



## Video - Seeing the stories of our health: Perspectives of First Nations, Inuit, and Métis youth - Jackson Cameron

### 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

#### Jackson Cameron

I'm Jackson Cameron. I'm sixteen years old and I'm from Yekooche First Nation (BC). My goals are to help create more opportunities for myself by working hard and to play hockey.

### Transcript

**Jackson Cameron:** My name is Jackson Cameron. I'm from Yekooche First Nation, and I was talking about just telling the younger generation it's possible.

I think every day is a challenge, but it's every day to get better and better and better. If you want to be great, then work really hard, learn new skills. It's going to be really hard, man's going to be [going through] thick and thin.

I think as a younger generation, no matter what you love or love doing, just go for it, work on it, work really hard on it, and then you'll be proud of yourself. Just try to make your parents proud, mom and dad. Keep going forward, there's always going to be some bumps on the road every single day. And life is right there, kicking you right in the butt, like always.

But yeah, just trying to support yourself to be a better man, a better woman. Try to get better every day, get better every day, and that's what I'm doing. I'm just trying to get better every day, to be a better man, to have more big opportunities than I'm doing right now. Just keep on working no matter what, like I do. I've worked and I worked and I worked. I failed every single time, but I keep on going. And that's why I got this opportunity, because I'm very grateful. Always reaching higher goals – just



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put goals in your notebook. And that's what I did: I got goals in my notebook. I reach it, I hit it, and it makes me feel proud.

And I hope everyone hears me: be grateful for what you have. Trust the process, trust it. You never know what's going to happen, so just keep going forward, put a smile on your face. And I know you don't, but I mean, keep going forward and keep reaching the highest goals you put down, and hopefully you go forward.

Yeah, I hope everybody understands where I'm coming from, and I hope everybody listens to this. I'm so grateful if I have another opportunity of doing this again, that'd be great. And I was stuttering, now I got the rhythm. But I just want to say thank you, Carrier Sekani. Thank you for every opportunity that I get. And hopefully I get some more how I'm talking, and hopefully I reach my goals.

So yeah, thank you everyone, whoever listens to this. Hopefully it helps you in some kind of way. I know it's not a lot. I know I want to say more, but yeah, and I hope everyone has a great day and a great night.

My name is Jackson. I'm out, so, thank you.

*-Music-*

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