



**MOOSE HIDE  
CAMPAIGN**  

---

**CAMPAGNE  
MOOSE HIDE**

**Subject:** Honouring Diverse Experiences During Fasting Discussions at the Moose Hide Campaign Event

As we prepare for the upcoming Moose Hide Campaign event, we are guided by the values at the heart of this movement: **respect, responsibility, compassion, courage, honesty, humility, and integrity**. These values call on each of us to help create safer communities and to walk in good relation with one another as we work to end violence against women, all gender-diverse people, and children.

In the spirit of compassion and care, we will offer a gentle acknowledgment during the portion of the presentation that speaks to fasting. This is intended to ensure that all participants feel seen, respected, and empowered to engage in a way that supports their well-being.

In the trigger warning portion of our presentation, we will note that we will be speaking to fasting as one aspect of ceremony of the day,

“We will be speaking to fasting today. Fasting is a sacred and powerful act within the campaign. Rooted in Indigenous practices, it symbolizes reflection, clarity, and personal commitment to ending gender-based violence. For many, it is a deeply spiritual and transformative experience that calls on humility, strength, and intention.

We also recognize that fasting can be a sensitive topic, especially for individuals who have experienced trauma. Eating disorders, for example, can be a long-term response to childhood abuse. In this context, discussions of fasting—while meaningful—may be difficult for some.

**Above all, your safety, comfort, and self-knowledge matter.** We invite everyone to listen to their body and heart and to participate in the way that feels right for them. Whether through fasting or other forms of reflection and commitment, your presence is valued and honoured.

I will provide a safety window to allow folks to step away for that portion of the presentation. And yes it can come up organically in the conversation, and we encourage people to care for themselves accordingly.”