

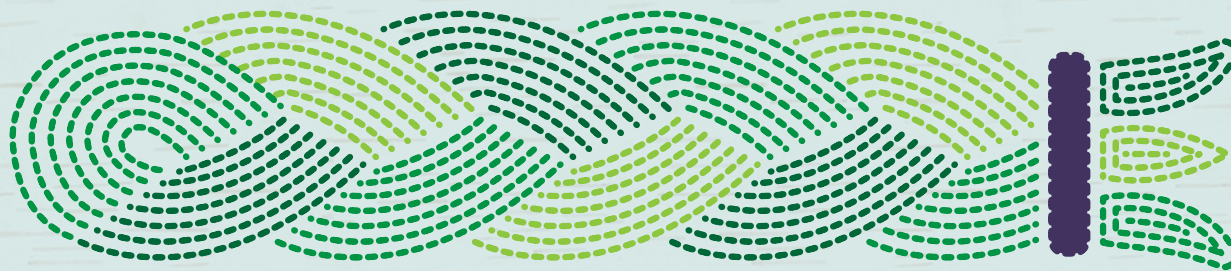


Sexual and Reproductive Health Bundles: A Path to Empowerment and Connection

As Métis people, our health journeys are deeply connected to our culture, history, and identities. For many in our community—including women, Two-Spirit, trans, non-binary, and gender-diverse people—sexual and reproductive health is not just physical, but also emotional, spiritual, and cultural. One powerful way to honour our bodies, celebrate our experiences, support one another and empower ourselves is through the creation of Sexual and Reproductive Health Bundles. These bundles are more than just practical tools—they are a practice that weaves together cultural knowledge with

health education. They help us care for ourselves and each other in ways that reflect who we are and where we come from.

These bundles can support menstrual equity, provide vital sexual and reproductive health information, and empower individuals of all genders and identities to take ownership of their health. At the same time, they help us strengthen our relationships, share teachings, and build safer, more connected communities.



Disclaimer: These worksheets are for educational purposes only. For medical advice, consult a trusted healthcare provider who respects your cultural values and needs.

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- ✿ Creating a health bundle is an act of self-love, community care, and cultural pride. It's a way to mark and honour important life experiences—whether it's menstruation, pregnancy, gender transition, menopause, or simply learning more about our bodies and how they change over time.
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What is a Sexual Health Bundle?

A Sexual Health Bundle is a personalized collection of items, teachings, and resources that can support an individual's sexual and reproductive health in a culturally grounded, accessible, and affirming way.

For Métis and other Indigenous communities, a sexual health bundle can include both practical tools (like menstrual products or safer sex supplies) and cultural elements (such as plant medicines, beadwork, teachings, or affirmations). The purpose of the bundle is to honour the body, support health and healing, and reconnect individuals with traditional knowledge and community care.

A sexual health bundle might include:

- ✱ Menstrual products (pads, tampons, reusable cloths, cups, etc.)
- ✱ Condoms and safer sex items
- ✱ Plant medicines (e.g., raspberry leaf tea, cedar, sweetgrass)
- ✱ Body maps or anatomy education materials
- ✱ Métis cultural items (beaded medicine pouch, ribbon, sashes)
- ✱ Affirmations, teachings, or stories related to sexual and reproductive health
- ✱ Information on consent, body sovereignty, and healthy relationships
- ✱ Resources for Two-Spirit, trans, and gender-diverse folks

Creating Your Own Sexual and Reproductive Health Bundle

Each person's health journey is unique, and a health bundle reflects that individuality. Here are some ways to create your own bundle, blending cultural practices and self-care tools to nurture and honor your body, mind, and spirit.

Sharing Circles: Community Connection and Support

A sharing circle is a traditional Métis practice where individuals gather to speak openly, listen deeply, and offer support. Organizing or participating in a sharing circle focused on sexual and reproductive health can create a safe, non-judgmental space for Métis women, girls, and 2SLGBTQQIA+ kin to talk about their experiences, challenges, and triumphs. This sharing is deeply healing and fosters community solidarity.

When we come together in these circles, we break down the barriers of shame and embarrassment that often surround discussions of sexual health. We honor each other's voices and experiences, creating a space of trust and understanding. This is where we find the strength to empower one another and ensure that our stories are heard, respected, and celebrated.

Artistic Expression: Reflecting on Your Health Journey

Writing can be a powerful way to reflect on your experiences with your body. When you journal, you create a safe space to explore your thoughts, challenges, and insights about your sexual and reproductive health. By expressing your experiences through writing, you connect your health journey with your cultural identity, helping you better understand how your body fits into the broader context of your life. Journaling can be a tool for processing emotions and experiences, allowing you to build self-awareness, healing, and empowerment. It offers a gentle space where you can honour your body's rhythms and stories.

It's important to recognize that not everyone connects with written forms of expression. In Métis culture, storytelling and emotional sharing have always been deeply woven into our traditions, and these expressions often take many forms.

Whether through beading, painting, storytelling, photography, dance, or music, each of these creative practices provides a meaningful way to reflect on personal health journeys.

These forms of artistic expression can offer both a way to describe personal experiences and a path to healing. They allow you to process and release emotions at your own pace, fostering a deeper connection to your cultural identity and your community. Artistic expression becomes a safe, healing space where you can honour your body's rhythms and stories, reclaim your strength, and empower yourself to share your wisdom.





Create Personal Bundles: Sacred Medicines and Self-Care Essentials

A personal health bundle is an intimate collection of items that support your physical, emotional, and spiritual health. It could include Sacred medicines, menstrual products, self-care essentials, or anything that helps you feel nurtured and cared for. These bundles can serve as a reminder to honor your body and care for yourself throughout your life's journey.

Sharing these bundles within the community can help others learn about the importance of body awareness and self-care. It's a tangible way to pass on knowledge, remind one another of our cultural practices, and promote healing in a practical, accessible way. Each item in the bundle holds meaning—whether it's a bundle of sage for cleansing or heating pads for menstrual comfort. These offerings connect us to both our heritage and our well-being.

Creative Arts Projects: Expressing Identity and Breaking Stigmas

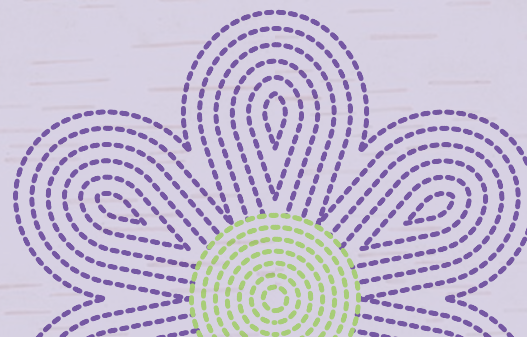
Art is an expressive way to celebrate our bodies and our identities. Whether it's through painting, crafting, storytelling, or any form of creative expression, art allows us to explore and break down the stigma around menstruation, sexual health, and reproductive choices. Creative arts projects can create a platform for cultural expression and healing, encouraging others to embrace their bodies with pride.

By creating art, we can celebrate our unique health experiences, break down barriers, and begin conversations about sexual health that are open, compassionate, and empowering. Art speaks in ways words alone can't, offering a beautiful and therapeutic path to reclaiming our narratives and our bodies.

Poetry and Writing Circles: Honoring Sacred Health Stories

Writing poetry or participating in writing circles is another way to honor the sacred stories of our bodies. Through shared writings, Métis people can explore their sexual and reproductive health experiences—be they of menstruation, birth, miscarriage, or simply the passing of time. Writing circles provide an opportunity to collectively heal by sharing words that honor our experiences and help us connect to each other's journeys.

By coming together to write, we tap into the healing power of storytelling. We open the door to self-expression and understanding, while creating a safe space where individuals can express both their struggles and their triumphs without fear of judgment. Poetry and writing circles become sacred spaces to process, reflect, and heal as a community.

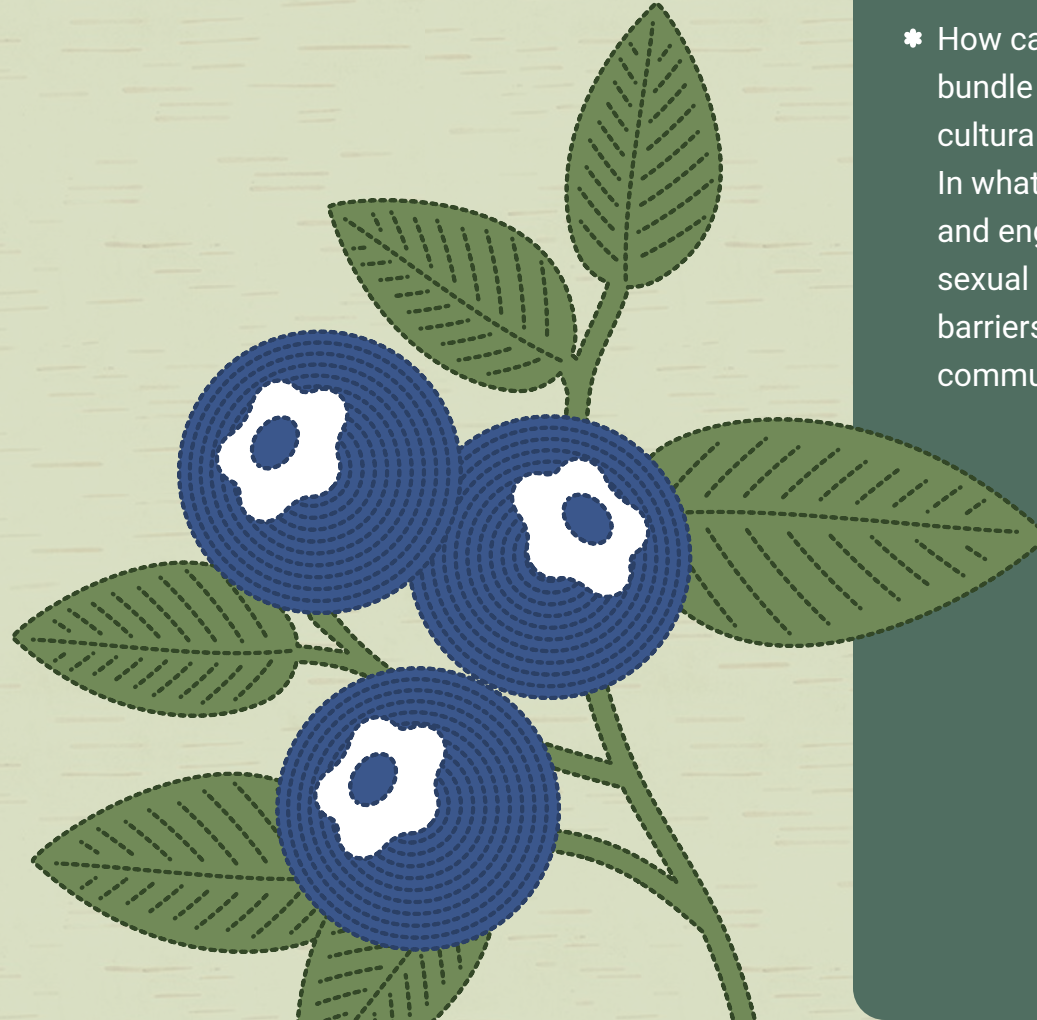


The Power of Bundles

Creating sexual and reproductive health bundles is a beautiful way to blend cultural knowledge, practical care, and self-empowerment. It allows us to reflect on our health, celebrate our bodies, and connect with one another in a way that honors our shared experiences and unique journeys. By weaving together cultural traditions and health tools, we are creating a supportive, informed, and empowered space for ourselves and our communities.

These bundles become more than just physical collections—they are sacred representations of our stories, our health, and our strength. They promote body sovereignty, self-care, and cultural pride, especially for Métis women, Two-Spirit, trans, and non-binary individuals who may face barriers in mainstream health systems. Sexual health bundles help reclaim cultural knowledge, share intergenerational teachings, and build safe, supportive, and empowered communities.

When we share our knowledge, when we empower each other through creative expression, journaling, and open conversation, we break down the barriers of shame and fear that so often surround reproductive health. We celebrate our bodies and reclaim the confidence to care for them on our own terms.



Reflection Questions

- * How can creating a sexual and reproductive health bundle help you reconnect with your cultural traditions, honour your Métis identity, and empower your health journey? What items or practices would you include in your bundle to nurture your well-being and reflect your unique cultural values?
- * How can the items or teachings in your health bundle help you honour your body, spirit, and cultural traditions on your wellness journey? In what ways can sharing this knowledge and engaging in open conversations around sexual and reproductive health break down barriers and create a supportive, empowered community?