



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



Free Services

Ask a Question and receive a medically accurate response by visiting www.iknowmine.org. All questions are confidential and will be responded by Email or a secure system through iknowmine.org. To ask a question scroll over any of the health topics and click “Ask a Question,” or hover over “Ask Nurse Lisa” on the right side of the page and enter your question.

Text SexEdAK to 97779, a 12 week sex education text program consisting of sexual health education text messages. The messages are pre-programmed and sent once a week.

I Want the Kit (IWTK) is an at-home testing service that offers free chlamydia and gonorrhea testing to Alaskans 14 years old and older. For information about IWTK and other sexually transmitted infection (STI) testing services visit: www.iknowmine.org/testing.

Free condoms are available to order at www.iknowmine.org/condoms.

Free curricula

Safe in the Village (SITV) was designed to start conversations about healthy relationships and safe behaviors. The short film (30 min.) is about three friends in rural Alaska navigating life issues like sex, alcohol, and bullying while thinking of their futures. It also demonstrates the importance of having trusted adults and goals in life. Order a DVD and discussion guide at www.iknowmine.org/sitv.

Native It’s Your Game (Native IYG) is a web-based healthy relationships, sexual health and teen pregnancy prevention curriculum for youth ages 12-14. Native IYG is comprised of thirteen 30-50 minute interactive lessons and teaches about healthy friendships, life skills, communication, and refusal skills using interactive activities, videos, games, and more. The program is available for free at www.HealthyNativeYouth.org. You can enroll as a facilitator and create an online classroom.

There’s No Place Like Home...for Sex Education is a healthy sexuality resource book for parents with detailed information by age and grade. Printed booklets are available by contacting us at info@iknowmine.org. The full version and individual chapters are available to print or download at www.iknowmine.org/healthresources. The curricula was originally produced by Planned Parenthood (Mary Gossart, 2003) and has been adapted for Native American communities (adaptation by Jacqueline Sequoia, MPH, Cherokee/Creek/Oconee).