



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

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

Leia Boulette

I am Leia Boulette, I am from Peguis First Nation (MB). My video is about independence for youth as it's an important part of Indigenous history. I plan to graduate from high school and see where things take me.

Transcript

-Music-

Leia Boulette: I think health and wellbeing means trying to survive each day, doing things you want and what makes you happy. Don't depend on anybody for help or to show up and make you feel happy, because they can't. Learn how to take care of yourself and do everything on your own and to be independent. It's good to know what life skills you need to live and survive in this world of chaos. Do it on your own, do it by yourself. Your parents or grandparents aren't going to be here for long or forever, and I know that's sad to talk about, but everything good always has an end.

Remember to love yourself and be kind just a little – it helps. What I think health and wellbeing means to me, is to take care of yourself, depend on no one: take a breath and admit it to yourself. Don't let anybody discourage you or your goals. Don't judge anybody else because you're imperfect yourself. Don't be a follower, be a leader.

Kids my age should know and expect what the real world gives you; nothing gets handed to you. Growing up is a part of life, same with dying and living. It's just up to you and how you want your



path to go. But, only you can mess things up; don't blame others for your responsibilities or for your actions, and don't forget to give yourself a break.

-Music-

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