Growing Up In Zuni

• 2,000 youth
• 50% of youth live below the poverty line
• 50% of youth are overweight/obese
• 75% understand the Zuni language
“What Are You Doing This Summer?”
Summer Activities

**YOUTH DEVELOPMENT**
- Summer Camp
- Youth Advisory Council

**TRADITIONAL ARTS**
- Art Classes
- Oral History Theater
- Zuni Social Dances

**PHYSICAL ACTIVITY**
- Sport Leagues
- Sport Camps
- Running Medicine Club
- In School Physical Activity
Summer Activities (con’t)

NUTRITION & AGRICULTURE

In School Nutrition
Nutrition Interns
Community Gardens

HON A:WAN PARK

3 Acre Youth Center with Turf Field, Basketball Court, Walking Trail, & Garden

TRAIL SYSTEM

50+ Miles of walking and running Trails
Mission Statement:
To promote resilience among Zuni youth so that they will grow into strong and healthy adults who are connected with Zuni traditions.
All programs are free of charge and open to all.
Strength-Based Approach

Need For Change (Loss of Traditional Diet)

Identification of Community Strengths (Elders, Cultural leaders, Traditional Farmers)

Provide Opportunities for Use and Development of these Strengths (Community and School Gardens)

Positive Experiences

Higher Expectations

Continued Development of Competencies
Encouraging Lasting Changes

Self-Determination Theory

- Autonomy
- Competence
- Relatedness

Increasing Self-Determination

- Amotivation
- External Regulation
- Introjected Regulation
- Integrated Regulation
- Intrinsic Regulation
Zuni Youth Record on Average

• Meeting 2–3 new caring adults
• Making 6 new friends
• Learning 5 new Zuni words
Community

- Cultural Teachers
- Community Leaders
- Medical Community
- Mentors
- Family
Elah`kwa

Thomas.faber@ihs.gov  www.zyep.org