

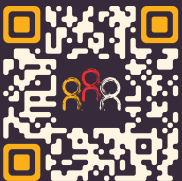


Connecting with
culture is super
important, because
it's knowing who I am.

Isaac Tonasket

Confederated Tribes of the Colville Reservation

Isaac (pictured on the front) has chosen sobriety from the start. He's a singer whose videos have had millions of views online.



ForNativeLives.org/safety

Learn more about protecting our Native families and communities against misuse of fentanyl and other opioids.



FOR
OUR
LIVES

**Our Native cultures
connect us and
make us strong.**

**Our identities
protect us.**



Culture and identity help us stay grounded.

As Native people in Washington, our cultures are rooted in our strengths. All families and Tribes are different, but many share extended family connections, knowledge shared through generations, and care for our communities' well-being as well as our own.

Learning about and living alongside the beliefs, values and traditions of our cultures helps protect us from fentanyl and other opioids. It helps us avoid substance use or addiction before they can harm us. It helps us continue living in recovery.

CONNECTING WITH CULTURE

There are many ways to connect with our cultures and one another. These are just a few. Tribal leaders, friends and relatives, and cultural centers are good sources for more information.

Traditional languages

Tribal programs. Tribes offer online resources, immersion camps, gatherings, elder recordings and other ways to learn and teach our ancestral languages.

Schools. Some K-12 schools in Washington also offer Native-language classes.

Learning and Education

Schools and camps. Tribal schools and colleges, youth camps and athletics programs are grounded in culture.

Traditional practices

Canoe Journey. Thousands of Indigenous people from coastal cultures connect with ancestors and one another at this annual paddle.

Ceremonies. Take part in first salmon ceremonies or traditional healing practices.

Learning skills. Many Tribes offer ways to learn regalia-making, carving, food preparation and other traditional skills.

Events. Community events like powwows and coastal jams bring generations together for dancing, drumming and food.

Land stewardship

Seasonal gathering. Help gather food and medicine following traditional practices.

Volunteer for projects. Many Tribes host events for cleaning up beaches, rivers or forests; planting native species or removing invasive species; or monitoring shellfish beds or salmon runs.

