



DREZUS

THE GOOD MEDICINE OF CULTURE AND HIP HOP

Recommended for grades 7+



MOOSE HIDE
CAMPAIGN
CAMPAGNE
MOOSE HIDE

In this workshop, Drezus speaks about identity, confidence, healing, self-expression, and healthy masculinity through the lens of his own life journey. He shares openly about experiencing despair, depression, and addiction, and how unhealthy ideas about masculinity pushed him further away from healing and connection. Drezus reflects on the difficult work it took to change his life and find a healthier path forward.

Central to that journey was being welcomed into the lodge and finding spaces of healing, culture, and community care. Drezus speaks about reconnecting his heart and mind, learning to process emotions instead of hiding them, and understanding the importance of being kind to yourself and others. He shares that learning to forgive himself was an important part of his healing journey.

As a hip hop and rap artist, Drezus uses music to bring Indigenous culture to the forefront and inspire people through powerful storytelling and authentic self-expression. He also challenges stereotypes about Indigenous communities, reminding youth that while communities face challenges, they also carry incredible gifts, strength, creativity, humour, and resilience. Throughout the workshop, he redefines masculinity through service, compassion, accountability, and caring for family and community.

DISCUSSION QUESTIONS AND ACTIVITY



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We encourage you to use the discussion questions below to support reflection after viewing this session. These questions are designed to help students engage with themes of identity, healing, intergenerational strength, music, and personal responsibility. They can be used in group discussion, journaling, or circle sharing to deepen understanding of Drezus’s teachings and lived experience.

Discussion Questions

- **What does healthy masculinity mean to you?**
- **Why is self-expression important for healing and personal growth?**
- **What does Drezus mean when he talks about connecting the heart and mind?**
- **Why do you think people sometimes hide or numb difficult feelings?**
- **What are some healthy ways people can process emotions instead of avoiding them?**
- **Why is being kind to yourself important?**
- **How can learning to forgive yourself help you grow?**
- **Drezus says Indigenous communities have many gifts. What are some strengths and gifts you see in your own community or culture?**
- **How can music, art, and storytelling inspire people or create change?**
- **What does it mean to live in service of your family or community?**
- **How would schools or communities change if more people focused on helping and uplifting others?**
- **What are some harmful stereotypes about masculinity that need to change?**
- **How can we support friends, classmates, or family members who may be struggling?**
- **What role can culture and ceremony play in healing and identity?**
- **What is one message from Drezus’ story that stood out to you the most, and why?**

DISCUSSION QUESTIONS AND ACTIVITY



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Create Your Own Album Cover

Drezus uses music, art, and storytelling to share messages about healing, identity, confidence, culture, and healthy masculinity. In this activity, you will create your own album cover inspired by something you learned from his workshop.

We have included some sample covers from other artists so you get a feel for what an album cover can look like.

On the following page:

- **Create a title for your album - your title could be placed into the artwork or on its own.**
- **Design album artwork that represents an important message, feeling, or teaching from Drezus' story**

Your album title could focus on:

- **Overcoming challenges**
- **Finding your voice**
- **Being kind to yourself**
- **Healthy masculinity**
- **Culture and identity**
- **Service to community**
- **Healing and growth**

When you are finished, write 2–5 sentences explaining:

- **What your album title means**
- **What message your artwork is sharing**
- **How it connects to Drezus' teachings or your own life experiences**



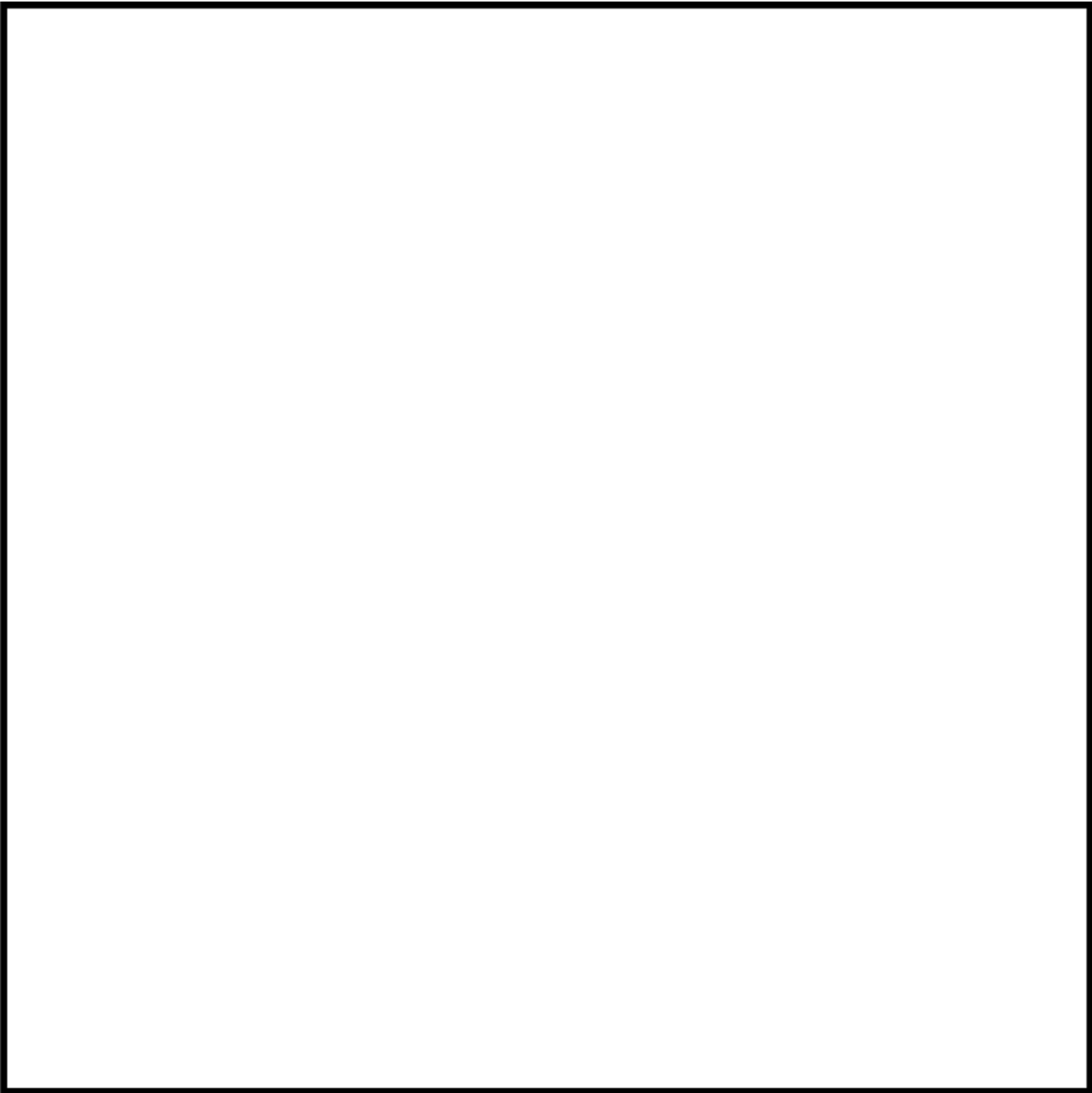
**RED FUTURE
BY SNOTTY NOSE REZ KIDS**



**YOUNG GIFTED AND BLACK BY
ARETHA FRANKLIN**



MELODRAMA BY LORDE



01:10



04:10



