

Examples of Traditional Protective Factors



Cultural practices that serve as protective factors should be identified and developed within each village/community. The communities own strengths and resources can be the tools for prevention, intervention and healing. The Tlingit way of life teaches a life of balance, harmony and respect. The honor of one is the honor of all.

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Kinship, Family and Gender Roles

- Participating in extended family and culture
- Learning about family, structures and traditions (Eagle/Raven)
- Strong family ties
- Knowing your family history
- Learning about male, female and two-spirit cultural roles
- Learning to communicate with elders
- Developing consultation skills
- Native ways for showing respect and honor
- Relational approach to service

Tribal Arts

- Carving
- Canoe making/skin boats
- Drum making
- Weaving
- Skin sewing
- Beading
- Blanket making
- Making regalia
- Tanning hides
- Working with animal skins and furs
- Jewelry making

Food Gathering & Natural Medicines

- Gathering, harvesting & preserving traditional foods
- Knowing wild foods availability
- Knowing plants & medicines
- Picking berries & plants
- Knowing food sovereignty
- Cooking traditional foods
- Digging root foods
- Fishing & Hunting
- Gathering or harvesting sea resources
- Smoking meat or fish
- Picking grasses, bark or roots for weaving

Traditional Songs, Dance & Gatherings

- Drumming and singing
- Participating in a potlatch or ceremony
- Learning tribal dances
- Participating in AFN, Celebration, Culture Camps, Native Olympics
- Participating in family gatherings
- Taking part in pole raisings
- Canoe journey

Ceremonies and Rituals

- Learning traditional protocol
- Paying attention to dreams
- Fasting
- Sacred songs & dances
- Talking circles
- Correct ways to handle sacred or traditional items
- Prayer and service
- Naming & other ceremonies
- Steam baths and smudging
- Memorial gatherings
- Story telling
- Potlatches
- Practicing Spirituality

Language and Cultural Knowledge

- Knowing family history
- Knowing tribal history, laws, treaties, rights
- Advocating true history
- Learning your language
- Learning traditional place names
- Learning about the land and animals
- Understanding the interconnectedness of all things
- Trusting our hearts