



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

### 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

#### Jesse Macdonald



My name is Jesse Macdonald. My dad was from Tachie and my mom is from Clay Lake (BC). I was born in Prince George and I am sixteen years old. I'm not sure yet what I'd like to do but I've been looking into going to a cosmetology school in Vancouver.

### Transcript

**Jesse Macdonald:** What does health mean to you?

*-Music-*

**Jesse Macdonald:** Health is being happy with how you live your life; for example, liking what you do, eating what you want to eat, and spending time doing your hobbies.

My art journey started when I was really young. I was around six years old watching my elder sister draw, and it was fantastic. She really inspired me to start. I asked her to teach me how and she did. She showed me how to draw anatomy, hair, and so on.



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Over time, I watched tutorial after tutorial, and obviously, I wasn't good at first, but I improved over time. In present time, I'm incredibly skilled and many people over the internet and in real life look up to me.

And that's what makes me healthy, that's what makes me happy.

*-Music-*

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