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Tikinagan

Child & Family Services

HOW WE STAY SAFE

Coming into care with Tikinagan Child & Family Services





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Tikinagan

Child & Family Services

About Tikinagan

Tikinagan is a community-based child and family wellbeing agency rooted in and accountable to the First Nations communities we serve. We are a large team of residential care workers, child care workers, family service workers, community-based prevention workers, intake workers, and administrative staff. We are here because we want to protect our children, help our families and nurture our communities.

About this book

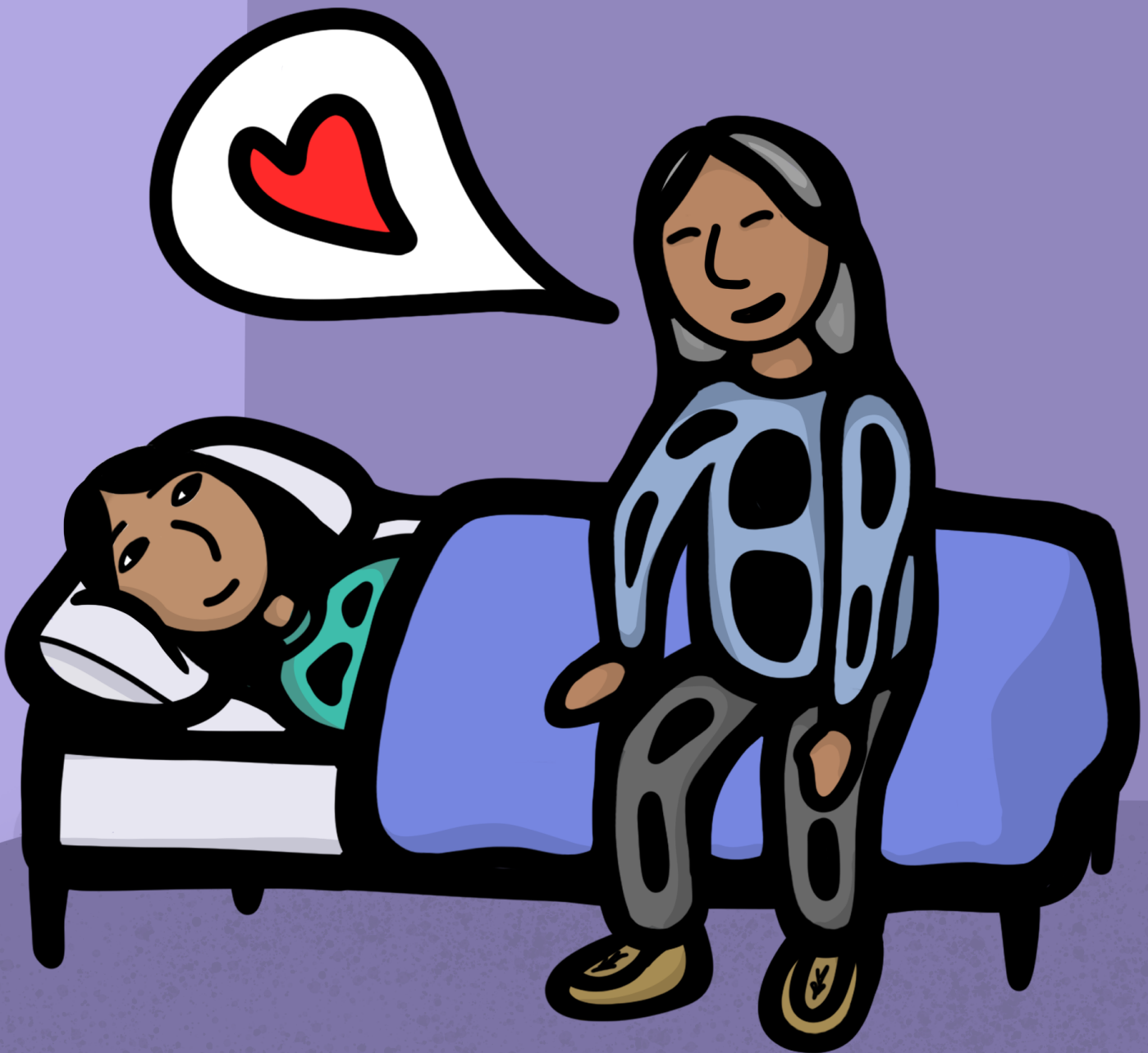
This book was created to help children and youth in care with Tikinagan feel safe and understood. Our goal for young readers is to be able to recognize unsafe behaviours and gain an understanding of the changes that may occur while transitioning into care.

This book was written and illustrated by Jacinda Brisson, Tikinagan Child & Family Services Communications Assistant, who is based out of Red Lake, ON.

Tikinagan wants every child to be safe and feel loved.

That can mean a belly full of food or spending time with the people you love.

It could also mean having a safe space to sleep, getting hugs before bed, or being told **“I love you.”**



Adults help take care of you. This could be your parents, your kookum, an auntie, a brother, a sister, or trusted adults outside the family.

These adults are part of your Circle of Care. It's important for everyone in your Circle of Care to work together to care for you and keep you safe.

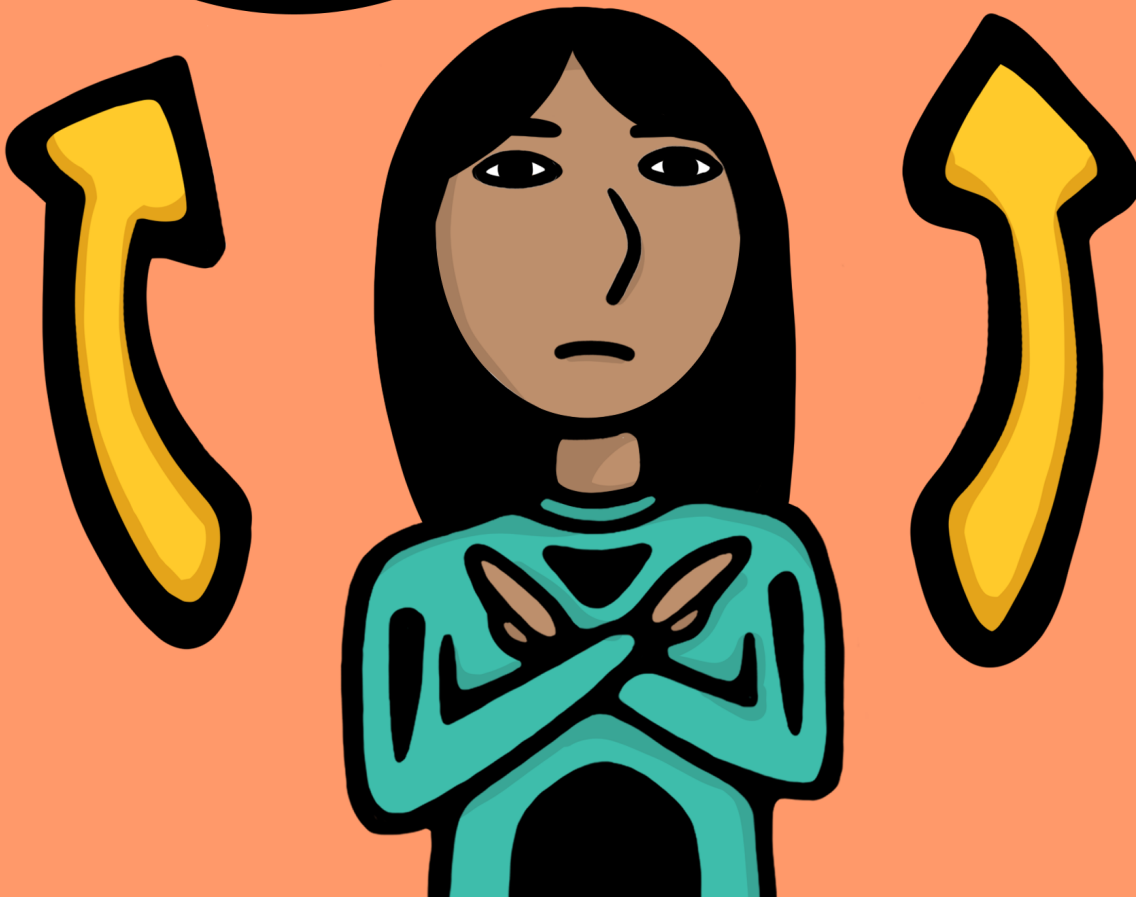
This is the spirit of Mamow Obiki-ahwahsoowin, everyone working together to raise our children.



Sometimes it's hard for adults to keep your home or other places safe.

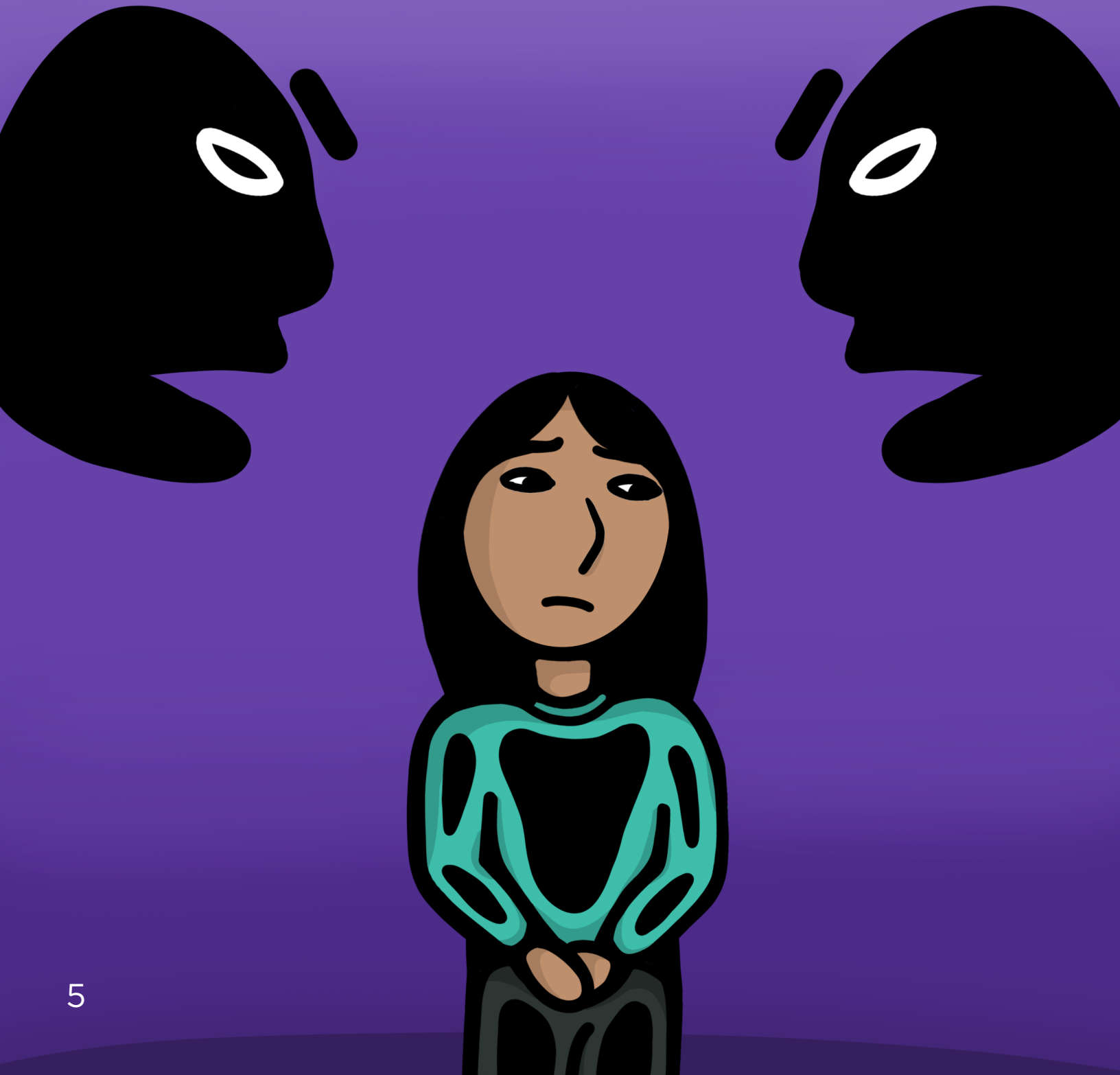
No one is allowed to hurt you by hitting, punching, or kicking you.

This includes both kids and adults.



No one should hurt you with words.

Screaming, yelling, or telling you things that make you feel **not** loved or **not** safe, is **not** okay.



Adults are not allowed to touch your private parts or take photos of you with no clothes on.

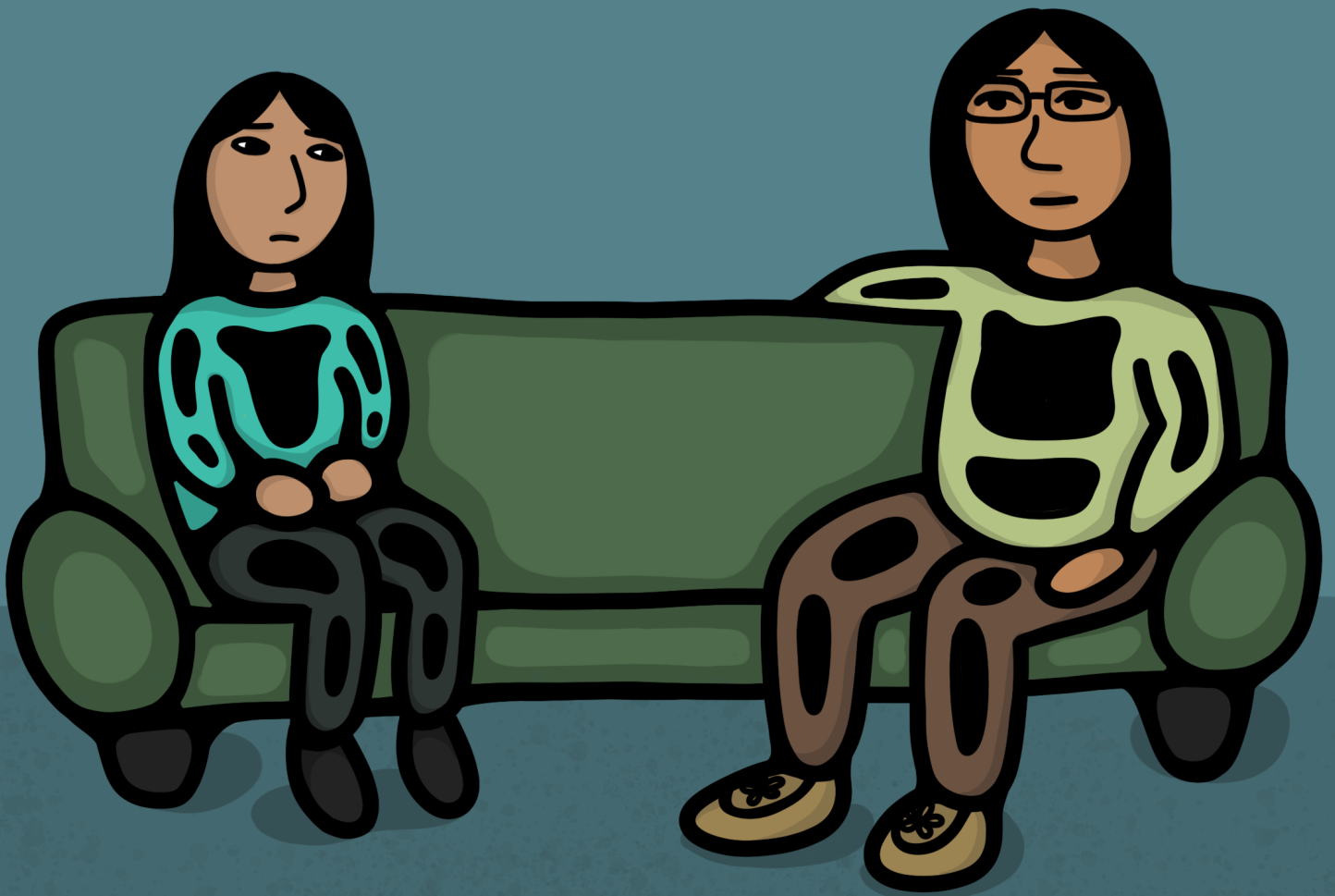
No one should be asking you to keep secrets, especially if it's about your body parts.



If any of these things are happening to you or a friend, it could mean that you are not safe.

If something feels wrong, speak to an adult you trust like an auntie, uncle, teacher, or grandparent.

They can get help.



When home is unsafe you might have to stay somewhere else for a while.

Not every kid needs to leave home because it is unsafe.

There can be other reasons why you might need to leave home, too.



But it is never your fault for having to leave home.

You aren't bad and you didn't do anything wrong.

Tikinagan cares about you.

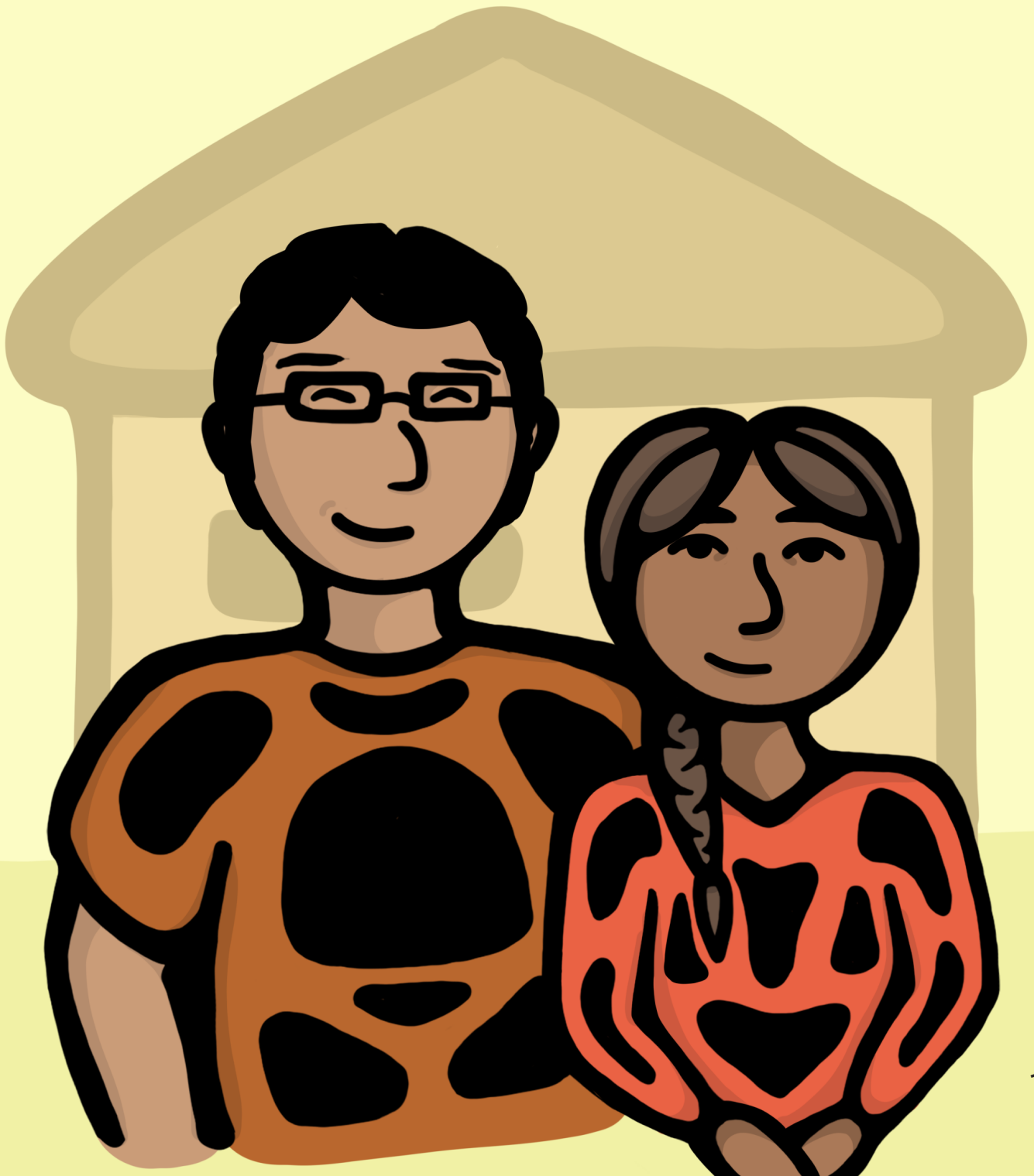
Tikinagan won't take you away from your home for anything you did or didn't do.



If you need to leave home for any reason, you will need a safe place to stay.

Tikinagan works with lots of good people that want to give kids a safe place to stay.

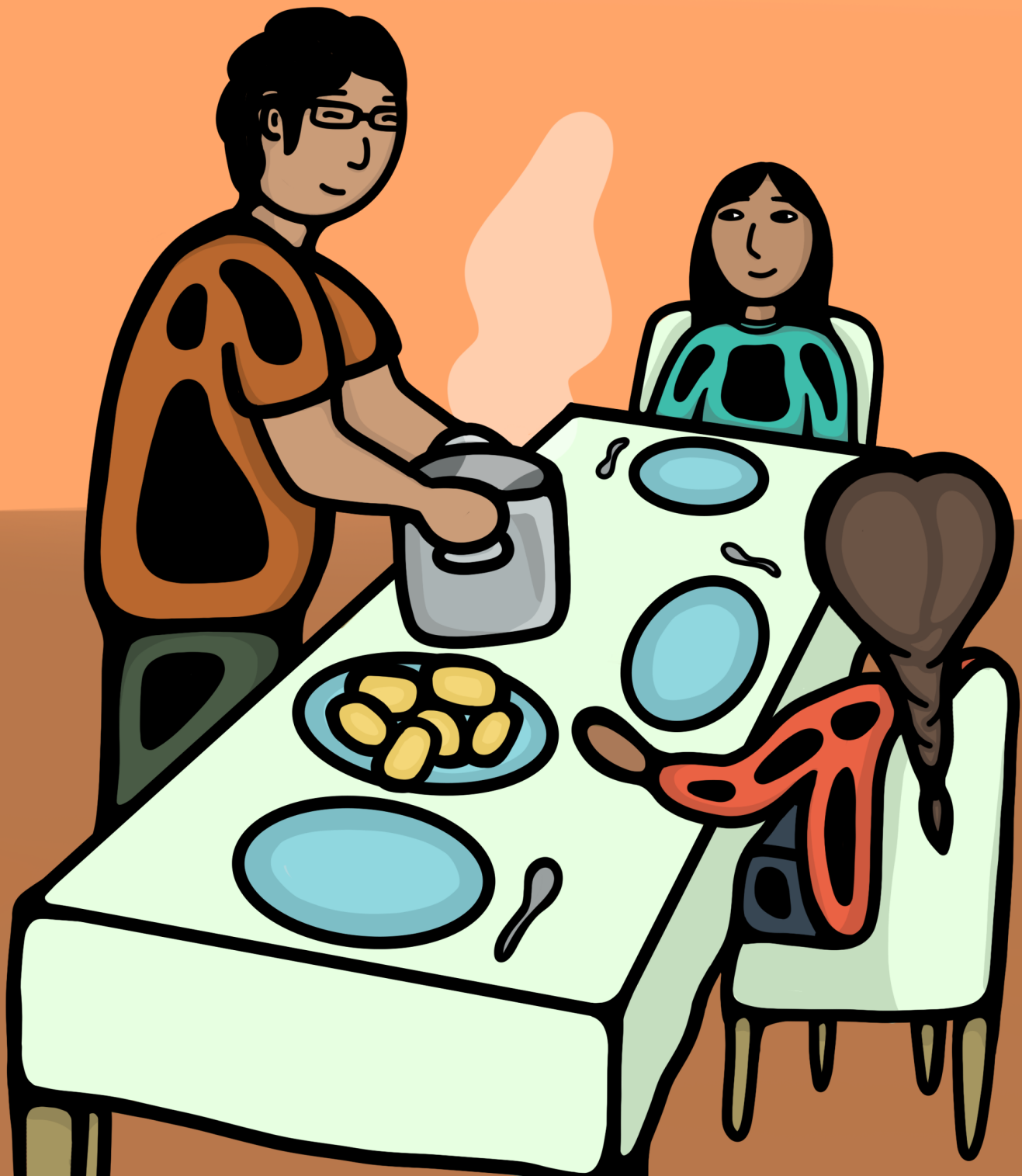
These are our Foster Parents!



What does staying with a Foster Parent look like?

Foster Parents will take care of you.

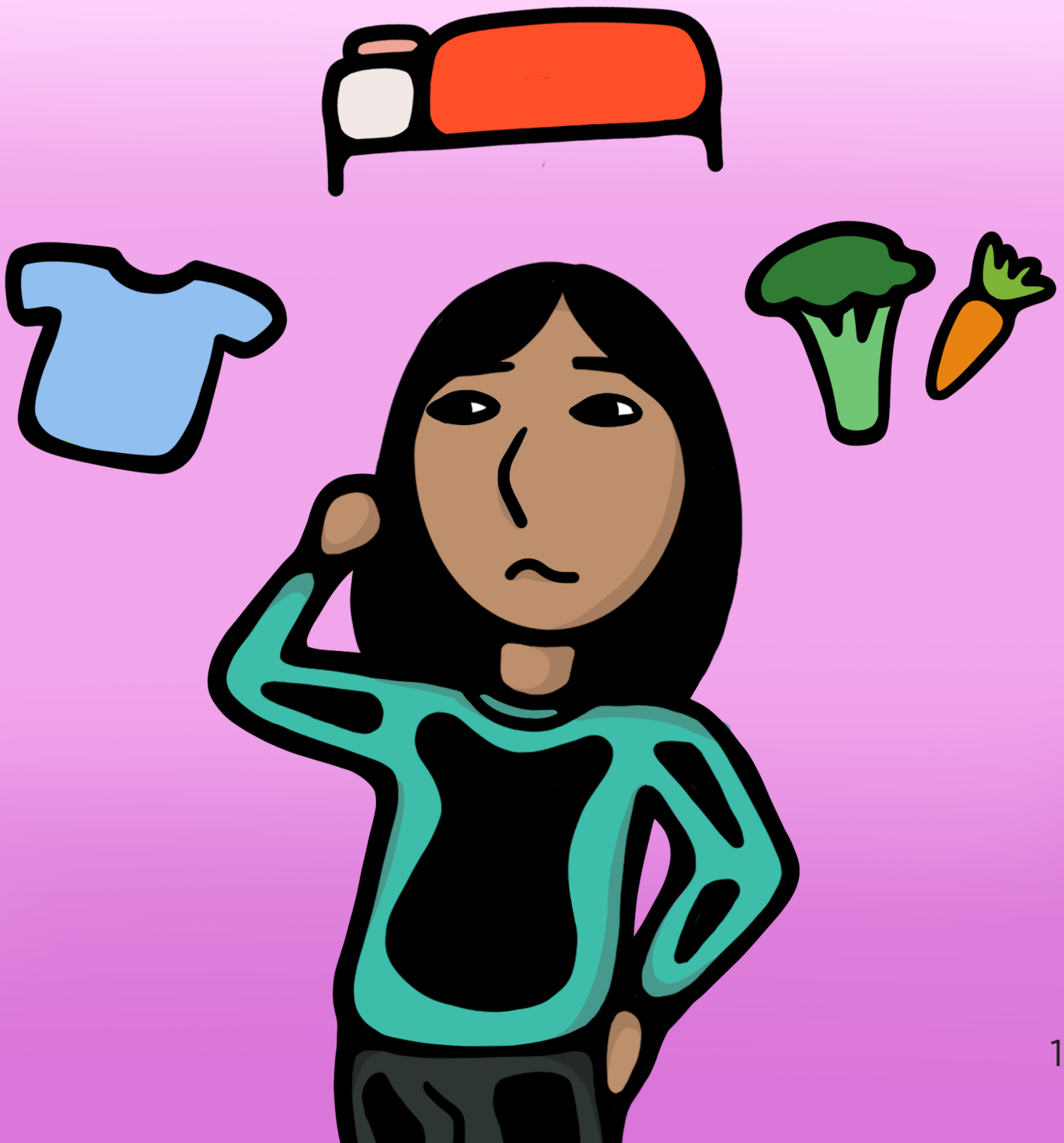
They will make sure you are clean and fed. They will take you to school and do activities with you.



In a foster home, you will meet new people and maybe new kids.

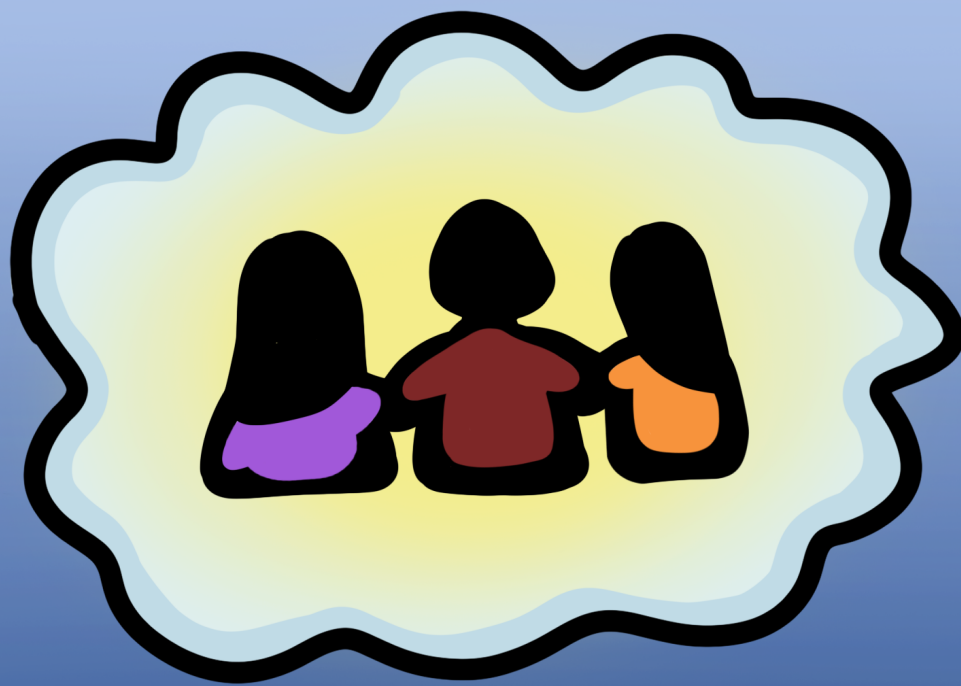
You will have a new room and a new bed.

You will have different routines, maybe even have new foods to try and new clothes to wear, too.



You may have to go to a different school and be far away from family and friends for a while.

All these changes can be hard.

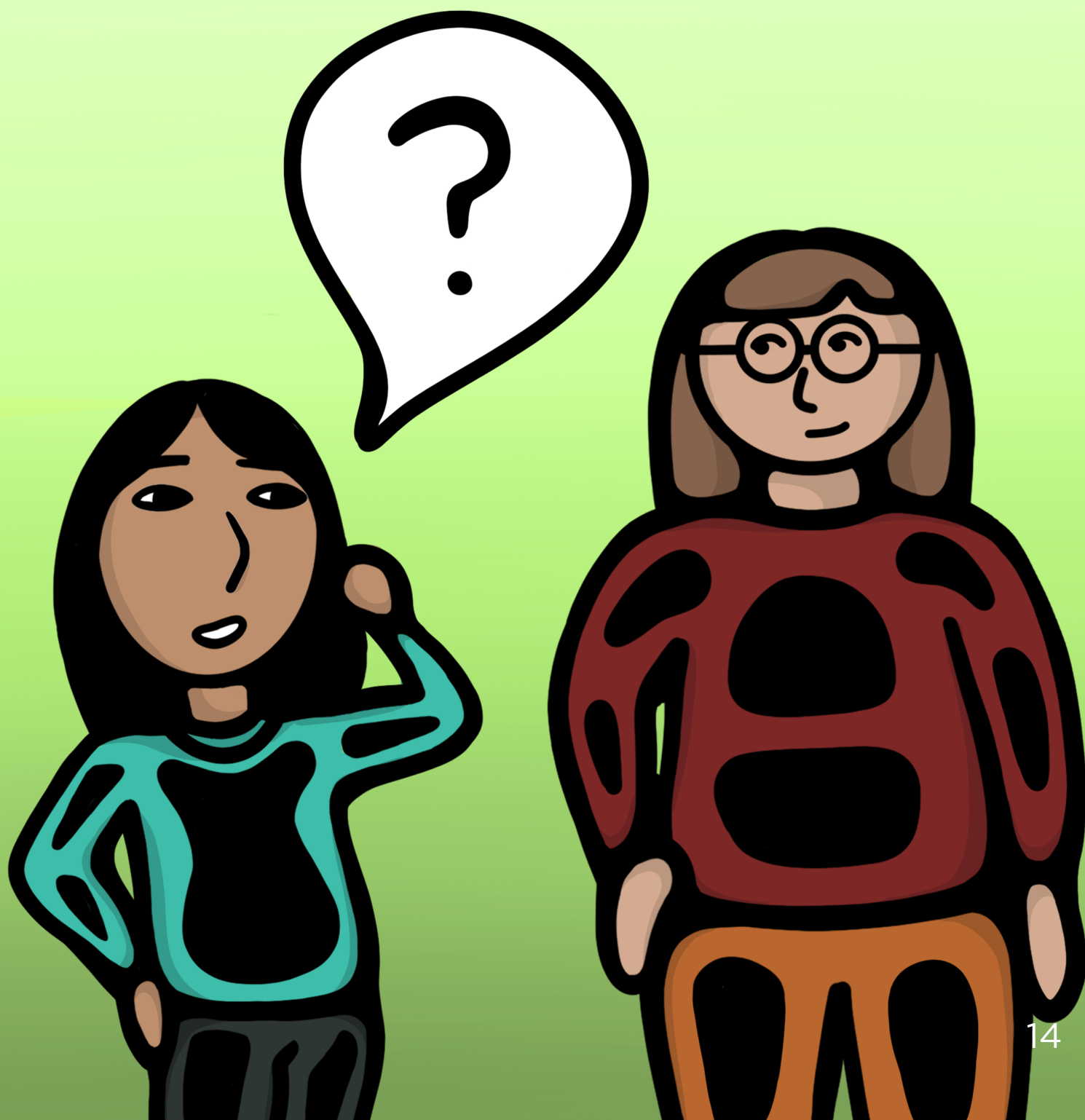


**It's okay to feel sad,
angry, or frustrated.**



Your Tikinagan workers are always here for support.

They will be there for you if you have questions, worries, or just need another person to talk to.



Foster Parents are there to help you during these times too.

They will be there to talk with you, make you laugh, or comfort you if you just need time to be sad or mad.



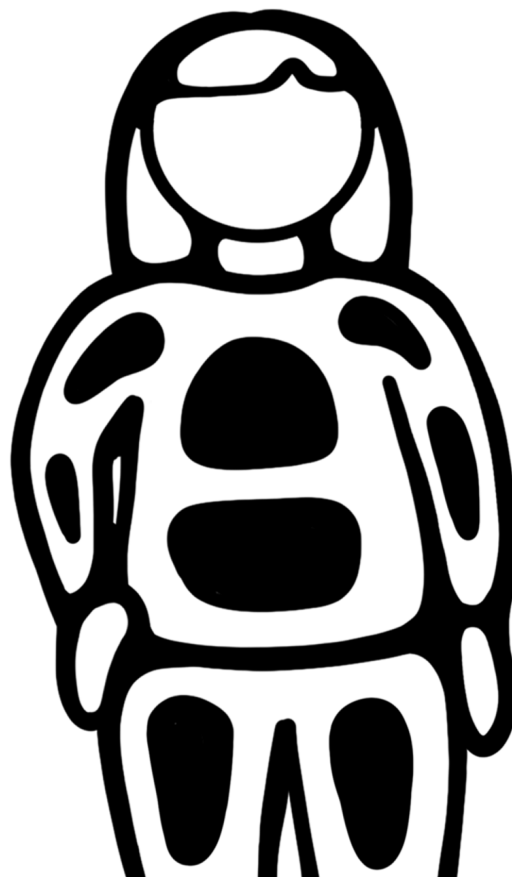
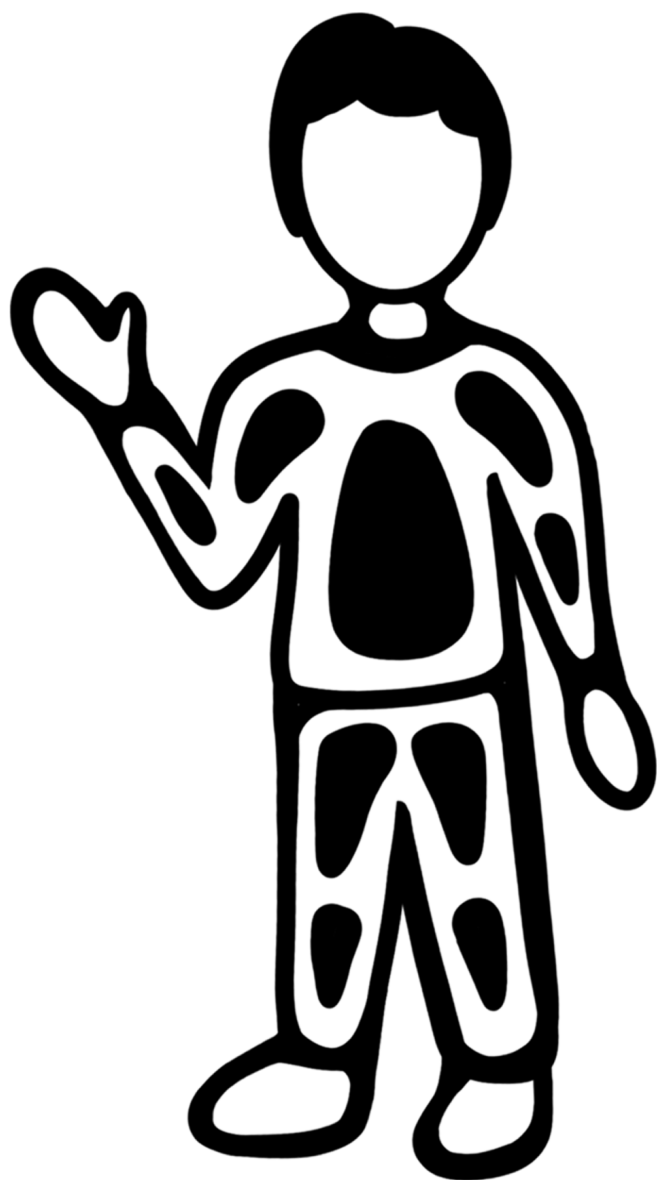
Tikinagan and Foster Parents are there to keep you connected to your family, language and culture.

No matter how you are feeling, Tikinagan wants to be there for you and make sure every kid feels safe, happy, and healthy.

YOU ARE LOVED!



Create your own Characters



Word Scramble

Can you unscramble
these words?

1. ASFE

— — — —

2. OLVE

— — — —

3. EEFL

— — — —

4. PHPAY

— — — — —

5. EWLL

— — — —

6. FMYILA

— — — — —



**Can you
spot the
differences?**

Find all 7

Word Search

R A M I M H C H N J
C B L J L O V E V J
J A W C A R E W O Q
S U Q H A P P Y S F
H Q V C L D S P A O
A T N D E P U H F S
R F A M I L Y O E T
E I J M Y E O M Y E
N J N W P A Z E I R
E X P I S Y E P G S

LOVE

FOSTER

CARE

FAMILY

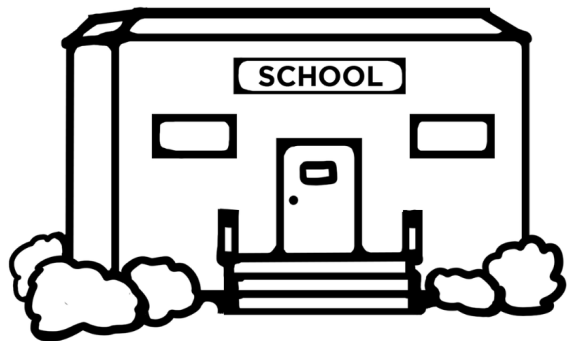
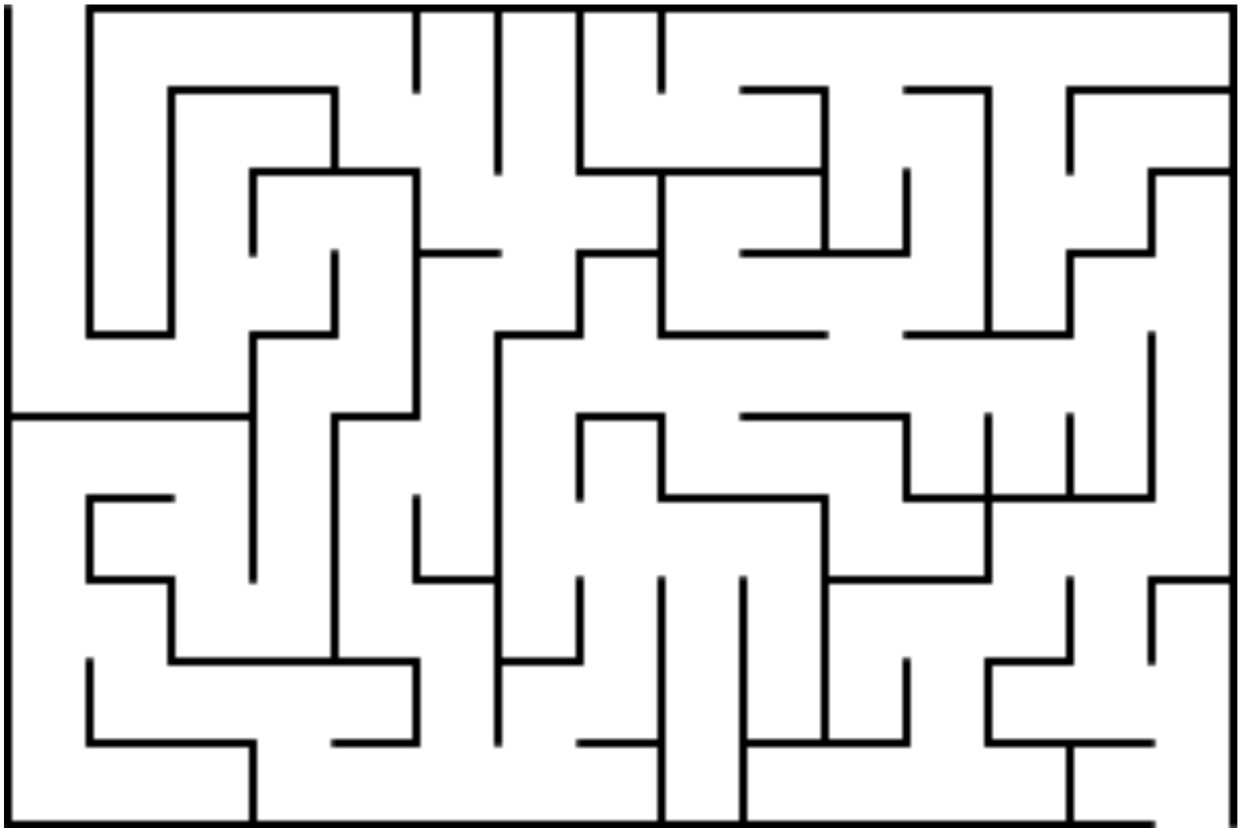
SAFE

HAPPY

HOME

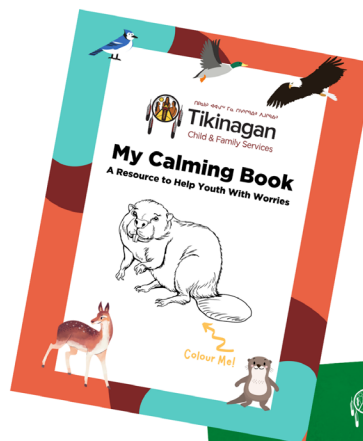
SHARE

Find the way to school!



More Resources!

Check out more of our resources developed for children and youth!



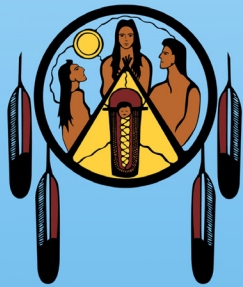
Are you a youth that wants to make a difference?

Join our youth team
Noodawishinaam Oshkiniigiwag
(Hear Us Youth)



SCAN HERE!

Follow us on Facebook and Instagram to stay up to date on our news and events!



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1-800-465-3624



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