



## Podcast - Hearing the stories of our health: Perspectives of First Nations, Inuit and Métis youth - Bailey Quaw

### 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.

#### Bailey Quaw



Hadih, my name is Bailey Quaw. I'm fifteen and I'm from Stony Creek, Saik'uz. My future goals are to live on a farm and be a veterinarian.



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## Transcript

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**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.

In this episode, First Nations youth, Bailey Quaw, speaks about the importance of family and her horses on her mental health.

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

**Bailey Quaw:** Hadih, my name is Bailey Quaw. I'm 15, and I'm from Stony Creek, the Saik'uz.

**Victoria Grisdale:** Can you tell me about your future goals?

**Bailey Quaw:** My future goals are living on a farm and being a veterinarian.

**Victoria Grisdale:** Great goals to have. Can you describe to me what your digital story is about?

**Bailey Quaw:** It's about my family, my friends, and how I came out of the dark into the light, and finding myself. I was in lots of different homes and just didn't know what real family is until I got taken in with Lori. And I've been with her since I was 5, and I'm turning 15 soon.

**Victoria Grisdale:** And so, can you tell me more about how your horses and the competitions you enter with them impact your health?



**Bailey Quaw:** It's like while you're running around with your horse and there's the wind blowing through your hair, it just gets rid of all that energy you had and negativity, and you just feel free and nothing can stop you.

**Victoria Grisdale:** Yeah?

**Bailey Quaw:** Yeah.

**Victoria Grisdale:** So, it's just that feeling of freedom that is intoxicating for you?

**Bailey Quaw:** Yeah. Also just cheering other people on, it's pretty fun and you get to meet lots of new people.

**Victoria Grisdale:** Does getting to compete in those competitions give you a sense of community?

**Bailey Quaw:** Yeah, I like to go to rodeos with my friends and all. We went to just a little small barrel race and it's fun. It's – so let's say if you got 15 seconds, you won't be last at all if someone is higher than you. It's just about – there's 15 seconds, 16 and stuff, all in their own numbers. And if you're the highest in the 15, then you'll get first. And just having fun. And there's a little competitive side on me there too.

**Victoria Grisdale:** Yeah, I saw all your ribbons.

**Bailey Quaw:** Yeah. Those tell me to stay strong and keep on going. To do my dream, because I want to go to the Calgary Stampede and be in it one day, or even the NFR (National Finals Rodeo), the big leagues of the world. That's my dream one day. Yeah.

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

**Bailey Quaw:** Talking to people and just, if you're struggling, you should try to talk to someone. And doing stuff that you like to do and have fun with. I like to hang out with my horses and just talk to them because they don't judge. They listen to everything you say.

**Victoria Grisdale:** And did the workshop impact the way that you think about health?

**Bailey Quaw:** Well, yeah. When I used to think of it, it's just I don't really think about it as much because I don't like to think about stuff [that's] happened. And it tells me it's okay to think and it's all right to speak about it. I don't know how, but it's...



**Victoria Grisdale:** Was it's just because... it's like we talked about it, and less the sense of doctors and clinic and more about the way health is every day in our lives?

**Bailey Quaw:** Yeah.

**Victoria Grisdale:** Before the workshop, did you think about your horses being important for your health?

**Bailey Quaw:** Not really, but I just knew they're always there.

**Victoria Grisdale:** But now you realize how important they are for your health and mental health.

**Bailey Quaw:** Yeah.

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

**Bailey Quaw:** It was fun and nice meeting new people. I like to meet new people.

**Victoria Grisdale:** Were there any skills you learned that you were excited about?

**Bailey Quaw:** That I edit videos and stuff, and just learning about other people.

**Victoria Grisdale:** And is there anything you want to share with other Indigenous youth who watch your video?

**Bailey Quaw:** Live your life, and do the best you can, and be strong.

**Victoria Grisdale:** And you want to be a vet?

**Bailey Quaw:** Yeah. A vet that can help any kind of animals because I love animals. They're just so adorable. And it's just fun to help people and just help people around that don't know how to do other stuff. And just helping their pets. And I want to be an exotic veterinarian and also a farmer veterinarian, so I can basically help any animal. Because just how cool they could be - some could change colors, some with no bones and just move around. It's just very interesting and cool.

**Victoria Grisdale:** Was there anything else you wanted to say about the workshop or health, or just being an Indigenous young person?

**Bailey Quaw:** Tell your story and be proud of it.



**Victoria Grisdale:** Alright, wise words.

**Bailey Quaw:** Yeah.

**Victoria Grisdale:** Alright. Well, thank you so much for being a part of this with me today, Bailey. It was great to talk to you and to learn more about you and what your future goals are. I think you are super bright, and I think you have a really broad future in front of you and can go in any direction. And I cannot wait to see you either in the Calgary Stampede one day or some super cool veterinarian. So, I think you're going to do great. And thank you so much for being here with me today and sharing your story with us.

**Bailey Quaw:** No problem.

-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](http://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](mailto:nccih@unbc.ca)  
Web: [nccih.ca](http://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](mailto:ccnsa@unbc.ca)  
Site web : [ccnsa.ca](http://ccnsa.ca)

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