increase partnerships between Native American families with a child with a disability and the professionals serving their children. The NNAFT Parent Center provides information and assistance to families who have children with special needs.

### Native Youth Magazine

Mary Kim Titla, CEO  
PO Box 7501  
Chandler, AZ 85246  
Tel: 602-339-2641  
Email: [mtitla@hotmail.com](mailto:mtitla@hotmail.com)  
Website: [www.nativeyouthmagazine.com](http://www.nativeyouthmagazine.com)

Native Youth Magazine is an on-line magazine targeted at youth and highlights tribal community events in Indian Country, from sports to cultural activities, art, and education.

### Nez Perce Tribe Students for Success Program

Joyce McFarland, Director  
PO Box 365  
Lapwai, ID 83540  
Tel: 208-843-7303  
Fax: 208-843-7387  
Email: [joycem@nezperce.org](mailto:joycem@nezperce.org)

The Students for Success Program works to foster personal resiliency and capability for young people to succeed in education, career, community service, and wellness. They promote healthy childhood development and preventing alcohol, tobacco, and other drugs use, violence, and HIV/AIDS.

### Running Strong for American Indian Youth

Lauren Haas Finkelstein, Executive Director  
2550 Huntington Avenue, Suite 200  
Alexandria, VA 22303-9881  
Tel: 703-317-9881  
Fax: 703-317-9690  
Email: [info@indianyouth.org](mailto:info@indianyouth.org)  
Website: [www.indianyouth.org](http://www.indianyouth.org)

The Running Strong for American Indian Youth's mission is to help American Indian people meet their immediate survival needs – food, water and shelter – while implementing and supporting programs designed to create opportunities for self-sufficiency and self-esteem, particularly for tribal youth.

### Southern California Indian Center, Inc.

Paula Starr, Executive Director  
10175 Slater Avenue, Suite 150  
Fountain Valley, CA 92708  
Tel: 714-962-6673  
Fax: 714-962-6343  
Email: [pstarr@indiancenter.org](mailto:pstarr@indiancenter.org)  
Website: [www.indiancenter.org](http://www.indiancenter.org)

Southern California Indian Center, Inc. (SCIC) goals are to promote social and economic self-sufficiency for American Indian, Native Alaskan, and Native Hawaiian people.

### United National Indian Tribal Youth (UNITY)

J.R. Cook, Executive Director  
PO Box 800  
Oklahoma City, OK 73101  
Tel: 405-236-2800  
Fax: 405-971-1071  
Email: [mekko@unityinc.org](mailto:mekko@unityinc.org)  
Website: [www.unityinc.org](http://www.unityinc.org)

UNITY's mission is to foster the spiritual, mental, physical, and social development of Native youth and to help build a strong, unified, and self-reliant Native America through involving its youth.