

# CULTURE IS PROTECTION

## CULTURAL RECONNECTIONS

1

- participate in traditional ceremonies
- learn from tribal elders about cultural practices and traditions
- explore the rich history and heritage of Native American cultures

## EMBRACE ANCESTRAL TRADITIONS

2

- engage in language revitalization programs
- attend language immersion camps or classes
- use language learning apps and resources to reconnect with native tongues

## PARTICIPATE IN CULTURAL EVENTS

3

- attend powwows, festivals, and gatherings
- engage in storytelling sessions that preserve cultural narratives
- join cultural clubs or organizations at your schools

## CONNECT WITH NATURE

4

- spend time outdoors, connecting with the land
- learn traditional ecological knowledge from tribal elders
- engage in hunting, fishing, or foraging

## EXPRESS CULTURAL IDENTITY

5

- wear traditional regalia
- display indigenous artwork and crafts
- share cultural knowledge and customs with peers and community members

## SEEK GUIDANCE FROM TRIBAL ELDERS

6

- respect and honor the wisdom of elders
- seek their guidance and mentorship
- learn traditional songs and stories from elders, passing down cultural heritage

# WHY DOES CULTURAL CONNECTION MATTER?

## PRESERVES HERITAGE

Upholding ancestral traditions and languages preserves indigenous heritage for future generations, ensuring cultural continuity and pride.



## PROMOTES WELL-BEING

reconnecting with cultural roots fosters emotional, mental, and spiritual well-being, reducing the risk of substance abuse and mental health issues



## STRENGTHEN RESILIENCE

cultural connection provides a sense of identity, belonging, and purpose, enhancing resilience in the face of challenges



## FOSTERS COMMUNITY UNITY

Cultural connection strengthens bonds within Native American communities, promoting unity, solidarity, and mutual support.

