

# Adults Working with Native Youth Healthy Relationships & Sexuality

*“Celebrating 20 years of Wellness and Healing in Native Country”*



Training provided by the Native Wellness Institute  
[www.NativeWellness.com](http://www.NativeWellness.com)

*The Native Wellness Institute exists to promote the well-being of  
Native people through programs and trainings that embrace  
the teachings and traditions of our ancestors.*



## 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 a Healthy Relationship

### **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.

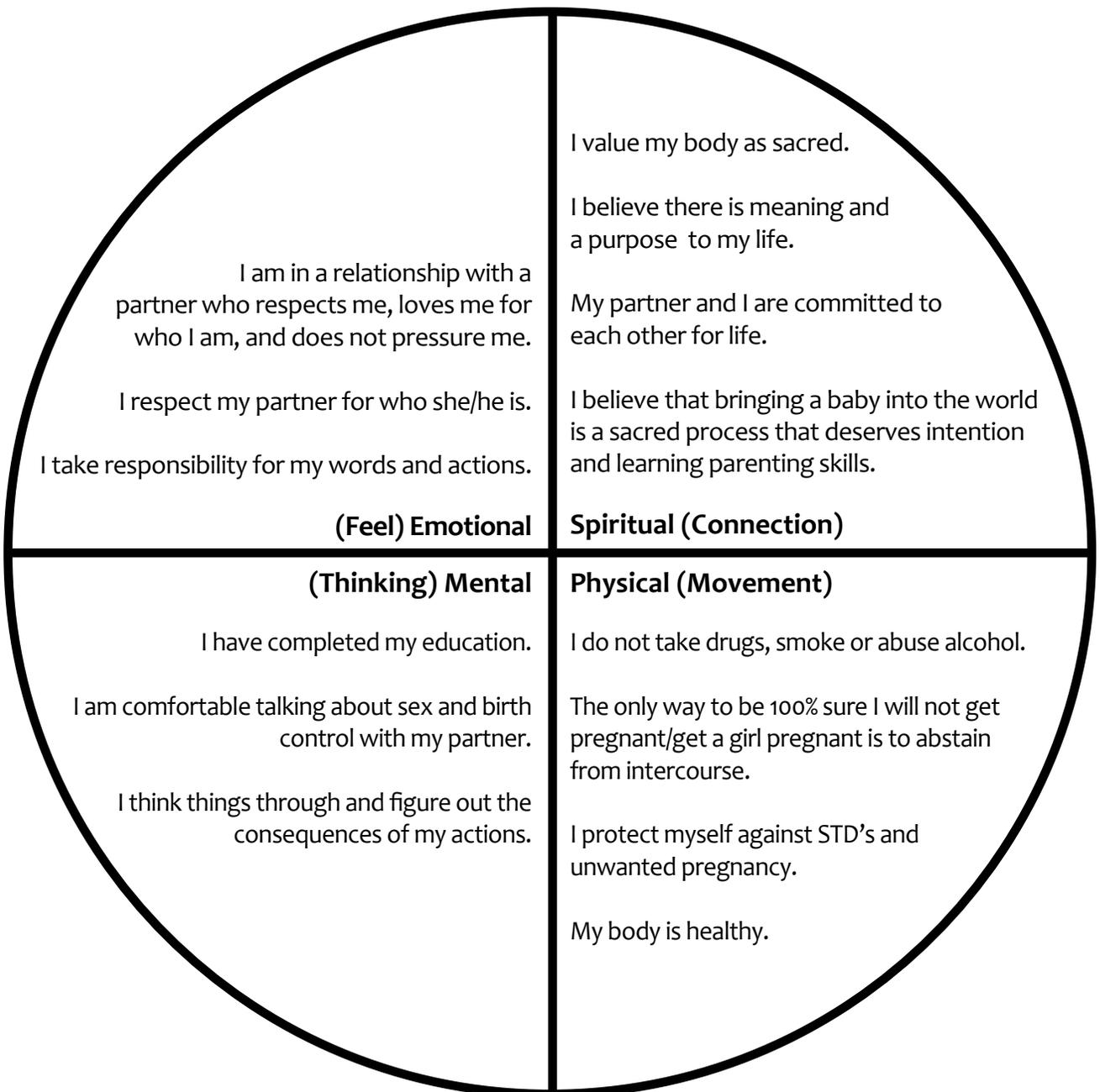
### **SIGNS OF AN UNHEALTHY RELATIONSHIP**

- ◆ 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.



# Am I Ready For a Sexual Relationship?

## Measure Your Maturity Level Using the Circle of Life





# Sex Anatomy Instructors 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
- ◆ **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 know 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.



## Condom Steps

**Check expiration date on condom**

**Have erection**

**Take condom from wrapper**

**Put condom right side up on head of penis**

**Pinch the tip**

**Roll condom down penis**

**Begin intercourse**

**Ejaculation**

**Withdraw penis from partner, holding condom on at the base**

**Remove condom from penis**

**Throw condom away in trash**



## Media Hunt: Did They Use Condoms?

**Instructions:** Over the next week when you are watching tv shows, videos or movies, please keep this sheet with you. Please share three examples of couples that are either in a sexual relationship or talking about being in that relationship. Describe whether and how they talk about or actually use condoms. In each case, answer the questions that follow.

### Example One:

Name of Show/Video: \_\_\_\_\_

Characters in a relationship: \_\_\_\_\_

Did they talk about using condoms?  YES  NO

Did they actually use them?  YES  NO

Describe the scene(s): \_\_\_\_\_

\_\_\_\_\_

Do you think they did a good job? Why or why not? \_\_\_\_\_

\_\_\_\_\_

### Example Two:

Name of Show/Video: \_\_\_\_\_

Characters in a relationship: \_\_\_\_\_

Did they talk about using condoms?  YES  NO

Did they actually use them?  YES  NO

Describe the scene(s): \_\_\_\_\_

\_\_\_\_\_

Do you think they did a good job? Why or why not? \_\_\_\_\_

\_\_\_\_\_

### Example Three:

Name of Show/Video: \_\_\_\_\_

Characters in a relationship: \_\_\_\_\_

Did they talk about using condoms?  YES  NO

Did they actually use them?  YES  NO

Describe the scene(s): \_\_\_\_\_

\_\_\_\_\_

Do you think they did a good job? Why or why not? \_\_\_\_\_

\_\_\_\_\_



# Sexual Reproduction

## HOMEWORK

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Directions: With a parent/caregiver, talk through the following four statements. Together decide whether you believe the statement is a myth or fact and circle that answer. Then, watch the three minute video Sex Myths to check your answers.

Sex Myths Video – <http://pub.etr.org/sexmyths.html>

<b>M Y T H</b>	<b>F A C T</b>	If two people have vaginal sex standing up, then pregnancy is not possible because the sperm will just fall out
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<b>M Y T H</b>	<b>F A C T</b>	If two people have sex in certain positions, then pregnancy is not possible because of gravity.
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<b>M Y T H</b>	<b>F A C T</b>	If two people have vaginal sex in a Swimming Pool, pregnancy is not possible.
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<b>M Y T H</b>	<b>F A C T</b>	If someone jumps up and down after unprotected vaginal sex, the sperm inside will get confused and be unable to reach an egg.
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# Sexual Reproduction Definitions

## **For Instructor's Only**

The following are key terms for the explanation of human reproduction and a sample definition appropriate for use with seventh graders. It is important to review these definitions prior to teaching the lesson and with your supervisor to make sure they align with your school district and/or state policy governing instruction.

### **Vaginal Sex** (sometimes called sexual intercourse)

Vaginal sex, sometimes called sexual intercourse, is when an erect penis is inserted into a vagina. If this results in ejaculation, semen is released from the penis. Semen contains hundreds of millions of sperm, one of which is needed to cause a pregnancy. If the couple is not using a contraceptive method, like condoms or the pill, the sperm in the semen can join with an egg, if one is present. If it implants in a uterus, it creates a pregnancy. Anal and oral sex are also forms of sexual intercourse. Vaginal intercourse can only result in a pregnancy, oral/anal and vaginal sex can all transmit STI/STD/HIV

### **Conception**

The beginning of a pregnancy. A sperm and egg must first join and implant into the lining of the uterus to result in a pregnancy. A fertilized egg cannot survive without implantation.

### **Human Reproduction**

Human reproduction is a cycle in which a sperm and egg join and then implant into the lining of the uterus. After approximately nine months of growth, a baby is born.

### **Implantation**

The process by which a fertilized egg attaches itself to the lining of the uterus. Once an egg is fertilized it doesn't always implant, but may leave the body with menstrual blood and tissue.

### **Fetus**

The medically accurate name for the developing pregnancy prior to birth.

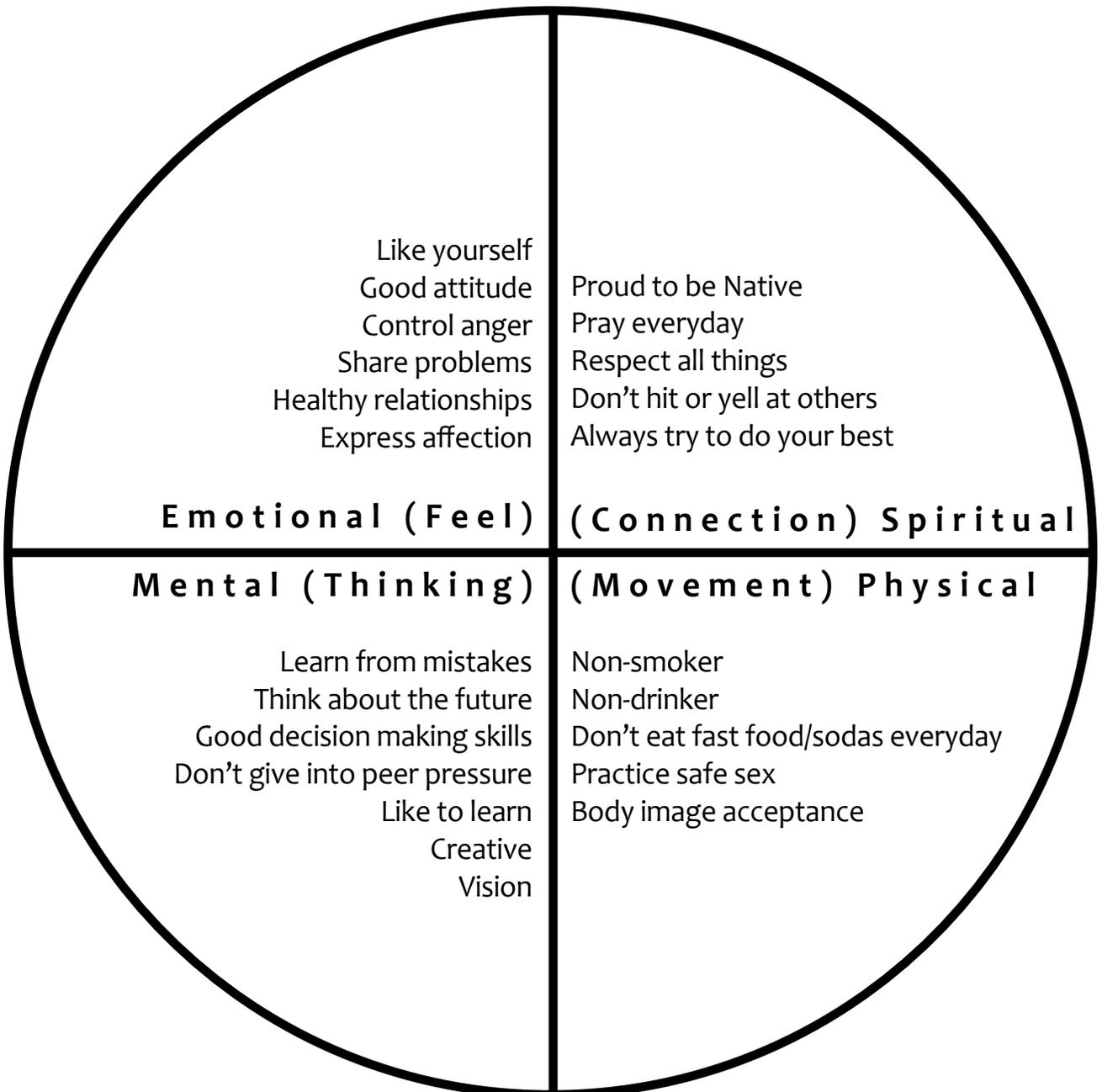
### **Pregnancy**

Once a fertilized egg successfully implants in the lining of the uterus, a pregnancy has begun. Typically, a pregnancy lasts for 40 weeks but can terminate for many reasons including spontaneously (called a miscarriage) or by choice or medical necessity (called an abortion).



# 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.





# 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

## 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



# 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!**



## Being Trauma and Healing Informed

Over the last several years there has been increased attention to the impacts of trauma on behavior. The term “trauma-informed” was coined as a way to help service providers (education, social services, health and medical, law enforcement, etc) and their agencies or departments better serve the people by better understanding their behavior.

To be trauma-informed, you really are being “healing informed.” Being trauma and healing informed, in the big picture, means:

1. You have a profound understanding of trauma on behavior;
2. You have a profound understanding of trauma on behavior and you seek not to re-traumatize people;
3. You have a profound understanding of trauma on behavior and seek to understand the difference between “what’s wrong with you” vs. “what happened to you;”
4. You understand neuro-trauma (like FASD) and learn about trauma on the brain;
5. You understand that healing is the answer to trauma and you have done your own healing work or at least started your healing journey;
6. You integrate healing opportunities into your home, community and work life (because often, if we’re not healing, we’re hurting);
7. You continue to learn more about trauma and healing.

Having a “profound understanding” means that you have studied historical and intergenerational trauma (read books, attended training, been mentored by experts), you have experience working with people and communities impacted by trauma, you have an understanding of the brain and how it responds to trauma and you have done your own healing work in response to your trauma.

“Where there has been trauma, healing is the answer.”