



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

### 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

#### Markel Myers

I'm Markel Myers. I am Cree from Opaskwayak Cree Nation (MB). My video is about different ways of coping because it is an important part of Indigenous health. I plan on going to trade school to get my red seal for welding. Soon I plan to make a documentary on growing up and living as an Indigenous man in Winnipeg and the struggles that come with it.

### Transcript

**Markel Myers:** Hey, I'm Mark, and I'm not going to lie, I've been through a lot of stuff for my age, and I'm sure a lot of other Native kids have. This is one of the curses that come with being Native American. That generational trauma is no joke.

But we can't change the past, we can only change how we deal with it. Some people use distractions to cope with harm and trauma. A lot of people use bad distractions, such as drugs. But my way is a little different.

All of these pictures and videos I'm going to show you guys, I took or recorded. Photography is an escape for me because it can make me see the beauty in things and capture beautiful moments that will always be with me because I took a photo, and just remembering how I felt in that moment. I have always been into photography ever since I was a little kid. Soon I'm going to travel around the world and take beautiful photos of beautiful places.

-Music-



**Markel Myers:** Another thing I love doing is skating around the city. It's so much fun and calming, especially at night. It's better with your homies, but it's more relaxing skating alone.

*-Music-*

**Markel Myers:** Really dumb and stupid things make me laugh more than anything in the world.

*-Music-*

**Markel Myers:** I wish the moments in my life where I wish I caught a whole video, but those kinds of memories are the best because there's no footage, only stories.

*-Music-*

**Markel Myers:** The firework video was actually so crazy, it almost hit us.

*-Music-*

**Markel Myers:** I really like going to the beach and going on walks.

*-Music-*

**Markel Myers:** So yeah, that's my story. Thank you for watching and listening. Well, in case I don't see you, good afternoon, good evening, and good night.

*-Music-*

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