



Aionkwatakari:teke

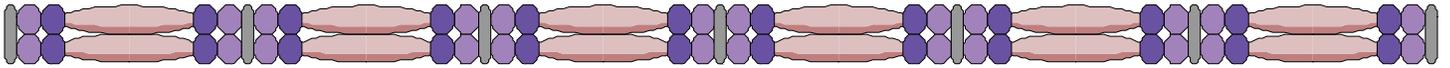
(A-YOU-GWA-DA-GA-RI-DE-GEH)

"For us to be healthy"

Vol. 22, No. 2

Kahnawake's Only Health and Wellness Newsletter

Enniska/February 2017



INSIDE

THIS

ISSUE

Pink Shirt Day in Kahnawà:ke 3
 Types of Violence and Abuse 4-8
 Trauma and Addiction..... 9

March Break: Staying Safe 10
 What We Say When We Talk About Assault ... 11
 What is Bullying? 12

Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotia'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawa'kehró:non. All community members are welcomed and encouraged to submit articles provided that they are comprehensive to the general public, informative and educational. Slanderous material will not be accepted. Views expressed in the articles may not necessarily reflect those of KSCS. We reserve the right to edit all articles. All questions concerning this newsletter should be directed to:

The Editor
Aionkwatakari:teke

P.O. Box 1440
Kahnawà:ke, Quebec J0L 1B0
Tel: 450-632-6880
Fax: 450-632-5116
Email: kscs@kscskahnawake.ca
(Attention: newsletter editor)

Editor/Layout/Design, Marie David
Executive Publisher, Derek Montour

Proofreading:
Blair Armstrong



www.kscs.ca

Contributors:

Kara Diabo
Govt. of Newfoundland & Labrador
Terese Marie Mailhot/Indian Country Today
Terry Kariwaiehnne McComber
Jessica Oesterreich
Christine Taylor

This newsletter is intended to complement, not replace, the advice of your health care provider. Before starting any new health regimen, please see your doctor.

Editor's Notebook



I THINK I WILL KEEP it short and sweet in this first introduction to the 2017 batch of newsletters. This issue isn't the easiest issue to pull together. We start planning it in the early days of December – that's not unusual, as we normally plan an issue two months ahead of time – but is somewhat unusual is that the Christmas holiday interrupts the process. People are busy with their regular work schedules plus trying to get their desk cleared before the break. It can be difficult to also keep in mind an article that needs to be handed in the first week back from the holiday. So, that's a little peek into the production side of things. We sometimes have to reach outside to find articles that we not only think may be of interest to you, the reader, but also that is relevant and that we have permission to reprint and edit.

That's the long way around to say that we've got two articles that we've sourced from outside. One is from the government of Newfoundland and Labrador and it contains a lengthy breakdown of what violence is. It's interesting to see how many definitions there are.

Another article we are reprinting is from Indian Country Today from Terese Marie Mailhot about the conversation, some of it quite vile and violent itself, that happens when women become vocal about sexual abuse. We hope you enjoy this issue.

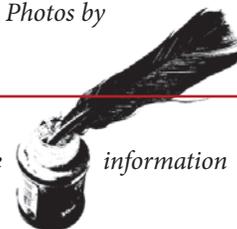
We've also got two articles dealing with bullying here in Kahnawà:ke, an article on the link between trauma and addictions, and some tips for a safe March break.

Sken:nen,

Marie David

Cover photos of the Memorial March of Missing and Murdered Indigenous Women that took place in Montreal on February 14, 2016. Photos by Christine Taylor. Cover Design by Marie David.

This year, organizers will be holding a flash mob and dinner with speakers. Please check their website for more information at www.missingjustice.ca.





Pink Shirt Day in Kahnawa:ke

BY KARA DIABO, PREVENTION

NATIONAL ANTI-BULLYING AWARENESS day is February 22, 2017. KSCS is calling for all students, teachers and staff of our local schools, organizations, businesses, and community members to wear pink shirts. We would like to have community wide participation in promoting awareness on the issue of bullying.

Here in Kahnawa:ke, bullying and cyberbullying is a major issue. The in-school prevention team at KSCS are teaching the Second Step Bullying Unit in the elementary schools to provide children with the skills and tools to recognize, report and refuse bullying (Second Step).

This is not just a message for the children, it is an issue of respect that needs to be supported by everyone. Together we need to encourage kindness and combat the problem of bullying.

Pink Shirt Day was started in 2007 in Nova Scotia by two high school senior students, Travis Price and David Shepherd, after they witnessed a younger student being bullied for wearing a pink shirt on the first day of school. Price had been bullied himself and wanted to make sure his peer had a positive high school experience and that he was no longer targeted.

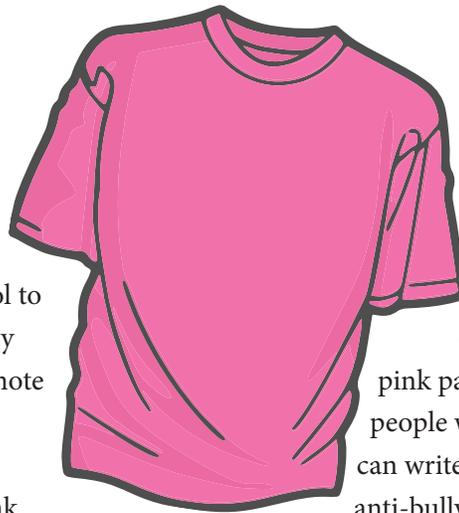
The high school seniors organized a rally, spreading the message by word of mouth and social media, and invited the entire school to wear pink shirts in solidarity with the victim and to promote awareness on the issue.

Price and Shepherd purchased 50 pink women's tank tops from a local discount store and distributed them at school the next day, approximately 800 of the thousand students at their school wore pink shirts to show their support.

The initiative was successful and the bully was stopped for good. Their efforts were recognized by the Premier of Nova Scotia, who declared the second Thursday in September as Stand up Against Bullying Day.

The event received a lot of media attention and was circulated around the country. This day is now recognized as anti-bullying awareness day or pink shirt day in many countries of the world.

KSCS would like to invite the community to participate in pink shirt day on Wednesday February 22, 2017. On February 2 and February 16, we will bring our anti-bullying awareness



campaign to the Services Complex, where we will hand out small pink paper shirts to people where they can write and express anti-bullying/ positive

friendship messages.

These shirts will be displayed on the back corridor wall for community members to share and appreciate.

We will be visiting our local schools with pink shirt day activities and treats, and to encourage kindness amongst the youth. We will also be circulating an anti-bullying petition. We hope to bring the community together in a positive way and to promote discussion and awareness on the issue of bullying.

For more information: www.pinkshirt-day.ca

References

Second Step. Bullying Prevention Unit. Committee for Children, 2013.

Types of Violence and Abuse

Defining Violence and Abuse

TAKEN FROM VIOLENCE PREVENTION INITIATIVE, GOVERNMENT OF NEWFOUNDLAND AND LABRADOR

VIOLENCE AND OTHER FORMS of abuse are most commonly understood as a pattern of behaviour intended to establish and maintain control over family, household members, intimate partners, colleagues, individuals or groups. While violent offenders are most often known to their victims (intimate or estranged partners and spouses, family members, relatives, peers, colleagues, etc.), acts of violence and abuse may also be committed by strangers.

Violence and abuse may occur only once, can involve various tactics of subtle manipulation or may occur frequently while escalating over a period of months or years. In any form, violence and abuse profoundly affect individual health and well-being. The roots of all forms of violence are founded in the many types of inequality which continue to exist and grow in society.

Violence and abuse are used to establish and maintain power and control over another person, and often reflect an imbalance of power between the victim and the abuser.

Violence is a choice, and it is preventable.

There are nine distinct forms of violence and abuse:

- Physical violence;
- Sexual violence;
- Emotional violence;
- Psychological violence;
- Spiritual violence;
- Cultural violence;
- Verbal Abuse;
- Financial Abuse; and,
- Neglect

Nine Types of Violence and Abuse

Physical Violence	Sexual Violence	Emotional Violence
Physical violence occurs when someone uses a part of their body or an object to control a person's actions.	Sexual violence occurs when a person is forced to unwillingly take part in sexual activity.	Emotional violence occurs when someone says or does something to make a person feel stupid or worthless.
Psychological Violence	Spiritual Violence	Cultural Violence

Continued on pages 5–8.

Continued from page 4

Nine Types of Violence and Abuse

Psychological violence occurs when someone uses threats and causes fear in an individual to gain control.	Spiritual (or religious) violence occurs when someone uses an individual's spiritual beliefs to manipulate, dominate or control that person.	Cultural violence occurs when an individual is harmed as a result of practices that are part of her or his culture, religion or tradition.
Verbal Abuse	Financial Abuse	Neglect
Verbal abuse occurs when someone uses language, whether spoken or written, to cause harm to an individual.	Financial abuse occurs when someone controls an individual's financial resources without the person's consent or misuses those resources.	Neglect occurs when someone has the responsibility to provide care or assistance for an individual but does not.

1. Physical Violence

Physical violence occurs when someone uses a part of their body or an object to control a person's actions. Physical violence includes, but is not limited to:

- Using physical force which results in pain, discomfort or injury;
- Hitting, pinching, hair-pulling, arm-twisting, strangling, burning, stabbing, punching, pushing, slapping, beating, shoving, kicking, choking, biting, force-feeding, or any other rough treatment;
- Assault with a weapon or other object;
- Threats with a weapon or object;
- Deliberate exposure to severe weather or inappropriate room temperatures; and,
- Murder.

Medication abuse

- * Inappropriate use of medication, including:
 - » withholding medication;
 - » Not complying with prescription instructions; and,
 - » Over- or under-medication.

Restraints abuse

- * Forcible confinement;
- * Excessive, unwarranted or unnecessary use of physical restraints;
- * Forcing a person to remain in bed;
- * Unwarranted use of medication to control a person (also called "chemical restraint"); and,
- * Tying the person to a bed or chair.

2. Sexual Violence

Continued from page 5

Sexual violence occurs when a person is forced to unwillingly take part in sexual activity. Sexual violence includes, but is not limited to:

- Touching in a sexual manner without consent (i.e., kissing, grabbing, fondling);
- Forced sexual intercourse;
- Forcing a person to perform sexual acts that may be degrading or painful;
- Beating sexual parts of the body;
- Forcing a person to view pornographic material; forcing participation in pornographic filming;
- Using a weapon to force compliance;
- Exhibitionism;
- Making unwelcome sexual comments or jokes; leering behaviour;
- Withholding sexual affection;
- Denial of a person's sexuality or privacy (watching);
- Denial of sexual information and education;
- Humiliating, criticizing or trying to control a person's sexuality;
- Forced prostitution;
- Unfounded allegations of promiscuity and/or infidelity; and,
- Purposefully exposing the person to HIV-AIDS or other sexually transmitted infections.

3. Emotional Violence

Emotional violence occurs when someone says or does something to make a person feel stupid or worthless. Emotional violence includes, but is not limited to:

- Name calling;
- Blaming all relationship problems on the person;
- Using silent treatment;

- Not allowing the person to have contact with family and friends;
- Destroying possessions;
- Jealousy;
- Humiliating or making fun of the person;
- Intimidating the person; causing fear to gain control;
- Threatening to hurt oneself if the person does not cooperate;
- Threatening to abandon the person; and,
- Threatening to have the person deported (if they are an immigrant).

4. Psychological Violence

Psychological violence occurs when someone uses threats and causes fear in a person to gain control. Psychological violence includes, but is not limited to:

- Threatening to harm the person or her or his family if she or he leaves;
- Threatening to harm oneself;
- Threats of violence;
- Threats of abandonment;
- Stalking / criminal harassment;
- Destruction of personal property;
- Verbal aggression;
- Socially isolating the person;
- Not allowing access to a telephone;
- Not allowing a competent person to make decisions;
- Inappropriately controlling the person's activities;
- Treating a person like a child or a servant;
- Withholding companionship or affection;
- Use of undue pressure to:
 - * Sign legal documents;
 - * Not seek legal assistance or advice;

Continued from page 6

- * Move out of the home;
- * Make or change a legal will or beneficiary;
- * Make or change an advance health care directive;
- * Give money or other possessions to relatives or other caregivers; and,
- * Do things the person doesn't want to do.

5. Spiritual Violence

Spiritual (or religious) violence occurs when someone uses a person's spiritual beliefs to manipulate, dominate or control the person. Spiritual violence includes, but is not limited to:

- Not allowing the person to follow her or his preferred spiritual or religious tradition;
- Forcing a spiritual or religious path or practice on another person;
- Belittling or making fun of a person's spiritual or religious tradition, beliefs or practices; and,
- Using one's spiritual or religious position, rituals or practices to manipulate, dominate or control a person.

6. Cultural Violence

Cultural violence occurs when a person is harmed as a result of practices that are part of her or his culture, religion or tradition. Cultural violence includes, but is not limited to:

- Committing "honour" or other crimes against women in some parts of the world, where women especially may be physically harmed, shunned, maimed or killed for:
 - * Falling in love with the "wrong" person;
 - * Seeking divorce;
 - * Infidelity; committing adultery;
 - * Being raped;

- * Practicing witchcraft; and,
- * Being older.

- Cultural violence may take place in some of the following ways:

- * Lynching or stoning;
- * Banishment;
- * Abandonment of an older person at hospital by family;
- * Female circumcision;
- * Rape-marriage;
- * Sexual slavery; and,
- * Murder

7. Verbal Abuse

Verbal abuse occurs when someone uses language, whether spoken or written, to cause harm to a person. Verbal abuse includes, but is not limited to:

- Recalling a person's past mistakes;
- Expressing negative expectations;
- Expressing distrust;
- Threatening violence against a person or her or his family members;
- Yelling;
- Lying;
- Name-calling;
- Insulting, swearing;
- Withholding important information;
- Unreasonably ordering around;
- Talking unkindly about death to a person; and,
- Telling a person she or he is worthless or nothing but trouble.

Continued from page 7

8. Financial Abuse

Financial abuse occurs when someone controls a person's financial resources without the person's consent or misuses those resources. Financial abuse includes, but is not limited to:

- Not allowing the person to participate in educational programs;
- Forcing the person to work outside the home;
- Refusing to let the person work outside the home or attend school;
- Controlling the person's choice of occupation;
- Illegally or improperly using a person's money, assets or property;
- Acts of fraud; pulling off a scam against a person;
- Taking funds from the person without permission for one's own use;
- Misusing funds through lies, trickery, controlling or withholding money;
- Not allowing access to bank accounts, savings, or other income;
- Giving an allowance and then requiring justification for all money spent;
- Persuading the person to buy a product or give away money;
- Selling the house, furnishings or other possessions without permission;
- Forging a signature on pension cheques or legal documents;
- Misusing a power of attorney, an enduring power of attorney or legal guardianship;
- Not paying bills;
- Opening mail without permission;
- Living in a person's home without paying fairly for

expenses; and,

- Destroying personal property.

9. Neglect

Neglect occurs when someone has the responsibility to provide care or assistance for you but does not. Neglect includes, but is not limited to, the following:

- Failing to meet the needs of a person who is unable to meet those needs alone;
- Abandonment in a public setting; and,
- Not remaining with a person who needs help.

Physical neglect

- Disregarding necessities of daily living, including failing to provide adequate or necessary:
 - » Nutrition or fluids;
 - » Shelter;
 - » Clean clothes and linens;
 - » Social companionship; and,
 - » Failing to turn a bed-ridden person frequently to prevent stiffness and bed-sores.

Medical neglect

- Ignoring special dietary requirements;
- Not providing needed medications;
- Not calling a physician; not reporting or taking action on a medical condition, injury or problem; and,
- Not being aware of the possible negative effects of medications.

Source: Government of Newfoundland and Labrador: Violence Prevention Initiative.

Note: Not all of these definitions of violence apply or will apply to our experiences. The list is just for general informational purposes.



Trauma and Addiction

BY JESSICA OESTERREICH, PREVENTION

IF THE FIGHT AGAINST addictions was won solely by talking to youth about the dangers and health problems caused by substance use, we would have solved the community's addictions problems long ago. Unfortunately the issues surrounding addictions are far more complex than a simple lack of drug facts. The real issues that contribute to an individual's life with addictions penetrate into the heart of our families.

The roots of addictions grow out of a place of pain that the person living with addiction may not be able to deal with. For many people, that pain may be associated with trauma in their past. What is trauma? One way to explain it is to describe trauma as an extremely negative experience. Trauma can often be a result of violence.

Violence takes many forms. It can be physical, verbal, social, sexual, legal, political, or emotional, and all can result in leaving a person with trauma. Without proper acknowledgement and healing from trauma a wound is left in the victim's emotional, spiritual, and mental health. We call that unresolved trauma.

Many people may not have access to healing from trauma. That can be because of a lack of knowledge or contact with people who can help them deal with the spiritual aspect of healing. It may be because they were raised not to acknowledge their emotions. It may be the result of a lack of knowledge regarding the ins and outs of mental health services and how to access them.

For all of these reasons, substance use or engaging in addictive habits (e.g., gambling) become the easiest methods of covering up that wound in their emotional, spiritual, and mental health.

What people living with unresolved trauma often don't realize is that this method of dealing with trauma is like covering a bullet hole with a dirty bandage. It doesn't solve the real problem, and it makes it worse.

Substance use, no matter how harmless it may seem, is like that dirty bandage. It infects the real problem, causing it to worsen to the point where it affects other parts of everyday life. What starts out as a casual habit, turns into an addiction because it helped to cover up a wound that never stopped growing.

That's not to say that the occasional drink with friends will result in alcoholism or other forms of addiction. It just means that when we use substances or habits to make us feel better, it won't work. Substances and habits won't make you feel better. They will not fill the gap or cover up the pain that was caused by experiences with violence. For some people substance use increases to keep up with the growing pain caused by unresolved trauma. That would be like adding more dirty bandages on top of the spreading infection of the wound.

Kahnawà:ke has a unique history that has laid the foundation of each community member's own experience with violence and trauma. The

community has the shared experiences of violence that came from early colonialism, social and legal violence that came with not being in charge of managing our land base (e.g., the seigneurie, the seaway), as well as social and political violence that led up to and was seen in the summer of 1990.

Each community member carries the scars of these past events in addition in their own traumas (experiences with domestic violence as children and adults, sexual abuse, grief), causing them to carry stacks of trauma. Without a connection to spiritual, emotional, psychological, and physical healing, many people use substances to distract them from the load of these stacks.

If you feel like it's time to put down your stack, you can contact KSCS at 450- 632-6880.

March Break: Staying Safe

BY CHRISTINE TAYLOR, PREVENTION

WHETHER IT'S TO BLOW off some steam or to rest up, young people and families are planning for March break. Whether you prefer to lounge on the beach or to ski on a mountain, planning ahead with some common sense tips can assure that your vacation is memorable in a good way.

Do your research: Use a travel agent, they are good sources of information about a particular area and will help you with insurance, travel plans, hotel and transfers and so on. If you book on your own via the Internet, ask around for referrals from friends and family, they too can be a great resource for information about a particular destination.

Flying or driving: Make sure you have all your documents in order: tickets, passports, identification, license, registration and insurance. An itinerary is also recommended to let those at home know when and where you'll be. Check in at regular intervals.

Medical insurance. Make sure you're covered. If you don't have any, buy some from a travel agent or your local bank, most airlines have it available to you as well.

Hotels: Let friends and family know where you are staying and how they can contact you. Always note the fire exits and evacuation plans for an emergency. Use the hotel safe for any valuables that you do not need to carry: tickets, ID's, extra cash, credit cards, any documents you will need on your return home.

Vaccinations: Make sure you are up to date on all the regular vaccinations and also if there are other vaccinations recommended for your destination e.g., Zika virus. Ask your health care provider and/or visit a travel clinic. There are some food borne illnesses that you can be vaccinated against, like some forms of hepatitis. It's a good idea to stick to tourist areas for food and drink bottled or filtered water



at all times. You can find more information about travel health advisories at the Public Health Agency of Canada's website:

Drinking alcohol while on vacation? Pace yourself and be aware of the dangers of alcohol poisoning. Bear in mind that alcohol is the single most widely abused drug when it comes to assault, sexual assault and accidental injury. **Carry protection.** Going out to party? Have a plan for where you are going and follow through. Meet up and check in with each other Go with friends and leave with friends..

At the beach/on the slopes: Make sure there are proper lifeguard/ski patrols in the area. There can be riptides and undertow dangers on the ocean, and avalanche and unmarked dangers on the ski slopes as well. Always wear protection, sunscreen on the beach and mountain and helmets while skiing, snowboarding or riding bicycles and or motorcycles in warmer countries. Bring bug repellent if you're going to be in warmer climates. Check travel advisories for the Zika virus.

Most of these tips are common sense. You've got this! Do your research, plan ahead and it can be a fun and memorable spring break for the right reasons.

Resources: the Public Health Agency website has information about travel advisories, travel health notices (potential health risks to Canadian travellers) and information about travel insurance. Their website can be found here: Canadian Public Health Agency <http://www.phac-aspc.gc.ca/tmp-pmv/index-eng.php>.

Images from Freepik.



What We Say When We Talk About Assault

BY TERESE MARIE MAILHOT, INDIAN COUNTRY TODAY NETWORK, REPRINTED WITH PERMISSION

THE CONVERSATIONS ON SEXUAL assault and survival have escalated during this election. Trump's recorded conversation with Billy Bush amped up dialogue on how easy it is to be complicit to assault. Billy Bush shouldn't have laughed off or egged on Trump's behavior, and now he's loathed across the country. I believe in every person's responsibility to honour women's voices and challenge how conversations about sexual assault are being mishandled.

I spent a few short hours observing my social media feeds and objected to any behaviour I found complicit in suppressing women's voices, stories, and truths. In a single day, I was privy to some disgusting comments from educated men, working-class men, men with families and daughters.

On the accusations Trump was facing, an older, somewhat oblivious, man (who would like to be anonymous) stated that the accusers were eight "weasel ladies" who "wanted fame" and had "no life." I'm paraphrasing here because he had problems forming full sentences.

After Trump's exposure, women in the public sphere came out to expose how prevalent this issue is. On Jezebel*, a piece was published about actress Rose McGowan's account of being raped by a Hollywood executive. In the comments section, Dennis Oliver wrote, "She's a media whore. I already know what they want, attention." Oliver also stated, "Whores are capable of almost anything." I asked him kindly if he would mind me sending these statements of his to his employer, and he quickly deleted his comments. Interesting. These are men existing in our work environments, under our noses, with covert misogyny they probably only reveal online.

I remind you this was what I saw in a single day. Then, a man I graduated with at the Institute of American Indian Arts (who would like to be anonymous), who has an advanced degree, discussed Woody Allen's new show, *Crisis in Six Scenes*. I told him, aside from the accusations Allen molested his own child, I still don't appreciate his aesthetic. The man rebuked my claims, appreciated Allen's work, and then stated the allegations never led to a conviction, and that the allegations against him were, "... old news, frankly." When I questioned the nature of his comments, he gave me

his number and said if I wanted to have a more nuanced conversation about this we could. I'm not into nuanced conversations about child molestation, or separating art from its artist. Allen's work just doesn't excuse his transgressions. I can enjoy work by artists who aren't ethical, and who aren't politically correct, and who are faulty and human, but I had to draw the line at Allen: a man who married his ex's adopted daughter, a woman he met when she was a girl, and the line became more apparent when his own biological daughter came forward as a young woman, to say that he had assaulted her.

I closed the computer at some point after all this, unable to compartmentalize the type of disgusting it takes to dismiss assault, naysay women's stories, and assume that if there was no conviction, a victim is voiceless and unworthy of the deep contemplation that has helped our society evolve.

I think these men are unaware most often that the very women they're talking to have been assaulted. These women (us) sometimes didn't report the crime, because we were too small, because we didn't know who to tell, or because we were told not to. Some of us reported the crime to no avail. Some of us reported the crime, and families were separated, or the system told us it was our fault.

I think these men should witness our power in telling. That even if there is no conviction, you can hear it in our voices, the truth, the excuses we tell ourselves, the blame we carry. Take this burden from our hands, and this crack in my voice, and embrace it. Recognize that most of us are living in communities with jocular banter, jokes, prods, hands, and pain, and we are asked to be silent to it all. Where I'm from, being asked to witness is the greatest honour. We're asking you to rise to this occasion, where things have to change.

**Jezebel is an online blog aimed at the female readership of Gawker, itself an online celebrity-centered blog that shut down late last year after court case by wrestler Hulk Hogan.*

Terese Marie Mailhot is from Seabird Island Band. She is Saturday editor at The Rumpus, and her work has been featured in Carve Magazine, Yellow Medicine Review, and The Toast.

The Back Page....

"I'm happy to report that my inner child is still ageless."

James Broughton 1913-1999, American poet & filmmaker



What is Bullying?

BY TERRY KARIWAIEHNEHNE MCCOMBER, PREVENTION

THE SECOND STEP BULLYING Prevention Unit's definition of bullying: "Bullying is when someone keeps being mean to someone else on purpose. The person it's happening to hasn't been able to make it stop and it is unfair and one-sided." A conflict is a disagreement or argument that happens and can usually be settled in time through problem solving or with the help of a mediator. It is not one-sided because two or more people are engaged in it, and it is not something that happens over and over again.



These two definitions play a role in the bullying prevention lessons the KSCS In-School Prevention Team deliver to at our local elementary schools. For some time now, our team has been delivering lessons in the hopes of one day no one will be a victim to bullying and if they are, that they are equipped with the tools to handle it effectively.

The lessons have been well received by the students and many have come forward to talk about bullying and the efforts they have made to stop it. Teachers are also on board, some have even incorporated portions of the Bullying Prevention Unit into their curriculum. It is evident that this program is working and that students are being empowered to do the right thing.

As adults we must be able to help children recognize bullying and not to confuse it with a conflict. This can be done by asking questions: Who, what, where, is this the first time, etc.

Sometimes children call out and/or report something they feel is bullying but in reality it may be a problem or a conflict. Remind them that bullying, as defined by Second Step, "keeps being mean" or it happens over and over again, whereas a conflict can be a one-time occurrence and can often be solved immediately either by those involved or with the help of a mediator.

Let's work together to empower our children. For more information about KSCS' in-school prevention program, contact KSCS at 450-632-6880.

Source: Committee for Children, Second Step Bullying Prevention Unit

Enniska / February 2017

- Natl. Therapeutic Recreation Month
- 6 - 18 Kahnawà:ke Winter Carnival
- 2 Groundhog Day
- 14 Valentine's Day
- 14 (?) Annual Memorial March for Missing & Murdered Indigenous Women

Enniskó:wa / March

- 6-10 March Break (Kahnawà:ke Schools)
- 8 Intl. Women's Day
- 17 St. Patrick's Day

Do you have questions or suggestions? Is there a topic you would like to see covered in a future issue of the newsletter? Contact us and let us know.

Aionkwatakari:teke

P.O. Box 1440
Kahnawà:ke, Quebec J0L 1B0
Tel: 450-632-6880
Fax: 450-632-5116
Email: kscs@kscskahnawake.ca