Tales of our Truth

colouring book
The 'Tales of Our Truth' colouring book is dedicated to and made for two-spirit, trans, non-binary folks and those who care for them.

We created this colouring book to act as a reminder that each person reacts differently to gendered and sexual violence and there is no right or wrong way to cope with, or to feel about, your experience.

We hope you are able to connect with the content that feels good for you and move past what does not.

"Gender is the poetry each of us makes out of the language we are taught"
- Leslie Feinberg, Trans Liberation: Beyond Pink or Blue

Self-care is about taking care of ourselves - physically, mentally, emotionally, and spiritually. It is about (re)learning how to be gentle with ourselves and how to attend to our needs. Self-care is crucial for our survival, well-being, and growth, especially after experiencing harm. **You deserve radical care and love.** Remember that, like healing, self care is a non-linear practice. What you need will change and grow at different times and in reaction to different things.

**We’re glad you found this colouring book.**
**It was created for you!**
This book is brought to you by the staff from Consent is Golden, Sexual Violence Response Team in partnership with 3 amazing artists.

Laurier’s Sexual Violence Response and Prevention Staff are committed to creating a safer and more accountable campus for two-spirit/Trans/non-binary students to learn and grow in.

If you have been impacted by transphobia, or other forms of sexual violence, it’s never your fault.

We believe you. We’re here for you. You deserve support.

Support is available to all members of the Laurier community who have been impacted by gendered or sexual violence, regardless of when or where the violence took place. Healing from trauma and accessing support looks different for everyone. The Sexual Violence Support Team can provide information on the different options available to you and can support you in figuring out what works best for you.

You are not alone. Reach out.
svinfo@wlu.ca
548.889.5189
Jasmine Noseworthy Persaud is a chronically ill, nonbinary digital media artist of Guyanese and English descent living in Tkaronto. They create work around embodiment – part of an intentional practice to honour the magic and wisdom we hold in our bodies. They are particularly interested in drawing connections between micro and macro levels of intimacy, interdependence, and care.

Chosen media includes: illustration, poetry, and film.

You can find them on Instagram, Twitter and inprmt.com @jasminedrawing
Portfolio - https://jasminepersaud.portfoliobox.net/

N, a Queer Non-Binary artist was born and raised in the wintry plains of Winnipeg, Manitoba, growing up where it snows more than it should. They moved to Toronto in 2011 to attend College to gain a diploma in Sequential Arts, and have resided there ever since. At the moment they spend their time working the daily grind to pay the bills and develop their art career.

You can find them on Instagram edragonelfsden.
Portfolio - tnikki13.wixsite.com/dragonelfsden

Riley Bataillard is a non-binary, Métis/Irish/Italian queer visual artist. Their work is grounded in dismantling settler colonialism, focusing on relationship to the land, animal and spirit relations, ancestors, self-care, and social justice.

You can find work of their work on Instagram thepartofyouthatgivesafuck
Reflection or Journaling:

We are mosaics of the people we have met throughout our lives. Who are the key people in your life that have made up your many favourite parts about yourself?

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Chimera is a Greek mythological creature typically depicted with the head as a lion, body of a goat, and a snakehead for a tail. The Chimera has come to describe anything composed of very disparate parts, or perceived as wildly imaginative, implausible, or dazzling.
There are more than two genders
Cerberus is a Greek mythological three-headed watchdog. Cerberus is depicted as the guard for the Underworld. Often, the three heads of Cerberus are depicted each with slightly varying presentation and personalities.

“I want to make a difference in the world by speaking out and spreading hopeful messages. I want to send the message of ‘you are not alone and you are safe’ to other transgender kids.”
-Rebekah Bruesehoff, Trans youth (8yrs)

Reflection or Journaling:
Acknowledge the brave things that your younger self did to protect you and survive.

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Learn more

Cerberus
All bodies are good bodies
A sea serpent is a mythological sea animal, originating in Western Asia, that resembles a large snake. Some representations of the sea serpent connect it with inhabiting the deep, protection and shapeshifting.

Self-Care Tip:
Use water as a way to regulate yourself and little by little decrease your level of activation.

Have a sip of cold water, submerge your face in cold water, splash water on your face, suck on an ice cube, or put a cold wet washcloth on your arms and face.
I appreciate the things my body can do.
Reflection or Journaling:
Many of us have parts that don’t fit societal expectations/norms that we have been pushed to tame or erase. These parts often feel so deeply important to who we are. What are your favourite untamed parts of yourself?

Baba Yaga (Russian: Баба-Яга) is a creature originating from Slavic folklore. She appears as a ferocious-looking old woman often seen to be flying around in her mortar and pestle. She also lives in a hut which stands on chicken legs and exhibits striking ambiguity and mystery.
There's no wrong time to Transition
Choorile is a creature that originates from Guyanese folklore. They represent a parent who has passed away during their childbirth. Choorile is often found near the water, wailing in grief. They can represent feelings of grief, hardship, and love for many.

Transition offers an opportunity to be our true selves. Sometimes this is at the loss of some of the things we love or value. Often where there is loss, grief follows. This pain is real and deserves to be held and witnessed.

Reflection or Journalling:
What I am leaving behind...
What I am calling into my life...
What I am still in process with...

Learn more
You Deserve Space
To Name
Your Grief
The Griffin, also referred to as griffon or gryphon, is a mythological creature composed of a lion’s body, often with wings, and an eagle’s head. The griffin was commonly used in Western Asia and the Mediterranean as a piece of decor. Often paired with the sphinx, the Griffin were known for guarding treasures and symbolized protection.

Reflection or Journaling:
Visualize a real person or imaginary creature that you see as a protector or guardian for yourself. What about them makes you feel safe, cared for, and seen?
WE NEED
YOU
"All of us are put in boxes by our family, by our religion, by our society, our moment in history, even our own bodies. Some people have the courage to break free.”- Geena Rocero, Trans advocate

Reflection or Journaling:
Write out strategies that help you safely return to your body/the present when you feel disconnected and activated.

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Selkies are Norse and Celtic mythological creatures. They are often known for shapeshifting or shedding their seal skin, allowing them to shapeshift into humans. There are stories of humans hiding their skin to keep selkies as a mate. When they are reunited with their skin they will always return to the sea, their true home, despite their ties to loved ones.
your journey is your own
"Boundaries are the distance at which I can love you and me simultaneously."
- Prentis Hemphill, Black Nonbinary Trans Man and Southern Organizer

Reflection or Journaling:
Some people are unwilling to see us as we are. As you move (or continue) into a more true version of yourself, what boundaries feel important to set with those that do not see you as yourself? How can you take care of yourself in relationships with those that can only see a past version of you?

Learn more
Shikhandi is a character in the Hindu story, the Mahabharata. Shikhandi is Kinnar - an intersex celestial being - whose gender expression shifted throughout the tale. When Shikhandi was called upon to fight in the war, their shifts in gender expression were used to defeat the villain in the tale.
Your Gender is not up for Debate
The Fairy is a human-like creature with butterfly wings and height similar to that of an insect. The fairy is known for magical powers and a penchant for trickery. The creature isn’t derived from a single origin. A few origins include: Irish folklore, Scandinavian folklore, Sanskrit texts, Greek mythology, and Arabic mythology.

Self-Care Tip:
Create a self-care box for yourself. Find a box/basket/bag that you really like the look or feeling of.

One option is to fill it with things that feel good and make you smile. You can also fill it with items that positively engage the 5 senses: Taste (candy), Sight (art/photo), Touch (fidget toy), Smell (essential oil), Sound (validating statement to say out loud).

Either way, fill the basket with items that bring calmness, groundedness, pleasure, and maybe even a bit of magic.

Learn more
You Are

Trans Enough
Werewolves are creatures from Greek and Nordic mythology that often transform from human to wolf. In Greek folklore, the legend says that the son of Pelasgus, Lycaon upset the god Zeus. As a punishment, Zeus turned Lycaon and his children into wolves. On the other hand, Nordic folklore tells the story of a child and parent who find wolf skins, which have had the power to turn them into wolves for 10 days.

Self-Care Tip:
Spend some time with the moon. Next full moon, go outside or sit next to an open window. Speak aloud, think about, or write down affirmations that you connect with. Use the affirmations throughout this book or create your own below. Ground yourself in the words that you want to centre yourself in moving forward. <3

Learn more

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i am what i feel,
not what you see.
Valkyrie, also referred to as Walkyrie or Old Norse Valkyria (“Chooser of the Slain”), is derived from Norse mythology. Valkyrie is a group of warriors who serve the god Odin, they often flew through air and sea and were depicted as heroines. They were also associated with supernatural powers, fairness, and brightness.

Learn more

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you are not too much
you are exactly enough
No matter how many times we burst into flames,
We can always rise from the ashes.
-quote unknown

Reflection or Journaling:
In thinking about ‘rising from the ashes’, what are some of the hopes that you have for yourself and for your future? What do you need, from yourself and from others, to allow these possibilities to manifest.

Learn more

The Phoenix, also known as Fenghuang (Chinese: 鳳凰; pinyin: fènghuáng), is a mythological bird that is said to be a combination of a goose, deer, snake, fish, fowl, duck, dragon, tortoise, swallow, and rooster. It is said to be about 9 feet tall, with its tail coloured the 5 sacred colours: red, blue, yellow, white, and black.

The imagery of the Fenghuang or Phoenix has often been used to symbolize transformation, as the creature resurrects from the ashes, even stronger and more beautiful than before.
There is no right way to transition.
Self-Care Tip:
“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” - Audre Lorde

Sometimes when we are feeling low or disconnected from your body a self-love night may be in order. As 2spirit/Trans/non-binary folks, society tells us that there is something wrong or undesirable about us and our bodies. This means that spending an evening admiring ourselves can be an act of resistance. So, get your radical self-love on! Here are some suggestions: put your favourite sultry playlist on, take a bath/shower, moisturize your whole body, do your hair/makeup, put on your favourite outfit(s) and accessories, and take photos of your badass self. Maybe even post them or send them to a friend or sweetie. Remember to only do things that feel good and safe for your body and gender.

Learn more
Nagas are often depicted as a human above the waist and a snake below the waist. They are derived from Southeast Asian mythology, Hinduism, and Buddhism. These creatures are known for their intelligence and beauty as they are often adorned with jewels.
Adorn Yourself Like The Treasure You Are
Reflection or Journaling:
What stories do you carry about yourself that you are still punishing yourself for?
Write yourself a letter of forgiveness. Writing yourself a letter allows you to get all of your negative emotions and anger out while also engaging in some self-compassion. This letter can help you better understand how you feel, putting you in a better position to move towards self-forgiveness.
And remember Self-Forgiveness Affirmations can also be useful.

Here is an example:
‘I accept that I did the best that I could at the time. Now that I know better, I will do better.’
What affirmations may be important for you to remember?

Learn more
Harpy is a Greek and Roman mythological creature depicted as a half-human, half-bird representation of storm winds. They are often seen to steal food, referred to as “snatchers” or “swift robbers” and are often agents of punishment.
I am real

I am here
Turtle Island and Sky Woman are tales of the Haudenosaunee creation story. In the legend, the Great Spirit told his daughter to go into the world of darkness. As she fell, the water animals on the Earth became worried about where she would land. They summoned a great turtle and as it grew, it became Turtle Island. After the daughter landed, she was named Sky Woman then birthing two twins -- the Good Spirit, and the Evil Spirit, who then created humans, the trees, and Earth.

**Self-Care Tip:**

Get outside! Literally. Research shows that walking around/being on the earth in bare feet is a really valuable tool for your mental wellness. This practice comes out of earthing science and ground physics that explain how electrical charges from the Earth can have positive effects on your body. It can be achieved by:
- connecting with/walking barefoot on grass, sand or mud
- lying on the ground for maximum skin-to-earth contact
- submerging in water (in particular natural bodies of water like a lake or river)

*You can make it mindful by one on one being present with all the sensations of the environment around you*

The goal is to allow your body to reconnect with the Earth. Go let Mother Nature help ground you!

Learn more

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We are all

made of stars
The unicorn is a mythological animal with origins in Chinese, Indian, and Greek folklore. The animal is often depicted to be a horse or goat with an often colourful horn on its forehead. The unicorn is often illustrated with white, blue, pink, and purple colours. It was also said to have healing and protective powers for those who drank from its horn.

Thank goodness for our two-spirit/Trans/non-binary selves. <3

Reflection or Journaling:
What are your favourite things about being 2spirit/Trans/non-binary?
What are you most grateful for in your chosen community?
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Journal prompt:
What is your favourite thing about being Trans/2spirit/non-binary?
What are you most grateful for in your chosen community?
Cisnormative societies constantly give us messages that our bodies are wrong and not something to be proud of. Reclaiming a relationship with our bodies, and even pride in it, is an act of queering.

Reflection or Journaling:
What part(s) of your body do you love (or even in like-ish)? What feels attractive/ strong/special/interesting about it?

Learn more
Medusa is a Greek mythological “Gorgon” creature whose name is derived from the Ancient Greek word for “guardian” and is known as a protectress. Medusa is also typically depicted as a winged creature with a head of snakes.
YOU DESERVE

SAFETY

AND

SOLIDARITY
resources

Gendered and Sexual Violence Prevention and Support

svinfo@wlu.ca
548.889.5189

Centre for Student Equity, Diversity and Inclusion

diversity@wlu.ca

Rainbow Centre (Waterloo Campus)

rainbow@wlu.ca

Queer Sphere (Brantford Campus)

queersphere@wlu.ca
resources

Indigenous Student Services

iscwaterloo@wlu.ca (Waterloo),
iscbrantford@wlu.ca (Brantford)

Student Wellness Centre

wellness@wlu.ca (Waterloo),
lbwellnesscentre@wlu.ca (Brantford).

548.889.3239 (Waterloo)
548.889.5588 (Brantford)

Sexual Assault Support Centre of Waterloo Region

519.571.0121 (Office),
519.741.8633 (24 Hour Crisis Line),
info@sascwr.org

Sexual Assault Centre of Brant

519.751.1164(Office),
519.751.3471 (24 Hour Crisis Line),
sexualassaultcentre@sacbrant.ca
in love and solidarity with all of our two-spirit, trans and non binary communities.