



Seven

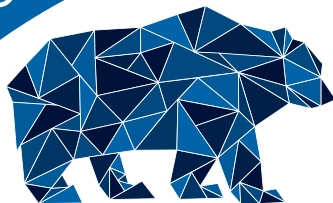
SACRED TEACHINGS

FROM A STUDENT
PERSPECTIVE



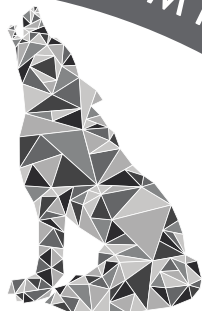


COURAGE



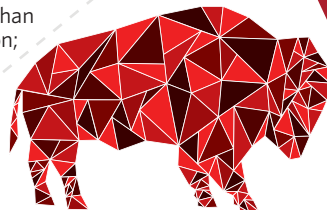
Venture out.
Push yourself.
Do the right thing.
Stay strong. Live a
health life—mind,
body and spirit.

HUMILITY



Life is sacred. Everyone is a human
being; no one is better than
another. Have compassion;
do not say "I know"—you
stop yourself from
learning when you
do. Be selfless,
not selfish.

RESPECT



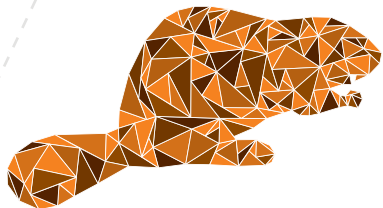
Respect others in and out of school.
Treat others the way you would like to be
treated. Respect rules. Show up on time.
Hand in work and listen. Respect yourself.

HONESTY



Be
honest with
yourself and others.
Do what you say you are
going to do; keep your
word. Be realistic
with time, money,
school work
and life.

WISDOM



Be open-minded.
Use your gifts to create
a healthy lifestyle.
Listen. Be observant.
Make wise decisions.
Live and learn.

LOVE



There is no shortcut
to achieving love.
Learn to love
yourself so
you can learn
to love others.

TRUTH



Do not lie to yourself
or to others.
Speak truthfully.
Do what you say,
honourably
and truthfully.



The Seven Sacred Teachings form the foundation of a full and healthy life. Traditionally, they were taught through the story of an innocent child who received these gifts from Seven Grandparents (powerful spirits). Nations and communities may use differing stories to impart these teachings, but the same guiding principles and morals are found in all. Over time, Indigenous peoples used animals to embody the spirit and intent of the teachings, and the animals are now the symbolic representations. The teachings remind us of the way to live a good life and carry ourselves in relation to all others. Their origin dates back to the beginning of time, and they have been embraced by Indigenous cultures across Turtle Island.