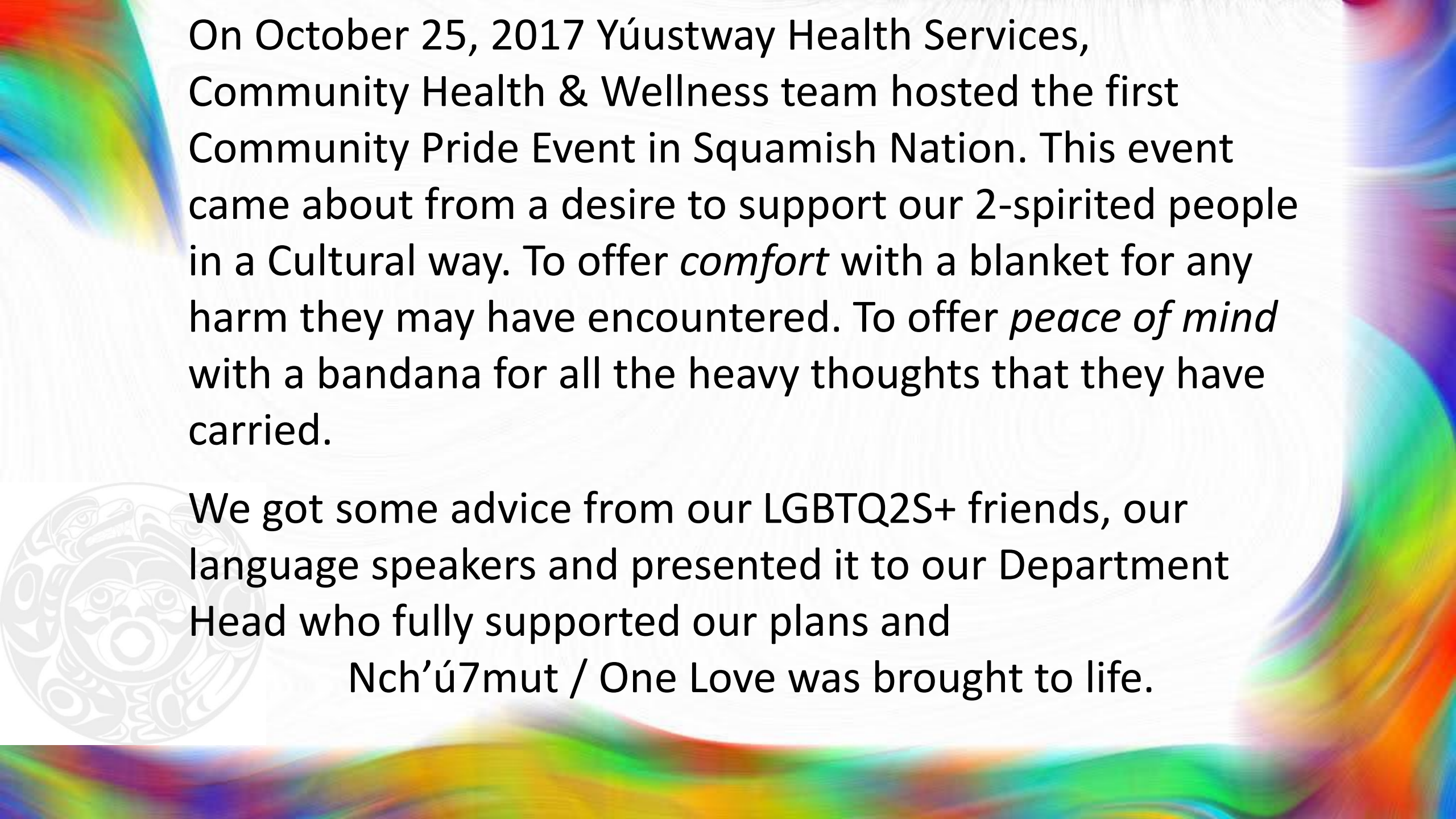





Nch'ú7mut **One Love**

Yúustway Health Services
Squamish Nation





On October 25, 2017 Yúustway Health Services, Community Health & Wellness team hosted the first Community Pride Event in Squamish Nation. This event came about from a desire to support our 2-spirited people in a Cultural way. To offer *comfort* with a blanket for any harm they may have encountered. To offer *peace of mind* with a bandana for all the heavy thoughts that they have carried.



We got some advice from our LGBTQ2S+ friends, our language speakers and presented it to our Department Head who fully supported our plans and
Nch'ú7mut / One Love was brought to life.

NCH'U7MUT COMMITMENT

Despite attitudes towards LGBT people changing there is still a tough path ahead for many who identify as LGBTQ2S. Here is a run-down of some of the statistics.

LGBTQ2S youth frequently deal with bullying in the form of harassment, violence, and attacks. Studies have shown that LGBTQ2S students constantly received verbal abuse such as name-calling like homo, fag or sissy more than two dozen times per day. According to a study by GLSEN, 86% of LGBTQ2S youth report being harassed at school. This ratio is very high compared to 27% of all students that are bullied at school.

SOME QUICK STATS

82% had problems with bullying about sexual orientation

64% felt unsafe at school due to sexual orientation

44% felt unsafe at school due to gender identification

32% did not go to school for at least one or more day because of feeling unsafe

44% experienced physical harassment

22% experienced stronger violence

61% never reported the attacks

31% of those who reported said the school made no effort to respond to the attacks

LGBTQ2S teens are 2 or 3 times more likely to attempt suicide. If the family does not accept them they are 8 times more likely to attempt suicide

1/3 of suicide attempts result in death are due to a crisis in sexual identity

LGBT youth miss more than five times as much school as other students because of bullying they receive at school.

28% of LGBT youth stop going to school because of being bullied.

The National School Climate Survey conducted by GLSEN
<https://www.scoutsforequality.org/anti-bullying-resources/>

A national survey (Kosciw, Greytak, Bartkiewicz, Boesen, & Palmer) finds that gender diverse and sexual minority youth: 71% Hear peers make negative remarks about sexual orientation

- 57% hear teachers make negative remarks about sexual orientation
- 82% are verbally harassed because of sexual orientation
- 38% are physically harassed because of sexual orientation

<https://www.apa.org/pi/lgbt/programs/safe-supportive/lgbt/school-administrators.pdf>

LGBTQ people face Higher rates of depression, anxiety, obsessive-compulsive and phobic disorders, suicidality, self-harm, substance use and double the risk for post-traumatic stress disorder than heterosexual people.

TONIGHT we are working towards changing these numbers, who is with me?

What I am asking you to do is to make a commitment with me tonight. If you agree to the following comments, I would like you your voice your commitment by saying *NCH'U7MUT*

- IF I HEAR SOMEONE MAKING AN INAPPROPRIATE JOKE, I WILL LET THEM KNOW I AM NOT OKAY WITH THAT. IF YOU AGREE, SAY *NCH'U7MUT*
- I WILL NOT BULLY PEOPLE WHO ARE DIFFERENT THAN ME. IF YOU AGREE, SAY *NCH'U7MUT*
- IF I SEE SOMEONE BEING BULLIED, I WILL SPEAK UP FOR THEM. IF YOU AGREE, SAY *NCH'U7MUT*
- IF I SEE SOMEONE CYBERBULLYING OTHERS, I WILL SAY THAT IS NOT OKAY. IF YOU AGREE, SAY *NCH'U7MUT*
- IF I SEE SOMEONE WHO NEEDS SUPPORT I WILL OFFER MY SUPPORT. IF YOU AGREE, SAY *NCH'U7MUT*

The rates of bullying,
abuse, suicide, addiction
and mental health issues
need to change.



**Yúustway Health Services**

Invites you to be witness our first
2 Spirited (LGBTQ2+) Squamish Nation
Community Members Honouring

WEDNESDAY OCTOBER 25th 6-9PM

CHIEF JOE MATHIAS CENTRE

If you would like to take part in the blanketing ceremony and be blanketed we ask that you are prepared to bring the following items to the event:

- 1 or 2 people to place the blanket and headband on you. A blanket and bandana will be provided but you are free to bring your own.
- A blanket to stand on (any blanket - will be given away)
- A roll of quarters
- A basket of items for a giveaway (hand made crafts or purchase, many people shop the dollar store)

If this is a hardship for you, contact Darryl or Charmaine at YHS 604.982.0332 and we will work with you to ensure you have everything that you need to participate, you **will not be left out!**

R.S.V.P. WITH DARRYL or CHARMAINE @ 604.982.0332
LET US KNOW HOW MANY WILL BE JOINING YOU.
WE WANT TO MAKE SURE WE ORDER ENOUGH FOOD.

For more information about the event and how to participate call Darryl or Charmaine at 604.982.0332

AGENDA

- | | |
|---------------------------|--------------------|
| 1. Socializing/photo wall | 6. Blanketing |
| 2. Welcoming | 7. Circles |
| 3. Dinner | 8. Witness Share |
| 4. Speakers | 9. Closing Prayer |
| 5. Call Witness | 10. Squamish Songs |

TRANSPORTATION PICK UP SCHEDULE

NORTH SHORE		SQUAMISH VALLEY	
Seymour Mailboxes	5:00pm	Cheakamus	4:15pm
Estha7an	5:20pm	Waiwakum	4:30pm
Mission Rd & 1st	5:30pm	Kowtain	4:40pm
Jacobs & Jacobs	5:45pm	Yeakwupsum	4:50pm
Mathias Road	5:50pm	Stawamus	5:00pm
Ilwikees Road	5:55pm		

Pride Flags**Yúustway Health Services**

Unit 9a - 380 Welch Street, West Vancouver, B.C.
Phone: 604.982.0332 | Fax: 604.982.0372

STAFF AGENDA NCH'Ú7MUT

- 6:00 Socializing/photo wall - Techy LGBTQ2S friendly music
- 6:15 Welcoming - **Dennis** prayer and/or song to open event and bless the food. Intro of the event by **Charmaine**
- 6:20 **Dennis** announce our 1st speaker: Joshua topic 'Gender Pronouns'. **Charmaine** will read a brief intro of Joshua Starr
- 6:30 Dinner - **Darryl** Happy Playlist music
- 6:40 Introduce support people counsellors and info tables. **Steph** will have microphone and bring to tables and intro the organization. They will describe their services.
- 6:45 **Dennis** announce our 2nd speaker: Sandy Laframboise **Charmaine** will read a brief intro of Sandy Laframboise
- 7:00 **Dennis** announce our 3rd speaker: DJ O Show aka Orene Askew **Charmaine** will read a brief intro of DJ O Show
- 7:15 Call Witness - staff to quarter witnesses
- 7:30 Invite participant supports to come place blankets on floor. Invite participants to go to front and follow **Dennis** Joseph and other Squamish singers to the blankets **Jackie** discuss the purpose of blanketing and headbands Have participants blanket and headband Participants give away the floor blankets to support
- 8:00 Circles participants will gather in a circle facing outwards Support to gather in a circle outside participants and face inwards **Jackie** discuss the importance related to culture and community of supporting our people

Darryl play Same Love, have participants and support going in different directions during song (similar to Choices)
Dennis will briefly say how she can feel the love in the room and **Darryl** will play Youtube clip from Lion King, Can you feel the love tonight
Dennis suggest that everyone congratulate participants and give them a hug.
Dennis introduce next song after hugs, **Darryl** play We Shall Be Free

- 8:20 Charmaine will introduce Stewart Gonzales who provided the word Nch'ú7mut and he will explain the meaning. Charmaine will read and ask for commitment to support our 2-Spirit friends and family
At end of commitment, YHS staff hand out magnets and bandanas
- 8:30 **Jackie** ask participants to gather in the centre and support to go back to their tables.
Jackie ask Witness Share, participants quarter witnesses
- 8:45 **Dennis** offer open mike if anyone wants to speak
- 9:00 **Dennis** Squamish Songs closing – Everyone



At the Nch'ú7mut blanketing event we had table with a sign up sheet for people who like to volunteer their time to have a Squamish Nation float in the Vancouver Pride Parade. Staff reached out to the people who had signed up and we established an awesome committee and the work for the Nch'ú7mut Boat began.







Nch'ú7ymut / One Love & Wa Kwat kwi S7áynexw / Saving Lives

We had a simple goals:

- In our Cultural way, honour the people in our community who have been blessed with 2-spirits.
- Help prevent overdose in our community

I am not an expert on Fentanyl, Naloxone or LGBTQ2S+. I had inspiration, desire, motivation and a team that had the same goals and ambition. That was enough to host these successful events.

Don't wait until you're an expert; work from your heart and become an expert as you go.

Charmaine Thomas, Manager Community Health & Wellness

Yúustway Health Services

604-982-0332

cthomas@squamish.net