

# Decolonizing Activity: Native Pride

Contributed by Jessica Danforth & the Native Youth Sexual Health Network

## Goal:

- To explore Native Pride.

## Questions to ask the group:

- **“What does it mean to have a shirt or hat that says “Native Pride”? “What does “respect” look like?”**
- Talk about some reasons to be proud. For example, 2 spirit teachings, knowing that we had stuff figured out – how to live on the land, how to respect our traditions and community, how to take care of each other and our bodies, rich histories and wise ancestors. This goes back further than what we are taught in schools. We have access to this knowledge not only from books, but from blood memory and community stories.
- Talk about disrespect such as the role of gossip and rumour spreading in your community. Let’s talk about stopping gossip as a way of showing our Native pride.
- Ask youth, **“Who are the strong people in your life?”** This could include: friends or family that support you, make you feel safer and stronger, who speak up even when it’s uncomfortable/not acceptable/appropriate, who teach you, etc.
- **“Discuss Indigenous sexuality.”** A lot of times we are so surrounded by negative images of Indigenous sexualities that we forget how sexy we are, on our own terms, and what being sexy looks like outside of these stereotypes and exploitation. Part of Native pride is also reclaiming (taking back) the ways we love each other and ourselves.
- **“How do you see yourself or your community resisting ongoing colonization?”** Music (hip-hop, traditional), projects or groups or people speaking out, alternatives to mainstream, dreams you have for yourself and your community, experiences with language/culture/tradition that are empowering, etc.