Indigenous Youth Affirmation Deck

Created by NYSHN
The Indigenous Youth Affirmation Deck was designed by and for Indigenous youth to celebrate sexual and reproductive health, rights, and justice! This affirmation deck is full of cards that hold supportive, affirming, and positive statements to encourage self-reflection and peer support. Each card features a kind statement to help you feel seen and valued. Indigenous youth are hustling on our ancestral lands and guesting on each other’s territories making shit happen against all odds. Add these to your bundle, share with your relatives, or gift to the rad Indigenous youth in your life!
The Native Youth Sexual Health Network (NYSHN) is an intergenerational, peer-based network led by Indigenous youth working throughout the United States and Canada across issues of sexual and reproductive health, rights and justice!

This project was led by Jamey Boisvert and Zephyr McKenna, with statements written collaboratively by members of the NYSHN network, and artwork by Zephyr McKenna.
I am enough.
There is a place for each of us in creation.
I have unique gifts to offer the world.
I am worthy of love and care.
I make my ancestors proud every day.
Play is sacred.
I have a birthright to decide what to do with my body.
People of all genders menstruate.
My gender and sexuality are always mine to determine.
I have the right to culturally safe health care.
I have the ancestral right to access medicines.
Resistance is Sexy.
Loving and caring for each other is important resistance.
My lands and waters love me back.
I am medicine - no body is a wasteland.
I honor my gifts and ancestors when I walk my own healing path.
I can choose and find the family and community that I need.
Harm Reduction is traditional.
Change is traditional.
I deserve pleasure.
My ancestors love me.
All beings carry medicine, including me.
Honoring my teachings means honoring myself.
I am part of my lands. Loving my lands is loving myself.
Queerness is traditional.
I deserve to feel safe on my homelands and waters.
It’s okay to move myself away from relationships that are harming me.
My relatives can learn and choose to love me in ways that honor my full self.
It’s ok to not go to ceremonial spaces where I don’t feel safe.
I carry medicines within me.
I can access ceremony wherever I am.
Masturbation is ceremony.
When I feel pleasure,
so do my lands.
When I honor my pleasure,
I honor my lands.
Trans NDNs carry important medicine, skills, and ways of being.
All relatives are part of the circle.
I’m not coming out -
I’m coming into the circle.
There are no closets in tipis.
I don’t need to apologize for asserting my boundaries.
All trans bodies are sacred.