Indigenous Perspectives on Healthy Sexuality

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Overview:

- Indigenous Wellness Team Background
- Sexual Wellbeing Model
- Sex Positivity, Inclusivity, & Trauma Informed
- Approaches to support healthy sexuality in our communities
Who we are and what we’ve been doing

- Opioid crisis
- Indigenous Sexual Health Educators Gathering
- Working with cousin programs
- Cultural Knowledge & Values
Why wellness?
Sexual Wellbeing
Identity

The main idea:

• Body Autonomy & Decision Making

• Natural vs. Shame based (sex-positive)

• Understanding how colonization has impacted Indigenous identity

• Body positivity
Identity

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• Body Autonomy & Decision Making

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This looks like:

• Learning about inclusive language around gender identity, gender expression, & sexual orientation

• Asking pronouns

• Beyond heteronormative teachings

• Patience

• Mindful judgement
The Genderbread Person v3.3

- **Gender Identity**
  - Woman-ness
  - Man-ness

- **Gender Expression**
  - Feminine
  - Masculine

- **Biological Sex**
  - Female-ness
  - Male-ness

- **Sex**

- **Attraction**

- **Expression**

- **Identity**

- **Sexually Attracted to**
  - (Women/Females/Femininity)
  - (Men/Males/Masculinity)

- **Romantically Attracted to**
  - (Women/Females/Femininity)
  - (Men/Males/Masculinity)
Personal Identity

Colonial
- Aggression
- Violence
- Strength
- Dominance
- Power over women
- Competition
- Rejection of homosexuality

Indigenous
**Personal Identity**

**Colonial**
- Aggression
- Violence
- Strength
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**Indigenous**
- Nurturing
- Adaptable
- Emotionally Expressive
- Reciprocal
- Flexible
- Cooperative
- Respect and high esteem for two-spirit and other genders
- Healthy masculinity
Protecting Communities

The main idea:

- Social cohesion and togetherness
- Self – Family – Community
- Body Sovereignty
- Body knowledge/awareness
- Cultural knowledge
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This looks like:

Conversations about:

- Self-concept
- Contraception
- Condom demo
- Resources available in community: testing, treatment, education
- Community conversation on HIV/Hep C/STIs
Healthy Relationships

The main idea:

- Respect
- Reciprocity
- Relatedness
- Balance between partners
- Codependence vs. Interdependence
Healthy Relationships

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- Respect
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This looks like:

- Reflecting on boundaries
- Talking about consent
- Healthy communication
- Self-care
Adulthood & Rites of Passage:

**The main idea:**

- Healthy sexuality has a place in all four cycles of our lives
- Supportive environment
- Removing stigma & judgement
- Reflect on emotional, physical, spiritual, and mental areas as well
Adulthood & Rites of Passage:

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This looks like:

- Mindful conversations about healthy sexuality within relationships, families, and communities
- Creating learning opportunities for all four life cycles
- Restoring traditional teachings of healthy sexuality based on culture/territory
Shared Teachings:

When facilitating healthy sexuality programs we suggest considering these three key areas:

1. Sex – Positive

2. Trauma Informed

3. Inclusive

You can be sex-positive even if you’re not having sex at all, as long as you don’t judge others for their sexual choices or try to control their sexual choices.
Shared Teachings for Best Practices:

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Sex Positive, Trauma Informed, & Inclusive

Connecting to Resources
Knowledge Shares
Guest Speakers
Beyond Boys & Girls Groups
Hosting a conversation
Sexual Wellbeing Learning Model

The Indigenous Wellness Program at the First Nations Health Authority uses a ‘sexual wellbeing’ model to build and strengthen conversations around traditional knowledge and ways of being in regards to healthy sexuality. It is a strengths-based model, which acknowledges healthy sexuality as an important aspect of overall holistic health and wellness.
Resources:

Indigenous Wellness Team: stbби@fnha.ca

Yuusnewas: info@youthco.org www.youthco.org

Ask Auntie: cuystwi@phsa.ca

Cheemamuk: cheemamuk@bccdc.ca

Native Youth Sexual Health Network
http://
www.nativeyouthsexualhealth.com/

www.smartsexresource.com

www.towardtheheart.com

www.wavaw.ca

Kuu-uus Crisis Line 1-800-588-8717
http://www.kuu-uscrisisline.ca/