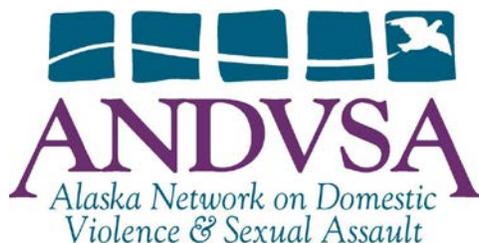


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July 9, 2016

## The Department of Health and Social Services Teen Pregnancy and Violence Prevention Grant Report

During State Fiscal Year 2015-2016, the Alaska Network on Domestic Violence & Sexual Assault (ANDVSA) funded ten youth-led projects in communities across the state through the Stand Up Speak up Alaska (SUSU) mini-grants. The Teen Pregnancy and Violence Prevention grant from the Department of Health and Social Services (DHSS) Section of Women's, Children's and Family Health enabled ANDVSA to provide funding for SUSU mini grant projects in Anchorage, Atmoutluak, Dillingham, Homer, Juneau, Ketchikan, Kiana, Kwethluk, Napaskiak and Sitka.

The SUSU Alaska projects were created and executed by youth with the support of partnering organizations. Each project incorporated two or more of the following *Six Steps for Healthy Relationships* identified in the SUSU Alaska campaign:

- Relationship Basics
- Building a Peer Culture
- Respecting Yourself
- Keep Respect Going
- Leading the Way
- Helping Each Other

The overarching result of the grant aims to improve the health status of Alaskans, by increasing protective factors and minimizing of risk factors for teen dating violence, teen pregnancy, and bullying. In addition, ANDVSA intends to increase in the organizational capacity of teen leadership support groups across Alaska as a sustainability measure.

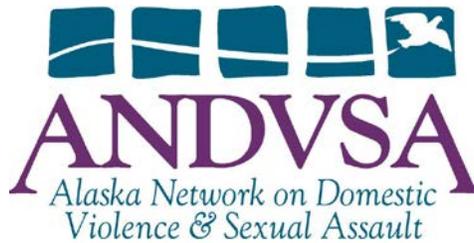
The projects were able to reach numerous youth and adults in Alaska. An estimated 86 people were directly impacted by the projects while significantly more were indirectly impacted by attending events, viewing projects, etc. Events where participation indicated high impact on participants (as measured by a survey) were included in the direct impact column. The following is an estimated number of people reached by community:

Community	Directly Impacted	Indirectly Impacted
Anchorage	10	43
Atmoutluak	10	39
Dillingham	6	480
Homer	11	79
Juneau	10	365

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Ketchikan	6	70
Kiana	9	62
Kwethluk	6	400
Napaskiak	8	90
Sitka	10	62
<b>TOTAL</b>	<b>86</b>	<b>1690</b>

The youth leaders also employed a variety of mediums in their projects—from videos and community cafes to leadership retreats—to promote respect, youth leadership and end violence in their communities. The following communities and organizations were provided SUSU Alaska mini-grants.

<b>Community</b>	<b>Grant Amount</b>
Anchorage	\$1000.0
Atmautluak	\$1000.0
Dillingham	\$2000.0
Homer	\$2000.0
Juneau	\$2000.0
Ketchikan	\$2000.0
Kiana	\$2000.0
Kwethluk	\$1880.0
Napaskiak	\$2000.0
Sitka	\$1000.0
<b>Total</b>	<b>\$16,880.0</b>

### Project Evaluation

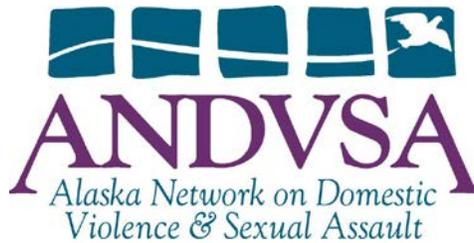
With technical assistance from ANDVSA all mini-grantees evaluated the impact of their programs. Six communities (Anchorage, Atmautluak, Dillingham, Kiana, Kwethluk and Napaskiak) were categorized as having lower capacity for project evaluation and worked with Claudia Plesa to use similar survey tools and questions to measure the impact of their program. The four remaining communities (Homer, Juneau, Ketchikan, Sitka) have higher capacities for evaluation and were able to create their own evaluation plans for the impact of their projects. Those results are in the Project Impact Overview section for each high-capacity community.

The evaluation primarily focused on 3 key areas; leadership, skills for prevention project planning and message sharing, and connection to peers and supportive adults. Additionally, we also tracked access to SUSU materials for mini-grant communities and other statewide partners.

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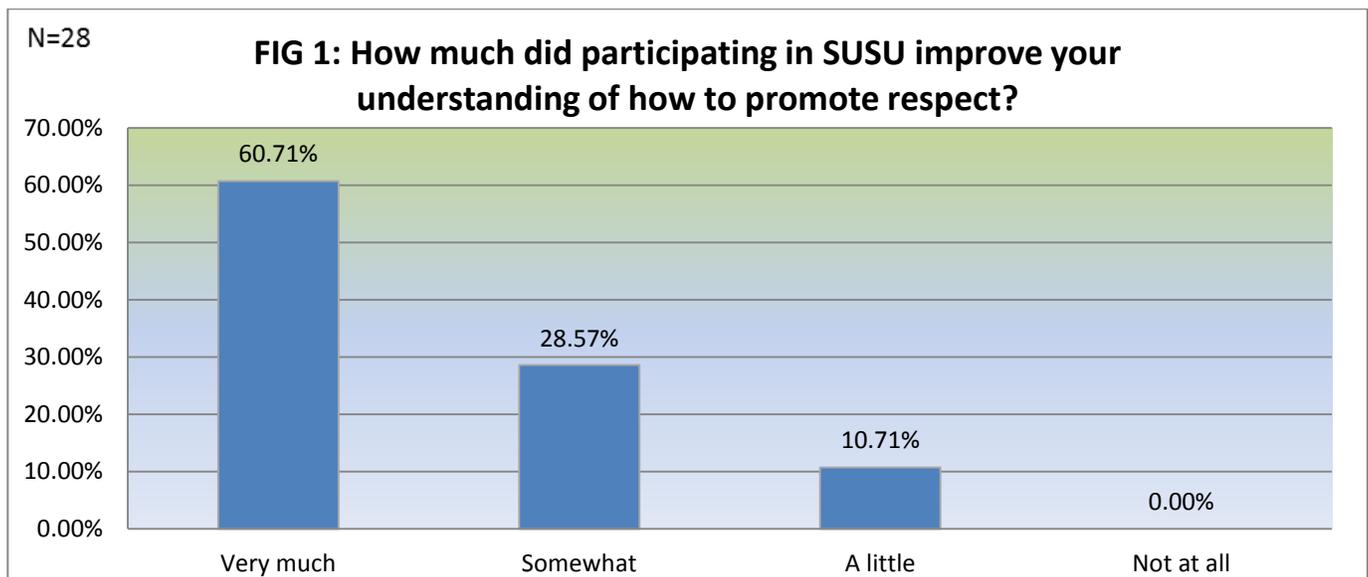


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The results from the survey show significant project impact on leadership, project planning and violence prevention skills for youth and connection to peers and supportive adults. Of the 10 communities that received funding, six communities and 28 respondents are represented within the figures below.

### Project impact on Healthy Relationship Promotion Skills

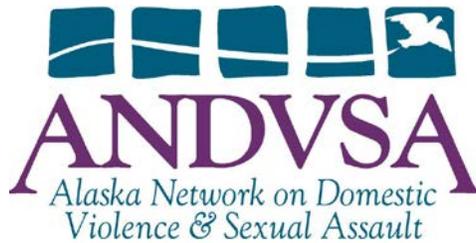
ANDVSAs short term outcome goal, was to increase above 60% of the project planners knowledge, attitudes and skills around respect, healthy relationships and leadership. Overall, 28 youth respondents from the six communities reported improvements in project planning skills and healthy relationship promotion skills. Figure 1 below indicates that over 60% of respondents reported their SUSU participation increased their understanding of how to promote respect, over 57% reported that SUSU very much helped them increase their understanding of how to plan projects in their community (Figure 2) and nearly 75% very much increased their skills for creating messages on respect and ending violence (Figure 3).



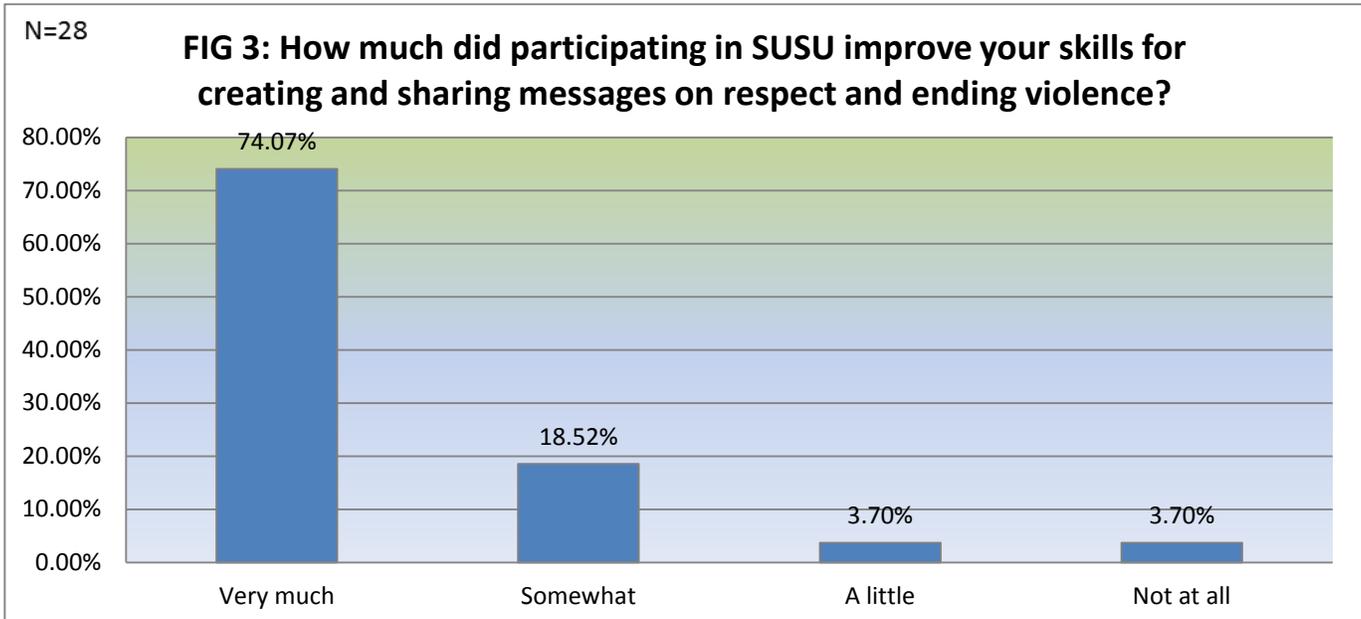
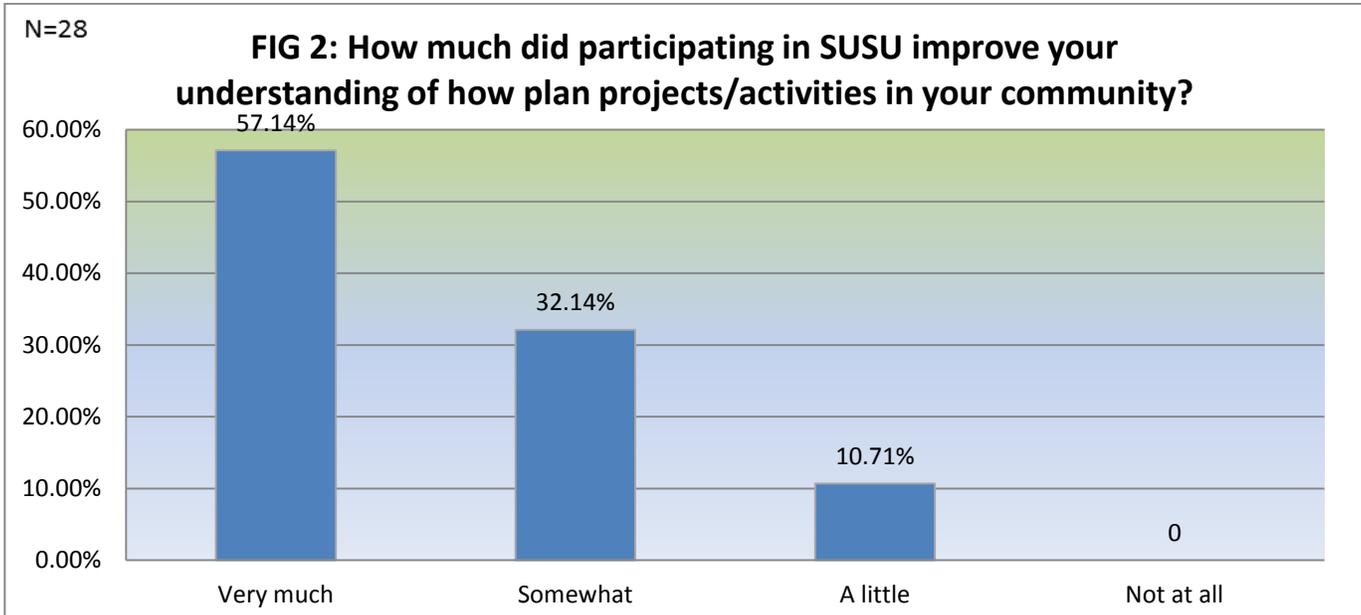
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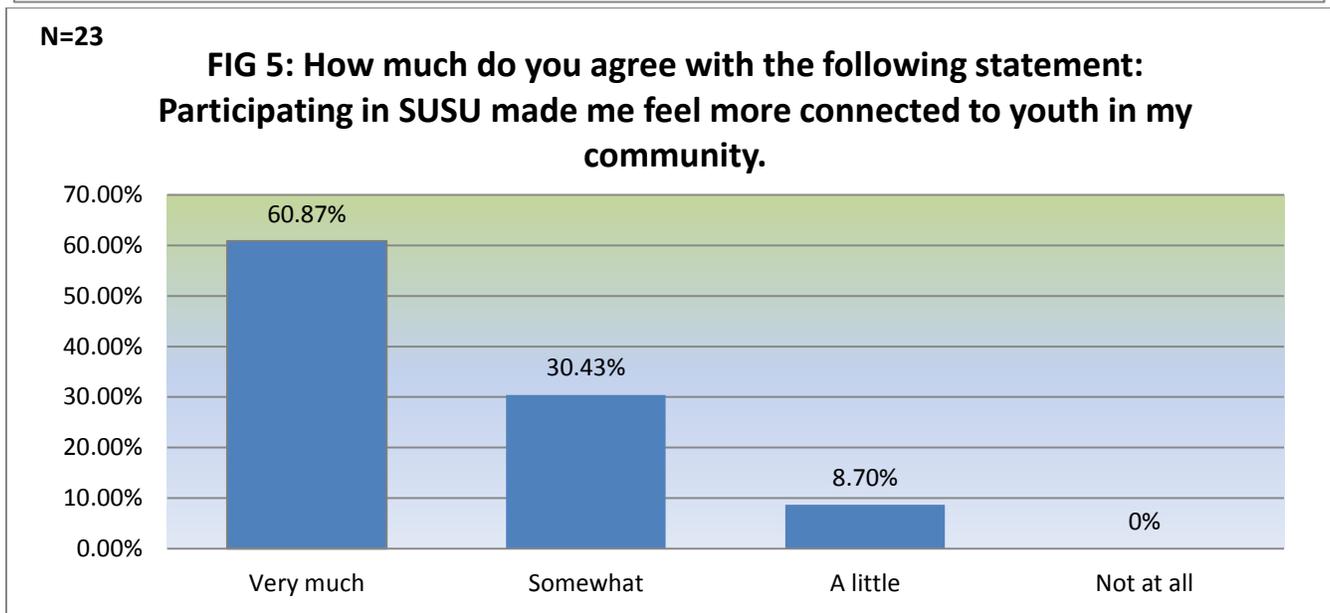
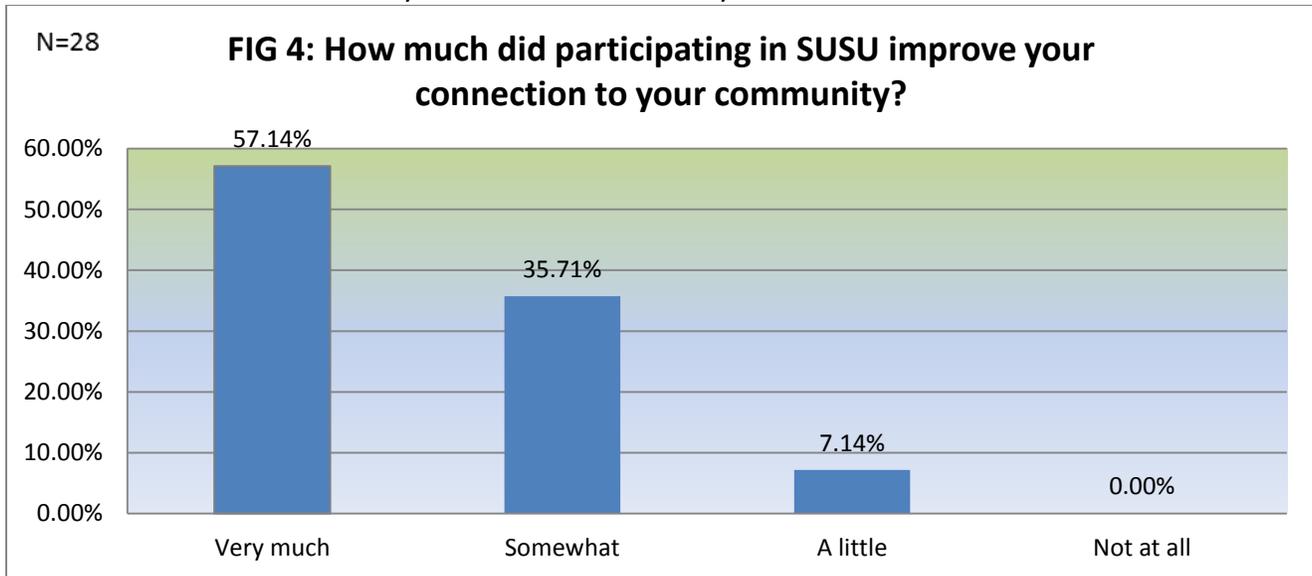
**Project impact on Connections to Peers and Supportive Adults**

After participating in community projects, youth respondents reported feeling more connected to supportive adults and other youth in their communities. This indicates that communities and the youth networks within them are getting stronger and more supportive of healthy relationship and sexual

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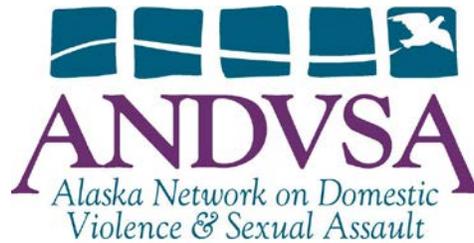
violence prevention work. Figure 4 below indicates that over 57% of the 28 youth respondents reported that SUSU involvement very much improved their connection to their community. ANDVSA aimed to increase the participants reported connection to a positive and supportive peer and social network by more than 51%. In Figure 5, over 60% of the 23 youth respondents reported that SUSU very much increased their connection with youth in their community.



**Project impact on Leadership Skills**

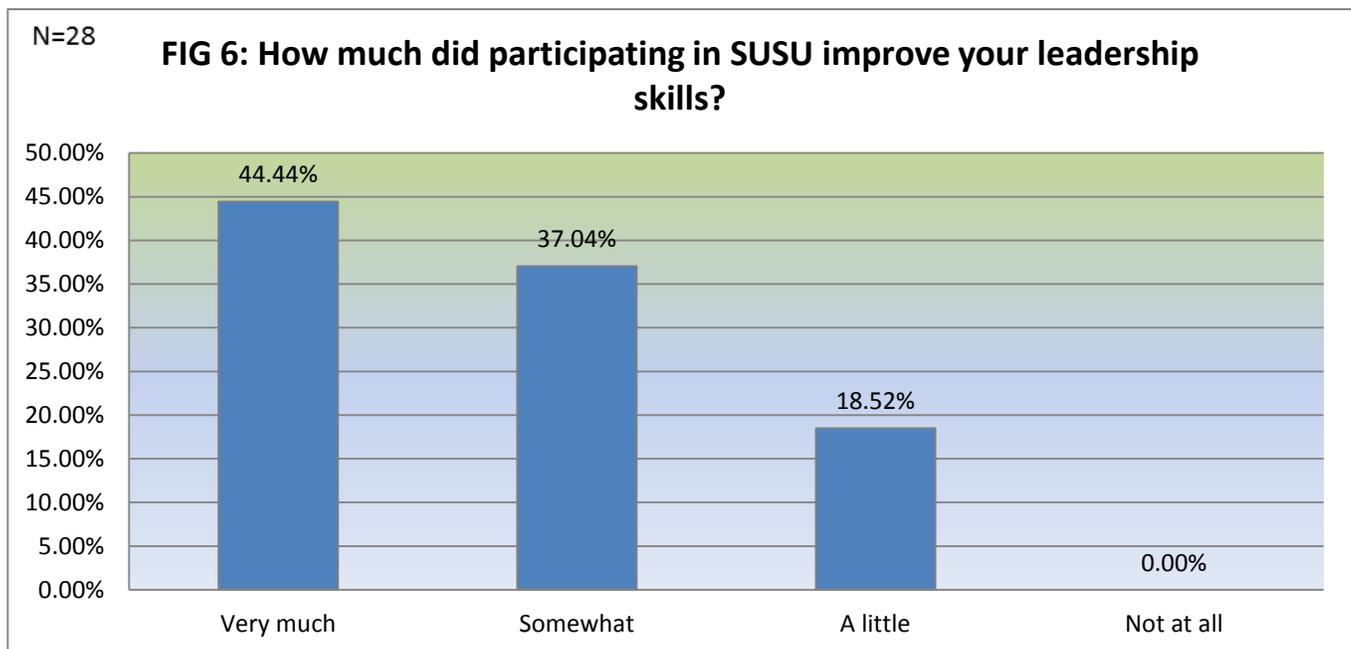
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Of the 28 youth surveyed, 100% of respondents reported a little, some or very much on their increase of leadership skills after participating in this project.



### Stand Up Speak Up Materials and Resource Distribution

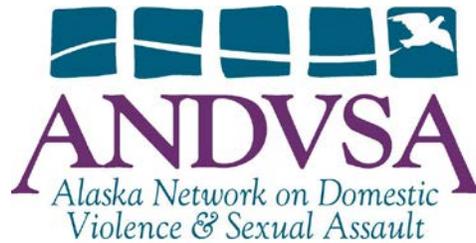
ANDVSA used a mixed method approach to reaching the Stand Up Speak Up materials distribution goal for the year. ANDVSA sent SUSU and Talk Now Talk Often materials to DHSS and the Council on Domestic Violence and Sexual Assault’s SUSU mini-grant communities (15 projects and 13 communities total) and all communities that took part in the Lead On for Peace and Equality Summit of 2015. In addition to distributing SUSU resources and materials to all SUSU and Lead On communities, we have also distributed resources on consent by sharing the Alaska Native Tribal Health Consortium’s “Teen Safety Card” with the same communities.

Overall, SUSU, TNTO and Teen Safety Cards were shared with 26 communities. These communities include Anchorage, Atmautluak, Bethel, Cordova, Chevak, Craig, Dillingham, Fairbanks, Gambell, Homer, Hooper Bay, Juneau, Kake, Ketchikan, Kiana, Kwethluk, Metlakatla, Nome, Napaskiak, Port Graham, Ruby, Sitka, Unalaska, Sandpoint, St. Michael, Unalakleet.

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An estimated 2345 SUSU cards packets were distributed throughout these 26 communities. An additional 1200 Teen Safety Cards and 1750 TNT0 cards were shared throughout the state. It is estimated that 3300 individuals were impacted by these materials throughout the community. Although the number of materials distributed did not meet ANDVSA's overall goals, the reach across Alaska to communities far beyond urban centers and larger populations was greater than years prior.

In addition to mailing out SUSU resources, ANDVSA also engaged youth online using YouTube media placements. The SUSU spots placed on YouTube made 42695 impressions (meaning that it was watched this many times) and were specifically targeted at youth. This constitutes 8% of the population of teens 12-24 years old statewide. In addition, 765 teens clicked through to ANDVSA and SUSU site for more information. Although ANDVSA did not reach 1000 new youth for the year mark, 765 unique IP addresses checked out the SUSU website after watching the YouTube spots.

### **Lessons Learned**

Overall, the SUSU mini-grant project was successful and engaged many youth and communities in teen dating and sexual violence prevention. As technical assistance providers ANDVSA learned three key lessons regarding how to engage and work with communities on a variety of topics throughout Alaska.

Capacity is Key- It is important to support communities in ways that reflects their capacity of prevention and evaluation. First or second year mini-grant communities often put on one-time events and have little understanding of evaluation practices. Over time, however, communities and youth groups grow and take on more complex approaches to their work and begin to think about evaluation and sustainability all on their own. For example Atmautluak has been applying for and receiving mini-grants for 3 years, and each year they put on events for their community. Although the youth addressed connection to adults and to culture in their first projects, it wasn't until their third year that they were able to present on the topics of healthy relationships and consent on their own (using the Fourth R curriculum). Another example is the work of Kiana youth. The youth went from a one-time event, to creating a youth leadership group, to putting on a yearly conference in their community. This was only possible by working with the communities at their own pace and by investing in the long term. ANDVSA is lucky to have been part of this process of capacity building and growth.

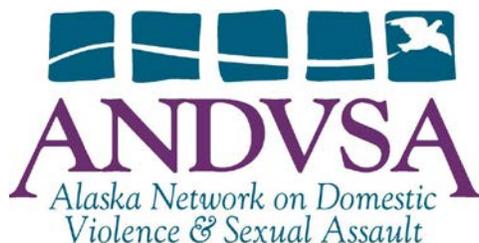
Supporting youth means strengthening supportive adults- Over time ANDVSA has learned that to better support youth, supportive adults in the community need training and skill building. From the Lead On project work, ANDVSA also realized that when youth felt empowered by the supportive adults, the projects themselves tended to be more impactful in reaching peers and had overall higher completion rates. ANDVSA staff meets with both youth and adults (together and individually) to ensure that growth happens for both groups.

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Relationships make all the difference- the adult support role in our SUSU projects are often filled in by volunteers. Technical assistance calls were structured informally to maximize the potential relationship that could be built and ANDVSA staff seldom started a call asking about the status of a project. Instead, ANDVSA staff always asked about the wellbeing of participants and the community prior to any work discussion. Building relationships and trust with supportive adults is useful when experiencing difficulty with project completion and with evaluation.

### Project Impact Overviews

The following project overviews were funded through the Teen Pregnancy and Violence Prevention Grant through DHSS. Grant recipients were both youth (Y) and adults (A) that partnered with a community organization.

**Community:** Anchorage

**Grant Recipients:** Abused Women's Aid in Crisis, Inc.- DuPree Walker, Jocelyn Waggoner, Erik Falskow, Kaitlyn Kibler, Catherine Smith (Y), Emily Sanini(A)

**Partnering Organization:** Abused Women's Aid in Crisis, Inc. (AWAIC)

**Project Description:** The purpose of this project is to help build a positive peer culture and promote respect by organizing events that will give youth an outlet to express themselves, make connections, and talk about their future. By incorporating other youth in planning for an art night and a mural painting project in the summer, Socially Active Youth Vocalizing Empowerment (SAYVE ) youth will have opportunities to engage with their community in an empowering way while showcasing youth art skills and discussing future goals.

**Outcomes:** The grant recipients (SAYVE) put on an Art Night which provided Anchorage youth with a positive outlet and helped promote connection to positive adults. It also helped youth connect to their strengths and to reflect on the future of what they want their community to look and feel like. In the process youth and adults worked together to create art work for the Covenant House in Anchorage. Youth present took part in pizza and button making, painting and drawing activities, and in a visioning exercise regarding the future of their community. Approximately 43 participants of various backgrounds attended the event; age breakdown of participants is as follows.

Adults: 3

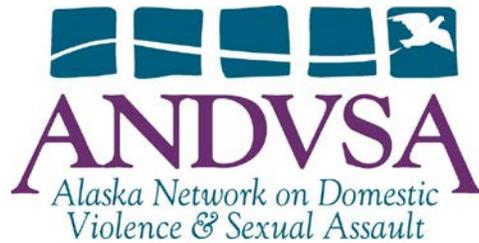
Youth: 40

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**Impact:** The grant recipients were able to accomplish their goals of promoting healthy and positive alternatives to youth in Anchorage. Youth from at least five different schools throughout Anchorage participated in the Art Night and Mural Project. Additionally because of the high suicide rates among LGBTQ youth, SAYVE made it a goal to reach out to teens in the LGBTQ Anchorage community. They hoped that Anchorage LGBTQ youth would be strengthened by having open discussions about the high suicide rates and through connections to positive adults and supportive organizations. This event gave youth confidence to be themselves and to share their talents and abilities with others. It also brought the youth and adults together in a setting that allowed for inclusivity regardless of cliques, age, gender or school. A short survey was administered to those that attended the Mural Project event. Youth were asked what issues they thought were important to address as youth leaders. Youth indicated that the most important issues to them were suicide and depression and domestic violence and sexual assault. These priorities are what SAYVE would like to address in the coming year.

As part of the evaluation process, SAYVE youth were interviewed and shared their reasons for joining the Mural Project and Art Night. One person interviewed said, “simple things done extraordinarily can make a big difference.” Another said that their, “...favorite part was watching this project go from a plan, an idea, to an actual event that people appreciated.” SAYVE youth also took part of the evaluation process for the SUSU mini-grants and overall they found that taking part of this project increased youth skills around project planning and the prevention of, sexual assault and teen dating violence.

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**Community:** Atmautluak

**Grant Recipients:** Joann A. Alexie Memorial School- Lisa Jenkins, McKinzey Tikiun (Y), Mary Alice Thomas (A)

**Partnering Organization:** Joann A. Alexie Memorial School

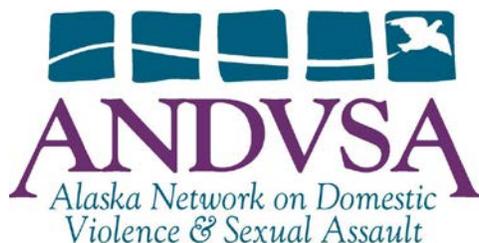
**Project Description:** The purpose of this project was for youth to promote healthy relationships, leadership skills, and positive healthy choices in their community. By hosting a school lock-in, youth from Atmautluak helped provide positive alternative activities for their peers, but also helped them create positive connections with both youth and adults from their own community. At the lock-in, youth had opportunities to have fun, interact with each other in positive ways, and they also learned a great deal about healthy dating and relationships. They also heard speakers discuss Yupi’k traditions around this topic. Youth not only found the speakers to attend and coordinated their travel, but also presented lessons from the Fourth R Curriculum to their peers. Youth held games and gave out prizes, and this helped youth and supportive adults connect.

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**Outcomes:** The grant recipients were able to host a lock-in which included discussions on ways to promote healthy relationships, respect and nonviolence) and sexual consent. Speakers from the Yukon-Kuskokwim Health Corporation discussed healthy relationships, respect, consent and how to use traditional values to make communities healthier and free of violence. Approximately 39 participants of various backgrounds took part of the lock in; gender and age breakdown of participants is as follows:

Adults: 1 Male,  
3 Female

Youth: 16 Boys  
19 Girls

**Impact:** The grant recipients were able to accomplish their goal of promote healthy relationships, respect and nonviolence by hosting their event. Participants were provided a safe place to discuss issues of sexual assault and domestic violence, and were able to do so in Yupi'k. Youth note takers kept track of attendee gender and ages, as well as when people showed up and when they left. Atmautluak youth also took part in the SUSU project evaluation and overall they showed improved skills for project planning and for teen dating violence and sexual assault prevention. Additionally, for the first time in three years of doing Lead On projects, Atmautluak youth felt comfortable enough to lead consent and boundaries conversations with their peers. Although this year there were less youth at the event, the team believes that the impact was greater for both the planners and youth participants, because the depth of conversation and the topics selected were much less safe and much more youth led.

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**Community:** Dillingham

**Grant Recipients:** Safe and Fear Free Environment- Emma Wetter, Brandie Bocatch, Jae Lee (Y), Gregg Marxmiller (A)

**Partnering Organization:** Safe and Fear Free Environment (SAFE)

**Project Description:** Youth in Dillingham are working to highlight and recognize the strengths of youth and adults in Dillingham. By hosting monthly recognition events at the school they hope to promote diversity, equality and positive youth leadership in their community. Youth leaders hope this project will bring youth and adults together to develop and strengthen bonds and to eliminate barriers and stereotypes about youth.

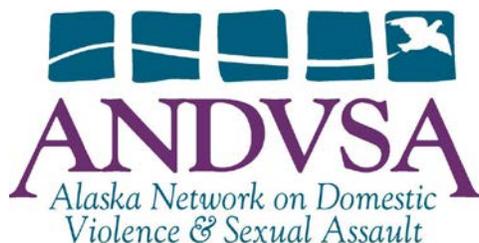
**Outcomes:** The grant recipients accomplished their goals of connecting youth and adults in Dillingham, and of promoting Youth leadership in their community. Youth held two events recognizing the work of a youth and adult leader from Dillingham. Youth in Dillingham Leadership Group (YDLG) put on "What is

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Love” and “Wear Orange Days” at school for Teen Dating Violence Awareness and Prevention Month, and held extended conversations on consent and boundaries during the Sexual Assault Prevention Month. YDLG youth also wanted to highlight the power of youth by inviting an outside speaker, Preston Pollard, to Dillingham to present to the entire school on the impact that strength and positive thinking can have. . Lastly, to bring it back to Dillingham youth leadership, grant recipients held an end of the year BBQ thanking all youth for working to improve Dillingham. Approximately 480 participants of various backgrounds took part of the activities and age breakdown of participants is as follows:

Adults: 180

Youth: 300

**Impact:** Youth accomplished their goals of highlighting the strengths of Dillingham, and in promoting positive connections between youth and adults. To evaluate the impact of this project, surveys were passed out to YDLG participants asking them to share how much they believed they improved in their skills. Overall, the results showed that participants in YDLG felt more confident in sharing messages with their peers and believed the project helped connect them better to both youth and adults. In addition, youth recognition event attendees were informally interviewed by YDLG members. They reported that they were now more aware of the group’s activities and that events like these, made them feel proud to be part of the community of Dillingham.

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**Community:** Homer

**Grant Recipients:** South Peninsula Haven House- Shenandoah Lush, Zane Boyer, Lilli Johnson, Nina Ellington, Megan Kalmakoff, Nate Kinneeveauk (Y), Rachel Romberg (A)

**Partnering Organization:** South Peninsula Haven House (SPHH)

**Project Description:** By using social media such as Instagram, Twitter, posters, and information cards as a primary platform, grant recipients hope to empower Homer youth by giving them a voice to speak up against the negative stereotypes they endure on a daily basis from the adults in the community. Teens in Homer often feel that they are subjected to snap judgments and misconceptions about their age, background, and culture. Through a campaign titled, “I Am A Teenager”, grant recipients raised positive awareness in the adults and youth in Homer.

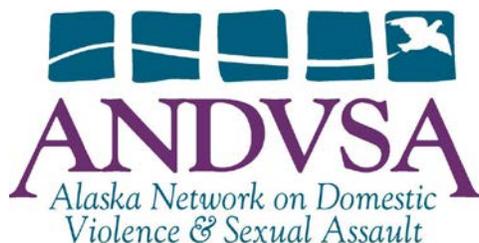
**Outcomes:** As a part of the SUSU Alaska project promoting respect and leadership among young Alaskans, Homer teens launched the “I am a Teenager” campaign, which allows teens to self-define their identity and challenge the stereotypes and snap judgements imposed on them. The campaign capitalizes

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on community participation, media platforms, and creative discourse in order to raise awareness on the impacts that stereotyping has on teens, and adults alike. To promote the campaign, youth and adults held a Kickoff event, participated Safe and Healthy Kids Fair, and promoted it on social media. The campaign had good participation from both youth and adults and discussed ageism as an ongoing issue in Homer.

Adults: 5

Youth: 74

**Impact:** Grant recipients believe that with the hashtag #IAmATEenager, the “I Am A Teenager” campaign has commenced a public conversation about negative consequences of stereotyping on their communities’ morale and unity. In addition to the creation of art and media around the topic, grant recipients were able to have personal discussions about stereotypes with both youth and adults during the Healthy Kid’s Fair and during the Kickoff event. Although conversations were often centered around teen stereotypes, links were also drawn between stereotypes and different forms of oppression (gender and sexual identity mainly).

Below is a quote from one of the main event coordinators. “Youth wanted a creative way to point stereotypes out and get people to subtly start to question those ... It also points to a larger theme of when we stereotype people, when we say because you are one way you are something else, that can often be related to different forms of oppression.”

To measure the impact of the campaign, social media views and likes were tracked. Although some posts received significant likes and shares grant recipients did not find this to be a meaningful measure of how engaged their followers were. They hope to work with ANDVSA staff to create better online tracking measures that can gather meaningful information from online participants in this campaign. However youth were not discouraged and found it to be a very worthwhile campaign. One participant said, “Homer’s really awesome in a way that it can really raise people up, but then there’s also the possibility where not everybody has that support.” To help us “adults can practice empathy and mindfulness towards the teens in their community.”

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**Community:** Juneau

**Grant Recipients:** Aiding Women in Abuse and Rape Emergencies- Analicia Castaneda, Tasha Elizarde, Deanna Hobbs, Rylee Landen, Rose Seamount, Justin Sleppy (Y), Sarah Ginter, Cori Stennett (Adult)

**Partnering Organization:** Aiding Women in Abuse and Rape Emergencies (AWARE)

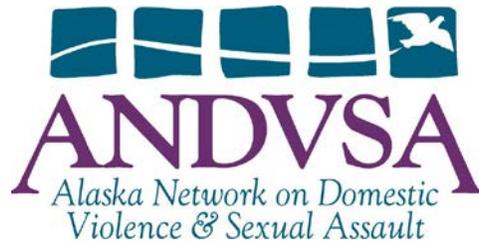
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The vision of this project is to have a lasting impact on teens and the larger community. To reach this vision, Juneau youth grantees chose to focus on school policies. After studying Juneau School District policies, they decided that the current bullying policy could be updated to better address cyberbullying, which has a huge impact in teens' lives due to the modern pervasiveness of technology (especially social media) and how it can be used to sexually harass others. They addressed the issue in several ways. Youth grantees attended Juneau school board meetings, during which youth grantees presented their vision for policy collaboration between youth and school board members. Then, two members of the group wrote a resolution and proposed a resolution requesting comprehensive cyberbullying policy to be adopted by school districts across Alaska. Additionally, to also decrease bullying, youth grantees presented at the "Be the Change" Youth Empowerment Conference in Juneau on May 13, 2016 and presented policy information to the Juneau Sources of Strength clubs at both high schools.

**Outcomes:** The youth grantees were successful in creating meaningful impact on the way cyber bullying is addressed in Juneau and in Alaskan schools. In addition to creating a partnership with the Juneau school board on policy creation, presenting to their Juneau peers on cyber-bullying, and youth voice in policy creation, youth grantees also created a resolution that impacted the entire state. The cyber-bullying resolution passed at Association of Alaska Student Governments (AASG) meeting on . This means that the united voices of Alaskan High School students stands behind the request for comprehensive cyberbullying policies to be adopted by their school districts. Overall, 365 students were impacted by this project, if not more once other districts adopt a broader bullying prevention policy.

AASG Resolution Participants- 295 statewide student representatives

Sources of Strength Presentations- 30 participants

"Be the Change" Conference- 40 workshop participants

**Impact:** This project helped pass a statewide student resolution requesting for comprehensive cyberbullying policies to be adopted by their school districts. This is a major step forward for the state and for the group. Additionally, youth in the community of Juneau are more empowered to be part of the policy making process through the partnership created with the school board and through the information presented and gathered from its Sources of Strength Leaders. Lastly, the youth planners for this project reported that their skills had increased because of their participation in this project.

**80%** of the teens strongly agree with the statement, "I have skills to promote respect among my peers."

**100%** of the teens believed that their Lead On project improved their schools' culture of nonviolence.

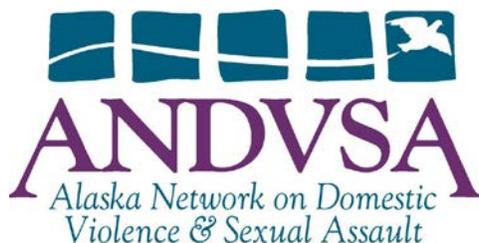
**100%** of the teens believed that their Lead On project improved their schools' culture of equality.

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“With the resolution, I believe that we definitely created healthy discussion regarding cyberbullying in both Juneau and the whole of Alaska. In this way, we definitely made a positive impact by starting a conversation long-ignored amongst students.”- Youth Grantee

“My Lead On experience over the last three years has truly had a hand in influencing my school. Every year we have touched on a different aspect of teen life—the healthy relationships video, our teen-based event, and work with the school board and legislature have all influenced teens and encouraged them to aspire to great things.”- Youth Grantee

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**Community:** Ketchikan

**Grant Recipients:** Women in Safe Homes- Gabriel Canfield, Isabella Posey, Ingrid Anzueto (Y), Arika Paquette (A)

**Partnering Organization:** Women in Safe Homes (WISH)

**Project Description:** The goal of this project was to create a peer education group in KayHi and Revilla in Ketchikan. This group taught on a variety of topics and connected with youth in the community. The group educated the community through poster campaigns, t-shirt sales, assemblies, and in-class presentations. One focus of the project was on healthy relationships and safe sex practices. The project served to foster community connectedness in Ketchikan and help youth access resources related to sexual health. In addition, this project also strengthened the skills and abilities of peer educators and supportive adults.

**Outcomes:** Youth grantees created Ketchikan Advisory Youth Connections (KAYC), a peer education group that will be continually supported through the education and prevention department of Women in Safe Homes. KAYC is a group of teens from the traditional and alternative high schools in Ketchikan and this year acted as resources for other youth in the community by providing information, advocacy, and mentorship throughout the school district. Youth grantees partnered with WISH staff and other community organizations to provide presentations on a variety of youth wellness topics including healthy relationships, dating violence, reproductive health, suicide prevention, and decreasing participation in risky behaviors. Over 10 adults/teachers and 60 students of between the ages of 13-18 were served by this organization over the course of this project.

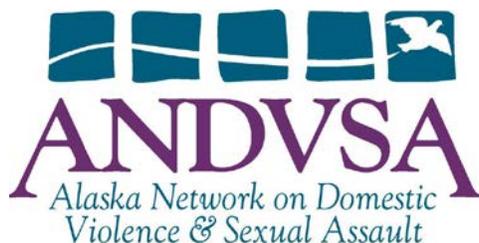
**Impact:** This project was successful in the creation of a peer education group in Ketchikan. In addition to creating and implementing a peer to peer education program, youth grantees worked hard to ensure

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that students had access to this valuable resource. First, they worked to raise awareness of the benefits of peer education programs with adult partners at the school district and in the community. Second, they surveyed all Ketchikan high school teachers to gather support for the group and to gain access to youth in the class room. Third, KAYC members created a teen resource guide that will be distributed to all high schools in the fall. This guide is for youth in the community to navigate available services and connect them to organizations that provide information, education, or direct services relating to their health.

In addition to impacting the youth of Ketchikan, this project helped increase the skills of its youth participants. Using a survey created by WISH staff members, peer educators indicated that this project was very meaningful to them.

100% of respondents said that the group worked well together.  
100% of respondents said that team work was supported in this group  
80% of respondents said their knowledge of prevention resources available statewide had improved  
66.7% indicated that they felt this project positively impacted Ketchikan youth

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**Community:** Kiana

**Grant Recipients:** Kiana Traditional Council- Ivory Cyrus (Y), Jeanne Gerhardt-Cyrus (A)

**Partnering Organization:** Kiana Traditional Council (KTC)

**Project Description:** The purpose of this project was to promote healthy relationships between youth, and youth and adults, teen leadership, as well as provide mentorship opportunities for supporting adult mentors. By hosting a Youth Leadership conference around the theme of “Everyone has a Voice- Every Voice Matters”, and inviting speakers into the community, youth from Kiana helped their peers create positive connections with both youth and adults from the community, talked about preventing bullying and hope to sustain positive alternatives for youth by planning for a Teen Center.

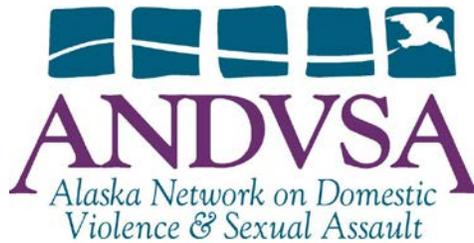
**Outcomes:** OPT in Kiana and the 1st Annual Conference (Everyone has a Voice- Every Voice Matters) gave youth something positive to focus on and perhaps even more importantly gave adults the opportunity to see all the youth engaged in positive activities. The conference was well attended by youth and well supported by local volunteers, (many have already committed for next year) and supporters who donated money, food and time towards the successful conference. The conference planning and attendance was open to all youth 7th grade and up and stressed inclusion. Youth attended

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sessions on bullying awareness and prevention, as presented by the Sitka Youth Leadership Council, Inupiaq dancing, which was presented and instructed by the Northern Lights Dancers and Positive Messages Rap as presented by Samuel Johns. 29 youth attended the conference- 15 girls and 14 boys. Additionally 33 adults were also present and volunteered, as well as took part in some of the workshops.

**Impact:** Overall, the conference was a very positive experience for those that participated. The event even received coverage in the media through an article by the Arctic Sounder ([http://www.thearcticsounder.com/article/1615kiana\\_youth\\_work\\_toward\\_positive\\_change](http://www.thearcticsounder.com/article/1615kiana_youth_work_toward_positive_change)). OPT in also continued to be active after the project was over and sponsored community activities such as chalk drawing, Norwegian Ball Games, and 4th of July activities for youth. Because of the conference and ongoing activities by OPT in Kiana, they applied for and won the ACT on the Iditarod Challenge!

Conference participants also reported increases in the following categories

**100%** youth present reported increased understanding of how to promote respect.

**91%** reported feeling more connected to supportive adults

**80%** reported feeling more connected to their peers.

“My favorite workshop was the Northern lights dancers. I feel more connected to my elders, and my culture.” – Youth Grantee

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**Community:** Kwethluk

**Grant Recipients:** Ket'acik & Aapalluk Memorial School- John Noes, Nelson Nicori, Jenessy Sallaffie (Y), Katheryn Frutinger (A)

**Partnering Organization:** Ket'acik & Aapalluk Memorial School

**Project Description:** The purpose of this project was to use positive activities to prevent drug and alcohol abuse, bullying and sexual violence in the village of Kwethluk. Youth grantees hoped to use games, family nights, elder recognition events, and an assembly about drug and alcohol use to promote healthy alternatives for youth and to share information on ways to heal.

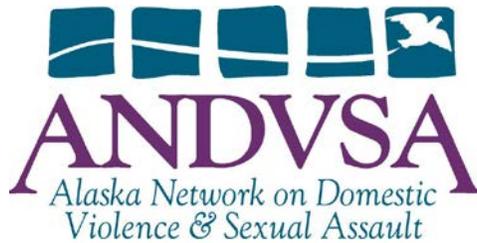
**Outcome:** Youth grantees planned and implemented three events aimed at strengthening the Kwethluk community and promoting positive healthy alternatives to youth. They held a game night, an Elder night

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and a march against drug and alcohol use. Overall, 400 people in Kwethluk were impacted by or attended at least one event. 155 participated in the March against drug and alcohol use, and 245 were part of the cook out for elders and the family night. Videos of the events were shared on Facebook. Additionally the march received media attention and information about the event was shared statewide. <http://www.adn.com/rural-alaska/article/teens-take-streets-take-stand-against-alcohol-drugs-alaska-village/2016/02/29/>

The youth involved were also recognized for their contribution to the wellness of the Yukon Kuskokwim region. <http://www.adn.com/rural-alaska/article/tundra-womens-coalition-honors-kwethluk-teens-and-school-leaders/2016/03/27/>

**Impact:** Overall, the youth participants felt that the entire community of Kwethluk was impacted by this project. They also felt that the impact went beyond their community, through the articles and videos about their events being shared in the region and in the state. They also said that they were also personally impacted and grew as youth leaders.

“My favorite part of this project was the march because the whole community came to support us. Elders dinner: because we showed the elders that we love them very much.”- Youth Grantee

**Partnering Organization:** Napaskiak Tribal Council- Charity Maxie, Desiree Maxie, Alice Samuelson, Kieran Bentley (Y), Ishmael Andrew (A)

**Project Description:** The purpose of this project was to promote respect and youth leadership in the community of Napaskiak through the promotion of ongoing activities for youth and supportive adults. Youth leaders in Napaskiak will bring together the community and organize community action days. These activities will encourage community wellness and connectedness.

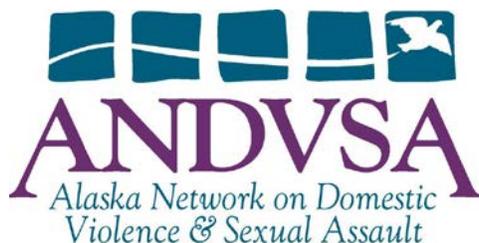
**Outcomes:** The grant recipients were able to host two community clean up days and one dinner to honor Elders in their community. While adults and youth cleaned up the community and prepared food for Elders, youth volunteers provided sober indoor activities for kids in Napaskiak. All elders from the community were invited to attend and share a meal with the youth of the community. For the Elders that could not attend, food was delivered to their home by youth leaders. To help start conversations on Healthy Relationships, youth leaders also provided resources around healthy relationships, respect, consent and how to use traditional values to make communities healthier and free of violence.

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Approximately 90 participants of various backgrounds took part of this project; age breakdown of participants is as follows:

Adults: 33

Youth: 57

**Impact:** The grant recipients were able to accomplish their goal of “Keeping Respect Going” and “Building a Peer Culture” by bringing together the community for a clean-up and also for a night to honor Elders. Youth planned out all aspects of the event, including creating invitation lists, planning activities and cooking meals. Overall, the community was very happy to have youth so active in planning and working with everyone on the clean-up. The youth were also impacted by participating in this project. Below are youth quotes from the community gathering and clean up.

“I am sometimes feeling like kids don’t care about being here in Napas, but that’s not the feeling I got today.”- Youth Grantee

“Although I don’t think of myself as a leader, it was so good to see a plan happen after we worked on it for so long.”- Youth Grantee

“My favorite part was seeing all the kids working together. The little ones were all eyes and watching also.....so it was good to talk about all those issues.”- Supportive Adult

**Community:** Sitka

**Grant Recipients:** Pacific High School- Carena Pettit (Y), Hillary Seeland (A)

**Partnering Organization:** Pacific High School (PHS)

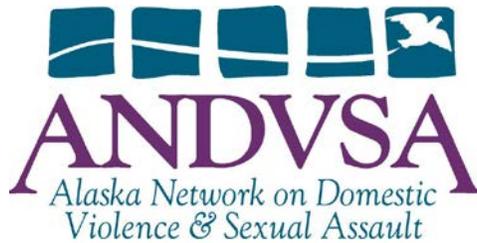
**Project Description:** The goal of this project was to educate Sitka youth about physical, sexual, and mental health. Youth grantees hoped to work with all three high schools to promote positive, healthy materials and resources related to youth health issues. In addition to putting on a health fair for the entire community, this project also hopes to encourage deep meaningful conversations between youth and supportive adults on a variety of topics. Using a strong women and strong men courses utilizing a Restorative Circles approach we hoped to educate the youth presenters at the classes. These two classes culminated in a health fair featuring student projects which were open to the public and tied in to our end-of-year barbeque.

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**Outcomes:** Altogether, about 62 people participated in our community project. 30 PHS students participated in the Strong Women/Men classes (20 boys and 10 girls, primarily Alaska Native students). Around the same number of youth participated and organized the community wide health fair with support from 1 adult Sitkans Against Family Violence employee, 4 adult teachers, and 2 adult Youth Advocates of Sitka (YAS) employees. Approximately 32 additional people, along with all mentioned above, attended the culminating health fair. The topics presented at the Health Fair included gender and media portrayals, sexual assault and consent, teen dating violence and substance abuse among teens in Alaska.

Both the women's and men's classes used the structure of Restorative Circles so that all participants had equal space and time to both speak and listen. Because of this structure, educators were easily able to evaluate students' participation in discussions, interaction with peers and content, and meeting of the daily learning targets. Students were also required to spend time on daily journal prompts and create a presentation for the health fair.

**Impact:** The classes at PHS had an impact on the students regarding relationships, the meaning of respect, and self-identities. Conversations and culture shifted throughout the classes. The health fair itself communicated to the larger Sitka community that students at PHS care about these issues (sexual health, dating violence, gender roles, and media influence) and want to educate their community as well. While this project did not reach the entire audience the students had originally hoped for (members of all three high schools being present), the project helped Sitka youth come closer to their goals for a future cross-school health fair. At the culminating event, students were asked to speak about their learning in video clips. Below are some quotes from students:

"The man box can be hurtful for men because they feel they need to adhere to these qualities and if you're in a tough situation with someone else, like an argument, you may feel that the only way to respond is to be aggressive, or hurtful toward the other person, which is not always the best option, hardly ever actually, and so that can end you up in a tough situation."

"In my strong women's class, I learned that the media actually sexualizes women a lot more than I actually thought they did, and it's become very clear to me that sex sells, and women are seen more as objects throughout the media and it's kind of sad what it does."

"A healthy relationship to me is equality- like equal rules; respect- a lot of respect; being understanding, and mutual love for each other."

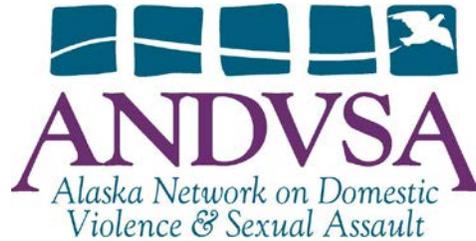
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“In the strong man's class, I learned how in society what usually happens is women are defined by more "feminine" things and men are defined by more "masculine" things. And what I realized is that if you don't go into these 2 categories what happens is you're put into a third category [...] you can be called a "fag" or something like that, which isn't really cool because [being gay] shouldn't be considered in a negative.”

“WHY don't we talk about this stuff more? It's so important!” [about healthy relationships presentation]

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