



CHANGE Health

- Who are the CHANGE Health and Tri-Region Youth Advisors?
- What is the role of a strong youth advisor and why is this role important to the community?
- What have we learned about Indigenous and Non-Indigenous people through this experience?
- What does it mean to be a Treaty person?
- What is our next step and how can we better support the community?

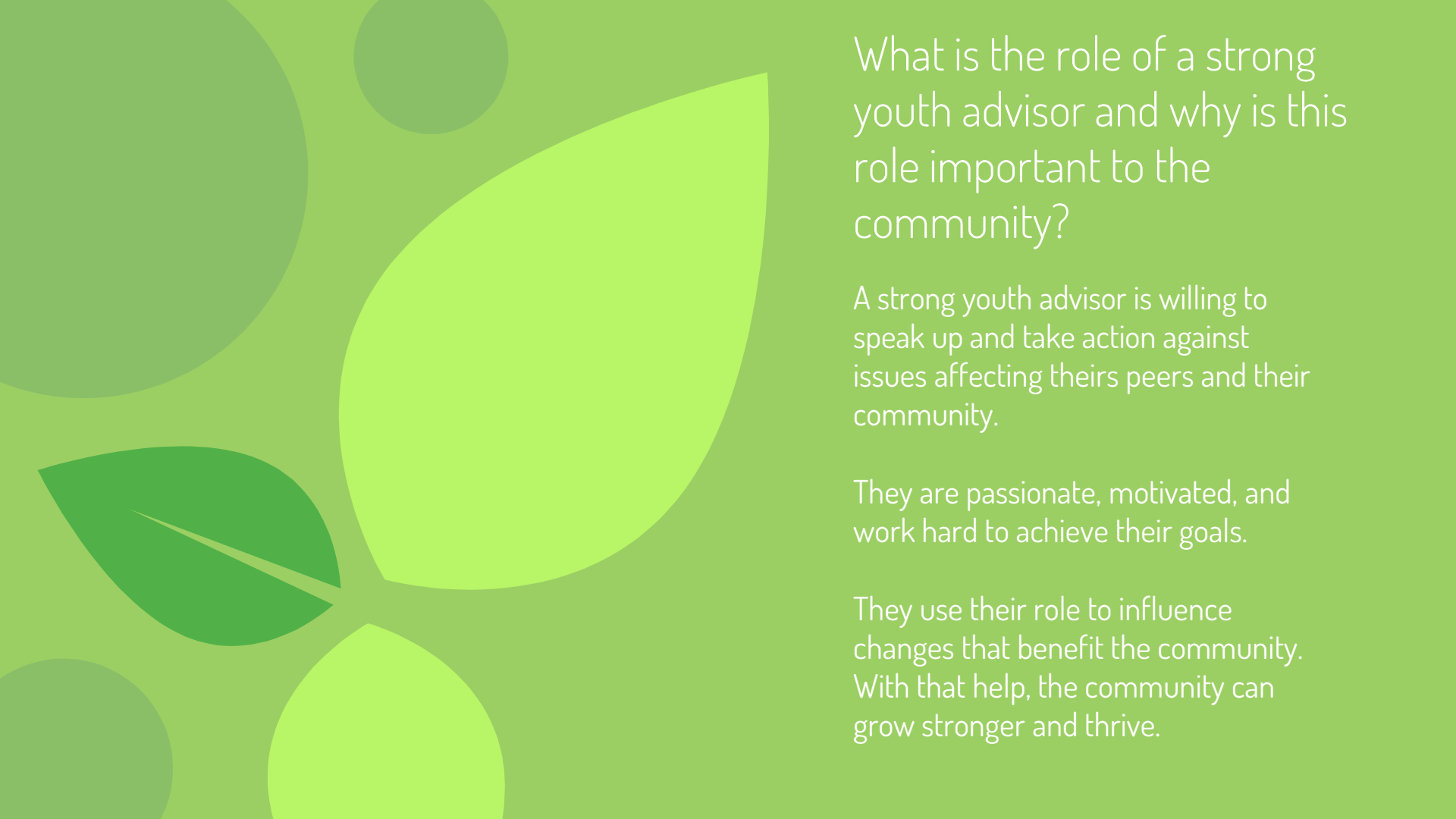


Who are the CHANGE Health and Tri-Region Youth Advisors?

We are a group of youth interested in making a difference in our community by providing insight into the needs of our peers and fellow community members.

Through shared experiences we can bring a new perspective to the community to help bring about change for present and future generations.

This program creates chances for people to be heard and to share their thoughts and ideas. It prepares youth to work in a team settings, set goals, start conversations, and work on various skills that carry into adulthood.

The background is a solid light green color. It features several abstract shapes: a large light green circle in the top left, a smaller medium green circle in the top center, a large light green leaf shape in the center, a medium green leaf shape in the bottom left, and a medium green circle in the bottom left. The text is positioned on the right side of the image.

What is the role of a strong youth advisor and why is this role important to the community?

A strong youth advisor is willing to speak up and take action against issues affecting their peers and their community.

They are passionate, motivated, and work hard to achieve their goals.

They use their role to influence changes that benefit the community. With that help, the community can grow stronger and thrive.



Indigenous & Non-Indigenous Connections – Adaiah

Participating in this program has helped Indigenous and non-Indigenous people connect and learn more about each other.

Being Indigenous, I never realized how little people knew about our history in Canada. I grew up hearing stories of residential school so even though it was painful, it was normal to me. During my time with CHANGE Health, I've seen some people learn the true extent of our struggle for the first time, and it really moved me to see how much they cared and shared our pain.

The background of the slide is a solid green color. On the left side, there are several stylized green shapes: a large leaf-like shape in the center, a smaller leaf-like shape below it, and several circles of different sizes scattered around. The shapes are in various shades of green, from light to dark.

Indigenous & Non-Indigenous Connections – Rhiannon

Something I have learned from this experience is just how little knowledge is known about what has happened and the effects that our actions in both the past and the present have caused.

Before this experience and before blanket exercise my knowledge was very limited compared to what I have since learned. In class what we were taught was the most fast and effective way they could get through the curriculum so that we would pass our finals, and through these experiences I have learnt so much more than I ever would have from a textbook or in a classroom.



Indigenous & Non-Indigenous Connections – Kailey

This program has lead me to learn the importance of reconciliation. I have seen individuals make attempts on raising awareness and contributions about colonization and ongoing effects on Indigenous people through sharing their own experiences. I have also learnt many Indigenous practices that I had never participated in before. After this experience I now know how to set up a tipi, smudge, and participate in a sharing circle. This has made me feel closer with my family's history and their traditional ways.



Indigenous & Non-Indigenous Connections- Kennedy

What I have learned throughout my experience is the connection between one another regardless of your ethnicity. The history and traditions of cultures are very important and must continue to be cultivated to passed down in generations and not lost. There have been so many hurts and irreparable damage throughout the history in Canada and this has forever changed the Indigenous communities. To be cleansed by a smudge and taught to build a tipi helped me connect with my Indigenous roots.



Being a Treaty person

In the greater Edmonton area and Parkland Country, we live on Treaty Six. Every person living here, Indigenous or not, is a Treaty person. We all have an obligation to acknowledge and uphold the agreements made in Treaty Six.

Living on Treaty land means sharing. We share our land, our resources, and the benefits from the Treaties themselves.

Continuing to respect and follow the Treaties' agreements is important to reconciliation and strengthening the connection between Indigenous and non-Indigenous people.

A decorative graphic on the left side of the slide. It features a large light green circle at the top, a smaller dark green circle at the bottom left, and two stylized leaves. One leaf is dark green and the other is light green. The leaves are positioned as if they are part of a plant growing from the bottom left.

Next Steps

- ❖ Partnering with local groups to promote education about Indigenous culture and issues on a broader platform
- ❖ Working with schools to help promote knowledge and awareness
- ❖ Create volunteer opportunities where young people can contribute to the community
- ❖ Ensure our youth have a heard voice with community decision makers.