



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

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

Lucy Perswain

I am Lucy Perswain, I am Oji-Cree from Pukatawagan (MB). My video is about boundaries and how important it is to have boundaries. Most importantly it's about reclaiming your voice, healing from trauma, and learning how to set boundaries because this is an important part of Indigenous health. I plan on graduating June 2025 from high school and continue to work advocating for Indigenous issues and our youth because our youth are our future!

Transcript

-Music-

Lucy Perswain: When I was two, I was placed into care and went to live with my aunt, who at the time was going through trauma from Indigenous history, and that really shaped the way I was raised. I grew up around emotional unpredictability, criticism, and neglect. I didn't have the support I needed to understand myself or trust my own voice, so I learned to adapt by people pleasing. I became good at reading people's moods, doing what I could to keep the peace. I thought if I could just make others happy, then I'd be okay.

Little did I know that in trying to protect myself, I was also losing myself. I didn't know what boundaries were, I didn't know how to say no, I didn't even know what my soul wanted. My spirit was sick. But as I got older, I ended up moving through more than 11 different homes. Each move came with its own challenges and often felt like I was starting all over again. Eventually, I found myself in a more stable environment with people who actually saw me.



One day, my parents said something to me that stuck with me: “You don't have to live in survival mode anymore.” “Yeah, kiddo, you're okay.” Those sentences really made me think. Soon after, I started learning more about trauma, researched boundaries, talked to my therapist, listened to other people's experiences, and learned about the roots of people pleasing.

Now I'm 18 – still learning, but I do know now I'm allowed to take up space. I don't have to learn love by abandoning myself, and saying no is a way of saying yes to my peace.

And if you've ever felt invisible, like your voice didn't matter, just know you're not broken, you're not too much or not enough. You are a strong story still unfolding: powerful, worthy, and needed. Healing is possible, and it doesn't mean forgetting where you came from. It means remembering who you are beneath the pain. It means reclaiming your voice, your boundaries, your peace. You don't have to become someone else to be loved. You just have to come home to yourself.

-Music-

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