

Power of stories is a designed to equip participants with the tools to break the cycle of gender based violence (GVB) and intergenerational violence (IGV) surrounding Indigenous girls and women in northern Alberta.



Through Power of Stories, participants are engaged to see how systemic oppression persists in our society and how to advocate for change themselves, on their own terms. Utilizing the Seven Sacred Teaching and storytelling by senior female community members about their lives, this program reflects upon the past, explores the present and aims to create a brighter future through documenting oral histories in Indigenous languages. We aim to share this program with the greater communities across Canada with the creation of an accessible toolkit for community practitioners so that they may continue to share and grow the knowledge base.

Program Learning Outcomes

- To address influences between interpersonal and systemic violence, primarily sexism, racism and settler colonialism, through 7 Sacred Teachings in conjunction with Land based Learning
- To examine the root causes and impact of violence against Indigenous women and girls through the lens of oral history ("PAST")
- To examine the mechanisms and solutions around the cycle of violence against Indigenous ("PRESENT")
- To explore ways of healing and empowering through storytelling ("FUTURE")

About Girls Inc. of Northern Alberta

Girls Inc. of Northern Alberta is a non-profit organization in Regional Municipality of Wood Buffalo with a mission to inspire all girls to be strong, smart and bold. We provide girls 6 to 18 years old with the knowledge and skills needed to break free from gender stereotypes, create social change, be proud of who they are and be confident in their own skin.



Autumn, Reanna, and Alexis pose for a photo taken at the 2017 Fort McKay First Nation PhotoVoice workshop as part of #YouthVoicesWB.

Picture from "Youth Vision & Voice in Wood Buffalo" report, youth (aged 14-24) affected by the 2016 Horse River wildfire disaster in Northern Alberta . <http://resiliencebydesign.com/youthvoiceswb/>

Why this program? Girls Inc. believes that girls have the right to have confidence in themselves and be safe in the world. Girls are entitled to feel safe as they go through life, and they are entitled to be safe in their homes, schools, and communities. In Canada, girls and young women are disproportionately victims of domestic violence and rape or sexual abuse. Girls especially experience gender-based violence which, in addition to physical and sexual abuse, includes sexual harassment including partner or dating violence.

Session #	Topic/Theme	Objectives
1	Truth	<ul style="list-style-type: none"> • Experience and understand impacts of colonization and residential school on violence against Indigenous women • Understand the concept of 'truth' • Understand the mechanism and impact of 'colonialism'
2	Honesty	<ul style="list-style-type: none"> • Examine issues around 'representation' • Understand intended purpose, audience and effects of media messages through deconstruction exercise • Understand the concept of 'honesty' and its relation with 'truth'
3	Wisdom	<ul style="list-style-type: none"> • Examine issues around intergenerational impact of substance abuse • Understand the concept of 'wisdom' in relations to 'honesty' and 'truth'
4	Respect	<ul style="list-style-type: none"> • Examine issues around healthy relations, peer pressure and diversity • Understand the concept of 'respect' in relation to 'effective communication'
5	Courage	<ul style="list-style-type: none"> • Explore relations around wellbeing, self-confidence and combating violence • Understand the concept of 'courage' while learning self-defense skills and knowledge
6	Love	<ul style="list-style-type: none"> • Examine issues around partner abuse and intergenerational cycle of violence • Strategize escape plans • Understand the concept of 'love'
7	Humility	<ul style="list-style-type: none"> • Explore the sense of 'community' through sweat lodge demonstration • Understand the concept of 'humility'
8 to 12	Storytelling	<ul style="list-style-type: none"> • Reflect learning from previous sessions • Develop storylines and messages about how to prevent and respond to violence against Indigenous girls and women • Create short story-telling film

Indigenous women are nearly **3** times as likely as non-Indigenous women to experience violent crimes*

*Source: (2017). Women and the criminal justice system. In Women in Canada: A gender-based statistical report. Ottawa, ON: Statistics Canada.

To learn more about Girls Inc. of Northern Alberta

Visit: www.GirlsIncOfNorthernAlberta.org

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