

Community Listening Sessions Summary of Findings

Indian Health Board of Minneapolis



COMMUNITY | TRADITION | WELLNESS
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Project Overview

The Indian Health Board (IHB) held two community listening sessions with the Twin Cities American Indian community members to better understand their sexual health care needs and circumstances.

The youth listening session questions assessed how and where youth would like to get sexual health information, what motivates them to get services, and what barriers and support affect access to services. We discussed what beliefs their family, community, and tribe have about sexual health and what they wished was shared with them. Lastly, we shared three public service announcements and asked them what they liked about the message and if it was believable and trustworthy.

The parent listening session questions were similar however they focused more on the sexual health of their children and what support they needed to ensure their children’s sexual health care needs are being met.

OBJECTIVES

1. Gather community input for the development of videos focused on sexual health for American Indians.
2. Identify gaps in sexual health care services Indian Health Board provides and what services can be implemented to ease access to sexual health care services, destigmatize sexual health, increase STD testing, and increase access to birth control.

DATES

- Youth session: October 15, 2019, 5–8pm
- Parent Session: October 24, 2019, 5–8pm

KNOWLEDGE HOLDERS

Session	Attendance	Female Identified	Male Identified
Pilot	7	4	3
Youth	14	11	3
Adult	13	12	1

Age	13	14	15	16	17	18	19
Pilot	1	1	2	0	1	1	1
Youth	4	5	3	2		1	

Meaning Making

IHB held meaning making sessions to process the information (data) we learned from the community knowledge holders (listening session participants) using a human-centered design approach. For each question, we individually captured what stood out during the activities and then grouped them together based on similarity. From the grouping, we developed themes and insight statements.

YOUTH SESSION

1. How would you like to get information about sexual health?
 - Health professionals (doctors & community health educators)
 - Older Friends
2. Who would you prefer to get your information about sexual health from?
 - Traditional stories
 - Community event
3. What beliefs do your family, community, and tribe have about sexual health?
 - Want their youth to be safe
 - Not enough communication and knowledge shared
 - Sex readiness
 - Some values based on fear
4. What do you wish your family, community, and tribe shared with you about sexual health?
 - LGBTQ+ topics
 - Traditional stories
 - Healthy relationships
 - Information/education on sexual health
 - Consent
5. What motivates you to get sexual health services?
 - To be safe
 - To be sexually healthy
 - To learn how to be sexually healthy and about sexual health
6. How do they think our community can prevent unplanned pregnancies and STD infections?
 - Birth control
 - Communication
 - Testing
 - Role models
7. What barriers or challenges do you or your friends/peers have in accessing sexual health care services?
 - Lack of knowledge
 - Fear of what people will think
 - Lack of transportation
 - Lack of time

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8. How could family/friends help you in accessing sexual health care services?

- Provide transportation
- Provide resource and information/education
- Provide support
- Advice
- Emotional support
- Getting the youth in the door

9. How could a clinic help you in accessing sexual health care services?

- Resource and information/education
- Access
- Transportation
- Insurance coverage
- STD testing
- Incentives

PARENT SESSION

1. How would you like to get information about how to support your youth's sexual health?

- Traditional stories
- Community events
- Clinic/Hospital

2. Where or who do you want your youth to get sexual health from?

- Parent/self
- Doctor
- Elders
- Health class

3. What beliefs does your family, community, and tribe have about sexual health?

- Lack of communication
- Lack of education about development
- Shame
- Limited traditional teachings
- Self-reliant

4. What do you wish your family, community, and tribe shared with you about sexual health?

- More traditional teachings
- More sexual health education
- What health relationships are
- Open and receptive to conversations
- Shared personal/family values

5. What barriers or challenges do you have when talking to your youth about sexual health?

- Fear
- Unaware of youth education level
- Youth disengaged from parents
- Influences (e.g. peers and social media)
- Parent own comfort level
- Lack of sexual health knowledge
- Safety
- Knowledge of self-love in relationship

6. What resources or information would be helpful when talking to your youth about sexual health?

- Parents need more sexual health education (e.g. materials)
- Youth support and education (e.g. mentors)
- Support systems and groups
- Traditional Native American teachings
- Increased parent involvement
- Conversation starter tips

7. Please describe the sexual health education you received.

- Received education from siblings, community programming, school, doctor, and parents
- Received education about pregnancy and STDs
- Received little education to not enough
- Sexual pleasure not discussed
- Taught themselves

8. Please describe the sexual health your children are receiving.

- Education from family, school, and community programming
- Some parent are unaware of the education youth are receiving
- Receiving education on sexually transmitted diseases, healthy relationships, and boundaries

9. How can we incorporate more cultural lesson/teaching into sexual health education?

- Removal of fear
- Increased knowledge of sexual health
- Reclaim traditional teachings
- More Community events
- Parent and youth groups (learning together)
- Traditional community support (e.g. Village of Aunties)
- Increased men involvement
- Set realistic expectations about youth sexual activity
- Removal of bias
- More sexual health educators/ professional

PUBLIC SERVICE ANNOUNCEMENTS RECOMMENDATIONS

- Educational (use Native American facts/statistics)
- Clear and direct message
- Positive message
- Removal of fear-based teachings
- The use of fun and playful infographics
- Visible Native American images, people, and voices
- Humorous

The Indian Health Board would like to acknowledge the following for their contribution to the listening sessions:

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