

Sexual Violence Against Anishinaabe Kwek is at a Crisis Level

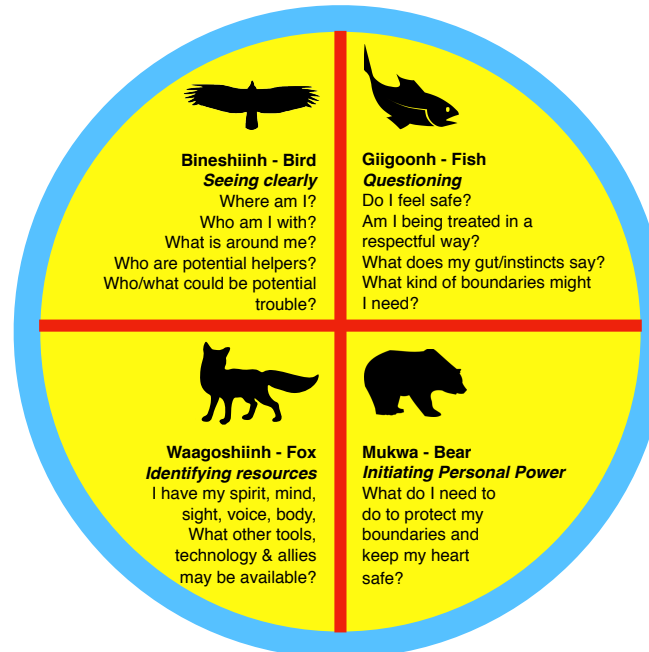
- 57% have been sexually assaulted (Scrim, 2016)
- 81% are between the ages of 12 and 17 years (Finkelhor et al., 2010)
- 89% are female (Finkelhor et al., 2010)
- 25% are assaulted by a family member or intimate partner (The Department of Justice, 2004)
- 34% by someone they know (The Department of Justice, 2004)
- 41% by strangers (The Department of Justice, 2004)



60's Scoop Survivors - Mark Seabrook

*A nation is not defeated until the hearts
of its women are on the ground.
Then it's finished.
No matter how brave its warriors,
or how strong its weapons*

Tsistsistas proverb



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N'de Nibimwidoonis
for training
Anishinaabe kwek
the art of
sexual assault resistance.

N'de Nibimwidoon

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N'de Nibimwidoon I Carry My Heart

Sexual Assault Resistance Training
for Anishinaabe kwek



Painting by Mark Seabrook

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& Seabrook

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N'de Nibimwidoon

I Carry My Heart

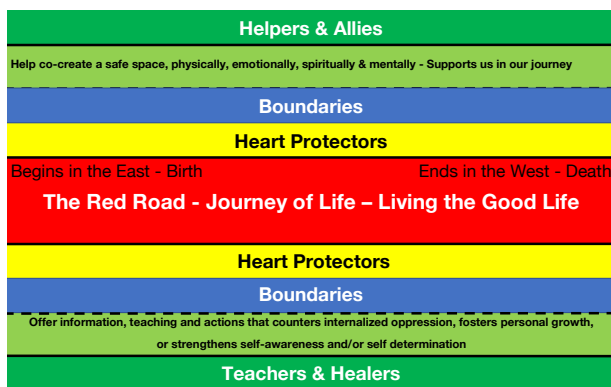
N'de Nibimwidoon is a holistic seven day land based, program developed to lessen sexual assault for Anishinaabe-kwek

It has been geared to focus on youth aged 10-25 years in small groups up to 15 individuals.

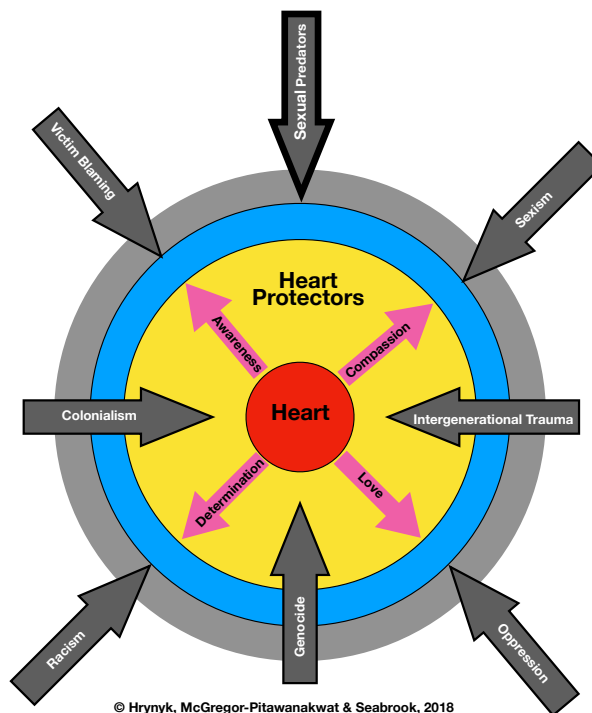
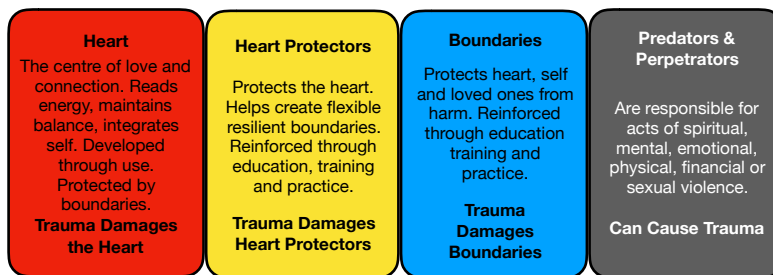
The program has three components: traditional teachings, sexual assault resistance training and hands on empowerment self defence exercises.

Woven together like a sweetgrass braid, the components of this program fosters women's self-awareness, self-determination and resilience. It also reinforces personal boundaries and sexual assault resistance skills.

How Helpers and Allies Affect the Life Journey



The journey of life moves through the cycles of the days, seasons and years. It is also a cycle.



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N'de Nibimwidoon includes:

Traditional teachings, ceremony, sharing circles, art based self-explorations, empowerment sexual education, empowerment self-defence training, discussions, role plays, sexual assault deconstruction exercises and empowerment resistance training.

N'de Nibimwidoon

I Carry My Heart

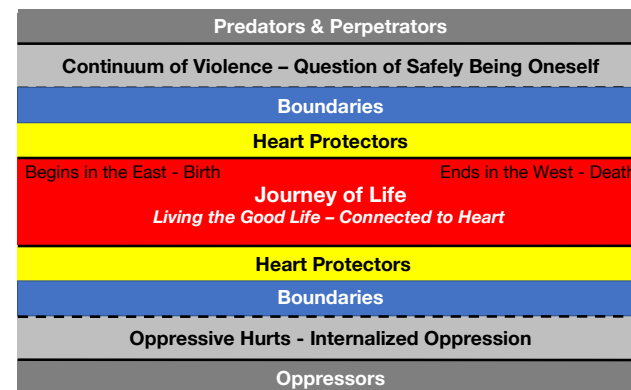
Traditional teachings centre on the heart, connection to Mother Earth, Her cycles and the medicine wheel.

Through teachings about balance and the journey through life, this program supports Anishinaabe-kwek in honing their boundary skills.

Through teachings and exercises based on assessing and responding to helpers and predators it helps heal intergenerational trauma wounds caused by colonial oppressions.

This program provides opportunities for Anishinaabe-kwek to deepen their understanding about traditional ways of seeing and living and encourages them to think about how they choose to carry the ongoing torch of culture into the next generation.

How Perpetrators and Oppression Affect the Life Journey



The journey of life moves through the cycles of the days, seasons and years. It is also a cycle.