

# Street**Wolf**

Seven Principles of Self-Leadership





# INTRODUCTION

Traditional Aboriginal cultures celebrate the age of youth, and create opportunity for young people to challenge themselves and contribute to the strength and health of their Nation. These challenges include physical, mental, emotional, and spiritual tasks that encourage self leadership and relationships based on the seven Grandfather/Grandmother teachings.

As a community we are responsible for providing youth with the knowledge, skill, and ability to navigate their environment with understanding and confidence.

Today, Aboriginal youth are faced with dangerous choices to make, these choices are often influenced by pressure to fit in and negative circumstances existing within their homes and communities. Youth receive thousands of messages every day from home, school, media, television and their peers. These messages often contradict one another and create confusion when a difficult decision must be made.

The objectives of Streetwolf are

1. To create a common dialogue with youth, incorporating traditional teachings and values to encourage health lifestyle choices, foster responsible decision making and influence critical thinking.
2. To increase the skills, knowledge, attitudes, and values of youth and influence personal choices through creating an awareness of the cycles of poverty, addiction, violence, and the consequences of negative behaviours.
3. To provide a pro-active response to the rising levels of criminality, gang involvement and substance abuse among Aboriginal youth.
4. To promote and support Aboriginal youth's personal, intellectual emotional, and spiritual growth so that they can make wise choices in their lives.

Streetwolf is a programme exploring issues that are faced by Aboriginal youth and assisting them with understanding the realities and consequences of negative choices.

This workbook is intended to increase the skills, knowledge, attitudes, and values of Aboriginal youth in their in making positive choices for everyday good living.

*“Never underestimate the importance  
of a single blade of grass.”*

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### **A Message From the Author**

# A Cry To

Since the arrival of strangers in 1492, the physical, mental, emotional and spiritual rights of aboriginal people were first stolen and now are often ignored. Looking around, it can feel as though we have given into a self-perpetuating pattern of negative behaviors and have picked up their legacy of destruction to pass onto our children and communities. The systematic oppression and racist legislation of Canada's government, combined with our own internal struggles have nearly crippled Aboriginal communities. Through attempted assimilation and near cultural genocide Aboriginal youth have been denied their inherent rights of identity and a strong relationship with the world around them.

Without the teachings and guidance often associated with ceremonies recognizing "The rights of Passage" during the formative years, we will continue to see the "ills" of our past recycled in patterns of: substance abuse, family violence, sexual abuse, incest, homelessness, poverty, chronic illness, suicide, teen pregnancy, gangs, imprisonment and a complete "disembowelment" of the Aboriginal spirit. One measure of cultural success is how we support a high ratio of children that make a successful transition from

Culture stress begets a loss of confidence in our ability to understand the ways of life that are taught within a particular culture. The complexity of relationships, languages, social institutions, beliefs, values and ethical rules that bind people and give them a collective sense of who they are and where they belong has been weakened.

The loss of land and suppression of belief systems and spirituality, combined with generational racism and economic oppression have predisposed our young to suicide, self-injury and other destructive behaviors.





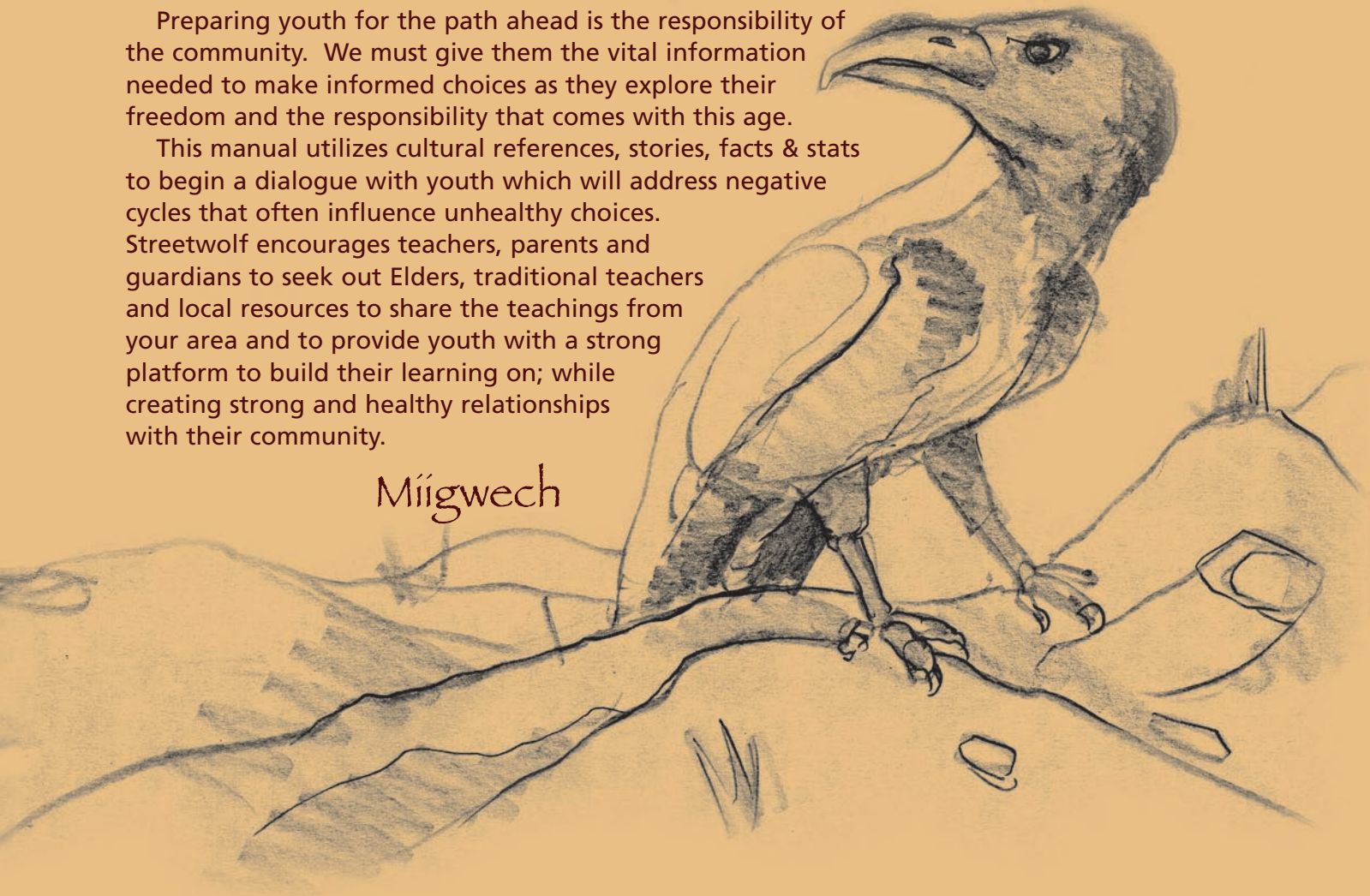
# all My Native Cousins

It is time to take back responsibility. We must turn our focus away from the negative behaviors of our young people to the transactions and inherent 'ills' within their lives.

Preparing youth for the path ahead is the responsibility of the community. We must give them the vital information needed to make informed choices as they explore their freedom and the responsibility that comes with this age.

This manual utilizes cultural references, stories, facts & stats to begin a dialogue with youth which will address negative cycles that often influence unhealthy choices. Streetwolf encourages teachers, parents and guardians to seek out Elders, traditional teachers and local resources to share the teachings from your area and to provide youth with a strong platform to build their learning on; while creating strong and healthy relationships with their community.

Miigwech



# Street **Wolf**

Seven Principles of Self-Leadership

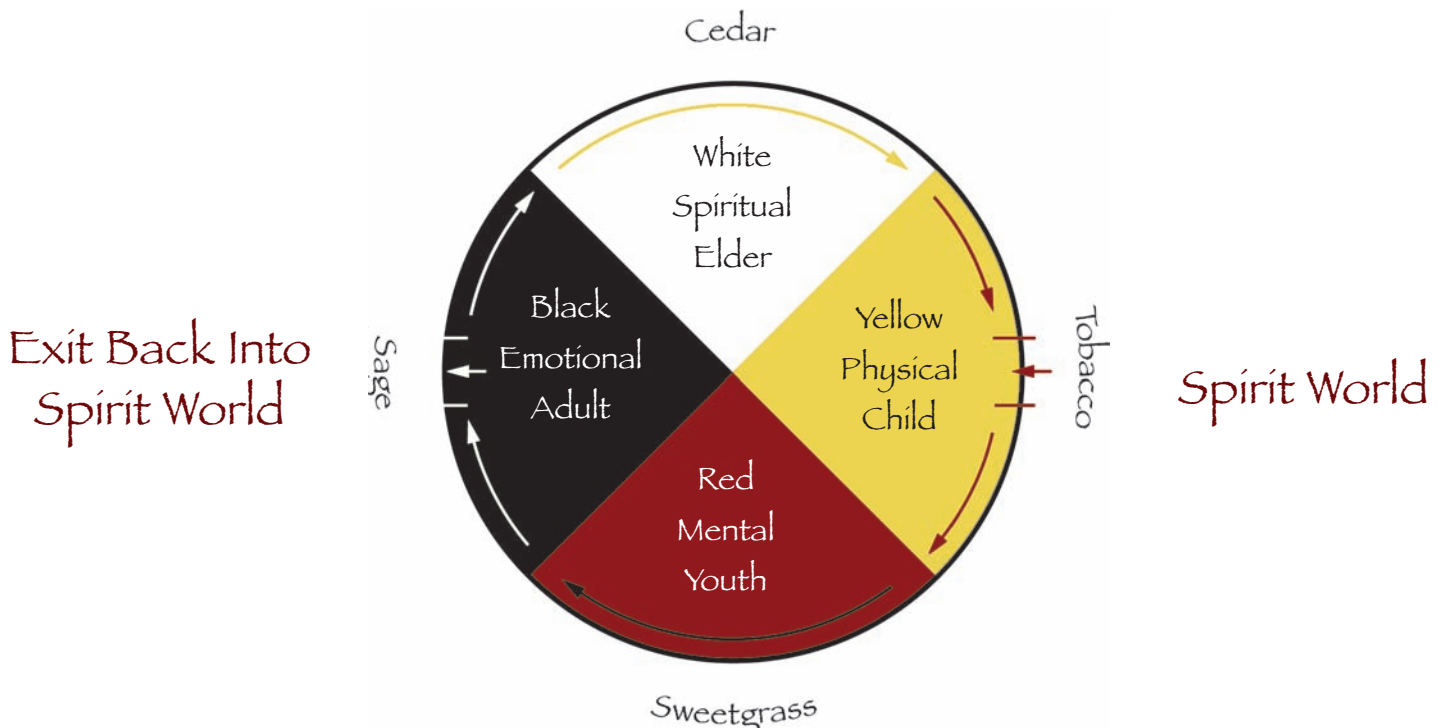


# Traditional Ways

An introduction to the "Red Road"...

## Medicine Wheel

Unlike the Western way of thinking, traditional Aboriginal peoples did not talk in terms of beginnings and endings. A day cannot be measured in a straight line. The beginning of the day doesn't begin at midnight, it begins at dawn, when the sun rises. Likewise, the first day of the year is not January 1st, it is the first full moon of equinox, the peak strength moon of the spring cycle. The Medicine Wheel can be used to describe the cycle of a day, a year, even a lifetime. The wheel has four directions East, South, West and North. The Medicine Wheel shows how we are all interlaced – we, and all things need each other to exist. We prove this every day when something on this planet becomes extinct. We destroyed it. Our medicine with it failed because we didn't change our behaviour in time to alter our connection and allow it to survive.



The Medicine Wheel is life - A Physical Thing.



# The Four Sacred Medicines

Tobacco is the first plant that the Creator gave to the Aboriginal people. It is the main activator of all the plant spirits. Three other plants, sage, cedar and sweetgrass, follow tobacco, and together they are referred to as the four sacred medicines.

The four sacred medicines are used in everyday life and in ceremonies. All of them can be used to smudge with, though sage, cedar and sweetgrass also have many other uses.

## TOBACCO

Traditional people say that tobacco is always first.

It is used as an offering for everything and in every ceremony.  
"Always through tobacco", the saying goes.

Traditional tobacco was given to us so that we can communicate with the spirit world. It opens up the door to allow that communication to take place. When we make an offering of tobacco, we communicate our thoughts and feelings through the tobacco as we pray for ourselves, our family, our relatives and others.

When you seek the help and advice of an Elder, Healer or Medicine person, and give your offering of tobacco, they know a request made with tobacco is sacred to both the receiver and the giver.

## SWEETGRASS

Sweetgrass is the sacred hair of Mother Earth. Its sweet aroma reminds people of gentleness, love and kindness she has for all people.

Like sage and cedar, sweetgrass is used for purification of our thoughts, the environment, and to eliminate bad or negative thoughts.



## **SAGE**

Sage is used to prepare people for ceremonies and teachings.

Because it is medicinal and stronger.

It tends to be used more often in ceremonies.

Sage is used for releasing what is troubling the mind and for removing negative energy. It is also used for cleansing homes and sacred items.

## **CEDAR**

Like sage and sweetgrass, cedar is used to purify the home.

It also has many restorative medicinal uses.

Cedar baths are healing. When cedar is put in the fire with tobacco, it crackles. When it does this, it is calling the attention of the spirits to the offering that is being made.

Cedar is used in fasting and sweat lodge ceremonies as a form of protection, cedar branches cover the floor of the sweat lodge and a circle of cedar surrounds the faster's lodge. Cedar grows during winter months reminding us that life is forever

## Taking Care of the Medicines

You take care of these sacred medicines by keeping them in a dry place. They can be stored in paper bags, cloth bags or wooden boxes. If you have been using alcohol or drugs, Healers say you should wait four to seven days before touching medicines.

# The Sweat Lodge

## Why is it important to sweat?

- Sweating removes toxins through glands in the skin. This 'unclogging' is so effective, the skin has sometimes been referred to as the **third kidney**.
- Viruses and bacteria cannot survive temperatures much higher than 98.6 degrees fahrenheit. This means that sweating allows us to burn away illnesses.
- Impurities in our vital organs are also flushed out.
- Negative ions are released into the air which counter fatigue and tenseness.  
An excess of positive ions has been linked to asthma, heart attacks, insomnia and allergies.

## The Importance of the Sweat Lodge

Every part of the preparation of the Sweat Lodge has special meaning. For instance, a Sweat Lodge made in an arching shape symbolically represents the arch of the sky encompassing all of creation.

## The Poles

Sometimes made from willow, poles symbolize the ribs of the Great Spirit. Some Native Elders believe the willow is a tree that is always found growing along flowing water. Water is a necessary element for humans, it is essential for cleansing. Animals, plants, birds, stones, air, water and fire are all represented in the sweat lodge - all of creation. These things have special powers that are lent to all that participate in the Sweat.

The willow also has a significant purpose in the contemporary world – The bark has been used to cure headaches and pain. We know it as aspirin.

## The Stones (Grandfathers)

The Stones that are heated in the fire and brought into the lodge are the Grandfathers. When the stones of the Sweat Lodge are heated and glowing in the dark we return to the first dawn of creation.

## The Grandfathers are Alive

When Anishnawbe people collect stones for the lodge, tobacco is offered. Any dropped stones are put back in the fire before entering the lodge.

*This information was sourced from the Ojibway Nations*

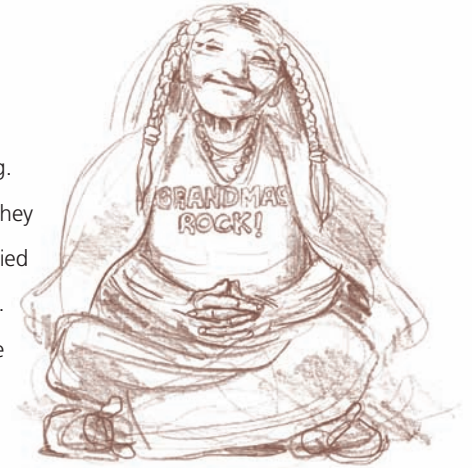


# The Pipe

The pipe and tobacco are used to help send prayers to the Creator. These few words cannot begin to tell you what the Sacred Pipe means to Aboriginal people, but the White Buffalo Calf Woman's story illustrated its importance...

## WHITE BUFFALO CALF WOMAN

Long ago, two young men were out hunting, it had been a bad winter and the people were starving. All day they searched for buffalo, but they saw no sign of any animals. Then, at the end of the day, they saw a figure coming toward them. It was a beautiful woman, dressed in all white buckskin. She carried sage in her hands and a bundle on her back. She told them she had been sent by the Buffalo Nation. One of the young hunters had lust in his heart as he saw her and he reached out to grab her. As he did this, a white cloud covered him and when it lifted, all that was left of the man was bones. The other young man's thoughts were pure and he was told by the woman to return to his people and have them make ready for her arrival the next day by building a medicine lodge.



He did as she said and on the next day the woman came to their camp, holding in her hands a large pipe and a small round stone. The bowl of the pipe was made of red stone – long ago that stone had been the blood of ancient animals. It stood for the stones, for the earth and for ancient beings. Twelve eagle feathers hung from the pipe, a symbol of the eagle, which is the messenger of the Great Spirit. The stem of the pipe was carved of wood and stood for the trees and the plants that give life. Then she showed the people how to smoke the pipe, how to use it to send a voice to the Great Spirit with its smoke.

Then White Buffalo Calf Woman gave them the small round stone. On it were seven circles, ranging in size from a large circle to a very small one. Those circles represented the seven sacred ceremonies which she then taught them. Those ceremonies are the Soul Keeping ceremony, the Sundance, the Vision Quest, the Sweat Lodge, The Puberty Rite for Women, the Making of Relatives and the Sacred Ball Game.

When she had finished teaching the people, White Buffalo Calf Woman walked in a circle and left the Medicine Lodge. She walked away, stopped, sat down and when she stood she was a Black Buffalo Calf. She walked further, sat down and when she rose she was a Brown Buffalo Calf. A third time she walked and sat and rose up as a Red Buffalo Calf. The last time she stopped and sat, she arose as a White Buffalo Calf and then disappeared over the western horizon.

BearHeart, Sioux Lakota

In essence, entering a Sweat Lodge is seen as entering a womb and upon leaving the lodge, it is like being reborn and creation continues.

## A Sweat Lodge can also symbolize life...

Just like events in our lives the Sweat Lodge is a place of testing. There are moments when you feel like you can't stand it any longer. There will be times of discomfort whether real or imagined. Self-talk helps conquer our fears and completing a sweat makes the experience much more meaningful.

You have faced your greatest enemy – **Yourself**.

# Kitche Manitou's order goes as follows...

Father Sun is the father of all.

The gift of life is given once, but it is renewed daily in each new dawning.  
Mother Earth is mutually necessary and interdependent in the generation of life.

Like man and woman, at birth, a man receives his life from his mother;  
in death he gives up his life to Mother Earth.

Grandmother Moon looks after her children at night  
and guides us through our paths.

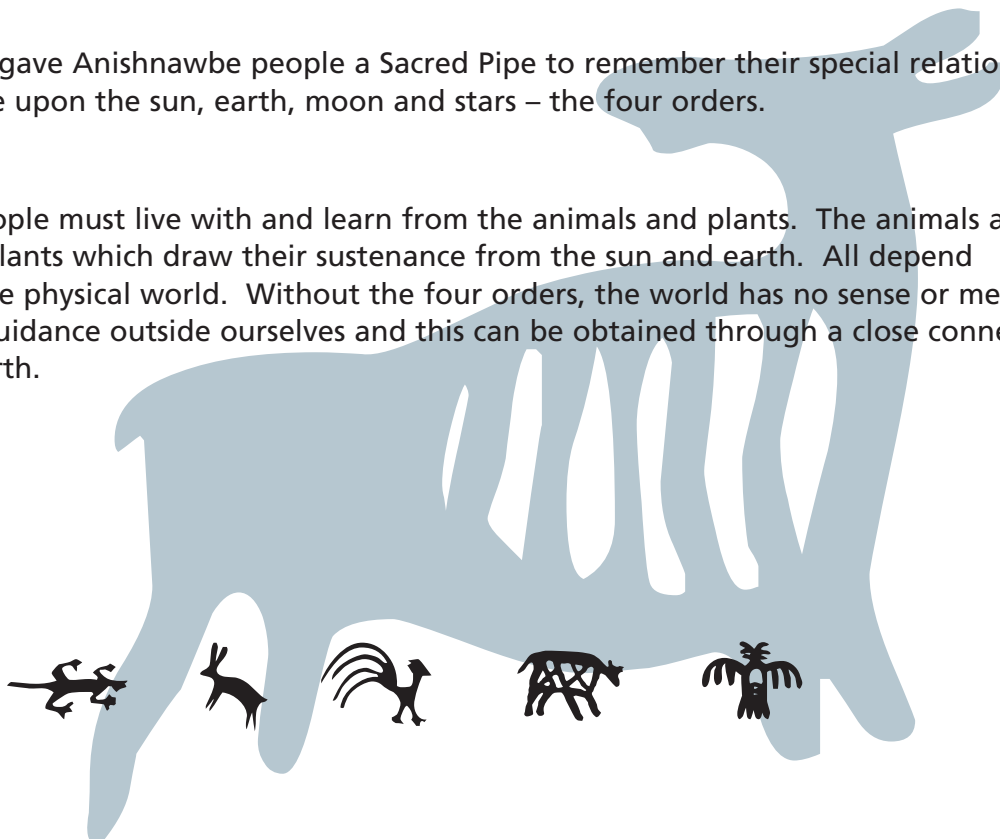
Grandfather Thunder – To Anishnawbe, a tree, creature or portion of  
earth pierced by lightning is said to possess medicine and power.

## Sacred Pipe

Kitche Manitou gave Anishnawbe people a Sacred Pipe to remember their special relationship and dependence upon the sun, earth, moon and stars – the four orders.

## Natural Law

Anishnawbe people must live with and learn from the animals and plants. The animals are dependent on plants which draw their sustenance from the sun and earth. All depend ultimately on the physical world. Without the four orders, the world has no sense or meaning. We must seek guidance outside ourselves and this can be obtained through a close connection with Mother Earth.





# Dreams (Spirit Sleep)

**Dreams are a time of:**

learning  
play  
praise  
criticism  
balancing

In dreams we can experience and find **ultimate truth**. Dreams are a time we can communicate with the **Great Spirit** and past ancestors. We are more active when we are asleep.

Dreams can come in the form of sleep dreaming, day dreaming and vision quest through fasting.

**Dreams can be a symbol of:**

prophecy  
adventure  
prayer  
beauty  
past (trauma or lives)  
Warning (danger or tragedy)

Spirit sleep is when the spirit breaks free and goes elsewhere – passing and receiving messages.

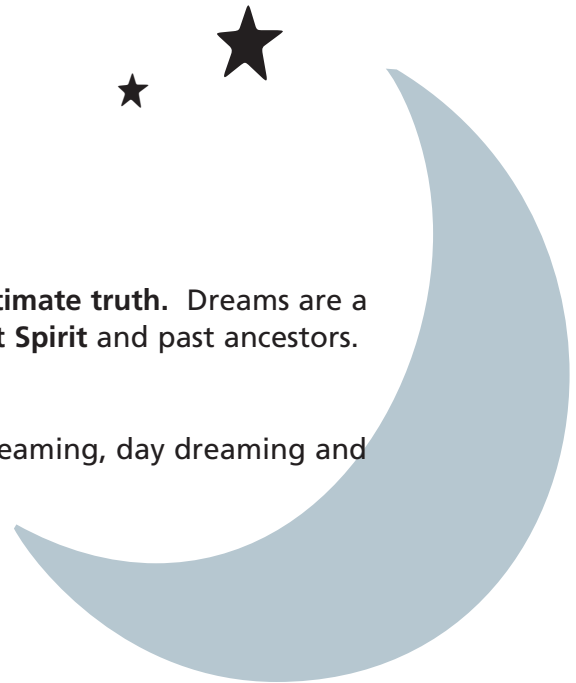
**Dreams tell us about our spiritual process.**

**Paying attention to your dreams will help you gain:**

- Knowledge of yourself
- Direction in where you are going
- Insight to faults you need to correct
- Advice on all kinds of matters

The language of dreams is akin to **Aboriginal Spirituality**. Keeping a journal beside your bed can help you record and assess your dreams. By following the advice of dreams we open ourselves up to **self-growth**.

**“The learning process begins with intuition”**



# Clan Systems

*"The clans represented on this page are only a small portion of those that exist; Clan Animals are usually those found naturally in our home lands.*

*"A long time ago, before humans inhabited this world, it is said that the clans were already here. Before the humans arrived, the animals, fish and birds were told by the Creator that humans were coming and that these humans wouldn't have anything and would be pitiful. So each of the animals, fish and birds said, "We will take care of them and show them how to live in harmony with all of creation. We will sacrifice ourselves as food so they won't starve and we will supply them with our skins so they will be warm. we will teach them what medicines and ceremonies to use to heal themselves." Anishinabek Teaching*

The clan system is used throughout Canada and North America. Clans are referred to when we introduce ourselves to others and to recognize our relationships to one another. There are many hundreds of nations of Aboriginal people and each nation has their own unique and distinct way of understanding the clan system. Clans are our family unit in each nation.



**What animal symbolizes your spirit?**



## Power of Stones

Stones are sacred symbols of Aboriginal/First Nation culture. Because they are the direct products of Mother Earth, they are indestructible. Just like people and other worldly matter, they may not be strikingly beautiful. However, their strength is in the inner beauty they possess. Just like your inner beauty. If you look closely at a stone, you will see that it is perfect in its imperfection. Notice how a stone is usually round, just like Mother Earth, and like the cycle of life. The four seasons are prodded by the winds that whirl in a circle; the four directions are in a circle. When you are outside, look around and see how many circles there are in nature. The stones represent our Grandfathers who bare witness to generations who have walked on Mother Earth.

## SAMPLE ACTIVITY:

### YOUR STONE

Find a stone. Cleanse it really well and then look through the animal symbolism to identify which animal best describes you. It's all right if you see yourself in more than one symbol. Once you've identified your animal, paint, draw or write the specific animal and trait that seems like you on the stone. Once you have completed this, bury the stone for three days in the earth's soil. After the three days, the stone is ready to be rediscovered. It will contain your energy only. This can become a great symbol that you can carry with you or leave in a special spot at home. It can help you in times of need, reflection, stress, worry, anger, fear... all you have to do is hold it. The stone grounds you in life with Mother Earth.



# Vision Quest

Being on a mountain, we feel it's strength  
Receive direction in your life  
Who am I?... to find the answer you must look within  
Higher ground makes us see how small we really are  
When we fast, not only do we empty ourselves physically,  
but we empty our minds and attitudes to receive new thoughts and concepts

## Can a Blind Man Still See?

"To remove a tree stump from the ground you must cut the tap root that reaches deep down into the earth. The stump is impossible to move until this is done. In order to be upright, solid individuals, we need to send our roots deep into the source from which life comes. If your life is built on something solid, the winds and the storms of life may blow, and may sway you back and forth, but you will stand strong as long as you firmly hold on to that life-giving force."  
*(Bear Heart, 1996)*

## Self Discovery

Street Wolf went through a personal transformation that changed his life and offered him balance through his personal connection with Mother Earth. It started with reflection. Like a bull buffalo that sits on the crest of a hill looking back at where he has been and what he has meant to others in his herd. Like a bear who often takes time for assessment and rejuvenation, he eats during the year to sustain him during winter. In hibernation, even his spirit is resting. A Vision Quest grounds us as individuals. Offering our spirit a higher wisdom entitles us to know our weaknesses, mistakes and potentials. Through meditation we can explore ourselves from within and create options we thought we didn't have. A vision quest adds to what knowledge we gain through experience, making us whole in mind, body, and spirit.

Note:

The Traditional Ways section are  
Teachings adapted from  
Clarence Cachagee, Crow Feather Carrier.  
Rest in Peace. Miigwech



# The Healing Circle

## The Healing Circle

All of Creation moves in continuous cycles, these cycles pass in the same order: birth, life and death; spring, summer, autumn and winter. These cycles stay the same, they are constant – however with the passing of each cycle comes significant changes for those of us who experience them.

Our lives are affected every day by the cycles around us: seasons determine what we will wear for clothing, what foods are available to eat and mark the passing of our years on this earth. At different times in life we may find ourselves caught in a 'negative cycle', these cycles can be harmful both to ourselves and the people we love.

Recognizing negative cycles is the first step toward healing and creating change in our lives and in the lives of friends and families. Through the introduction of the 'Healing Circle' into our lives, we can learn to identify problems and make choices that will allow us to gain strength from negative experiences while moving in a positive direction toward growth and understanding.

## To Walk In The Sacred Way

GRANDFATHER, LOOK AT OUR  
BROKENNESS

WE KNOW THAT IN ALL CREATION  
ONLY THE HUMAN FAMILY  
HAS STRAYED FROM THE SACRED WAY

WE KNOW THAT WE ARE THE ONES  
WHO ARE DIVIDED  
AND WE ARE THE ONES  
WHO MUST COME BACK TOGETHER  
TO WALK THE SACRED WAY

GRANDFATHER SACRED ONE  
TEACH US LOVE, COMPASSION, HONOUR  
THAT WE MAY HEAL THE EARTH  
AND HEAL EACH OTHER

Ojibway Prayer

# GROWING UP WITH ADDICTED PEOPLE

Addiction: is dependency on a substance or behaviour that has a negative impact on our lives. There are many kinds of addictions, people can become dependent on drugs, alcohol, gambling and even sex.

Addiction can start as an 'escape' method used to avoid uncomfortable situations or feelings and soon take over a person's life. Addiction can cause harm to the addicted person, their work, their friends and their family. Using addictions to deal with life will never end positively, it often creates more problems and makes it difficult for us to learn from the challenges that life brings us. It is these challenges that will ultimately make us strong and able to handle life's obstacles without addiction to substances or negative behaviours.

Streetwolf knows that many of you live in these circumstances and understands. Knowing others live in similar situations does not always help you when things get rough at home or in your community. In fact, sometimes your feelings can urge you to make dangerous choices. Use these tips, they may bring relief or even save your life:

- 1) Remove yourself from the situation, even if it's for a short time.
- 2) Get help - Call Police, Kids Help Line, a trustworthy adult.
- 3) Consider whether you are in danger. If so, seek help.
- 4) Admit the truth - that there is a problem.
- 5) Express your emotions.
- 6) Deal with your anger.
- 7) Take care of yourself - try to eat healthy, sleep well...
- 8) Find a truly good friend.
- 9) Be someone else's good friend.
- 10) Ask questions and seek answers.

**REMEMBER: IT IS NOT YOUR FAULT  
THAT YOU LIVE WITH ADDICTED PEOPLE.**

**YOU ARE NOT ALONE!**

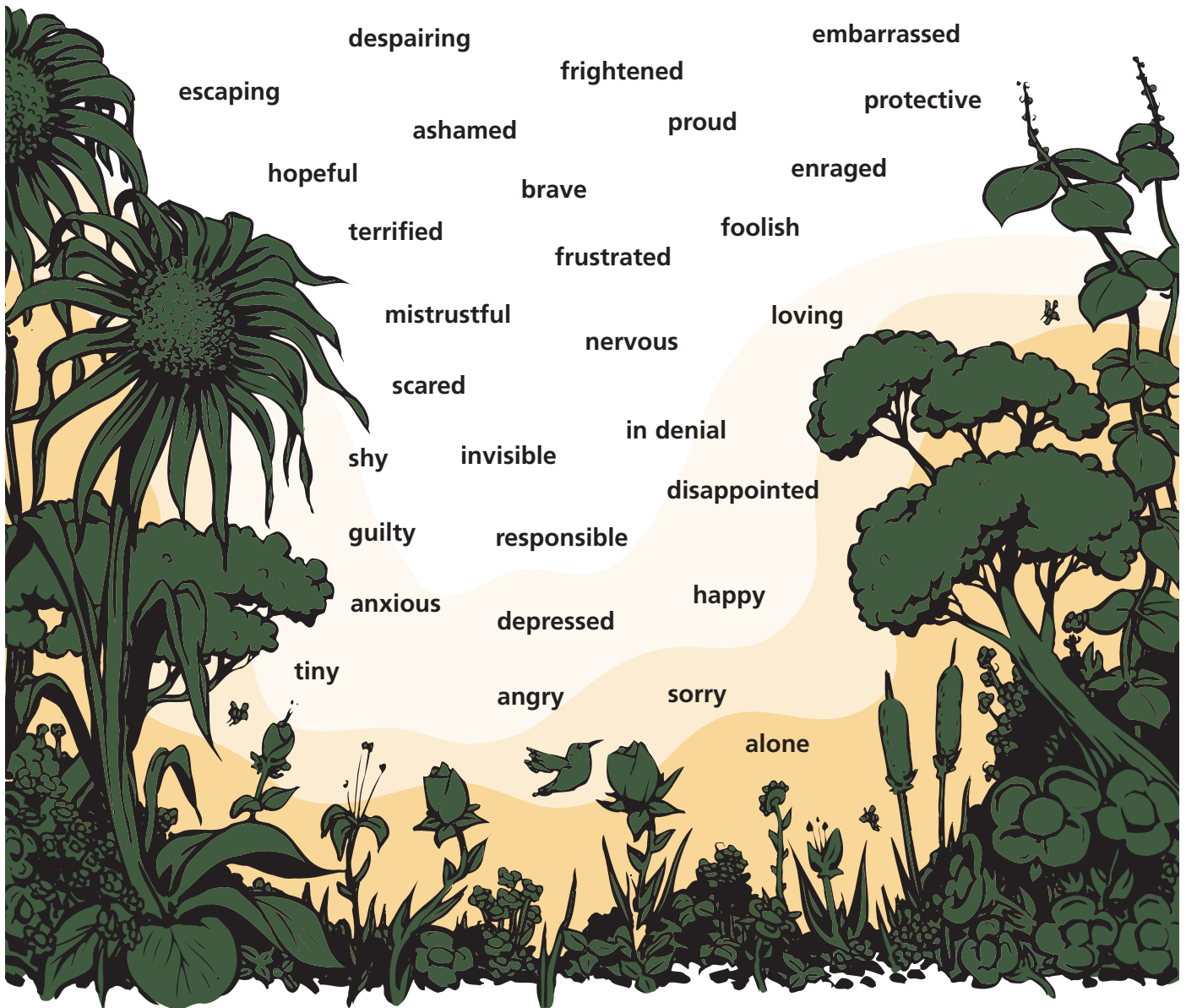
## ACTIVITY: GARDEN OF FEELINGS

Take a moment to check your feelings about growing up with addicted people. What would your garden look like, if your feelings were flowers growing in a garden?

Here is a list of feelings to choose from for your "feeling" garden.

Circle the ones that express your feelings.

If you have some feelings that have not been noted, fill your garden with those feelings too.



# IT IS OKAY TO HAVE THESE FEELINGS



# Co-Dependency

Growing up with people who have addictions can be traumatic. Sometimes a young person will learn or form habits similar to the user. People with addictions will often use anger or fighting to give themselves an excuse for their behaviour. If we fight with an addict, say mean things or ignore them completely, the addict feels they have an excuse to continue with their negative behaviour.

If we tell the addict that we care for them and that their addiction is harming our relationship, we may give that person something to think about.

The emotions and behaviour of addicted people can be difficult to understand and create a painful cycle for the addict and their family. They can be:

**PHYSICAL** aches, illness, fatigue, sleep disturbances

**MENTAL** denial, disappointment, feeling punished for something you did

**EMOTIONAL** anger, anxiety, sadness, loneliness, guilt, shame, regret

**SPIRITUAL** hopeless, powerless, mistrust, abandonment

## Helpful tips:

- **DON'T PUT YOUR NEEDS ON HOLD**
- **TAKE CARE OF YOU**
- **EAT HEALTHY FOODS**
- **GET INVOLVED IN ACTIVITIES**
- **DEVELOP HEALTHY COPING SKILLS**
- **SPEAK TO AN ELDER**
- **SPEND TIME WITH FRIENDS**
- **GET SUPPORT OUTSIDE OF HOME**
- **SET DAILY GOALS**
- **GET CLOSE TO NATURE**
- **RECOGNIZE YOUR TRIGGERS**
- **FIND AT LEAST ONE ADULT MENTOR YOU TRUST**
- **WRITE IN A JOURNAL**
- **FIND A SAFE PLACE**

## FINGER POINTING

Families who are living with addictions are under stress. Various roles develop and family members take turns passing the real problem around:

### Roles:

Victim = Poor me

Rescuer = I'll save you

Abuser = you're to blame

Silent one = I need to hide

### Feels Like:

guilty, resentful, hopeless

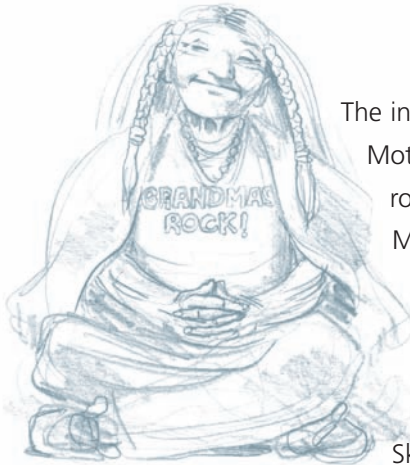
coaching, endless listening, too much responsibility

controlling, intrusive

lonely, scared, sad, numb, trapped, confused

All members of the family may move through the four roles at different times. Counselling, traditional teachings and an effort on the part of everyone to deal with the past and change their behaviours, can help a family in turmoil.

# SELF-TALK IS THE KEY TO STARTING THE HEALING PROCESS



## THE SKINNY BEAR STORY

The incident that caused Skinny Bear's trauma happened when she was a tiny cub. One day Mother Bear slipped on a rock while feeding for salmon, plunging her helpless cub into the roaring rapids. Mother Bear jumped in after her but Skinny Bear had already sunk. Finally Mother bear pulled her to safety.

Skinny Bear experienced anxiety and flashbacks to that day if she was so much as a paw's length from the river. She was afraid to go to sleep at night; thought she was a bad little bear; believed she was not as smart as other bears; thought she would get fat if she ate too much, often made herself vomit after eating; and even felt she did not deserve to live.

Skinny Bear's reality left her feeling like a failure. She felt humiliated when all the other cubs learned how to catch salmon and she cowered at the mouth of her cave. While other cubs were getting fat and fluffy on all the fish they were catching, she was reduced to eating berries. They made a nice treat once in awhile, but a steady diet of them wouldn't put fat on her for the coming winter. Skinny Bear was hopeless... and very skinny.

Grandmother Bear had been watching her lovely Grand Cub getting skinnier and skinnier while becoming sadder and more withdrawn. Wise Grandmother Bear knew that bears were not supposed to have such a slim gait. She also noticed that Skinny Bear did not play with the other bears or engage in games of who can catch the biggest salmon. Something was definitely wrong.

"What worries you so?" Grandmother inquired softly. Skinny Bear tried to pretend nothing was wrong, but Grandmother Bear was lovingly persistent.

## "Never complete a negative statement"

Skinny Bear finally shared the story of her near death experience and how she felt about herself. Grandmother Bear explained: "Sometimes negative self-talk can be connected to a single word or incident. We can talk ourselves into believing irrational thoughts are truth." Skinny Bear thought about her Grandmother's words. Grandmother Bear continued: "Granddaughter we can unlearn habits instead of thinking about catching salmon. Think about "catching yourself." Skinny Bear responded: "I don't get it." In a calm voice Grandmother continued her teaching. "Most self-talk is automatic so sit down and take the time to listen to what you are saying to yourself." Skinny Bear could hear her own self-talk and Grandmother's words made sense.

Sharing her traumatic ordeal with Grandmother and hearing her Elder's wisdom helped Skinny Bear feel better. Grandmother Bear and two Auntie Bears took Skinny Bear to a very shallow pond and helped her catch a small fish. She didn't fall in and that fish tasted SOOOO good. On the way home, they talked more about how the "what if's" and "I can't's" may lead us to expect the worst possible outcome. If the "what if's" and "I can't's" go unchallenged and unquestioned they can be self-defeating and keep us in a dangerous cycle of self-doubt that can lead to self-harm. So Skinny Bear thanked her grandmother with tobacco and began to challenge her negative self-talk with more rational and self-supportive statements and in time was able to overcome her fears with chants of "I am able" and "I can" and became the best salmon hunter in her clan. Skinny Bear was very happy that she had adult bears that noticed her sadness and were able to help her.

# SELF-TALK IS THE KEY TO STARTING THE HEALING PROCESS

Are you a victim of trauma?

- If you have experienced feelings of fear or powerlessness
- Re-Experienced these feelings in flashbacks, dreams and intrusive memories
- Experienced behaviour like: numbing of emotions, reduced interest in the outside world/others
- Experienced physical anxiety (nervousness), insomnia (sleepless), irritability and angry outbursts

You may be a victim of trauma. It is time to work through these feelings and be healthy.

Self Talk is the voice only we hear, it can be positive or negative. If our self talk is negative; we can self talk ourselves out of anything: ie. taking on new challenges or dealing with problems that make us uncomfortable. Positive self talk will counter negative thoughts and build the confidence we need to keep moving forward and create change.

Read the negative statements below and counter them with Positive Self Talk:

## Negative Self Talk

- I am so stupid
- I can't do anything right
- I hate my body
- I am so ugly
- I am such a loser

## Positive Self Talk

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## HOW CAN WE UNLEARN BAD HABITS?





## ACTIVITY: THE MIRROR TRICK

Here is a useful exercise that may help you make the choice to stay away from violent activities and self-destructive behaviour. It can improve your feelings of self-worth, so you won't need negative people in your life. Depending on how far down the road of poor self-esteem you have traveled, you may find this a bit difficult. Street Wolf can tell you it is worth the effort.  
You can and should like yourself.

Find a mirror in your house or a stream outdoors,  
Stand with your feet evenly spaced and firmly on the floor,  
Hold your head up high,  
Recite these nine important words:

### **"IF I WANT TO ACHIEVE, FIRST I MUST BELIEVE."**

Perform this exercise at least once a day, more often if possible.

Here is another exercise you can try.  
Look at yourself in the mirror or stream while you recite these words:

**IT** may be tough, but anything worthwhile doesn't come easy.  
Success **IS** never certain and failure is never final.  
No one rises **TO** low expectations.  
I'll **BE** honest and true to myself.  
**IT** starts with a positive attitude  
\_\_\_\_\_ **IS** a somebody.  
I'll look **UP** to the clouds and dream.  
I'll remember **TO** respect others and myself.  
If it is to be, it is up to **ME.**"

The exercise in front of the mirror or stream really works. It is a tool to work on your feelings of self worth.

By the way, this game is not a secret.  
Share it with others – they may benefit from it too and choose not to travel down that downward spiral that leads to addiction and violence.

# Child Abuse and Domestic Violence

In traditional communities women, children and families are considered 'sacred'. This means that they are cared for and protected. In the time before European contact, our people lived in closely shared quarters, we had a variety of homes amongst our nations: the Iroquois lived in longhouses, the Anishinabek lived in wigwams and the Plains people lived in tipis. Living this way meant there were no secrets, because everything we did was witnessed by our family.

With the introduction of private homes and 'power' taken away from women and children, violence entered our homes and communities. This violence is not limited to strangers, sometimes it is the people we love and trust who hurt us through violence or abuse. Learning about domestic violence and child abuse can help our communities return women, children and families to their sacred place and chase abuse out of its secret hiding places in our hearts and minds, where they cause their greatest damage and continue the negative cycles of addictions and violence.

## THE FACTS & STATS:

- 35% of Aboriginal people vs. 26% of non-Aboriginal people reported being a victim of crime
  - Sexual assault rates are 5x higher for Aboriginal people and domestic violence 3x higher
  - 75%–80% of Aboriginal girls reported they have been abused\*\*
  - 53% of women in Canada and 31% of men reported being sexually abused as children
  - 74% of Aboriginal victims did not report crimes
  - One reason was a lack of confidence in the system
  - Research indicates that approximately half of the missing women in Canada are Aboriginal
- \*\* National Victims of Crime – Department of Justice Canada (2003)

## WHAT IS SEXUAL ABUSE:

Sexual Abuse is any forced sexual contact. This form of abuse is often accompanied with threats of violence or actual acts of violence.

## WHAT IS PHYSICAL VIOLENCE:

Physical abuse includes punching, pushing, choking, slapping, throwing objects, shoving, and the use of a weapon against you. This form of abuse is easy to identify.

## WHAT IS EMOTIONAL VIOLENCE:

Emotional abuse is threats to an individual, threats against family, threats to pets, threatening your partner with weapons and isolating your partner from your family and friends. This abuse can be the most threatening, because it leaves the abused in a constant state of fear.

## CHILD ABUSE AND DOMESTIC VIOLENCE CAN BE:

**MENTAL PHYSICAL SEXUAL VERBAL EMOTIONAL SPIRITUAL**

## EXPERIENCE & WITNESSING ABUSE & VIOLENCE CAN LEAD TO:

**DEPRESSION CONFUSION FEAR ANXIETY HARMFUL BEHAVIOUR LOW SELF ESTEEM**

*“Abuse is not limited to family or home. It can also take place at school, in community groups, at church and in the care of helping professionals.”*

# Harmful Effects

Physical abuse and emotional abuse are intertwined and although physical wounds can heal, emotional pain is often everlasting.

Abuse of any kind is nearly always associated with  
**Low Self-Esteem.**

Abuse leads to feelings of guilt and shame.

**GUILT:** Uncomfortable or painful feelings associated with value violations. (eg. Breaking the law/hurting others) Guilt is associated with chronic feelings of "I've done something wrong".

**SHAME:** Painful feelings that we experience when we think that part of us is defective. (eg. We feel bad, ugly, inadequate, like a failure or fat)

Both feelings can make us feel lonely or isolated.

Imagine striking a tree with an axe just one time everyday.  
Over time even small blows will result in the tree falling down.

**What can you do to insure your spirit is not chopped down?**





# Rape Crisis

What is rape? Rape takes on many forms, and is the use of physical threats or violence to force a person into sexual activity. We often hear news stories about young people who are abducted and harmed, and sometimes murdered by rapists. Most rapists will be someone you know. These abductions can occur anytime and anywhere, there are things you can do to protect yourself.

- Think smart.
- Don't go out alone at night, stay in well lit and populated areas.
- Let someone you trust know where you are going, and when you will be back.
- Don't accept rides, gifts, food, drinks or drugs from a stranger.
- Be aware. Using drugs and alcohol can lead to dangerous situations.
- Never leave a drink unattended.

## A True Story:

One night a friend and I were out at a club, I had just turned 19 and we were pretty excited. While playing a game of pool, we were approached by a young guy with a drink in his hand. He said that he had bought it for his friend, but the friend didn't want it. He asked if we wanted to take the drink. We said 'no, thanks.' He walked away, it was still pretty early in the evening, later as the club was getting busier; we saw him again. He had the same drink in his hand and was still trying to give it away.

A couple of days later, I was flipping channels, and saw a news story about a 'date rape' drug. This drug was slipped into a drink and would cause a person to black out and forget anything that happened, creating an opportunity for someone to take advantage of the person sexually and not get caught. When I go out now, I always remember that night and I am careful not to drink too much and always order my own drinks.

## DATE RAPE

Date rape is under reported, as often victims are unsure if they did something to deserve the violation. Whether it was agreeing to be alone with the person or 'making out' once a person says 'no' or 'stop', and the other person doesn't listen or uses violence to continue, this is date rape. No one should feel pressure to do anything they are not ready to do.

Rape in any form is illegal, and if convicted of this crime a person can go to jail. Rape can cause long term harm to the victim, this may include:

**SHAME    GUILT    ANGER    DEPRESSION    LACK OF TRUST**  
**LOW SELF ESTEEM    ADDICTION    ISOLATION    FEAR**

# The Frog Story

A frog was jumping down the road one day and jumped inside a bottle of cream that was half empty. He knew he has two choices and he said to himself: "I can sink and drown or I can kick my feet." Being the type to never give up, that little frog kicked and kicked until all the kicking churned that cream to butter and he just hopped out.

## **REMEMBER THE POWER OF SELF-TALK**

**Some victims of abuse will 'act out' in a variety of ways, including:** stealing, lying, bullying, avoiding intimacy, hiding, and using drugs or alcohol.

**AN ESSENTIAL PART OF THE HEALING PROCESS FOR SURVIVORS IS TO UNDERSTAND IT WAS NOT THEIR FAULT.**

**IF YOU HAVE BEEN A VICTIM OF ABUSE, INCEST OR RAPE, IT IS VITAL THAT YOU FIND A CRISIS NETWORK.**

## **WHAT IS A CRISIS NETWORK?**

It is a group of trusted adults and friends:  
teacher, guidance counselor, parent, aunt/uncle, family member,  
kids help line, police officer, social worker, counselor, Elder, grandparent.

### **Telling someone:**

- can be one of the hardest parts of surviving abuse yet it can help you work things out in your mind
- can result in you joining a team of courageous people like you who are also "survivors"
- can help you move through the shame that may be keeping you isolated
- results in taking a leap of faith
- can help you feel proud, strong and more in control
- abuse is a crime, as a victim you have rights

*If you don't tell someone and heal while you are young – you better believe you will have to deal with the pain later in life; maybe decades later; maybe when it is not 'convenient' to do so.*

# BOTTLED UP FEELINGS

Avoidance of  
eye contact

Apologizing  
for having  
your own  
needs

## HOW CAN YOU SMASH THE BOTTLE OF FEELINGS?

- Learn what it is
- Experience it
- Share it with safe supportive others who accept you for who you are



Take out  
pain on  
others

Defensive  
attitude

## BOTTLED UP FEELINGS RESULT IN:

- Difficulty trusting
- Feelings of fear
- Guilt
- Shame



# Making a Safety Net

## MAKING A SAFETY NET

### WHAT DOES A SAFETY NET MEAN?

- Feeling protected or sheltered from harm;
- Feeling safe is essential to begin healing from trauma, abuse or violence;
- Feeling confident to talk about your experiences and to grow from them.

### EXERCISE: BUILDING A SAFETY NET

1. Choosing a symbol of peace: ie. a precious stone, sweet grass, or pine cone
2. Decorate a journal to make it your own
3. Find or make a net, basket or knapsack

### EXERCISE STEPS:

1. Write anything that comes to mind for 30 minutes, three times a week
2. Combine your writing with relaxation and music
3. Don't criticize your thoughts or feelings
4. Place your journal and symbol of peace in your safety net for safe keeping

Draw a picture of a web, at the centre write your name and around the web write the names of the people and places that help you feel safe:

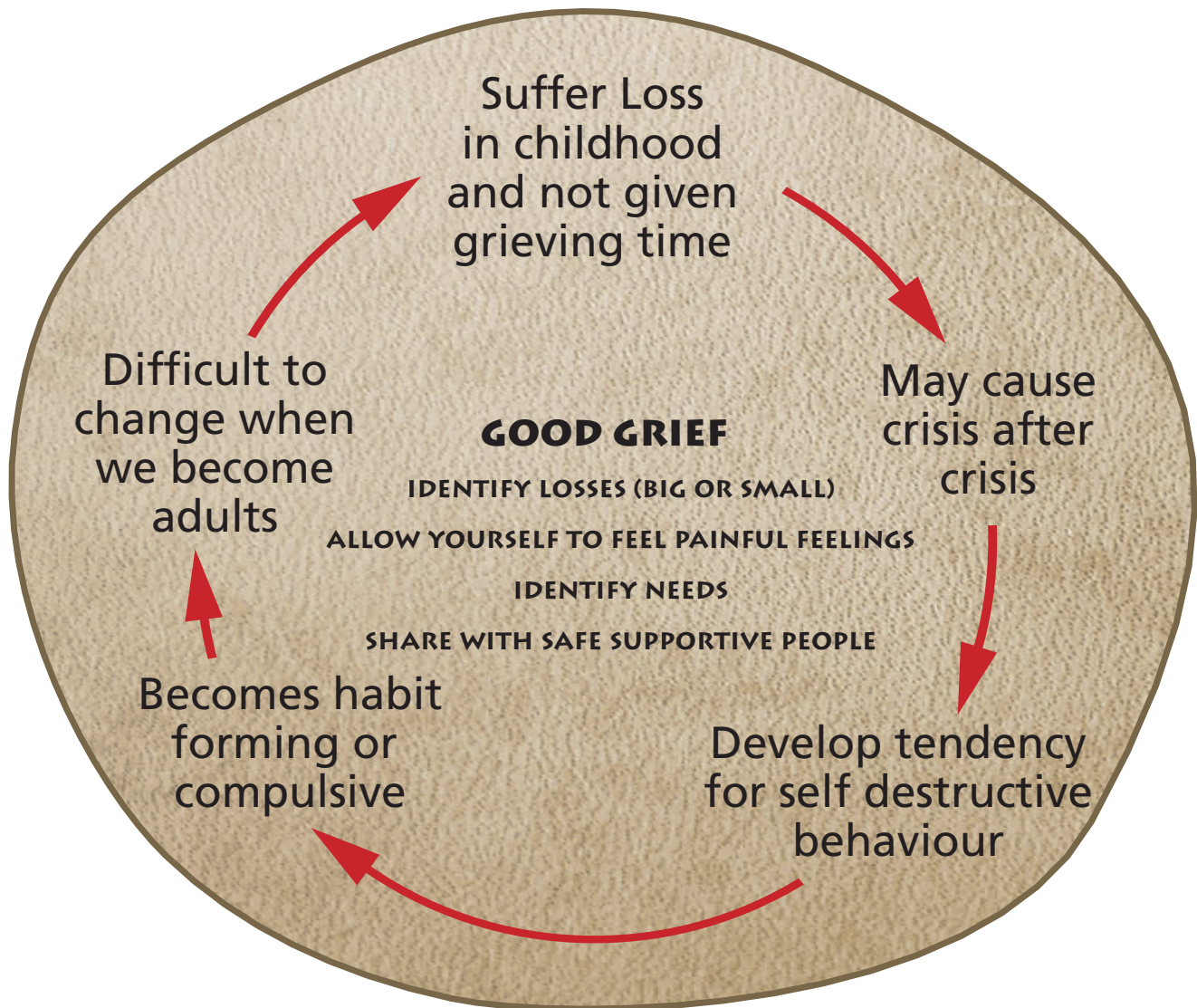
A web is a network of fine lines that together create a strong bond. Your web is a place that you can look to remind yourself of the people and places that help you feel safe.

***When our environment around us is safe,  
we can feel relaxed and secure enough to make  
manageable risks toward change and healing***

# Grief & Loss

When we lose someone we love, or when our trust is broken because of someone else's action, we experience grief and loss. These feelings are natural and must be acknowledged.

Like a boxer that suffers a bad cut over their eye, grief is like a gash that is at risk of being reopened even from the smallest blow.



*"Give your wounds time to heal"*

## ACTIVITY: PERSONAL LOSS

Picture yourself back in 1492 (You may have to close your eyes). Write or draw what you think Aboriginal people lost. How does it make you feel?

Picture yourself back in the 1930's, when families were separated and placed in residential schools. Write or draw what families lost. How does it make you feel?

Now, picture your own life and write or draw what you have lost (eg. Family member, friend who moved, family pet etc.) How does it make you feel?



# Stress and Anger

Too often when grief & loss are not acknowledged they surface under a mask of stress and anger. Sometimes, because of life's stresses and frustrations, it feels like you are a pot simmering on the stove. Just one little incident turns that burner on high and the lid of your pot wants to fly off.

## HOW DOES STRESS & ANGER EFFECT OUR BEHAVIOUR?



How we handle stress and anger will effect how people respond to us, stress and anger are a part of life, and it is OK to feel this way, the trick is using the stress & anger to motivate change rather than create further problems.

*“The saddest thing in the world  
is wasted talent.”*

Lou Holtz

## ANGRY WORDS

There lived a young girl who grew up very grief stricken because of past trauma. Understandably, she became a very angry and troubled youth. She would often show her 'frozen' emotions by striking out at others with angry words.

One day her grandmother sat her down and spoke gently to her "Granddaughter, I have witnessed many of your outbursts recently. Sometimes words can be just as devastating as physical violence."

Her grandmother then directed her to place an arrow in the big beautiful tree in the backyard each time she said a negative word to others. The young girl did this until she had no arrows left; there were dozens and dozens of arrows stuck in the tree.

The young girl sought out her grandmother and said, "Grandmother, I have no arrows left, what should I do?" Grandmother replied, "My little Morning Star, I would like you to take one arrow out of the tree every time you refrain from saying an angry word to another. You will learn an important lesson."

With this guidance and over time, the young girl got better at channeling her angry feelings and resisting the use of angry words. Before long, every arrow was pulled from the tree. The young girl ran to get her grandmother and took her to the tree. She proudly pointed out all the holes left in the tree.

"My girl, you have wounded this tree. Now the bark can no longer be used for our home or canoe. The tissue cannot be used to draw images. We can no longer quench our thirst or sweeten our food with the sweet taste of maple." The girl was thinking.

Grandmother continued, "When you say angry words to people, you leave holes that may never be healed. When each of us restrains ourselves from using such hurtful words, we spare them injury. Just like this tree you, can destroy a person's strength, beauty and sweetness." The little girl remembered her grandmothers wisdom and watched her words.



***“What is life? It is the flash of a firefly in the night.  
It is the breath of a buffalo in the wintertime.  
It is the little shadow which runs across the grass  
and loses itself in the sunset.”***

Crow Foot, 1890

# Post Colonization Stress

**POST: AFTER**

**COLONIZATION: THE ESTABLISHMENT OF SETTLERS IN A NEW COUNTRY**

**STRESS: DEMAND ON THE PHYSICAL OR MENTAL ENERGY OF A PERSON/PEOPLE**

The effects of colonization on Aboriginal people in Canada has led to generations of cultural erosion (loss of language and traditional life). The alienation of families and communities have left Aboriginal youth to struggle with their identity and for their rightful place in society. Ultimately, 'our spirit has been disrupted', creating a gap between Aboriginal people and Creation. This has led to:

Destructive Relationships – Family violence/abuse

- addictions
- sexual abuse
- teen pregnancy
- low self-esteem

Feelings of Failure – Negative expectations

- useless knowledge
- boredom
- demeaning labels
- blaming labels

Learned Irresponsibility – Lack of social responsibility

- defiant rebellion
- moral decay
- material spoiling

Loss of Purpose – Lack of goal setting

- job placement
- career planning
- no link to past tradition
- school drop-outs

*“The circle is broken”*





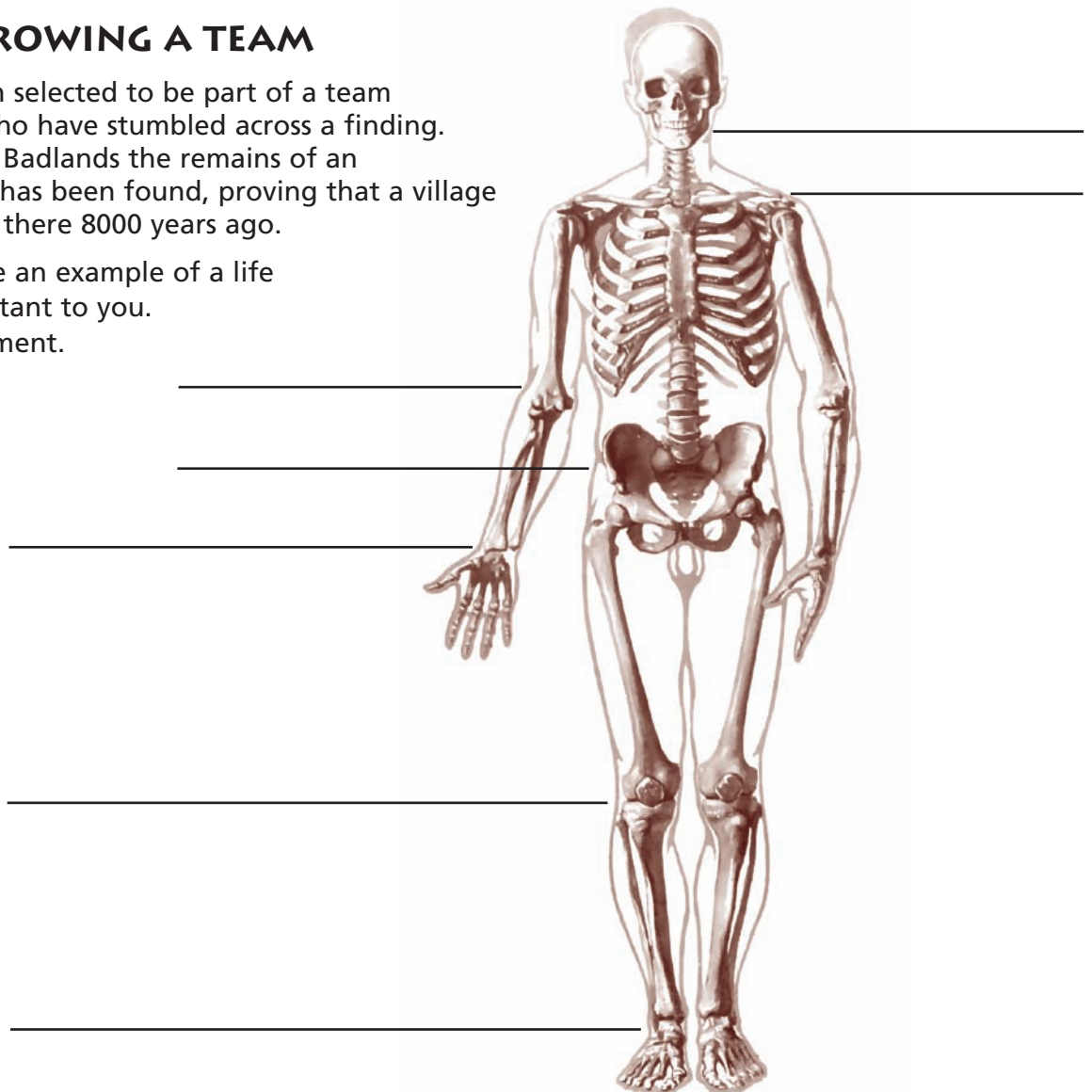
# Putting ourselves back Together

Keep in mind that all life forces are interconnected like the joints of your body. Travelling over our joints are nerves. Like feelings they send signals to our body parts to function in a fluid motion. If these are neglected they can fall apart. The strength of every body part determines how we grow, develop and function. Every life force in your life determines how strong you are physically, mentally, emotionally, and spiritually. Like our bodies, our 'relations' should be honoured and respected. Honouring and respecting your roots will determine the strength of your feelings, emotions and spirit. We come from our relations. The people that made us are an important part that will help determine the strength of our whole being. Healthy thoughts, coping skills and emotions, an active lifestyle, good nutrition and sleep habits are all factors that will promote healthy bodies and minds.

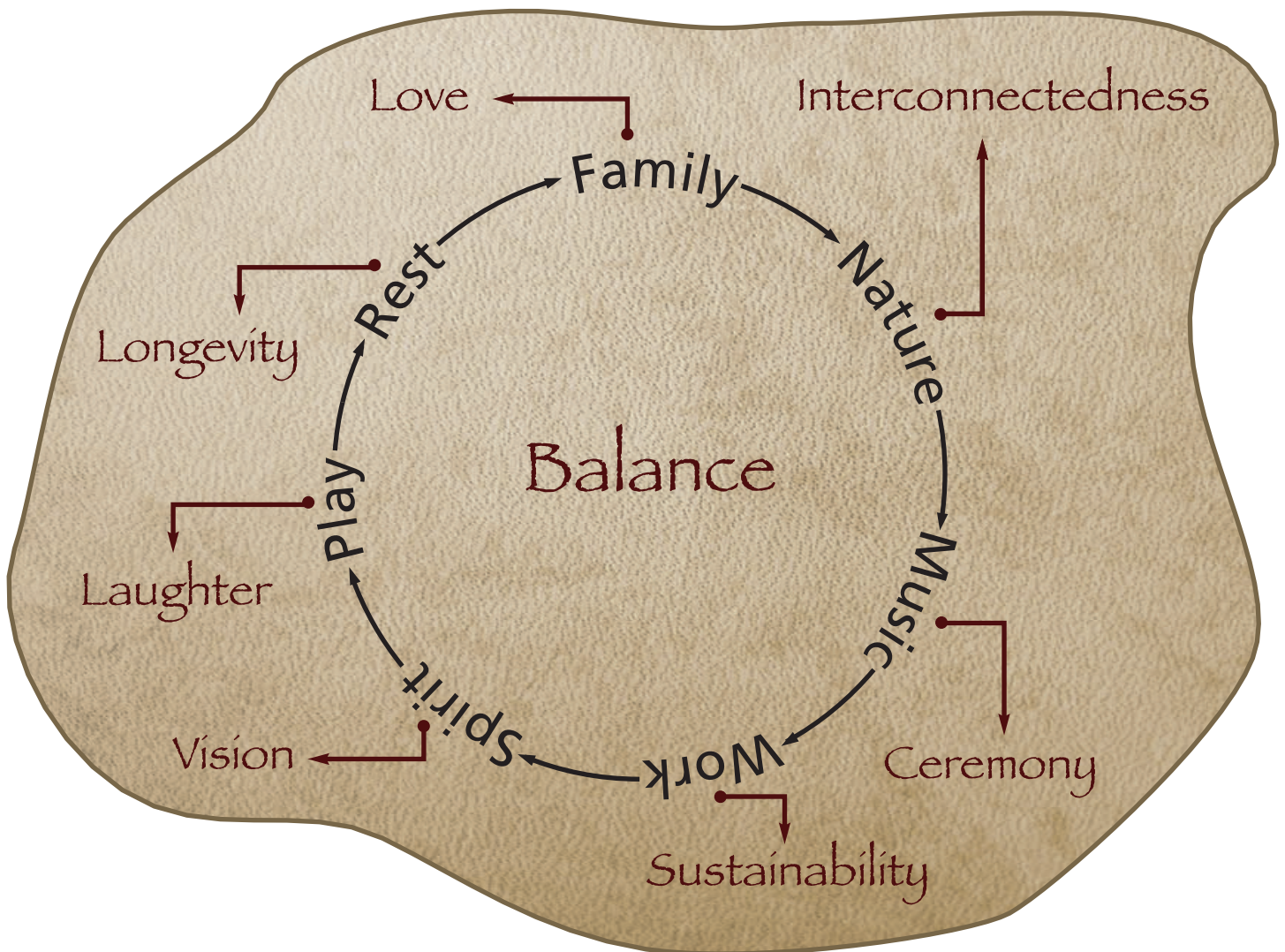
## ACTIVITY: GROWING A TEAM

You have just been selected to be part of a team of archeologists who have stumbled across a finding. Somewhere in the Badlands the remains of an Aboriginal person has been found, proving that a village of people dwelled there 8000 years ago.

For each joint, give an example of a life force that is important to you.  
ie: family, environment.



# Walking in Balance



**BALANCE IS ACHIEVED  
BY SUSTAINING AN ETERNAL CYCLE  
THAT RESPECTS AND HONOURS  
ALL OUR RELATIONS AND LIFE FORCES.  
WHEN WE FEEL THIS INTERCONNECTEDNESS  
WE ARE WALKING IN BALANCE.  
WHEN SOMEONE IS NEGLECTED, ABUSED OR MISTREATED,  
THEIR BALANCE IS DISRUPTED.  
THIS MEANS THAT THEIR SPIRIT IS DISRUPTED.**

# WAYS TO WALK IN BALANCE

HONOUR ALL YOUR RELATIONS

ALIGN ACTIONS WITH WORDS

SEEK SPIRITUAL GROWTH RATHER THAN MATERIAL GROWTH

LISTEN TO YOUR ELDERS

REALIZE YOU DON'T HAVE TO BE RIGHT ALL THE TIME

KEEP YOUR WORD

SET PERSONAL GOALS

LIVE DRUG FREE

NURTURE HARMONIOUS RELATIONSHIPS

FIND A REMEDY FOR THE THREE ILLS  
ILL THOUGHTS, ILL WORDS, ILL ACTIONS

## Questions:

1. Think about the helpful things you have done in the last month for which you did not get paid, but did to be kind to someone else. List them.
2. If you could write and direct a play based on your life, what would the title be? What would the storyline be? What would be the ending? What Hollywood star would play you?
3. How do you define being Aboriginal?



When we walk in balance  
life becomes a fluid motion



# Perceptions

## Don't let Yours Limit You

### PULLING THROUGH



A 'New Age' Aboriginal person thinking that he had nothing to learn from Elders was driving down a dirt path on the 'rez' one day, when a deer wandered across his path, forcing his car off the road. After several attempts to get himself unstuck, he faced the truth... he needed help.

The man noticed a small run down shack in the distance. Next to it stood an old horse. The man made his way to the shabby building and rapped on the door. A feeble old woman answered the door and asked "how might I help you, son?" Upon speaking of his predicament, the young Aboriginal asked the old woman if he might use her horse to help pull his car back onto the road.

"Well..." said the soft spoken old woman, "Spirit is old and blind, but I see no harm in trying."

They found a rope and hitched Spirit up to the bumper of the car. The old woman called "Pull Charlie, pull", but Spirit didn't budge. "Pull Star, pull", the old woman blurted again. Spirit swished her tail. "Pull Spirit, pull!" the old woman bellowed firmly, and with one mighty tug Spirit pulled the car from the ditch.

After thanking the old woman with tobacco the young man asked "There is something I don't understand... Spirit didn't respond when you called all those other names, so why didn't you call Spirit by her name from the start?" The old woman replied with a smile, "I had to call those other names first. Spirit is blind and unsure of herself. If she thought she had to do all that work herself, she would not have tried."



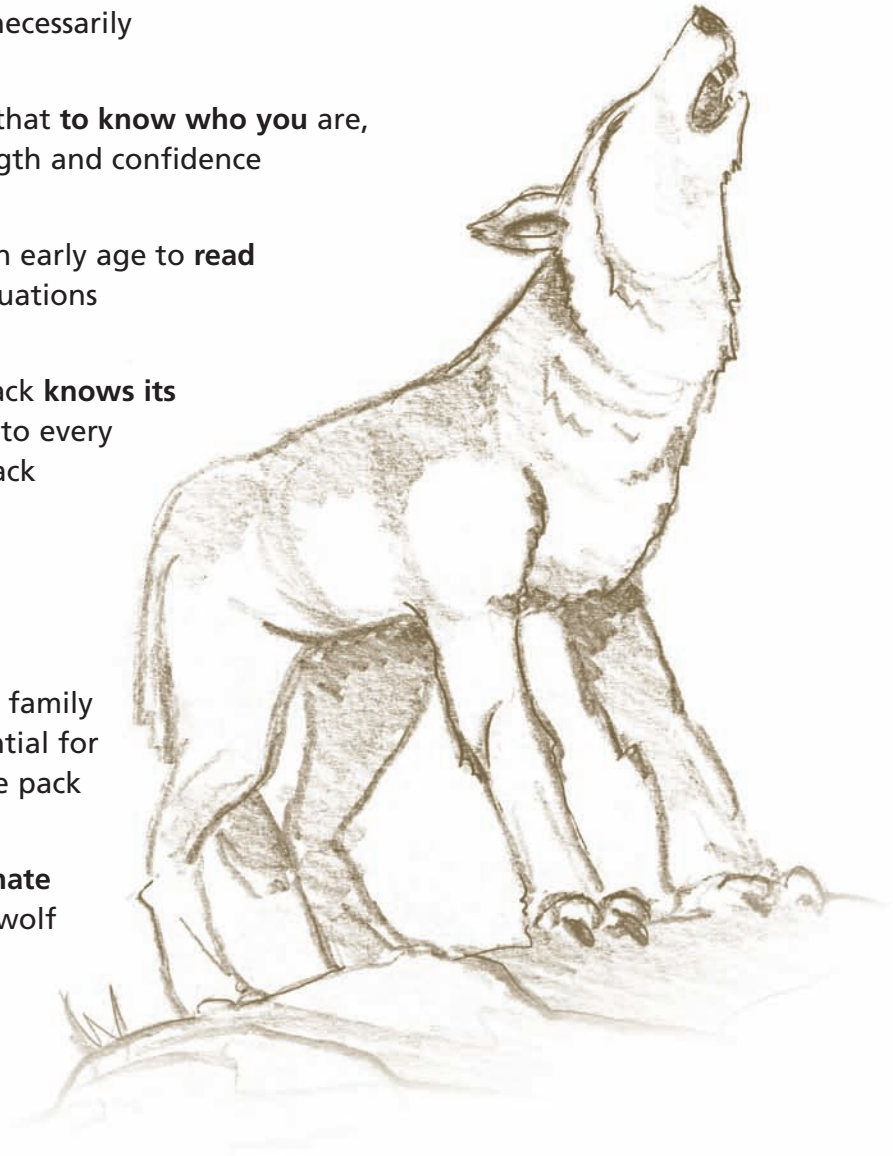
***"Consider these children to have fallen among thieves, the thieves of ignorance and sin and ill fate and loss. Their birthrights were stolen. They have no belonging"***

Karl Menninger

# Leadership

## SEVEN PRINCIPLES OF WOLF MEDICINE

- 1** Although extremely **strong and powerful**, wolves do not fight unnecessarily
- 2** Wolf Medicine teaches that **to know who you are**, you must develop strength and confidence
- 3** Wolf pups **learn** from an early age to **read** and then **respond** to situations
- 4** Every member of the pack **knows its position** in relationship to every other member of the pack
- 5** True freedom requires **self-discipline**
- 6** **Respect and honour** for family and for children is essential for total cohesiveness in the pack
- 7** **Strong intuition and innate intelligence** guides the wolf away from danger and inappropriate actions



# ANATOMY OF GREAT LEADERS

**EMOTIONAL STAMINA**  
**LOYALTY**  
**DESIRE**  
**COMMITMENT**

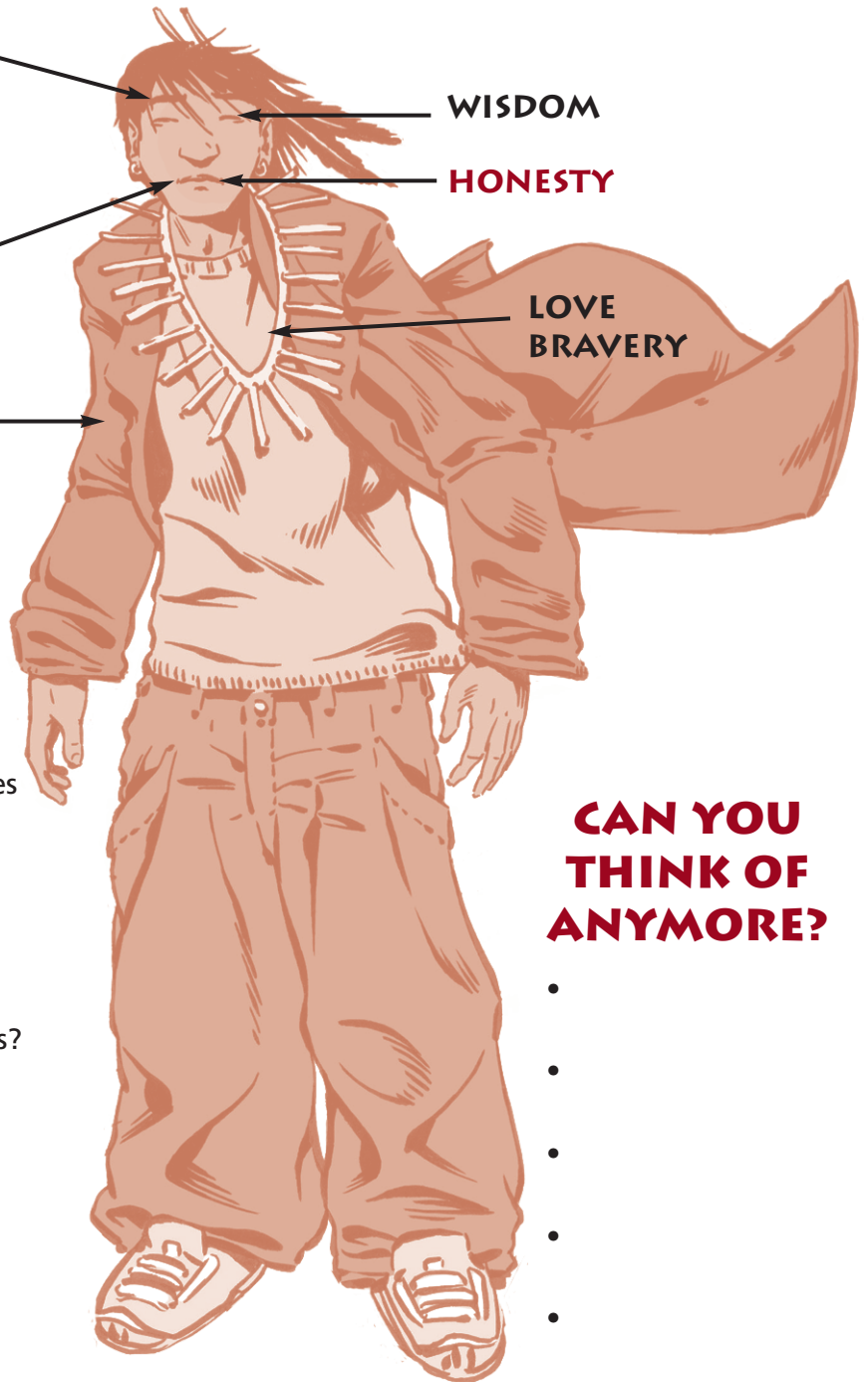
**WISDOM**

**HONESTY**

**TRUTH SELF TALK**  
**CONFIDENCE**

**LOVE**  
**BRAVERY**

**HUMILITY**  
**PHYSICAL**  
**STAMINA**  
**RESPECT**



## How Close are You to Becoming a Leader?

Is your self-worth as strong as your self-critique?

Who are the leaders and people who have inspired me and have been sources of empowerment in history and in contemporary times?

Who are the people who have acknowledged me for my leadership skills?

What have been my greatest challenges?  
 How have I handled them?

What leadership skills do I have?  
 How am I using them?

Where do I lose my power?

Where do I take a stand?

How do I respond when there is too much to do? Nothing to do?

Am I afraid of being a leader?

## CAN YOU THINK OF ANYMORE?

- 
- 
- 
- 
- 
- 

“The strength of the pack is in the wolf  
 and the strength of the wolf is in the pack”

# Aboriginal Leadership

Aboriginals discovered, centuries ago, that **leadership** is a function. It is something you do rather than a position or title you hold. Leaders are servants to the people and support the roles of others in carrying out their responsibilities, to create a strong and healthy nation. Aboriginal people across the world share this same concept of **leadership**. Thus, within every Aboriginal community, there are numerous **leaders**, both male and female, who are recognized and **respected** not only as "Who they are," but "for what they do" for individuals, the community, and our world. Leadership training for the Aboriginal person begins in the cradle and extends throughout that person's lifetime. It is believed that many forces are at work to shape the type of Leader one becomes. We enter the world with our beginning "**Gifts**" – qualities and traits with which we are born. We are given the responsibility to recognize our "Gifts"; to learn how to use them; to acquire further "Gifts;" to become whole and in **balance**; and in the end, to embody these "Gifts" within ourselves. Then we know "Who we are" and "What we can do" for our world. Non-Aboriginals can learn a great deal from these **successfully** proven traditions of leadership – this selfless desire to do your best for others, **honour** all nature, and **respect** our world.

## Self-Leadership

Many people encourage you to be self-disciplined which can mean to obey the rules, do as you are told or complete tasks you are given. As a leader, you need to be able to **self-motivate** and self-lead as well. Self-Leadership involves disciplining yourself to accomplish goals for today and the future. A Self-Leader receives satisfaction from the **accomplishment** itself rather than from external rewards or punishment. When you reach that point, you are a Self-Leader and can think about leading others. Self-Leadership requires the ability to focus on a task and to stay focused even when faced with temptation or distraction. The first influence you should exert, is influence on yourself. This benefits you, your school, your **family** and the **community**. When you become a self-disciplined Self-Leader, you will find that others will **trust** you to make more of your own decisions and may even seek your advice with their decisions.

Take a moment and ask yourself  
What things in my life need Self-Leading?



# Positive Thinking and Positive Self-Talk

Self-Leadership is easier if you get in the habit of using positive self-talk. This self-talk can spill over and increase your feelings of self-worth as well. Your self-talk affects your motivation and your achievement. Telling yourself you **WILL DO WELL** helps to increase your chances of doing well. Whenever you have a difficult challenge, you can help your chances of success by saying “I can, I can, I can.”

This self-talk can even help you to overcome poor leadership habits (like disrupting the class or saying hurtful things). It’s like reprogramming your thoughts and actions.

Self-Leadership can be self-fulfilling. Practice increases comfort with your positive self-talk and can help you feel more confident in your role as a leader in your community. Others will notice the difference and so will you. The more you succeed, the more you will **ENJOY** being a leader, and the more people will view you as a leader.

However, being a Self-Leader does not mean that you no longer have to do boring, routine things like cleaning your room or doing homework. Your Self-Leadership can really be tested when you face these less enjoyable parts of life. Use your Self-Talk to assure yourself that you will be able to do more fun things once you have finished your current task. It is a wise choice to get the mundane tasks out of the way first, then you can move to things you like/want to do without worrying about those outstanding boring tasks.

*“The most important aspect of Leadership is being a positive role model”*

## **ACTIVITY: EAGLES DO HAVE EARS!**

**Find two other friends/family/siblings.**

There are three young eagles who all caught one muskrat simultaneously. Each would like to make a special gift out of the muskrat for Grandfather eagle.

**Eagle #1** - would like to make a bowl of soup with the muskrat.

**Eagle #2** - would like to make a blanket with the muskrat.

**Eagle #3** - would like to make a necklace with the muskrat.

**DECIDE WHO SHOULD GET THE MUSKRAT AND WHY?**



# Team Building

## Important factors when considering joining a team include:

- Being honest, open and willing to go the extra mile
- Being interested in getting to know your team-mates

## Team Leader

A good Team Leader does not do everything themselves. The outstanding leader never hesitates to 'go that extra mile' for the benefit of the team and encourages others to do the same. Effective leaders encourage group strength and individual responsibility.

## Team Player

A team member can...

- Be a vehicle to education and learning
- Provide positive 'Peer Support'
- Improve Social Development and Academic Development
- Encourage co-operation rather than competition

## What makes a Team work Well?

- Harmony, balance and synergy (synergy is achieved when the outcome of the combined efforts of the team is greater than the achievement of any one team member)
- Team leaders (captain)
- A common goal (finish line)
- Code of ethics (If It Is To Be, It Is Up To Me)
- Team spirit (enthusiasm, willingness, support, encouragement)
- Preparation (train and study, both mentally and physically)
- Complete task (get it done)
- Praise (high fives)
- Integration of skills
- Different talents are utilized
- Continuous effort
- Know and respect each other

If your team works according to the above suggestions, your team-mates will:

**BE LESS COMPETITIVE AND MORE CO-OPERATIVE**

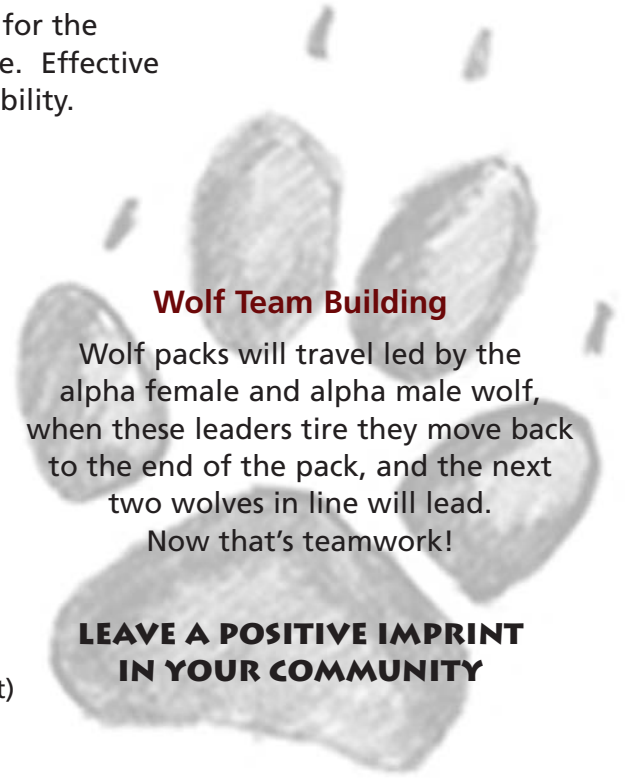
**CONTROL DOMINANT PEOPLE WITHOUT ALIENATING THEM**

**BE EFFECTIVE LISTENERS**

**ENSURE ALL TEAM MEMBERS ARE WELL INFORMED**

**GIVE ALL TEAM MEMBERS A TURN AT LEADING**

**REALIZE THAT INTEREST AND ENTHUSIASM ARE CONTAGIOUS**



## Leadership Styles

There are many ways to lead. Below are five leadership styles that commonly 'show their faces' on teams. It should be noted, that two people may use the same leadership style, yet it may appear quite different due to personality traits or other individuals.

**AUTOCRATIC** – A ruler having unlimited power or a person with unlimited power or authority. (The Driver)

**PATERNALISTIC** – A policy or practice of treating or governing people in a 'fatherly' manner, especially by providing for their needs without giving them rights or responsibilities. Described as 'benevolent (charitable) but sometimes intrusive.' (The Helper)

**DEMOCRATIC** – Believing in or practicing social equality, responds to the people at large. (The Compromiser)

**LAISSEZ FAIRE** – Non-interference in the affairs of others. (The Sitter)

**TEAM** – A group on the same side, as in a game. A group organized to work together, a cooperative unit. (The Stimulator)

## Knowing Your Teammates Starts With Knowing **YOURSELF**

- What is your leadership style?
- If you could pick the single greatest moment in your life, what would you choose?
- What is your biggest ambition in life?
- What qualities do you like in a friend?
- Who is the most important figure (person) in your life? Why?
- List the top two problems in your life that you wish were handled better in your home or at school?
- What fears do you have about being on a team or being a team member?

“People don't care how much you know,  
until they know you care”

<b>F</b> RUSTRATION	(you don't have an answer)
<b>A</b> GGRESSION	(misdirected)
<b>I</b> NSECURITY	(you can't cut it)
<b>L</b> EADERSHIP	(you abandon it)
<b>U</b> NDISCIPLINED	(stop practicing fundamentals)
<b>R</b> ESENTMENT	(you assume the victim's role)
<b>E</b> XCUSES	(it's everyone's fault but your own)

Lou Holtz

## ACTIVITY: GROWING A TEAM

Once your team is healthy it will grow fruit, the fruit for a team comes in the form of success or fun. What fruit would you like to grow on your (tree) team?

**IF YOUR TEAM IS NOT HEALTHY THE FRUIT WILL NOT GROW. WHAT WOULD THAT FRUIT LOOK LIKE?**

TEAMS GROW JUST LIKE A TREE FROM ITS ROOTS SEEDS ARE PLANTED

LIKE A TREE TEAMS NEED PROPER NURTURING AND NUTRITION IN ORDER TO GROW. WHAT WOULD YOUR TREE (TEAM) NEED? EG:  
**RESPECT  
REPETITION  
RESPONSIBILITY  
ROLES HONoured**

**COMMUNICATION**

**COMPROMISE**

**COOPERATION**

**CONSISTENCY**

**A team must develop from its roots**



## ACTIVITY: STRANDED

You are a team (a boat crew). You have been sent on a special mission – to help save wildlife that are being killed, orphaned or diseased as a result of an oil spill 400 kilometers off the coast of Peru. Your captain, your community leader, has been your team leader throughout the trip. Your navigator, who ensures you stay on course, has proven invaluable.

Suddenly the waters become extremely choppy. Wind gusts toss the vessel around and your boat and crew are thrust into the bowels of a monsoon. After hours of tossing and turning your boat is shipwrecked on the shore of an uncharted body of land. Your radio frequency is lost; your location is unknown; the crew has been decimated to half its members; and your spirit is demoralized. In a heroic attempt to save the navigators life, your courageous captain lost his own life.

Even after you have established an immediate source of food and built temporary accommodations, your team faces many life threatening adversities.

- A) Division of team members
- B) Starvation
- C) Existing habitants
- D) Wild life
- E) Injury
- F) Weather

After your team elects a new captain (leader), that person is responsible to lead the team through the following decisions, using one of the different leadership styles: How to structure...

- i) Political order
- ii) Policing/ legal system
- iii) A military
- iv) Health care
- v) Food supplement
- vi) A plan to get off the island

*Note: To complicate matters, you must negotiate with the inhabitants of the island by preparing a speech that will convince them that you are not their enemy.*

*Please elect a team leader. Once they are elected, you need to work together to develop a strategy and speech.*

*What is your policy for theft, equal rights, assaults and disorderly conduct?*

**WILL YOUR TEAM BAND TOGETHER  
AND REACH A COMMON GOAL?**

**OR**

**WILL THERE BE  
DIVISION!**

## SMART FISH DON'T BITE

Somewhere in Ontario lies a beautiful lake. In that lake lives an Elder fish who is many, many moons old. Elder fish has seen many careless fish, young and old, come and go. Some say he is as old as the lake itself.

Every autumn humans come from near and far to compete in a fishing derby. Darius and Brooke, Elder Fishes grandson and granddaughter were nervously concerned. They knew all too well that they too could easily become the catch of the day. So, they swam to seek council from Grandfather.

"Grandfather, how have you been able to live so long?"

Grandson anxiously inquired. "You have lived longer than any other fish in the lake." Added Brooke. "Grandson and Granddaughter" replied Elder Fish wisely, "Life can be full of temptations. Only a fish strong willed can develop the strength to resist the pressures and influences that can be set in their path" "There will be a stream of negative traps in your way" he continued.

Just then, a friend swimming nearby was overpowered by his own temptations and gobbled a juicy worm dangling nearby in the water. To his surprise, the worm disguised his fate – a hook. Sadly, another friend had been lost. Darius and Brooke grieved. Grandfather spoke "My children, life is full of challenges and at some point we will all feel a loss. Developing healthy coping skills as a young fish can be a great defense to becoming prey to the many ills of the lake. A great sense of pride and value in yourself will ensure that you NEVER TAKE THE BAIT!"



# Addictions & Life Skills

He (uncle) would always say to me  
“You ought to follow the example of the  
shunktokecha (wolf). Even when he is  
surprised and runs for his life,  
he will pause to take one more look at you  
before he enters his final retreat.  
So you must take a second look at  
everything you see.”

OHIYESA, 1902

# Poverty

## Did You Know?...

- There are 1.5 million children living in poverty today in Canada (that is 1 in 5 children)
- Canada has the second highest rate of child poverty in the developed world
- 52.1% of all Aboriginal children are poor (that is 1 in 2)
- 40% of Aboriginal single mothers earn less than \$12,000 a year
- 47.2% of the Aboriginal population earn less than \$10,000 per year
- 16% of the Aboriginal population in this country experience hunger

## ACTIVITY: A CHANGE IN PARLIAMENT

You are the leader of a new party, and have just been appointed Prime Minister of Canada. What would you do to change the economic, social and environmental status of all Aboriginal people?.

A. What would you name your party?

B. What would you do to change the economic, social and environmental status of all Aboriginal people?

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# Aboriginal Gangs

Aboriginal-based gangs support other organized crime groups, like biker gangs and other organized crime groups, as well as associating with other Aboriginal-based gangs. Aboriginal-based gangs are generally involved in street-level trafficking of marijuana, cocaine, crack and methamphetamine as well as other criminal activities. Gang members move fluidly on and off reserves, involved in criminal activities and recruitment of new gang members.

## Some gangs are:

Indian Posse, Redd Alert, Warriors, and Native Syndicate

Other illegal activities conducted by gangs include prostitution, break and enters, robberies, assaults, intimidation, tobacco fraud, home invasions, vehicle theft, weapons offenses and illegal gambling.

## Gangs have associations with other Aboriginal gangs in other provinces

## Gangs bring 'drugs' to reserves



**“Aboriginal gangs are actively recruiting Aboriginal youth”**

(source: Criminal Intelligence Service Canada (2003))

# Gangs and Hate Groups

## ACTIVITY: WHAT IS YOUR CHOICE?

It is pretty obvious why we include gangs in our discussion of violence. They thrive on alcohol, drugs and violence. It should be clarified that groups of young people should not always be considered as a gang, there are many positive reasons to congregate and hang out together.

List 3 reasons why you might be with a group of friends:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

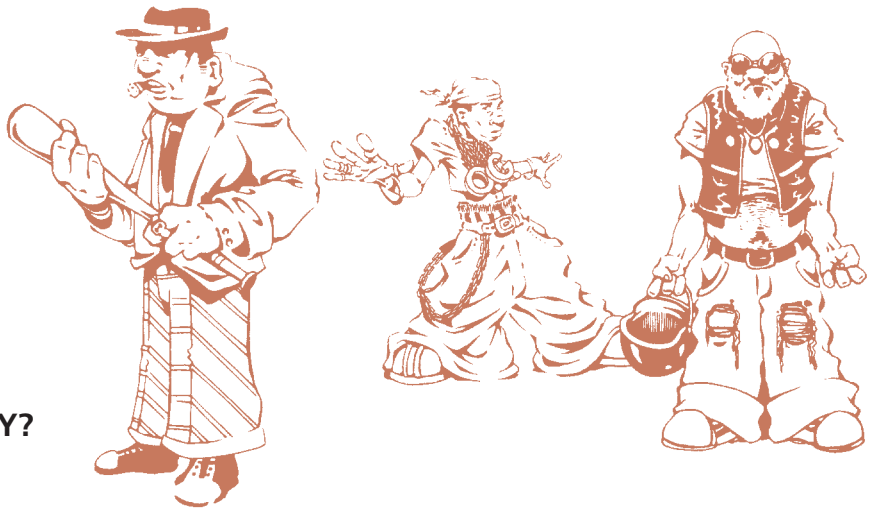
Name 3 types of Gangs that you would NEVER want to become a member of:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**WE CANNOT SHAKE HANDS  
WITH A CLENCHED FIST.**

## ACTIVITY: WHAT IS A GANGSTA?

DRAW WHAT YOU THINK A GANG MEMBER LOOKS LIKE...



WHAT MIGHT A GANG MEMBER SAY?

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# WHY DO YOUTH JOIN GANGS?

to seek attention - to feel loved - acceptance - money - thrill - protection - power - status - comfort - identity - to feel wanted - security - peer pressure - domestic violence - sex trade - children with a gang member

## WHAT IS GANG ACTIVITY?

kickin' it - alcohol and drug use - car jacking - turning tricks - burglaries - shootings - drive by's - slangin - shoplifting - assaults - harassment - auto theft - turf wars/retaliation

### Gang activity is a dead-end street:

- Violence
- Jail
- Prostitution
- Burying friends
- Lack of control
- Watching your back constantly
- Fear/cohesion
- Criminal record
- Physical violence
- Dropping out of school
- Poverty/dependency
- Unemployment
- Lack of skills/abilities
- Death

Sometimes, we are tempted to deal with our problems in an angry or violent manner. It is easy to express anger by punching a wall or striking someone. Instead, we must ask ourselves what makes us angry.

- Depression
- Stress
- Frustration
- Failure





# TROUBLESOME FACTS ABOUT GANGS AND FAKE "O.G.'S" (ORIGINAL GANGSTERS)

CIRCLE WHETHER YOU AGREE OR DISAGREE WITH THE FOLLOWING STATEMENTS:

- Gang activity is a direct link to violence. **Agree** **Disagree**
- Myth: "the gang is my family." **Agree** **Disagree**
- Many gang members have a death wish. **Agree** **Disagree**
- Gang members come from all races, colours and socio-economic backgrounds. **Agree** **Disagree**
- Gang violence stems from **turf wars**. **Agree** **Disagree**
- Gangs are territorial for physical and criminal reasons. **Agree** **Disagree**
- Trespassing on enemy turf can result in deadly consequences. **Agree** **Disagree**
- Gangs operate under strict codes of conduct, honour and silence that imitate Organized Crime. **Agree** **Disagree**
- Graffiti is the most visible criminal activity of gangs. **Agree** **Disagree**
- Gangs operate on threats, intimidation and extortion. **Agree** **Disagree**
- Males recruit females who are alienated, vulnerable and have experienced physical, emotional, sexual or domestic violence. **Agree** **Disagree**
- Females are often **mules** who carry drugs and guns. **Agree** **Disagree**
- Your commitment to a gang deepens the longer you stay in it. **Agree** **Disagree**
- Many gang members are armed and dangerous. **Agree** **Disagree**
- Many gangs merely **kick it** or **hang out**. **Agree** **Disagree**
- Gang activity is often called **gang bangin'**. **Agree** **Disagree**
- Gangs are not always of the same gender. **Agree** **Disagree**
- Schools are a breeding ground for gang recruitment. **Agree** **Disagree**
- When you join a gang, the "Rite of Passage" is being **jumped in**. **Agree** **Disagree**
- Female gangs are a growing concern and they are violent too! **Agree** **Disagree**

## ACTIVITY: UP \*!/% CREEK

Unlike other schools, your high school has followed the trend of gang “wanna be’s.” Last week, Joe was involved in an altercation with one of the notorious OG’s. Verbal taunting turned into a fist fight where Joe got the upper hand. The crowd huddled around the fight and were shocked by Joe’s prowess. Some were sure that the OG’s would not allow their reputation to be tarnished, particularly given the OG’s track record. Revenge was certain.

Nonetheless, it is graduation day and you and the “crew” meet at the parking lot of your school in the evening. Everyone decides to carpool to Balls Falls which is the hot spot for young people to party.

Balls Falls is located in a remote wooded area. It is an approximate half hour walk from the road. The walk is in total darkness and the area opens up into a little punch bowl overlooking the Niagara Peninsula.

Tonight is the last time your gang of friends may be together before you go off into the “Real World.” Everyone is engaged in conversation about “what tomorrow brings,” as you sit around the campfire. Now, it is midnight and the chitchat is interrupted by rustling branches followed by the sound of an owl hooting. Suddenly, twenty shadows appear out of the dark forest. Everyone notices the familiar gang colours, as the campfire hits the shadows. Someone shouts, “Revenge is sweet!”

**You must think and act quickly. Your task is to:**

Determine who on your team is Joe?

Who is going to take the lead?

Who is the infiltrator of the OG’s (who has loose lips)?

Identify your common goal and how to proceed.

List ten of the following sixteen items in order of importance to ensure everyone’s safety and why?

**GOOD LUCK. YOU WILL NEED IT!**

# ITEMS

Police scanner  
9mm handgun with one bullet  
A copy of Streetwolf  
A dream catcher  
A gameboy  
A firecracker  
Mace  
A fishing rod

First aid kit  
A cell phone with one minute left  
A bow and arrow  
A gold chain  
Someone's family dog  
A case of beer (half empty)  
Ecstasy - 12 pills  
A condom

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# Bullying

Bullying takes place at home, school and in the community. It is often carried out by implanting terror in a person's mind and it MAY or MAY NOT be followed up by actual physical **roughing up**. There are many misconceptions about bullying: some **write it off** as just a part of growing up; some believe that girls don't bully; and some say, "boys will be boys."

A bully is often physically stronger than the victim, but can use other skills or attributes as forms of power too. A bully may take advantage of their intelligence, popularity, wealth, attractiveness, etc. A bully can be male or female..

## Bullying:

- Is an act of intimidation or a threat that causes anxiety, fear and paranoia.
- Is about the imbalance of power.
- Can be verbal abuse such as name calling.
- Can be physical or involve throwing objects.
- Can involve taking something needed or precious from someone.
- Can be an act of social exclusion, ignoring, gossiping or ostracizing.
- Can also be psychological by spreading rumors, gossiping, eyeballing and other forms of body language.
- All of these acts can happen on an ongoing basis with threat of future attacks.



**All bullying hurts. The long-term effects can be very damaging to both the victim and the bully. Such effects include the following:**

- Bullies continue to misuse power throughout their life. Such behaviour may eventually result in job loss, divorce and even a prison sentence.
- Victim's self-esteem plunges (person may already have poor esteem).
- Victims are in danger of physical harm.
- Bullies are sometimes victims themselves.



# BULLYING IS OFTEN SUBTLE AND CLEVER, SO BE ON THE LOOKOUT.

## Signs that someone is being bullied:

personality changes - out of character outbursts - depression - mood swings - crying - eating disorders - injury - nightmares - headaches - nervous habits - misbehaviour - dropping out - loss of confidence - bullying others - declining grades - need for money - change in usual route to school - withdrawal - suicide - alcohol and drug use - violent tendencies

## Signs that someone is bullying:

drop in grades - no friends - numbing of feelings - hardened disposition - destructive attitude - alcohol and/or drug use - violence - jail/criminal record - victim of a "butt" kicking - guilt - passing blame - embarrassment - behavioural problems

## What Can You Do About Bullying?

1. Keep your cool
2. Practice Impromptu Speaking Skills.
3. Don't Fight Back (Two Wrongs Don't Make a Right)
4. Walk Home with Friends
5. Don't Give the Bully an Audience
6. Watch your Tongue
7. Give Up Your "Threads," money etc. (they can be replaced - you can't)
8. Get help - an adult, teacher, etc



## ACTIVITY: FOOTSTEPS

For each footprint, give examples of when you were a bully or when you were bullied by someone else, either at home, school or in the community. How did you feel? How do you think the other person felt?

Pretend that either you or the bully were under the influence of drugs or alcohol. How would it sound? What would it look like? How would it feel? Explain that situation through the footsteps.



# What is Violence?

## LOOKS LIKE

neglect  
torture  
hurting pets  
vandalism  
bullying  
gang bangin'  
homicide  
assault  
rape  
burglary  
theft  
arson  
impaired driving  
suicide  
intimidation  
extortion  
fighting  
exclusion  
poverty

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## SOUNDS LIKE

name calling  
racial slurs  
hate rallies  
lying  
manipulating  
mind games  
sexual harassment  
teasing  
gossip  
rumours  
homophobic epithets

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## FEELS LIKE

hurt feelings  
poor self-worth  
giving up  
pushing  
kicking  
punching  
slapping  
shoving  
throwing objects  
stabbing  
shooting  
unwanted touching

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There are many forms of violence - some are easier to recognize; others are subtle. Please add some that you have actually experienced, witnessed or are aware of. Record them. You do not have to share them unless you want to.

## HOW DOES VIOLENCE ESCALATE?

People tend to act violently for a variety of reasons including:

miscommunication - not listening to each other - old baggage - name calling - jealousy - homophobia - inequality - eye-balling - kissin' teeth - juice - pride - owing a debt - protecting someone - covering their back - revenge - turf wars - boredom - insecurity - mental disorders - gossip - abuse of power - disrespect - rumours - injustice - oppression - hate crimes - racism/sexism/classism/other "isms"

## VIOLENCE CAN TARGET ANYONE!

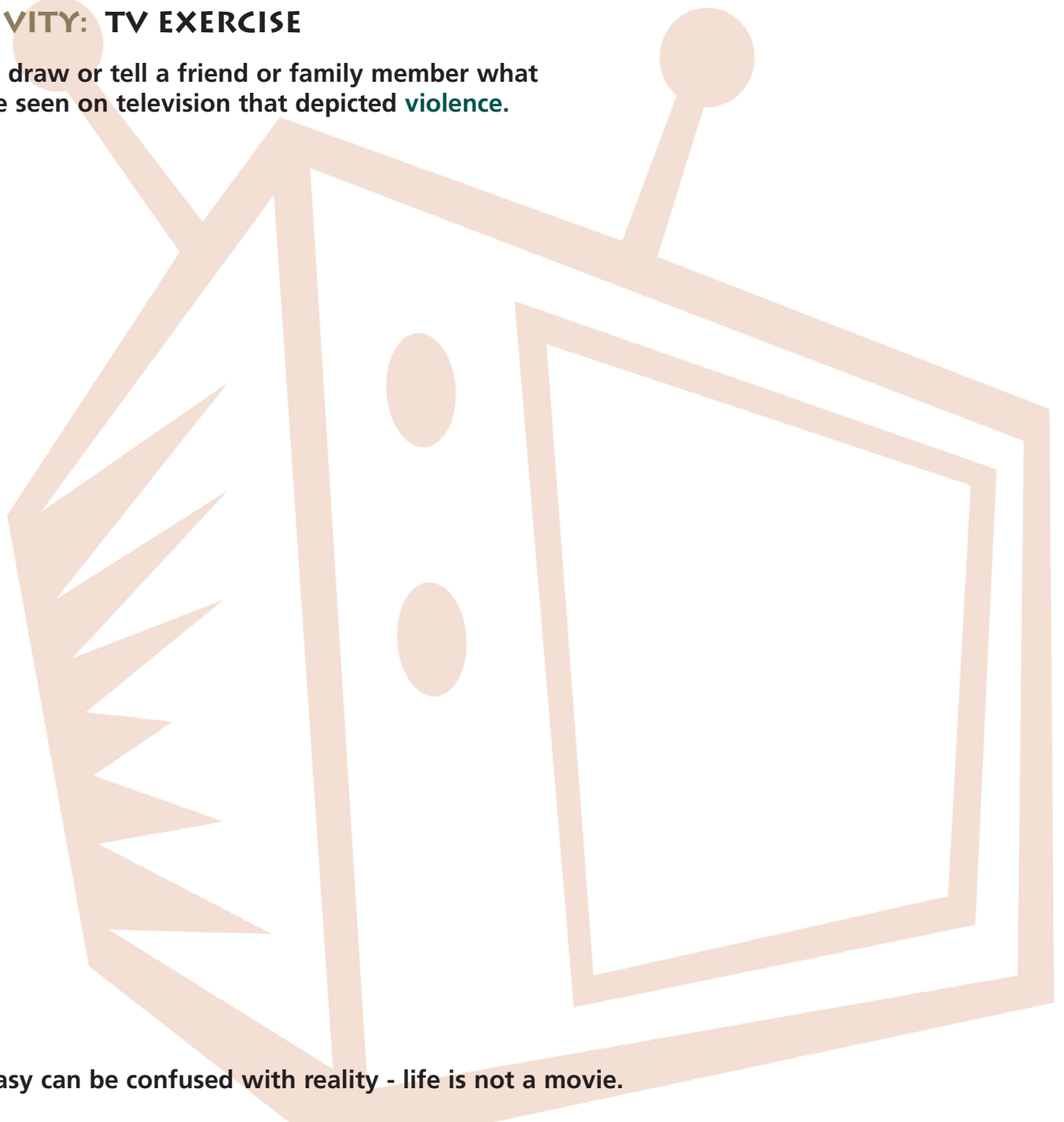
Violence can be physical, mental, emotional, sexual and verbal.

It can be obvious and hidden.

In 1998, 1 in 5 youths in Canada was charged with a violent crime.

## ACTIVITY: TV EXERCISE

Write, draw or tell a friend or family member what you've seen on television that depicted **violence**.



**Fantasy can be confused with reality - life is not a movie.**

In the next few pages, we'll explore these Risk Factors to understand how they affect our lives and put us at risk of violence and substance abuse.

**Never underestimate the influence of the Television/Media - youth view on average, 200,000 acts of violence before high school.**



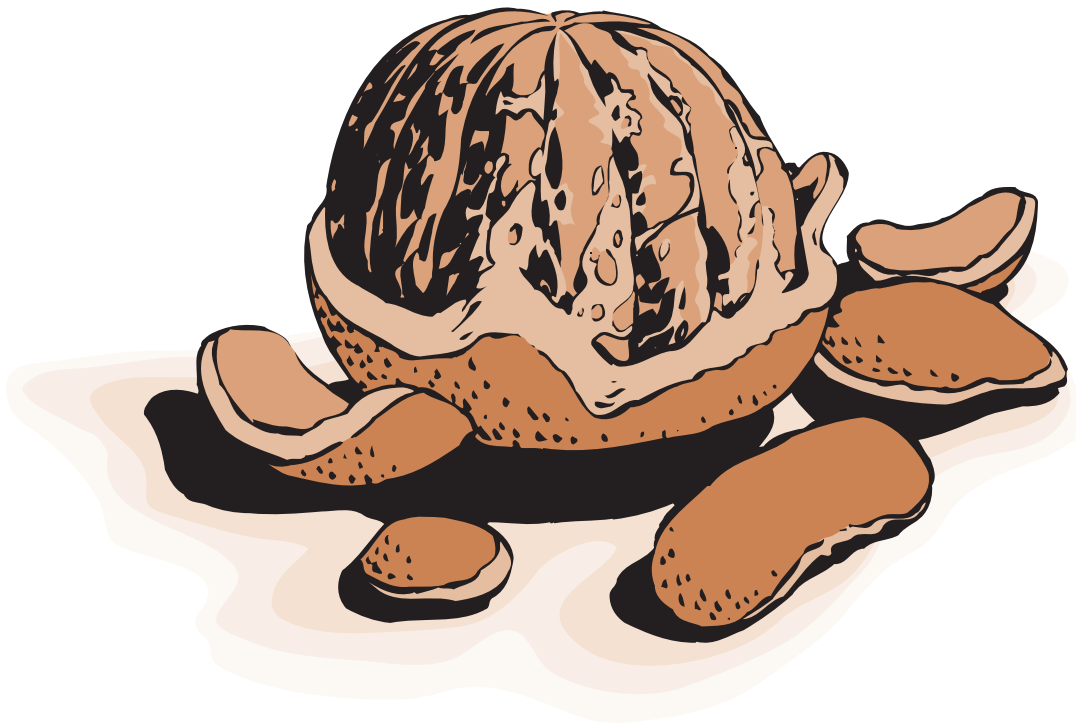
## **ACTIVITY: PEELIN' THE ORANGE**

Peel away your angry feelings by using an orange.  
Each piece of orange peel represents a different feeling,  
such as fear, embarrassment, sadness, loneliness, disappointment, etc.

Now that the orange is peeled, eat each orange section  
and list ways to deal with your anger.

This is a delicious and nutritious way to devour a critical issue.  
Be sure to tell your family and friends about this activity.  
It may satisfy their appetites too.

## **ANGER ALCOHOL/DRUGS RAGE/VIOLENCE**



# Pre-Judging

Streetwolf refers to prejudice as pre-judging. Someone decides whether they like or dislike someone based on pre-judgments. These pre-judgments are often based on assumptions made by someone who has never met that person. Sounds pretty ridiculous, doesn't it?

The reason prejudice, racism, sexism, homophobia (and a lot of other "isms") exist is that some people insist on pre-judging others. Whether this "pre-judging" happens because of a person's race, religion, appearance, socio-economic background, size, disability or intelligence - IT HURTS. Also, it results in some people never getting to know other worthwhile human beings, because they are too busy making false conclusions. People who pre-judge miss out on making a really good friend.

Too often pre-judging can lead to violence. Nowadays, it is frightening to know that hate crimes are on the rise. Most of these incidents are related to one or more of the "isms."

## ACTIVITY: LOOKS LIKE

Look through a newspaper or magazine and tell us or cut out pictures that show pre-judging or hatred based on what someone looks like, the clothes they wear, the religion they practice or where they live.

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**"We can only be human together."**

Anonymous



**PICK ONLY TEN OF THE FOLLOWING TO HEAL MOTHER EARTH  
(INCLUDE ONE ADDITIONAL SELECTION FROM YOUR TEAM)**

A 16-year old girl who dropped out of school and is pregnant.

A male refugee, who if returns to his country could be killed.

A nun.

An architect.

A male drummer who served seven years in jail for pushing drugs. He completed his sentence two years ago.

A 26-year old lesbian who is an anthropology student.

A 28-year old police officer who was discharged from the force for brutality and refuses to be separated from their gun.

A 37-year old surgeon who is a member of a hate group.

A short order cook.

A 38-year old pharmacist who is extremely obese.

A 71-year old farmer of European descent.

A male athlete who is homosexual.

A 32-year old street person.

A 59-year old Aboriginal Elder.

A 20-year old Black activist.

A retired Supreme Court Justice in recovery for addiction to prescription drugs.

A doctor who is a world-renowned hunter of exotic animals.

A woman confined to a wheelchair who won many awards for her crafts.

A married couple. He is a 50-year old teacher and she is a 41-year old social worker. She has spent considerable time in a mental institution and is still on medication. They refuse to be separated.



# Gambling

Any gambling can become an addiction.

Gambling addiction is related to:  
depression, substance abuse, suicidal tendencies, child abuse and poverty.

## Gambling Definition:

Risking something of value on an uncertain outcome

### Types of gambling include:

- Quarter's
- Bingo
- Lotteries
- Sports betting
- Racetrack
- Internet
- Pokemon cards
- Dice
- Hockey cards

### You May Have A Gambling Problem If:

- You spend a lot of time gambling
- You spend less and less time with your family and friends or pursuing other interests because you are gambling
- You place larger, more frequent bets
- Your debt grows
- You bank on "Big Wins"
- You can't stop
- You lie about your gambling
- You feel frequent 'highs and lows' related to gambling
- You boast about winning

**SUBSTANCE ABUSE**  
**+** **GAMBLING**  
**= BROKE**

*"Alcohol and gambling are a bad mix"*

# Suicide

Aboriginal youth are 5 or 6 times more likely to commit suicide than non-Aboriginal Youth. One reason for this is the discrepancy in living conditions in Canada as a whole, versus living conditions at the First Nation level where the quality of life and health rated 62nd in the world. That is third world conditions. In a community in northern Ontario suicide is 36 times the national average. Reasons people commit suicide include:

**POVERTY · CULTURAL STRESS · LOSS OF HOPE**  
**MENTAL DISORDERS · POST-TRAUMATIC STRESS**  
**ILLNESS/DISEASE · PARANOID PSYCHOSIS**  
**POOR SANITATION/WATER QUALITY**  
**BREAKDOWN OF FAMILY**  
**NO EDUCATION**

## FACTS:

There is a massive rise in female suicides  
Paranoid psychosis as a result of chronic use of solvents is a huge risk factor  
Up to 80% are intoxicated or have alcohol in their blood at the time  
**Native communities that have retained some of their historical traditions have lower suicide rates**  
Ontario's suicide rate is one of the highest in the world

### How Can We Prevent Suicide:

Reduce use of alcohol and drugs  
Strengthen family  
Feel and express your feelings daily  
**Reconnect with traditions**  
Deal with trauma in your past in a safe environment  
Make school and activity your number one activity  
Maintain proper nutrition

## STOP...

**LISTEN** – to your heart  
**LOOK** – at your options  
**LEARN** – to cope with stress

**“Males are 4 times more likely than females to complete suicide”**

**CHOOSE LIFE**

# Self-Injury

Also known as “Deliberate Self Harm Syndrome”. Some ‘cutters’ cut to release pain, others cut for a sense of control. Many ‘cutters’ engage in other forms of self-injury, most often burning. 0.75% of the population engage in self-mutilation. By definition, self-mutilation does not include suicide attempts. Self-injury is the act of attempting to alter a mood state by inflicting physical harm serious enough to cause tissue damage to one's body. Most ‘cutters’ feel very much alone and are most likely female. Usually ‘cutters’ wear long sleeved shirts and long pants year round to hide scars. Those who suffer from this syndrome have a large likelihood of eating disorders, particularly bulimia, and may have experienced childhood sexual abuse or depressive disorders. Some youth are self-injurious when they have difficulty talking about their feelings. Self-mutilation is treatable (\*see section on healing circle)

**IF YOU SELF-MUTILATE – SEEK HELP!!**

**MOST COMMON FORMS ARE CUTTING, BURNING AND HEAD BANGING**

**OTHER FORMS INCLUDE CARVING, SCRATCHING, BRANDING, MARKING,  
BITING AND PULLING SKIN AND HAIR**

**FIND A PERSON WHO WILL VALIDATE YOUR FEELINGS**

# Homelessness

## DID YOU KNOW?

- Up to 40% of runaways end up in the sex trade
- Street kids lack a healthy support network
- Street kids have little to no work skills
- Street kids live in turbulent dysfunctional families
- Try to cope with the mental illness and addictions of a parent

## Youth Homelessness

Throughout the country, homeless youth have the same general characteristics: exposure to physical violence, mental health problems, alcohol and drug abuse, sexual abuse and conflicts with the law. They are often isolated with no family ties and few friends. Many have been raised in foster homes, lack education and skills, and suffer from poor physical health. While the majority of homeless is growing. Homelessness is a significant problem among Aboriginal youth. Gay and lesbian youth are also at risk of ending up on the street because their families often reject them. Like Aboriginal youth, they avoid using some of the shelters because they fear discrimination. In some cities, youth avoid adult shelters, feeling unsafe around adults with behavioural or mental health problems.

*From: policyresearch.gc.ca*

## MORE FACTS:

- There is an estimated 100 000 to 200 000 Canadian youth living on the streets.
- Despite leaving a bad situation, risks exist on the street as well.
- Most street youth have lived a life of poverty.
- Life on the street can be cruel and dangerous.

### Reasons for moving to the streets include:

- physical abuse
- sexual abuse
- no parenting
- new or failed marriages

### What are you exposed to on the street?

- prostitution
- violence/crime
- drug and alcohol abuse
- malnutrition
- STD's
- hunger
- weather

### Street kids can be:

- runners from
- runners to
- throw aways
- absconders from
- curb kids



# Healthy Sexuality

**What is Sex?** Sex is the consensual expression of a physical attraction between people, it can mean touching, kissing, exploring bodies and feeling close to someone physically, and includes oral sex and sexual intercourse.

**What is Oral Sex?** Oral sex is a consensual decision of a person to stimulate their partners utilizing their mouth.

**What is Sexual Intercourse?** Intercourse is a consensual decision of people to express their attraction for each other utilizing their penis, vagina and rectum.

Warning: Alcohol and drugs are a major factor for youth who engage in 'risky' sexual behaviour; and may result in pregnancy or contraction of a sexually transmitted disease such as HIV/AIDS.

**Why do teenagers engage in sex/sexual intercourse?**

**What is a Sexually Transmitted Disease/Infection?**

**What is Human Immune-Deficiency Virus/Acquired Immune-Deficiency Disease (HIV/AIDS)?**

**What is your most embarrassing question about sex?**



IF YOU NEED MORE  
DIRECT INFORMATION  
AND ARE OVER THE AGE  
OF 12, YOU HAVE THE  
RIGHT TO ACCESS  
CONFIDENTIAL SERVICES  
THROUGH A  
DOCTOR, NURSE OR  
HEALTH ACCESS CENTRE.

**Consensual means:**

## **SPIRITUAL**

First timers and people in committed relationship are still at risk!

Using drugs or alcohol impairs your judgement and could lead to poor decision making and risky behaviour.

STD's/STI's and HIV/AIDS can harm your relationships and can limit your choice in partners.

If you are infected: You can get anonymous testing and a public nurse will contact your past partners without giving your name.

Talking and learning about sex is the best protection and will keep you alive and well.

**BECOMING SEXUALLY ACTIVE IS A RESPONSIBILITY! BE PREPARED! STAY HEALTHY!**

## **PHYSICAL**

Ask Questions: talk to your partner about their history – talk to a doctor or nurse about protection

Find a doctor you trust, see them regularly

Most infections can be treated with a medical prescription (such as Chlamydia, Gonorrhea, Trichomonas) others however require life long care and medical attention (i.e. HIV/AIDS, genital herpes, warts)

Common infections/diseases include: Chlamydia, Gonorrhea, Trichomonas, Herpes Syphilis, Hepatitis C, Crabs, Genital Warts

**WHEN YOU KNOW THE RISK, THE RESPONSIBILITY IS YOURS...**

## **EMOTIONAL**

You may feel angry, vengeful, hurt, confused and ashamed! Talk to someone!

If you trusted the person you were infected by it could lead to a break down in the relationship, a lack of trust and feelings of betrayal.

If you brought the STD/STI, HIV/AIDS into the relationship this could lead to a break up or fear of shame.

Be Honest. If you are infected – let your partner know before having sex. A doctor can help you talk about it – and can provide advice on protecting your partner from infection.

**DON'T BLAME: BE RESPONSIBLE FOR YOUR BODY – IT COULD SAVE YOUR LIFE OR SOMEONE YOU CARE ABOUT!**

## **MENTAL**

75% of Sexually Transmitted Infections are found in young people under the age of 25.

The highest rates of Sexually Transmitted Diseases are found in females between 15 – 19 years old.

STD's and STI's are commonly linked to cancer and can cause infertility (females) or sterility (male) if left untreated.

Pregnancy may be the least of your worries.

Not everyone tells the truth about their past.

Get informed, know the facts and be aware.

**YOUR BODY, HEALTH AND FUTURE YOUR RESPONSIBILITY.**

**YOU MAY HAVE OUR OWN REASONS FOR BECOMING SEXUALLY ACTIVE, JUST REMEMBER: BE SAFE, USE PROTECTION!**

# Thinking About Sex? Think About this...

**PICTURE YOUR SEXUALITY AS IF IT WERE A EXPENSIVE SPORTS CAR:  
YOU WOULDN'T JUST LET ANYONE DRIVE IT, YOU WOULD WANT TO SEE  
THEIR LICENCE AND KNOW THEIR DRIVING HISTORY!**

**STD'S CAN BE SPREAD THROUGH ORAL SEX TOO.**

*"Streetwolf says: "Young homies, think with your big head, not your little one."*

*"Healthy Sexually begins with Self-Respect!"*

**"USING A CONDOM MAY SAVE YOUR LIFE!"**

## **PREGNANCY:**

What are contraceptives? Condoms, Birth Control Pills/ Shots (needles), – all will help protect against pregnancy – BUT NONE ARE 100% BABY PROOF!

Contraceptives such as birth control pills may prevent pregnancy – but they will not protect against STD's/STI's. Using them may help prevent pregnancy and protect you from contracting STD's and STI's, but nothing is ever guaranteed!

## **COMMON REASONS FOR TEEN PREGNANCY:**

**SUBSTANCE ABUSE SOCIAL NORM CREATE SOMEONE TO LOVE**

**SEEKING LOVE CARELESSNESS BOREDOM**

**KEEPING A BOYFRIEND HOUSING OWNERSHIP PEER PRESSURE**

## **REALISTIC EFFECTS FROM TEEN PREGNANCY:**

**MENTAL AND FINANCIAL STRESS      STRESS IN RELATIONSHIP BETWEEN PARENTS**  
**CHANGES LIFESTYLE      LIMITS EXPERIENCE      LIMITS EDUCATION/EMPLOYMENT**  
**LACK OF EMOTIONAL MATURITY      ISOLATION      FINANCIAL AND MENTAL STRESS**  
**LIMITS EXPERIENCES**

*Statistics indicate that there's a likelihood that  
teenage mothers will live in poverty*

## STD's are Sexually Transmitted Diseases

Anyone can become infected through sexual intercourse with an infected person. Upon infection, there may be no symptoms, or, symptoms may be confused with other illnesses. Symptoms may include discharge from vagina, penis or rectum; pain in the abdomen, testicles, buttocks or legs; flu-like symptoms like fever, headache, aching muscles or swollen glands; or, blisters, sores, warts, rash or swelling.

STD's can be transmitted through oral sex too,

Some Common STD's include:

HIV/AIDS – Human Immunodeficiency Virus that can become full blown AIDS.

Chlamydia – Caused by bacteria (most common STD)

Genital Herpes – Simplex Virus for which there is no cure (Lesions or sores on vagina or penis).

Gonorrhea – Often called the clap, bacterial infection

Genital Warts – Human Papilloma virus (skin warts)

Pelvic Inflammatory Disease: When bacteria infects the uterus, cervix and fallopian tubes (\*left untreated can become life threatening and/or result in inability to have children).

Syphilis – Bacterial disease, is a sore called chancre on penis, vagina, tongue or lips.

Hepatitis C – Disease of the liver.

Trichomoniasis – aka “trich” is a parasitic infection.

Crabs – pubic lice (**scratch, scratch, scratch**).



***“Sexuality is a reflection of creation,  
to be honoured and respected”***

Grandmother Moon

## JAN'S STORY

Young Women,

There are many reasons why a young woman might want a baby. If you are thinking of becoming pregnant, please read on.

I was 20 when I conceived my first child. I did not plan to become pregnant, but not using contraceptives and being sexually active is a sure-fire recipe for baby-making. What should have been cause for celebration became cause for upset. Having an unmarried, just dropped out of university, young, new mother was heartbreaking for many of my family and friends; most did not accept my decision to have my baby.

The partying and trips to bars were over. Once you become pregnant, many friends seem to have better things to do than hang out with you.

Nine months of body and hormone changes was scary, especially with little support. It was often lonely. At times, the range of emotions made me wonder if I was losing my mind. It took weeks for me to recover from the pain (it is excruciating) of 31 hours of labour; it took months before I gained energy and lost some of the tiredness. Nighttime feedings and diaper changes, baths, rocking to sleep and puky clothes – I have never felt so exhausted. My partner tried to be supportive, but he spent a lot of time at work; it felt like I was on my own.

Now, I cannot imagine my life without my two children.

When I was asked to write this letter to you, I felt honoured, but very small. My words will not change your life – hopefully they will make you think. I beg you to respect yourself enough to prevent getting yourself into a situation where you will have to deal with the results of your actions or the guilt and the grief of abortion. Prevent the day when you might feel resentment toward a child who did not ask to be born before their time.

You might feel that having a baby now is going to give you someone to love and someone who will love you. Being a mother to a newborn is a thankless job. Newborn babies do not give love. Newborn babies take love. Newborn babies take a lot of work. They need love and care to grow and be healthy. Most importantly, babies need love to be secure – when they learn that they have someone to care for them, someone who loves them unconditionally, they will have the capacity to give love back.

Remember that no matter how babies come into this world they are a blessing. Love yourself enough to take care of you first. Have dreams and set goals. When you do decide to have a child, your baby will thank you for being ready emotionally and economically to be the best mother you can be.

Trust me... I've been there.



# Drug and Alcohol Prevention

## WHAT IS A DRUG?

### Drugs Include:

Alcohol (Beer, Wine, Liquor)  
Marijuana and other street drugs  
Tobacco and nicotine  
Caffeine  
Prescription Drugs  
Chemicals in consumer products  
such as glue/solvents

### What is Harm Reduction?

Harm reduction is a public health approval that aims to reduce drug-related harm experienced by individuals and communities, without necessarily reducing consumption of drugs.

### What is Abstinence?

Abstinence is a personal decision to not use drugs, alcohol, mood altering substances.

**WITH REGULAR USE, ANY DRUG  
CAN BECOME ADDICTIVE. WHEN  
THIS OCCURS, THERE IS TROUBLE,  
TROUBLE, AND MORE TROUBLE!!!**



*“Touch not the poisonous firewater that turns wise men  
to fools and robs the spirit of its vision”*

Tecumseh

# DRINKING ALCOHOL DOES NOT MAKE YOU A BAD PERSON, BUT ADDICTION TO ALCOHOL CAN DRASTICALLY CHANGE YOUR PERSONALITY AND BEHAVIOUR!

Drugs can be divided into two categories:



**EVEN DRUGS THAT ARE LEGAL (LIKE TRANQUILIZERS, PAINKILLERS AND DIET PILLS) CAN BE DANGEROUS.**

It depends on the length of time and amount of drug taken  
Prescription drugs can also be addictive or create dependency.

# FACTS AND HEALTH RISKS OF DIFFERENT SUBSTANCES

Alcohol is one of the most common drugs of choice that the average young person is likely to experience first. Marijuana is usually the first “street drug” tried by youth. Both depressants cause short and long term effects that can penetrate your **bulletproof vest**.

## Alcohol

- Damages vital organs (brain, heart, liver)
- Causes alcohol poisoning
- Alters the ability to learn and affects the memory
- Causes Fetal Alcohol Syndrome/Fetal Alcohol Spectrum Disorder if women drink during pregnancy
- Causes impotence
- Results in injury and accidental death in thousands of people every year
- Is the number one killer of youth
- Is the cause of alcoholism and/or drug addiction in 10% of the population
- Often leads to dependency in long term use

## Marijuana

- It can be produced into hash and hashish oil
- Can be contaminated with weed killers or toxic substances
- May be parsley dipped in PCP or embalming fluid sold as marijuana
- Is usually smoked
- Marijuana smoke contains more cancer causing agents than tobacco
- Can be added to baked goods and eaten or drank as tea
- May result in lack of motivation for long time users (Amotivational Syndrome)
- May cause paranoia and psychosis
- Can reduce the attention span
- May result in users becoming clumsy and uncoordinated at times, appearing drunk, when “high”

**I M P A I R E D DRIVING  
IS THE NUMBER ONE KILLER  
OF YOUTH IN CANADA**

# CIGARETTES CONTAIN MORE THAN 4,000 HARMFUL SUBSTANCES

Nicotine is another common first substance used by youth. Inhalants are the #1 drug of choice for youth between 5 and 12 years of age, because of availability. Cocaine, crack and heroin are among various stimulants with associated health risks.

## Nicotine

- Is a form of tobacco that can be chewed or smoked
- It varies in its effect
- Small quantities causes weakness and vomiting
- May cause various types of cancers
- Is the largest cause of premature death in the world
- Can become an addiction

## Smoking and Pregnancy

Aboriginal teenage girls smoke more than boys. This means that a large number of childbearing Aboriginal women smoke. This puts themselves and their children (born and unborn) at risk.

### What Happens When a Pregnant Woman Smokes?

Carbon monoxide and nicotine are passed on to the baby, affecting its heartbeat and decreasing its supply of oxygen.

### What is the Result?

- Risk of miscarriage
- Premature delivery
- Birth defects – heart, learning disabilities, etc
- Stillborn babies
- Lower birth weight
- Babies are four times more likely to suffer SIDS (Sudden Infant Death Syndrome)

When breastfed other risks include; allergies, asthma, irritability, poor sleeping habits, crying and vomiting after nursing. Long term consequences include; bronchitis, coughs and pneumonia



**Girls who smoke before puberty  
are twice as likely to develop breast cancer later in life**

## Sniffing Inhalants

Children who use inhalants generally come from families where there is parental alcoholism and where children have suffered abuse or neglect by their parents. The average home will contain about 50 different sniffing products, including: glue, paint thinners, petrol, butane gas and various aerosol sprays. Inhaled fumes rapidly enter the bloodstream and then the brain through the lungs. In small doses, sniffing inhalants can result in disorientation and dizziness. At larger doses, the result may include: feelings of euphoria/a sense of unreality, and even Sudden Sniffing Death Syndrome (from butane gas).

### What does it do to your body?

- Heart and breathing slow down
- Speech becomes slurred
- Confusion
- Loss of control
- Loss of consciousness
- Kidney/liver damage
- Brain damage
- Paranoid psychosis

**IF YOU SNIFF, DON'T SNIFF ALONE**  
**SNIFFING GLUE OUT OF A PLASTIC BAG CAN CAUSE SUFFOCATION**  
**SNIFFING WILL GIVE YOU BRAIN DAMAGE**  
**WHEN YOUR THROAT SWELLS UP, YOU CAN'T BREATHE**

Where you sniff can also be dangerous:

**RAILWAYS BUILDING SITES HIGHWAYS RIVERS/LAKES**

## Cocaine

- Is a white, odourless powder that can be altered to produce "crack" or "freebase"
- Produces a third drug called cocaine when mixed with alcohol
- Can be rolled up into money, a long fingernail, etc.
- Is usually snorted through a straw
- Destroys nasal tissues with frequent use and results in nosebleeds
- Can be dissolved in water, injected into a vein and expose needle users to Hepatitis or HIV
- Stimulates an immediate effect on the user giving a sense of power and energy
- Makes one feel "infallible"
- Is the most "glamourized" drug on television and movies



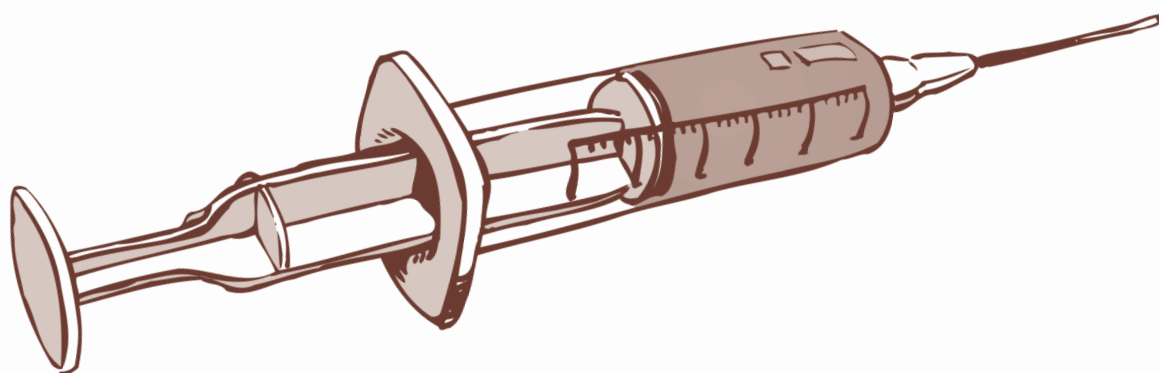
## Crack

- The term “crack” comes from the sound it makes when burned
- Is an altered form of cocaine (and other unknown substances) that enables a person to smoke it
- Reaches the brain quickly, causing an instant high and “is very addictive”
- Can be smoked in a cigarette or with a water pipe, pop can and other various means of a “pipe”
- Users are exposed to Hepatitis, Herpes and HIV when they share pipes and contaminated syringes
- Can be altered for intravenous use
- High doses of crack produces paranoia
- Results in “crack babies” if used during pregnancy
- Causes the user to feel depressed and wanting MORE

# HEROIN KILLS - END OF STORY

## Heroin

- It can be dissolved in water and injected into a vein, snorted, “dropped,” or smoked which is called “chasing the dragon”
- Can expose the user to Hepatitis or HIV through needle use
- The high is called “nodding off” (they become Zombie like) for users
- Speech is muttered and slower than usual and movements are slower
- Some users think they are getting heroin, but are really getting crank
- Withdrawal symptoms are severe which usually leads the user to “seek another fix”
- Is a growing popular trend in rural communities



*All “street drugs” are illegal that can mean a jail sentence.*

PCP, LSD and Ketamine are drugs commonly used by veterinarians. Young people often experiment with them, because of their effects. The facts and health risks are as follows:

### **PCP (Phencyclidine)**

- A veterinary drug
- Illegally manufactured and sold on the street
- Usually combined with marijuana
- Adolescents smoking pot could be smoking PCP
- Can be snorted and eaten
- Use reflects a range of bizarre and volatile behaviour
- Effects mimic the full range of symptoms associated with schizophrenia (delusions, paranoia, distorted thinking, catatonia, mood disorders, depression)
- Some users claim they feel as though they could fly or thought gorillas were attacking them

### **LSD (Lysergic Acid Diethylamide)**

- Most popular hallucinogenic drug
- 4000 times stronger than mescaline (magic mushrooms)
- A recent craze is to ingest LSD that has been absorbed in blotter paper or temporary tattoos
- Effects are determined by dose (how much), set (mental state), and setting (surroundings) and are unpredictable
- Users experience "tripping" (hearing objects and feeling sounds)
- A "bad trip" can be a horrifying experience (eg. Fear of insanity or death)
- Irreparable brain damage can occur from ingesting LSD the size of a grain of salt; and flashbacks can occur without the user trying LSD again

### **Ketamine/Rohypnol/GHB**

- Known as the 'date-rape' drug
- A person may be rendered helpless if the drug is slipped into their drink/joint
- Victims are almost in a hypnotic state, causing short-term memory loss
- Aka: liquid ecstasy and street names include liquide, roofies, grievous bodily harm and Georgia homeboy

**WATCH YOUR DRINKS IF YOU GO TO A RAVE OR DANCE PARTY!**

Designer drugs are produced by “Underground Chemists.” The 2 most powerful designer drugs are Ecstasy and Methamphetamine.

### Ecstasy

- Ecstasy is a very popular drug among the younger generation
- It produces some of the same symptoms as Parkinson’s Disease which affects both motor skills and speech
- Ecstasy may cause **brain damage** - even the very first dose

**WHEN MONKEYS WERE EXPOSED TO MDMA FOR 4 STRAIGHT DAYS, BRAIN DAMAGE WAS STILL EVIDENT 6 TO 7 YEARS LATER**

### Methamphetamine

- Crystal, crank and ice are street terms used to describe the drug methamphetamine
- Users feel paranoid, violent and that the world is against them
- Many users become easily agitated
- “Tweaking” refers to a bad trip or negative experience from the use of crank
- Methamphetamine melts the brain
- They are produced by combining cold and sinus medication with “anything under the kitchen sink”
- They are dangerously addictive - meaning you’re in trouble if you try that stuff

### ANABOLIC STEROIDS

- Causes severe acne
- Causes liver damage, including liver cancer
- Causes heart attacks
- Causes lethal brain damage
- Causes sterility (males unable to father children)
- Causes toxic psychosis

**SHORT - TERM EFFECTS OF ANABOLIC STEROIDS CAN LEAD TO VIOLENCE**

(ROID RAGE)

# ADDICTIONARY

Many people underestimate the “power” that street drugs wield on the human mind due to lack of information.

## **Anabolic Steroids**

Performance enhancing drugs used to increase the size of muscles, improve performance and decrease recovery time.

## **Benzodiazepines**

A type of amphetamine used to combat anxiety, tension and insomnia.

## **Crashing**

A term used to describe the rapid emotional depression or need for sleep following crack or methamphetamine use.

## **Dopamine**

A chemical that occurs naturally in the body and assists in normal Central Nervous System (CNS) functioning.

## **Euphoria**

An exaggerated feeling of well-being.

## **Freebase**

To inhale a smokable cocaine base.

## **GHB (Gamma-Hydroxy-Butrate)**

Used as a date-rape drug.

## **Hallucination**

Altered sensory perception as a result of drug use. The user hears, sees or feels something that is not really present.

## **Intravenous [drug use]**

Drug is administered through a vein.

## **Jimson Weed**

Seed from the angel trumpet plant that produces hallucinations when ingested.

## **Ketamine**

Primarily used in veterinary medicine as an anaesthetic. It is commonly misused and inhaled as smoke in marijuana joints (aka Special K).

## **LSD (Lysergic Acid Diethylamide)**

The most potent hallucinogen that can change the sense of perception.

## **Methamphetamine**

Potent Central Nervous System stimulants that can be lethal (aka: crank, crystal, ice).



### **Narcotic**

A term used to describe drugs with pain relieving properties similar to morphine and codeine.

### **Oxy Contin**

Used for moderate to severe pain relief and its properties are similar to morphine. Adolescent abuse has increased over the last several years (hillbilly heroin).

### **PCP (Phencyclidine)**

General anaesthetic that distorts sight and sound. PCP creates a feeling of detachment from the environment and self.

### **Quaalude**

Induces sleep and can manage certain epileptic seizures (barbiturate).

### **Rohypnol**

Known for its sedative effects. It can be used to treat insomnia (aka: date rape drug).

### **STP (Serenity, Tranquility, Peace)**

A potent hallucinogenic that can cause 'toxic psychosis.'

### **Tripping**

A term used to describe the effects of some hallucinogens (commonly refers to LSD).

### **Uppers**

Term used for most stimulant drugs (eg. Amphetamines).

### **Volatile Solvents**

The most dangerous of 'experimental' drugs. Use may cause heart failure or death from suffocation (eg. Glue, markers, aerosol cans).

### **Wetsticks**

Marijuana or tobacco dipped in PCP or embalming fluid (aka: Rocket Fuel).

### **XTC (Ecstasy)**

Known as the 'love drug.' XTC engenders a false sense of esteem.

### **YABA**

An extremely dangerous Methamphetamine produced in Thailand (aka: Deadly Medicine).

### **Zombie**

A term used to describe a state of intoxication.



# Realistically Speaking

Unlike popular belief, alcoholism and drug dependency are diseases that affect everyone regardless of racial, social or economic background. There are many environmental factors that can lead a person to become dependent on alcohol and other substances. The following **Risk Factors** are:



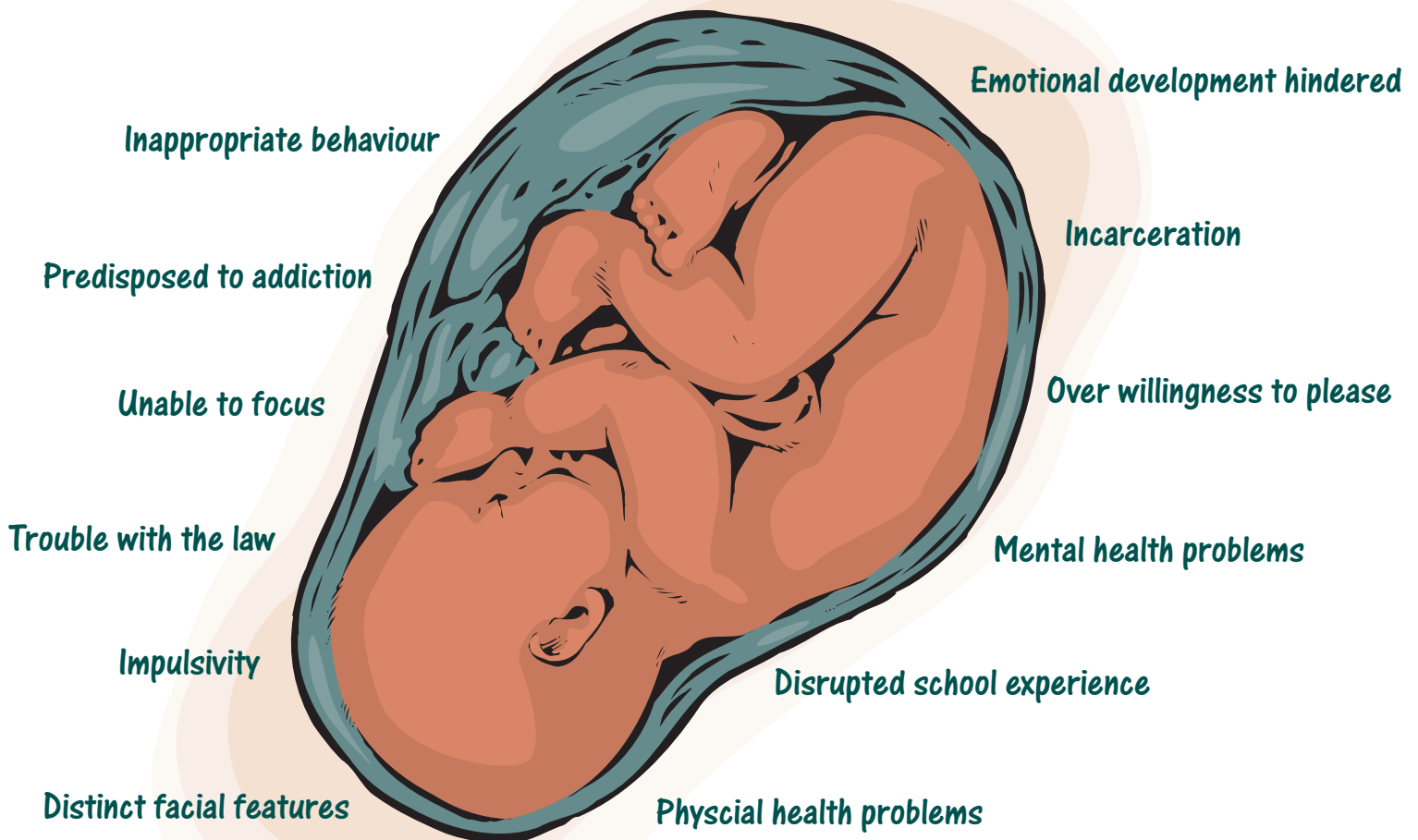
**ALCOHOLISM AND DRUG ADDICTION ARE DISEASES THAT CAN BE TREATED**

# Fetal Alcohol Spectrum Disorder

**NO SAFE DRUG, NO SAFE AMOUNT, NO SAFE TIME**

Fetal Alcohol Spectrum Disorder (FASD) is one of the leading causes of birth defects. Thousands of children with recognizable FASD are born every year and many are born undetected. This 100% preventable disorder costs millions (possibly billions) of dollars yearly.

## FASD CAN LEAD TO:



FASD VICTIMS SHOW FEARLESSNESS  
AND ARE UNRESPONSIVE TO VERBAL CAUTIONS!

**WHEN A WOMAN CONSUMES  
ALCOHOL DURING PREGNANCY  
SHE IS PUTTING HER UNBORN CHILD AT RISK!**

# HOW ONE BECOMES ADDICTED

Imagine your brain is a computer system (hardware). The information you store is the data (software). This data has the potential to control different moods, feelings and actions. Since your brain is an organic living computer, it communicates through chemicals. These chemicals control the central nervous system. Any chemical that effects your central nervous system can change the way you think, feel and behave.

People use ALCOHOL and DRUGS for two reasons:

- a) To increase pleasure
- b) To reduce pain

We program our brains to find stimulation, even if it is a "quick fix." However, the perfect world (utopia) doesn't really exist. Yet, humans are constantly searching for **pleasure** - things that make us "feel good."

Every DRUG has addiction potential that can be determined by:

- a) The amount taken
- b) The length of time taken

Addiction can control your entire life - you stop taking care of normal things such as hanging with your friends, eating and sleeping.



## ALL DRUGS CAN KILL YOUR SYSTEM

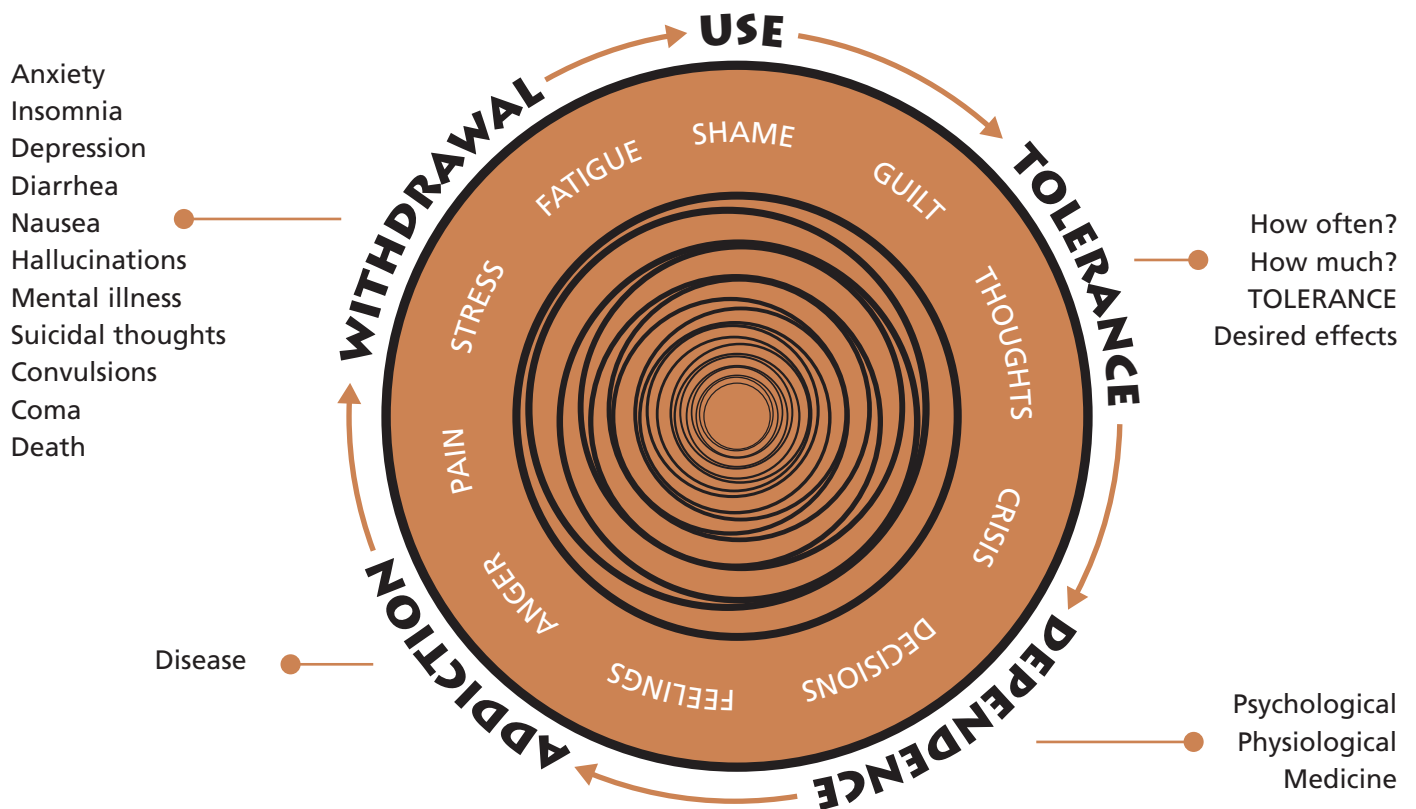
# REHABILITATION

How it can save your life?

“DETOX” OR DETOXIFICATION IS AN EVENT THAT ADDICTS SUFFER WHEN THEY ARE “COMING DOWN” FROM ALCOHOL OR DRUGS. IT IS YOUR WORST NIGHTMARE!

To understand how it feels, picture yourself hungry and thirsty for food and water. Yet, you are restricted from eating and drinking when these items are placed in front of you.

“Detox” usually lasts three to four days, although it feels like months. Cocaine, heroin and other “hard” drugs may take longer to get out of the system. During this period, the addict may experience severe headaches, chills, tremors and/or vomiting.



“Rehab” or rehabilitation is best described as the “unknown.” Many addicts are reluctant at the beginning, as it is difficult to trust people when you are addicted to alcohol or drugs. Eventually the person regains confidence and a sense of security. Some Treatment Centers believe rehab must begin with the individual living at a Centre for three or four weeks. Family and friends are encouraged to participate in treatment and seek counselling. Friendships are often built and a sense of camaraderie is established with others when people go through this type of rehabilitation.

# STREET DRUGS

Illicit drugs are a multi-billion dollar a year industry. Every day 'clandestine chemists' manufacture hundreds of deadly new drugs. Some are 700 times more intense than the natural substances they were made to imitate. Let's look closely at how drugs become fatal.

When drugs such as marijuana and ecstasy are mixed with more addictive drugs like cocaine and heroin they create dependency. Many drugs are contaminated with everyday cleaning agents and household products found at your local hardware store (eg. Liquid Drano, antifreeze, Lysol). Products stolen from pharmacies and veterinary clinics may also be tossed in the mix. A more powerful drug is created when street drugs are combined.

Acute intoxication known as an "overdose" happens quicker than tying up a shoelace. Blackouts can occur, putting the user at risk of choking on their own vomit should they regurgitate. It usually happens on weekend "tripping" or "binging." As drug recipes continue to circulate, there is no quality control. Therefore, it will take a high number of overdose victims to determine a "bad batch."

Accidents occur when a person's judgment is impaired. This often leads to risk taking, aggressive behaviour and desperate activity.

A person can be allergic to a drug and the reaction can be fatal. Medical attention may be required.

In the 21st century, young people will be pressured at an early age to experiment with alcohol and drugs. Therefore, the first line of defense against the dangers of drug and alcohol abuse is knowledge.

**KNOW THE GAME BEFORE YOU PLAY IT.  
ONCE YOU KNOW THE RULES AND RISKS,  
YOU UNDERSTAND THE DANGERS OF THE GAME.**

Coach Bell



# QUIZ

Answer each of the following questions related to drug and alcohol addiction.

1. What is the most commonly used drug?

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2. What 3 drugs are teenagers most likely to experiment with first?

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3. Which drug is associated with most teenage deaths?

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4. Crack is particularly dangerous because

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5. Is marijuana use and driving ok? \_\_\_\_\_

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6. What are anabolic steroids? \_\_\_\_\_

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7. What is FASD?

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8. What drug can usually be found at a Rave party?

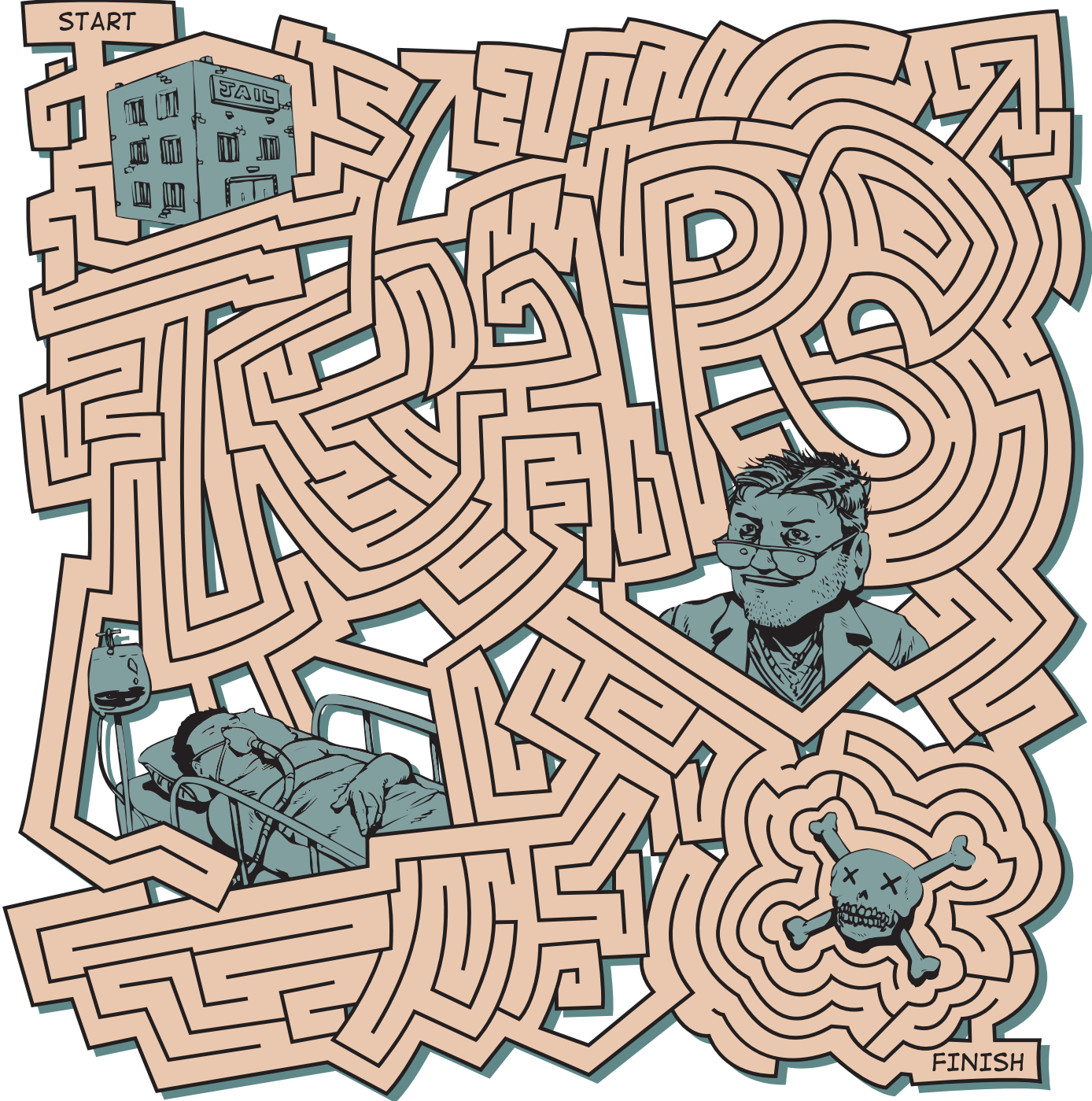
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9. What can result from sniffing solvents?

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# MAZE

See if you can avoid the traps by negotiating your way through this maze.



# WORD SEARCH

R	D	A	D	D	I	C	T	I	O	N	H	M	N
M	A	E	R	J	R	X	R	S	P	A	I	N	P
O	N	D	U	U	Q	U	S	D	L	R	M	V	K
M	G	D	N	J	D	D	G	K	Y	C	E	C	B
A	E	R	K	L	E	T	C	S	X	O	O	J	E
R	R	T	K	L	C	A	F	A	J	T	I	K	E
I	M	P	A	I	R	E	D	D	R	I	V	E	R
J	D	T	O	C	S	T	Z	R	L	C	R	C	F
U	S	D	R	T	C	R	A	C	K	S	I	S	T
A	N	D	S	E	C	I	O	H	C	H	D	T	W
N	P	U	Y	H	L	P	D	O	L	P	W	A	D
A	I	H	E	R	O	I	N	E	S	R	E	C	G
F	K	D	R	Q	N	K	D	H	N	S	T	Y	P
S	A	L	C	O	H	O	L	S	F	T	I	J	I

ACCIDENT  
 CRACK  
 HEROIN  
 ADDICTION  
 DANGER

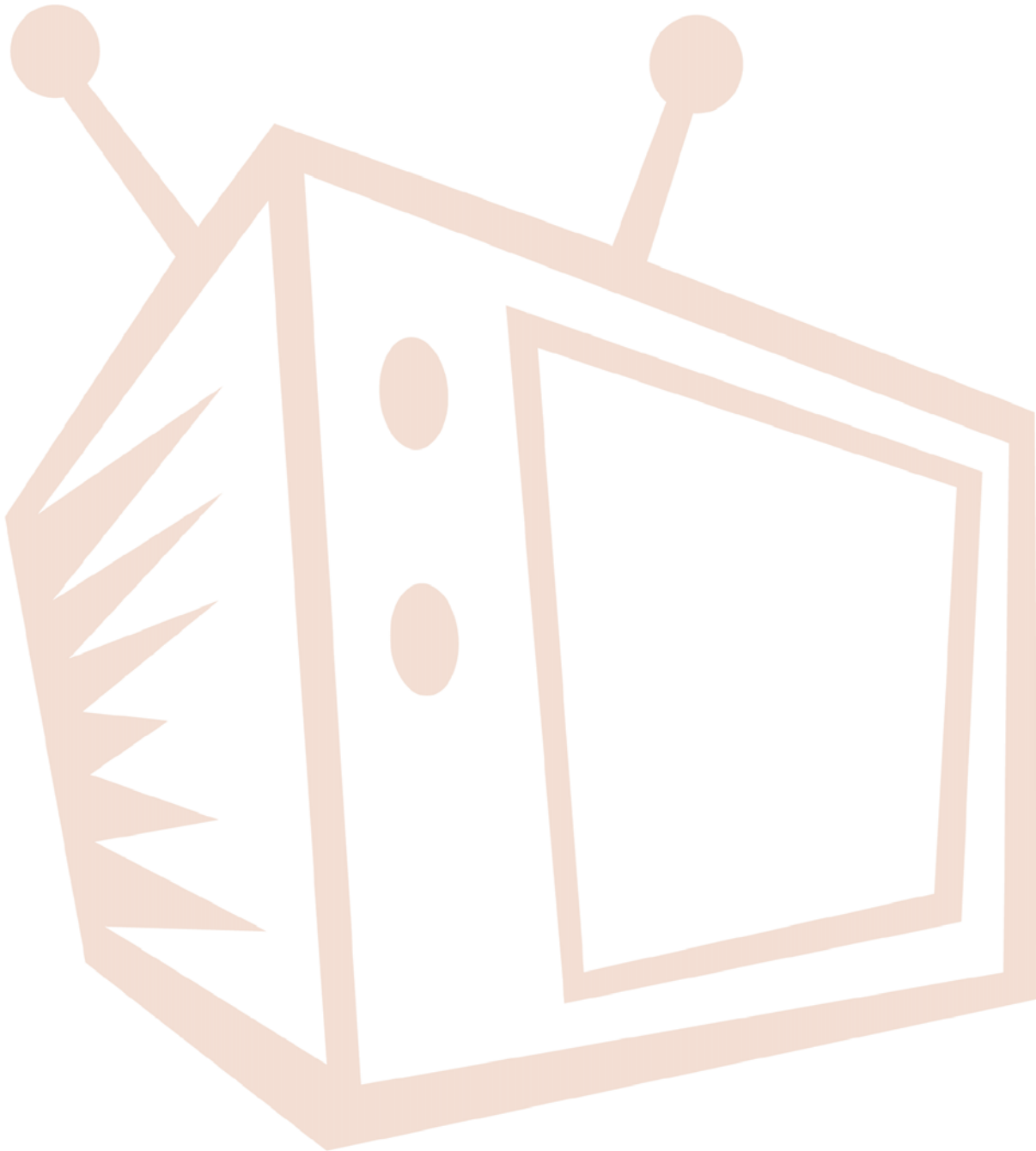
IMPAIRED DRIVER  
 ALCOHOL  
 DRUGS  
 MARIJUANA  
 BEER

DRUNK  
 NARCOTICS  
 CHOICES  
 ECSTASY  
 PAIN

# WHEN WATCHING TV I FEEL...

Write, draw or tell someone what you have learned about alcohol and drugs, drinking and driving, drug dealers or crime and punishment after watching television.

Describe the effects of alcohol and drugs in these situations and how you felt after viewing them.



# MORE CHOICES

The word “choices” can often be overused or misunderstood, as life is not “cut and dry.” Choices can often be very confusing experiences for young people. The reward/risk ratio may help create more options.

**Make a list of risks and rewards.**

**If the risks outweigh the rewards, consider an alternative choice.**

1. You are asked to “hold” a friend’s “weed” in your locker. What are your choices?

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2. You find a used syringe in the park. What are your choices?

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3. You are offered Ecstasy at a school dance. What are your choices?

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4. You bought the latest CD of your favourite group. When you listen to the words, it says that drugs are fun. What are your choices?

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5. You hang around the “in crowd” at school. One day a joint is passed around at the back of the school and it gets to you. What are your choices?

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6. Your friend brags how much they can drink and it doesn’t affect them. So, it is okay to drive home from a party after drinking. What are your choices?

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7. You and your boyfriend are partying with some friends at the park. You have both been drinking and he wants to get physical, but neither of you have any protection. What are your choices?

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8. You are impressed with the energy of your teammate on the basketball team. You ask, “What is your secret?” Your teammate replies, “I ‘pop’ a couple of pills.” “Do you want some?” What are your choices?

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# Dreams and Nightmares

Picture yourself dreaming about a peaceful world without addiction to alcohol, drugs or crime and violence. What would it be like?

You have been awakened from a nightmare full of alcohol, drugs, crime and violence. Explain your nightmare.

You have been selected to be a television broadcaster. What news can you share with the audience about alcohol and drugs?

# Daily Nutrition

**FOOD IS ENERGY!** We need food to ensure we can meet the challenges that come our way. Did you know body builders and people who have a strict work out routine can eat as much as 5x a day! What we eat determines how we will perform at school, work and play!

**THINK ABOUT IT!** When we eat well balanced meals we are feeding different parts of our body we feed our brains, our muscles, our heart and our blood: this helps us to think clearly, take on physical challenges, sort out our feelings, and feel good about ourselves.

When we eat junk food, we are feeding our emotions. Very little energy is provided in junk food, and people usually eat junk food when they are sad, excited, in a hurry (stressed), happy (having fun) or mad. Usually we get hungry again within an hour, this is because we have not balanced our meal to feed all the parts that make us a whole human being!

**There are other reasons to think about our eating habits:**

## Bad Nutrition

Heart Disease (operations/medications)

Type II Diabetes (long term care)

Chronic Fatigue (low energy)

Mental Health (anorexia, bulimia, and food addictions)

## Good Nutrition

Strength and Health

Fewer Restrictions

Healthy Lifestyle/Relationships

High Self Esteem/Confidence

**Can you name some of your own reasons?**

**“Kids who eat breakfast perform better in school”**

**STICKING BY THE FOLLOWING CIRCLE OF  
FOOD GROUPS BETWEEN THE AGES OF 9 – 18  
AND EATING THE RECOMMENDED SERVINGS  
WILL MAKE YOU A LEAN, MEAN, PRODUCTIVE MACHINE.**

**DAIRY GROUP (3-4 SERVINGS DAILY)**

Calcium is the nutrient found in this group. Calcium is essential for strong, healthy teeth and bones. We build almost half our bone mass between the ages of 9 – 18. Such foods include: milk, yogurt, cheese and ice cream. (If you are lactose intolerant, there are lots of good substitutes such as soy milk, etc – you still need your calcium)

**MEAT GROUP (2-3 SERVINGS DAILY)**

Contains food from both plants and animals. Protein and iron are important for growing children to build strong muscles and to help their bodies repair muscle tissue. Such foods include: meat, poultry, fish, beans and peas.

**VEGETABLE GROUP (3-5 SERVINGS DAILY)**

Provides vitamins like A and C and fiber. The deeper colours are more packed with nutrients. Vegetables help with night vision, healing cuts and keeping skin healthy. Helps reduce free radicals in the body, which reduces the risk of certain cancers. Such foods include: green leafy vegetables, carrots, corn and squash.

**FRUIT GROUP (2-4 SERVINGS)**

Also provides vitamins A and C, and fiber. Fruit helps to promote regular digestion. Foods include: oranges, grapefruit, apricots, bananas and apples.

**GRAIN GROUP (6-11 SERVINGS)**

Grain foods are an excellent source of carbohydrates and fiber. These foods provide vitamin B, iron, niacin, riboflavin and thiamin to our diet. Carbohydrates are a great source of energy that helps us carry oxygen to all our body parts. Examples include: bread, rice, pasta, cereal and grits.

**“START YOUR DAY THE HEALTHY WAY”**

# Conflict Resolution

Traditionally, Aboriginal people did not use force when resolving conflict. When teaching our children about consequences, parents did not yell or strike our children. By showing patience and understanding parents modeled proper techniques to understand conflict, work on their inner conflict and learn how to help others to deal with conflict.

## Resolving Conflict

Conflict occurs when one or more people cannot agree on something. Most of us are involved in some form of **conflict** daily. Conflict is a part of life and can be as simple as deciding on what to wear and responding to someone calling you degrading names. It can become very complicated by involving entire nations who disagree on land ownership. Also, conflict escalates and **violence** increases when alcohol and drugs are involved. It is how we deal or do not deal with conflict that is the problem.

## Six Causes of Conflict

1. Each person's differing perceptions
2. Emotions
3. Miscommunication (or lack of communication)
4. Mixing up the person(s) and the problem
5. Values
6. Who owns what "piece of the pie"

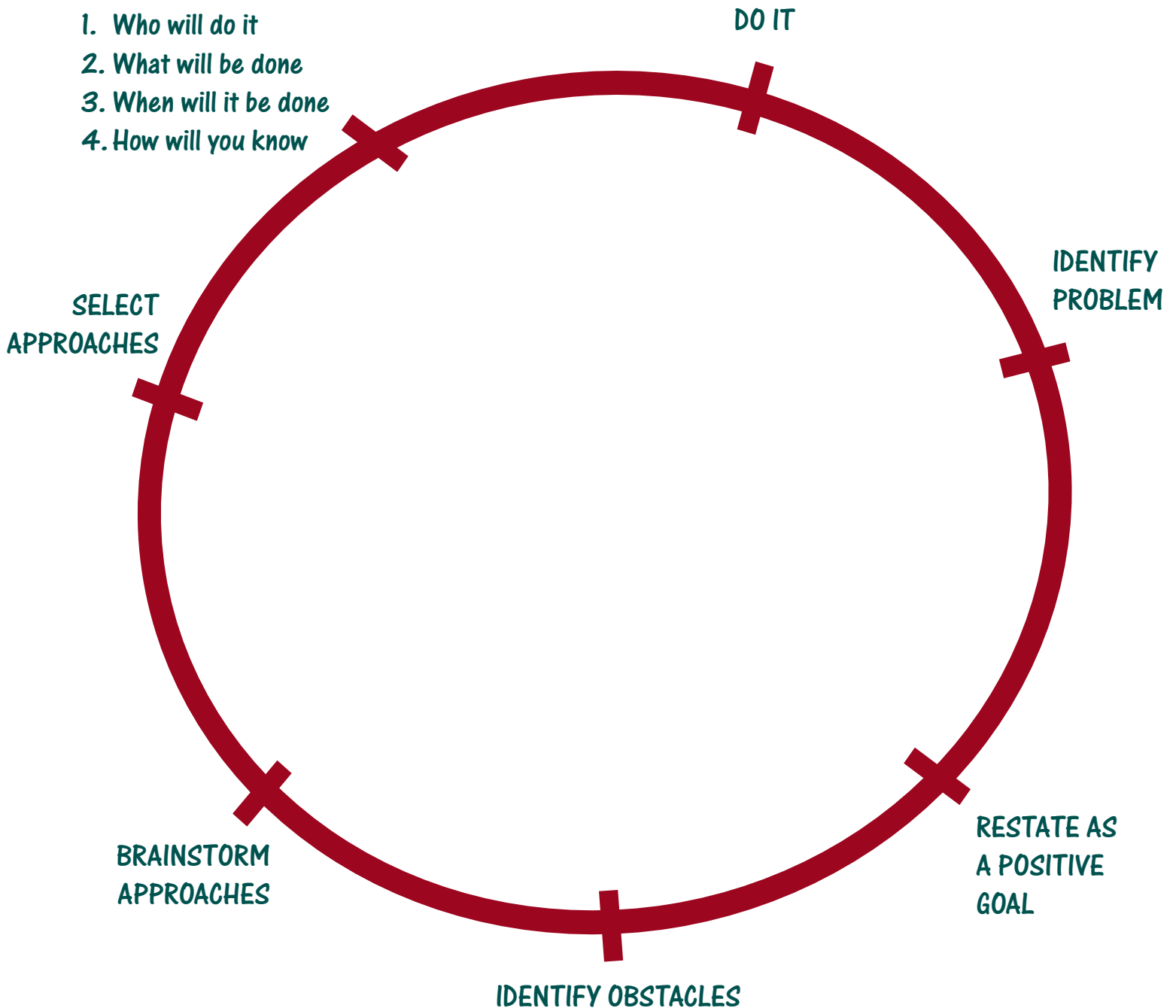


**STREETWOLFS PHILOSOPHY:  
WE REALIZE THAT CONFLICT IS A NATURAL  
PROCESS OF LIFE AND WE SEEK TO FIND  
PEACEFUL SOLUTIONS TO PUTTING OUT FIRES.**

# Problem Analysis Process

## CREATE A PLAN OF ACTION:

1. Who will do it
2. What will be done
3. When will it be done
4. How will you know



## Task

Break into groups — discuss which problem your group will be using. On Flipchart record your group's process and come up with a plan of action using the five steps. Come back to large group and present your group's plan of action.



# Problem Solving

**Process contains:** Problem identification  
Problem analysis  
Approaches  
Follow-up

**First Step: (Purpose)** — identify the problem  
— “clarify” the problem  
— AVOID SOLUTIONS  
— lengthy part of process - be sure

Problem solving attitude puts more attention to the problem.  
This attitude will help to change the situation, just enough to see the problem fresh and re-define it.  
If everyone focuses attention on a problem, it will change... greater perception..

**Second Step: (Goal)**  
— restate in a positive way  
— after deciding what problem you can do something about, restate it in a positive way  
— after you have your positive restatement, don’t go back to the problem  
— you now concentrate on the positive restatement (your goal)

**Third Step:** — analysis of obstacles  
— list every obstacle or block  
— anything that is stopping you or blocking you from achieving your goal  
— no solutions just obstacles

**Fourth Step:** — Design and Choice of approaches (objectives)  
— take one obstacle at a time and list what can be done to get rid of that particular obstacle.  
You may have several approaches for each obstacle  
— don’t overlook any obstacle or any approach  
— never take anything for granted  
— each one has to be addressed in some way – the best way possible

**Fifth Step:** — Once you look at your problems, there are some you can work with and some you have no control over. Look for the things you can do. By doing nothing, the problems will overwhelm you do.  
— Choose from approaches identified

**Sixth Step:** — Follow-through (Tasks)  
— for each approach you have listed, these questions must be answered: Who will do it?  
What will be done? When will it be done? How will you know it has been done?  
— the follow-through must have a time frame or schedule  
— be realistic in allotting time for each task  
— assign a person/persons name to each task  
— agree to some form of feedback or reporting as to if the task was done or how far along is that person in doing the task

**Seventh Step:** — DO IT!

**ONCE ALL THESE FIVE STEPS ARE COMPLETED YOU HAVE YOUR  
PLAN OF ACTION — NOW JUST DO IT!**

# Do You Got Game?

## COMMUNICATING ALCOHOL, DRUG AND VIOLENCE PREVENTION

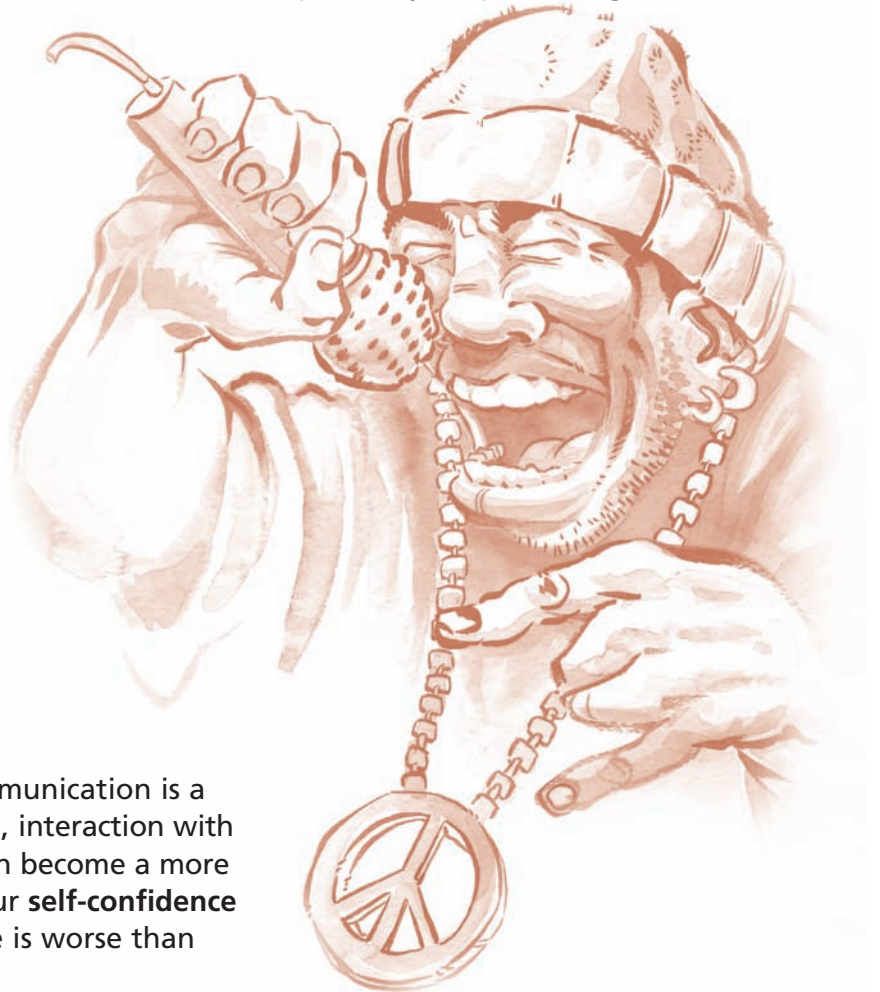
**Streetwolf** can offer even more tips, if you decide to concentrate on Self-Leadership. Join Streetwolf on the road to **stamping out** addictions and **violence** while avoiding many **Risk Factors** that exist in today's society. You will be able to make use of a broad array of communication skills or may choose to use the techniques for your personal growth.

### Rhyme and Reason

Here are some basic skills that will encourage others to listen and be persuaded by your reasoning:

- Be confident
- Speak clearly
- Be aware of the tone and body language
- Express thoughts, views and interests logically
- Pay attention to detail
- Work on the basics - impromptu speaking, having patience, seeing the entire picture, etc.
- Listen, listen, listen

We mentioned earlier that effective communication is a key element to effective problem solving, interaction with others and building relationships. You can become a more competent communicator by building your **self-confidence straight up!** Remember, false confidence is worse than no confidence at all.



**Winning is never accidental.**

It takes preparation and practice, practice, practice.

This applies to speaking, as well as any interests or skills, including music, art, athletics, etc. Some of you may be "shaking in your boots" at the thought of **actually talking to others** about alcohol, drugs and **violence** prevention.

## "DON'T FAKE THE FUNK!"

# Tomorrow's Parents

With 50% of the Aboriginal population currently under 25, the way in which these youth begin and raise their families will shape the future of Aboriginal societies for generations to come. (Statistics Canada, 1996 census data)

Throughout *Streetwolf – 7 Principles of Self-Leadership*, we have discussed such skills as: attentive listening, communication skills, team building, respect, prejudging, anger and conflict resolution, drug-free lifestyle, dealing with feelings, healing and many more. All of the leadership skills you learned in this book will come in handy in your personal relationships and when you become a parent.

Communication is an ongoing dynamic.

In relationships, you will communicate words, ideas, feelings, attitudes and values. In return, you will have to interpret the messages communicated to you. When you become a parent your children will mimic your actions and role as a parent, be they subtle or loud and clear.

## “MONKEY SEE, MONKEY DO.”

### Remember parenting takes:

- Planning
- Consistency
- Passion
- Responsibility
- Practice
- Patience
- Unconditional support
- Money
- Role modeling
- Listening
- **And a whole lot of love (and hugs)**

What parenting skills are important to you?  
(They may not be on the list)

Lets break the cycle of addiction  
Every child has a special meaning  
We can learn parenting skills by observing the wolf  
Your role is vital in determining the future of all Native People

## EXERCISE: COST OF LIVING

Goal: To budget a two-child household as a single parent or a couple, based on a \$1000.00 a month budget in both the summer and the winter.

List your:

- Household needs
- Children's needs
- Personal needs
- Recreation/leisure
- Luxuries

## POSITIVE PARENTING IS NURTURING AND STRUCTURING.

### NURTURING

Offers help  
Needs are met  
Tells child that they are important  
Is gentle, caring and supportive

### STRUCTURING

Shows how  
Supports  
Sets limits  
Offers options and tools

## Less Effective or Negative Parenting is Marshmallowing and Criticizing

### MARSHMALLOWING

Invites dependence  
Says it's o.k. to be self-destructive  
Blames  
Is of No value  
Smothers

### CRITICIZING

Ridicules  
Compares you to others  
Discourages  
Is Hurtful  
Is Shame causing  
Is Harsh

*Remember Success is an Attitude not a Destination*



# Goal Setting

There is no 'quick fix' answer to **boredom**. But guess what? Some of the best opportunities in life are ones we create ourselves; sometimes we create them when we have nothing better to do than think. It begins by planting even the tiniest of ideas in our minds. All it takes is **DESIRE**. Setting goals is like drawing a map to help you know where you are going. Make sure the goal you are working on is something you really want, not just something that sounds good. How can this be achieved? Listen to your heart.

## How Do I Get Started?

Every success story, whether it's achieving in school, raising a family, or being a professional athlete or Hollywood superstar begins with an idea or brainchild. Then we combine making daily sacrifices; overcoming personal struggles and/or obstacles; learning from daily lessons, both positive and negative; achieving small triumphs; and continuing to try without giving up. It doesn't happen overnight. Start by setting daily goals and building your confidence as you achieve them. Everyone's goals are different. They may be:

### PERSONAL GROWTH

**ARTISTIC**

**ATTITUDINAL**

**CAREER FOCUSED**

**EDUCATION**

**FAMILY**

**FINANCIAL**

**SPORTS**

**PLEASURE**

**LEISURE**

### MAKING THE WORLD A BETTER PLACE

**SPIRITUAL**

***“If you have no confidence you are twice defeated in the race of life. With confidence you have won even before you have started.”***

Marcus Garvey

Make a daily goal setting wheel. How will you know goals are being achieved?  
Simple: A goal cannot contradict any of your other goals. When you make a decision, ask yourself if it is taking you closer to your goal or away from it.

### How to Draw Your Wheel

- State each goal
- Keep it simple
- Do it until it becomes natural
- Raise the bar
- Don't cheat yourself
- Be consistent
- Practice, practice, practice
- Reinforce these goals with positive self-talk
- Pay attention to detail
- Write goals down
- Be realistic
- Be honest with yourself
- Be persistent

The best opportunities in life are the ones we create for ourselves.

Ask yourself these questions:



*You already possess everything to become great  
(Cayuga)*



# Bridging the Gap

One serious concern for all Aboriginal leaders is how we hold onto traditional values in today's technological information age. This is a complex issue with no easy solution. It must start within each person and extend throughout the community. Mending broken circles and ending destructive cycles is where it begins. Once our people achieve this, it will come down to individual choices. Both must be honoured to maintain balance. Internal Aboriginal differences must be resolved.

## IT STARTS WITH YOU!

Streetwolf encourages all young Aboriginals who decide to ride the technological wave, to also develop contemporary skills, education and trades. Then, come back to our people and offer a service to our traditional communities. On the other hand, those who decide to embrace the old traditional ways must be encouraged to open their arms to Aboriginal people with educational degrees and work experience off the reserves when they do return. We need both, working together for a common goal... to preserve a national jewel – young Aboriginals of tomorrow.

## HOW CAN WE EMBRACE BOTH?

Connect the things below that you think can be achieved at the same time.

**KITCHE MANITOU**

**NATURAL LAW**

**COEXIST WITH NATURE**

**SPIRITUAL GROWTH**

**ECOLUTION**

**PRESERVATION**

**ORAL TRADITION**

**CEREMONY**

**CIRCULAR THOUGHT**

**ABSTRACT**

**SACRED STORIES**

**PLANT MEDICINE**

**LONG HOUSE**

**CHIEF**

**GOD**

**CHRISTIANITY**

**MAN'S DOMINANCE**

**MATERIAL GAIN**

**SCIENCE/TECHNOLOGY**

**OWNERSHIP**

**DOCUMENTATION**

**FORMAL SERVICE**

**LINEAR THOUGHT**

**CONCRETE**

**MYTHS AND BELIEFS**

**PHARMACEUTICALS**

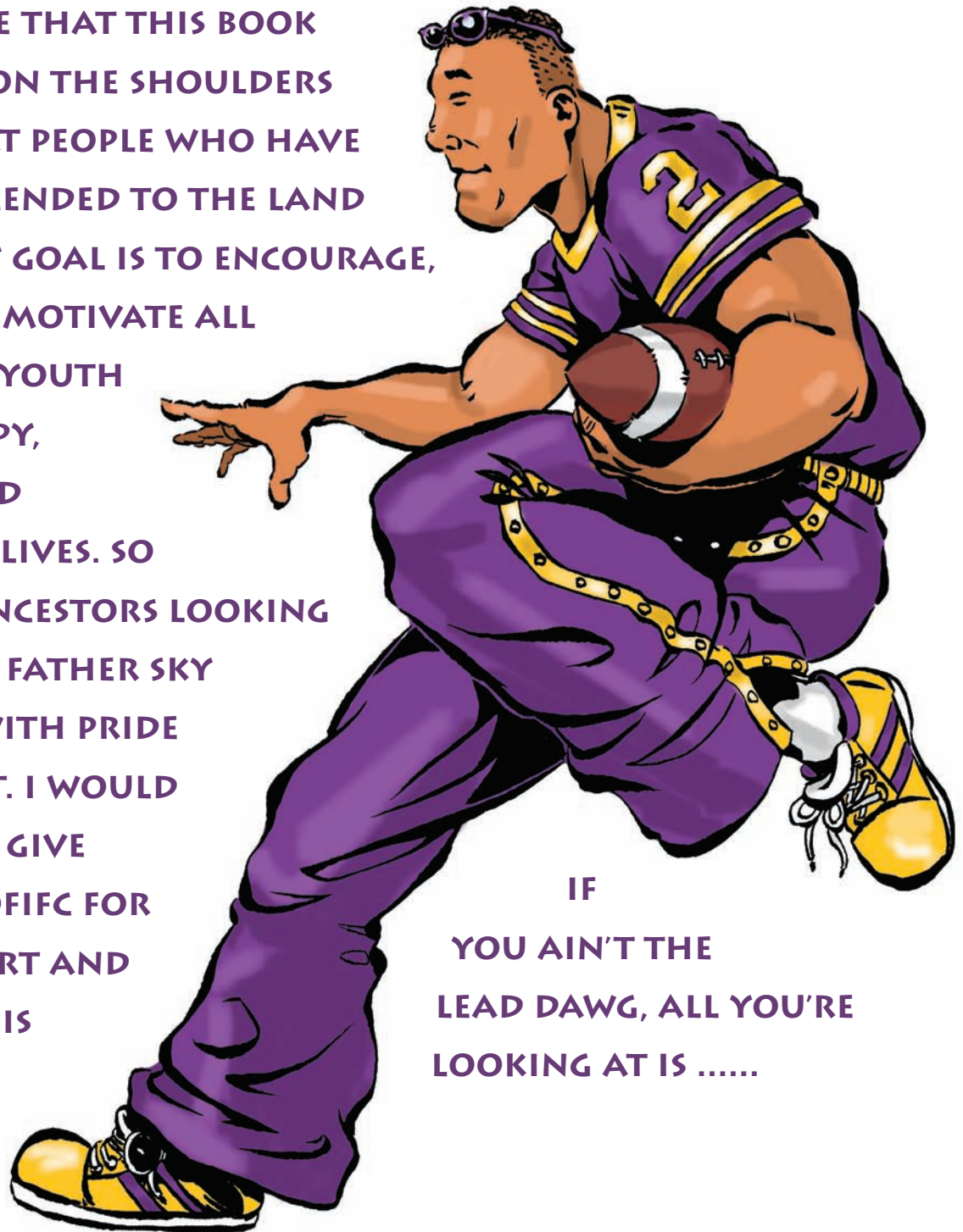
**PARLIAMENT**

**OFFICIAL**

**Nothing worthwhile comes easy! The choice is yours.**

# A MESSAGE FROM THE AUTHOR

IT IS MY HOPE THAT THIS BOOK WILL STAND ON THE SHOULDERS OF OUR GREAT PEOPLE WHO HAVE ALREADY ASCENDED TO THE LAND OF PEACE. MY GOAL IS TO ENCOURAGE, INSPIRE AND MOTIVATE ALL ABORIGINAL YOUTH TO SEEK HAPPY, HEALTHY AND PRODUCTIVE LIVES. SO THAT OUR ANCESTORS LOOKING DOWN FROM FATHER SKY WILL SMILE WITH PRIDE AND DELIGHT. I WOULD ALSO LIKE TO GIVE RESPECT TO OFIFC FOR THEIR SUPPORT AND VISION IN THIS QUEST.



IF  
YOU AIN'T THE  
LEAD DAWG, ALL YOU'RE  
LOOKING AT IS .....

*Dedicated to Cree and Darius  
Walk with Beauty*





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Coach Bell would like to thank the following for their contributions to this project:

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