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# ROOTED IN DIGNITY WITH DAVE SERGERIE

*THIS WORKSHOP IS CREATED FOR GRADES 9+*

**Trigger Warning: This video workshop includes personal stories and discussions around domestic violence, mental health, and suicide. Please take care while watching and ensure you have supports available to folks who may need support.**

In this powerful video workshop, Dave Sergerie shares his personal story of growing up in a home where violence was normal, and how that shaped his understanding of the world. He talks about how this cycle of violence influenced his actions and emotions, until he met friends in his teen years who showed him that there were healthier ways to deal with big feelings. This helped him realize that explosive reactions and anger weren't the only way to cope with pain. Dave also shares what it felt like to leave his community, the stress that came with it, and his journey through depression and mental health challenges. He reminds us that while we can't always control what happens to us, we can learn to control how we respond—and that choosing love, laughter, and healing is a powerful way to break the cycle. Dave speaks about healing not only as individuals, but together as communities and Nations. He also dives into the topic of cultural appropriation, and how the stealing of Indigenous art and culture continues today as a form of colonial violence. To help address this, he and his team developed a label to recognize authentic Indigenous work, which supports cultural appreciation instead of appropriation. At the heart of Dave's message is this: healing starts with respect—for yourself, for others, and for the culture and teachings that ground us.

### Part 1: Video Viewing

Watch the video workshop with Dave Sergerie. Encourage students to jot down words or moments that stand out to them. Suggested note-taking prompts:

- A moment that made you pause
- Something that inspired you
- Something you want to learn more about

### Part 2: Group Discussion

Use a talking circle format (if appropriate) or small discussion groups.

Possible questions:

- What does Dave mean when he talks about cycles of violence?
- How can learning to regulate your emotions be a form of resistance or healing?
- Why is cultural appropriation harmful, and what is the difference between appreciation and appropriation?
- How did you interpret Dave's message about community healing and respect?

### Part 3: Reflective Art or Writing Activity

Option A – Creative Response:

Create a poster or digital artwork that illustrates the phrase: “Healing starts with respect.”

Encourage students to include words, symbols, or imagery that represent emotional strength, cultural pride, and hope.

Option B – Journal entry:

Write a short reflection on one of the following prompts:

- What are some ways you or your community can promote healing and respect?
- What does emotional strength look like in your life?
- Why is it important to stand up against cultural appropriation?

Extension Activity:

Explore the ID1N Official Mark (mentioned in Dave's video) and research Indigenous-owned businesses or artists. Create a class “Wall of Recognition” featuring their work and stories.