

**Project Wangkuta:
the iKnowMine Youth Advisory Board**

Overview:

This document contains information and an application for the 2023-2024 iKnowMine Youth Advisory Board.

The Alaska Native Tribal Health Consortium is recruiting youth and young adult participants (ages 12-17 years old) to advise ANTHC on issues related to holistic health.

For the 2023-2024 project year, youth members will review a healthy relationships and holistic health curricula and a media campaign to raise awareness on related topics. Compensation is available for youth time spent attending these meetings and completing the assigned activities.

Completed applications are accepted on a rolling basis, and may be submitted to the ANTHC HIV/STD Prevention Program. Applications may be accepted online or through in-person delivery, mail, or email. They can be delivered to:

Alaska Native Tribal Health Consortium (ANTHC)
ATTN: Millie Voight
4115 Ambassador Drive, STE 201
Anchorage, AK 99508
Email: iknowmine@anthc.org // Phone: 907-729-3790

Land Acknowledgement:

The iKnowMine Team is based out of the HIV/STD Prevention Program at the Alaska Native Tribal Health Consortium (ANTHC). Base operations of ANTHC are located in Anchorage, AK on the traditional lands of the Dena'ina people. Thank you for your past and present stewardship of the waters, plants, lands, animals, and the spiritual practices of this place.

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Purpose

The purpose of the iKnowMine Youth Advisory Board (YAB) is for the Alaska Native Tribal Health Consortium (ANTHC) HIV/STD Prevention Program to provide a safe space for youth to be able to confidently offer their perspectives on public health programs that are designed to promote health and wellness in the lives of Native youth and young adults across Alaska. Through the YAB, the ANTHC HIV/STD Prevention Program hopes to gain youth perspectives on how to best address holistic health-related programming needs, challenges and opportunities.

Mission

The Mission of the YAB is to advise the ANTHC HIV/STD Prevention Program by offering their perspectives on interventions and programs, designed to promote health and wellness in the lives of Native youth and young adults across Alaska.

Goals

Through the YAB, we hope to increase awareness of the holistic health issues and programs designed to address them among the Native youth and young adult population in Alaska.

The goals of the YAB are to complete the following by the end of the service year:

1. Review and provide feedback of the Native It's Your Game (NIYG) curriculum
2. Review and provide feedback on a media campaign that works towards the prevention of early childbearing in Alaska.

Participation Overview

The Members of the YAB will participate in all teleconference (Zoom) discussions and engage as a team in order to achieve the goals of the program. All YAB sessions, will include: a review of the assigned curriculum, a discussion around gathering feedback from the lessons assigned prior, and gathering feedback for the media campaign.

- Seats: 6
- Term: Every month from October 2023 - May 2024
- Platform: Virtual (Zoom)
- Required Activities:
 - Attend & engage in all sessions, unless otherwise excused
 - Complete all thirteen lessons of the NIYG curriculum
 - Complete the three independent activities (IA) from the NIYG curriculum
 - Present one time on the challenges, lessons learned, and experience gained through the YAB at a conference or other meeting, scheduled for the end of the service year

Optional activities include:

- Monthly 'Tea Time' Chats: Ask YAB staff questions & get support with lessons or independent activities. Bring your favorite snack and drink for this virtual get together!
- Other opportunities will be announced by YAB staff as they come up, and may include activities like interviewing new applicants or presenting at other conferences.

Expected Outcomes for Members

Members who are highly engaged will:

- Develop leadership skills and work experience
- Increase self-esteem and confidence related to voicing needs when working with others
 - Develop problem-solving skills
 - Learn how to work as part of a team in a diverse workgroup
 - Connect with other youth in a safe space
- Learn about what public health is, in addition to the different programs, resources and services related to youth health
- Gain confidence in expressing youth needs and expectations for the organization and program

Eligibility Overview

All Members are required to submit a complete YAB Application. All participants must have parent permission & acknowledgement on all application documents to participate.

For consideration to the YAB, Members are required to:

- Be aged between 12-17 years old
- Have Zoom teleconference capabilities. This includes having reliable and regular access to the internet, a computer and/or tablet with camera & microphone access
- Be able to attend most of the sessions and complete all required activities

The following experiences are preferred, but not required:

- Self-identification as Alaska Native and/or American Indian
- Experience living in rural Alaska
- 2SLGBTQ+ self-identification

Schedule

Dates, times, topics are subject to change; All independent activities and assigned make-up group work are due prior to the start of the next session. "*" indicates required attendance dates.

Date and Time	Session and Activities Schedule Review
Scheduled between YAB member and YAB staff	Topic: Eligibility Screening and Orientation Group Activity: Review Application to ensure eligibility, Introduction to YAB, iKnowMine, and NIYG Assigned: Practice with program, complete NIYG lessons 1 and 2 prior to the next meeting
Thursday, October 12th 3-4 PM	Group Activity: NIYG lesson 1 and 2 discussion Assigned: Complete lessons 3 and 4 prior to next meeting, complete Independent Activity for lesson 3
Optional: Thursday, October 26 th 3-4 PM	Tea Time: Ask YAB staff questions & get support with lessons or independent activities. Note: Session will close if there is no attendance after 15 minutes
Thursday, November 9th 3-4 PM	Group Activity: NIYG lesson 3 and 4 discussion Assigned: Complete NIYG lessons 5 and 6 prior to next meeting, complete Independent Activity for lesson 6
Optional: Thursday, November 23 rd 3-4 PM	Tea Time: Ask YAB staff questions & get support with lessons or independent activities. Note: Session will close if there is no attendance after 15 minutes
Thursday, January 11th 3-4 PM	Group Activity: NIYG lesson 5 and 6 discussion, media campaign feedback Assigned: Complete NIYG lessons 7 and 8 prior to next meeting,
Optional: Thursday, January 25 th 3-4 PM	Tea Time: Ask YAB staff questions & get support with lessons or independent activities. Note: Session will close if there is no attendance after 15 minutes
Thursday, February 8th 3-4 PM	Group Activity: NIYG lesson 7 and 8 discussions, media campaign feedback Assigned: Complete NIYG lessons 9 and 10 prior to next meeting, complete lesson 9 Independent Activity
Optional: Thursday, February 22 nd 3-4 PM	Tea Time: Ask YAB staff questions & get support with lessons or independent activities. Note: Session will close if there is no attendance after 15 minutes
Thursday, March 14th 3-4 PM	Group Activity: NIYG lesson 9 and 10 discussion, media campaign feedback Assigned: Complete lessons 11 and 12 prior to next meeting
Optional: Thursday, March 28 th 3-4 PM	Tea Time: Ask YAB staff questions & get support with lessons or independent activities. Note: Session will close if there is no attendance after 15 minutes
Thursday, April 11th 3-4 PM	Group Activity: NIYG lesson 11 and 12 discussion, media campaign feedback Assigned: Complete NIYG lesson 13, Final Presentation
Optional: Thursday, April 25 th 3-4 PM	Tea Time: Ask YAB staff questions & get support with lessons, independent activities, or final presentation. Note: Session will close if there is no attendance after 15 minutes
Thursday, May 9th 3-4 PM	Group Activity: End-of-Year Celebration and Final Presentation! Assigned: Complete feedback form on YAB experience

Activities Overview

Required activities	Measure of successfully completing activities	Number of opportunities	Time expectation	Total
Eligibility Overview/Orientation	Attendance at beginning and end, introduction	1	1 hour	1 hour
Monthly Sessions	Attendance at beginning and end of sessions, active participation in teamwork activities	7	1 hour each	7 hours
Complete Individual Assignments	Completed assigned independent activities, completed presentation section	13	~30 minutes each	6.5 hours
Team Presentation	Attendance at beginning and end of presentation, completed presentation	1	1 hour total, present as a team	1 hour
Total Minimum Required Hours				15.5 hours

Additional opportunities for engagement include: monthly “Tea Time” gatherings, application reviews and interviews, and other volunteer opportunities that will be announced by YAB staff. Additional opportunities are not required.

Attendance Details

Each member is allowed up to two excused absences from YAB teleconference (Zoom) meetings. The following guidelines will apply to each member of the YAB:

- Members must email YAB staff in advance to inform us that you will be unable to attend.
- Members that are unable to attend a meeting will still be responsible for providing feedback and completing the lessons and independent activities assigned prior to the following meeting.

It is highly encouraged for members to attend the following “Tea Time” session after a missed meeting.

Absences may be requested via email to YAB staff. Excused absences will be approved on a case-by-case basis by YAB staff. Confirmation will be sent via email to the member directly. Allowable absences may include, but is not limited to: family emergencies, personal physical and/or mental emergencies, participation in subsistence activities, conflicts with school-related activities, etc.

Activities Details

Members are expected to complete the following activities over the course of their YAB participation:

- Attend and engage in all sessions, unless otherwise excused
- Review all 13 lessons and accompanying independent activities of the NIYG curriculum. Lessons include:
 - Lesson 1: Pre-Game Show
 - Lesson 2: Keeping it Real... Among Friends
 - Lesson 3: Playing by Your Rules... SELECT DETECT PROTECT*
 - Lesson 4: Protecting Your Rules
 - Lesson 5: Know Your Body
 - Lesson 6: Keeping it Real... Healthy Dating Relationships
 - Lesson 7: Protecting Your Rules... Regarding Sex
 - Lesson 8: Negotiating to Protect
 - Lesson 9: Keeping it Real... Consequences of Pregnancy
 - Lesson 10: Keeping it Real... Consequences of HIV & STDs
 - Lesson 11: Keeping it Real... Risk Reduction Strategies
 - Lesson 12: Playing by Your Rules... A Review
 - Lesson 13: Post-Game Show
 - Lesson 14: Native IYG Program Feedback Survey (optional)
- Independent Activities:
 - Lesson 3: Playing by Your Rules... SELECT DETECT PROTECT
 - Lesson 6: Keeping it Real... Healthy Dating Relationships
 - Lesson 9: Keeping it Real... Consequences of Pregnancy
- Independent Activity: Complete the design of a presentation slide for a topic that members learned about and what their experience was like as part of the YAB at the end of the cohort.

All assigned independent activities are due before the following meeting.

Compensation Details

Members will be compensated for their time with \$50 gift cards. The compensation will be issued directly by YAB staff to the member on a monthly basis, provided that the member is eligible to claim compensation. To be eligible, members must successfully:

- Attend the monthly meetings with active participation in the group discussion, or have an excused absence AND
- Complete all independent activities or lessons assigned prior to the next meeting.

Members receiving compensation may not use the gift cards to redeem for cash, purchase tobacco, alcohol or firearms, or be transferred to other parties. Members in violation of these guidelines may forfeit their eligibility to receive said compensation and/or involvement of the YAB, as determined by YAB staff.

iKnowMine Youth Advisory Board Application

Name: _____ Date of Birth: _____

Tribal Affiliation: _____

Mailing Address (street or P.O. Box): _____

City: _____ State: _____ Zip Code: _____

Preferred phone number: _____

Email (linked to Zoom account): _____

Parent Name: _____

Parent Phone Number: _____

Parent Email: _____

I identify as Alaska Native and/or American Indian: __Y__N

I identify as part of the 2SLGBTQ+ Community: __Y__N __I don't know __no answer

I have lived in Rural AK before or I live in Rural AK now: __Y__N

I am able to attend all of the virtual meetings, including the orientation and monthly sessions as outlined in the schedule: __Y__N __Maybe with support __If we adjust the schedule

Please provide 1 or 2 sentences on why you are interested in participating in the iKnowMine Youth Advisory Board:

Youth Advisory Board Applicant: By signing below, I agree that I can fully participate in the Youth Advisory Board. I have read the application and understand the expectations for all Members of the Youth Advisory Board. I can access all necessary equipment in order to fully engage in the program.

Signature Printed Name Date

Parent/Guardian: By signing below, I am aware and supportive of my child's application to the iKnowMine.org Youth Advisory Board. I have read the application documents and understand the expectations and eligibility requirements of the program, and confirm that my child can access all necessary equipment in order to fully engage in the program.

Signature Printed Name Date

This application may also be completed online at: iknowmine.org/youth

Hard-copy applications may be submitted via email, mail or in-person to the below contact:

Alaska Native Tribal Health Consortium (ANTHC)

ATTN: Millie Voight

4115 Ambassador Drive, STE 201

Anchorage, AK 99508

Email: iknowmine@anthc.org // Phone: 907-729-3790