

# *BC Aboriginal Youth Sport and Recreation Declaration*

## ***We Declare that:***

We, the Aboriginal youth of British Columbia are committed to improving the health and lives of all Aboriginal people through Aboriginal and mainstream sports, recreation, and traditional physical activities within our communities.

We, as Aboriginal people, hold dignity, survival, and well being as the foundation of our culture and we have the inherent right to live healthy and active lives.

We are a strong, healthy, and resilient people that are connected to our lands and culture through the teachings and wisdom of our elders.

## ***We will:***

Improve the health of our People, reduce the number of suicides amongst our youth, and strengthen our families and communities through increased sports, recreation, and physical activity.

Counter the inequality that exists in our society in the areas of health, violence, addictions, racism, and poverty by increasing our health and strength through sports, recreation, and physical activity.

Play our traditional Aboriginal sports and recreational activities and nurture our mental, physical, emotional, and spiritual health.

Create more opportunities for our youth to participate in healthy and fun activities.

## ***Call to Action:***

We call on the Federal and Provincial Governments to work with the Aboriginal youth of British Columbia to implement the spirit of this declaration.

We call on our First Nation Governments to lead the way in building a healthier future for Aboriginal youth by making sports, recreation, and physical activity a priority.

We call on all governments and Aboriginal organizations to work together to support and implement the spirit of this Declaration.

We call on ourselves, the Aboriginal youth of BC, to implement this Declaration, to strengthen our Nations, and to create a healthier future for our People.