

H.E.A.L. Project: Introduction to *Why Story*

The stories captured in these four videos help guide conversations about Indigenous cultural safety. They are meant to challenge the viewer and at times be abrupt in their message. All who participated did so with an open heart and a commitment to tell it like it is.

Prompt Questions

Video 1 (Knowing your Why)

- Reflect upon your 'why':
 - Why did you choose a helping profession for your career?
 - Why is Indigenous cultural safety important to you, personally and professionally?
- If a patient is showing signs of frustration, how can you find out what may be causing their frustration?
- How can you as a healthcare provider support a patient who cannot find language to describe their pain/health issue/frustration?

Video 2 (Connecting the Dots)

- What do you already know about Indian Residential Schools (IRS) in Canada? How did you come to know about IRS?
- What is intergenerational trauma and why is knowing that important as a healthcare provider?
- While it is important to note the small percentage of Indigenous peoples who had a good experience, it is equally important to not discount the vast percentage of Indigenous peoples who had negative experiences in IRS.
 - What is the intention or what is the purpose of a non-Indigenous person saying their one Indigenous friend, or the one Indigenous person they spoke to, had a good experience at IRS after learning about the atrocities of IRS?

Video 3 (Being Genuine)

- Many healthcare providers express they are afraid of saying or doing the wrong thing when working with an Indigenous patient or colleague. Why might that be? Why are they afraid? What are they afraid of?
 - Are you afraid of saying or doing the wrong thing? If so, what have you done or are you doing to move through your fear?
- Reflect upon what it means to be a 'good' Canadian.
- Reflect upon 'being genuine' as a way of showing up as a healthcare provider.
 - As a healthcare provider, are you being genuine, and what does 'being genuine' mean to you?
 - How are you creating culturally safe change?

Video 4 (Critical Thought)

- What biases, prejudices, stereotypes, and/or racist ideologies of Indigenous peoples have you self-reflected on and explored in your journey of Indigenous cultural safety?
 - Have you explored where these biases, prejudices, stereotypes, and/or racist ideologies about Indigenous peoples stem from?
- Reflect upon the power you hold as a healthcare provider in providing healthcare services.

Overall Reflections/Questions

Indigenous peoples continue to do the work of cultural safety, it is important for you as a healthcare provider to do your work of cultural safety.

- What does your cultural safety work look like?
- How does that show up in your work and/or work plan?

We want to acknowledge that while the young people's voices are not heard in the videos, they were ever present in their participation and their presence is a reminder that the next generation is always listening and observing us. In one of the videos, the young people were drawing the most important part of our culture which is the mountains and water and the people. Their drawings were their representation of health and well-being from their perspective.

- As a healthcare provider, what are young Indigenous people hearing and observing in your practice?
- We encourage you to draw your representation of health and wellness from your perspective.



National Collaborating Centre
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