



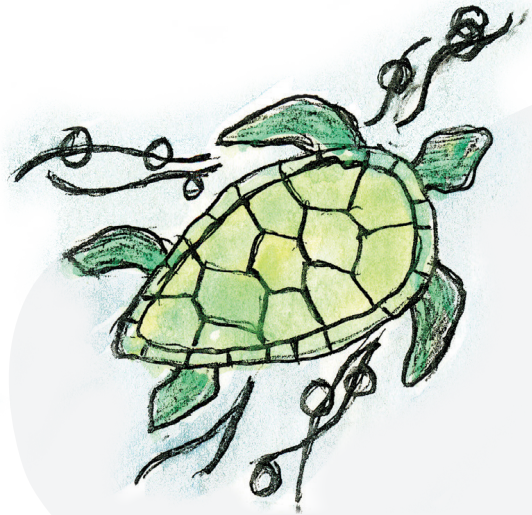
MEDICINE IN ACTION

BE A GOOD RELATIVE

#beagoodrelative

MODEL THE BEHAVIOR YOU WISH TO SEE IN THE NEXT SEVEN GENERATIONS

Indigenous teachings encourage us to reach back and look forward, to move beyond what we want at the moment. Practice being a positive link crossing many generations.



ENLIST ELDERS, TRADITIONAL CEREMONIES, AND STORIES TO GROUND AND TEACH

Learn your Tribe's stories about resolving conflict and healing relationships. Participate in ceremonies that renew spirit, mind, and body.

NURTURE SELF-RESPECT IN BOYS, GIRLS, AND YOUNG ADULTS

Find ways to affirm the integrity and beauty of being a whole Indigenous person. Explore Traditional Coming of Age ceremonies from your Tribe.

Seek out groups that affirm cultural values by engaging youth in Traditional arts. Examples of arts include beadwork, making ribbon skirts/shirts, and working with our plants, as well as positive expressions through contemporary arts, such as rap or singing on a drum.





LEARN HOW TO DE-ESCALATE CONFLICTS AND PRACTICE THESE SKILLS

Engaging with respect, honesty, and humility even when we are in conflict with someone will help prevent violent outcomes.

AVOID AND DIFFUSE UNTRUTHS, COUNTER WITH WORDS OF EMPOWERMENT

The creature we feed is the one that grows. Tearing someone down creates negative feelings and actions and enables abusive behavior. Build each other up instead. Practice giving compliments and acknowledging other's strengths.



HONOR AND SUPPORT THOSE IN ANTI-VIOLENCE PREVENTION/ INTERVENTION WORK

Learn what your local service provider does and lend your unique talents to participate in their work. Donate time, money, and needed resources.

ALIGN YOURSELF WITH POSITIVE LEADERS

Individuals in relationships weave into families. Families are the foundation of our communities. Positive leaders hold this all together and give us direction. Leading is not easy. Be generous and public with your support.



First Nations Women's Alliance

Be the change maker!
[#beagoodrelative](#)



Prevention is Possible
Your simple acts can make a difference