



Podcast - Hearing the stories of our health: Perspectives of First Nations, Inuit and Métis youth - Alexander Anguttautauq

Description

The NCCIH undertook a national digital storytelling project, *Hearing the stories of our health: Perspectives of First Nations, Inuit, and Métis youth* to better understand what health and well-being mean to Indigenous young people. Nine of the digital storytellers participated in this podcast series where they could further reflect on their lives, their communities, and what health really means to them in a world that often forgets to ask them.

Bios

Victoria Grisdale



I am Victoria Grisdale, I am an Anishinaabe woman from Brokenhead Ojibway Nation and Filipino. I am 24 and attending the University of Winnipeg studying Human Rights. I have been working and advocating for First Nations youth since I was 19 in multiple roles, from working in a youth shelter to working in youth housing in First Nations government. I am passionate about making real positive changes for First Nations youth and amplifying other youth voices on issues important to us.

Alexander Anguttautauq



My name is Alexander Anguttautauq. I am from Sanirajak and Igloolik (NU). I am nineteen years old. I just graduated from an electrician program. My goal now is to work in a construction job to have more of an understanding of how things are made.



Transcript

-Music-

Victoria Grisdale: Welcome to *Hearing the stories of our health: Perspectives of First Nations, Métis and Inuit youth*, a podcast series produced by the National Collaborating Centre for Indigenous Health, in partnership with Birchbark Collaborative.

My name is Victoria Grisdale, and I am the host of this podcast. From May to July of 2025, 13 Indigenous youth came together in Winnipeg, Prince George, and Ottawa to develop digital stories on what health means to them.

This podcast isn't a polished studio production; it's real talk. It's about Indigenous youth reflecting on their lives, their communities, and what health really means to them in a world that often forgets to ask them.

On this episode, we have Inuit youth Alexander Anguttautauq who spoke about the importance of reconnecting with culture to your health.

-Music-

Victoria Grisdale: First, can you introduce yourself, including your name, community, and age?

Alexander Anguttautauq: My name is Alexander Anguttautauq. I'm from Sanirajak and Igloodik, and I'm 19 years old.

Victoria Grisdale: Okay, thank you for being here with us, Alex. And can you tell me about your future goals?

Alexander Anguttautauq: To work in a construction job or work with Baffinland, stuff like that.

Victoria Grisdale: What's your motivation to do that?

Alexander Anguttautauq: To have more understanding of trades and to gain more knowledge on engines and how houses are made, I guess.

Victoria Grisdale: And you're doing electrician work right now, right?



Alexander Anguttauq: Yeah, I finished that.

Victoria Grisdale: You've graduated?

Alexander Anguttauq: Yeah, this year; a month ago, I think.

Victoria Grisdale: That's exciting. Congratulations.

Alexander Anguttauq: Thank you.

Victoria Grisdale: Could you tell me what your digital story is about?

Alexander Anguttauq: Well, it's for my culture and Inuit people, stuff like that. [I] tell my story about my hunting.

Victoria Grisdale: And what is important to you about your health as an Indigenous youth?

Alexander Anguttauq: So I can pass the knowledge to a younger generation and have a better living away from the city life, I guess.

Victoria Grisdale: And why is that important to you about your health?

Alexander Anguttauq: So it can be more encouraging or...

Victoria Grisdale: Inspiring?

Alexander Anguttauq: Inspiring, yeah.

Victoria Grisdale: And how was the workshop experience for you?

Alexander Anguttauq: It was super great; a bunch of nice people helping me with my story.

Victoria Grisdale: Were there any skills that you were excited to learn or that you're glad that you learned about?

Alexander Anguttauq: Try to get copyrights straight.

Victoria Grisdale: Yeah, copyright free stuff.



Alexander Anguttautug: Yeah, and like editing and how to use the mic and the audios for those. Try and get encouragement from the workers.

Victoria Grisdale: If you did another digital story about health, were there any other stories you'd want to tell?

Alexander Anguttautug: Yeah, I think so. I've had a lot of scary stuff happen when I was up North, like running out of gas. Our Ski-Doo was broken down, so we were out for so long, many times, and this gets scary and very cold. I guess like body, on health.

Victoria Grisdale: Okay, so you'd want to share more about those experiences for you and how that also impacted your thoughts about health?

Alexander Anguttautug: Yeah.

Victoria Grisdale: Is there anything you'd like to share with other Indigenous youth who watch your video?

Alexander Anguttautug: You can reach out to your family members, first of all, and then with your therapist, and then you can get help if you ask first and take the actions.

Victoria Grisdale: Do you want to tell me a little bit more about how your culture is important to you about your health?

Alexander Anguttautug: I've never really known stories because it's shamed by, I think, Elders now because the Christian stuff, or like church, the RCMP. So, most of like Shaman stories and stuff like that get very shunned or are shameful. I never knew about it until recently this year.

So, I want to gain the knowledge of my culture more and their stories about it so I can resemble it, I guess.

Victoria Grisdale: How did it impact you learning some of those stories and stuff in the last year?

Alexander Anguttautug: It scares me that your culture or people can be taken away so fast, stuff like that.

Victoria Grisdale: Good on you for working towards reclaiming it and being more involved with that stuff in your community. It's not easy to do that.

Any final thoughts?



Alexander Anguttautug: It was pretty cool to do the workshop. It was super fun and I got to learn more about it and the story of other Inuit and Indigenous people here.

Victoria Grisdale: Thank you so much for being here with me today. It was great having these conversations with you, and these are important conversations that I hope you continue having in other spaces.

So, thank you so much for taking the time to meet with us today, Alex.

Alexander Anguttautug: Thank you.

-Music-

Victoria Grisdale: To hear more podcasts in this series, head to the *Hearing the stories of our health: Perspectives of First Nations, Inuit and Métis youth* on the National Collaborating Centre for Indigenous Health website, nccih.ca. Music on this podcast by DJ Taj Rashid, is licensed and royalty free under Final Cut Pro software, used as part of this project. Finally, a special thanks to the TD Bank Group for generously supporting this project.

The National Collaborating Centre for
Indigenous Health (NCCIH)
3333 University Way
Prince George, B.C.
V2N 4Z9 Canada

Tel: (250) 960-5250
Email: nccih@unbc.ca
Web: nccih.ca

Le Centre de collaboration nationale de la santé
autochtone (CCNSA)
3333 University Way
Prince George (C. - B.)
V2N 4Z9 Canada

Tél : 250 960-5250
Courriel : ccnsa@unbc.ca
Site web : ccnsa.ca

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