

Tara Brass
Summer Wayner
Marla Kailly

PLANET
Youth[®]



PARTNER *Calgary*



miskanawah
empowerment • strength • family

Voices of Indigenous Youth





i am learning to trust that i have the strength to ask for help

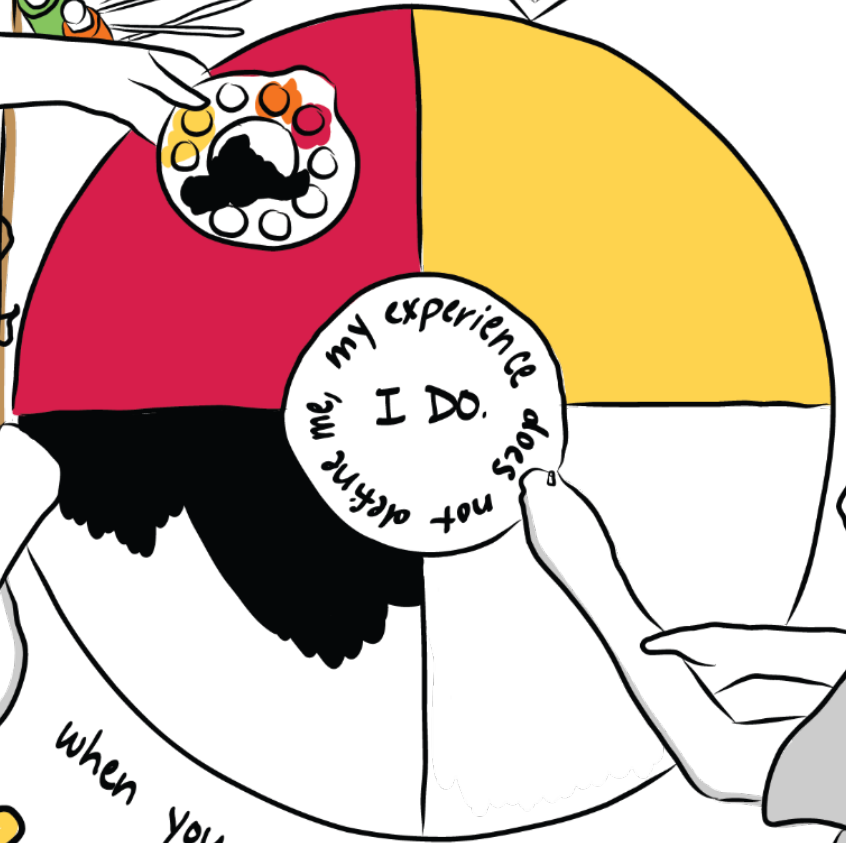
FRIENDSHIP

Finding My Voice

HELPING HANDS

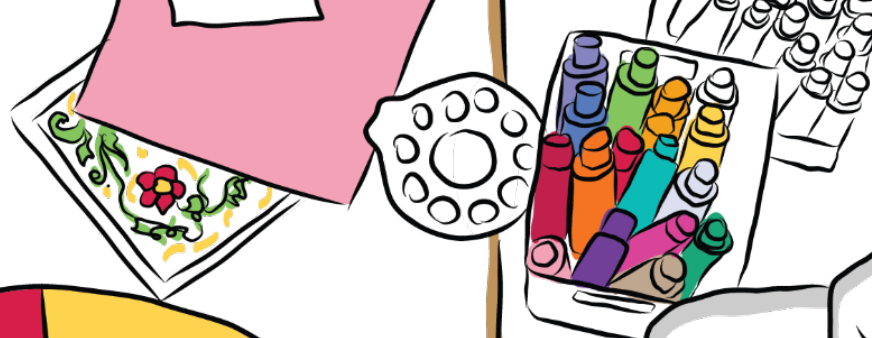
The Land Heals Us

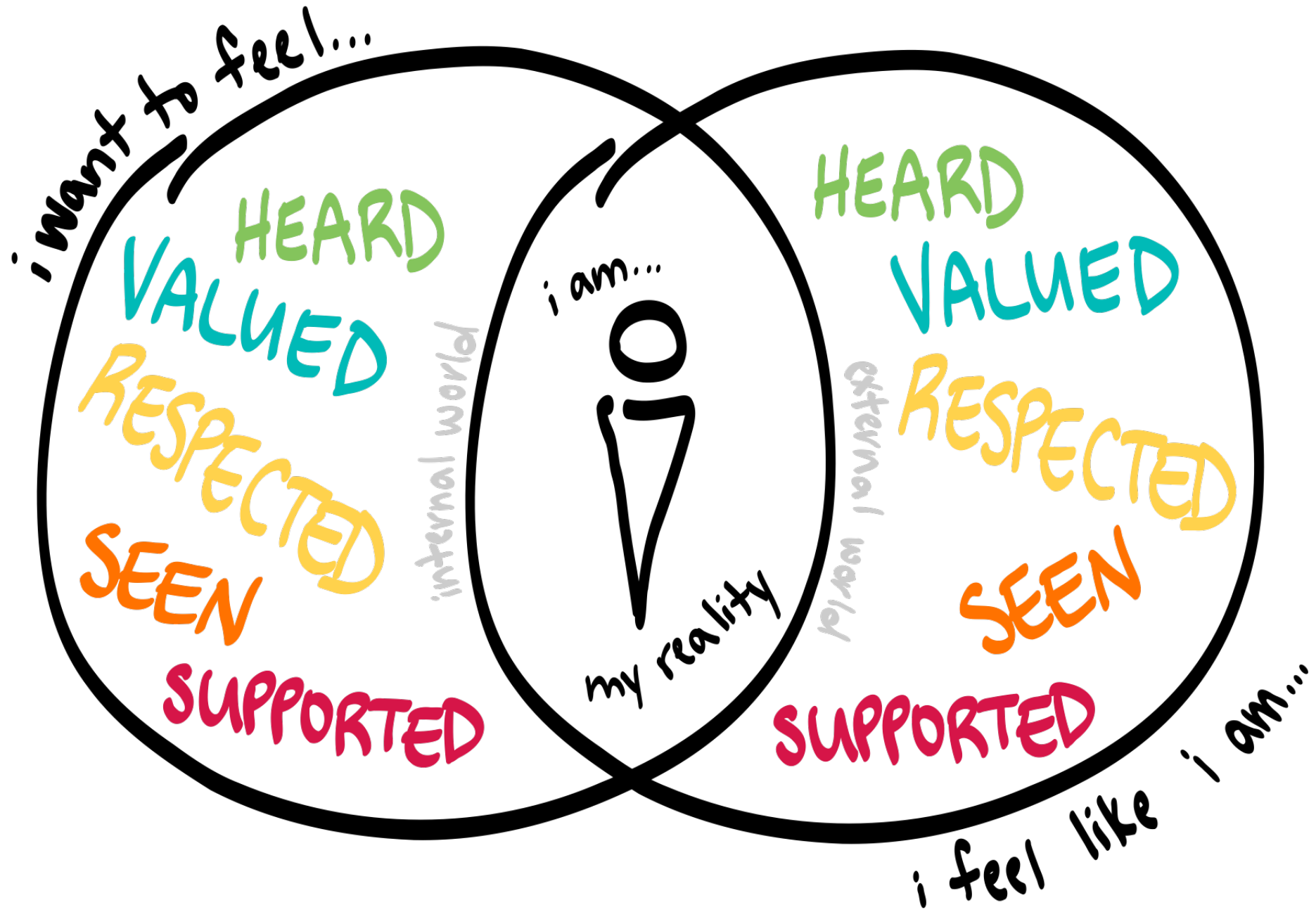
You can make the difference



not define me, my experience does I DO.

when you speak to me, you speak to all of us.





Roles of the Youth Elders

- Empowering the youth voice
- Representing and advocating for Indigenous youth
- Being a positive role model for Indigenous youth
- Building positive relationships with Indigenous youth



WHAT IS WELLBEING?

WHAT DOES IT FEEL LIKE? WHAT MAKES IT UP?

Daily ceremony and smudge

SPIRITUAL

Who we surround ourselves with

Showing your own style

Self-expression

spiritual healing
Praying

Learning new things

Being in control of myself

Smudge

MENTAL

Respect Yourself

Shaping your thoughts in a good way

Being ME
Saying what you mean

EMOTIONAL

Good relationships

Feeling Connected

Hanging out with people
Being in contact with other kids

Being in contact with other kids
regulating my feelings

LOVE

Feeling comfortable

staying open
safety

a change of environment

PHYSICAL

Being in nature

Using your legs

Activities you enjoy

Feeling the sunshine

Drinking water

Getting back up after you fall

Hobbies

Skateboarding

Being on the land

Playing traditional Indigenous games



We walk in two worlds.