



It takes **courage** to change. It takes **courage** to step up and help a friend.

Text BRAVE to 97779.

You'll receive videos, tips, and resources to fill your wellness toolbox.

We R Native is doing a study to evaluate a text messaging program for American Indian and Alaska Native teens and young adults (15-24 years old). The videos and text messages are designed to improve healthy relationships, mental health and wellness skills, and promote cultural pride and resilience.

- Are you American Indian or Alaska Native?
- Are you 15-24 years old?
- Can you receive text messages on your phone?

If you answered “yes” to these questions, we’d like your help!

To enroll, text BRAVE to 97779.

Participants will receive \$40.00 for completing 4 surveys over 9 months.

Questions? If you have questions, you can contact Stephanie Craig Rushing (email: scraig@npaih.org).

We R Native Project Director, Northwest Portland Area Indian Health Board

To protect participants, our study protocol has been reviewed by the Portland Area (PA) Indian Health Services’ (IHS) Institutional Review Board (IRB) [1384639], a tribal committee responsible for protecting the rights and welfare of research participants and NW tribal members. If you have any concerns about your rights as a participant, please contact Thomas Weiser, MD, MPH, at 1-877-664-0604. Dr. Weiser is Co-chair of the PA IHS IRB, that reviewed this project.