

A photograph of a person with dark hair in a braid, wearing a dark green long-sleeved shirt, walking away from the camera on a paved path through a forest. The sun is low in the trees, creating a warm, golden glow and long shadows. The path is flanked by dense foliage and tall trees.

YOUTH EMPOWERMENT & ENGAGEMENT

Working With Youth

Tribal Youth Resource Center
Jeri Brunoe Training & Consulting



TRIBAL YOUTH RESOURCE CENTER



Indigenizing Programs for Tribal Youth

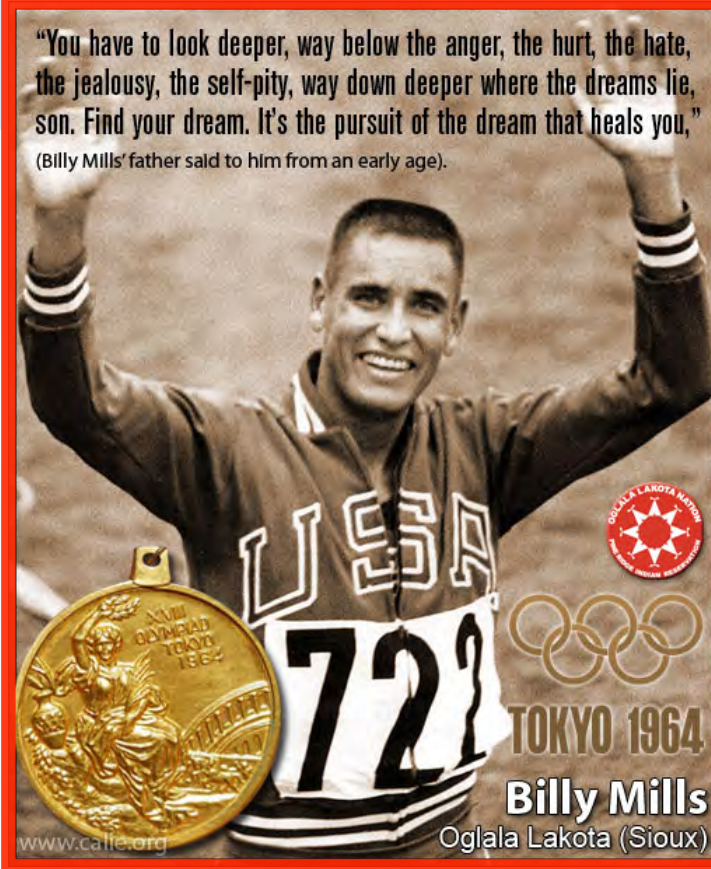
www.TribalYouth.org

Free Training and Technical Assistance for all OJJDP funded grantees and Federally recognized Tribes. Supports Ojjdp Tribal Youth Progrmas and Juvenile Healing to Wellness Courts (CTAS purpose Area 8 and Purpose Area 9)

Funded by the office of Juvenile Justice and Delinquency Prevention

<https://www.OJJDP.gov>

"You have to look deeper, way below the anger, the hurt, the hate, the jealousy, the self-pity, way down deeper where the dreams lie, son. Find your dream. It's the pursuit of the dream that heals you,"
(Billy Mills' father said to him from an early age).



SELF ESTEEM, IS A PRIMARY FACTOR TO A HEALTHY LIFE!

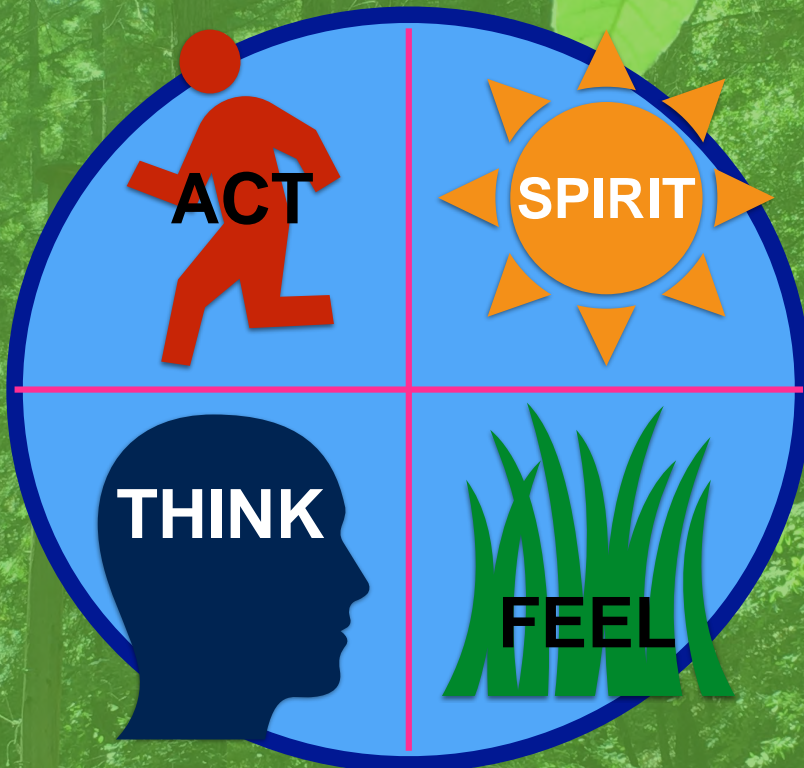
The background of the slide is a photograph of a dense forest with tall trees and sunlight filtering through the leaves. A semi-transparent green rectangle is overlaid on the image, and within it, a solid red circle is positioned on the right side. The main title is in the top left, and three questions are listed inside the red circle.

WHAT YOUTH ARE FEELING & THINKING...

Is how they live
their life

Is how they treat
themselves & others

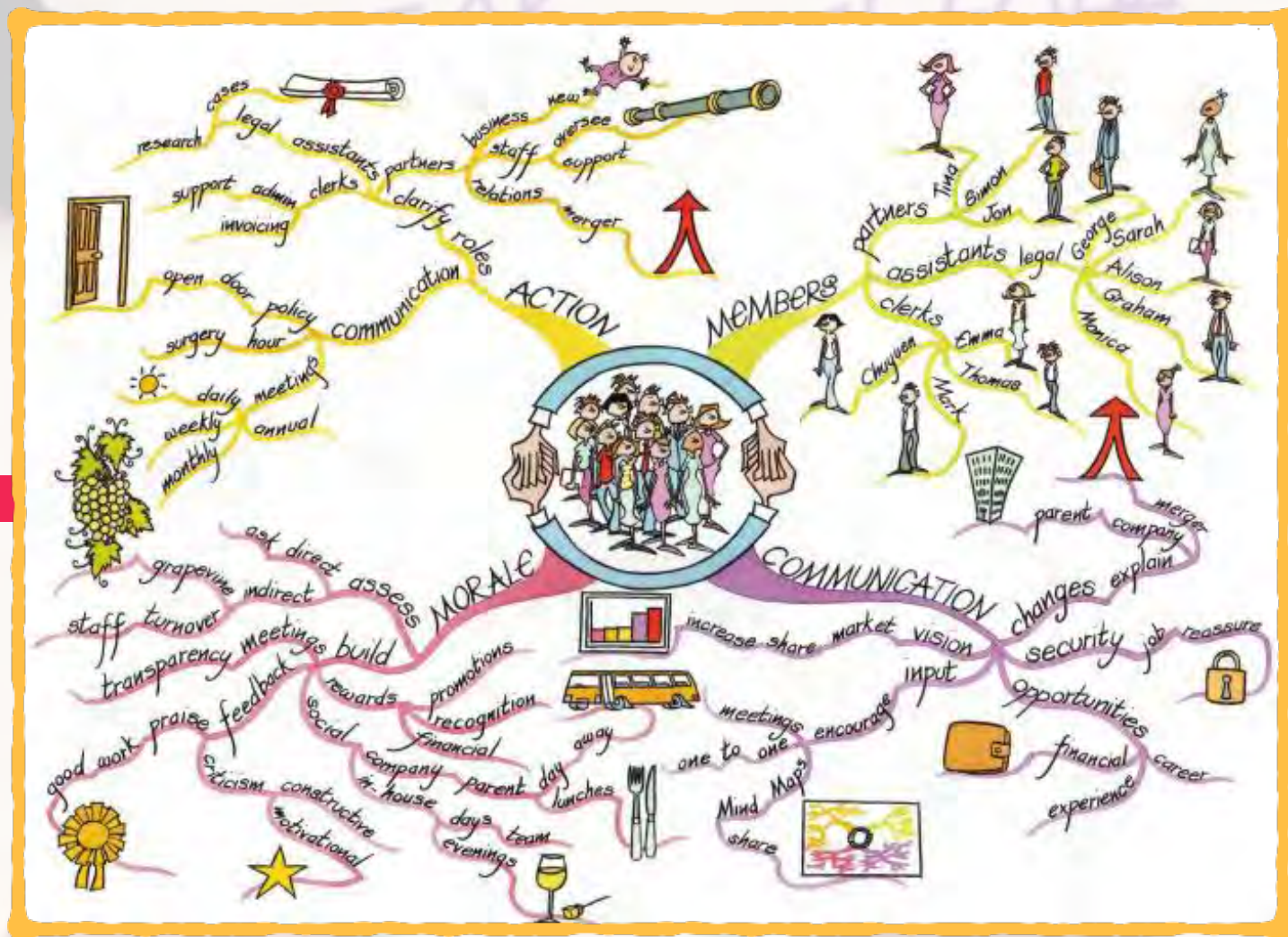
Is how they see the
world







MY VISION OF HEALTHY LOOKS LIKE...





YOU BRING



IDENTIFY



STRENGTHS



**YOUTH
BRING**



CONFLICT CAN BE GOOD

Stepping back and thinking

Understanding your goals for the conversation

Listening to understand

Communicating your feelings without placing blame

Being aware of your own defensiveness

Acknowledging your assumptions

Seeking common ground

Understanding the other's point of view by asking clarifying questions

Knowing that conflict can be healthy

Separating people from situation

8 FEELINGS & THOUGHT PROCESS

Age	Healthy Development	Unhealthy Development
1 st yr	<p>"Trust"</p> <p>Need TLC and body contact</p> <p>People are good and trustworthy The world is a good place</p>	<p>"Mistrust"</p> <p>Family breakup or parental rejection</p> <p>The world in which I live is not safe</p> <p>Withdrawal in later life</p> <p>Unable to develop close relationships</p>
1-2 yrs	<p>"Autonomy"</p> <p>I love this world and want all it offers</p> <p>Exploration/independence</p> <p>Become own being /learning to make healthy choices and decisions</p>	<p>"Shame/Doubt"</p> <p>Over-controlled by parents</p> <p>"Shame on you!" or "Bad boy/girl!"</p> <p>Fearful or ashamed of self in later life</p>
3-7 yrs	<p>"Initiative"</p> <p>Active Imagination</p> <p>Role playing pretend</p> <p>Test boundaries between imagination and reality</p> <p>Learning to solve and resolve problems</p>	<p>"Guilt"</p> <p>Told..."Don't be silly!" and "Grow up"</p> <p>Made to feel foolish for using imagination</p> <p>Develop unreasonable fears and guilt in later life May live in fantasy and daydreams in later life</p>
8-11 yrs	<p>"Accomplishment"</p> <p>Feel good for something and good at something Need to receive praise and recognition for accomplishments</p>	<p>"Low Self-esteem"</p> <p>Overly critical parent</p> <p>Feeling of not being good enough and lack self-confidence</p> <p>Feelings of unworthiness</p>

Age	Healthy Development	Unhealthy Development
12-18 yrs	<p>"Identity"</p> <p>Need to belong, to be somebody</p> <p>Need to be recognized as your own person</p> <p>Develop answers to: Who am I? Why am I? Where am I going?</p> <p>Relating to parents</p>	<p>"Inferiority"</p> <p>Lack of self-worth</p> <p>Low self-esteem</p> <p>Attract attention inappropriately</p> <p>Late life problems may be depression, suicide, addictions</p>
19-30 yrs	<p>"Intimacy"</p> <p>Needed for developing healthy relationships</p> <p>Share ideas with friends</p> <p>Openly share thoughts and feelings/confident</p>	<p>"Isolation"</p> <p>Coldness, inability to share thoughts and feelings</p> <p>Unable to form and maintain close relationships</p> <p>Fear: openness and disclosure, vulnerable, guard up</p>
30-50 yrs	<p>"Generativity"</p> <p>Unselfish giving/sharing</p> <p>Give to and guide others</p> <p>Not looking for what's in it for me</p> <p>Service to others</p>	<p>"Stagnation"</p> <p>Self-centered/seeking</p> <p>Take from others</p> <p>What's in it for me</p> <p>Overly materialistic</p>
50+ yrs	<p>"Integrity"</p> <p>Mentally healthy adult</p> <p>See order and worthwhile ness in the world</p> <p>Have sense of own values, rules and code of life</p>	<p>"Despair"</p> <p>Fear and hopelessness, may lack values</p> <p>Judgmental, prejudiced</p> <p>Unable to trust</p>

YOUTH PROCESS/DIRECTION

1 IDENTIFY SITUATION

2 OVERALL VISION

3 VALUES

4 PURPOSE

5 STRATEGIES

6 TASKS



EFFECTIVE COOPERATION

COOPERATION

LISTENING

RESOLVE

TIME
MANAGEMENT

POSITIVE
ATTITUDE

DISCUSSION

COMMUNICATION

TRUST

IDENTITY

WILLING

LISTENING

IDENTITY

GRATITUDE

CREATIVE

BUILD

RELATIONSHIP

UNDERSTANDING

COURAGE

COMMITMENT

CREATIVE THINKING

SPIRITUALITY

**POSITIVE THINKING
THINKING**

CONSTRUCTIVE

EXPECTING SUCCESS BONDING OPTIMISM

SELF-DETERMINATION LOOKING FOR SOLUTION

MOTIVATION TO ACCOMPLISH GOALS

BEING INSPIRED RESILIENCE CHOOSING A BETTER FEELING

NOT GIVING UP

CHALLENGES ARE OPPORTUNITIES SELF EFFICACY

SELF-ESTEEM & CONFIDENCE

HEALTHIER FOOD CLEAR POSITIVE IDENTITY RECOGNITION

SOCIAL INVOLVEMENT PROSOCIAL NORMS

GIVE YOUTH AN EXPERIENCE

- 1. National Indian Youth Leadership Project**
- 2. Son's of Tradition & Daughters of Tradition**
- 3. We Are Living Arts**
- 4. Film Projects**
- 5. Ropes Courses**
- 6. Story Telling & Digital Story Telling**
- 7. Community Learning Service Projects**
- 8. Sports**
- 9. Out Door Activities**



EXPERIENTIAL ACTIVITIES

To Build Trust

A Sense of Belonging

To Feel Safe

Assist in Better Feeling Emotions


Give Them Choices


Listen, Listen, Listen

Be Present



IDENTIFY: PROTECTIVE & NON-PROTECTIVE FACTORS

 A person (or group) and environment or personal experience that make it more likely (risk factors) or less likely (protective factors) that people will experience a given problem or achieve a desired outcome.

 For example: A youth with alcoholic parents (risk factor) increases the factors to use alcohol. Where a youth with healthy parents (protective factor) will learn healthier behavior.

Community Tool Box www.ctb.ku.edu/en/tablecontents/sub_section_main_1156.aspx
National Indian Child Welfare Act www.nicwa.org

CULTURE + LIFE SKILLS + YOUTH VOICE



Youth Development

Youth Engagement

**Defined strategies to structure your
program/process**

Mentorship



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EXPERIENTIAL ACTIVITIES

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Partner with Youth

How our Youth Learn

**Identify Protective &
Risk Factors**

**Engage Culture/
Traditions**

**Partner with Other
Organizations**

Mentorship

**Evaluate Effectiveness
of Program**

Research

**Train and Build Skills
(Youth and Staff)**

**Develop Goals and
Strategies with Youth**

**Develop Resource List
and Continue to Update/
Add to List**

**Develop Technical
Assistance to Provide
Better Service**

Scholarship opportunities

Internship opportunities

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EXPERIENTIAL ACTIVITIES

Partner with Youth
How our Youth Learn
Identify Protective & Risk Factors
Engage Culture/Traditions
Partner with Other Organizations
Mentorship
Evaluate Effectiveness of Program
Research

Youth Advocacy
Gender Equality
LGBTQ inclusion
Peer Youth Mentor
Healthy Relationship
Culturally Relevant
Peace Building Skills

**A
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Thank you!

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