

First Nations Health Council

Implementing the First Nations Health Plan on behalf of BC First Nations



1205–100 Park Royal South
West Vancouver, BC, V7T 1A2
Toll-free: 1.866.913.0033
Telephone: (604) 913.2080
Facsimile: (604) 913.2081

PATH OF THE WARRIOR COMIC BOOK GUIDE

Introduction

We are pleased to introduce the enclosed comic book, “Path of the Warrior.” Path of the Warrior is a story about physical activity, with a sub-theme of gang prevention. The story was tested with focus groups of youth, and physical activity and gang prevention specialists, for authentic storylines, characters and dialogue. The comic book follows a young man, Cullen, who is involved in a gang and ends up participating in community service work for his actions. Cullen becomes involved in coaching sports and recreational activities in the community centre and learns that being physically active in sports is rewarding.

Suggestions for Use for Comic Book

The comic book is intended for youth from ages 10 to 25 years. The comic book is suitable for both classroom and youth group use, and could be used to supplement or introduce themes such as gang violence, and belonging. The resource is also appropriate for use in Talking Circles to stimulate conversations. There are many questions that can be used in a Talking Circle to stimulate conversation and to consider all aspects of a situation.

When discussing gangs it is important that people who participate in a Talking Circle do not personalize the answers, but to speak of a character in the book. This will provide safety, privacy, and comfort for all involved. In the comic book there are five main characters: Cullen the gang member who does community service, Reggie the committed gang member, Chief, Grandma, and Maggie the community counsellor who can be used in questions to stimulate talking in the circle.

Here are some possible questions:

- 1) Why do you think that Cullen became a gang member?
- 2) Why do you think that Reggie stayed with the gang?
- 3) Reggie says Cullen was always the weak one. Do you think that's true? If so why?
- 4) What are the benefits for Cullen to leave the gang?
- 5) What would have been the benefits if Cullen never joined the gang?
- 6) How has working at the community centre improved Cullen's life?
- 7) How has the Chief been a good role model to Cullen?
- 8) What do you like about the Grandma?
- 9) How has Maggie been a good leader in the community?
- 10) How has being active with the youth improved Cullen's life?
- 11) What is common between being with a gang and playing sports?
- 12) What is different being involved with a gang and playing sports?
- 13) What are the rewards of playing sports?

Continued.....

- 14) How would Cullen's life be different if he stayed with the gang?
- 15) We only find out that the shot baby is the Chief's granddaughter near the end of the story. Why do you think the Chief was trying to help Cullen?
- 16) What type of way will you be involved in being active and involved in sports?
- 17) Why do you think the gang members said 'Keep it up, Coach' and 'Take care of our kids, Coach' at the end?
- 18) How can you support your community to develop sports and for children and youth to be physically active?

Once the Talking Circle is closed there is a list of resources available for youth to become physically active or to learn more about gang prevention in the back of the comic book. The comic book could be a great tool for community programs and class focused discussions.

First Nations Health Society Promoting Physical Activity

The funding for the comic book was provided by the BC First Nations Health Council who works with BC's 203 First Nations communities to close the health gaps between First Nations and other British Columbians. The comic book illustrates alternative ways to belong in a community and also be physically active. Encouraging physical activity is an important initiative of the Health Plan. As shown in this comic book, getting active at community centre's can change youth's life!

If you have any questions or suggestions about youth becoming more physically active please contact the First Nations Health Council.

First Nations Health Council

**1205-100 Park Royal South
West Vancouver, BC V7T 1A2**

Phone:	604.913.2080
Toll Free:	866.913.0033
Fax:	604.913.0033

Email: info@fnhc.ca

"First Nations Health Society operating as the First Nations Health Council"