



First Nations Health Authority  
Health through wellness



TEACHING GUIDE FOR

# 'Taking Care of Each Other'

## INDIGENOUS HARM REDUCTION VIDEO SERIES

Substance use and addiction has touched all of our lives, our families and our communities in different ways. During the current overdose crisis, many of us are searching for ways to look after the people we care about who are using drugs. Harm reduction is an approach centered in dignity, human rights, self-sovereignty, and compassion, and can keep any person who uses drugs safer.



### THE WOLF

A symbol of relationships and care.

*Emphasizes the importance of building relationships with people who use substances.*



### THE RAVEN

A symbol of identity and transformation.

*Exploration of identity and that mistakes will be made along the way.*



### THE BEAR

A symbol of strength and protection.

*Celebrates a strength-based approach in working with harm reduction.*



### THE EAGLE

A symbol of knowledge and wisdom.

*Acknowledges that wellness is a journey instead of a destination.*

FNHA and Vancouver Coastal Health worked with filmmaker Asia Youngman to create a video series about Indigenous Harm Reduction. These videos are a teaching tool to help start discussions in Indigenous communities about harm reduction, substance use, and stigma, all from Indigenous perspectives.

We were especially interested in sharing the perspective of our dearly missed friend and colleague, Tracey Morrison. At the time of filming, Tracey was the president of the Western Aboriginal Harm Reduction Society. We are grateful that we are able to share her inspiring words as we host these important discussions in Indigenous communities across the province and beyond.

### There are four videos in the Taking Care of Each Other series:

- Harm Reduction (6:15)
- Indigenizing Harm Reduction (7:59)
- Resisting Stigma (3:39)
- Hopes for the Future (3:36)

We have provided a teaching guide to encourage discussion before and after each video:

### **Video 1: HARM REDUCTION**

Before watching the video, ask: *How would you define harm reduction?*

During the video, watch for:

- Different people's definitions of harm reduction
- Examples of how they use this approach
- Words or quotes that stand out to you

After watching the video, discuss:

- *What did you see that stood out to you?*
  - *Are there any quotes that stand out for you?*
  - *Were you left wondering about anything?*
  - *Now that you've seen the video, is there anything you would add to the definition of harm reduction?*
  - *What do you think harm reduction looks like in a small community? In an urban setting? In your community?*
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### **Video 2: INDIGENIZING HARM REDUCTION**

Before watching the video, ask: *What would an Indigenous approach to harm reduction look like?*

During the video, watch for:

- Indigenous perspectives on harm reduction
- Quotes or stories that stand out for you

After watching the video, discuss:

- *What stood out for you in the video?*
  - *Why do you think the creators of the video series used the quote "Taking Care of Each Other" as a title?*
  - *How did the people in the video relate harm reduction to their cultures and teachings?*
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### **Video 3: RESISTING STIGMA**

Before watching the video, ask: *How do you define stigma?*

During the video, watch for:

- How stigma impacts people who use drugs
- How people are resisting stigma

After watching the video, discuss:

- *What stood out to you?*
  - *What does stigma look like in our communities?*
  - *How can we help resist stigma in our communities?*
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### **Video 4: HOPES FOR THE FUTURE**

After watching the video, discuss: *What are your hopes for the future with harm reduction?*