

## Cultivating Safe Spaces - Watch Party Host Guide



### Looking for opportunities to extend the learning and practice beyond Moose Hide Campaign Day within your community?

This guide will support you in planning and leading a meaningful watch party of **Cultivating Safe Spaces with Elaine Alec** leading up to Moose Hide Campaign Day. You are invited to follow this guide and, also, to make an event your own in a way that will be meaningful for your community.

### About the Moose Hide Campaign

The Moose Hide Campaign is an Indigenous-led grass roots movement dedicated to ending violence against women, gender diverse peoples, and children. Founded over a decade ago along the Highway of Tears, it has grown into a nationwide initiative uniting Indigenous and non-Indigenous communities, schools, governments, organizations and all sectors of society.

At its core, the campaign is grounded in Indigenous ceremony and traditional ways of healing. The **moose hide pin** symbolizes a commitment to honor, respect, and protect women, children and gender diverse peoples while standing against gender-based violence. Over seven million pins have been distributed across Canada.

### Tips for Success

- **Be Prepared:** Run through the workshop yourself to note key moments: definitions, protocols, personal insights, and actions.
  - Prepare a note-taking framework highlighting four conditions, four protocols, and four perspectives Elaine outlines.
  - Consider venue and platform – in person, online etc. and whether people watch together or in advance of the debrief
- **Model Vulnerability:** Share your own reflections first to encourage deeper engagement.
- **Maintain Balance:** Ensure everyone has space—watch for dominant talkers or silent participants.
- **Manage Emotions:** If sensitive issues emerge, validate feelings and remind participants they can pause or step away. Anyone can call for a pause for the group to ground, recenter and refocus to the intention of gathering.
- **Ground in Purpose:** Periodically reaffirm the connection between safe spaces and ending violence.
- **Offer Resources:** Share links to Moose Hide Campaign events, pin orders, etc



## Resource Links for Optional Exploration

- [Conversation Starters](#)
- [Moose Hide Campaign](#) and [We Are Medicine](#)
- [National Inquiry into Missing and Murdered Indigenous Women and Girls](#)
- [A Dialogue Guide for Facilitators and Hosts](#)

<b>Optional Agenda – 60 – 120 minutes</b>	
10 minutes	<p><b>Welcome and Overview</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Acknowledge</a> the First Nations territories you are on.</li> <li>• Ground the group with a moment of reflection, and a reminder of available counseling services.</li> <li>• Purpose: to support meaningful conversation about creating emotionally safe, culturally grounded spaces as part of the Moose Hide Campaigns movement to end gender based violence.</li> <li>• Provide a refresh on the context of the Moose Hide Campaign and acknowledge Elaine Alec, a Sylix Secwepemc leader – presents worldview-shifting framework to support decolonization, healing and safe relational spaces.</li> <li>• Provide Moose Hide pins for participants who do not already have one.</li> <li>• Set the tone for a reflective and empowering watch party to cultivate respectful, inclusive, and courageous space by offering and inviting intension and agreements; maintain confidentiality, speak from “I” rather than “we”, listen deeply without interrupting, and permission to pass at any time...</li> </ul>
10-15 minutes	<p><b>Introductions – Ice Breaker</b></p> <p>Invite Each Participant to Reflect or Share:</p> <ul style="list-style-type: none"> <li>• Invite a quick round of introductions “what brought you here?”</li> <li>• What does a “safe space” mean to you personally?</li> </ul>
60 minutes	<p><b>Watch Party (either watch together or invite to watch in advance of this time)</b></p> <p>Play the video uninterrupted, encouraging participants to jot down notable points or emotional responses.</p> <p><a href="https://youtu.be/jdgcHVz5Poc?si=V4MSLmzXglzku-SZ">https://youtu.be/jdgcHVz5Poc?si=V4MSLmzXglzku-SZ</a></p>

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30 minutes	<p><b>Reflect &amp; Debrief</b></p> <p>Break into smaller groups if needed:</p> <ol style="list-style-type: none"> <li>1. Experiential Reflections (10 minutes) <ul style="list-style-type: none"> <li>• What feelings or reaction did the workshop provoke?</li> <li>• Where there any moments that resonated personally or surprised you?</li> </ul> </li> <li>2. Framework Exploration (25 minutes) <p>Elaine highlights four conditions, four protocols, and four perspectives for cultivating space spaces (see Appendix a). Pick one and discuss.</p> <ul style="list-style-type: none"> <li>• How does this apply in your circles – home, work, community?</li> <li>• What could enhance or hinder that condition/protocol/perspective?</li> <li>• Connect insights to the Moose Hide Campaigns mission; how do these support anti-violence efforts?</li> </ul> </li> <li>3. Action Planning <ul style="list-style-type: none"> <li>• What is one practical step you could commit to this week?</li> </ul> </li> </ol>
10 minutes	<p><b>Closing &amp; Commitments</b></p> <ul style="list-style-type: none"> <li>• Invite each person to name their commitment aloud.</li> <li>• Express gratitude to participants for their presence and commitment.</li> <li>• Emphasize the importance of ongoing self-care and community care.</li> <li>• Encourage continued engagement with the Moose Hide Campaign and our shared vision to end gender-based violence.</li> </ul>

### Summary Checklist

Task	<input checked="" type="checkbox"/> Before	<input checked="" type="checkbox"/> During	<input checked="" type="checkbox"/> After
Review video	<input checked="" type="checkbox"/>		
Set safety agreements	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Share context	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Facilitate debrief		<input checked="" type="checkbox"/>	
Collect commitments		<input checked="" type="checkbox"/>	
Provide resources links	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



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Thank you for hosting a **Watch Party for Cultivating Safe Spaces** and for being part of this movement toward healing and change. By incorporating Elaine Alec’s insights within a safe, decolonizing, action-oriented environment—and by connecting directly to the Moose Hide Campaign’s goals—you’ll help foster profound individual and collective transformation toward ending gender-based violence. We would love to hear from you on how it went, please take a few minutes to let us know;

[cognitofrms.com/MooseHideCampaign/MooseHideCampaignWatchPartyFeedback](https://cognitofrms.com/MooseHideCampaign/MooseHideCampaignWatchPartyFeedback)

### Appendix A.

A summary of Elaine Alec’s **four conditions, four protocols, and four perspectives** from the *Cultivating Safe Spaces* workshop and how they are aligned with the values of the Moose Hide Campaign.

Both center Indigenous worldviews, emotional safety, and community-rooted transformation to end **violence against women, children, and gender-diverse people**. Here’s a deeper dive into their alignment:

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### ALIGNMENT OVERVIEW

#### Elaine Alec’s Framework

Creating emotionally, spiritually safe spaces

Grounded in Indigenous protocols and teachings

Emphasizes personal and collective responsibility

#### Moose Hide Campaign Values

Ending violence through heart-centered, relational approaches

Led by Indigenous peoples and grounded in ceremony and land

Mobilizes men, boys, families, and communities to stand up together

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### Four Conditions & Moose Hide Campaign Values

#### 1. Self-awareness & Regulation

→ The Moose Hide Campaign asks participants to **look inward**, reflect on their roles in systems of violence, and choose non-violence.

*Wearing the pin* is a visible commitment to self-regulation and transformation.

#### 2. Cultural Respect & Humility

→ The campaign is **Indigenous-led**, guided by cultural teachings of respect, humility, and honoring the land.

Events begin with **ceremony and Elders**, modeling humility as strength.

#### 3. Relational Trust

→ Campaign Day gatherings invite participants into **brave spaces** of vulnerability, guided by story, music, and witness.

Trust is built through open sharing and reciprocity—just like Elaine’s emphasis on shared responsibility.

#### 4. Choice & Autonomy

→ Participation is by **invitation, not demand**. Whether it’s taking the pledge, wearing the pin, or hosting events—people are encouraged to act from *will*, not pressure.

Survivors are respected as knowledge holders and decision-makers in their own healing journeys.

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### Four Protocols & Moose Hide Practices

#### 1. Well-being

→ The Campaign offers **Elder support**, healing circles, quiet spaces, and emotional first aid on Campaign Day.

- Care is cultural and holistic—not clinical or punitive.

#### 2. Inclusion

→ Although men and boys are the focus, **the campaign is for everyone**: women, Two-Spirit, non-binary, and gender-diverse people are integral leaders and participants.

The campaign creates **space for all genders** to work together toward safety.



### 3. **Validation**

→ Storytelling is central: Survivors, Elders, and young leaders **share truths** that are witnessed and honored.

Listeners are encouraged to respond with *presence*, not fixing or judgment.

### 4. **Freedom**

→ People choose their level of engagement—from listening quietly to public speaking or leading ceremonies.

There is no “right” way to participate. Freedom and respect go hand in hand.

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## **Four Perspectives & Campaign Worldview**

### 1. **Tradition**

→ The moose hide itself symbolizes traditional hunting, care, and provision. Ceremony, drumming, and land acknowledgment are foundational.

Campaign actions are *informed by ancestors* and *carried forward by youth*.

### 2. **Relationship**

→ Ending violence is framed as a **relational responsibility**—to self, family, land, and each other.

The pin is not about “fixing others,” it is about *walking together* in accountability and connection.

### 3. **Innovation**

→ The campaign uses **contemporary tools** (social media, virtual events, youth summits) alongside traditional knowledge.

It meets people where they are—and invites new voices to co-lead the way forward.

### 4. **Action**

→ Words become action: pledges, pin distribution, relational practices and approaches, policy shifts, youth empowerment, school programs.

The goal is *1 million people fasting*—and every action is a step closer.



### ✦ Final Reflection: Braiding the Two Together

The Moose Hide Campaign is more than just about awareness—it's about **ceremony** for healing and **culture shifts to end violence**. Elaine Alec's framework helps us understand *how* to create the inner and outer conditions for that change to take root.

Together, they braid:

- **Heart work + Head work**
  - **Land-based wisdom + Modern strategies**
  - **Individual transformation + Collective healing**
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