



Cultivating Healthy Relationships with Kairyn Potts



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Kairyn (Kai) Potts (he/him) is proudly Nakota Sioux from Treaty 6 Territory (Paul Band FN and the Alexis Nakota Sioux Nation). He is a proud two-spirit person and Indigenous content creator. As a former board member for 2Spirits in Motion and Youth Suicide Prevention Team representative, he is a passionate advocate who works to improve Indigenous youths' lives (particularly queer youth and youth in the child and family services system). He was named to TikTok's Global Discover List in 2022 as one of the platform's top 50 change makers.

Join us in hearing his story and learning from him as an Indigenous person, a content creator, and a two-spirit person. Kai will speak to healthy relationships and how to cultivate them in your life. He will speak to recognizing red, green, and yellow flags as well as how to actively listen, communicate well, and how to keep your sense of self throughout your life. Kairyn does this while speaking about romantic relationships, friendships, and familial relationships. He speaks to boundaries, how to set healthy ones, and what kinds of boundaries are important.



We hope you enjoyed hearing from Kairyn Potts. Kairyn's workshop touches on so many important topics from understanding two-spirit identity, to ending gender-based violence, and more. We invite you to explore these conversations further by using the following discussion questions:

- Two-spirit is a "spiritual identity," what do you think Kai meant by that?
- Why do you think it is important to be able to fully embrace who you are?
- Kai speaks to relationships and how we are all living in relationship to one another. What are some of the relationships in your life that make up your support system?
- What do boundaries mean to you?
- What are some boundaries that your school might have? What are some boundaries that you might have with your friends or with your parents or caregivers?
- What is the difference between a physical boundary and an emotional boundary?
- What is a digital boundary and why is it important to understand our digital boundaries?

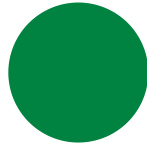


- Effective communication happens when there is mutual respect - what do you think that means?
- This is the first time in history that people have unlimited access to what is happening in the world, and that can be physically, emotionally and mentally draining. What are some upsetting topics that you might have seen recently on social media? How do you think consuming that media impacts you? Do you think this unlimited access is a good thing?
- What is active listening?



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Kairyn shares about recognizing red, green, and yellow flags early on. We want you to think about what that means to you. We want you to create a chart of red, green, and yellow flags. These can be for friendships, romantic relationships, or even co-workers.





Kairyn speaks to getting lost in relationships and how sometimes we can lose who we are for other people. It is often done out of love, but it can be really harmful to ourselves. Kai also speaks to co-dependency and how it is okay to rely on or lean on our partners or friends, but that being co-dependent and feeling like you can't live without them can be dangerous. On the chart below write down scenarios in column A that you think would be a healthy way to lean on someone, and in column B write down some ways that you think are co-dependent and are unhealthy.

Leaning on	Co-dependent