



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.

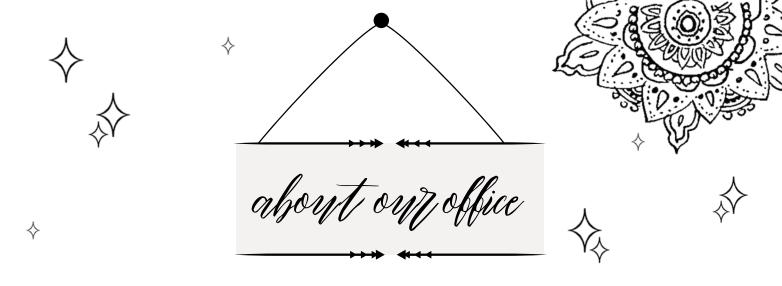
Remember that, like healing, self care is a non-linear practice. What you need will change and grow at different times and in reaction to different things.



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.

<u>svinfo@wlu.ca</u> 548.889.5189











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 ethepartofyouthatgivesafuck



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 inprnt.com @jasminedrawing Portfolio - https://jasminepersaud.portfoliobox.net/





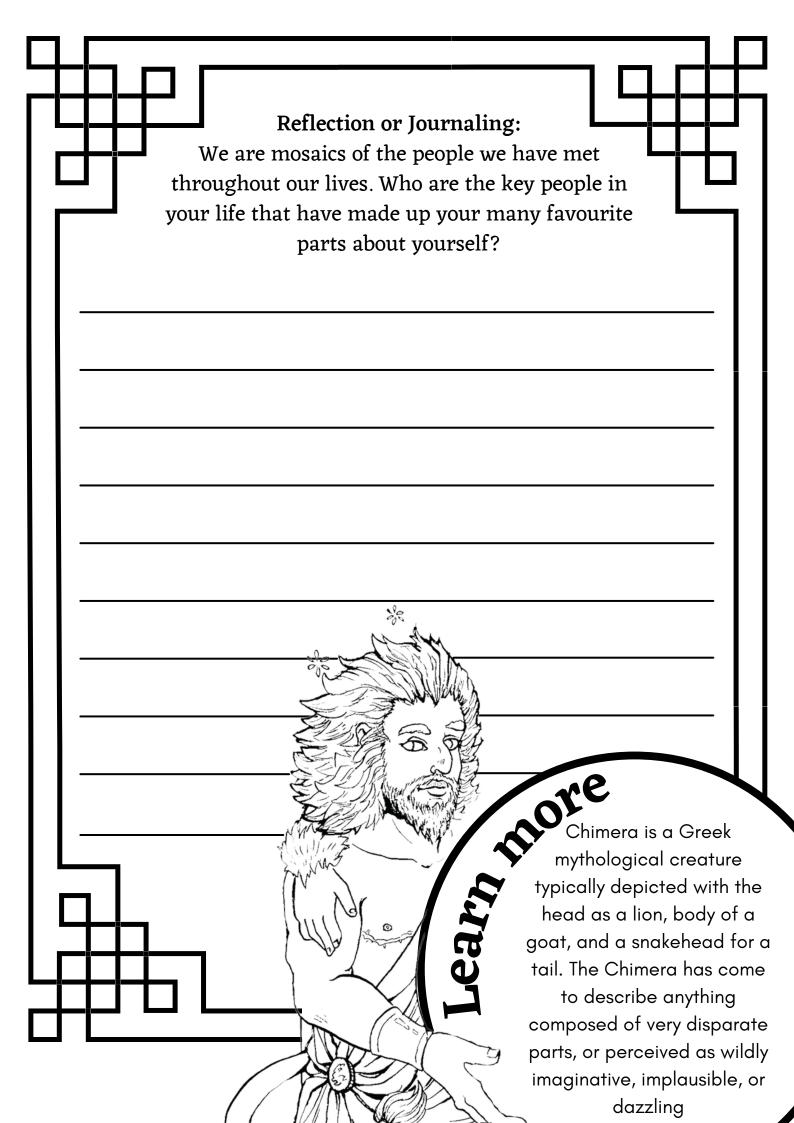
N, a Queer Non-Binary artist was born and raised in the wintery plains of Winnipeg, Manitoba, growing up where it snows more than it should. They moved to Toronto in 2011 to attend College to gain a diploma in Sequential Arts, and have resided there ever since. At the moment they spend their time working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

You can find them on Instagram edragonelfsden. Portfolio - tnikkil3.wixsite.com/dragonelfsden

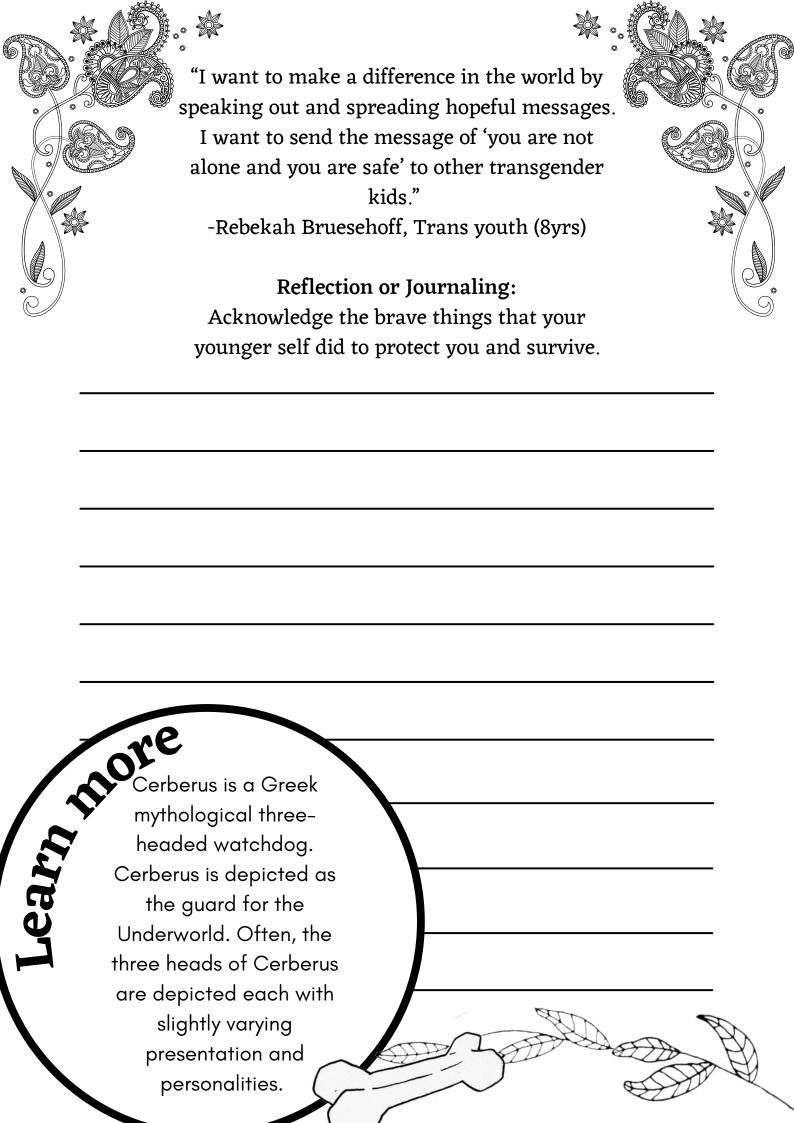




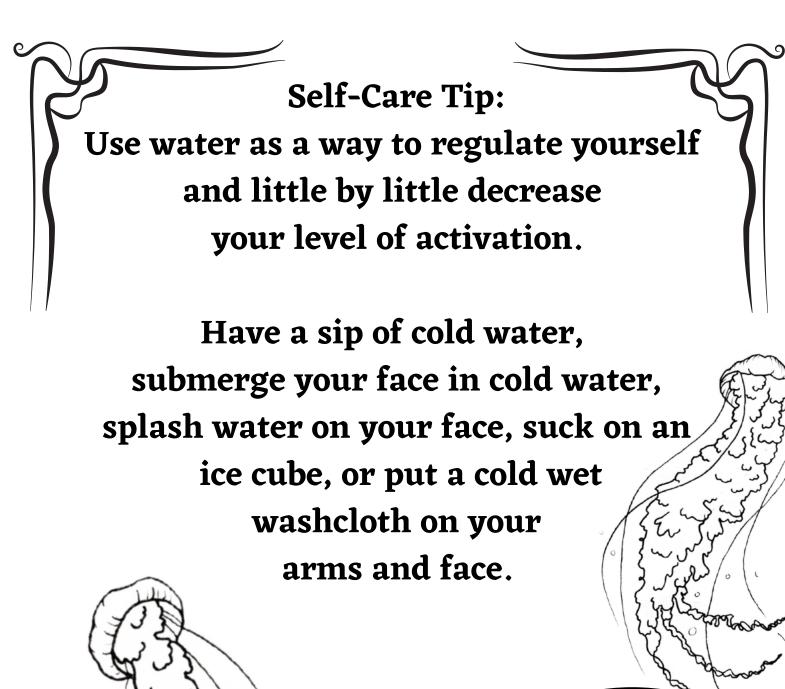




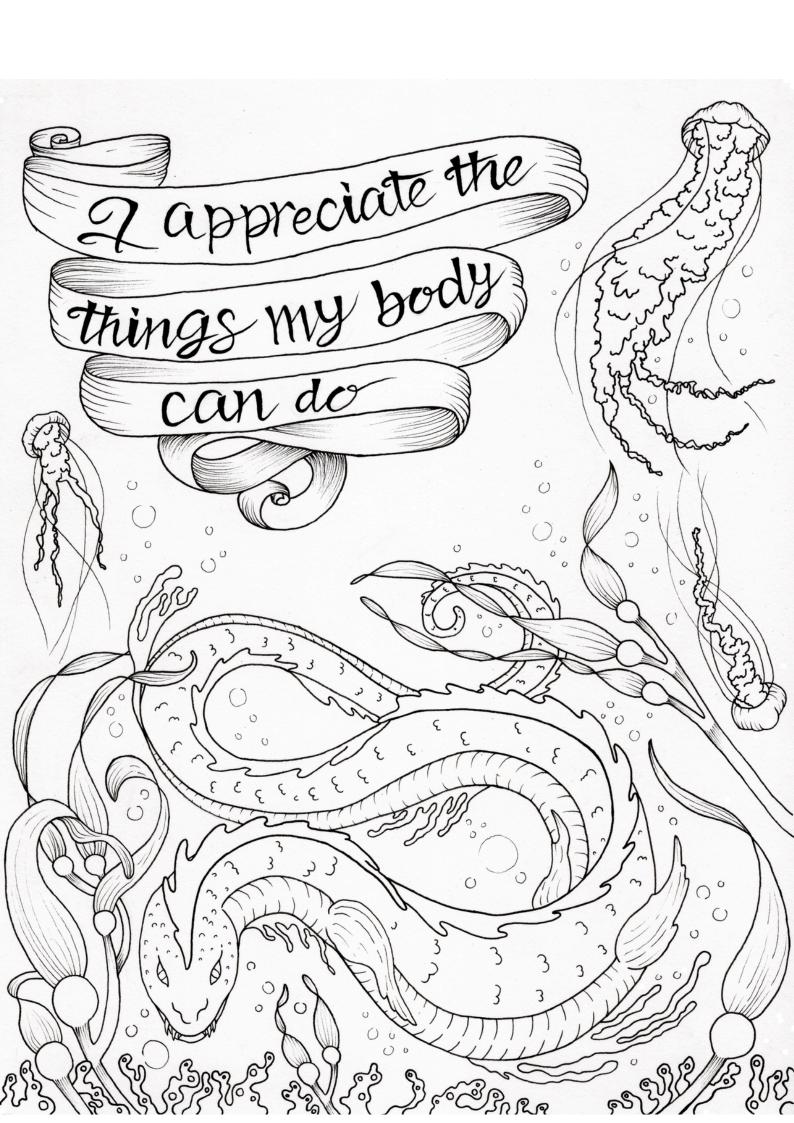








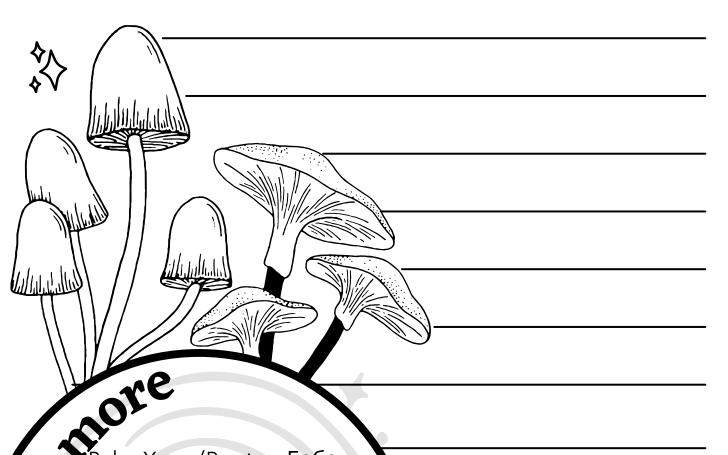
A sea serpent is a mythological sea animal, originating in Western Asia, that resembles a large snake. Some representations of the sea serpent connect it with inhabiting the deep, protection and shapeshifting.



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?





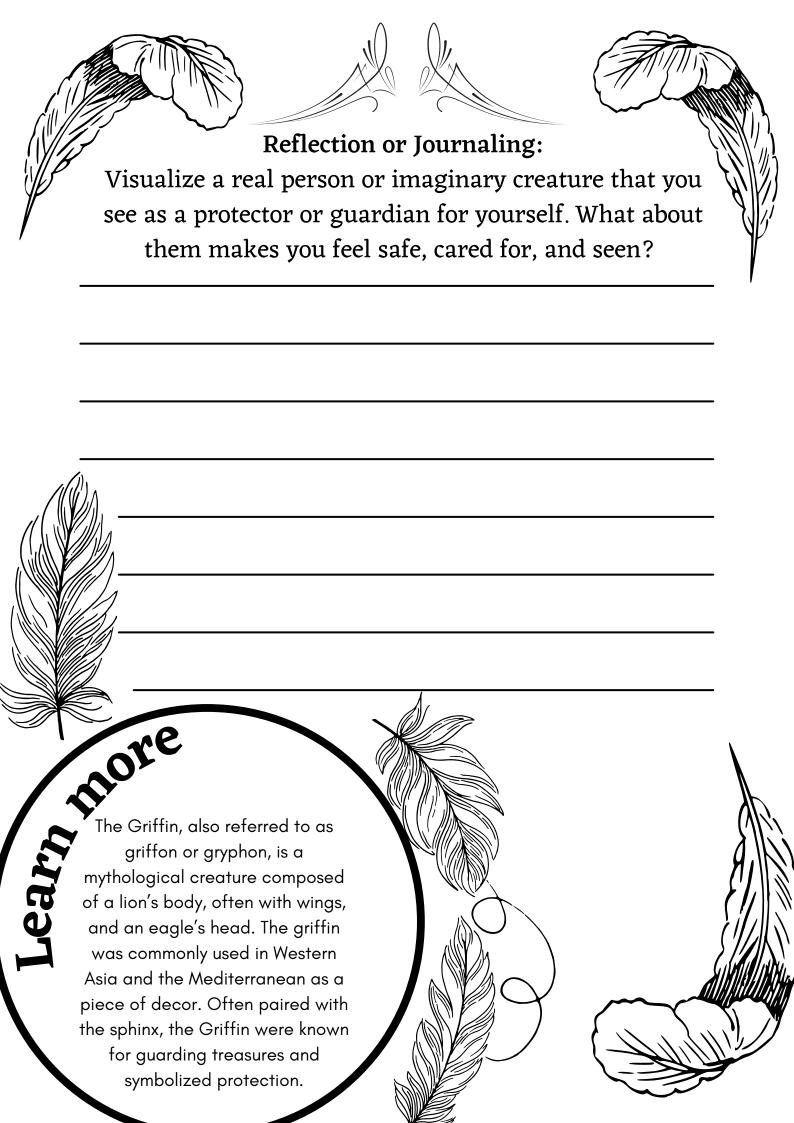
Paba Yaga (Russian: Баба-Яга) is a creature originating from Slavic folklore. She appears as a ferocious-looking old woman often seen to be flying around in her mortar and pestle. She also lives in a hut which stands on chicken legs and exhibits striking ambiguity and mystery.





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... 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.







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:

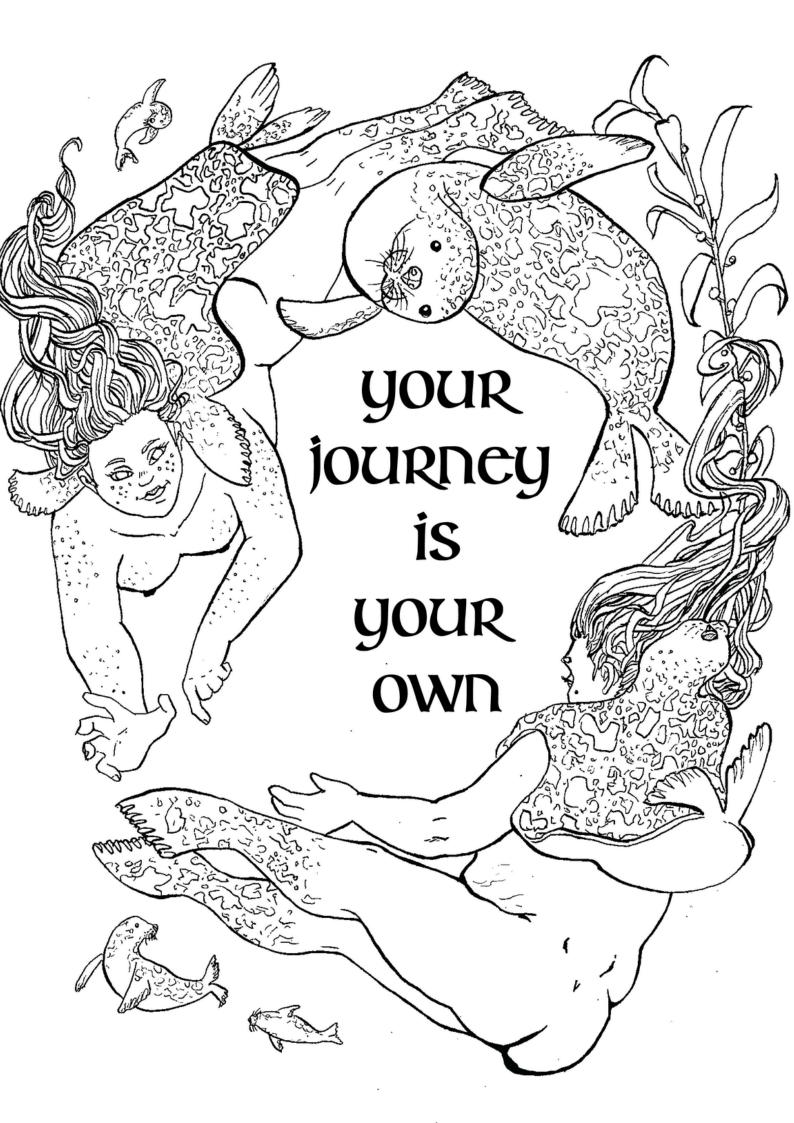
Write out strategies that help you safely return to your body/the present when you feel disconnected and activated.

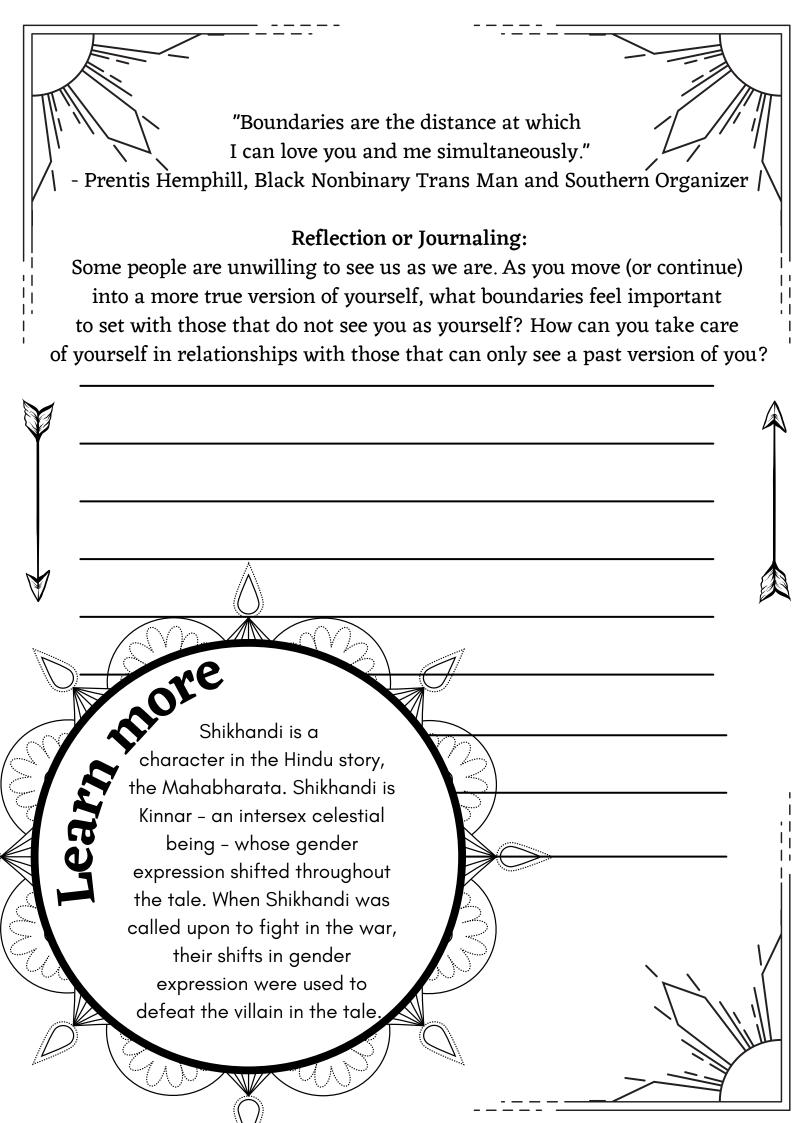
Selkies are Norse and Celtic mythological creatures. They are

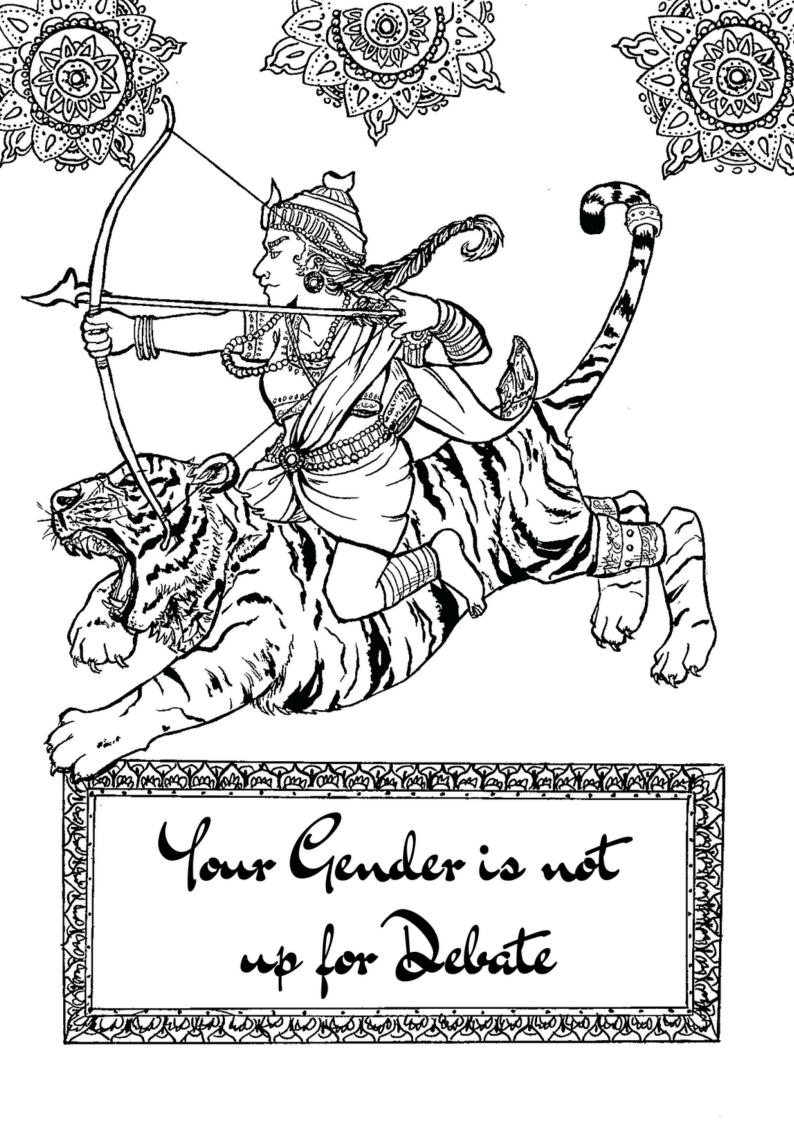
often known for shapeshifting or shedding their seal skin, allowing them to shapeshift into humans.

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.

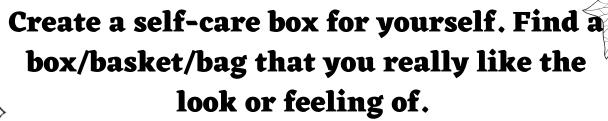












One option is to fill it with things that feel good and make you smile. You can also fill it with items that positively engage the 5 senses: Taste (candy), Sight (art/photo), Touch (fidget toy), Smell (essential oil), Sound (validating statement to say out loud).

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

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.

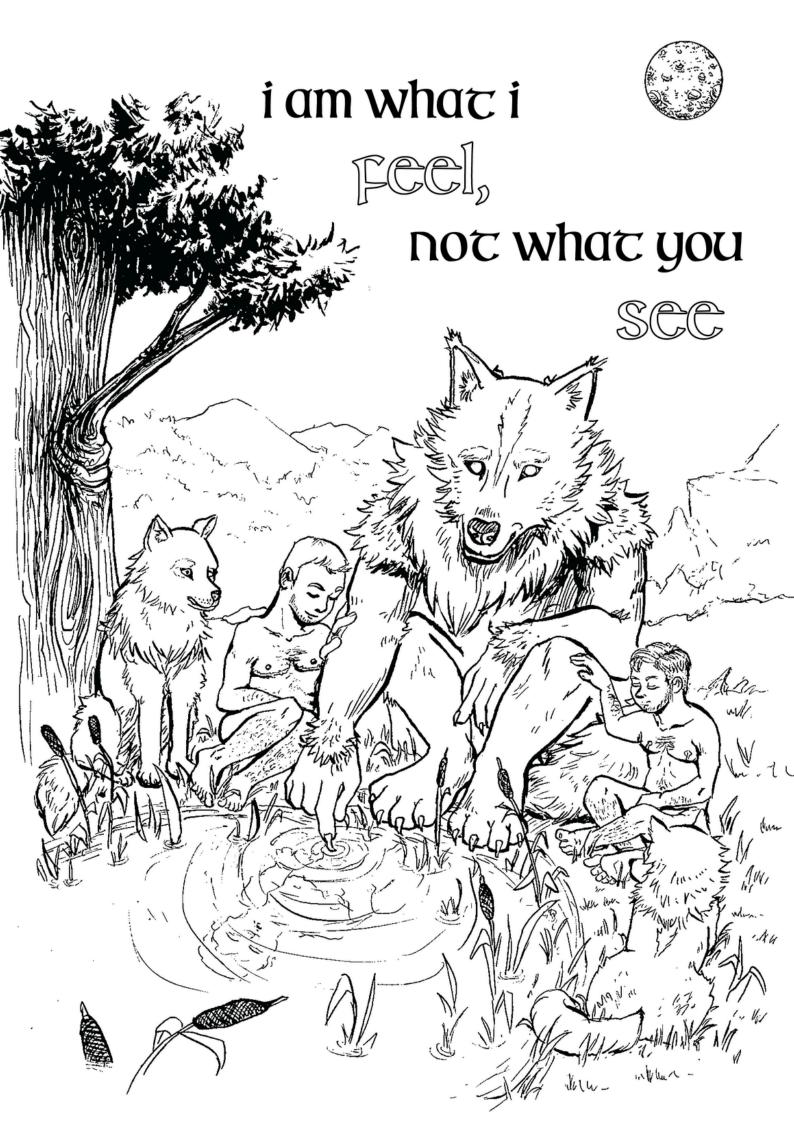
you Ofre \$ ☆ Trans Enough

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

Werew 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.



rite a love letter to all the Trans/2spirit/non-binary folks fore you who fought for people of all gender expressions and identities to be able live with dignity, respect, agency, ealth, love, community, and safety. Offer gratitude and opreciation for those who have resisted and slowly made the world a better place for us to live in.
Learn more
Valkyrie, also referred to as Walkyrie or Old Norse Valkyrja ("Chooser of the Slain"), is derived from Norse mythology. Valkyrie is a group of warriors
who serves 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.



No matter how many times we burst into flames, We can always rise from the ashes. -quote unknown

Reflection or Journaling:

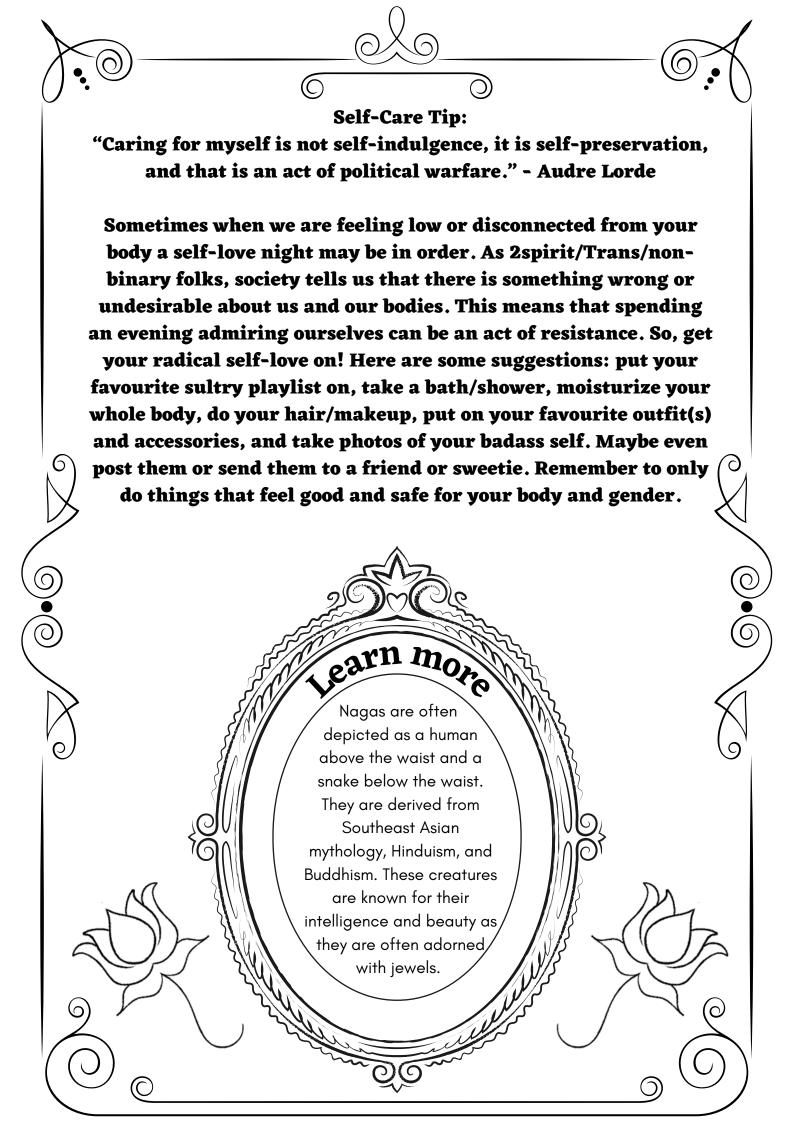
In thinking about 'rising from the ashes', what are some of the hopes that you have for yourself and for your future? What do you need, from yourself and from others, to allow these possibilities to manifest.

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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.





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Reflection or Journaling:

What stories do you carry about yourself that you are still punishing yourself for?

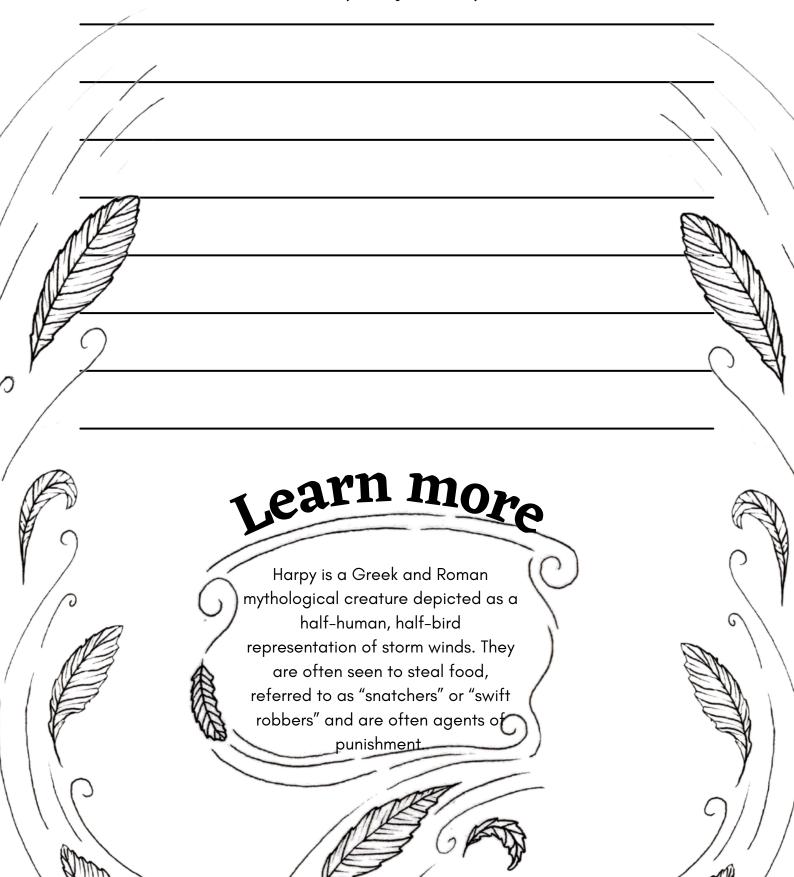
Write yourself a letter of forgiveness. Writing yourself a letter allows you to get all of your negative emotions and anger out while also engaging in some self-compassion. This letter can help you better understand how you feel, putting you in a better position to move towards self-forgiveness.

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?





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

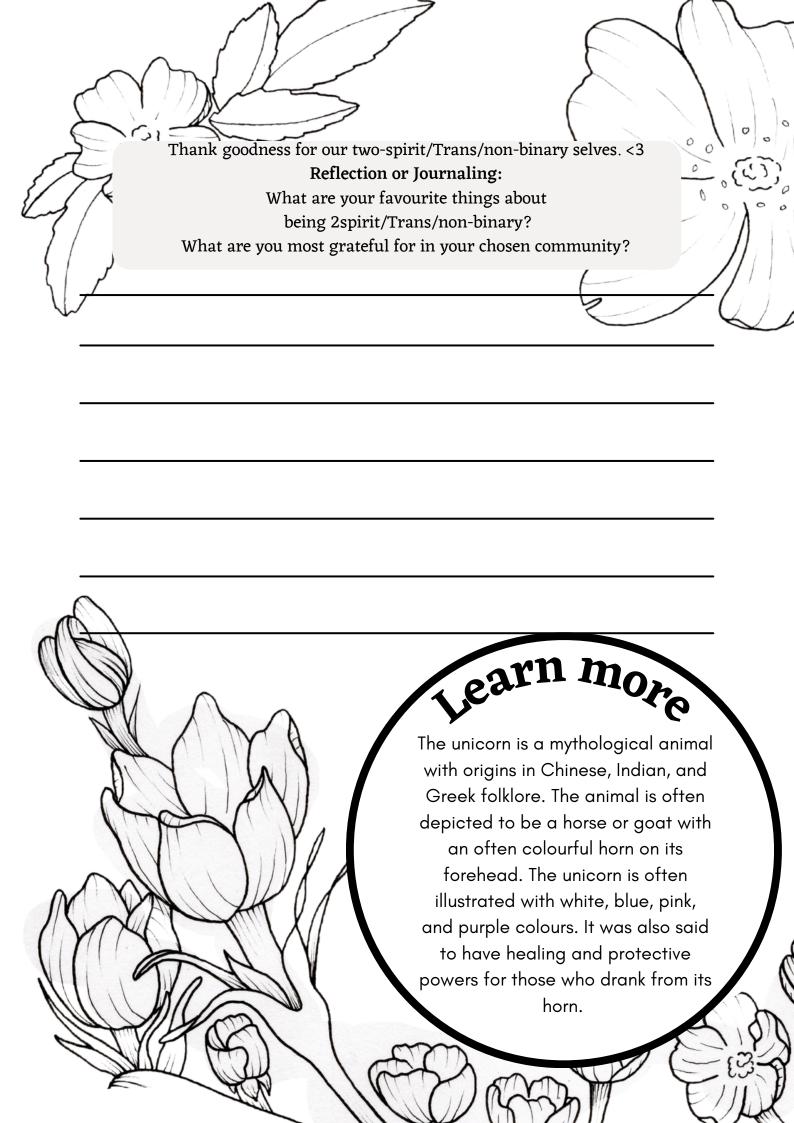
The goal is to allow your body to reconnect with the Earth. Go let

Mother Nature help ground you!

earn more

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.

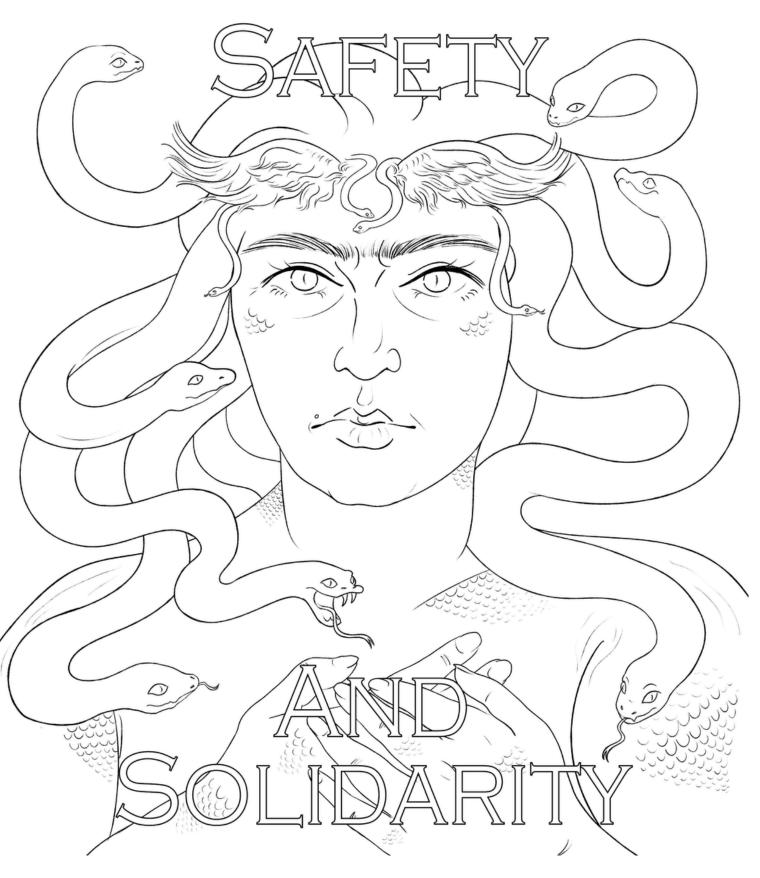


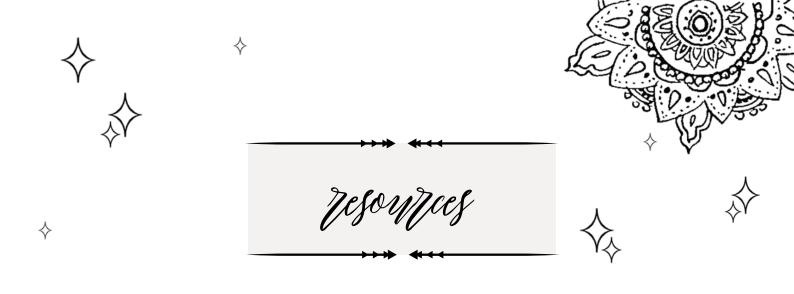




Cisnormative societies constantly give us messages that our bodies are wrong and not something to be proud of. Reclaiming a relationship with our bodies, and even pride in it, is an act of queering. Reflection or Journaling: What part(s) of your body do you love (or even in like-ish)? What feels attractive/ strong/special/interesting about it? 🚙 n 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





Gendered and Sexual Violence Prevention and Support

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Sexual Assault Support Centre of Waterloo Region

519.571.0121 (Office) \$\frac{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















