



NIZHONI SISTA

Presented by
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Navajo Transgender Women

- High Rate of STD contraction
 - Women coming in a speaking of their experiences with unprotected sex, alcohol abuse, sex work and STD treatment.
- Visibility of Women Working the Streets
- Lack of support for Trans Women
- Unemployment due to discrimination
- High rate of Substance Abuse
- Misconception of Transgender Women

Needs Assessment

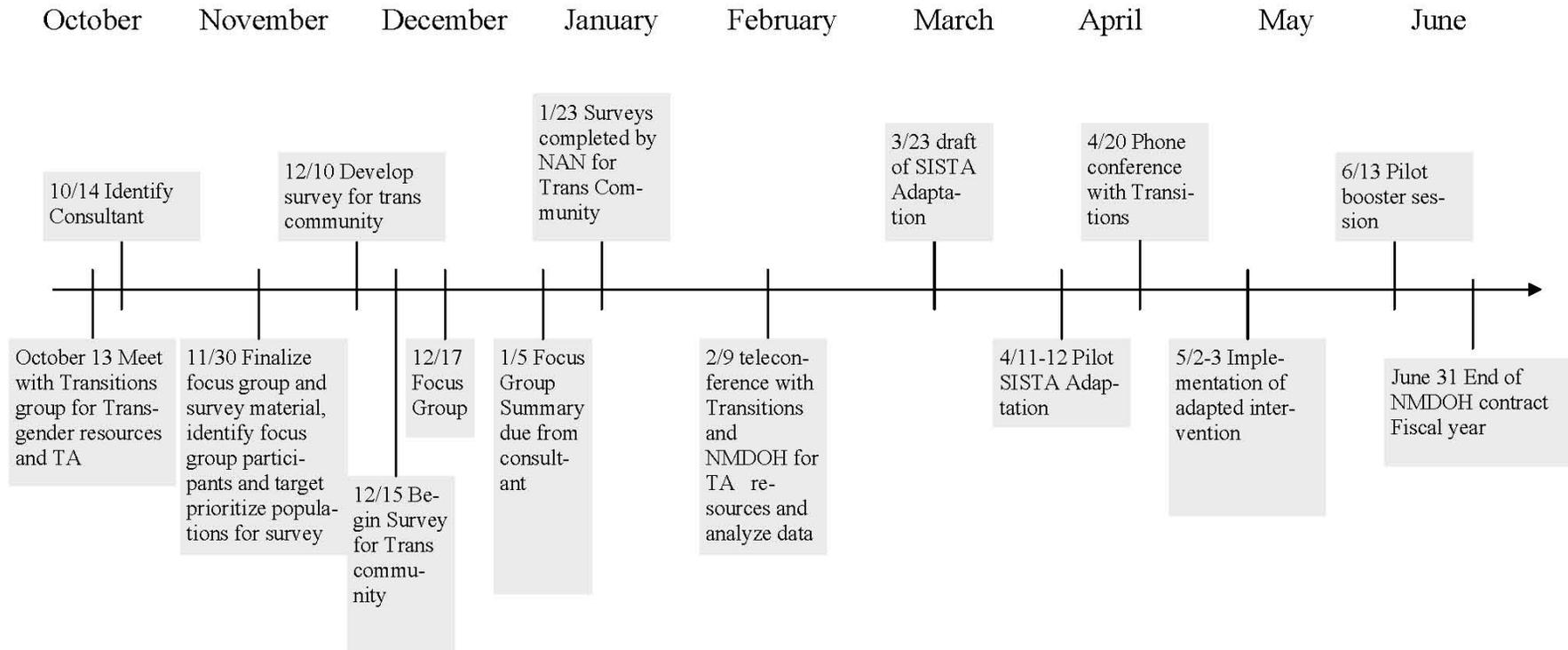
- **Native Sisters**

- Adapted from 3MV for Transgender Women
- Disconnection from participants
- Male based curriculum

- **SISTA**

- Viewed success with other organizations such as:
 - TWISTA, Chicago
 - TANAMA, Puerto Rico
 - TITAS, Hawaii

Timeline for SISTA Adaptation for Native Trans-women on and near the Navajo Reservation 2008-2009



Focus Group

- **Lack of Identity**

- **Traditional Teachings: Grandparents/Parents not educating the younger generations with language or culture.**

- **Discrimination**

- **Healthcare Services: Lack of understanding**
- **Assimilation of Traditional/Cultural views: “Christian” perspectives vs. Traditional views.**
- **Educational System**
- **Employment Opportunities**

Focus Group

- Needs from Participants: Support Groups, public speaking classes, positive interaction with the community, establishing a process for treating transgender seminars discussing various subjects (i.e. self defense, transitioning to rural life, self empowerment) and social events (i.e. cooking night, traditional weaving)...

-Focus Group Discussion SISTA Curriculum for Native
“Girls”, Kayla Grey, MPH 2/27/2009



SISTA

- 5, 2-hour session social-skills training intervention originally designed for heterosexual African American women.
- First implemented in San Francisco, where participants showed increased consistent condom use, sexual behavior, self control, sexual communication, and sexual assertiveness skills.

Gender and Power Theory

- The Gender and Power Theory- it accounts for gender-based power differences in male/female relationships. Examines the division of labor between men & women, distribution of power and authority within male/female relationships and gender-based definitions of sexually appropriate conduct. Also considers a woman's willingness to adopt and maintain sexual risk-education strategies within heterosexual relationships, as it pertains to how much power she has, her commitment to the relationships, and her role in the relationship.

SISTA

Sisters Informing Sisters on Topics on AIDS

- Based on:
 - Social Cognitive Theory: Behavior change as a social process influenced by process of social interaction with other people....theory suggests a person learns from watching people, who have some influence on them, model or perform behaviors or attitudes. A person's belief she is capable of performing the new behavior (self efficacy), makes it more likely she will adopt the new behavior.



WOMEN

Be The Goddess You Are.

NIZHONI SISTA

- 5, 2-hour, Sessions for Navajo Male-to-Female Transgender Women
- 4 Sessions were held in a retreat style setting over a period of 2 days.
- Booster Session to follow after 3 to 4 weeks time.

Session 1-Gender and Pride

- Open with Navajo Prayer/Introductions
- Ground Rules
- Navajo, Trans Women, Navajo Trans Woman Activity
- What it means to be a Navajo Trans Woman.
- History of Transgender in Native/Navajo culture.
- Discuss Personal Values

Session 2- HIV/AIDS Education

- HIV Education- Sex in the City (Pink Parts)
- STD Education- Activity
- Safer Transitioning- Brainstorm
- Risk Assessment- Purse Activity, discussing Harm Reduction

Session 3-Assertiveness Skills Training

- Discuss Aggressive, Non-Assertive, and Assertive Communication
- Role Play Activities- Trans Specific
- Review NIZHONI SISTA Model
- Close out with a Poem- Changing Ones

NIZHONI SISTA DECISION MAKING PROCESS



East
Nitsáhakees / Thinking

1. I Need to THINK of myself first. What are my values?
2. I need to THINK about the situation



North
Siihasin / Reflect

6. I need to suggest alternatives. Can I live with the consequences of the alternatives?



South
Nahat'á / Planning

3. I need to PLAN the information that I have about sex and HIV/AIDS into my decision. What is safe for me to do?



West
Iina / Living

4. I need to BE assertive. What is my decision?
5. I need to STATE the trouble to my partner. What are my choices? What are my consequences?

Session 4-Coping Skills/Condom Demonstrations

- Discuss why we don't use condoms
- Condom Demonstration
- Menu of Options/Harm Reduction
- Coping Skills-Good vs. Bad
- Alcohol/Substance Use Facts/Discussion
- Letter to Themselves
- Photoshoot

Session 5- Booster Session

- Review of Skills/Experiences
- Resume Building
- Reception
- Distribution of Printed Photos

Almost there....

- Finalizing the curriculum and consulting with the Transitions Project.
- Implement changes with future NIZHONI SISTA.







Nadleeh- The Changing Ones

**Nadleeh existed in the Yellow World
When conflict arose between the males and
females,
We were there to meet the needs of both
genders
We are the brothers of Dawn Boy**

**Nadleeh were present at the Emergence
with the spirit beings
A woman's role, weaving and caring are our
chores,
We will no longer disguise our feminine
side,
We are the brothers of Blue Twilight Boy**

**Nadleeh are the sacred and honored ones
A man's role, labor and protection are our
chores,
We will no longer masquerade our
masculine side
We are the sisters of Yellow Twilight Girl**

**Nadleeh are the Changing Ones
As a people of privilege we honor our
minds, bodies and spirits,
And take pride in parading our special
distinction
We are the sisters of Darkness Girl**

**Dawn Boy is our guardian
Blue Twilight Boy consecrated us with our
womanliness,
Yellow Twilight Girl blessed us with our
manliness,
Our uniqueness comes from Darkness Girl.**

**Let there be Beauty before us
Let there be Beauty behind us
Let there be Beauty beneath us
Let there be Beauty above us
Let the Sacred Rainbow surround us with
Beauty**

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Kii ya aanii Adzaa

NIZHONI SISTA Motto

- NIZHONI SISTA bee ay0o'ni' bidziil
- NIZHONI SISTA bee ay0o'ni' yik'ideiz99'
- NIZHONI SISTA bee ay0o'ni' n11sg00
yit9'
- NIZHONI SISTA love is **STRONG**
- NIZHONI SISTA love is **SAFE**
- NIZHONI SISTA love is **SURVIVING**

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