



Video - Seeing the stories of our health: Perspectives of First Nations, Inuit, and Métis youth - Bailey Quaw

Description

The NCCIH undertook a national digital storytelling project, *Seeing 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. These resulted in eleven digital stories. The youth expressed multiple and intersecting topics in their digital stories related to their health and well-being.

Bio

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.

Transcript

Bailey Quaw: Hi, my name is Bailey Quaw. This is a story about my life.

I grew up with my sister, who took care of me since I was born. We grew up in a family that was not safe and stable – lots of drugs and alcohol. It was scary for a little one to see. But once I turned four, we got taken into care, me and my sister. We were in lots of different homes, and we couldn't find anyone.



Until we found Lori, she took us in. We were in a nice, safe, stable home. Then Lori was always trying to take care of me and help my sister out, but my sister wouldn't let her because she was the only one who took care of me when no one was there, and she was the adult always. But since we got older, my sister started to let Lori take care of me more and trust her. But since I was little, I always thought I didn't belong anywhere – belong in my own family, because I was stuck between my blood family and my non-related family. It was kind of sad back then.

But until I got into horseback riding, I got my own horse one day. Her name is Melody. But the horse I started on was TC. He was my everything. Me and him started off slow, but it's okay. TC helped me out of the dark and showed me the light. We did rodeos and Gym Canadas. We won lots of ribbons and trophies. Then I got Melody. She was one, and now she's turning five. She is fresh like new. This winter, my old boy TC passed away, and that just put me in the dark because he was my everything.

These horses always helped me with my anxiety, and I struggle with anxiety and overthinking what people think about me. My family and my friends also help me too, in taking breaks and walking around. But I love horses. Once you ride one and you run around free, like all the wind's blowing through your hair, it's supposed to take all the bad energy out of you. And it does, and I feel alive. I feel like nothing can stop me. And I could talk to them, I could talk to my horses and my pets. I could tell them anything and they don't judge me no matter what, they listen to me.

But the person I have to thank is Lori. She is my legal guardian. She's the one who took me and my sister and loved us very much.

And what else helps me with anxiety is all of my sports I play. I love playing, I love being active, and I love playing my sports. I play volleyball, baseball – I play two different baseballs: fast pitch and slow pitch. This stuff helps me focus on life and stay strong because I always put people first before me all the time. I make everyone smile even if I'm sad, but now I'm learning to put me before anyone.

And anyone who wants to live their dreams: do it, chase them, and believe. And then you get to live your dreams.

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