



learn from one another

take a stand

make spaces safe(r)

Together, we can...

make a
difference

challenge
ableism

fight racism

end sexual violence

stand up for our rights

a community colouring book



Together, we can... is a colouring book for students and community. A way to unwind, stay mindful, and learn more about our shared community and the land we are on today. This colouring book is a collaborative effort by HRE to create conversation and bring awareness to symbols, activists, and ideas together help us move toward an equitable campus.

Together we can... make a difference, take a stand, end sexual violence, learn from one another!

Human Rights and Equity wants to support you and your dreams, thoughts, practices, and initiatives. We are here to assist with training, advice, accommodations, disclosures, and general inquiries regarding human rights and equity.

Together, we can...

The title of this colouring book is also HRE's motto for the 2019-2020 school year. *Together, we can...* is a positive affirmation for the year and a commitment to change that is led from the margins. HRE looks forward to your voice, input, and direction!

Whose land are we on?

We acknowledge the land on which Brock University was built is the traditional territory of the Haudenosaunee and Anishinaabe Peoples, many of whom continue to live and work here today. This territory is covered by the Upper Canada Treaties and is within the land protected by the Dish with One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Metis, and Inuit peoples and acknowledging reminds us that our great standard of living is directly related to the resources and friendship of Indigenous people.

Getting to know the land

As you move through the halls of Brock University, sit with friends at restaurants in downtown St. Catharines, or as you navigate through your life, consider the land you are on. Who was here before you, who is still here, what communities are working for change, and what changes are we all making as individuals? It's okay not to know the answers to these questions but acknowledging and getting information is the first step to making change!

Have Questions? Need Support? Follow Us, Stand with Us:

Visit our website for staff contacts and to get hands-on resources.



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brocku.ca/human-rights



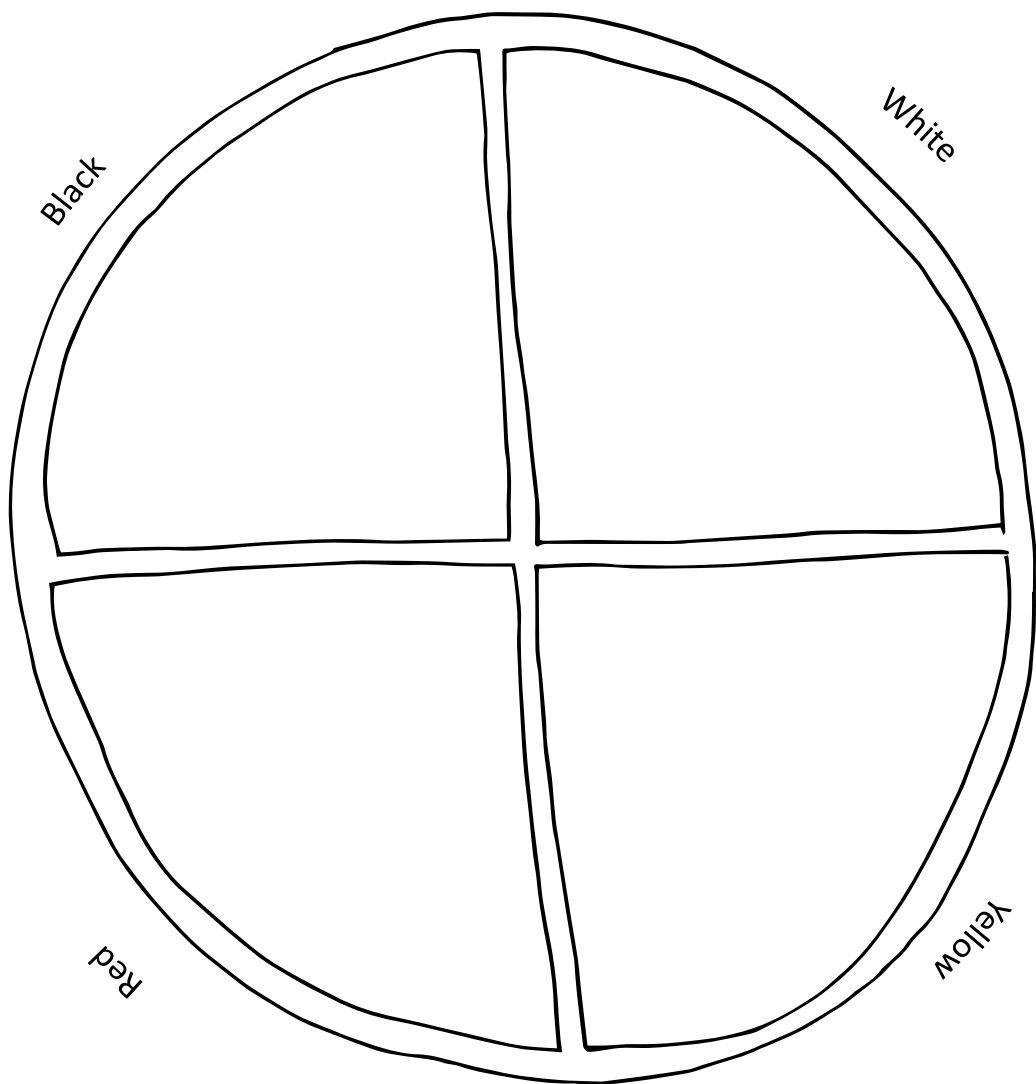
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The Medicine Wheel

The Medicine Wheel is both a symbol and teaching in many Indigenous communities. You may recognize the medicine wheel and its colours: white, black, red, and yellow. What you may not know is that each colour also represents a direction, element, and medicine. These can vary from Nation to Nation, however, the teaching represented by the wheel itself stays relatively the same. The wheel is about connectivity, respect, and equality among races, ethnicities, religions and spiritualities, beliefs, and all peoples. Try to keep the Medicine Wheel in your mind and heart as you work your way through this colouring book and your day to day life. Action: Learn more about these teachings and discover how you can embody them yourself.



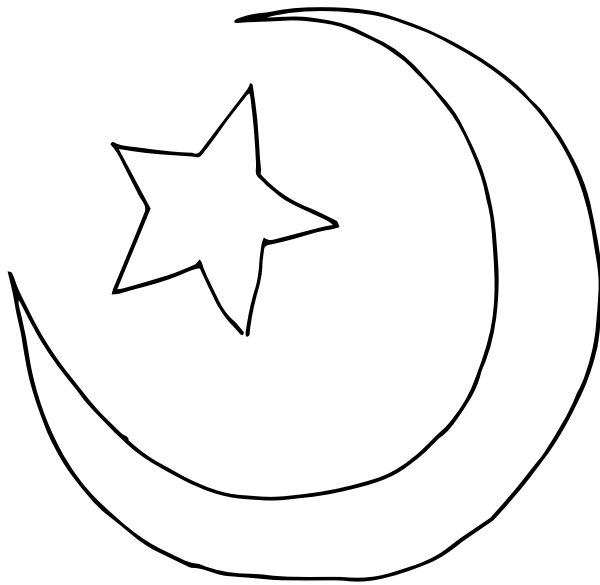
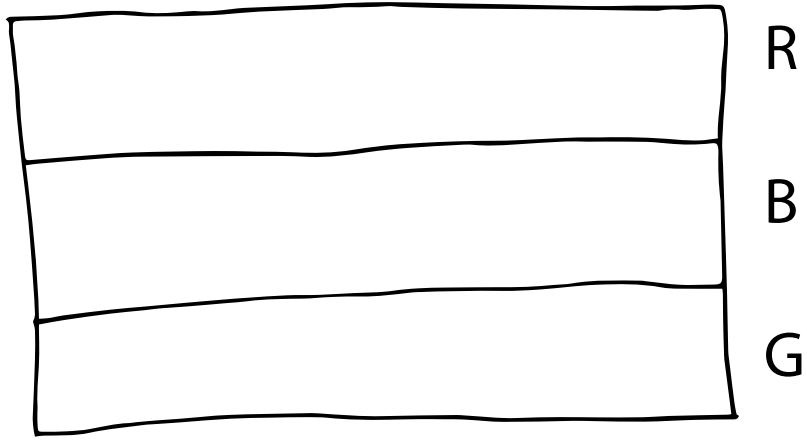
The Pan-African Flag

The Pan-African flag symbolizes sovereignty. The colours of this flag are just as important as the creation of the flag itself. The flag was created by Marcus Garvey in 1920. The Black represents melanin in the skin of the people originally from African Nations; the rich earth of Africa itself; and, it ties all Black peoples together. The red represents blood: oppression and violence toward Black persons and communities, encouraging folks to remember those who fought for change and those who have fallen at the hands of an oppressive system. The green represents prosperity, fertility, and is a reminder of unification.

Symbol of Islam

Green in colour, the star and crescent are a popular symbol of Islam. Islam is the religion or faith practiced by those who identify as Muslim. While this symbol does not represent all who practice, it is used frequently. We include this symbol to mark the incidences of Islamophobia at Brock and in the Niagara Region. Take some time to learn more about Islam, learn from Muslim students and educators about Islamophobia and ways you can support all peoples on our shared campus.

Let's make this a campus where everyone is safe.



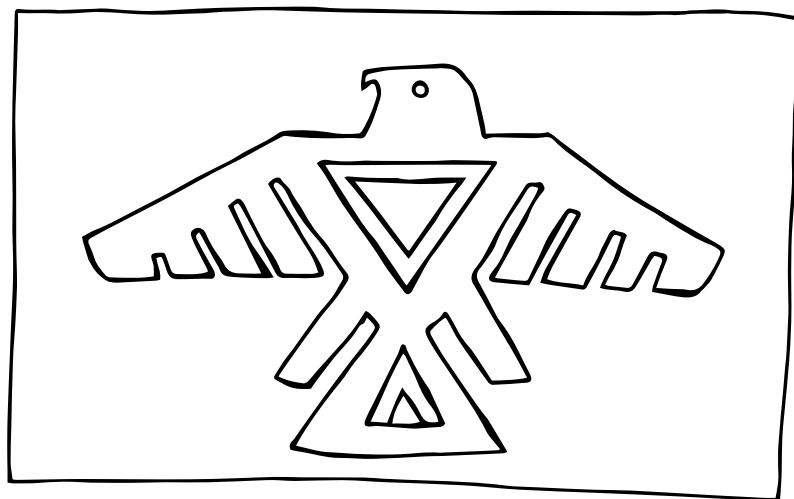
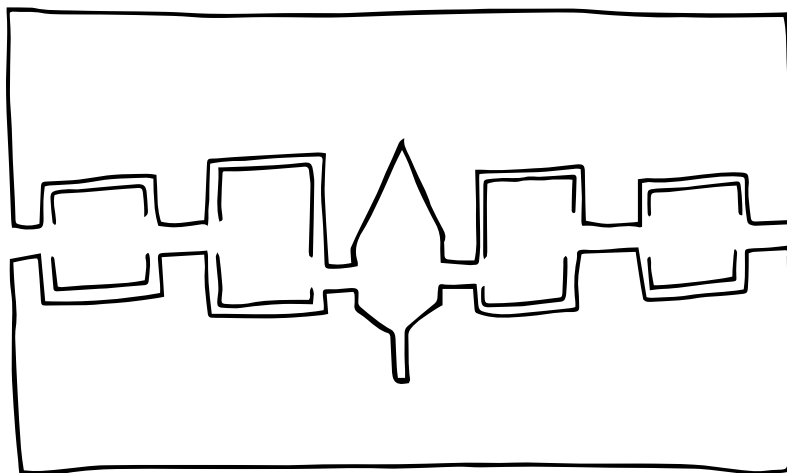
Haudenosaunee Flag

This purple flag with white symbols is a representation of the Hiawatha wampum belt and represents the unity of five nations. The symbols are for the Seneca, Cayuga, Onondaga, Mohawk, and Oneida Nations. These were the original five Nations, with the Tuscarora Nation joining last, creating the Six Nations of the Iroquois Confederacy. While Iroquois might be the better known term, Haudenosaunee is the name chosen by these Nations themselves and means “People of the Longhouse”. The symbols on the flag as they are drawn, or beaded on the wampum belt, show interconnectivity among Nations.

Anishinaabe Flag – The Thunderbird

The Thunderbird appears in teachings and stories throughout Anishinaabe Nations. The Thunderbird is powerful and is said to protect humans and give them strength.

While the stories behind the Thunderbird vary, the image is one of pride for Anishinabek Nations. The Thunderbird often appears black on a white flag, but there are variations of this design. Action: have fun colouring, and maybe go online to listen to a story about the Thunderbird while you do!

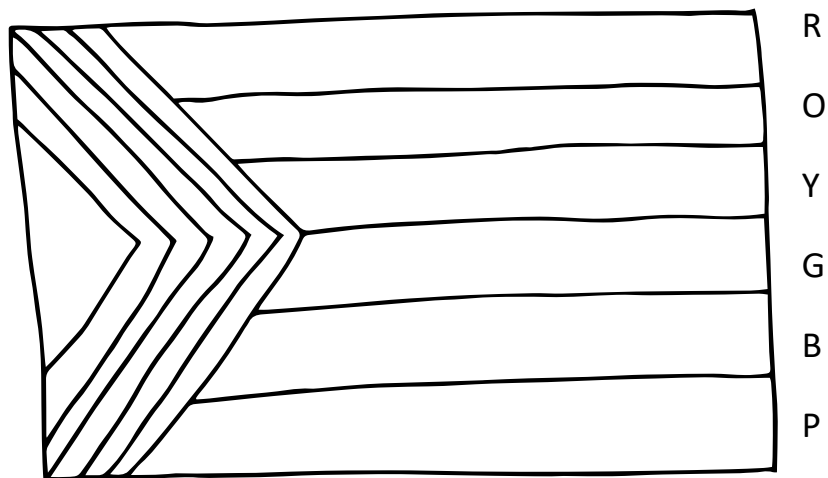


All-Inclusive Pride Flag

Originally redesigned by a graphic designer named Daniel Quasar, this powerful flag represents more than the original rainbow pride flag. The black and brown represent LGBTQ+ community members who are racialized and have been historically marginalized in our communities; the light blue, pink, and the white represent transgender community members. Taking inclusivity one step further, HRE has added an additional purple chevron which intersects with the white to remind us of the Two-Row Wampum agreement, representing the Indigenous land we walk on and our responsibility to the land and to each other. Action: colour this flag in any order you like to mix up the rainbow or add colours of your own (how fun)!

The Two-Spirit Flag

Two-Spirit is an Indigenous-specific identity which moved into common usage in 1990 to replace a previous pejorative name for Indigenous persons whose gender and sexual orientation were outside of western “norms”. The Two-Spirit flag shows the rainbow colours along with two feathers. Alternatively, some Two-Spirit flags show two faces, one of a woman and one of a man. Both versions represent duality of spirit and gender as well as inclusivity and interconnectivity of all genders and identities.



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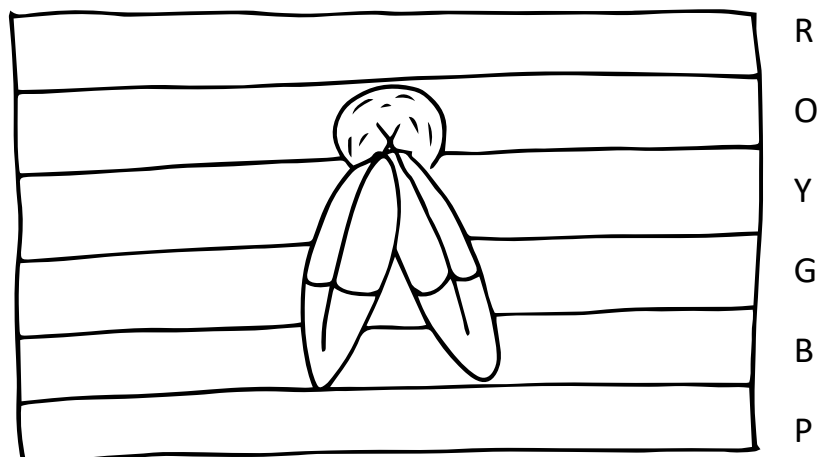
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Lists and Doodles

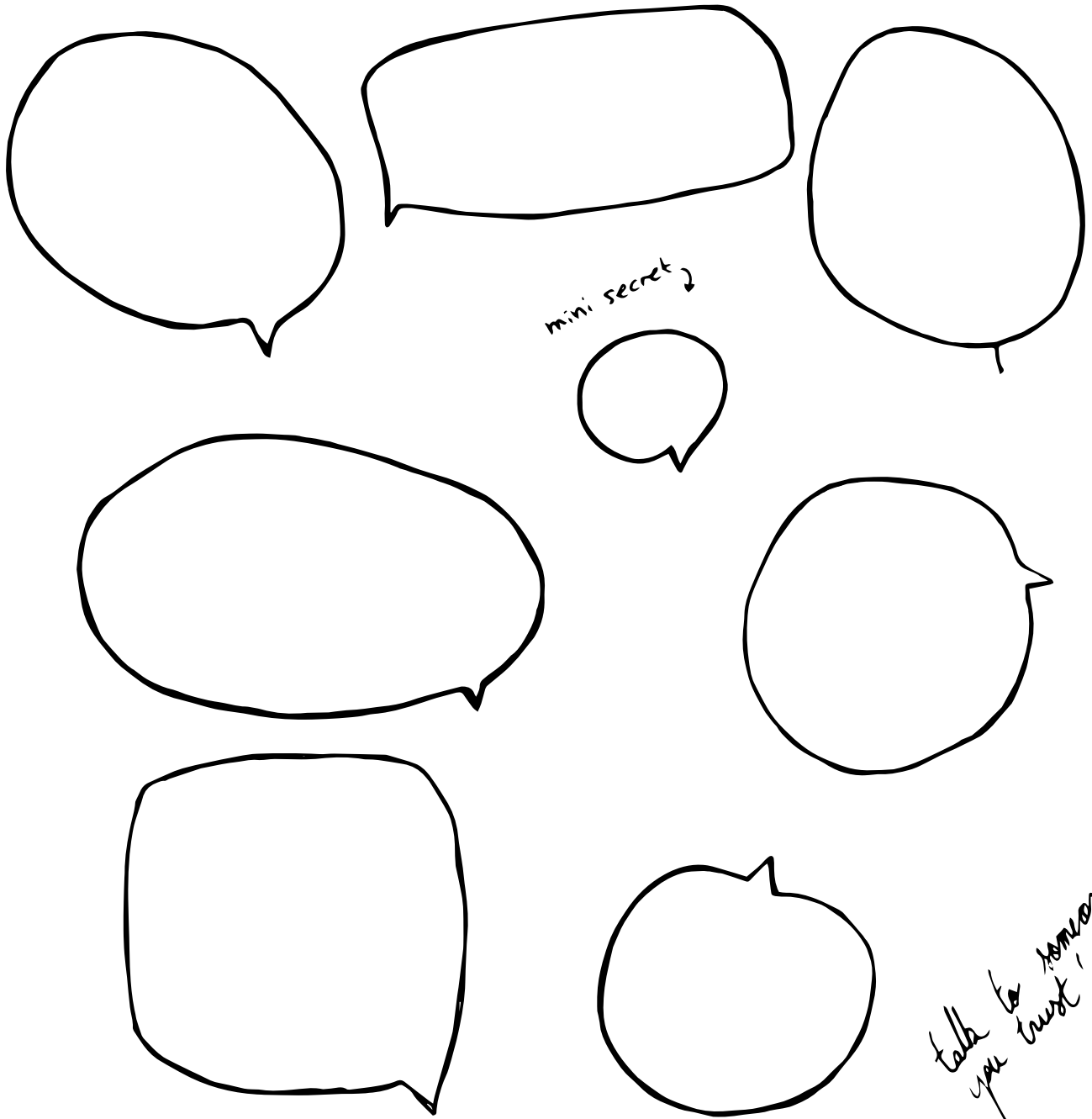
**This Section is for you to draw,
write, doodle, list,
scribble, and spill your thoughts.**

**You can follow our lists as well as
add your own on the reverse side
of each page!**

top 5 relaxing activities



things I wish I
could say out loud!!!
...

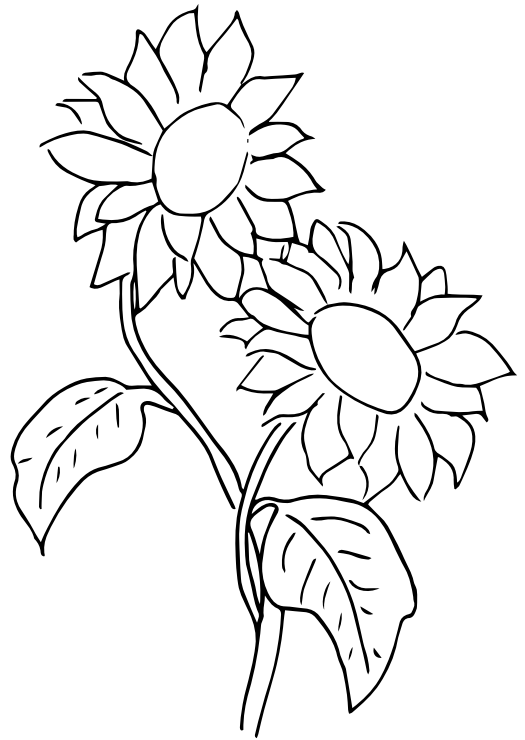


talk to someone
you trust!

things I love about
myself!

you're amazing

love yourself



10 things

10! that's hard!

I am grateful for ...

it's okay if you
can't think of even one
on some days

When I'm sad I
like to . . .

sad does not
equal weak

write, draw, scribble, doodle

it's okay
to cry

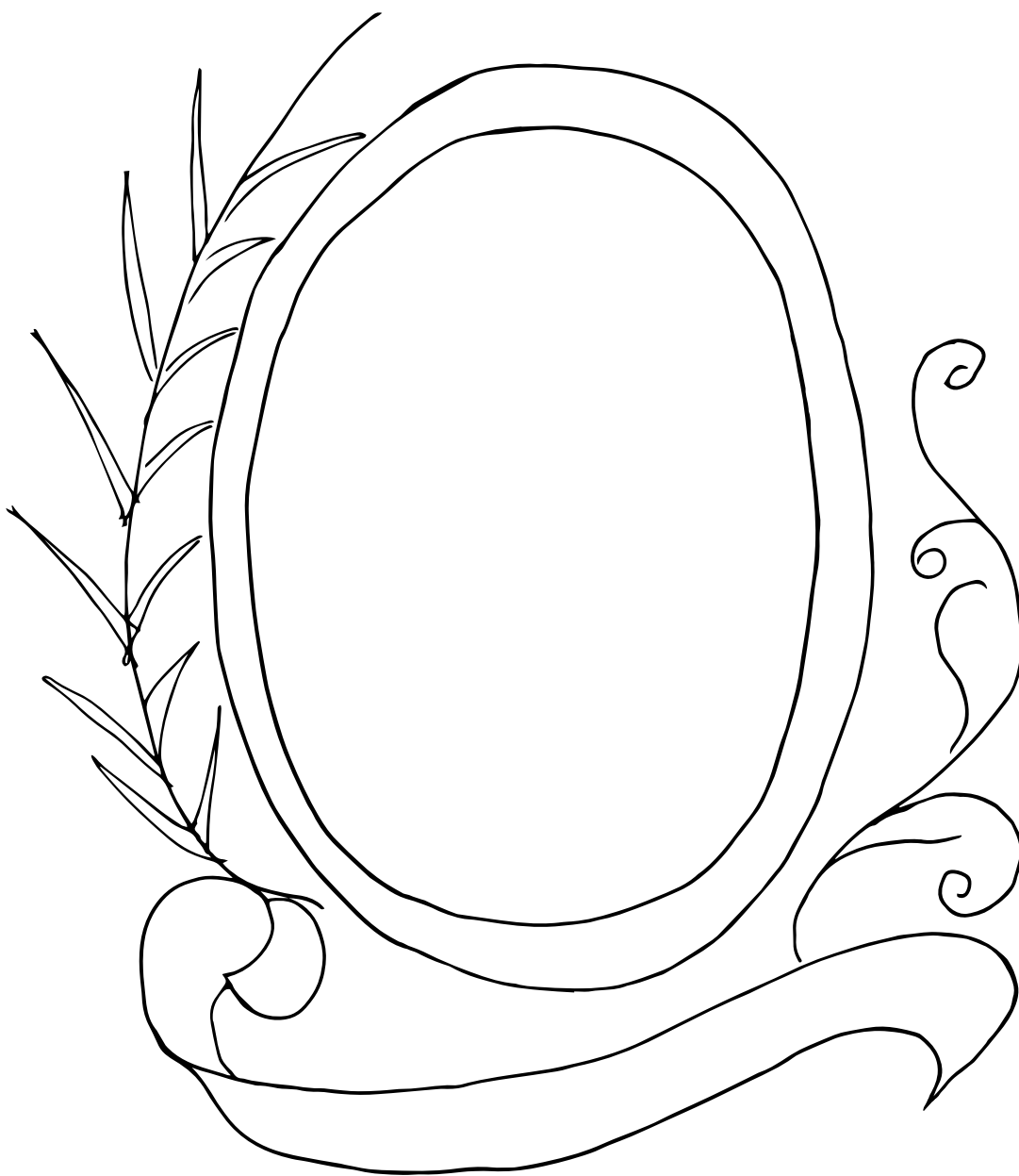
you don't have
to smile or
feel happy every
day



Activists and Revolutionaries

**This section is all about people
who have, and are, making
change, fighting for our rights,
educating others, and being
generally amazing.**

**Draw someone who you feel is
making a difference in your
world. Maybe that person is you!**

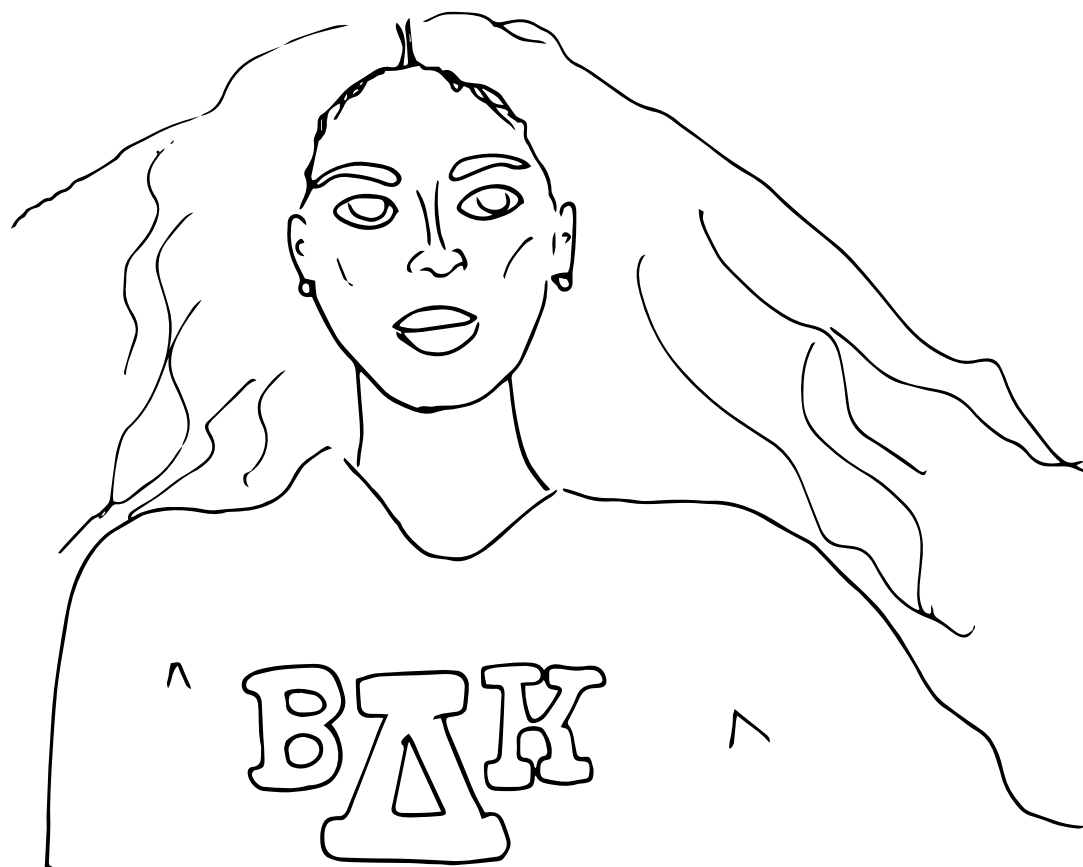


Beyoncé

How do you even describe Beyoncé in a short bio? Let's start with some of her accomplishments: Beyoncé is the highest-paid Black recording artist in musical history, she is the most nominated woman for a Grammy, the first woman to win six Grammys in one night, and the first woman to simultaneously top the UK and US charts.

Beyoncé, however, is not just an amazing artist and performer. Beyoncé is an activist. Her art, music, and decisions are revolutionary. Beyoncé has put herself on the line to bring Black power and Black resistance into modern art and pop culture. She employs and uplifts Black artists and dancers, displays Black culture in her amazing performances and videos (Superbowl halftime, Coachella, the entirety of the Lemonade album). To be a fan of Beyoncé is simple, her music is catchy, her videos are fantastic – but to truly understand how revolutionary Beyoncé is, is complex. Take time to think about what it means to be everything she is, and to do everything she does. Beyoncé has grabbed Black feminism and brought it seemingly effortlessly into the light and we thank her for everything she is!

<https://time.com/4211888/beyonce-formation-activism/>



Tarana Burke

#MeToo and the grassroots movement connected to it was founded by Tarana Burke in 2006. This movement, contrary to the more recent Hollywood version, was founded by and for marginalized Black and Brown womxn and people. While everyone deserves protection against sexual violence, marginalized womxn and their stories are often unheard and forgotten. Tarana Burke travels and speaks up for Black and Indigenous women, queer and Transgender womxn and people of colour to help their voices be heard. Tarana Burke is an advocate for culture change, a survivor, a mother, and a ground-breaking activist. What is one thing to know about the #MeToo movement? The fact that Tarana Burke has been working to create awareness, recognition, and support for marginalized women for many years, as have so many unrecognized activists, all with little support and help from mainstream communities. Through her stories, work, and words, Tarana Burke has brought the world face to face with the understanding that true feminism must be intersectional and lift up the most marginalized.

Thank you, Tarana Burke!

<https://www.biography.com/activist/tarana-burke>



Ashley Callingbull

From Mrs. Universe to activist, Ashley Callingbull is everything! Originally from Alberta, Canada, Ashley is from the Enoch Cree Nation and is a proud

Indigenous woman. After winning Mrs. Universe in 2015 as the first Indigenous and first Canadian winner in history Ashley immediately used her fame to uplift Indigenous rights and shed light on Indigenous issues. Ashley focuses specifically on raising awareness surrounding the Missing and Murdered Indigenous Women and Girls (MMIWG) epidemic. No matter what the event, Ashley Callingbull constantly uses her platform to discuss ending the epidemic that is MMIWG, as well as helping all Indigenous youth and communities in anyway they need. While you may have missed her visit to Brock University during the Niagara Leadership Summit in 2017, you can follow her Instagram, buy the lip-gloss from Indigenous owned Cheekbone Beauty that is named in her honour (part of proceeds go to Indigenous education), or catch her speaking at one of her numerous other events!

Miigwetch Ashley, for everything you do!

<https://ashleycallingbullofficial.com/>



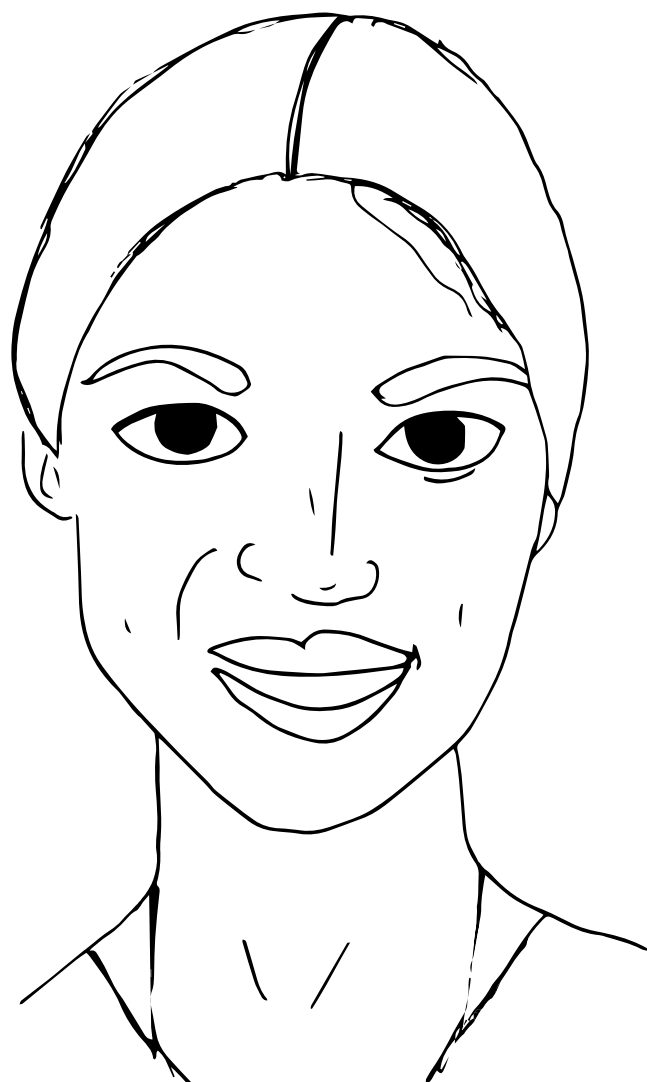
Alexandria Ocasio-Cortez (AOC)

Activists, labourers, servers, mothers, employees, newcomers. These are the people who AOC represents, and these are the people she knows will create the change we need in our world. AOC is the youngest woman to be elected to Congress when she became the Democratic representative for New York's 14th congressional district.

Another U.S. politician you say? No! not just some politician. A young, Latinx woman of colour doing the work to make the change she wants for her community and the world around her. If you follow AOC on social media or catch the numerous articles about her published daily, you will know where she stands. Every day she is speaking out against violence towards people of colour, racism and violence at the U.S. borders and is always keeping certain people on their toes with her carefully chosen words and sharp wit.

AOC, thank you!

<https://time.com/collection/100-most-influentia-people-2019/5567752/alexandria-ocasio-cortez/>



Laverne Cox

Laverne Cox is a bold and beautiful Transgender Black woman. You may recognize her from the Netflix series *Orange is the New Black*, or maybe you're already a fan and know all about her. She's an actress, a dancer, a model, and a fierce activist for Transgender rights. Laverne Cox is frequently open about her own struggles, from accepting her body to relationships and more. She is often seen at events supporting the LGBTQ+ community and is always outspoken about the rights of others. Her activism is that much more courageous as Transgender Black women in the United States are murdered at higher rates than any other demographic. Laverne Cox never falters; speaking about these disproportionate rates of violence and offering her thoughts, hopes, and wisdom. While not everyone can empathize and understand this specific struggle, we owe our support and protection toward all LGBTQ+ persons, especially those who are additionally marginalized.

We thank Laverne Cox for her tireless bravery.

<https://lavernecox.com/>



Viola Desmond

Cosmetics for all skin tones are finally available in more stores and from more companies, but did you know that Viola Desmond has been there and done that? Viola Desmond grew up in Nova Scotia, in the early 1900s at a time when segregation was the norm in most businesses and communities. While segregation was not officially backed by law, this did not stop police brutality or violent discrimination against Black persons and communities.

Viola Desmond opposed this by becoming an entrepreneur, but also by protesting segregation directly. In 1946, Viola Desmond attended a film in a Nova Scotia theatre; unaware of the segregation policy, she sat in a seat on the main floor of the theatre. When she refused to move to the balcony, she was dragged from the theatre and arrested. Viola Desmond fought her charges and took her case to the Supreme Court. While she lost her appeal, Viola Desmond's protest helped to end segregation policies and helped to fuel Canada's civil rights movement. Oh, and she's the first non-royal woman to be on a Canadian bill, not to mention the first Black person to appear on Canadian currency.

Thank you to Viola Desmond.

<https://humanrights.ca/story/one-womans-resistance>



Timaj Garad

Spoken word, story-teller, poet, and thespian, Timaj Garad puts her words out there. As a Black, Muslim woman she focuses on challenging injustice as well as providing healing words and images. Timaj has performed and held workshops at such events as Luminous Fest, the Canadian Muslim Mental Health Conference, and Muslim Fest. Timaj is the co-founder of Kitchener-Waterloo's first slam poetry organization and has won numerous awards for her poetry and works. Her work is auto-ethnographic and covers such issues as oppression, justice, and healing. To hear Timaj Garad speak and perform it is to know a piece of her. She is honest, raw, and passionate.

Check out her work and listen carefully to learn more.

Timaj Garad, thank you for your words!

<https://www.timajgarad.com/>



Waneek Horn-Miller

From Kahnawake, Mohawk Nation, Waneek Horn Miller is an Indigenous Olympic athlete. Waneek was a member of the women's national water polo team and won gold in the 1999 Pan American Games. This was followed by a fifth place finish at the 2000 Sydney Olympics. Besides being an awesome athlete, Waneek is a fierce activist. During the 1990 Oka crisis, Waneek was not only present, but injured by a soldier's bayonet. She used this horrific experience to fuel her dreams of attending the Olympics. Following her Olympic and athletic career, Waneek has been a member of various boards and coalitions all with the focus of bettering policies and laws for Indigenous communities. She has also used her passion and knowledge for athletics to support fitness and wellness programs for Indigenous youth.

Niá:wen, thank you, to Waneek.

<https://olympic.ca/team-canada/waneek-horn-miller/>



Nipsey Hussle

Nipsey Hussle was a rapper and community activist from South L.A. whose murder in April 2019 shocked the world. Nipsey Hussle, real name Ermias Joseph Asghedom, never abandoned his roots, instead, he spoke to his community, and the world, through his music, uplifting young Black men and changing the stigma surrounding gangs and gun violence. While he denounced gun violence himself, Nipsey did not condemn the gangs and community he came from. Instead, he worked to build alternative choices for youth in his community. Nipsey was a visionary whose work and words echo beyond his L.A. neighbourhood.

Thank you, Nipsey Hussle.

#TheMarathonContinues

<http://thesource.com/2019/04/02/remembering-the-business-of-nipsey-hussle-from-entertainer-to-entrepreneur/>



Spike Lee

A cool name, an even cooler guy. Spike Lee has directed... a lot of movies. Like, so many. His films, often referred to as “Spike Lee Joints” are known for their upfront discussions on race and racism, interracial relationships, shadism within the Black community, Black love and Pride, poverty, and other important political issues. Recently, Spike Lee’s “She’s Gotta Have It” has been given a new life as a Netflix show. This amazing series depicts talented Black women and sex positivity while challenging viewers to expand their views on gender and sexuality while educating at every step... not to mention it has an amazing sound track. A director, producer, father, writer, and even Harvard professor, Spike Lee challenges the world and our thinking about the world.

Thank you, Spike Lee.

<http://www.filmreference.com/film/19/Spike-Lee.html>



Nasra Adem

“NASRA is a queer, Muslim, Oromo artist, organizer, and activist living in Amiskwaciwâskahikan (Edmonton) on Treaty 6 territory. They were the Youth Poet Laureate of Edmonton from 2016 to 2017 and the director of Sister to Sister, an artist collective for/by femmes and women of colour.

They are also the festival director of Black Arts Matter—Alberta’s interdisciplinary Black arts festival—and were the 2017 recipient of the Mayor’s Emerging Artist award.” Nasra’s 2018 publication of *A God Dance in Human Cloth with Glass Buffalo* blends the authors playfulness, politics, sensibility, and light. Get a copy for yourself and bask in Nasra’s glow!

Thank you Nasra Adem for your awesome work and sharing it with the world!

<https://www.nasraadem.com/>



Toni Morrison

Toni Morrison studied and eventually taught at Howard University and Cornell University, and went on to teach at many other educational institutions. Toni was the first Black female editor at Random House, a critic, a public speaker, and especially, an author. Her work specialized in African-American literature and was known for its poetic style and powerful depictions of Black America. Toni Morrison received many awards and prizes for her revolutionary work, including the Nobel Prize for Literature, in 1993, and was awarded the Pulitzer Prize, in 1988. Toni's work focused predominantly on Black women and she often spoke out about the injustices of the Black experience in America. Toni was innovative, first of her kind, brilliant, and ground-breaking. Her death in August 2019 rocked many, but her words and books remain.

Pick up one of her books and experience her brilliance.

Thank you, Toni Morrison.

<https://www.nobelprize.org/prizes/literature/1993/morrison/biographical/>



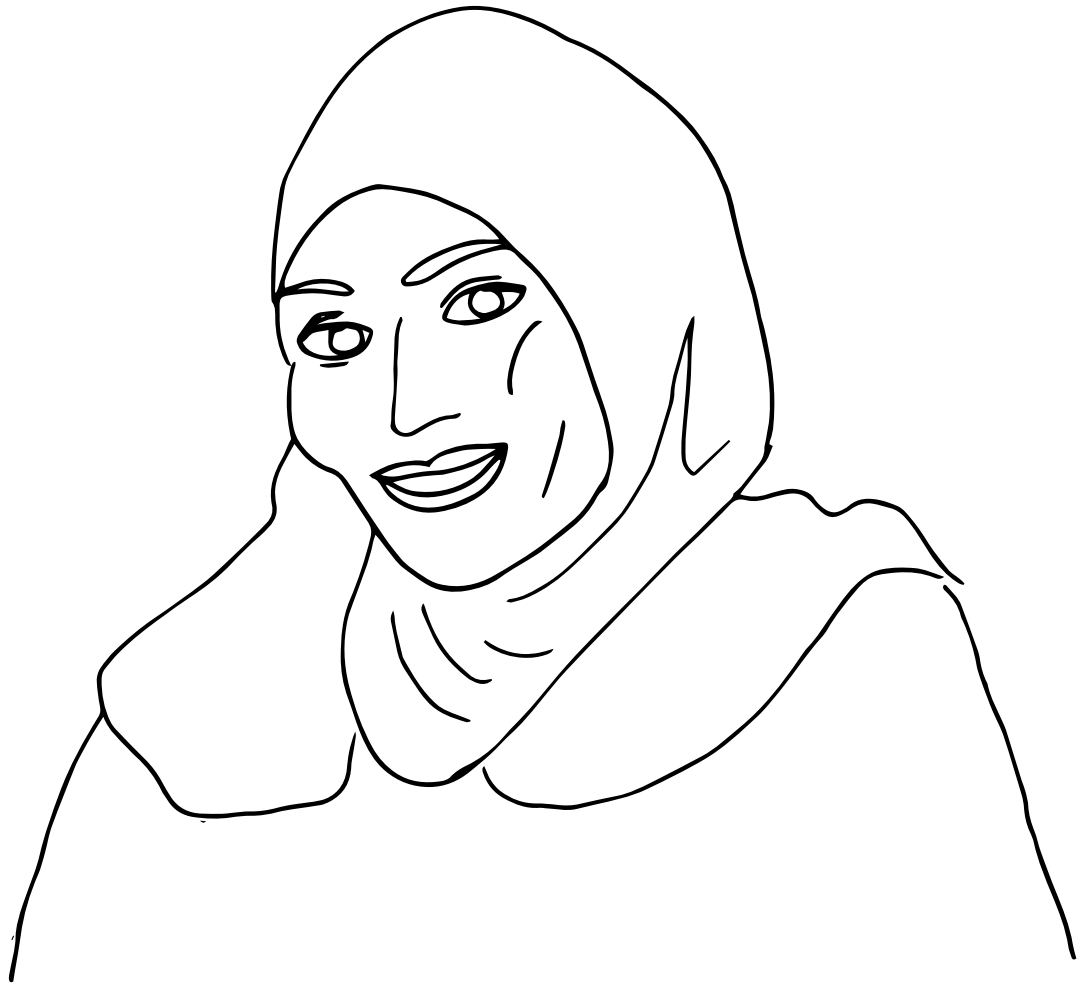
Hodan Nalayeh

Described by friends as a positive person who was truly beautiful inside and out, Hodan Nalayeh was a Somali-Canadian social activist and media executive. She was known for storytelling and inspirational words about Somalia, a country often painted in only a dark light by media. Instead, Hodan remained positive and made it her mission to tell the world of the beauty of Somalia and of its people. Her social media account often depicted the country's culture and local life as well as Somali female entrepreneurs. Along with making her name in media production, she founded the Somali Refugee Awareness Project. Her endless devotion to the betterment of her country took this mother of two back to Somalia in 2018. She died in 2019 on her 43rd birthday in an attack on the hotel where she was staying. Her family's words speak to how inspirational she was to so many in both Somalia and Canada: "She spent her life devoted to serving Somali people... to spread light and love in the Somali world".

While she was taken, her words and messages are still here. Invest some time in learning about Hodan, Somalia, and the people for whom she fought so passionately.

Rest in Power, Hodan!

<https://www.bbc.com/news/world-africa-48975875>



Ilhan Omar

Ilhan Omar is the first Somali-American Member of Congress and the first woman of colour to represent Minnesota - representing Minnesota's 5th Congressional District. Rep. Omar is dedicated to education and lessening debt for students as well as increasing minimum wage standards and tackling such issues as unfair and violent immigration laws. Rep. Omar, originally born in Somalia, fled during Somalia's civil war, and spent four years in a refugee camp before arriving in the U.S. There, she worked within her community as an educator. Ilhan's very existence in U.S. politics makes her a courageous activist. She continues to fight for others in a country where people like her have been minimized, ignored, and even killed.

Thank you for fighting, supporting, and educating, Ilhan Omar!

<https://omar.house.gov/>



Vivek Shraya

[I'm Afraid of Men](#), [Part-Time Woman](#), [Death Threat](#), the list goes on. Vivek Shraya is an artist who excels in multiple medias from music, literature, and theatre to film. In March 2019, she performed at Brock University together with the Queer Songbook Orchestra (we hope she'll come again)! Oh, and her LP with the Queer Songbook Orchestra, *Part-Time Woman*, was named one of the 17 best Canadian albums of 2017 by CBC Arts... no big deal!

Vivek Shraya is a Transgender woman of colour who uses these medias to tell her story, including her hope, anger, and fears. Her desire is to help others by sharing her experiences. She has won awards such as Chatelaine's 2018 woman of the year, the 2019 Healing Through the Arts Award, and the Publishing Triangle Award. Vivek Shraya often bases her work on the discrimination, violence, and threats she has endured as well as the fears of dating white people as a person of colour. Her work is a must for those who want to learn more and support BIPOC/QTPOC friends or communities.

Thanks to you, Vivrek Shraya!

<https://vivekshraya.com/>



Senator Murray Sinclair

The first Indigenous Senator from Manitoba, and the second in Canada, Senator Murray Sinclair served for over 25 years. In Ojibway, his name is Mi-zhana-Gheezhik, meaning “The One Who Speaks of Pictures in the Sky”. Not only has Murray Sinclair served as a co-chair to the Aboriginal Justice Inquiry in Manitoba, but he is also known for his work as the Chief Commissioner of the Truth and Reconciliation Commission (TRC). During his work with the TRC, Murray Sinclair listened to hundreds of Indigenous voices and hearings across all of Canada which eventually became the foundation of the TRC’s report. Murray Sinclair is an international public speaker and advocate for Indigenous rights and law.

To Senator Murray Sinclair we say, Miigwech.

<http://www.trc.ca/>

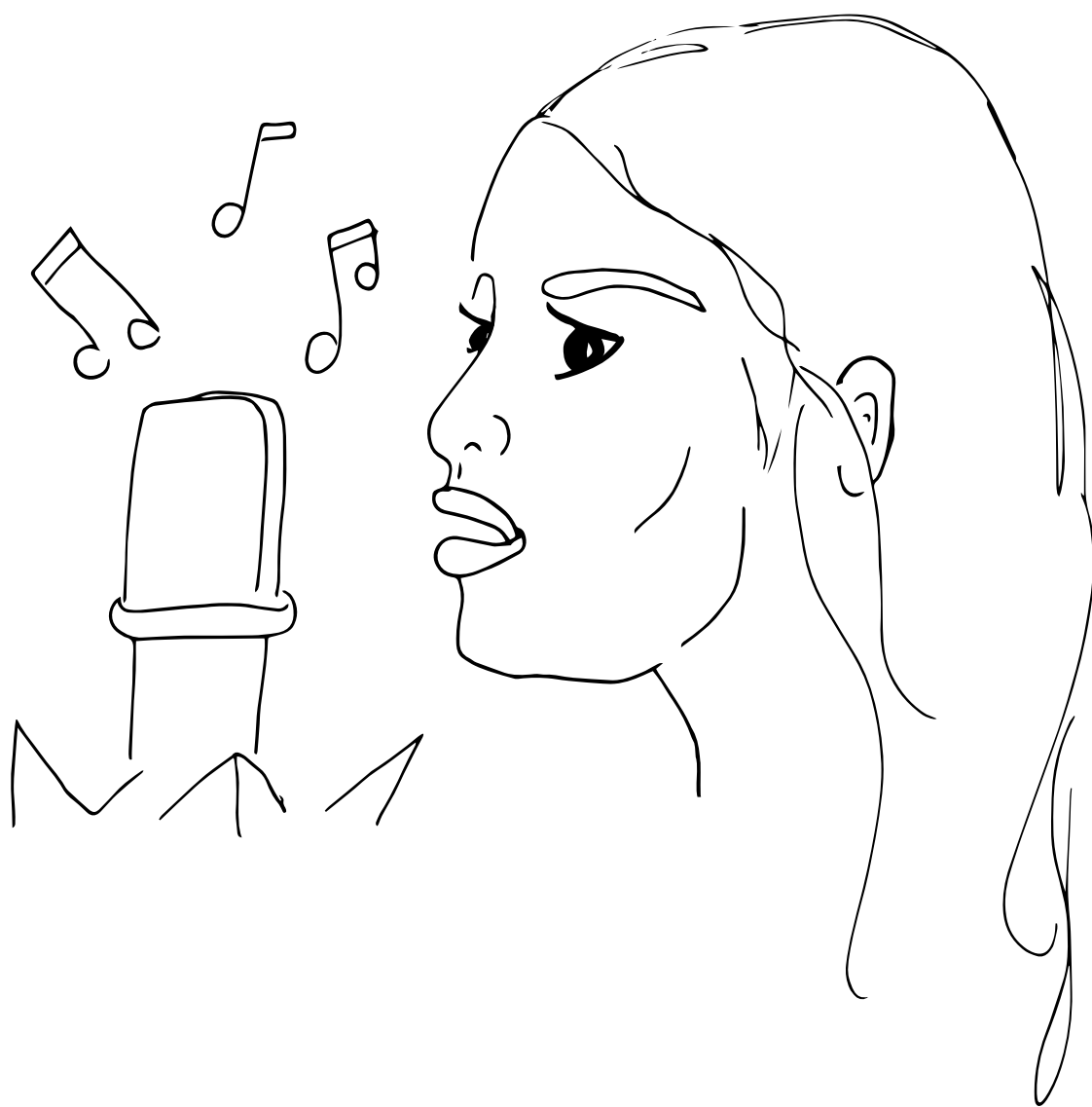


Emma Stevens

Emma Stevens is a 16-year-old Indigenous woman from Eskasoni, Nova Scotia who, with the support of her teachers, sang and recorded Black Bird by the Beatles in Mi'kmaw. Emma performed the song in her language to show the beauty of the Mi'kmaw language to non-Mi'kmaq people. Emma expressed that the message of the song reminded her of the gentle words she received from her elders when she was feeling low, and that such lyrics as “take these broken wings and learn to fly” connected with the Indigenous experience. Creations and performances like Emma Stevens may not seem rebellious or much like action items, but they are just that. The Mi'kmaw language is not commonly spoken by the Nation's peoples due to assimilation as well as culture and language erasure. Every time any Indigenous person speaks or sings out in their language, it is a beautiful act of rebellion and reclamation.

Wela'lin Emma, you rock!

<https://www.cbc.ca/radio/asithappens/as-it-happens-wednesday-edition-1.5118294/meet-the-n-s-teenager-who-sang-blackbird-by-the-beatles-entirely-in-mi-kmaq-1.5118296>



David Suzuki

David Suzuki is an award-winning geneticist, an environmental activist, a children's book author and so much more. Most people probably recognize his name and know a bit about him, but did you know that David Suzuki has eight names and formal adoptions from two First Nation communities for his work and support of Indigenous peoples in Canada? He is also known as a leader in sustainable ecology and has received such accolades as the UNESCO prize for science. David Suzuki is also a survivor of Canada's Japanese internment camps where he lived with his family for a period of time until after the end of World War II. While his family was forced to move and relocate multiple times after their internment, David Suzuki found a love for nature. He has devoted his entire life to the advancement and sustainability of our world, to protect animal life, and has spoken out about multiple human rights issues... he also just seems like a really cool guy.

Thanks David Suzuki!

<https://davidsuzuki.org/>



Harriet Tubman

Harriet Tubman is probably one of the most well-known abolitionists of all time. She was born into slavery during the early 1800s in Maryland. Her exact birth date is unknown as slaves birth records were not kept. Harriet Tubman's life was rife with violence and risk, but she refused to live in slavery or to give up on the fight for freedom. She became the most well-known conductor of the underground railroad, freeing upwards of 300 slaves. For much of that time, she used St. Catharines as a base, working along side other abolitionists to end slavery in North America. Harriet Tubman did not stop there. During the civil war she served as a spy, a cook, and a scout, and after the Emancipation Proclamation she devoted the rest of her days to raising money for African American projects, supporting women's rights, and even donated her own home to be used to house elder people of colour. Harriet Tubman died in 1913, but we will never forget everything she did.

Harriet Tubman helped to change the world.

Thank you, Harriet Tubman.

<http://www.harriet-tubman.org/>



Nature and Revolution

This section is all about taking in the scenery and being inspired by some amazing revolutionaries.



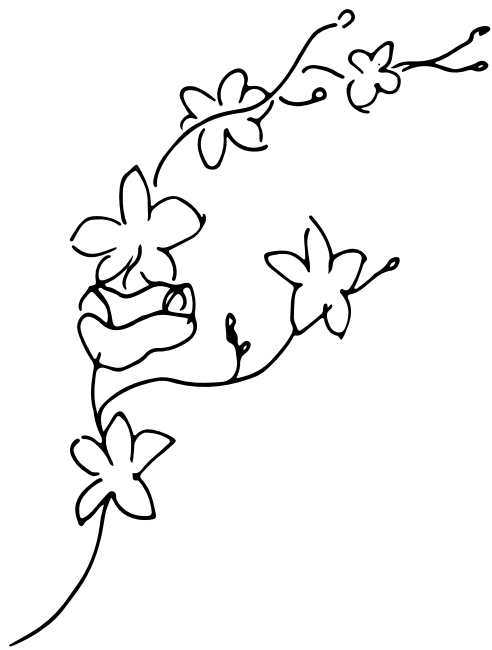
“Caring for myself is not self-indulgence,
it is self-preservation, and that is an
act of political warfare.”

- Audre Lorde



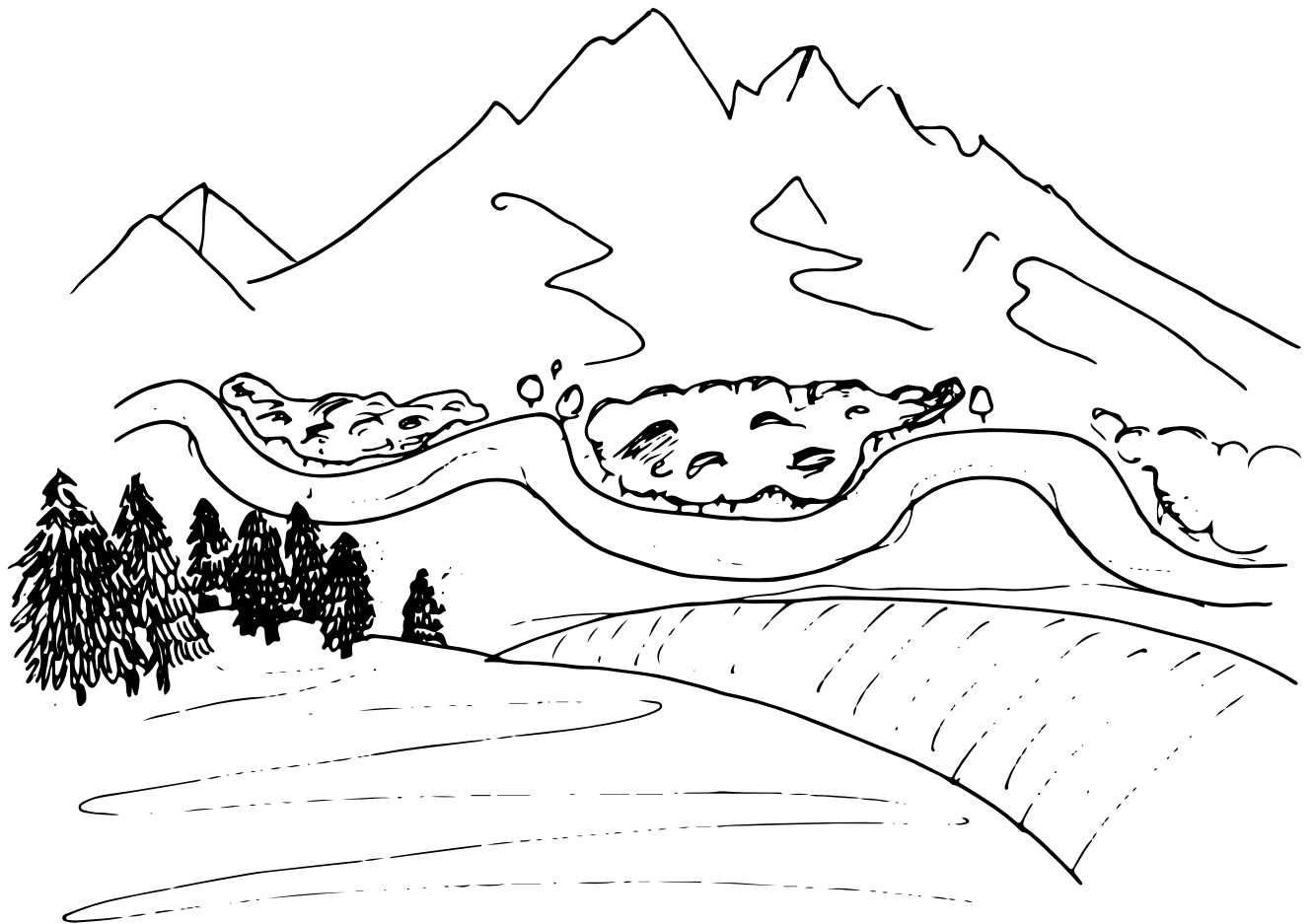
“Dreams and reality
are opposites. Action
synthesizes them.”

- Assata Shakur



“Inherently, having privilege isn’t bad, but it’s how you use it, and you have to use it in service of other people.”

- Tarana Burke





We hope you've enjoyed your time colouring and exploring.

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Visit our website for staff contacts and to get hands-on resources.



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brocku.ca/human-rights

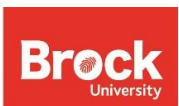


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Niá:wen, Miigwetch, Marsee, Wela'lin, Nakurmiik, Thank you!



Human Rights and Equity