

What is Intergenerational Trauma?

In Canada, the Residential School system resulted in many years of trauma for generations of Indigenous people. This trauma has had long-lasting effects. Over time the impact of this trauma can be seen in survivors, their children, grandchildren, and great grandchildren. This is called intergenerational trauma.

TRAUMA

A lasting emotional response from something, usually impactful and often negative, that has occurred.

INTERGENERATIONAL TRAUMA

Intergenerational trauma is devastating to Indigenous people because the situation was very different.

Many people go through traumatic experiences, however, with Indigenous people in Canada it was largely an entire ethnic group of people, as almost every Indigenous person in Canada is a child or grandchild of a residential school survivor.

That means that intergenerational trauma is effecting the majority of Indigenous people.



Did you know the last Residential School closed in 1996?

Watch this video!

We borrowed this video from the Healing Foundation in Australia.

Indigenous people across the world are facing many of the same challenges and have endured much of the same trauma due to colonization.



MOOSE HIDE
CAMPAIGN
CAMPAGNE
MOOSE HIDE

Reflection on the Video

After watching the video, we ask you to reflect on what you have learned.

Remember, an entire generation of people went through severe trauma. Part of that intergenerational trauma continues to hurt Indigenous people; specifically with the high rates of violence against Indigenous women and children.

The Moose Hide Campaign invites you to be part of the solution to end violence. Through sharing your knowledge, standing up against violence, and pledging to live non-violently you can be part of the change. Intergenerational trauma is something we can all work towards as a collective to heal.

In what ways can a good ally help support Indigenous people as they battle with intergenerational trauma?

Write your response below

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