

Two-Spirit! Let's Hear It!

An Introduction to Two-Spirit Health

Reflecting After the Webinar

Self-Reflection questions

On your own or with a friend or colleague, consider how your own beliefs and experiences might impact your ability to work with and alongside Two-Spirit people.

- Growing up, what did I learn about sexuality that shapes my views of acceptable or 'right' sexual behavior?
- What teachings do I have about gender roles and gendered behavior?
- What stereotypes do I have about Indigenous people and/or LGBTQ2S people?
- How do these assumptions and beliefs shape my practice?
- How has my own thinking about gender and sexuality changed over the years?
- What resources are available in my community that I can use to educate myself?

Community Assessment

How welcoming is your organization/community to Two-Spirit people? Use these questions as a starting point for assessing how well your organization or community is doing at creating a culturally safe space for Two-Spirit people.

- How well are you balancing the need for gendered spaces with the needs of Two-Spirit people, including shifting sexual and gender identities?

Consider the ways you might be excluding non-binary and trans Indigenous people through:

- Gender-separate spaces (ie. girls and boys groups)
- Gendered washrooms
- Gendered ceremonial spaces
- Do Two-Spirit people have a voice in shaping policy?
- Do you have Two-Spirit representation in your organizational leadership and staff?
 - If not, what would need to change for your organization to be welcoming and safe for Two-Spirit people to get involved?
- How can you visibly represent Two-Spirit community members in a diversity of community spaces?