



Native Women's
Association of Canada

L'Association des
femmes autochtones
du Canada



Walking
the RED Path

AN ACTIVITY GUIDE:
**HIV, HCV &
Other STBBIs**



85 Albert Street, 12th floor Ottawa,
Ontario K1P 6A4
Tel: (613) 722-3033 | Fax: (613) 722-7687
Toll-free: 1-800-461-4043 reception@nwac.ca



NATIVE WOMEN'S ASSOCIATION OF CANADA

The Native Women's Association of Canada (NWAC) is a national Indigenous organization representing the political voice of Indigenous women, girls and gender diverse people in Canada. Incorporated in 1974, NWAC works to advance the well-being and equality of Indigenous women, girls and gender diverse people through advocacy, education, research, and policy. An aggregate of thirteen Indigenous women's organizations, NWAC was founded on the collective goal to enhance, promote, and foster the social, economic, cultural and political well-being of Indigenous women within their respective communities and Canadian societies.

NWACs Mission Statement

Advocate for and inspire women and families of many Indigenous nations.

NWACs Vision Statement

We envision an inclusive world that understands and respects the diversity and uniqueness of all Indigenous women and families.



WALKING THE RED PATH HIV/HCV INITIATIVE

**Re-forging connections,
Empowering Indigenous women to heal, and
Driving change for a healthy future**

RED Path is a five-year project funded through the Public Health Agency of Canada's Human Immunodeficiency Virus (HIV) and Hepatitis C (HCV) Community Action Fund. The project aims to develop sustainable, evidence-based, and culturally safe HIV and HCV interventions for Indigenous women in federal correctional institutions. Through the interventions, the project aims to strengthen capacity, identify and reduce barriers to health and social services, prevention, diagnosis and treatment for HIV, HCV, and other related sexually transmitted and blood borne infections (STBBIs).

To clarify knowledge and perspectives on effective evidence-based interventions as well as gaps in current access to health, social and support services, the project team held sharing circles with incarcerated Indigenous women at Fraser Valley Institution for Women, Edmonton Institute for Women, Buffalo Sage Wellness House and the Okimaw Ohci Healing Lodge for Aboriginal Women. The knowledge, perspectives and evidence gathered through these sharing circles were synthesized and applied to inform the development of an interactive, three day, STBBI knowledge exchange activity and this activity book.

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Bienvenue

Pìjàshig

Weltasualul Tungasugit

Tansi

Bi-zhaazhig



STRONG WOMEN'S SONG

The Strong Women's Song

Whey hey ya Whey hey ya hey yo

Whey hey ya Whey hey ya hey yo

Whey hey ya way hiyo

Whey hey ya, Whey hey ya, Whey hey ya

Whey hiyo

Whey hey ya, Whey hey ya way hiyo

Whey hey ya, Whey hey ya, Whey hey ya

Whey hiyo

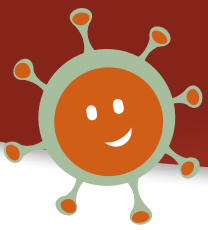
Repeat X4



According to oral history, the Strong Women's song originated with Anishinaabe women, Anishinabe Kwewag and Zhoganosh Kwewag, who were in solitary confinement in a Prison for Women in Kingston, Ontario in the 1970's (1,2). Conditions in the prison were bleak and many women lost their lives. This song was sung as a way to ask the Creator for strength and power to move forward in their journey regardless of obstacles and also emerged as a way of staying alive and supporting one another. The song is now sung to honour those women and all women and used for empowerment, healing and resiliency (1,2).

References

1. Davis M, Rice B. Daughters, Sisters, Mothers and Wives: An Anishnaabe Reader [Internet]. Ontario Native Literacy Coalition; Available from: <https://onlc.ca/wp-content/uploads/2017/05/Anishinaabe-Language-Wookbook.pdf>
2. Strong Women's Song [Internet]. Ojibwe.net. Available from: <https://ojibwe.net/songs/womens-traditional/strong-womens-song/>



HUMAN IMMUNODEFICIENCY VIRUS (HIV)

What is HIV infection?

An HIV infection is caused by the Human Immunodeficiency Virus (HIV). HIV attacks the body's immune system weakening its ability to fight illnesses and diseases (1). If left untreated, HIV can severely damage the immune system leading to Acquired immunodeficiency syndrome (AIDS).

HIV in Canada

In 2018, there was 2,561 newly diagnosed cases of HIV in Canada (2). Despite representing only 5% of the Canadian population, 19.3% of the reported cases occurred within Indigenous communities in Canada (2). It is estimated that 1% to 9% of women incarcerated in Canadian federal prisons are living with HIV.

How does HIV spread?

HIV is transmitted through five bodily fluids including Blood, Semen (cum and pre-cum), Vaginal fluid, Rectal fluid and Breast milk (1). These fluids must come in contact with mucous membrane found inside the rectum, vagina, penis, and/or mouth. This can occur through unprotected sex, sharing needles, breastfeeding and more rarely from mother to baby during pregnancy and delivery (1).

Signs and Symptoms of HIV

Most people do not have symptoms in the first 10-15 years of infection. **Others experience:**



fever



chills



rash



rapid weight loss



headaches



not feeling hungry (1).

HIV, Pregnancy and Breastfeeding

HIV can be passed from mother to baby during pregnancy, birth and breastfeeding. A mother living with HIV can have an HIV-negative baby if she takes medication and suppresses her viral load (1). Out of 259 infants exposed to HIV in 2018 in Canada, only five were infected with HIV. This is because 96.5% of mothers living with HIV took antiretroviral therapy during pregnancy (2).

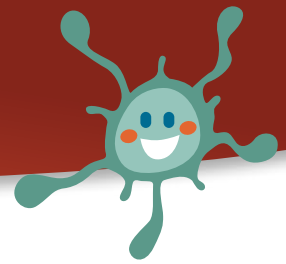
HIV Testing

14% of those living with HIV do not know they have the infection (2). The only way to find out if you have HIV is through blood testing (3).

HIV Treatment

There is no cure for HIV, but HIV medications called antiretroviral therapy can keep it under control by decreasing the copies of the virus in your blood and prevent you from passing it to other people (1). Antiretroviral therapy must be prescribed by your doctor and is usually one pill a day (1).





What is Chlamydia?

Chlamydia is an infection caused by bacteria and spread by unprotected sexual activity (4). If it is not treated it can lead to infertility and painful complications (5).

Chlamydia in Canada

Chlamydia is the most common sexually transmitted infection in Canada. The rates of chlamydia have increased by 39% between 2008 and 2017. 97.4% of all new cases of Chlamydia in women were among those between the ages of 16-44 years (7).

How does Chlamydia Spread?

Chlamydia is a sexually transmitted blood borne infection. It is mainly spread through unprotected vaginal, anal and/or oral sex. It can also spread through pregnancy and delivery (4).

Chlamydia, Pregnancy and Breastfeeding

Chlamydia can be passed from mother to baby during pregnancy and birth. It can lead to premature birth, eye infections and pneumonia (4). To prevent transmission of chlamydia during pregnancy and delivery, pregnant women should be tested for chlamydia and treated immediately. You may breastfeed your baby if you have chlamydia without risking infection (5).

Chlamydia Testing

You cannot tell if you have chlamydia by the way you feel. You can find out if you have chlamydia through a urine test or vaginal/rectal/throat swab (4).

Chlamydia Treatment

Antibiotics can treat chlamydia, the sooner you start treatment, the less likely you will suffer from complications like pelvic inflammatory disease and infertility (4).

Signs and Symptoms of Chlamydia

Some people do not have any symptoms and can live with chlamydia without knowing it. Some women may notice different symptoms depending on where the infection is (5).

VAGINAL:



Pain during urination



Painful sex



Bleeding during or after sex



An abnormal vaginal discharge

RECTAL:



Rectal pain



Discharge



Bleeding

THROAT:



A sore throat



Painful sores in the mouth



Fever



Swollen lymph nodes in the neck



What is Gonorrhea?

Gonorrhea is an infection caused by bacteria and spread by unprotected sexual activity. If left untreated it can cause infertility, painful complications and ectopic pregnancy (a pregnancy that occurs outside the womb) (8).

Gonorrhea in Canada

Gonorrhea is the second most common sexually transmitted infection in Canada. The rates of gonorrhea have increased by 109% in Canada between 2008 and 2017 (7).

How does Gonorrhea Spread?

Gonorrhea is a sexually transmitted blood borne infection. It is mainly spread through unprotected vaginal, anal and/or oral sex. It can also spread through pregnancy and delivery (8).

Gonorrhea, Pregnancy and Breastfeeding

Gonorrhea can be passed from mother to baby during birth. It can lead to miscarriages, premature birth, and eye infections that may lead to blindness (5). To prevent transmission of gonorrhea during pregnancy and delivery, pregnant women should be tested for gonorrhea and treated immediately. You may safely breastfeed your baby if you have gonorrhea.

Gonorrhea Testing

You can find out if you have gonorrhea through a urine test or vaginal/rectal/throat swab (5).

Gonorrhea Treatment

Antibiotics can treat gonorrhea, the sooner you start treatment, the less likely you will suffer from complications like pelvic inflammatory disease and infertility (5).

Signs and Symptoms of Gonorrhea

Some people do not have any symptoms and can live with gonorrhea without knowing it. Those that have symptoms may feel the following:



Thick, cloudy or bloody discharge from the vagina.



Pain or burning sensation when urinating.



Heavy menstrual bleeding or bleeding between periods.

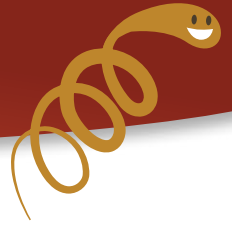


Painful bowel movements.



Anal itching.





What is Syphilis?

Syphilis is an infection caused by bacteria and spread by unprotected sexual activity (9). If it is not treated, syphilis can cause serious, permanent damage and even death (9).

Syphilis in Canada

It is the third most common sexually transmitted infection in Canada. The rates of syphilis have increased by 167% in Canada over the last decade (6).

How does Syphilis Spread?

Syphilis is a sexually transmitted blood borne infection. It is mainly spread through unprotected vaginal, anal and/or oral sex. It can also spread through needle sharing, pregnancy and delivery (10).



Syphilis, Pregnancy and Breastfeeding

Syphilis can be passed from mother to baby during pregnancy and birth and can cause birth defects and stillbirth. The number of babies born with syphilis in Canada is increasing (6). To prevent transmission of syphilis during pregnancy and delivery, pregnant women should be tested for syphilis and treated immediately. Breastfeeding is possible if there are no sores on the breast.

Syphilis Testing

You cannot tell if you have syphilis by the way you feel. You can find out if you have syphilis through a blood test or swab (6).

Syphilis Treatment

Antibiotics can treat syphilis in the early stages (6).

Signs and Symptoms of Syphilis

There are three stages to syphilis infection, primary, secondary and tertiary. Each stage may have different symptoms.



Primary Syphilis: Painless sore on penis, vagina, rectum, mouth, or surrounding areas



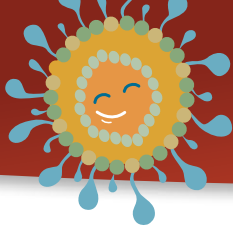
Secondary Syphilis: Skin rash that is not usually itchy, fever, tiredness, swollen lymph nodes



Tertiary Syphilis: At this stage the syphilis can damage your nervous system, brain and other organs and may lead to blindness, paralysis, tumors and dementia (10).



Some people do not have any symptoms and can live with syphilis without knowing it.



HEPATITIS C

What is Hepatitis C?

Hepatitis C is a viral infection of the liver caused by the hepatitis C virus (HCV) (11).

Hepatitis C in Canada

Approximately 1% of Canadians have been infected with hepatitis C in their lifetime and 1 in 4 federal inmates are living with hepatitis C (12).

How does Hepatitis C Spread?

Hepatitis C is a sexually transmitted blood borne infection. It is mainly spread through contact with infected blood through sharing drug equipment, including needles, sharing tattooing equipment, body piercings and personal hygiene equipment that have been contaminated with blood. It can also be spread through unprotected vaginal, anal and/or oral sex, pregnancy and delivery (11).

Hepatitis C, Pregnancy and Breastfeeding

Hepatitis C can be passed from mother to baby during pregnancy and birth and can lead to low birth weight, birth defects and premature birth (13). Breastfeeding is possible as long as the mother's nipples are not cracked or bleeding.

Hepatitis C Testing

You cannot tell if you have hepatitis by the way you feel. You can find out if you have hepatitis C through a series of blood tests (14).

Hepatitis C Treatment

Antiviral drugs can cure hepatitis C and are typically taken in pill form (12).

Signs and Symptoms of Hepatitis C

Some people do not have any symptoms and can live with hepatitis C without knowing it. **Others may experience:**



fever



fatigue



poor appetite



yellowish discoloration of their eyes and skin



dark urine



weight loss (11).

ELDER ROSEANN'S FOUR DIRECTION TEACHING ON SEXUALLY TRANSMITTED BLOOD BORNE INFECTIONS

The medicine wheel is a valuable tool and I view everything as a part of the medicine wheel. In this exercise, I will use the medicine wheel as an example of how STBBI's evolve in the human body. As any disease it has a beginning and an end.

In the **Northern door** (white), the **fourth phase** is for healing and self-care and where education comes in.

In the **western door** (black), the **third phase** is full blown symptoms and definitely needs professional help. Monitoring is needed and medicines are administered.



In the **eastern door** (yellow), we have an **illness that begins as a seed**. It has an incubation period before moving onto the next phase. During this time, it is not visible, or it might pass as a simple symptom.

In the **southern door** (red), the **secondary phase** is when people are starting to experience symptoms of an infection and sometimes this is where a person should consult a professional.

There are many STBBI'S and our people need to be aware and practice safe sex practices. **Protection is the key word.**



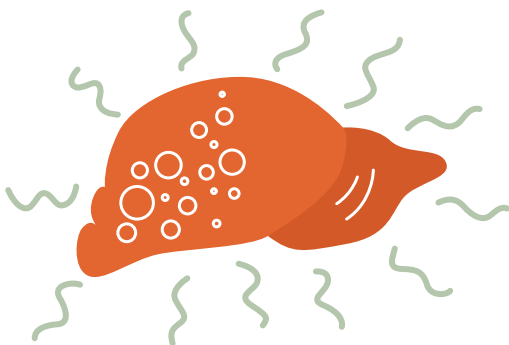
Elder Roseann Martin was born in Listuguj Quebec on September 2, 1952 to Howard Metallic and Rebecca Wysote. Roseann is a Residential School survivor and a Mi'gmaq Grandmother and Elder; she is a pipe carrier, drum keeper and water protector who likes to share her teachings. Roseann's journey has not been short of trauma, anger and substance use. However, through her strength and resiliency, she was able to overcome them and has over 25 years of sobriety and healing. Roseann likes to share her story for future generations to begin the healing process. Roseann sits on the Board of Directors for the Quebec Native Women's Association and also works at the Native Women's Association of Canada.

QUIZ 1: HEPATITIS C



TRUE OR FALSE

1. Hepatitis C is rare. TRUE FALSE
2. The liver is the body part most affected by hepatitis C. TRUE FALSE
3. The first symptom of hepatitis C is a high fever. TRUE FALSE
4. You can get hepatitis C by having sex. TRUE FALSE
5. Getting tattoos and piercings can put you at risk for hepatitis C. TRUE FALSE
6. A vaccine can prevent hepatitis C. TRUE FALSE
7. Hepatitis C can be treated with medication. TRUE FALSE
8. Once you've been treated for hepatitis C, you can't get it again. TRUE FALSE



QUIZ 2: HUMAN IMMUNODEFICIENCY VIRUS



FILL IN THE BLANK BY CIRCLING THE CORRECT OPTION

1. HIV is transmitted when the of an infected person comes into contact with the blood or mucous membrane of a healthy person.
- A) clothing or skin
B) blood or other body fluids
C) drugs or alcohol
D) blood or hair
-
2. HIV is .
- A) a virus that attacks the immune system
B) a sexually transmitted virus
C) the virus that causes AIDS
D) all of the above
-
3. Drug abusers are at risk for HIV infection .
- A) only when they inject drugs
B) because drugs can affect the way people make decisions
C) when they share drug injection equipment
D) both B and C
-
4. HIV destroys certain cells in the body, called CD4+, that are important in .
- A) sending messages in the brain
B) fighting germs and diseases
C) preventing addiction
D) maintaining one's memory
-
5. Non-injection drug use causes , which is more likely to lead to risky behaviors and an increased risk of acquiring HIV.
- A) poor judgment
B) impaired critical thinking
C) sharing fluids from needles
D) A and B



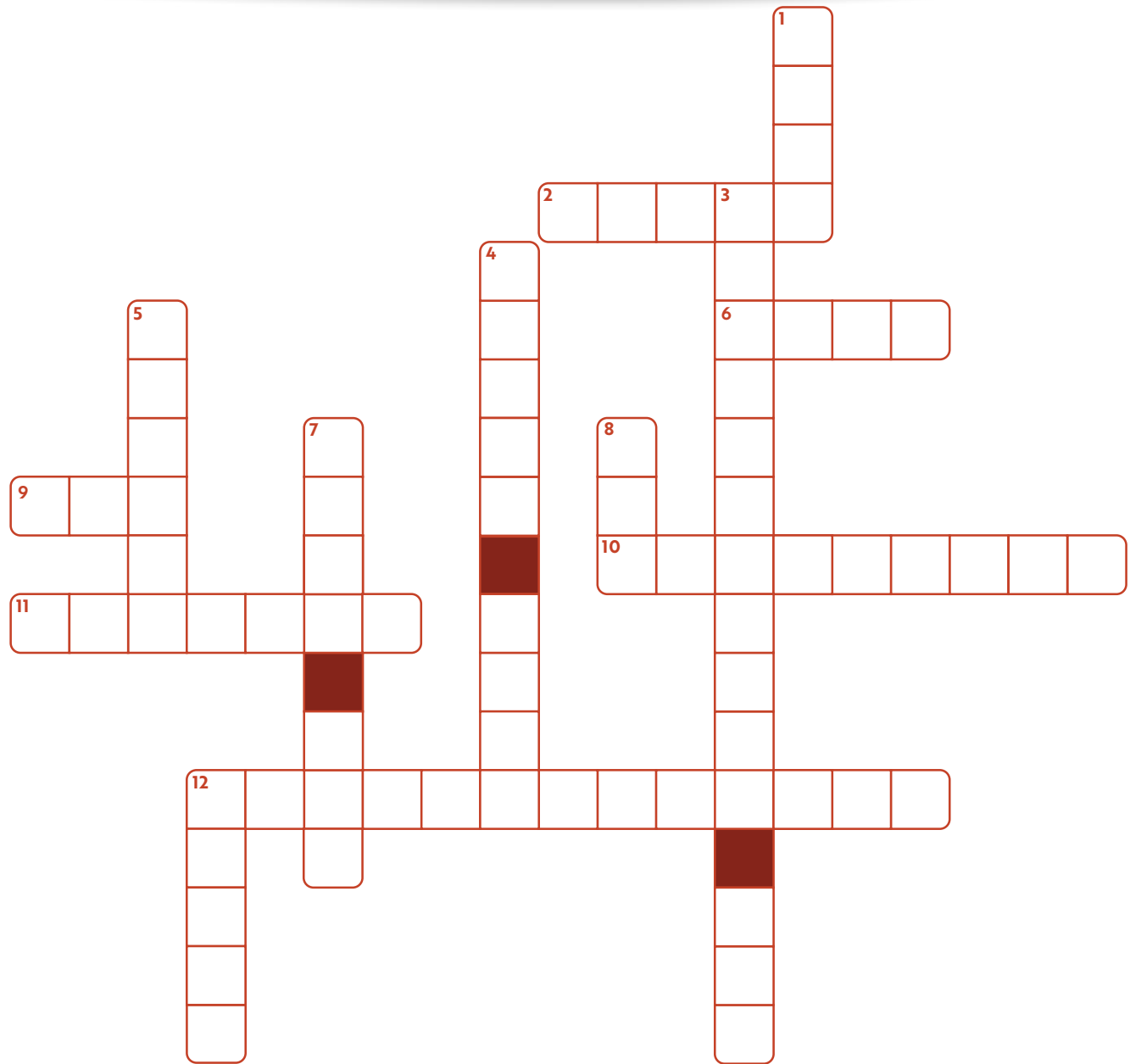
HIV, HCV & STBBI WORD SEARCH

S M S L C A K P X E V B H I X H M G W J I V H I E C G X R R
M J C E Y Q P Y V L L L R E Z M N A V U H T U M T G O F C R
F X D E X J L S G B V I S E V I H E R D N A N M J M Y I F B
C O N D O M S A Y A I D V N A T U W E U P P R U Y Q F Y X K
A I K C O D E X G T E T G E S S P N R B Z J H N X S H D O F
W R M H K T N P J T T D H Y R W T E X Y R T Q E T R Q I T Q
K T V M L U J F C I R G B I Z A P F L B I F M S L A V E C W
X Y U G Y S K E V M D Q L U L E T I E K S J H Y P F Z H Z D
H J A K R D T N X S J M H D N Z Q D D E U M B S D S A R A L
C W F Q N O Y H P N F Q A K A T P V E H D D W T D J G A M F
Q L W J R H X K M A I M E J A T D A M L G I R E X A Z A M V
F U X P P E A D W R S C X W X I E E P N X M N M U A M O D P
G Z N Z S Z Q S M T N Y B X K K R B R H Y F L G Z H Q A E L
I U Q E J X F S G N C B X P K F I Z S K C T U H Z H N E G E
J N F A V U G R F U U F G J X E S J Z H N U E R X S E T O I
R A D Z T T M S Q E F Z S I D J L Y H D A W T Y C C T D F Z
S R U K E Z K B E L M U J W T I F G B C N B K Q O K P Y J A
T J L B I C G S Z B G O V B H Z C U Q I G B G Q T Z B N K H
T A G U F W E T I A T G T Y J J Y C W Z E Q M Q J A C V T D
G Y Y H T V H K I T I N J E C T I N G D R U G S P E P Q O W
K L K N X Q Y Z R C C L B U Y S Q Q G L P T N Z D J Y A D C
X B W S W Y Y K B E V I M L G R I A J Q X F K B H J F B K U
V Z R J H G W U I T K B W K O U C T S E L D E E N W E N W D
K J Q Y U I Y Z C E I F L B J L Z H I R W X Y U D N M O C F
Y T V C P E W P V D C S J R G O B J I T H L T V A U I B J U
O D W R P G X G S N R M A C M J R H R U A V H T O T Y L U U
I J E X I E U C R U T N Z E C F D K Q J O P R G E I F O Q L
M P Z U X K G Y U E G O K D Y S J E H Q U O E O Q R S O A Y
W Q T K A D W Q T T W G G K I Q D C S L F S N H C Z K D V R
B V R Y Z C E T B P N M Y E L Y V Q W P M K T O A P E O I A

Search for the following underlined words:

- Hepatitis C is an infection that affects the Liver
- HIV attacks the body's immune system weakening its ability to fight illnesses and diseases
- STBBIs can spread through unprotected sex, contact with blood, injecting drugs with contaminated needles and from mother to baby during pregnancy and sometimes breastfeeding
- U=U means Undetectable=Untransmittable
- You can protect yourself from STBBIs by practicing safe sex (using condoms and dental dams), by using new needles every time you inject drugs and by not sharing personal hygiene equipment like razors and toothbrushes
- Pre-exposure prophylaxis or PrEP, is medication you can take daily to protect yourself from HIV before exposure
- Post-exposure prophylaxis or PeP is medication you can take to protect yourself from HIV after exposure
- Hepatitis C is curable with medications

HIV & AIDS CROSSWORD PUZZLE



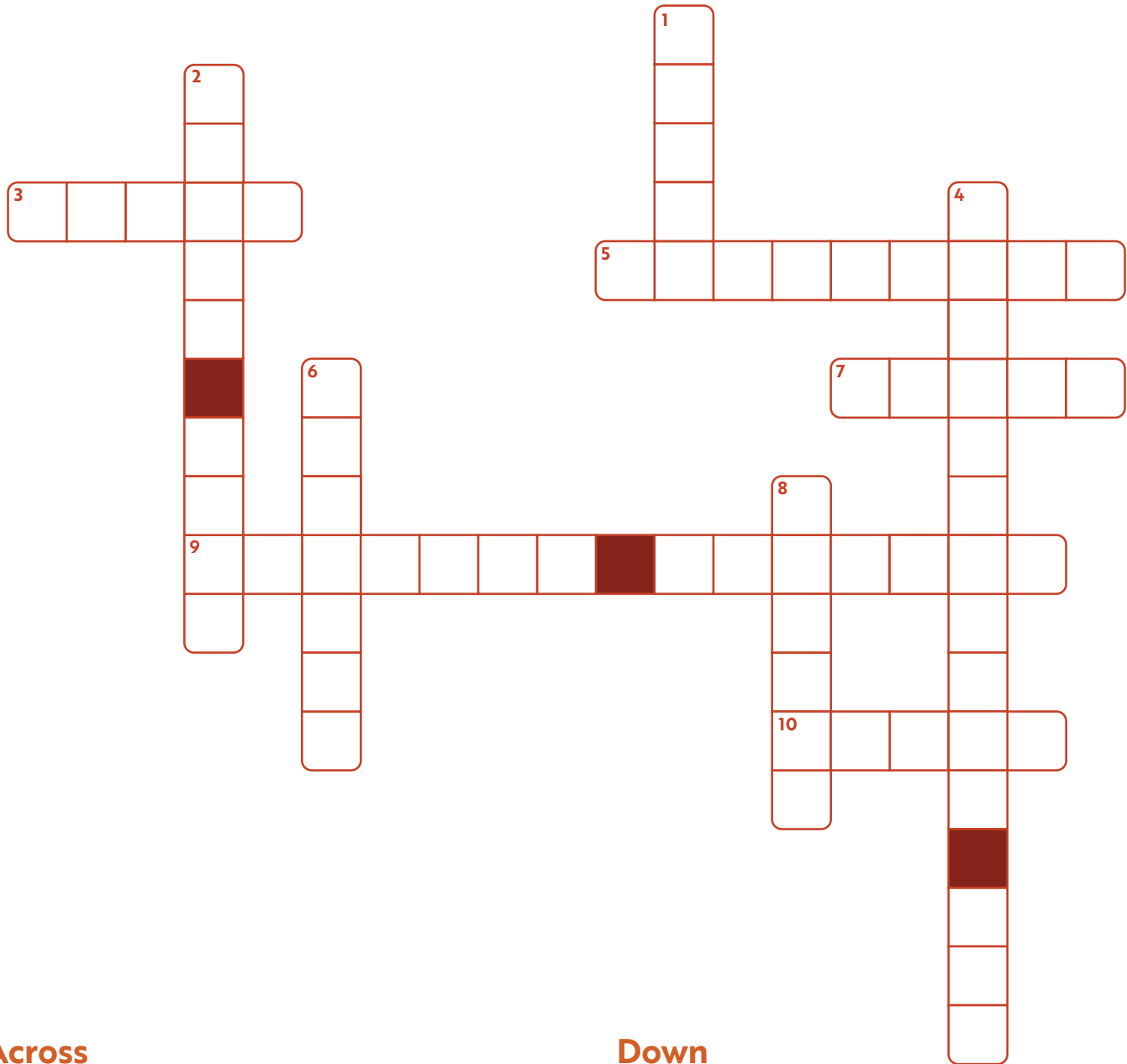
Across

2. HIV is a _____
6. Drugs to prevent HIV that are taken BEFORE possible exposure of HIV
9. Acronym for undetectable=untransmittable
10. HIV can be transmitted from mother to baby during _____
11. Sharing these puts you at risk for HIV
12. HIV can also be transmitted from mother to baby while _____

Down

1. Without proper treatment for HIV, the infection will progress to _____
3. Doing this puts you at risk of getting HIV (two words)
4. The only way to find out if you have HIV (two words)
5. HIV attacks the _____ System
7. Practicing this puts you at lower risk of getting HIV (two words)
8. Drugs to prevent HIV AFTER possible exposure
12. HIV can spread through this fluid

HCV/HEPATITIS C CROSSWORD PUZZLE



Across

3. You must come in contact with _____ to get hepatitis C
5. Hepatitis C can be transmitted from mother to baby during _____
7. Hepatitis C is a _____
9. The main way hepatitis C is transmitted (two words)
10. Hepatitis C attacks the _____

Down

1. Do not share this personal hygiene item to lower your risk of getting hepatitis C
2. The only way to find out if you have hepatitis C (two words)
4. Doing this puts you at risk of getting hepatitis C (two words)
6. With proper treatment and care, hepatitis C is _____
8. Ensure you use a new _____ when getting a tattoo to lower your risk of hepatitis C



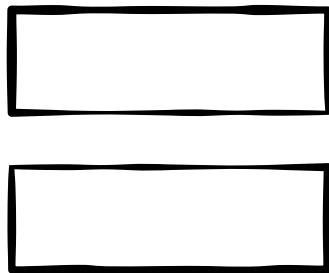
PREGNANCY

Sexually transmitted blood borne infections (STBBIs) can impact the health of your pregnancy and baby. Get tested and treated for STBBIs to decrease your risk!



BREASTFEEDING

Some sexually transmitted blood borne infections (STBBIs) can be passed to your baby through breastmilk. Get tested and treated for STBBIs to decrease your baby's risk.



UNDETECTABLE = UNTRANSMITTABLE (U=U)

Taking HIV medications regularly can decrease the copies of HIV in your blood to an **u**ndetectable level.
When the HIV **u**ndetectable, it is not possible to pass the virus to someone else (**u**ntransmittable).

Testing



TESTING

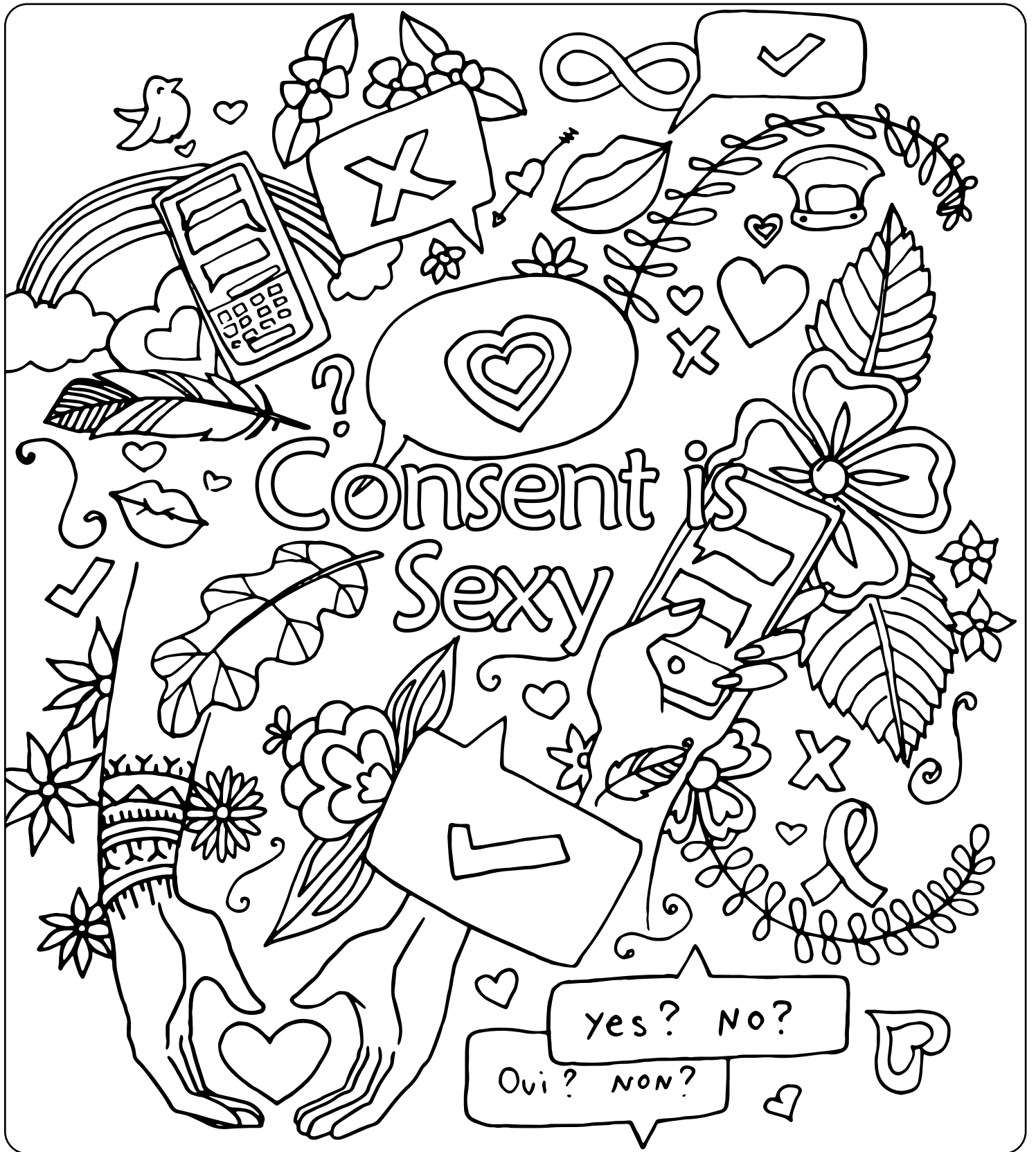
Treatment of Sexually Transmitted Blood Borne Infections (STBBIs) can only exist if you know you have them. Know your status, get tested today!

OUR BODIES, OUR MINDS, OUR POWER



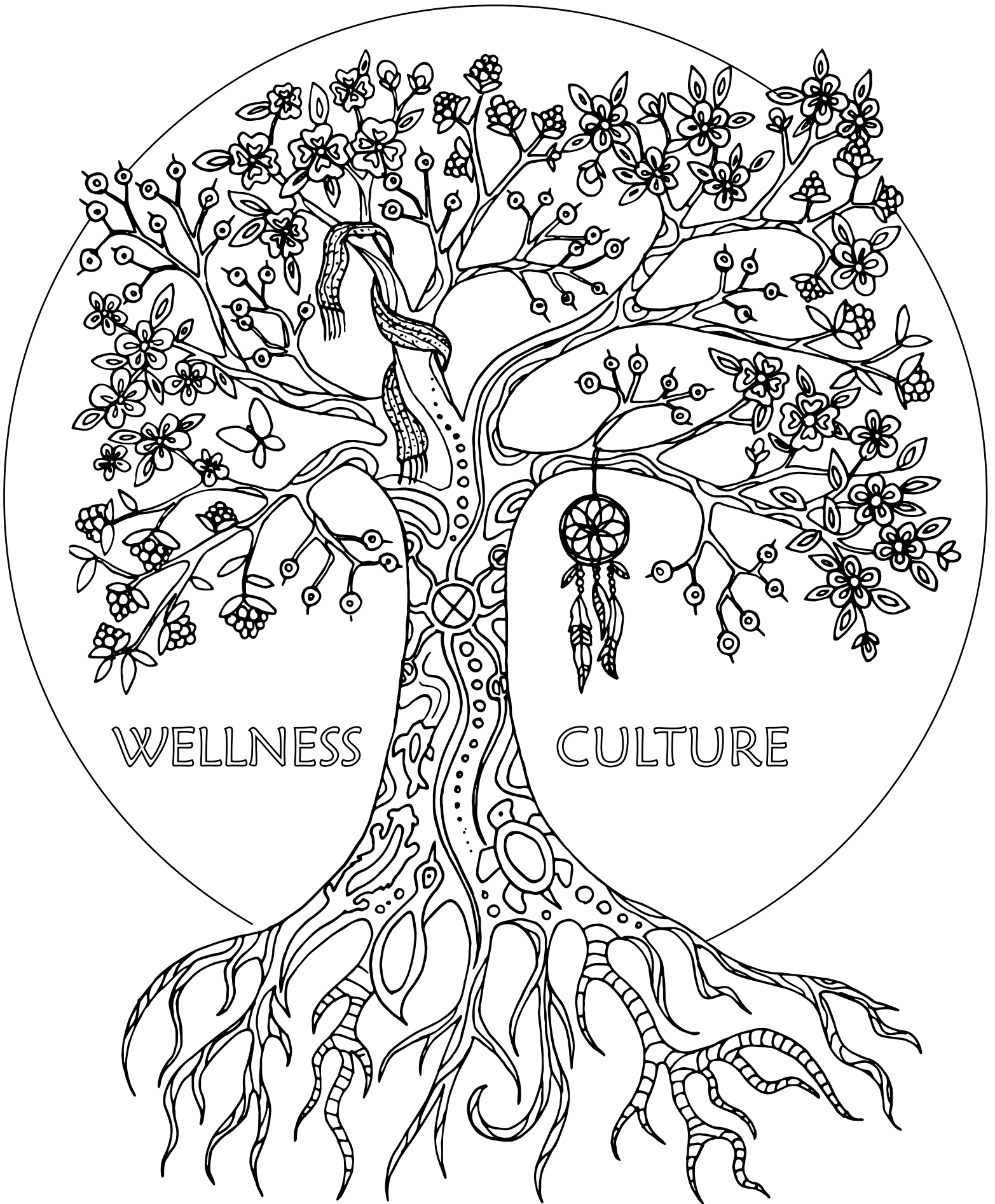
PREVENTION

Utilizing safe sex methods while engaging in sexual activities like condoms and dental dams helps lower your risk of Sexually Transmitted Blood Borne Infections (STBBIs). Use new syringes every time you inject drugs, do not share needles, tattooing equipment, jewelry or personal hygiene products.



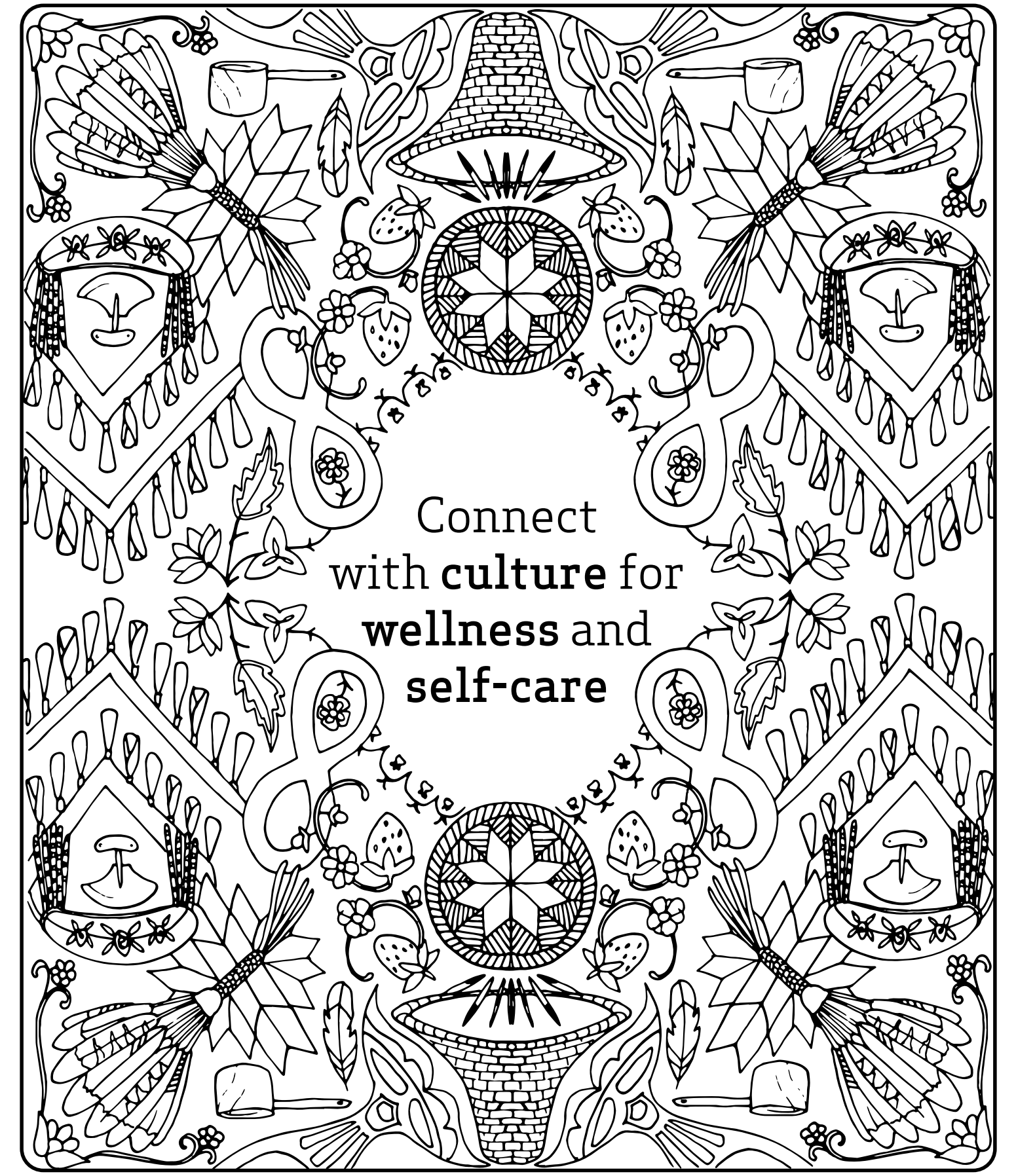
CONSENT

The best way to ensure everyone is comfortable with any sexual activity is to talk about it. If it is not clear, it is NOT consent.



WELLNESS

CULTURE



Connect
with **culture** for
wellness and
self-care

ANSWER KEY

Quiz: Hepatitis C True or False

1. **False:** Hepatitis C is the most common blood-borne infection
2. **True:** "Hepatitis" means inflammation of the liver. The liver's job is to clean your blood, help digest fats, store and release sugar, and make blood-clotting proteins
3. **False:** Hepatitis C usually doesn't cause any symptoms. If it isn't diagnosed, it can take as long as 30 years for serious signs of liver damage to develop.
4. **True:** It isn't easy to get infected with hepatitis C through sex, but there's still a chance
5. **True:** If you get a tattoo or piercing, look for a facility that has all single-use items like gloves, needles, and ink pots. Ensure you are not sharing tattoo equipment, body piercings and jewelry and personal hygiene items like toothbrushes and razors.
6. **False:** There is a vaccine for hepatitis A and B, but there isn't one for hepatitis C.
7. **True:** There is treatment for Hepatitis C. You will need to get tested and talk to your doctor. Treatment for Hepatitis C will depend on how long you have been living with it
8. **False:** Even after successful treatment, you can still be infected again with hepatitis C.

HIV & AIDS Crossword Puzzle

Across

2. Virus
6. PrEP
9. U=U
10. Pregnancy
11. Needles
12. Breastfeeding

Down

1. AIDS
3. Unprotected Sex
4. Blood Test
5. Immune System
7. Safe Sex
8. PEP
12. Blood

HIV, AIDS, Quiz

1. **B:** HIV is transmitted when the blood or body fluids of an infected person comes into contact with the blood or mucous membrane of a healthy person.
2. **D:** HIV is a sexually transmitted virus that attacks the immune system and causes AIDS.
3. **D:** Drug abusers are at risk for HIV infection when they share drug injection equipment and because drugs affect the way people make decisions.
4. **B:** CD4+ cells are part of the body's disease and germ fighting immune system. Without them, people with HIV are more susceptible to infections and diseases.
5. **D:** Non-injection drug users experience poor judgment and impaired thinking, often leading to risky behaviors that can increase the risk of getting HIV.

HCV/Hepatitis C Crossword Puzzle

Across

3. Blood
5. Pregnancy
7. Virus
9. Sharing Needles
10. Liver

Down

1. Razor
2. Blood Test
4. Unprotected Sex
6. Curable
8. Needle

HIV, HCV & STBI Word Search

S M S L C A K P X E V B H I X H M G W J I V H I E C G X R R
 M J C E Y Q P Y V L L L R E Z M N A V U H T U M T G O F C R
 F X D E X J L S G B V I S E V I H E R D N A N M J M Y I F B
 C O N D O M S A Y A I D V N A T U W E U P P R U Y Q F Y X K
 A I K C O D E X G T E T G E S S P N R B Z J H N X S H D O F
 W R M H K T N P J T T D H Y R W T E X Y R T Q E T R Q I T Q
 K T V M L U J F C I R G B I Z A P E L B I F M S L A V E C W
 X Y U G Y S K E V M D Q L U L E T I E K S J H Y P F Z H Z D
 H J A K R D T N X S J M H D N Z Q D D E U M B S D S A R A L
 C W F Q N O Y H P N F Q A K A T P V E H D D W T D J G A M F
 Q L W J R H X K M A I M E J A T D A M L G I R E X A Z A M V
 F U X P P E A D W R S C X W X I E E P N X M N M U A M O D P
 G Z N Z S Z Q S M T N Y B X K K R B R H Y F L G Z H Q A E L
 I U Q E J X F S G N C B X P K F I Z S K C T U H Z H N E G E
 J N F A V U G R F U U F G J X E S J Z H N U E R X S E T O I
 R A D Z T T M S Q E F Z S I D J L Y H D A W T Y C C T D F Z
 S R U K E Z K B E L M U J W T I F G B C N B K Q O K P Y J A
 T J L B I C G S Z B G O V B H Z C U Q I G B G Q T Z B N K H
 T A G U F W E T I A T G T Y J J Y C W Z E Q M Q J A C V T D
 G Y Y H T V H K I T I N J E C T I N G D R U G S P E P Q O W
 K L K N X Q Y Z R C C L B U Y S Q Q G L P T N Z D J Y A D C
 X B W S W Y Y K B E V I M L G R I A J Q X F K B H J F B K U
 V Z R J H G W U I T K B W K O U C T S E L D E E N W E N W D
 K J Q Y U I Y Z C E I F L B J L Z H I R W X Y U D N M O C F
 Y T V C P E W P V D C S J R G O B J I T H L T V A U I B J U
 O D W R P G X G S N R M A C M J R H R U A V H T O T Y L U U
 I J E X I E U C R U T N Z E C F D K Q J O E R G E I F O Q L
 M P Z U X K G Y U E G O K D Y S J E H Q U O E O Q R S O A Y
 W Q T K A D W Q T T W G G K I Q D C S L F S N H C Z K D V R
 B V R Y Z C E T B P N M Y E L Y V Q W P M K T O A P E O I A

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Haw'aa!

Miigwetch!

Qujannamiik!

Wel'alin!

Nakurmiik!

Merci!

Sincerely, the RED Path Team





Native Women's
Association of Canada



L'Association des
femmes autochtones
du Canada



Walking
the RED Path