



HEALTH and SOCIAL SCIENCES

# How do Tribal Governments Take Care of People's Health?

## ESSENTIAL UNDERSTANDING

- **Tribal Governments**

## LEARNING OUTCOMES

- Students will understand ways tribal governments take care of their communities' health and well-being.

## ESSENTIAL QUESTION

- How do tribal governments in Oregon support healthy communities?

## REQUIRED TIME

- 35 minutes

## Overview

This lesson introduces students to ways that tribal governments in Oregon support the health and well-being of their communities. Students will explore how tribal governments provide health services to their people, demonstrating the government-to-government relationship described in the Essential Understanding, Tribal Governments.

## Background for Teachers

Oregon Tribes have developed systems of self-governance over millennia that have proven extremely effective at maintaining community health and well-being. These systems are represented in oral histories and woven into contemporary tribal governments. Today, these governments also incorporate various

western procedures and structures. They decide how to care for their communities and protect tribal sovereignty. Tribal governments have a nation-to-nation relationship with the federal government and the state of Oregon. Oregon was the first state to codify relationships with federally recognized Tribes into law.



## Considerations for Teachers

### Instructional Practices

While teaching this lesson, the following principles can help guide your decision-making and engagement with students.

- Focus on teaching the Essential Understanding through an exploration of today's tribal governments' health and wellness services.
- When sharing content with students, address the "why" not just the "what".
- Highlight the strengths and struggles of Oregon's Indigenous peoples today while also acknowledging their history and tradition.
- Ensure your teaching practices are accessible and appropriate for Native and non-Native students.

### Assessment

During this lesson, observe and listen to students during discussions and as they work to determine how their learning is progressing. Write down what you notice about what students say and do in relation to the success criteria. Use this formative information to provide feedback to students and plan next steps.

At the end of the lesson, provide students with an opportunity to reflect on their learning through a self-assessment. Students can indicate their level of learning in relation to specific success criteria. They can also write out an explanation of why they believe they are at that learning stage.

### STANDARDS

#### Oregon Health Standards

- **2.WHP.6** Describe ways in which schools and neighborhoods influence health behaviors.

#### Oregon Social Sciences Standards

- 2.4 – Identify and give examples of core civic virtues such as civility, cooperation, respect, and responsible participation.
- 2.5 – Describe how people have a voice in the rules and decisions their communities make.

### MATERIALS

#### What materials are needed for students to engage in this activity?

- Slide deck
- Handout: Student Reading
- Worksheet
- Drawing and writing materials
- Student self-assessment



## Success Criteria

- Students can identify ways tribal governments help take care of their communities' health and well-being.
- Students can explain what health professionals are.

***For the following activities, use the slide deck to support your implementation.***

## Lesson Activities

### Opener

**Time: 5 minutes**

#### Step 1:

In a whole group setting:

- Review learning outcomes and success criteria for the lesson.
- Review the essential question for the lesson, giving students time to wonder, question, and answer.
  - If students need more background knowledge to be successful in this lesson, teach or provide resources from "Oregon's Nine Federally Recognized Tribes" lesson.
- Explain that tribal governments work together to solve problems and support people within their communities. Tell students, "Just like we work together to take care of each other our classroom, people in Native communities work together to care for one another."
- Explain that tribal governments organize and promote health resources in their communities. Say to students, "Today we will learn about how tribal governments help take care of their communities' health and well-being."

## KEY WORDS and IDEAS

- **Tribal Government** - A group of leaders from a Tribe who help make decisions for their people, land, and water.
- **Community:** A group of people who live, work, and play together in the same area. They help and share with each other.
- **Health Professionals:** A person who helps us stay healthy and feel better when we are sick. They can be doctors, nurses, dentists, and others who take care of our health.
- **Health Centers:** A place where people can go to see health professionals when they are sick, or to help them stay healthy.



### Step 2:

- Review key words and ideas for the lesson, and emphasize that through the Tribal Government, the Tribe takes care of each other's health and well-being.
- Engage students in a group conversation. Ask students,
  - "What are some ways that our school helps make sure that our community is healthy and strong?"
  - "What health professionals do you know?"
  - "Where are the health centers for our community?"

## Main Activity

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**Time: 20 minutes**

### Step 1:

- Display the Tribal History/Shared History Map of Oregon, and ask students to locate:
  - Cow Creek Band of Umpqua Tribe of Indians
  - Confederated Tribes of Siletz Indians
  - Burns Paiute Tribe
- Tell students: "In a minute, you will read a text in pairs about the health and wellness services provided by the tribal governments for the Cow Creek Band of Umpqua Tribe of Indians, the Confederated Tribes of Siletz Indians and the Burns Paiute Tribe." Tell students that after reading the text, as a class, they will create a list of health services.

### Step 2:

- Ask students to read the text in pairs, then share responses to the question "What health and wellness services are provided by the tribal governments?"
- Chart responses on either a whiteboard, or a piece of chart paper.
- Have students complete the worksheet about the tribal health services. This includes creating a drawing that shows at least one way tribal governments help their communities' health and well-being.

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## Closing

**Time: Approximately 5 minutes**

### Step 1:

Share with students, "Today we learned about why tribal governments help take care of people's health and well-being. We learned specific ways that three tribal governments take care of their community."

Ask students to complete the following sentence stems, either in writing or verbally to an elbow partner.

- Health professionals help their community by \_\_\_\_\_. Health centers help people by \_\_\_\_\_.
- Two ways Tribal Governments take care of their communities' health and well-being are \_\_\_\_\_ and \_\_\_\_\_.

Ask students to self-assess based on the success criteria. They can pick their level of learning and share with a peer, or you can print out the self-assessment and ask students to fill it out.

## Additional Resources

### Siletz Curriculum for 2nd grade

Social Studies

Lesson: [Precious Canoes Lesson Plan](#)

- [Precious Canoes Presentation](#)
- [Canoe Travel Worksheet](#)
- [Travel Worksheet](#)

Social Studies; English Language Arts

Lesson: [The Dance House Lesson Plan](#)

- [Dance House Presentation](#)
- [Siletz Agency Map](#)

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- [\*The People are Dancing Again\*](#) - Chapter 16 & Notes

## Social Studies

Lesson: [Baskets Lesson Plan](#)

- [Basketry Presentation](#)
- [Season Station Signs](#)
- [\*The People are dancing again\*](#) - Chapter 16

## Science; English Language Arts

Lesson: [Cultural Burning](#)

- [Cultural burning Presentation](#)



## Handout: Student Reading

### We Take Care of Each Other

#### Tribal Governments Help Keep Communities Healthy and Safe

In Oregon, there are nine Tribes that are recognized by the U.S. government.

Each Tribe has a tribal government. A tribal government helps take care of the people in the Tribe.

One way they help is by making sure people feel healthy and safe.

Tribal governments work with doctors and nurses and other health professionals to help people in many ways.

One way is by building health centers.

#### Health Centers Help People

The Cow Creek Health and Wellness Center helps people from the Cow Creek Band of Umpqua Tribe of Indians.

It has doctors, nurses, and other helpers to take care of people's health.

Tribal governments run places like this to help people feel their best.

#### Other Tribes Have Health Centers Too

The Burns Paiute Tribe has a health clinic called The Wadatika Health Clinic. It helps people stay healthy and helps them when they are sick.

The Siletz Tribe has the Siletz Community Health Clinic. This clinic gives people care for their bodies, eyes, and teeth.

These clinics also help people:

- Eat healthy foods
- Practice healthy habits

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### ***The Garden Program***

The Siletz Clinic has a special program called the Garden Program. It grows healthy food for people to eat. It also gives people a place to enjoy the outdoors and move their bodies.

### **More Ways to Help People Stay Healthy**

At the Wadatika Health Clinic, people can also get healthy food.

The Cow Creek Health and Wellness Center has cooking and nutrition classes. These classes help people eat healthy food at home.

### **Working Together**

All of Oregon's tribal governments work hard to help their people feel healthy, strong, and safe.

Text is based on information from the websites of the Burns Paiute Tribe, the Confederated Tribes of Siletz Indians and the Cow Creek Band of Umpqua Tribe of Indians.





## Handout: Student Worksheet

**Name:**

### Part 1: What Are They?

**Directions:** Match each word to its correct meaning by drawing a line.

- |                        |  |
|------------------------|--|
| A. Health Center       | 1. People like doctors and nurses who help us stay healthy |
| B. Health Professional | 2. A place where people go to get help when they are sick  |

### Part 2: What Do You Think?

**Directions:** Answer in your own words.

1. What is a health center?

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2. What do health professionals do to help people?

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3. How does a tribal government help its people stay healthy?

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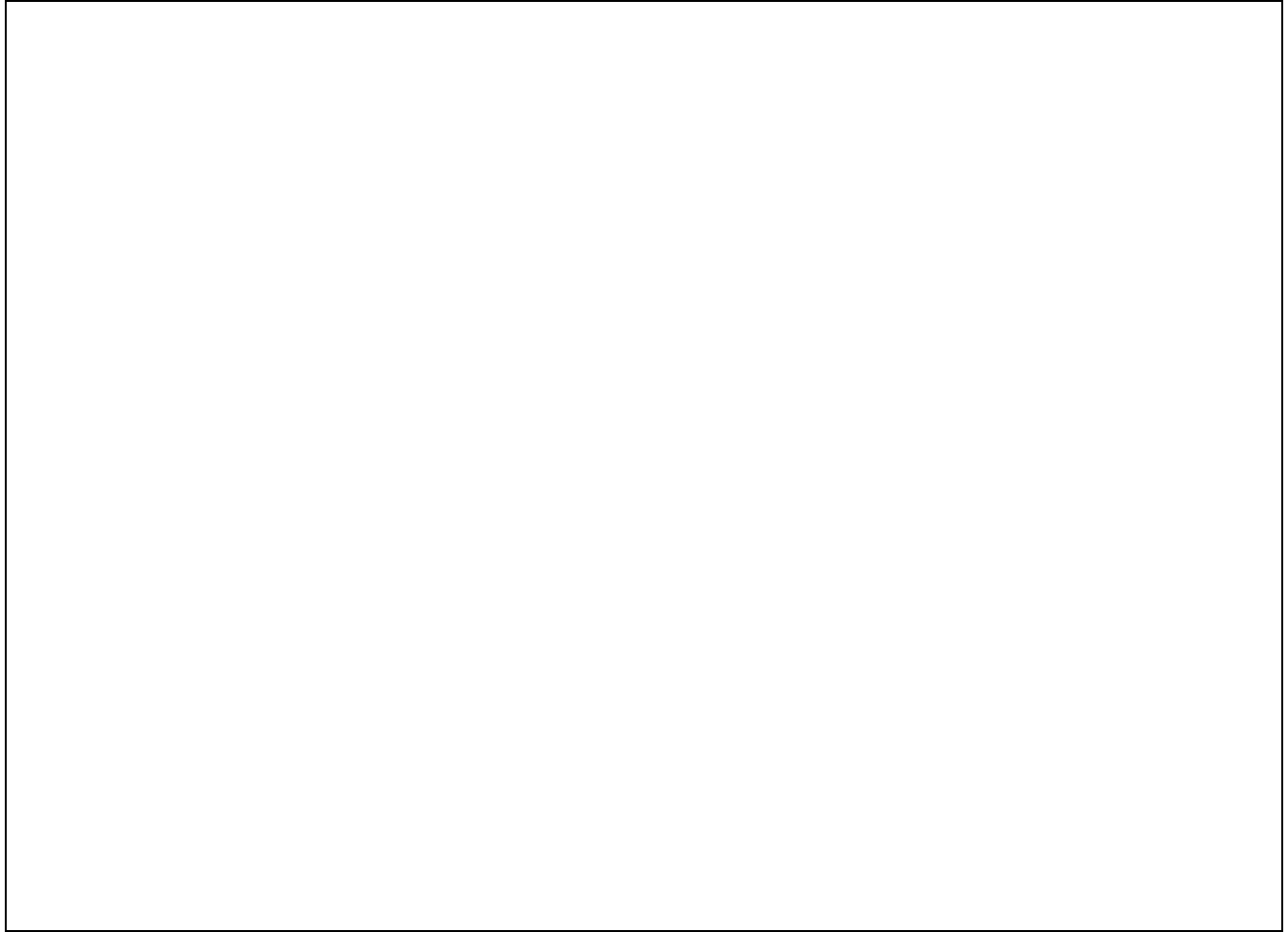
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### Part 3: Show What You Know

**Directions:** Draw a picture of one way a tribal health center helps people.  
(For example, it could be a doctor visit, a garden, a class, or healthy food.)

**Draw here:**



Now label your drawing and write one sentence about it:

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## Handout: Student Self-Assessment

**Name:**

**Directions:** Read the lesson success criteria in the first column. Then decide, can I do this now or not yet. If you chose Not Yet, share one thing you can do as a next step. If you chose Yes, share what you did well.

Success Criteria	Not Yet	Yes
		
I can explain what health professionals are.		
I can identify ways tribal governments help take care of their communities' health.		

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