



# Grand Canyon or Bust!

Promoting  
Healthy  
Relationships  
through  
Adventure  
Programming



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# Session Objectives



Participants will learn how adventure based programming activities can be used to promote teen pregnancy prevention.

Specific strategies include:

- Positive youth development approach
- Example of designing and implementing program objectives during a wilderness backpacking trip in the Grand Canyon
- Student driven “PhotoVoice” production

# The Web of Life Project



OAH Tier 2 TPP Grantee

6<sup>th</sup> graders in two distinct Native communities (Pueblo, Navajo/mixed)

Based on NIYLP's  
Project Venture



# The Web of Life Project Principles



Positive Youth Development approach (Just say yes!)

Adventure-based,  
experiential

Social-emotional  
learning



# Web of Life Principles



Service-learning driven

Culturally guided



# Web of Life Structure



## Structure (school year-long)

- 26 in-school sessions
- 20 after school sessions
- 12 weekend day long sessions



# Web of Life Structure (cont.)



- 3 Multi-day events (camping, Horse Inspired Growth & Healing, canoeing, etc.)



# PhotoVoice



A tool to help participants express thoughts and feelings

A tool for activity debriefing, program development, evaluation and outreach

# PhotoVoice Activity: Shifting Your Focus to Nature



## Instructions

1. Each person select a photo
2. Answer at least ONE of the following questions in 3 minutes:
  - a. How does this photo make you feel ?
  - b. What does this photo make you think about?
  - c. Where does this photo make you want to be?
  - d. Who does this photo make you think about?

# PhotoVoice Activity (cont.)



3. Select a partner and share your photo answers
4. Each pair shares highlights from their responses with the large group

Now let's look at how 6<sup>th</sup> graders did!

# PhotoVoice: 6<sup>th</sup> Graders Speak



Examples of 6<sup>th</sup> graders' responses to Beaver Falls photo



# The Grand Canyon Experience: Preparation and Risk Management



How we prepared 38 youth and 10 adults for a wilderness outing, including...

- Backpacking 13 miles each way
- Primitive camping, cooking, survival
- Dealing with the elements
- Emotional, physical, spiritual well-being
- Cultural respect and meaning of sacred places

# Grand Canyon PhotoVoice



## PhotoVoice Slideshow

# Photo Voice Reflection



“Pi” Chart the video:

What does this...

LOOK LIKE	FEEL LIKE	SOUND LIKE

# Reflections on The Power of Nature and Adventure



Differences between programming offered in a school setting and programming offered in a wilderness setting

How do you simulate a wilderness experience in a classroom?

# Reflection: Adventure and TPP



## The use of Adventure Education in Teen Pregnancy Prevention programming

- Building Healthy Inter- and Intra- Personal Relationships
- Healthy Risk Taking
- Making Positive Choices

# Web of Life Promotes



Skills and perceptions



Increased resilience



Healthy sexual behavior  
choices

# WOL Promotes & Measures...



Positive Ethnic Identity

Decreased Substance Use

Improved Mental Health (anxiety,  
depression)

Resilience...



# Resilience Measures

## Internal Assets

- ✓ Positive Identity
- ✓ Positive Values
- ✓ Social Competence
- ✓ Commitment to Learning

## External Assets

- ✓ Clear Boundaries & High Expectations
- ✓ Constructive Use of Time
- ✓ Empowerment
- ✓ Support



# Thank You



# Questions?

# Please Contact Us



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