

WE ARE INVINCIBLE

Rayne Kakewash

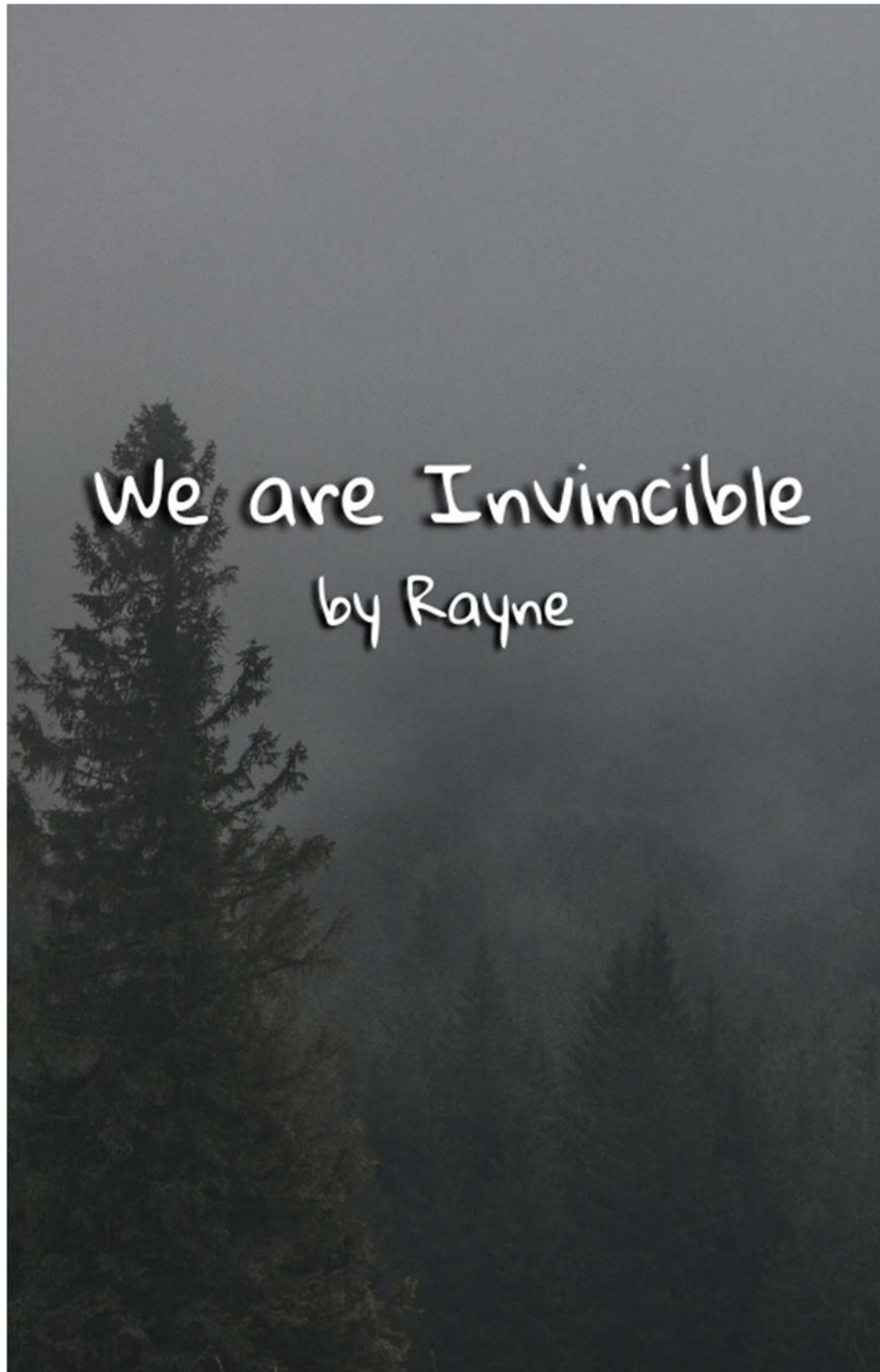


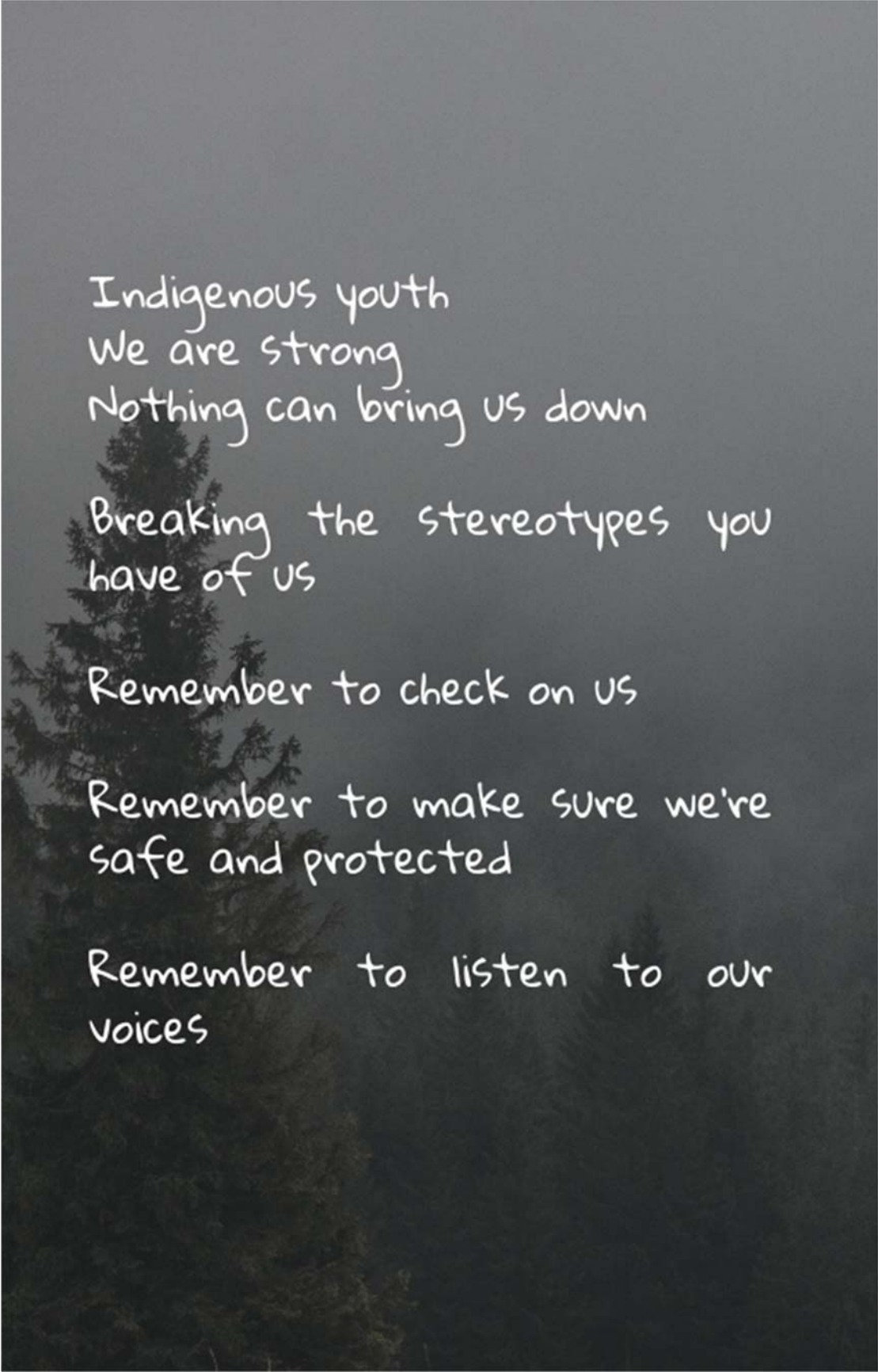
Keywords: Indigenous children/youth in care, Indigenous healing, belonging, Indigenous youth resurgence, Indigenous programming, Indigenous arts-based research

Acknowledgement: We raise our hands in deepest respect and gratitude to the ancestors and families of the ləkʷəŋən and WSÁNEĆ nations and to our own ancestors and Nations. We raise our hands to all Indigenous children and youth who have grown up in colonial systems, to those we have lost, and to those who survive, resist, and imagine justice and resurgence. INVINCIBLE is grateful for funding provided by the Social Sciences and Humanities Research Council of Canada (Insight grant 435-2020-1191) and the Canet Foundation.

Rayne Kakewash is an Indigenous youth in care and an INVINCIBLE youth storyteller/researcher who has been working with the Kinship Rising research project at the University of Victoria since 2021.

Please contact the Kinship Rising project: kinshiprising@uvic.ca





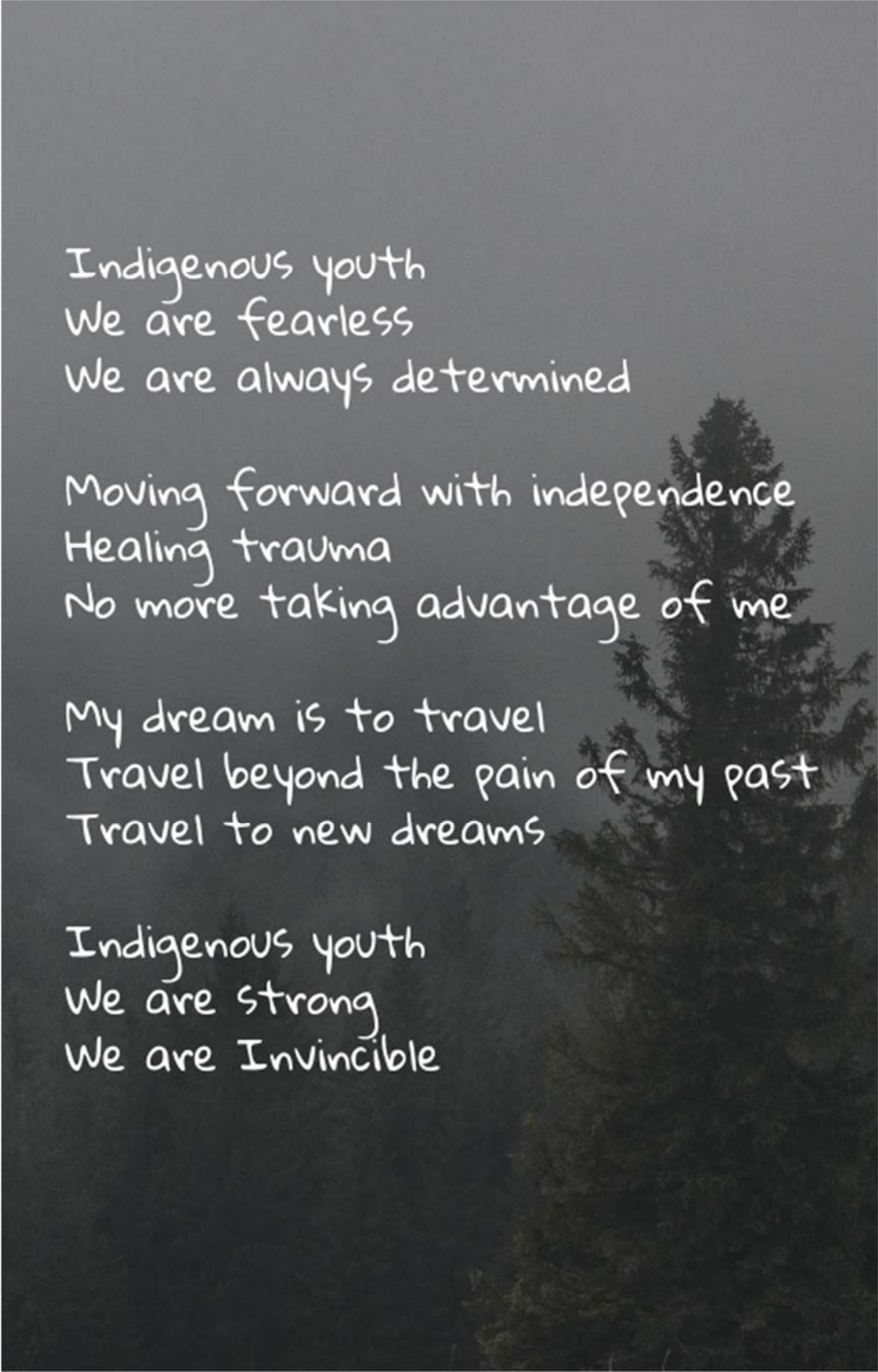
Indigenous youth
We are strong
Nothing can bring us down

Breaking the stereotypes you
have of us

Remember to check on us

Remember to make sure we're
safe and protected

Remember to listen to our
voices

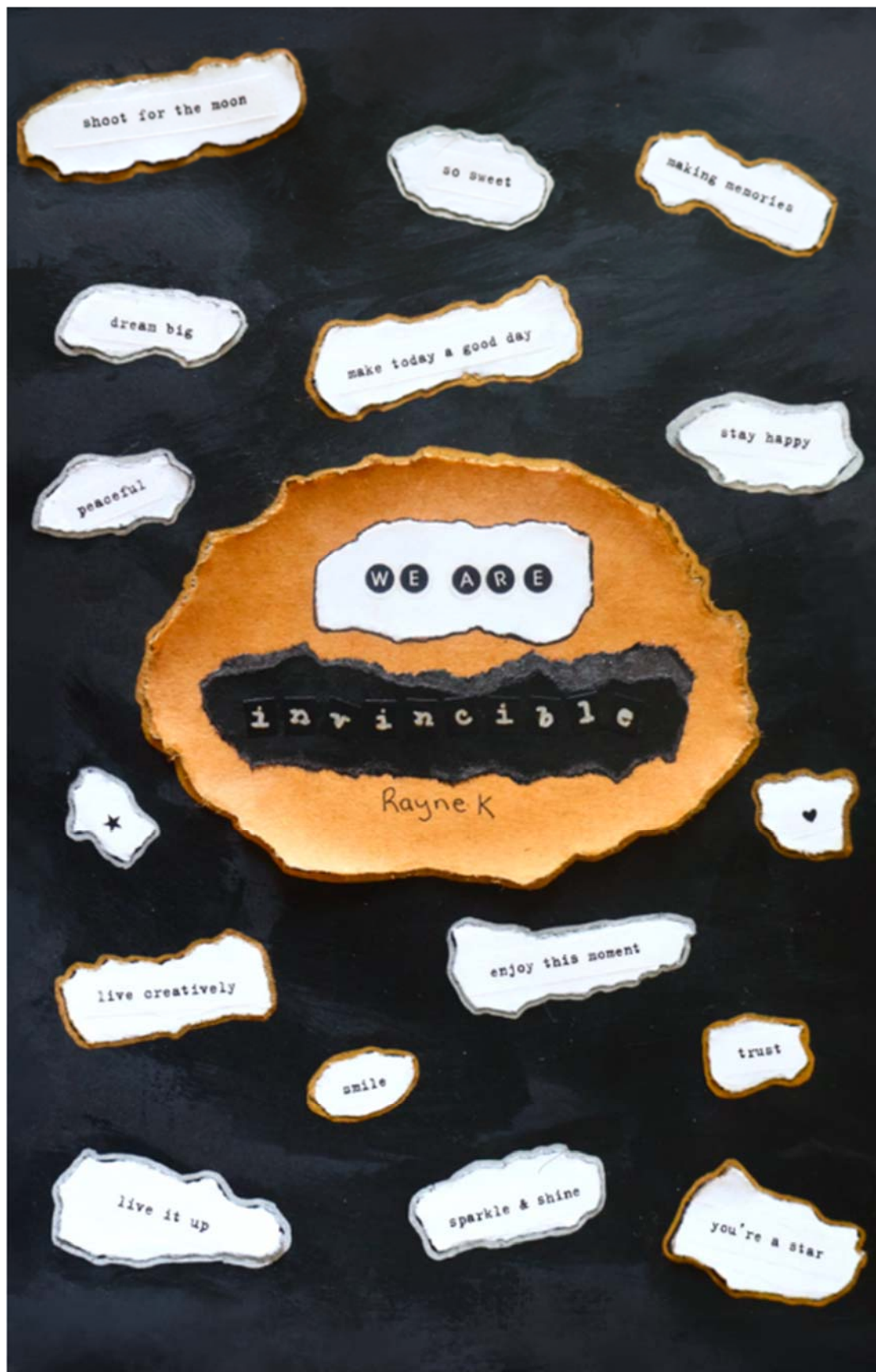


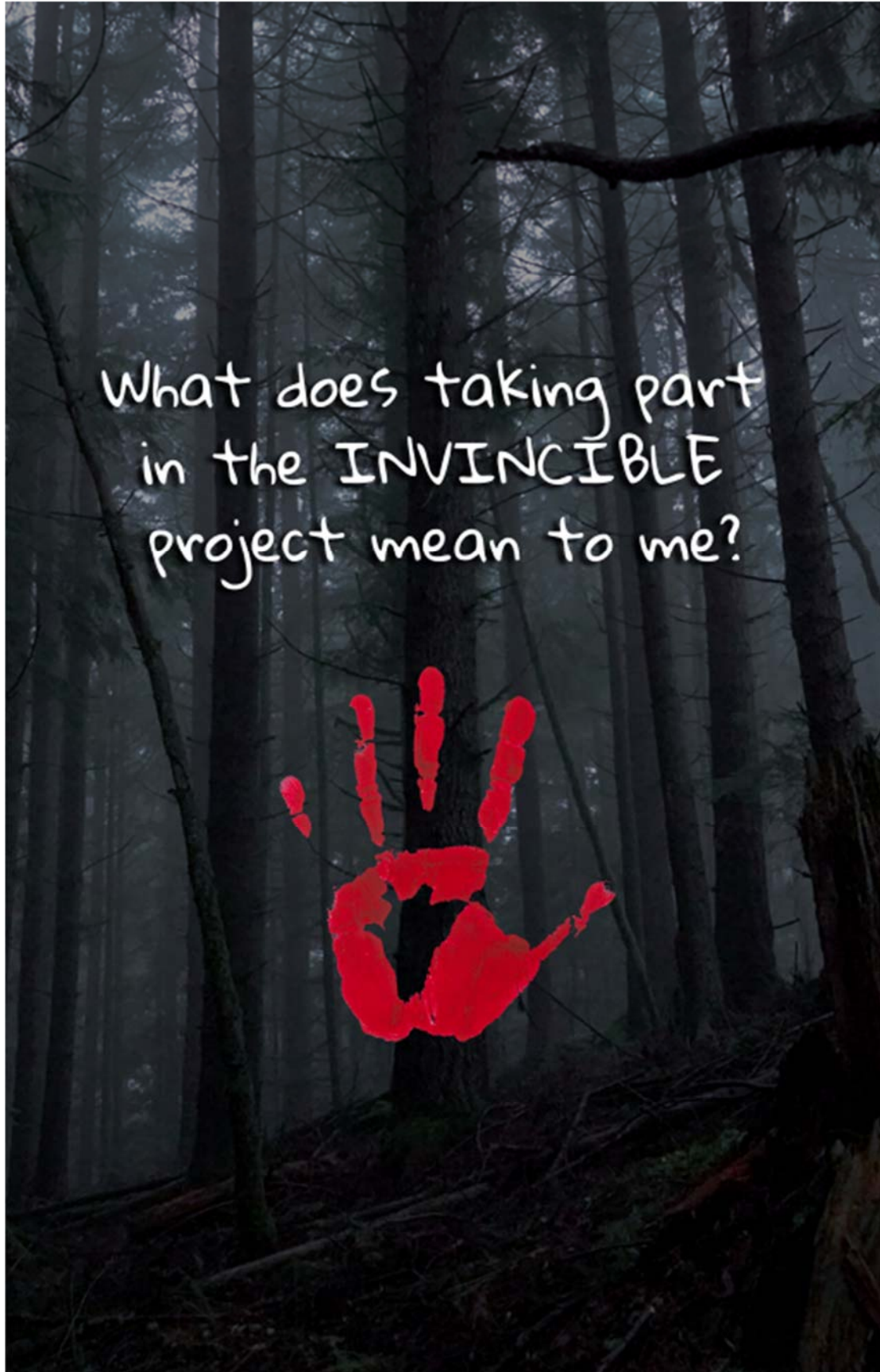
Indigenous youth
We are fearless
We are always determined

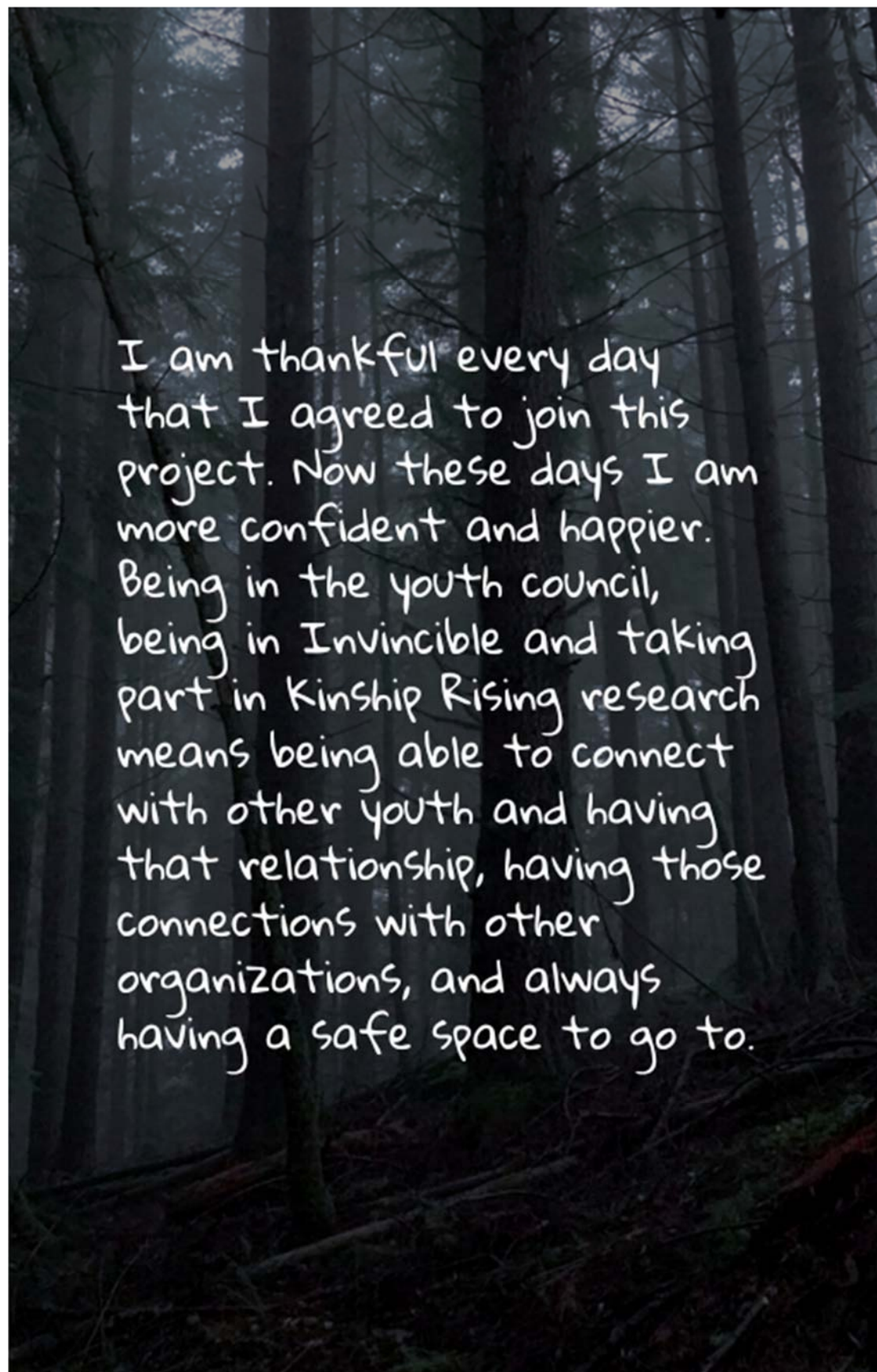
Moving forward with independence
Healing trauma
No more taking advantage of me

My dream is to travel
Travel beyond the pain of my past
Travel to new dreams

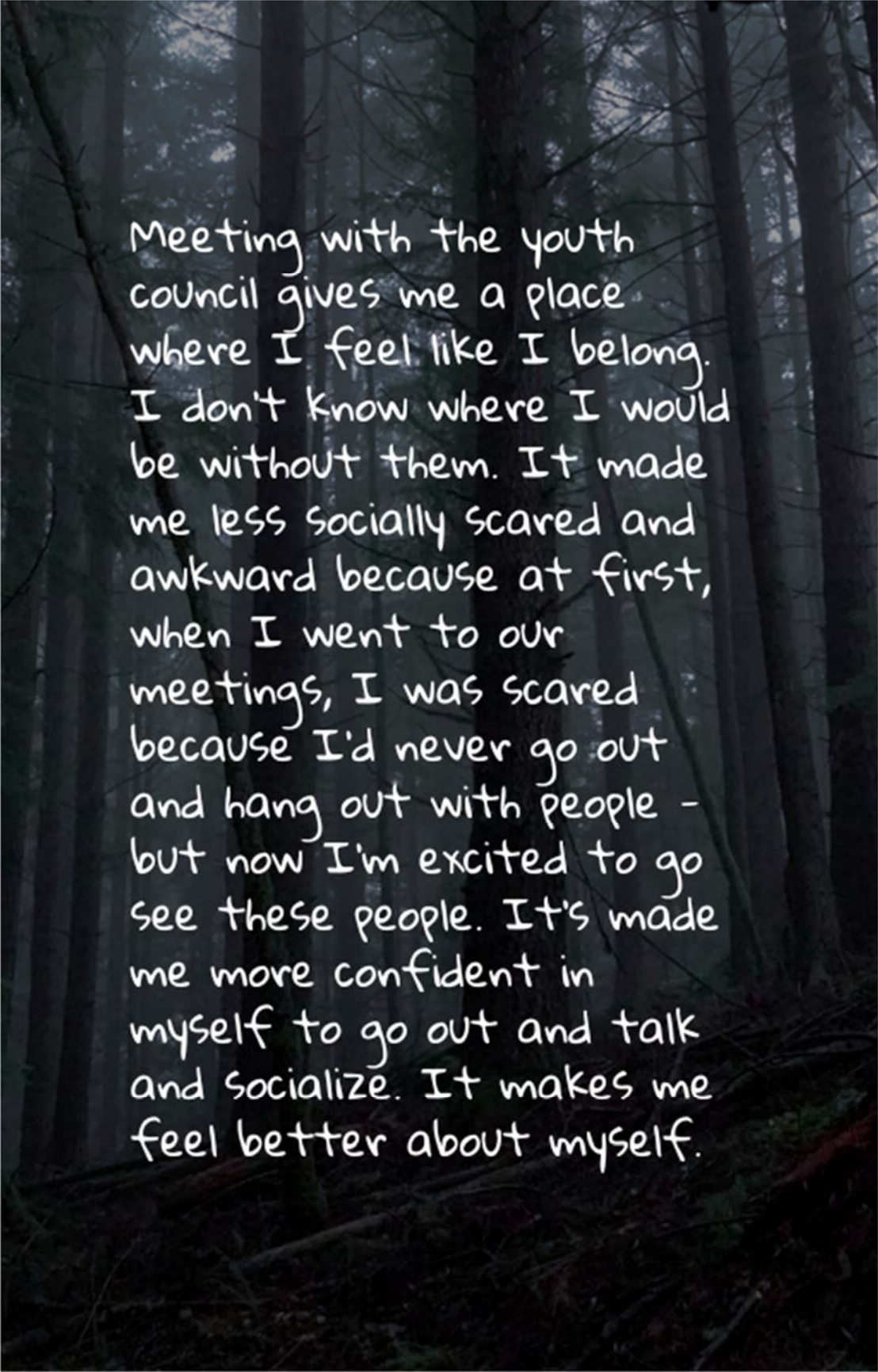
Indigenous youth
We are strong
We are Invincible



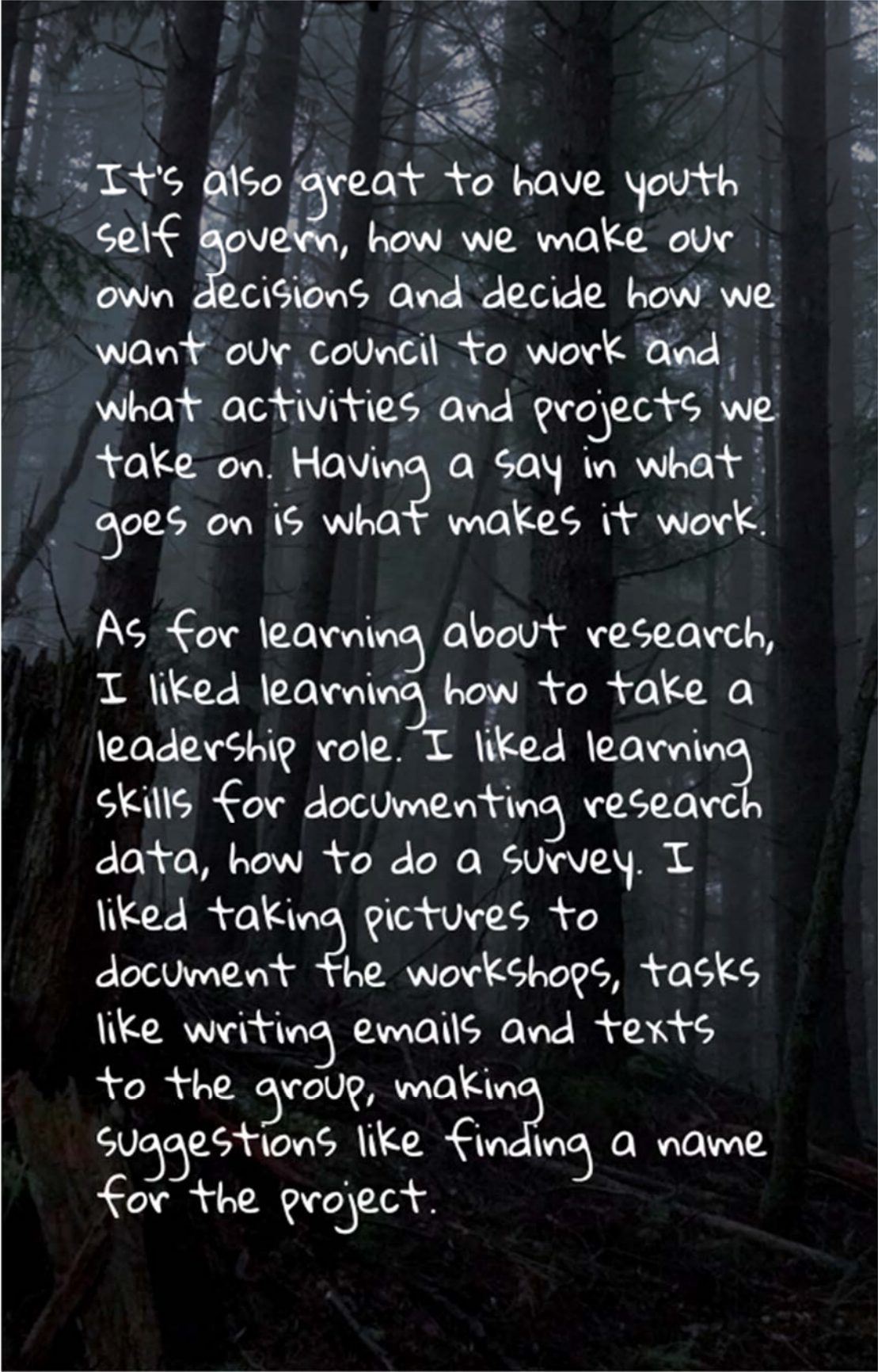




I am thankful every day
that I agreed to join this
project. Now these days I am
more confident and happier.
Being in the youth council,
being in Invincible and taking
part in Kinship Rising research
means being able to connect
with other youth and having
that relationship, having those
connections with other
organizations, and always
having a safe space to go to.

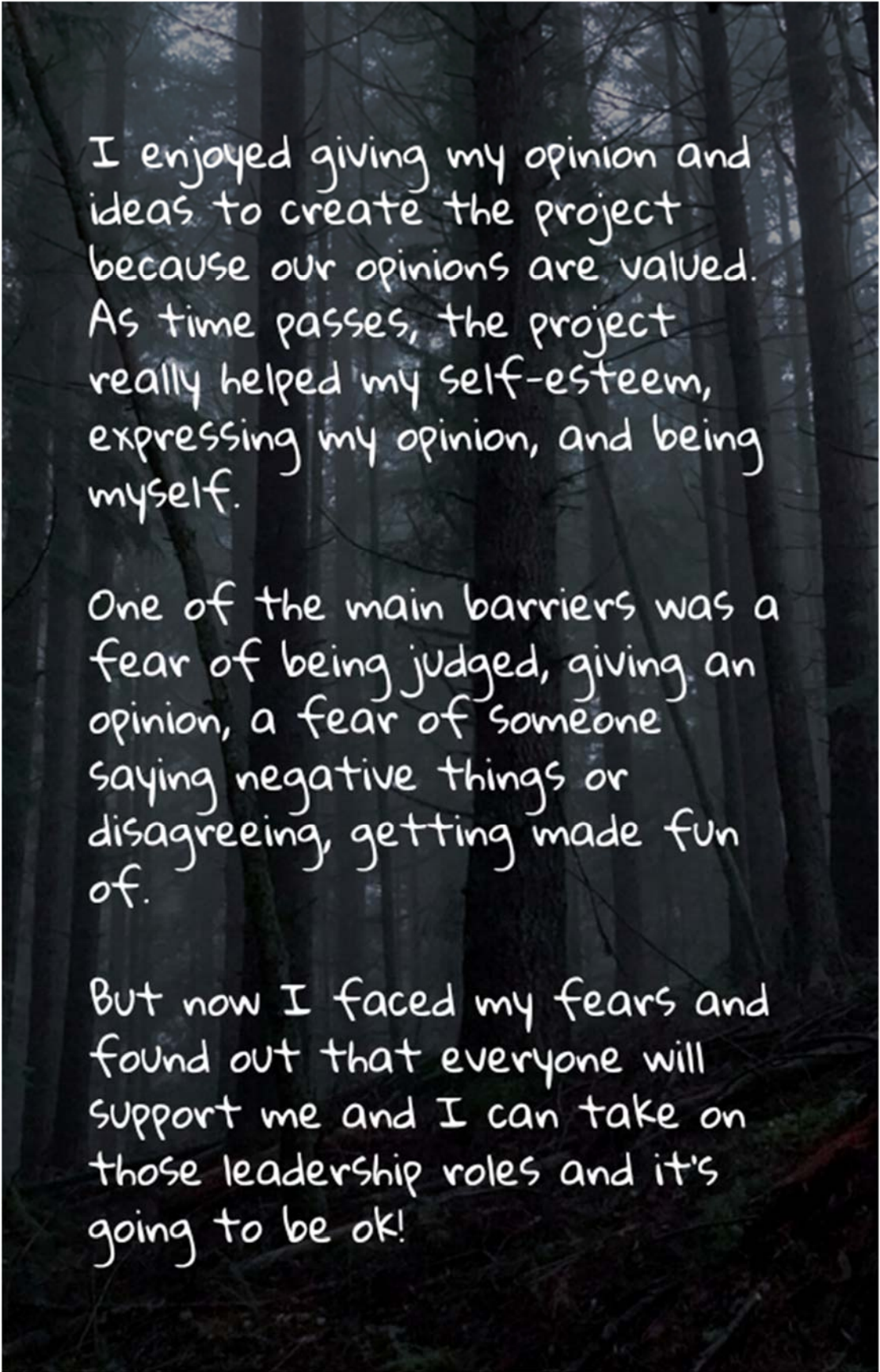


Meeting with the youth council gives me a place where I feel like I belong. I don't know where I would be without them. It made me less socially scared and awkward because at first, when I went to our meetings, I was scared because I'd never go out and hang out with people - but now I'm excited to go see these people. It's made me more confident in myself to go out and talk and socialize. It makes me feel better about myself.



It's also great to have youth self govern, how we make our own decisions and decide how we want our council to work and what activities and projects we take on. Having a say in what goes on is what makes it work.

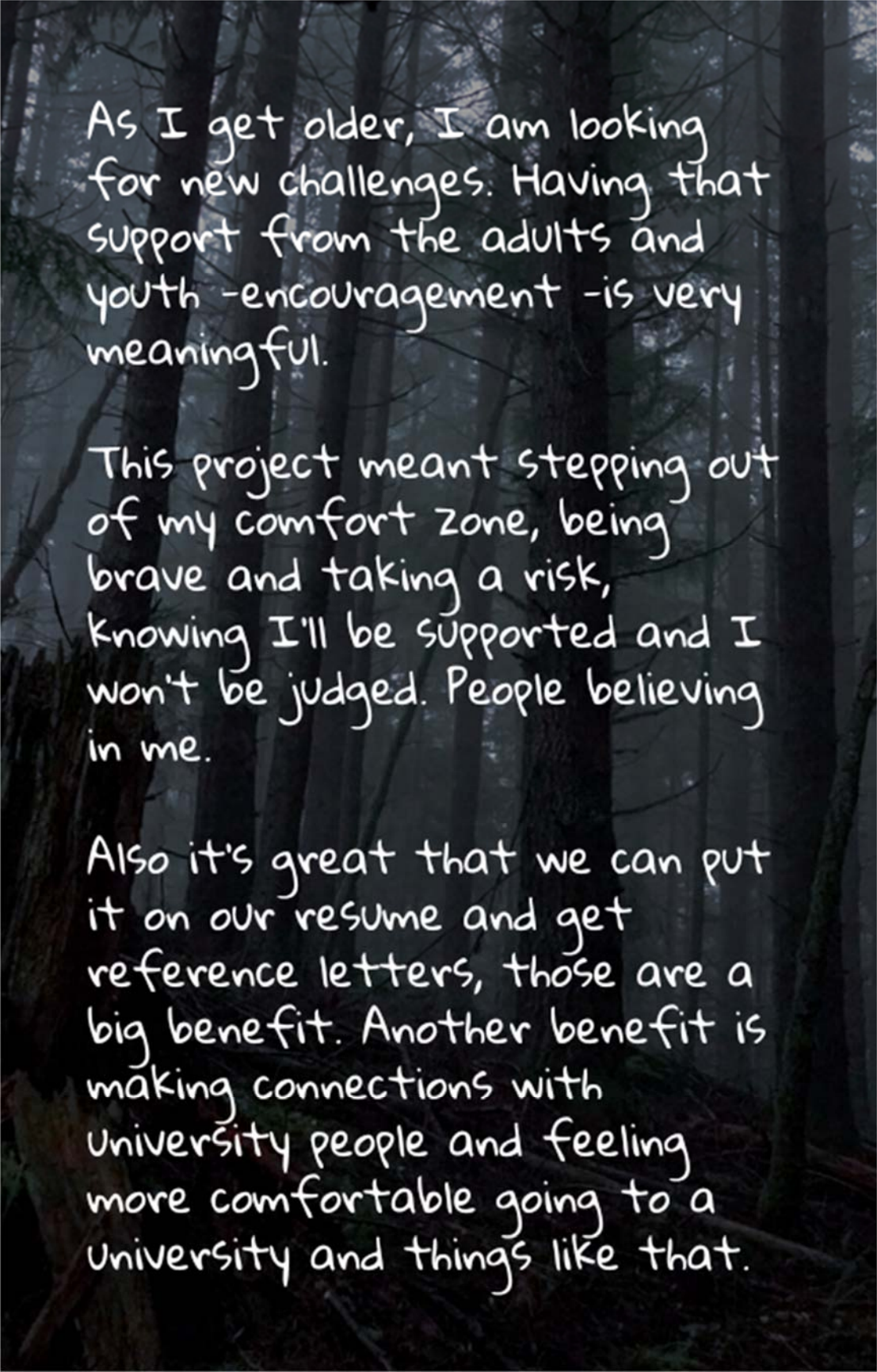
As for learning about research, I liked learning how to take a leadership role. I liked learning skills for documenting research data, how to do a survey. I liked taking pictures to document the workshops, tasks like writing emails and texts to the group, making suggestions like finding a name for the project.



I enjoyed giving my opinion and ideas to create the project because our opinions are valued. As time passes, the project really helped my self-esteem, expressing my opinion, and being myself.

One of the main barriers was a fear of being judged, giving an opinion, a fear of someone saying negative things or disagreeing, getting made fun of.

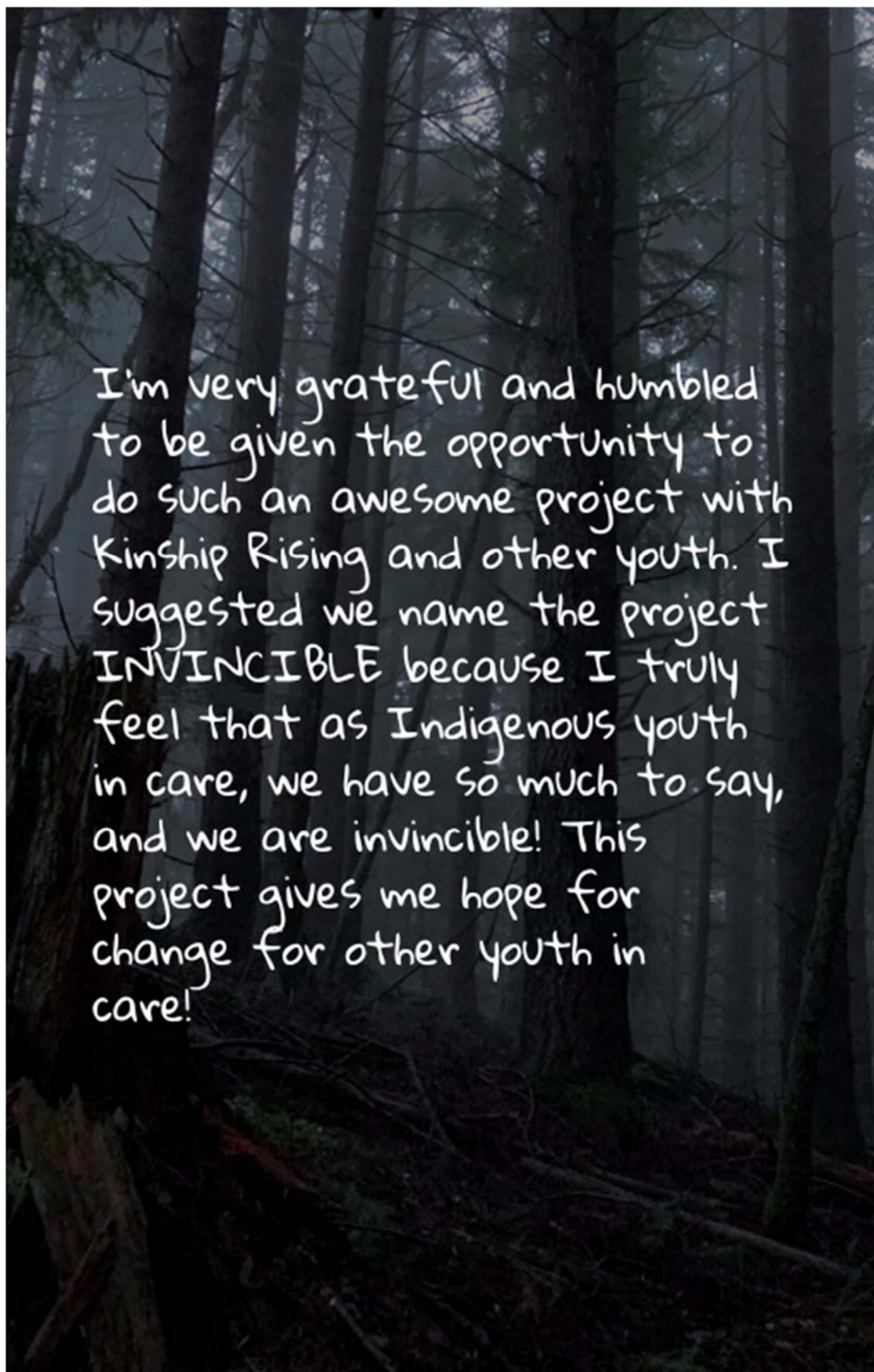
But now I faced my fears and found out that everyone will support me and I can take on those leadership roles and it's going to be ok!



As I get older, I am looking for new challenges. Having that support from the adults and youth -encouragement -is very meaningful.

This project meant stepping out of my comfort zone, being brave and taking a risk, knowing I'll be supported and I won't be judged. People believing in me.

Also it's great that we can put it on our resume and get reference letters, those are a big benefit. Another benefit is making connections with university people and feeling more comfortable going to a university and things like that.




I'm very grateful and humbled to be given the opportunity to do such an awesome project with Kinship Rising and other youth. I suggested we name the project INVINCIBLE because I truly feel that as Indigenous youth in care, we have so much to say, and we are invincible! This project gives me hope for change for other youth in care!



RAYNE

Born and raised in Winnipeg, Manitoba



Life plan:
Become a surgeon or a nurse because I'm really passionate about caring for others

Likes:
Cats, gaming, concerts

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