

Indigenous Trauma & Equity Informed Practices



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 **Indigenous Trauma & Equity Informed Practices with Len Pierre** 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 teachings and responsibilities for practice shared by Len Pierre.
 - 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](#)

Optional Agenda – 60 – 120 minutes	
10 minutes	<p>Welcome and Overview</p> <ul style="list-style-type: none"> • Acknowledge the First Nations territories you are on. • Ground the group with a moment of reflection, and a reminder of available counseling services. • 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. • Provide a refresh on the context of the Moose Hide Campaign and acknowledge Len Pierre, Coast Salish from Katzie (kate-zee) First Nation. Len is expanding our social perceptions on the missing context not usually covered in other ‘trauma-informed’ workshops. It centers Indigenous perspectives on the change required to go beyond being “informed” and to move towards culturally safer and equity-oriented organizations and services. • Provide Moose Hide pins for participants who do not already have one. • 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.
10-15 minutes	<p>Introductions – Ice Breaker</p> <p>Invite Each Participant to Reflect or Share:</p> <ul style="list-style-type: none"> • Invite a quick round of introductions “what brought you here?” • What is one word or feeling that describes what brings you strength or grounding today? (Honors resilience and invites gentle entry, without centering trauma.)
60 minutes	<p>Watch Party (either watch together or invite to watch in advance of this time)</p> <p>Play the video uninterrupted, encouraging participants to jot down notable points or emotional responses.</p> <p>https://youtu.be/p8I3PJHVKCY?si=FnlKcCxLMNhEOPxk</p>

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30 minutes	<p>Reflect & Debrief</p> <p>Break into smaller groups if needed:</p> <ol style="list-style-type: none"> 1. Experiential Reflections (10 minutes) <ul style="list-style-type: none"> • What feelings or reaction did the workshop provoke? • Where there any moments that resonated personally or surprised you? 2. Framework Exploration (25 minutes) <p>Len highlights teachings and responsibilities for practice (see Appendix a). Pick one and discuss.</p> <ul style="list-style-type: none"> • How does this apply in your circles – home, work, community? • “When you think about power—losing it, sharing it, reclaiming it—what comes to mind for you in your work or life?” (Links to Len’s teaching: <i>the opposite of trauma is power.</i>) Connect insights to the Moose Hide Campaigns mission; how do these support anti-violence efforts? 3. Action Planning <ul style="list-style-type: none"> • Which of the trauma informed tools might you put into practice this week and how might you create accountability and compassion for yourself?
10 minutes	<p>Closing & Commitments</p> <ul style="list-style-type: none"> • Invite each person to name their trauma informed tool they intent to practice aloud. • Express gratitude to participants for their presence and commitment. • Emphasize the importance of ongoing self-care and community care. • Encourage continued engagement with the Moose Hide Campaign and our shared vision to end gender-based violence.

✓ Summary Checklist

Task	✓ Before	✓ During	✓ After
Review video	✓		
Set safety agreements	✓	✓	
Share context	✓	✓	
Facilitate debrief		✓	
Collect commitments		✓	



Task	✓ Before	✓ During	✓ After
Provide resources links	✓	✓	✓

Thank you for hosting a **Watch Party for Indigenous Trauma & Equity Informed Practices** and for being part of this movement toward healing and change. By incorporating Len Pierre’s teachings and responsibilities for practice 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; cognitoforms.com/MooseHideCampaign/MooseHideCampaignWatchPartyFeedback

Appendix A.

A Note on Western-Centricity

This guide presents Len Pierre’s teachings in a structured Western format (bullets, categories, “must-know” lists). Indigenous knowledge systems are rooted in oral tradition, story, ceremony, and relationship. This summary cannot fully capture that spirit. It is offered as a bridge for learners in Western institutional contexts, while naming that the deeper teachings live in relationship, community, and land.

Purpose of the Session

- Hold space for truth-telling about Indigenous trauma, colonization, and state violence.
- Move beyond “trauma-informed” toward *equity-informed* practices rooted in accountability.
- Learn practical ways to bring dignity, safety, and power-sharing into professional and community practice.
- Support reconciliation as *action* rather than awareness alone.

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Teachings Shared

1. Trauma-Informed vs. Trauma-Specific Practice

- **Trauma-specific:** clinical work (therapy, counseling).
- **Trauma-informed:** creating safety, empowerment, and cultural responsiveness in all professional roles.

2. Beyond Trauma-Informed → Equity-Informed

- Trauma-informed risks being passive.
- Equity-informed = action + accountability.
- Equality = “everyone gets a shoe.” Equity = “everyone gets a shoe that fits.”

3. Types of Trauma

- **Universal (pre-contact):** natural disasters, injury, death.
- **Targeted (colonial violence):** genocide, land theft, residential schools, starvation experiments, dog slaughters, MMIWG2S+.
- **Intergenerational:** impacts passed down (violence, addiction, incarceration, suicide → reframed as *colonially assisted suicide*).
- **Systemic inequities today:** overrepresentation in poverty, houselessness, incarceration, poor health.

4. Reframing Language (from deficit → accountability)

- Suicide → Colonially assisted suicide.
- Criminal activity → Survival crime.
- Homeless → Houseless.
- Trauma trigger → Trauma reactivation.

5. The Opposite of Trauma = Power

- Trauma = loss of power.
- All trauma responses (*fight, flight, freeze, flop, friend*) = reclaiming power.
- Practice must mean sharing power with Indigenous clients, students, and communities.



Responsibilities for Practice

- **Truth + Action:** Strength-based stories must also be truth-based.
- **Content Warnings:** Prepare people for difficult material.
- **Offer Choices & Permission:** (“Is it okay if I close the door?”).
- **Grounding Techniques:** Breath, movement, self-care.
- **See Behavior as Communication:** What is being expressed? What power is being reclaimed?
- **Time & Flexibility:** Equity requires slowing down and honoring Indigenous values.
- **Communication Practices:** Calm presence, respectful eye contact, mindful proximity, invitational language, smiling, empathy, debriefing.

Closing Teaching

We are not our traumas. Indigenous people living today are proof of resilience, grace, and strength. While Western frameworks help explain and sometimes pathologize trauma, Indigenous worldviews and relational practices carry the medicine. Our shared responsibility is to listen, witness, and act toward justice and equity.