



CANADIAN RED CROSS

“I would like to begin by acknowledging the land on which I’m speaking from today is within the traditional territories of the Lakwungen (Esquimalt, and Songhees), Malahat, Pacheedaht, Scia’new, T’Sou-ke and WSÁNEĆ (Pauquachin, Tsartlip, Tsawout, Tseycum) peoples.”

“I also wish to acknowledge the territory that you are joining us from today.”



Learning Through Culture to Promote Healthy Youth Relationships

Shelley Cardinal

National Senior Manager, Indigenous Community
Engagement and Research

Canadian Red Cross



Our Webinar Journey

1. Situate our learning today within Indigenous cultural worldview.
2. Understand the impact of colonization on today's Indigenous youth.
3. Build “non-colonial programs” to address youth challenges



RED CROSS MISSION



To improve the lives of vulnerable people by mobilizing the power of humanity in Canada and around the world.



Research Question

What aspects of the community mobilization process are working to bring about change?

In communities, we studied the Canadian Red Cross community mobilization process to explore how communities work for violence prevention and protection.



Social Sciences and Humanities
Research Council of Canada

**What We Have Learned
about Violence Prevention,
Protection and Pathways to
Wellness**

The Honour of Walking Together

As researchers and Indigenous leaders within the Canadian Red Cross, we've been privileged to walk together and to learn:

- about the effects of colonization and
- the cycle of violence within Indigenous communities.

Communities taught us:

- about disruptions caused by colonization, and
- the pathway to healing being reconnection or reintegration with *All My Relations*.

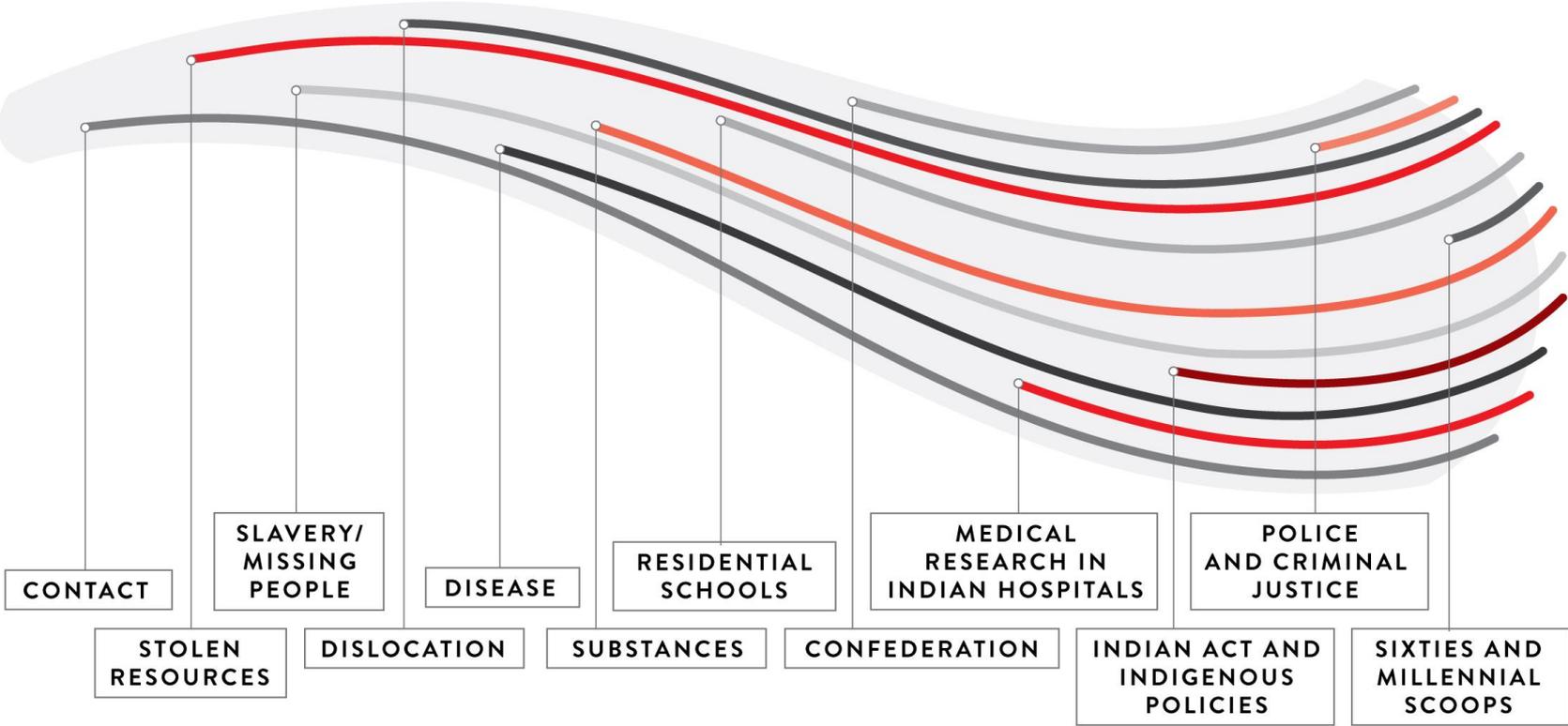
EVENT	Pre-1492	1492	1550	1600	1650	1700	1750
<p>Contact</p>	<p>c. 8000 BCE: "[N. America region] The population of the continent reaches the maximum density that is readily sustainable by a hunting-and-gathering lifestyle. [p.5] "500 BCE-1000 AD - Natives had settled across most of Canada. Hundreds of tribes had developed, each with its own culture, customs, legends, and character." c. 300s: Viking Europeans first encounter indigenous peoples in Arctic, Baffin Island, and Greenland; Beothuk resist Viking settlement 1004: Thorvald, son of Erik the Red, makes first contact with nine "Skrellings" in L'Anse Aux Meadows and kills eight 1013: When they give up on colonizing Vinland, Norsemen kidnap two "Skrellings" from Labrador and take them back to Greenland where they are baptized</p>	<p>1491-1500s: European explorers make initial or early contact and take trophy captives/slaves back to Europe 1491- Cabot claims Newfoundland for England; Beothuk first Aboriginals in present-day Canada to make contact Late 1400s-1600s: Contact increases with European whaling activities in the North Atlantic; initial contact (Vikings excluded) began in the Northwest and moved eastward Early 1500s: Invasion of Fisheries in Newfoundland and Gulf of Saint Lawrence 1503- Cod Fisheries reduces East Coast Peoples food supply and spreads contagious European diseases 1534- Cartier makes contact w/Stadacons; raises crosses on Gaspe and kidnaps Haudenosaunee (Iroquois) twice (1534 & 1536) 1541-43: Charlesbourg (first New France) briefly founded; some French youth severed limbs from some natives: when showing off their sword skills, leading to a Haudenosaunee attack that left 35 of Cartier's men dead; Cartier abandoned Charlesbourg after spending a winter in fear of Haudenosaunee attack</p>	<p>1491-1500s: Explorers make contact and take trophy captives/slaves 1500s-1600s: Contact with whalers increased in the North Atlantic in Greenland, Baffin Island, and Labrador regions. Initial contact (Vikings excluded) began in the Northwest and moved eastward Late 1500s on E. Coast: Euro/Amerindian contact non-violent if Europeans focused on trade 1576 and 1577-Frobisher's two voyages in eastern Arctic; takes captives both times</p>	<p>1500s-1600s: Contact with whalers increased in the North Atlantic in Greenland, Baffin Island, and Labrador regions. Initial contact (Vikings excluded) began in the Northwest and moved eastward 1600s- Euro-Amerindian contact increases w/French-Catholic missionary activities 1610- Hudson 'discovers' Hudson Bay; makes contact with the James Bay Cree (first European to make contact with Aboriginals in Northern QC, Eastern Arctic coastline, mainland, and southern Arctic islands)</p>	<p>1500s-1600s: Contact with whalers increased in the North Atlantic in Greenland, Baffin Island, and Labrador regions. Initial contact (Vikings excluded) began in the Northwest and moved eastward 1600s- Euro-Amerindian contact increases w/French-Catholic missionary activities 1630-32: Kelsey (HBC) first white man to explore Saskatchewan area</p>	<p>1700s: Fur Trade inspires exploration 1730s- 1870: "The arrival of Europeans around this time brought the Plains peoples into contact with settlements to the east, and from 1730 to 1870, Plains Aboriginal peoples played an important role in the fur trade . . ."</p>	<p>1700s: Fur Trade inspires exploration 1730s-1800s: Plains peoples come to settler encampments in east Initial Euro-Amerindian contact in BC trades with New-chalk-nuth, 1778, Coos with Nootka; 1732: Vancouver charts Coast from California to Alaska c. 1732: First Christian-clergy contact by Spanish friars in Nootka who see explorers</p>
<p>Resources or Relations to 'Resources'</p>	<p>Pre-1492- Aboriginals learned how to treat All Our Relations in respectful and sustainable manners Pre-fur trade animal population estimates: Beaver: 60 million - 400 million See other: c. 200,000</p>	<p>1500-1763: Beginning of Fisheries on east coast; cod and whale fished extensively, reducing stocks in both</p>	<p>1500-1763: Beginning of Fisheries on east coast; cod and whale fished extensively, reducing stocks in both and compromising</p>	<p>1500-1763: Beginning of Fisheries on east coast; cod and whale fished extensively, reducing stocks in both and compromising food supplies for some indigenous peoples 1600s: Champlain combined promotion of trade with Christian missions; as contact increases through French missionary efforts, diseases spread among Amerindians 1600s: Beaver Wars (French-Aboriginal alliances for fur-trade conflicts) 1600s-late 1800s: Beaver population depletion and decimation: approx. 200,000 or 100,000-300,000 beaver pelts exported/year</p>	<p>1500-1763: Beginning of Fisheries on east coast; cod and whale fished, the latter quickly growing scarce 1600s: Champlain combined promotion of trade with Christian missions; as contact increases through French missionary efforts, diseases spread among Amerindians 1600s: Beaver Wars (French-Aboriginal alliances for fur-trade conflicts) 1600s-late 1800s: Fur trade depletes fur-bearing populations like the Beaver: approx. 200,000 or 100,000-300,000 beaver pelts exported/year</p>	<p>1500-1763: Beginning of Fisheries on east coast; cod and whale fished, the latter quickly growing scarce 1600s-late 1800s: Fur trade depletes fur-bearing populations like the Beaver: approx. 200,000 or 100,000-300,000 beaver pelts exported/year 1700s-1923-Sus otters being depleted to extinction (1923) in BC Late 1700s: walrus fisheries in Gulf or exhausted by ongoing New England</p>	<p>1600s-late 1800s: Beaver population decimation: approx. 200,000 or 100,000-300,000 beaver pelts exported/year 1500-1763: Beginning of Fisheries on east coast; cod and whale fished, the latter quickly growing scarce 1700s-1923-Sus otters being depleted to extinction (1923) in BC Late 1700s: walrus fisheries in Gulf or exhausted by ongoing New England</p>
<p>Slavery/Missing People</p>	<p>Different First Peoples acquired and kept captives and slaves for different reasons.</p>	<p>1491-1500s: Explorers Take Trophy Aboriginal Captives to Show & Sell in Europe 1491: John Cabot kidnaps 3 Mi'maq and brought them to England as proof of reaching the 'New World' 1500-01: Cort-Real brothers (Portugal) kidnap and enslave 50 Aboriginals from Newfoundland-Labrador 1502: 3 Aboriginal slaves presented to King Henry VII 1506 and onwards: Beothuk sold into slavery in Europe 1508: Captain Aubert (France) presents first natives ever seen in Paris who he kidnapped on the Saint Lawrence 1524: Explorers kidnap 59 Aboriginals in Maine or NS 1534, 1536- Cartier kidnaps Haudenosaunee (Iroquois) incl. Chief Donnacona's 2 sons; Cabot returns and again kidnaps 2 sons plus chief Donnacona who dies in France 1537: Pope forbids enslaving Native Americans</p>	<p>1491-1500s: Explorers Take Trophy Aboriginal Captives to Show & Sell in Europe 1567: First Inuit captives (in written record) taken to Europe-mother and child-put on public display in Zealand 1576 and 1577-Frobisher's two voyages in eastern Arctic; takes Inuit captives both times which die shortly after arrival in England</p>	<p>1600s-early 1700s: Aboriginals abducted in southern English colonies and traded/sold further north in New England and Canada where they could escape less easily- 1661: Founder of Port Royal, Nova Scotia enslaves captured Aboriginals (more than 100 years before legalization of Indian slavery)</p>	<p>1600s-early 1700s: Aboriginals abducted in southern English colonies and traded/sold further north in New England and Canada where they could escape less easily- 1661-1760: Aboriginal slavery in New France 1666-68: two Aboriginal women enslaved by Onedis find refuge with the French; French enslavement of Aboriginals not yet common practice unlike abductions or adoption for the purposes of Europeanizing 1671: first slaves recorded in New France are two Potawatomi girls given by the Haudenosaunee to Gov. Rimy who were later adopted by/placed with Sisters of the Congregation 1678: Aboriginals give three slaves to the explorer Dulhet in Montreal 1680s: slaveholding becomes common practice in New France 1687: Aboriginal slave-trading begins in earnest in New France 1689: Louis XIV legalizes slavery in New France; church and laity ignore papal decree (1537) against enslaving Native Americans</p>	<p>1600s-early 1700s: Aboriginals abducted in southern English colonies and traded/sold further north in New England and Canada where they could escape less easily- 1661-1760: Aboriginal slavery in New France 1708: Louis XIV legalizes enslavement of blacks and Pawnee peoples...thus providing legal justification for slavery pre-1703: Lack of clarity regarding number of slaves in New France civil registries 1741: "In 1741, an 800-foot-long coffin of recently enslaved Sioux Indians, procured by a group of Cree, Assiniboine, and Montoni warriors, arrived in Montreal, ready for sale to French colonists hungry for domestic and agricultural labor." 1743: documents show New France government ownership of 28 slaves 1747: Proposal made to French Canadian officials to authorize the popular practice of deporting unsatisfactory Paris slaves to the Caribbean, officials refused but that unlikely ended the practice 1749: Jesuits purchase several slaves from La Verandrye</p>	<p>1660-1760: Aboriginal slavery in New France 1752: European records of Amerindian relatives for drink 1761, 1600 Aboriginal slaves in New France Aboriginal slaves equal = 10% of New France (Aboriginals in total = 80% of New France) 4,000 slaves known to exist in France and 2,500 Aboriginal (according to scholars believe actual number to be 20,000 Aboriginal slaves); 2 Indig Black slave 1763: QC seminary's Holy Family Mission 1784: "After 1750, the number of Indians brought into French Canada began to trade moved north and west. However slaves died and new ones became at least 304 slaves remained in Canada 1792: Chipewyan women forced into Canadian 1793: Upper Canada passes Act Ag 1760-1834: British officials owned 4 slaves; "4,185 slaves were owned by the crown and the year 1834, when the</p>

Event	Pre-1492	1492	1600	1650	1680	1700	1750	1800	1850	1900	1920	1940	1950	1980	1990	2000	2010	2020+ (Trends, Post-2020)
Contact	Pre-1492: Initial contact with indigenous peoples in the Americas, Africa, and Asia.	1492: Christopher Columbus's voyage to the Americas, marking the beginning of sustained European contact.	1600: Portuguese and Spanish colonial expansion across the Americas and Africa.	1650: Increased trade and cultural exchange between Europe and the Americas.	1680: Further exploration and settlement in North America.	1700: Establishment of permanent European colonies in North America.	1750: Expansion of British and French territories in North America.	1800: Continued colonial expansion and trade.	1850: Industrial Revolution impacts global trade and communication.	1900: Globalization accelerates with improved transportation and communication.	1920: World War I impacts global relations and colonial territories.	1940: World War II further reshapes global power dynamics.	1950: Post-war reconstruction and the beginning of the Cold War.	1980: Globalization continues, with increased international trade.	1990: End of the Cold War, leading to a new era of international relations.	2000: Globalization reaches new heights with the internet and digital technology.	2010: Continued globalization and technological advancement.	2020+: COVID-19 pandemic highlights global interconnectedness and the need for international cooperation.
Resources	Pre-1492: Local resources used by indigenous populations.	1492: Discovery of vast new resources in the Americas, including gold and silver.	1600: Exploitation of natural resources in colonial territories.	1650: Increased demand for resources due to growing European populations.	1680: Further exploitation of resources in the Americas.	1700: Discovery of new resources in Africa and Asia.	1750: Expansion of resource extraction in North America.	1800: Industrial Revolution increases demand for raw materials.	1850: Global trade networks facilitate resource exchange.	1900: Industrialization leads to increased resource consumption.	1920: World War I impacts resource availability and prices.	1940: World War II further disrupts global resource flows.	1950: Post-war reconstruction increases demand for resources.	1980: Globalization leads to increased resource trade.	1990: End of the Cold War impacts resource politics.	2000: Globalization and technological advancement increase resource demand.	2010: Continued resource extraction and trade.	2020+: Climate change and resource scarcity become major global concerns.
Slavery/Enslaving People	Pre-1492: Enslavement of indigenous peoples in the Americas.	1492: Enslavement of indigenous peoples in the Americas.	1600: Transatlantic slave trade begins, bringing African slaves to the Americas.	1650: Expansion of the transatlantic slave trade.	1680: Further expansion of the transatlantic slave trade.	1700: Continued transatlantic slave trade.	1750: Expansion of the transatlantic slave trade.	1800: Continued transatlantic slave trade.	1850: Abolition of the transatlantic slave trade in many countries.	1900: Abolition of the transatlantic slave trade in most countries.	1920: Abolition of the transatlantic slave trade in most countries.	1940: Abolition of the transatlantic slave trade in most countries.	1950: Abolition of the transatlantic slave trade in most countries.	1980: Abolition of the transatlantic slave trade in most countries.	1990: Abolition of the transatlantic slave trade in most countries.	2000: Abolition of the transatlantic slave trade in most countries.	2010: Abolition of the transatlantic slave trade in most countries.	2020+: Continued efforts to address the legacy of slavery and human rights.
Disease	Pre-1492: Local diseases in indigenous populations.	1492: Introduction of European diseases (e.g., smallpox) to the Americas.	1600: Spread of European diseases to Africa and Asia.	1650: Further spread of European diseases.	1680: Continued spread of European diseases.	1700: Continued spread of European diseases.	1750: Continued spread of European diseases.	1800: Continued spread of European diseases.	1850: Continued spread of European diseases.	1900: Continued spread of European diseases.	1920: Continued spread of European diseases.	1940: Continued spread of European diseases.	1950: Continued spread of European diseases.	1980: Continued spread of European diseases.	1990: Continued spread of European diseases.	2000: Continued spread of European diseases.	2010: Continued spread of European diseases.	2020+: COVID-19 pandemic highlights the impact of global disease spread.
Scholarship	Pre-1492: Local scholarship in indigenous cultures.	1492: Introduction of European scholarship to the Americas.	1600: Expansion of European scholarship.	1650: Further expansion of European scholarship.	1680: Continued expansion of European scholarship.	1700: Continued expansion of European scholarship.	1750: Continued expansion of European scholarship.	1800: Continued expansion of European scholarship.	1850: Continued expansion of European scholarship.	1900: Continued expansion of European scholarship.	1920: Continued expansion of European scholarship.	1940: Continued expansion of European scholarship.	1950: Continued expansion of European scholarship.	1980: Continued expansion of European scholarship.	1990: Continued expansion of European scholarship.	2000: Continued expansion of European scholarship.	2010: Continued expansion of European scholarship.	2020+: Continued expansion of European scholarship.
Introduction of Christianity	Pre-1492: Local religious practices in indigenous cultures.	1492: Introduction of Christianity to the Americas.	1600: Expansion of Christianity to Africa and Asia.	1650: Further expansion of Christianity.	1680: Continued expansion of Christianity.	1700: Continued expansion of Christianity.	1750: Continued expansion of Christianity.	1800: Continued expansion of Christianity.	1850: Continued expansion of Christianity.	1900: Continued expansion of Christianity.	1920: Continued expansion of Christianity.	1940: Continued expansion of Christianity.	1950: Continued expansion of Christianity.	1980: Continued expansion of Christianity.	1990: Continued expansion of Christianity.	2000: Continued expansion of Christianity.	2010: Continued expansion of Christianity.	2020+: Continued expansion of Christianity.
Evolution of Schools	Pre-1492: Local education in indigenous cultures.	1492: Introduction of European schools to the Americas.	1600: Expansion of European schools.	1650: Further expansion of European schools.	1680: Continued expansion of European schools.	1700: Continued expansion of European schools.	1750: Continued expansion of European schools.	1800: Continued expansion of European schools.	1850: Continued expansion of European schools.	1900: Continued expansion of European schools.	1920: Continued expansion of European schools.	1940: Continued expansion of European schools.	1950: Continued expansion of European schools.	1980: Continued expansion of European schools.	1990: Continued expansion of European schools.	2000: Continued expansion of European schools.	2010: Continued expansion of European schools.	2020+: Continued expansion of European schools.
Trade	Pre-1492: Local trade in indigenous cultures.	1492: Introduction of European trade to the Americas.	1600: Expansion of European trade.	1650: Further expansion of European trade.	1680: Continued expansion of European trade.	1700: Continued expansion of European trade.	1750: Continued expansion of European trade.	1800: Continued expansion of European trade.	1850: Continued expansion of European trade.	1900: Continued expansion of European trade.	1920: Continued expansion of European trade.	1940: Continued expansion of European trade.	1950: Continued expansion of European trade.	1980: Continued expansion of European trade.	1990: Continued expansion of European trade.	2000: Continued expansion of European trade.	2010: Continued expansion of European trade.	2020+: Continued expansion of European trade.
Diplomatic & Disagreements	Pre-1492: Local diplomatic practices in indigenous cultures.	1492: Introduction of European diplomatic practices to the Americas.	1600: Expansion of European diplomatic practices.	1650: Further expansion of European diplomatic practices.	1680: Continued expansion of European diplomatic practices.	1700: Continued expansion of European diplomatic practices.	1750: Continued expansion of European diplomatic practices.	1800: Continued expansion of European diplomatic practices.	1850: Continued expansion of European diplomatic practices.	1900: Continued expansion of European diplomatic practices.	1920: Continued expansion of European diplomatic practices.	1940: Continued expansion of European diplomatic practices.	1950: Continued expansion of European diplomatic practices.	1980: Continued expansion of European diplomatic practices.	1990: Continued expansion of European diplomatic practices.	2000: Continued expansion of European diplomatic practices.	2010: Continued expansion of European diplomatic practices.	2020+: Continued expansion of European diplomatic practices.
Confederation	Pre-1492: Local confederations in indigenous cultures.	1492: Introduction of European confederations to the Americas.	1600: Expansion of European confederations.	1650: Further expansion of European confederations.	1680: Continued expansion of European confederations.	1700: Continued expansion of European confederations.	1750: Continued expansion of European confederations.	1800: Continued expansion of European confederations.	1850: Continued expansion of European confederations.	1900: Continued expansion of European confederations.	1920: Continued expansion of European confederations.	1940: Continued expansion of European confederations.	1950: Continued expansion of European confederations.	1980: Continued expansion of European confederations.	1990: Continued expansion of European confederations.	2000: Continued expansion of European confederations.	2010: Continued expansion of European confederations.	2020+: Continued expansion of European confederations.
Indian Act & Residential Schooling	Pre-1492: Local practices in indigenous cultures.	1492: Introduction of European practices to the Americas.	1600: Expansion of European practices.	1650: Further expansion of European practices.	1680: Continued expansion of European practices.	1700: Continued expansion of European practices.	1750: Continued expansion of European practices.	1800: Continued expansion of European practices.	1850: Continued expansion of European practices.	1900: Continued expansion of European practices.	1920: Continued expansion of European practices.	1940: Continued expansion of European practices.	1950: Continued expansion of European practices.	1980: Continued expansion of European practices.	1990: Continued expansion of European practices.	2000: Continued expansion of European practices.	2010: Continued expansion of European practices.	2020+: Continued expansion of European practices.
Police & Criminal Justice	Pre-1492: Local practices in indigenous cultures.	1492: Introduction of European practices to the Americas.	1600: Expansion of European practices.	1650: Further expansion of European practices.	1680: Continued expansion of European practices.	1700: Continued expansion of European practices.	1750: Continued expansion of European practices.	1800: Continued expansion of European practices.	1850: Continued expansion of European practices.	1900: Continued expansion of European practices.	1920: Continued expansion of European practices.	1940: Continued expansion of European practices.	1950: Continued expansion of European practices.	1980: Continued expansion of European practices.	1990: Continued expansion of European practices.	2000: Continued expansion of European practices.	2010: Continued expansion of European practices.	2020+: Continued expansion of European practices.
Ring of Gangs	Pre-1492: Local practices in indigenous cultures.	1492: Introduction of European practices to the Americas.	1600: Expansion of European practices.	1650: Further expansion of European practices.	1680: Continued expansion of European practices.	1700: Continued expansion of European practices.	1750: Continued expansion of European practices.	1800: Continued expansion of European practices.	1850: Continued expansion of European practices.	1900: Continued expansion of European practices.	1920: Continued expansion of European practices.	1940: Continued expansion of European practices.	1950: Continued expansion of European practices.	1980: Continued expansion of European practices.	1990: Continued expansion of European practices.	2000: Continued expansion of European practices.	2010: Continued expansion of European practices.	2020+: Continued expansion of European practices.
Medical Research & "Indian" Hospitals	Pre-1492: Local medical practices in indigenous cultures.	1492: Introduction of European medical practices to the Americas.	1600: Expansion of European medical practices.	1650: Further expansion of European medical practices.	1680: Continued expansion of European medical practices.	1700: Continued expansion of European medical practices.	1750: Continued expansion of European medical practices.	1800: Continued expansion of European medical practices.	1850: Continued expansion of European medical practices.	1900: Continued expansion of European medical practices.	1920: Continued expansion of European medical practices.	1940: Continued expansion of European medical practices.	1950: Continued expansion of European medical practices.	1980: Continued expansion of European medical practices.	1990: Continued expansion of European medical practices.	2000: Continued expansion of European medical practices.	2010: Continued expansion of European medical practices.	2020+: Continued expansion of European medical practices.
US Navy & Differential Navy	Pre-1492: Local practices in indigenous cultures.	1492: Introduction of European practices to the Americas.	1600: Expansion of European practices.	1650: Further expansion of European practices.	1680: Continued expansion of European practices.	1700: Continued expansion of European practices.	1750: Continued expansion of European practices.	1800: Continued expansion of European practices.	1850: Continued expansion of European practices.	1900: Continued expansion of European practices.	1920: Continued expansion of European practices.	1940: Continued expansion of European practices.	1950: Continued expansion of European practices.	1980: Continued expansion of European practices.	1990: Continued expansion of European practices.	2000: Continued expansion of European practices.	2010: Continued expansion of European practices.	2020+: Continued expansion of European practices.
Evolution	Pre-1492: Local evolution in indigenous cultures.	1492: Introduction of European evolution to the Americas.	1600: Expansion of European evolution.	1650: Further expansion of European evolution.	1680: Continued expansion of European evolution.	1700: Continued expansion of European evolution.	1750: Continued expansion of European evolution.	1800: Continued expansion of European evolution.	1850: Continued expansion of European evolution.	1900: Continued expansion of European evolution.	1920: Continued expansion of European evolution.	1940: Continued expansion of European evolution.	1950: Continued expansion of European evolution.	1980: Continued expansion of European evolution.	1990: Continued expansion of European evolution.	2000: Continued expansion of European evolution.	2010: Continued expansion of European evolution.	2020+: Continued expansion of European evolution.

HISTORY OF HARM

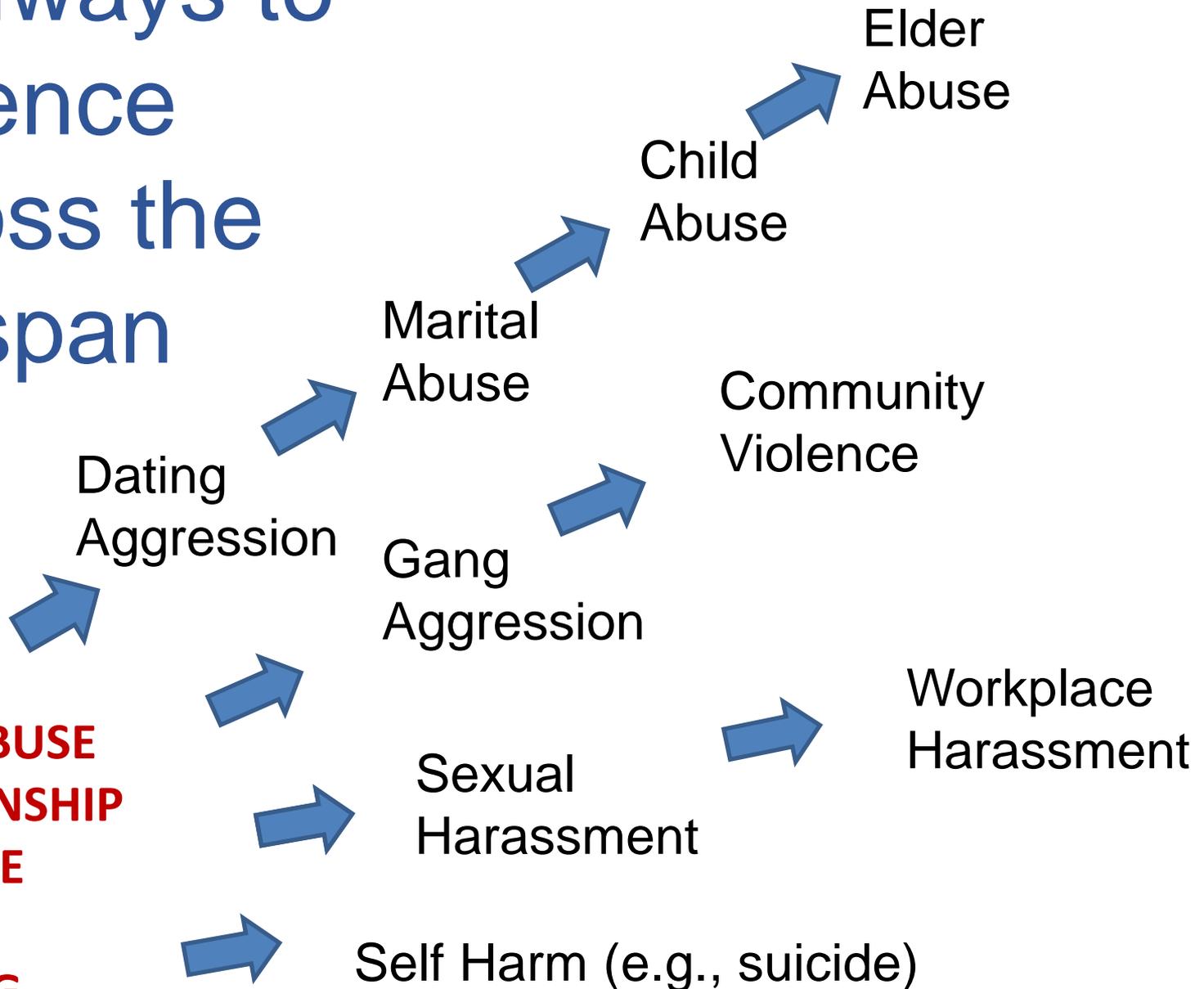
PATHWAY OF DISRUPTIONS

← TIME →



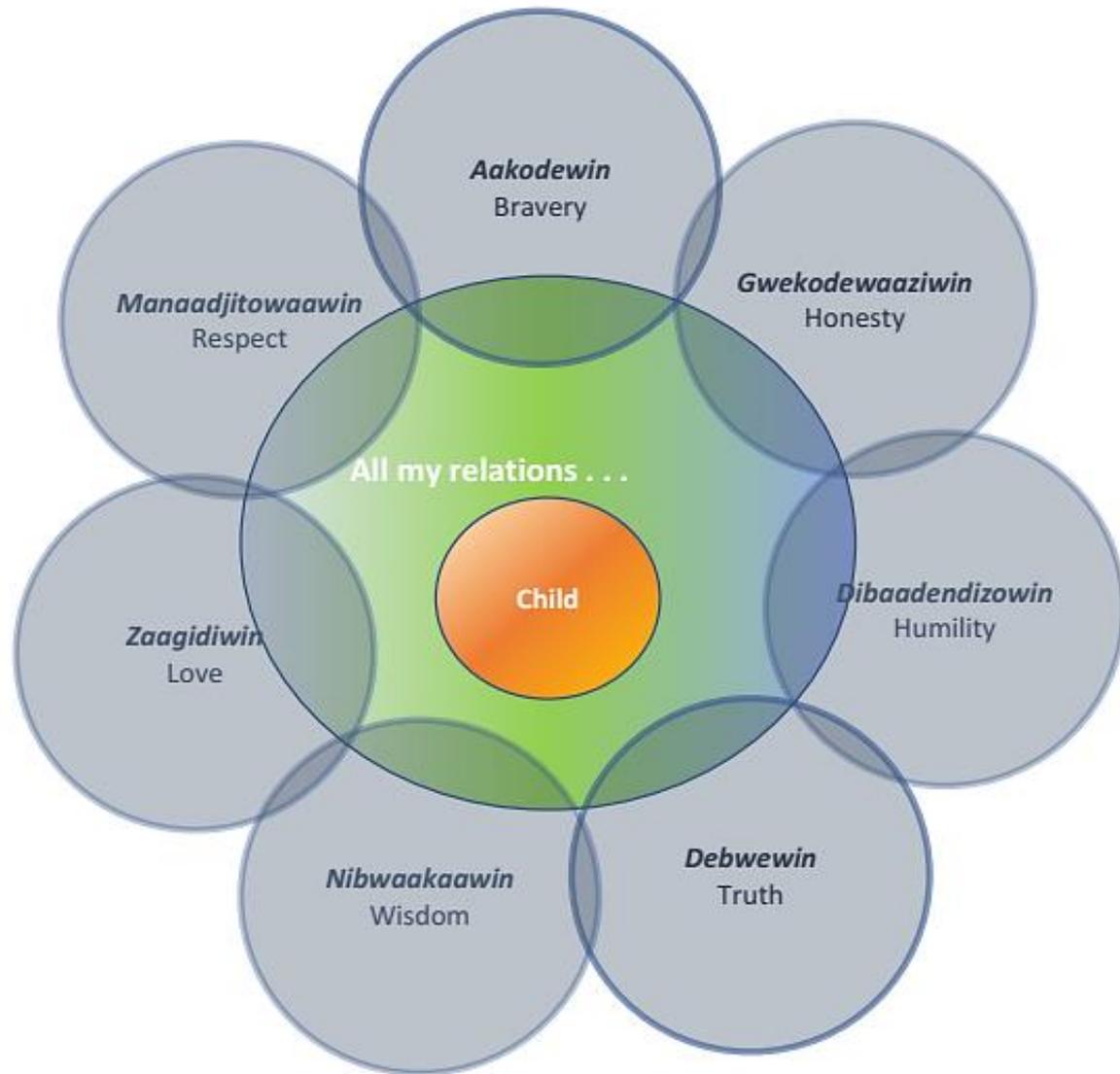
Pathways to Violence Across the Lifespan

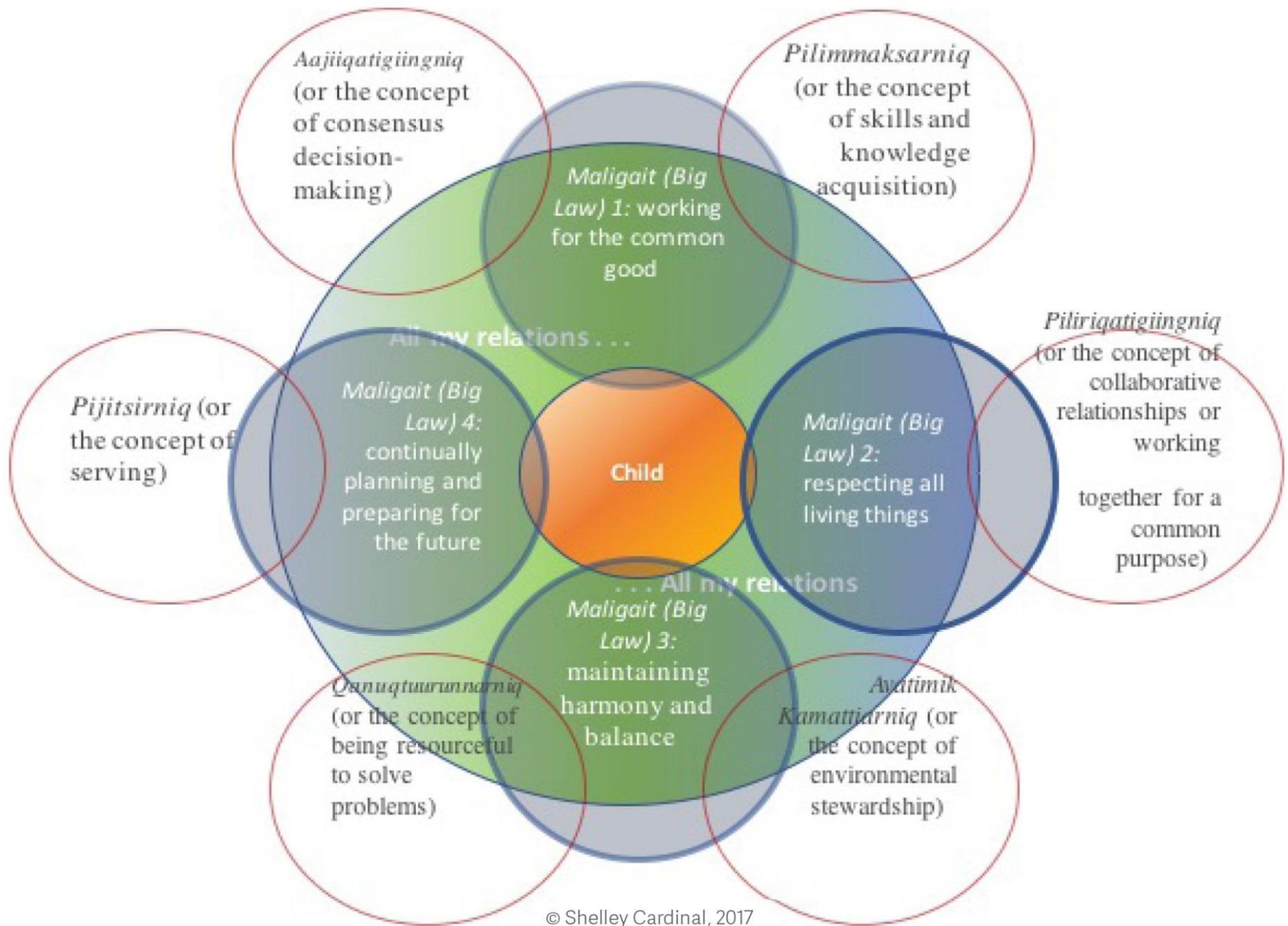
**CHILD ABUSE
RELATIONSHIP
VIOLENCE
AND/OR
BULLYING**



Colonization Caused Increased Violence

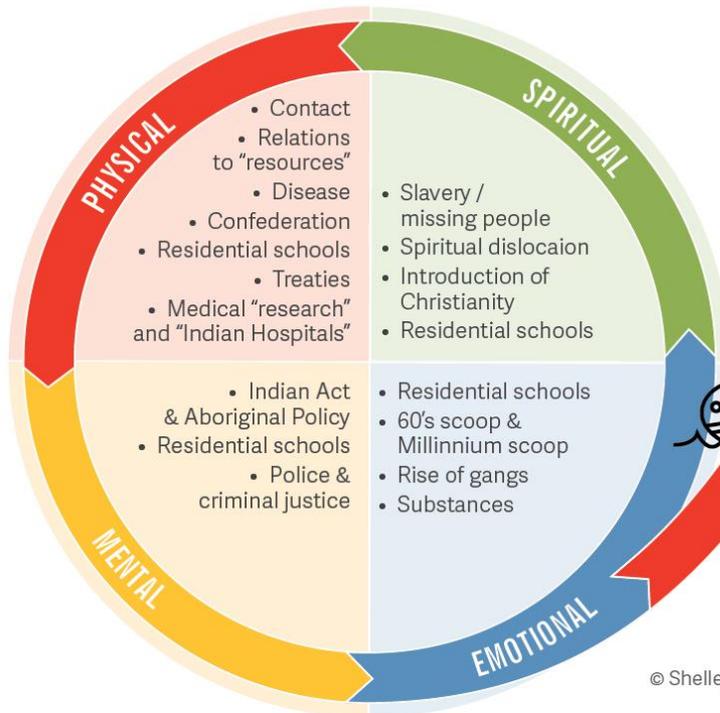
- Older Inuit speak of abuse within families and communities as stemming from the many harms which followed Contact (Fletcher et al., 2008).
- Lateral violence is a response to ongoing oppression from a powerful source: Members of the oppressed group feel powerless to fight back and they eventually turn their anger against each other (Middleton-Moz, 1999).
- The normalization of violence helps explain the rise in physical and sexual abuse, increased child neglect, rape, and spousal abuse.



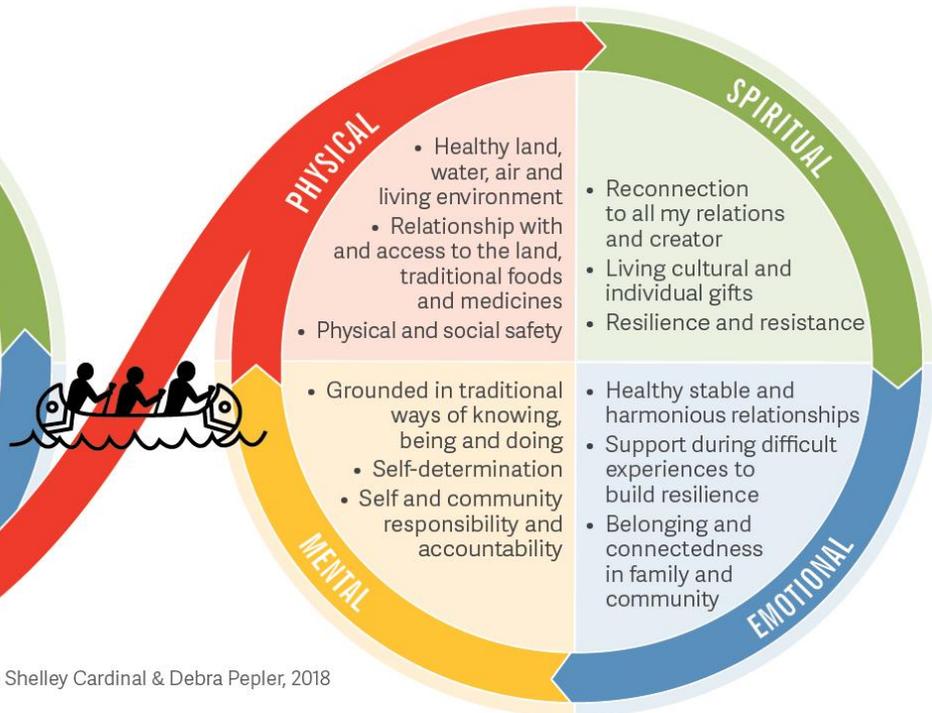


Conceptual Model

CYCLE of VIOLENCE



CIRCLE of WELLNESS



What We Learned from the Communities

1. Solutions have to include culture
2. Importance of inter-generational involvement
3. Increase understand of the root causes of violence and associated challenges (colonization)
4. Create a strength based foundation
5. Need for community driven solutions

Kathleen

- > <https://app.frame.io/f/38f3ad78-a6cd-49c9-b98a-7482289d2b39>

Learning Through Relationships

- Youth say that confidence and self-control can be fostered and enhanced through time on the land.
- The *Young Hunters* program in Arviat starts in school and moves to the land to foster youths' relationships to food and the land. They learn from Elders and leaders about traditional values, knowledge, and protocols of Inuit cultural practices (e.g., stewardship, being respectful of all living things, working together, and team work).

Current Challenges & Ongoing Harms

- Intergenerational trauma
- Climate change (disrupts hunting and gathering, safe travel conditions, living conditions, wellness of *All My Relations*)
- Food insecurity (especially for nutritious, 'country' foods)
- Housing crises
- Mental Health
- Disease (i.e. TB epidemics, mental health crises)

Disruption of Family Relationships

- The greatest negative impact of colonialism for Indigenous peoples centers on family relationships.
- Intergenerational relationships were once at the center of Indigenous life and learnings. Today many families have been disconnected which has created relationship problems.

Learning in Relationships

- Many Inuit youth are entering romantic relationships with few models for healthy relationships.
- The romantic relationships of adult role models are sometimes marked by violence and aggression.
- Youth have been left with a fractured understanding of love and sexuality.

Learning about Relationships in School and Home

Risk factors for youth engaging in teen dating violence include:

- mental health problems,
- alcohol related deaths in the family (Rasmus et al., 2014)*
- violent school environments (Kaspar, 2013)
- These factors are of a cyclical nature: the more youth come into contact with risks, the more at risk of dating aggression.

Guidelines for Programming

Programming should *respect, honour and give space for* Indigenous language, culture, spirituality, and healing practices

- Both perpetrators and those harmed deserve healing journey support (pauktuutit.ca).
- Schools can adapt resources drawing from cultural contexts and by including Elders and knowledge keepers (Wexler et al., 2017).
- Teachers can emerge as healthy relationship role models in youths' lives*

Examples of Activities for Indigenous Students

- When students were bullying each other in Inuktitut, teachers worked with students to develop lists of respectful and disrespectful words in Inuktitut (Canadian Red Cross)
- Using land based activities to help students learn about relationship to the land and *All My Relations*
- Using politics courses to inform and empower students to understand land claims and their rights and protection instruments, such as UNCRC, UNDRIP.

Respond to Disclosures of Violence

It is important to listen to youths' stories of violence and foster feelings of safety, support, and opportunity for improvement. This enables youth to share their stories free of judgement, and reduces the stigma surrounding youth violence which silences voices.

When youth are at risk, it is important for teachers (who are not mental health workers) to make a relational referral.

How do we Meet the Challenges

Promoting healthy youth relationships and preventing violence requires:

- Understanding the context of harm
- a lot of ongoing effort and persistence
- encouraging efforts to find ways to overcome the challenges and keep moving toward solutions.

Thank You

