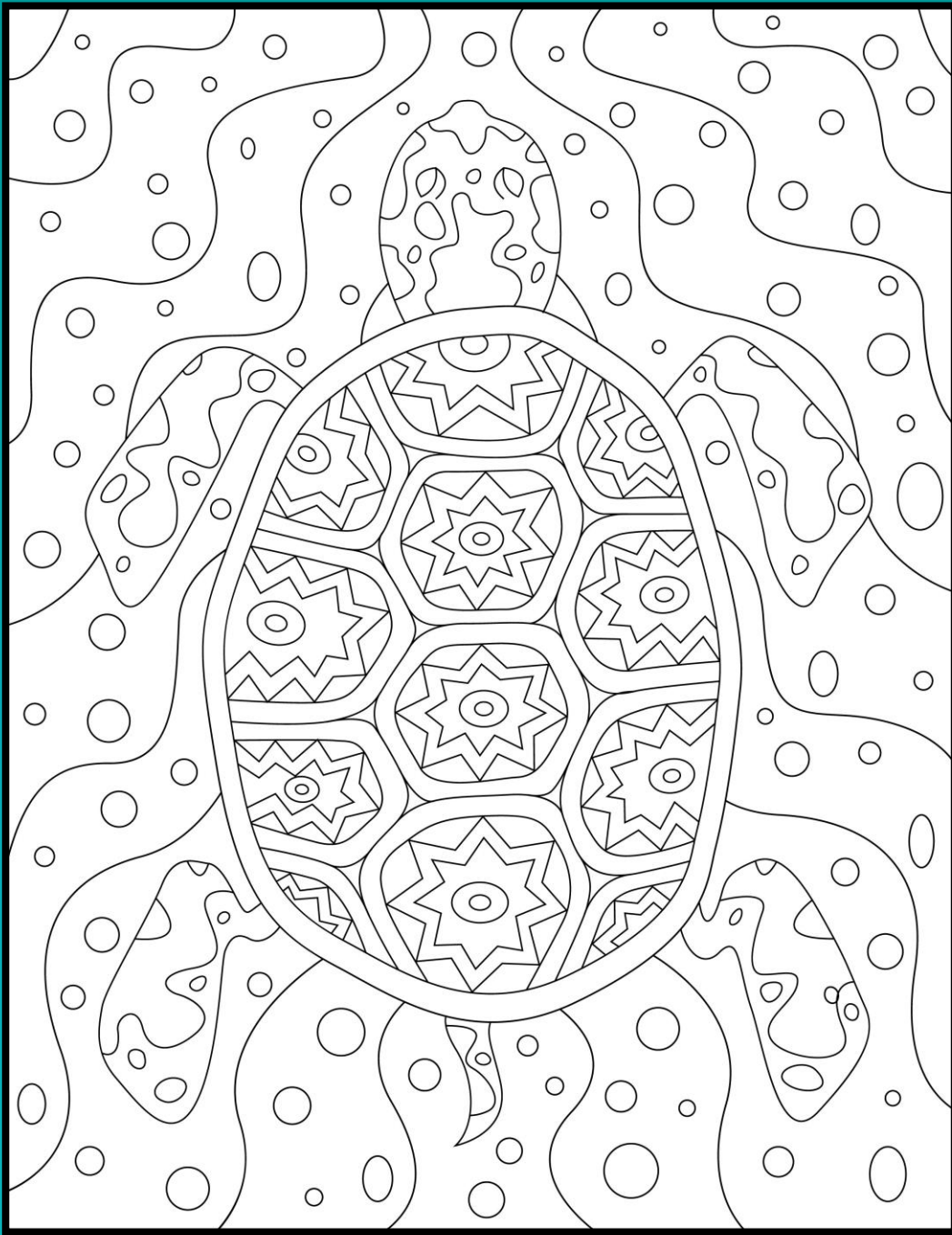


Healing with the Seven Sacred Teachings



*A Mi'kmaq colouring book for survivors
of sexual and gender-based violence,
and their supporters*

Healing with the Seven Sacred Teachings

Thank you for allowing this book to be a part of your healing journey!

Healing with the seven sacred teachings is a colouring book for survivors who have been sexually violated and their supporters. Feel free to download more copies of the book from the website www.breakthesilenceNS.ca or <http://changethesilence.org/> and to print and share the book. Post your images on social media with the hashtag #BreakTheSilenceNS. You can also access lists of additional resources at both these websites.

This book takes its inspiration and guidance from the original "We believe you" book from the Office of Sexual Violence Support and Education at Ryerson University, Toronto, Canada. The reflective statements included in this book are build on those of the original version developed by Farrah Khan, Tesni Ellis, Kirsty Pazek-Smith, and Karen Campos Castillo.

Our project was envisioned by Karen Bernard of Eskasoni Mental Health Services and a council member with the Nova Scotia Advisory Council for the Status of Women. Funding from the Nova Scotia Sexual Violence Strategy, made the dream a reality.

Several people have been instrumental in providing the content of this book:

Karen Bernard for providing the explanations of the seven sacred teachings and
Michael R Denny for translating them into Mi'kmaw

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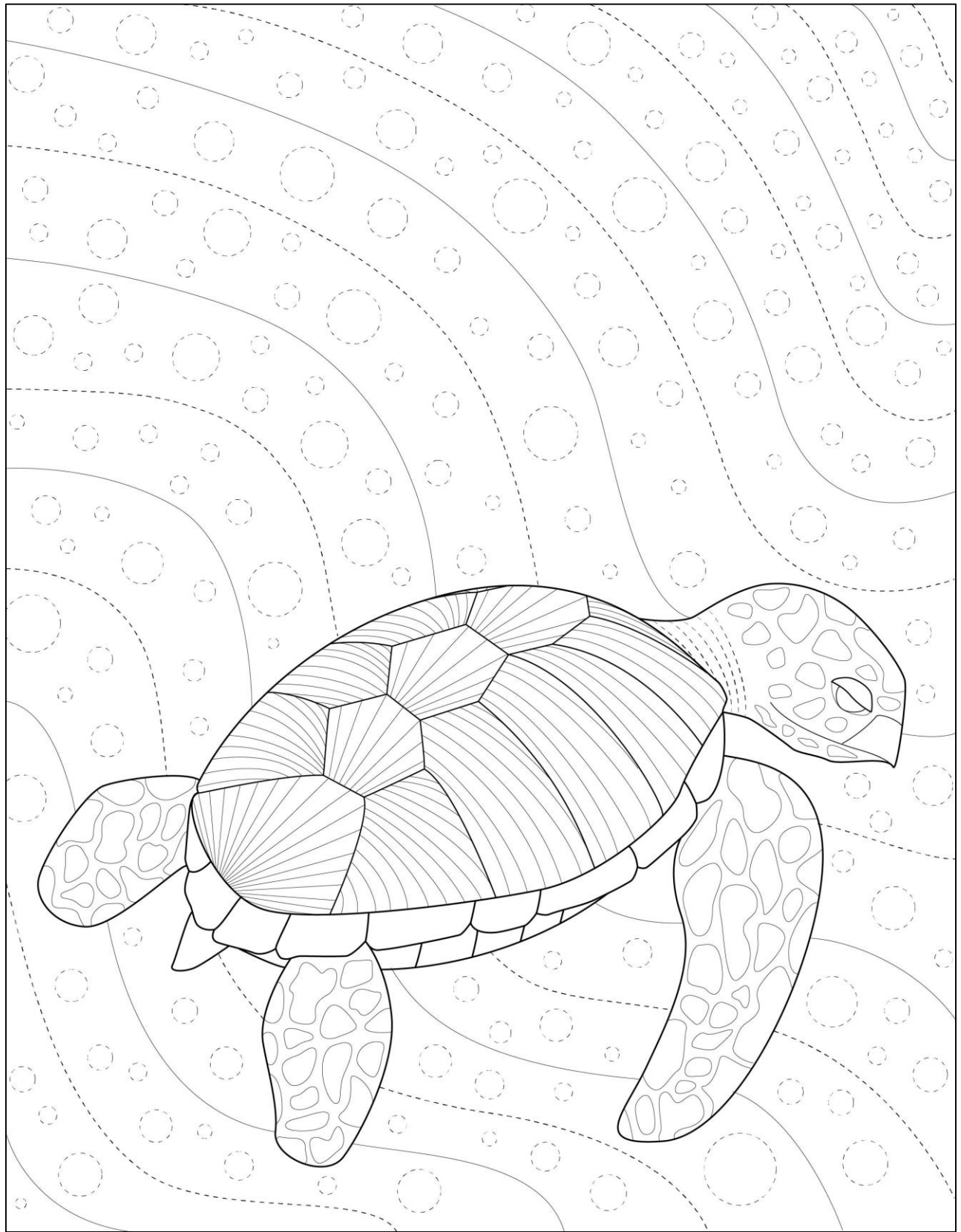
Youth researchers at the *Break the Silence: Be the Change* and *Networks for Change, Eskasoni* projects

TELIAQEWE'L -- TRUTH

*Kepme'kl Kina'maqn: Kaqis
wesku'tes teliaqewe'l. Muk
na'qatpeiasu ki'l aq ktikik.*

*Sacred teaching: Always speak the
truth. Do not deceive yourself or
others.*

My truth is ...



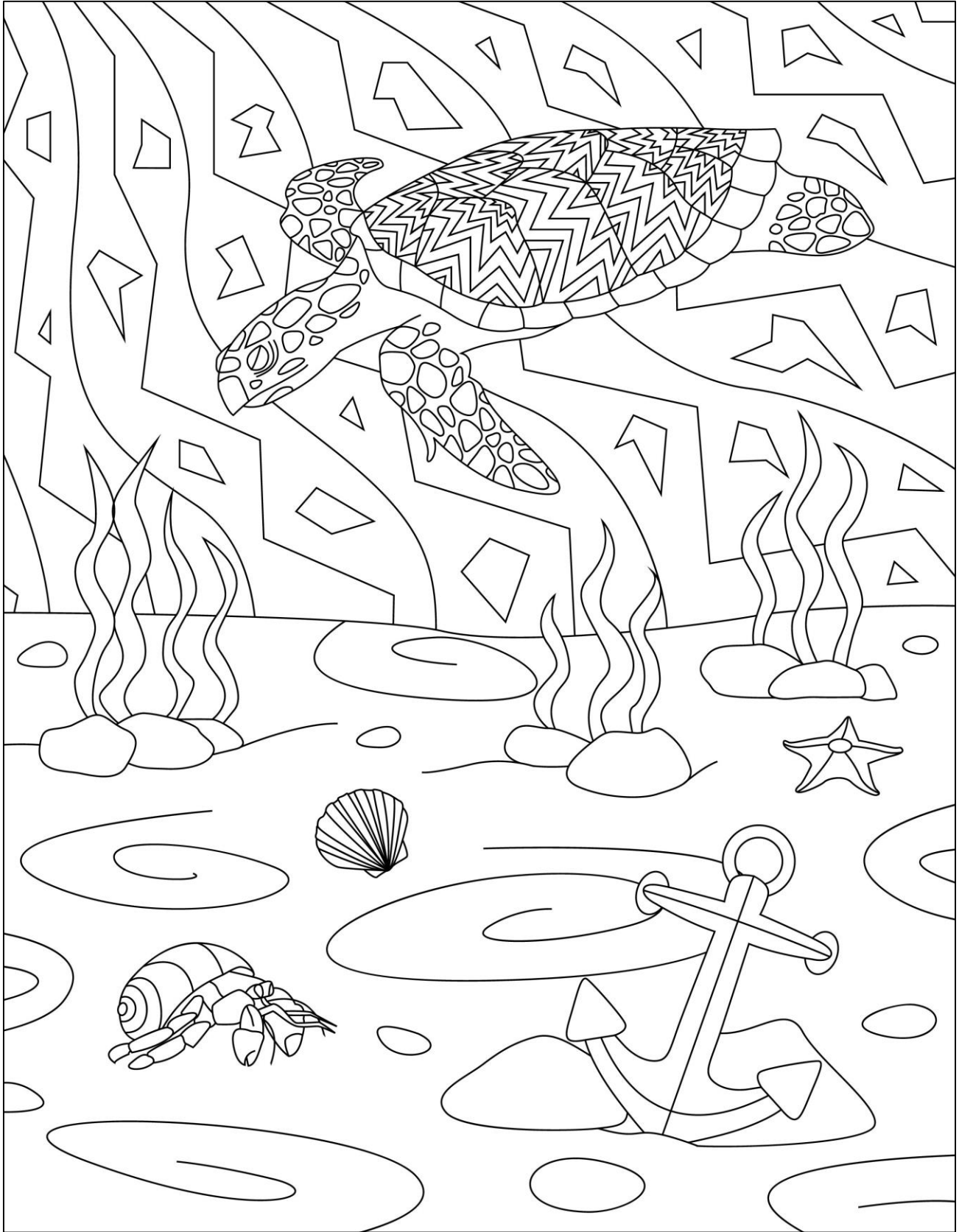
Mikjijj -- Turtle

TELIAQEWE'L -- TRUTH

*Kepme'kl Kina'maqn: Kaqis
wesku'tes teliaqewe'l. Muk
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*Sacred teaching: Always speak the
truth. Do not deceive yourself or
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The truth I want others to hear is...



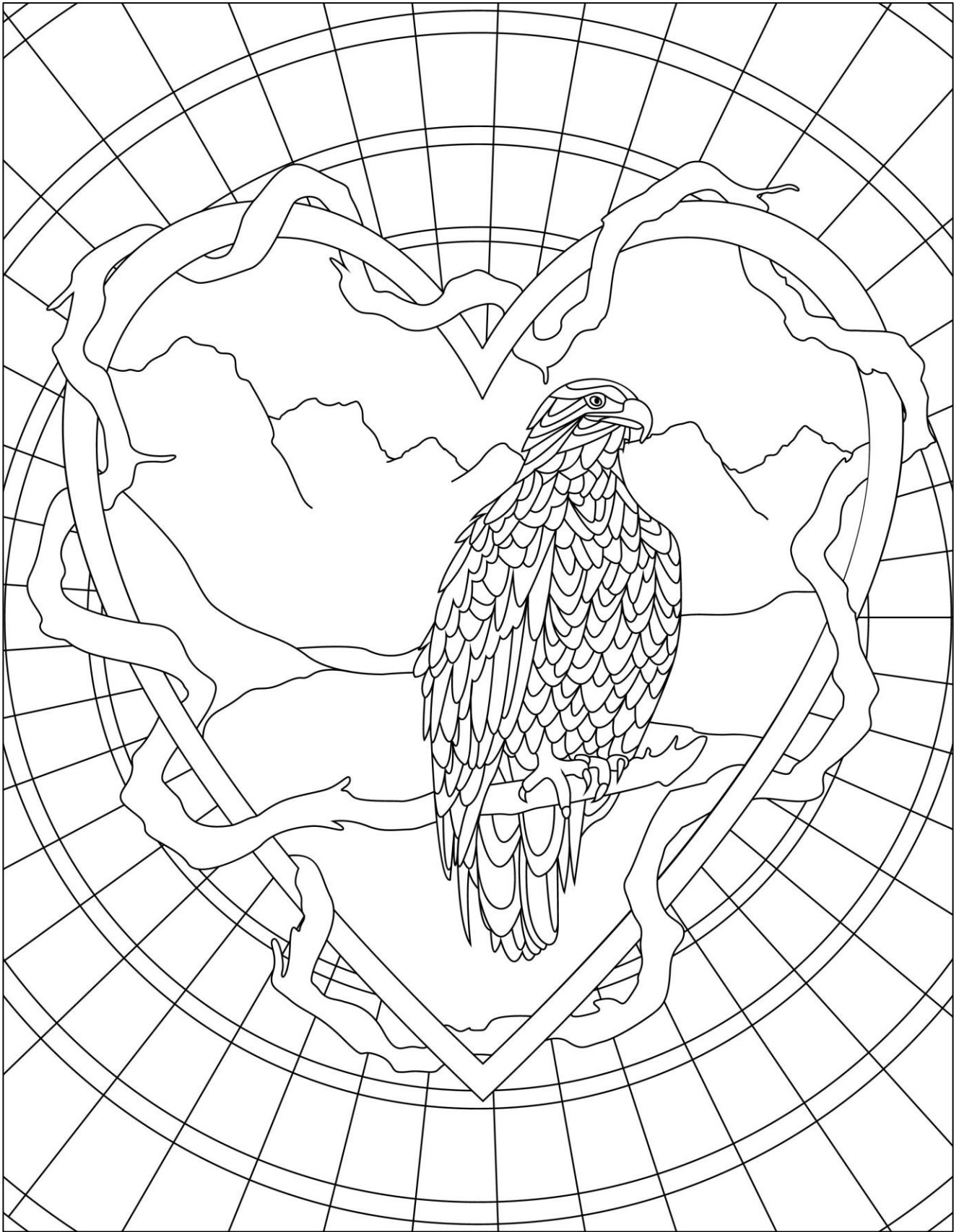
Mikjikj -- Turtle

KESALTIMKEWEY -- LOVE

*Kepme'kl Kina'maqn: Kesaltimkewey
na iapjiwei. Kesaltimkewey iknamask
wantaqo'ti. Kesaltimkewey nipisilisk.
Swijinu'k ta'n keso'lupni'k mawi-
nuta'jik kesaltimkewey*

*Sacred teaching: Love is forever,
unconditional. Love instills
peace. Love heals. People who
have been hurt or injured need
love the most.*

I show love to myself by...



Kitpu -- Eagle

KETLEWEYWAQN -- HONESTY

*Kepme'kl Kina'maqn: Tel-mimajin
ketleweywaqniktuk na miamujpa
mlkikno'ti elt ala't+mn. Tel-
mimajites ketleweywaqniktuk.
Ketleweywaqna'lsites aq ktikik elt.*

*Sacred teaching: Living an
honest life is to live a brave
life. Live life honestly, in your
words and in your actions. Be
honest with yourself, be honest
with others.*

I can be honest with myself because ...



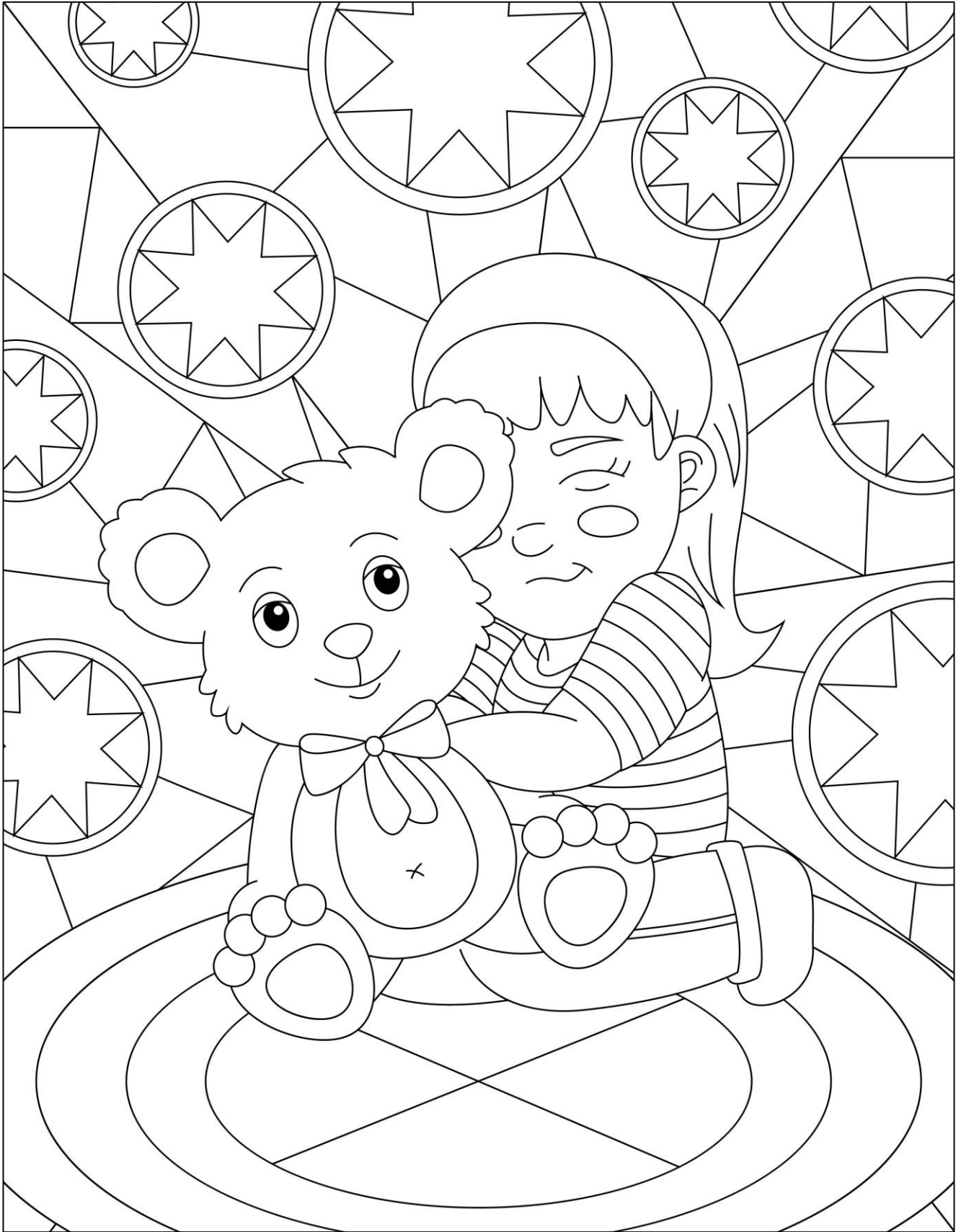
Kukwes - Sasquatch

MLKIKNO'TI -- COURAGE

*Kepme'kl Kina'maqn: Mlkikno'ti
ala't+mn na ala'tu'n ta'n tel-
kepaqi-mimajin. Kaqis Kepaqa'tiken
tlia metuwe'k kisna ta'n telipietes.*

*Sacred teaching: Courage is to have
integrity and to live life with
integrity. To do what is right no
matter how hard or what the
consequences will be.*

I use my bravery to...



Muin - Bear

KESALTIMKEWEY -- LOVE

*Kepme'kl Kina'maqn: Kesaltimkewey na
iapjiwei. Kesaltimkewey iknamask
wantaqo'ti. Kesaltimkewey nipisilisk.
Swijinu'k ta'n keso'lupni'k mawi-
nuta'jik kesaltimkewey.*

*Sacred teaching: Love is forever,
unconditional. Love instills peace.
Love heals. People who have been
hurt or injured need love the
most.*

The things I need to feel supported and loved are...



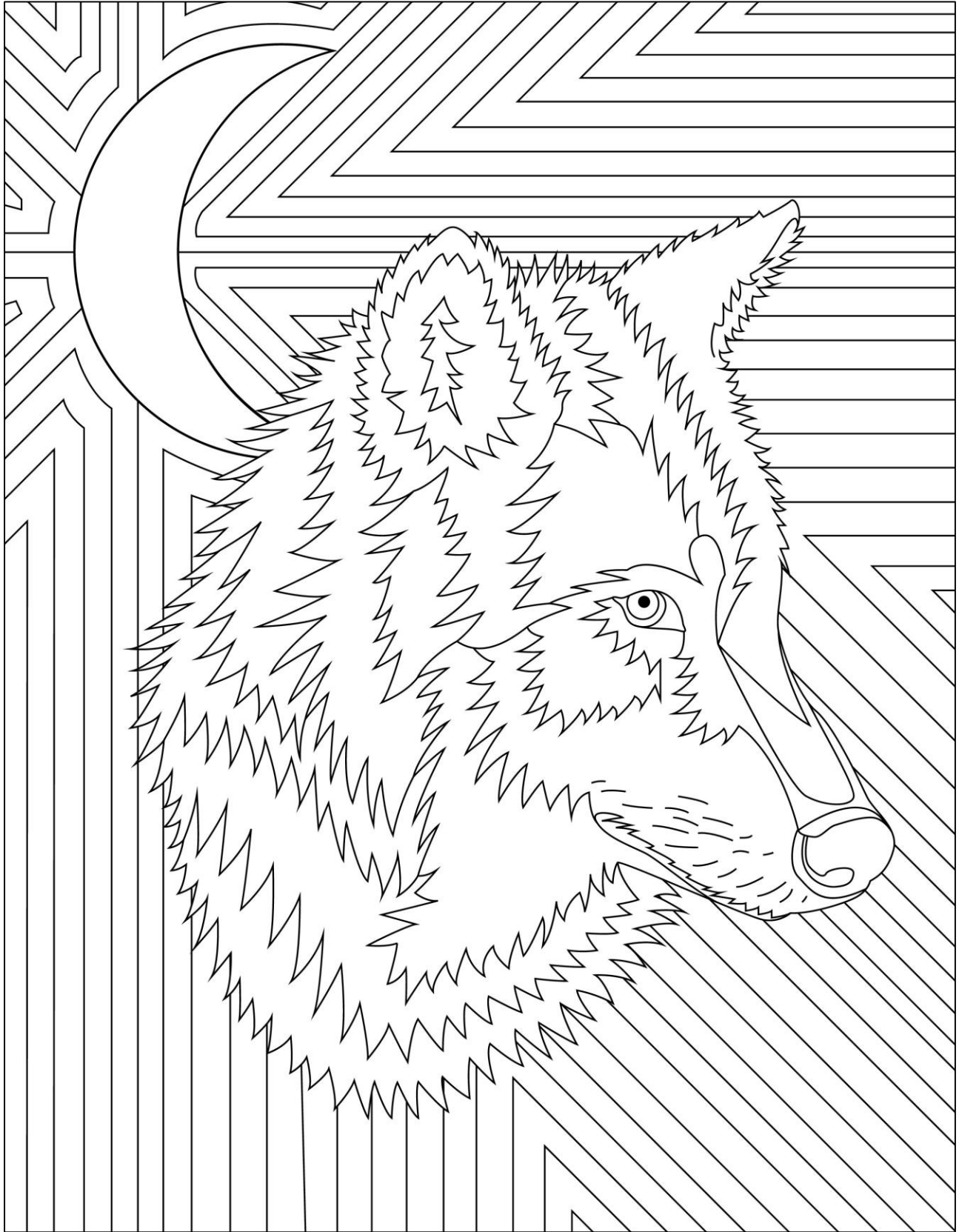
Kitpu -- Eagle

PENOQE'K -- HUMILITY

*Kepme'kl Kina'maqn: Penoque'k
wen, kejitu'n ki'l tleiawin
wsitqamuk. Mstt koqwei ta'n
kisasikmnek na kepme'k. M+ta
tleiawin wula wsitqamuk, mu ki'l
aji-espeiwu'n je ktikik swijinu'k.*

*Sacred teaching: Humility is to
know you are part of Creation, the
world. All of Creation is sacred. As
part of Creation you are equal to
others, but you are not better or
higher.*

*People can support me best by being humble and hearing what I am
saying and experiencing. People can show they care about me, and are
trying to support me by...*



Paqtism -- Wolf

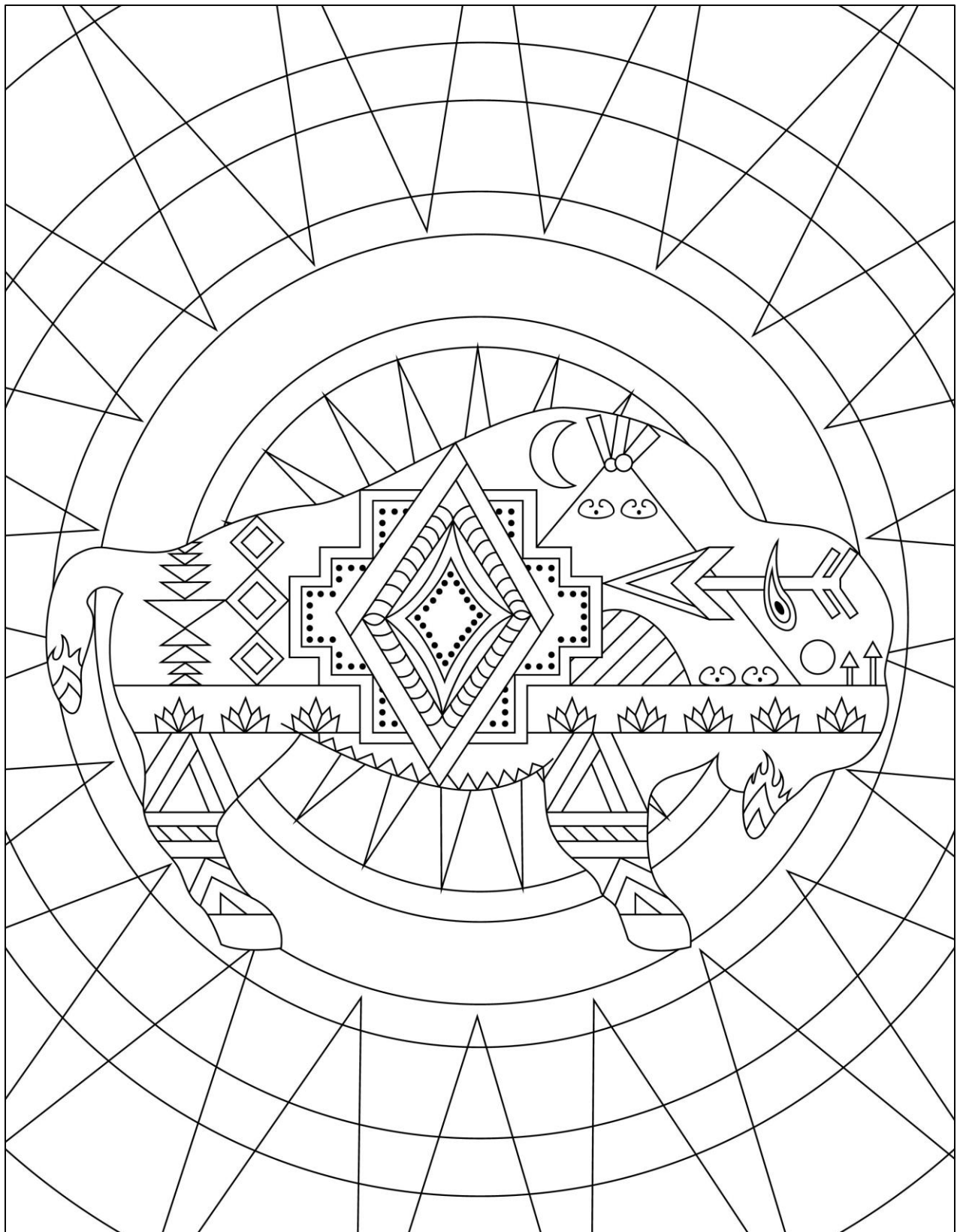
KEPMITE'TAQN -- RESPECT

*Kepme'kl kina'maqn: Ki'l
kepmite'tasin, miamujpa tmk ki'l
kepmite'tmn koqwe'l aq mstt ta'n
kisitasik wula wsitqamuk. Poqjiaq
Kemite'taqn ta'n tijiw
kepmite'tmn mstt koqwei kisitasik.*

*Sacred teaching: To be respected
you must have respect for, and
give respect to all of Creation.
Respect begins with yourself as
part of Creation.*

I respect myself by...

I feel respected when...



Mestap+knejit - Buffalo

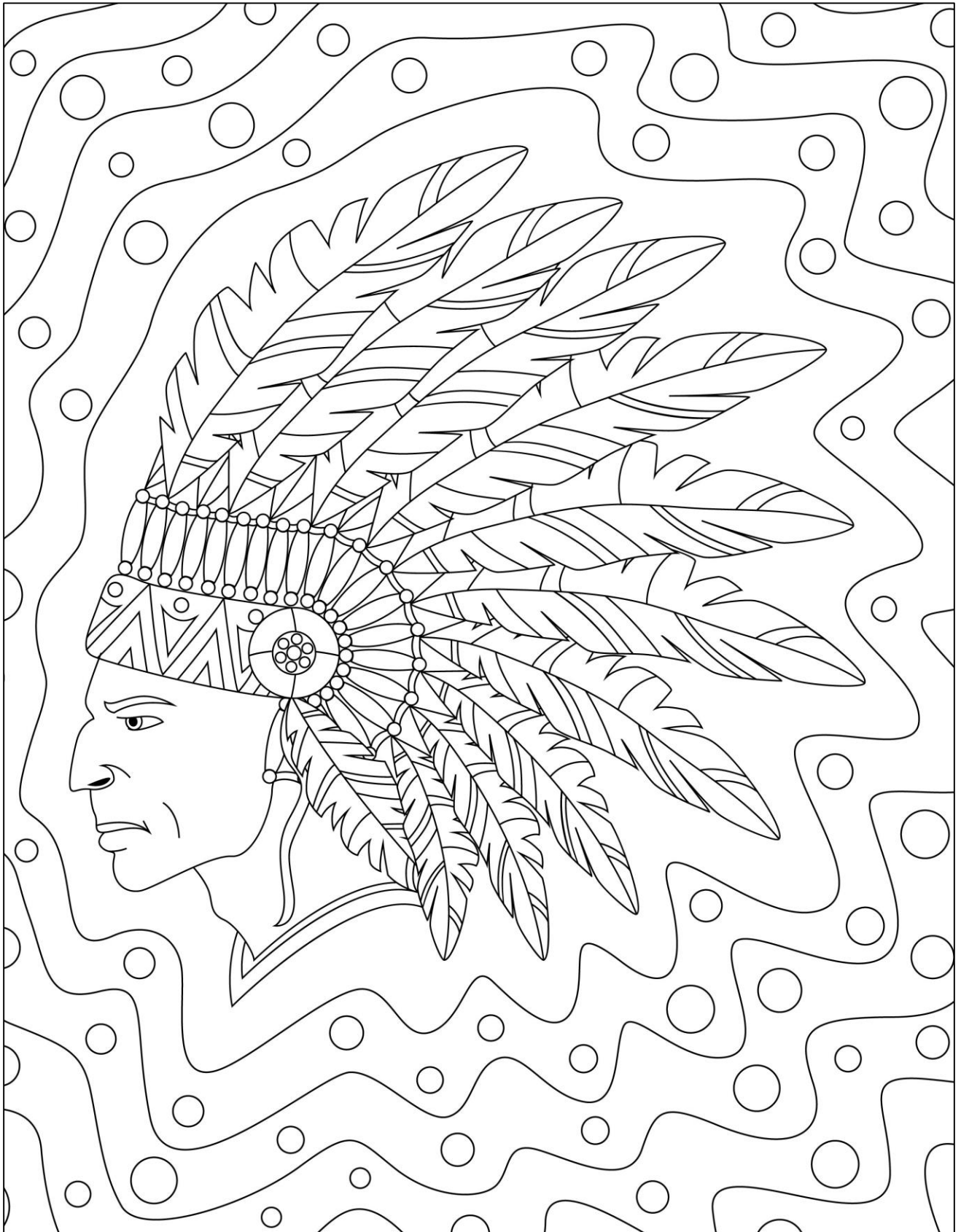
KETLEWEYWAQN -- HONESTY

*Kepme'kl kina'maqn: Tel-mimajin
ketleweywaqniktuk na miamujpa
mlkikno'ti elt ala't+mn. Tel-
mimajites ketleweywaqniktuk.
Ketleweywaqna'lsites aq ktikik elt.*

*Sacred teaching: Living an honest
life is to live a brave life. Live life
honestly, in your words and in
your actions. Be honest with
yourself, be honest with others.*

The people who help me live an honest, brave life are...

These people help me by...

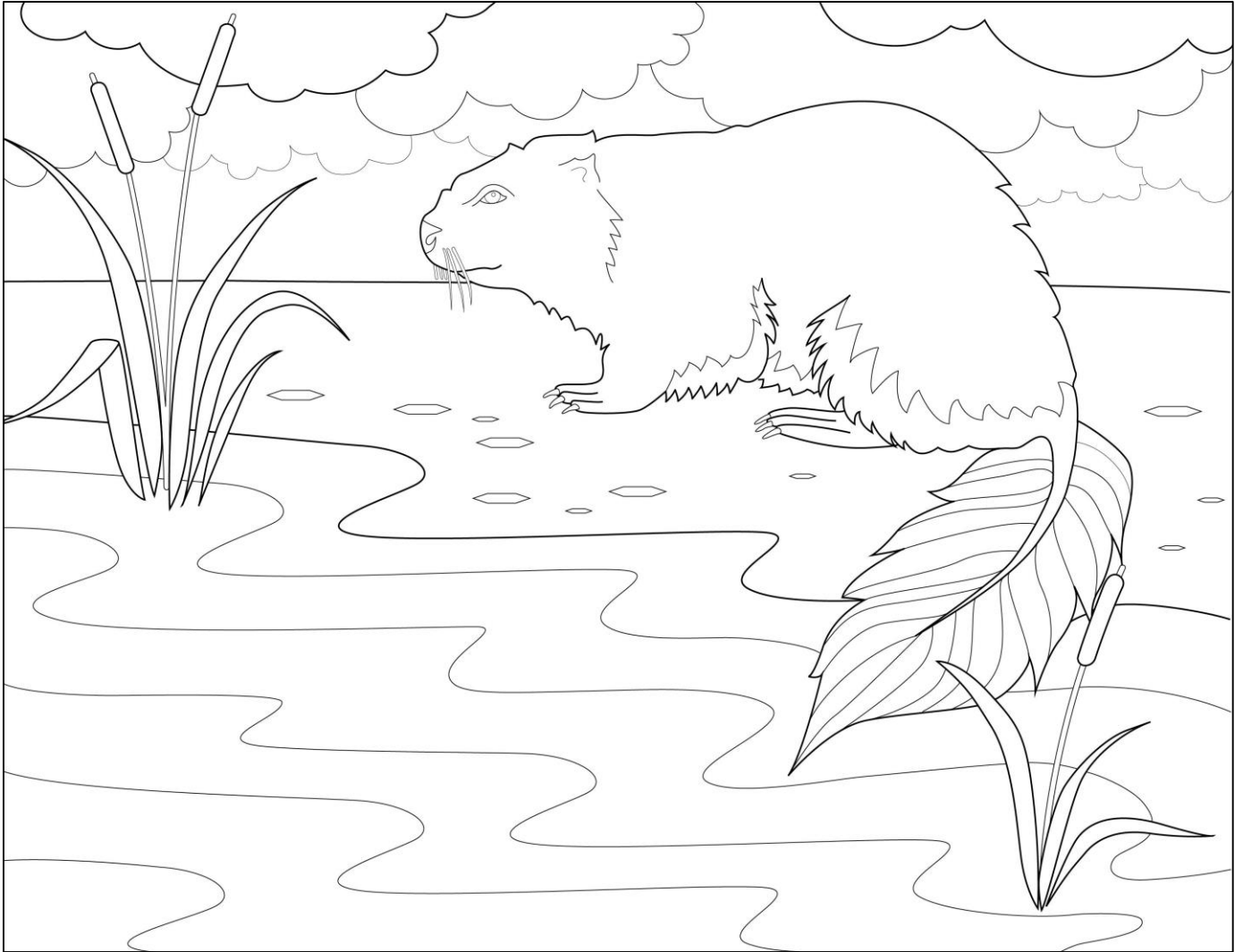


NS+TUO'QN -- WISDOM

*Kepme'kl kina'maqn: Kisu'lkw na
kisi-iknamuksi'kw Nst+tu'o'qn.
Nst+tu'o'qn na kina'masuti ta'n
ewe'wasik wujit mst+t L'nu'k.*

*Sacred teaching: Wisdom is given
by the Creator. Wisdom is
knowledge that is used for the
good of the people.*

*I have the wisdom to heal and move forward with my life. Because of
my wisdom I know ...*



Kopit - Beaver

Break the silence: Reach out for supports

*Antigonish Women's Resource Centre and Sexual Assault
Services Association:*

902-863-6221

Avalon Sexual Assault Centre:

902-422-4240

Colchester Sexual Assault Centre:

902-897-4366

NS Mental Health Crisis Line:

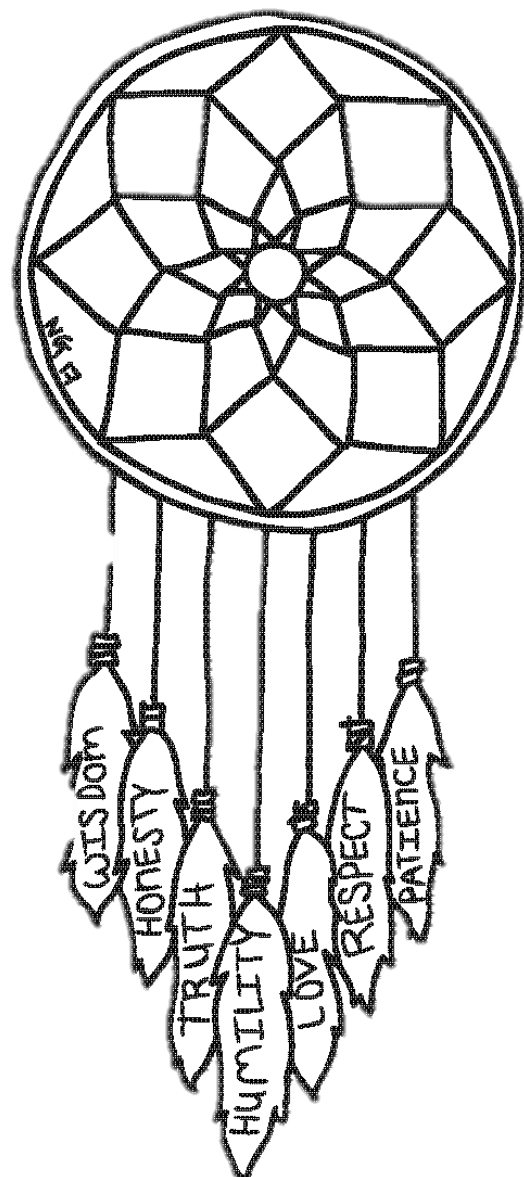
1-888-429-8167

Kids Help Phone:

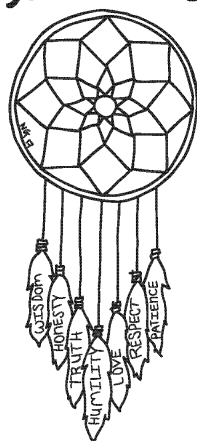
1-800-668-6868

Eskasoni Crisis Centre:

1-855-379-2099



Live by the seven sacred teachings



Break the silence



4 NETWORKS
CHANGE

Eskasoni



Break the silence:
Be the change Eskasoni

www.changethesilence.org

