





When asked about resiliency, participants identified personal ways that someone can be resilient but also how resiliency can be encouraged among community. Key points of discussion included the need to learn, grow, and adapt. A second key concept that was shared in all the workshops was the importance of connecting to Indigenous knowledge, culture, land, and food, and having an Indigenous mindset. As outlined in Box 2, participants gave examples of both resiliency they use or see others using and areas for growth within their Native communities to foster resiliency.

**Examples of Resiliency Identified by Participants**

“To be resilient is to be Indigenous.”

“Being able to speak to people you don’t know and it’s going to bring up something for someone in this room. I bring my light and when someone else comes in and shines their light and I’m like that makes sense. Then someone else shines their light and then I get to see the full picture. This is resiliency and I see that betters my family.”

“Learn from mistake and learn from our peers of how to deal with our trauma and all the things we deal with in our life.”

“Our culture is key. Our identity. Our LANGUAGE. If we do not know who we are, how will we know where we are going?”

“The kids asked to be safe and we taught them about safe touch, not okay touch, their body parts, and how to say their body parts in Lakota. We taught them not to be ashamed of their body parts and you know, parents didn’t realize and I don’t think they pay attention.”

**Areas for Strengthening Resiliency**

“The youth showed us that they could lead. Let’s get them involved and keep them involved. They are the future.”

“We need more programming where we can teach each other.”

“Not only for school but for our justice system, I think they need to include more of us in the conversation when it comes to decision making and implementing programs. I think a lot of us are missing from those conversations. That’s the first step. Every time I find myself at a community event, I feel like not enough of us are showing up or not enough of us are invited. Where are we? We are here to help each other but not very many of us are coming to the table to talk about things.”

“I think each of us in here has a personal stake in here to help our child/ and youth. How do we instill resiliency in them when [we] are still experiencing trauma?”

**Next Steps**

The research team is working to identify another research project based on the input from community members that participated in the workshops. We are developing a more extensive report for Native Women’s Society of the Great Plains (NWS). We are also currently talking with potential Native partners and looking to identify a way to address Native youth violence and promote resiliency in a culturally informed and responsive way based on the information shared from this research.

**Interested in Connecting?**

If you are interested in learning more about this research or any upcoming research, please don’t hesitate to reach out to us through the information provided below.

**Carmen O’Leary**

carmen@nativewomenssociety.org

**Bridget Diamond-Welch**

Bridget.K.Diamond-Welch@usd.edu

**Anna E. Kosloski**

akoslosk@uccs.edu



**Native Women's Society  
of the Great Plains**

*“Reclaiming Our Sacredness”*



UNIVERSITY OF  
**SOUTH DAKOTA**



University of Colorado  
**Colorado Springs**

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