Truth

Truth is knowing all the Seven Grandfather Teachings and walking and living by them.

You are truthful when you know and understand how to prevent and end violence against Aboriginal women and you are committed to promoting change.

Honouring our Life Teachings to End Violence

We define violence as any behaviour used to injure, abuse or harm another individual. Here are examples of physical, mental, emotional and spiritual violence:

Physical abuse is any physical act intended to control, harm, injure or inflict physical pain on another person.

Mental abuse means intentionally undermining a person’s sense of self-worth, individual identity, confidence in their own perceptions of what is real, or in their sense of agency and capacity.

Emotional and sexual abuse means using ridicule, fear, intimidation, terror, threats, and intentional put-downs. It means using what is known about the other person’s needs, fears, hopes, dreams, weaknesses and vulnerability to hurt and control her. Sexual abuse also incorporates elements of physical abuse as well as emotional and psychological abuse.

Spiritual abuse is any action that does not allow her the freedom to practice her own spiritual way of being.

Ending Violence is Our Responsibility.

Friendship Centres in Ontario

Friendship Centres are community spaces that provide culturally appropriate activities, programs and services for Aboriginal people of all ages.

Contact or visit your local Friendship Centre:

• Sign up for a program or activity
• Seek support
• Find out what’s happening in your community
• Volunteer

For more information on this campaign, go to OFIFC.org or Kanawayhitowin.ca

1-800-772-9291

OFIFC
Ontario Federation of Indigenous Friendship Centres

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Honour Life, End Violence
Believe in Teachings, Begin to Live Them

The Importance of Aboriginal Life Teachings

Life teachings are found across Aboriginal cultures. Elders and traditional people share life teachings with us when they tell us it's time. We all have responsibilities to seek out teachings. The expectation of how we approach Elders changes from culture to culture. We all have a set of Original Instructions about our roles and responsibilities and Elders to guide us through them.

The Seven Grandfather Teachings

The Creator gifted the Anishinaabe people with the Seven Grandfathers to help live in peace and harmony. With a path laid out, it is up to the people to use the life teachings to develop their spiritual side of life. The Seven Grandfathers are:

Wisdom

To cherish knowledge is to know wisdom.

There are many different forms of violence. From this teaching we will learn about the different types of abuse. We will then gain understanding and knowledge to make changes in our behaviour.

Wisdom is acknowledging and practicing values that are respectful of children, men, women and seniors. We will change those behaviours that are not positive or respectful.

Love

To know love is to know peace.

To live with love is to show kindness and respect to others.

You must learn to love and be at peace with yourself. Once you love yourself then you will be able to love others.

Respect

To honour all of Creation is to have respect.

This teaching tells men to: respect all of creation; not be judgmental; listen to and respect women; and to safeguard children, women, seniors and individual rights.

Bravery

Bravery is facing the foe with integrity.

Courage and bravery are needed when you begin to challenge and speak out against men’s violence against Aboriginal women and children.

You can practice positive role modeling to other men and boys and walk your talk with integrity.

Honesty

Honesty in facing a situation is being brave.

To be honest is to be truthful about your behaviour and to be open to understanding how your actions affect others. It is important to learn about power and control and how it can be misused in relationships. To be honest is to practice fairness.

Honesty is being up front in everything that you say and do without a hidden agenda or ulterior motive.

Humility

Humility is knowing yourself as a sacred part of Creation.

Humility is about having sensitivity towards others, respecting their way of doing things and listening to them. It means having self-awareness of personal strengths and limitations and knowing you have the capacity for growth and change.