



## WE ARE INVINCIBLE

Rayne Kakewash

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INVINCIBLE: Our Voices from Care. A Storytelling Project by  
Indigenous Youth in Care

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## WE ARE INVINCIBLE

**Rayne Kakewash**

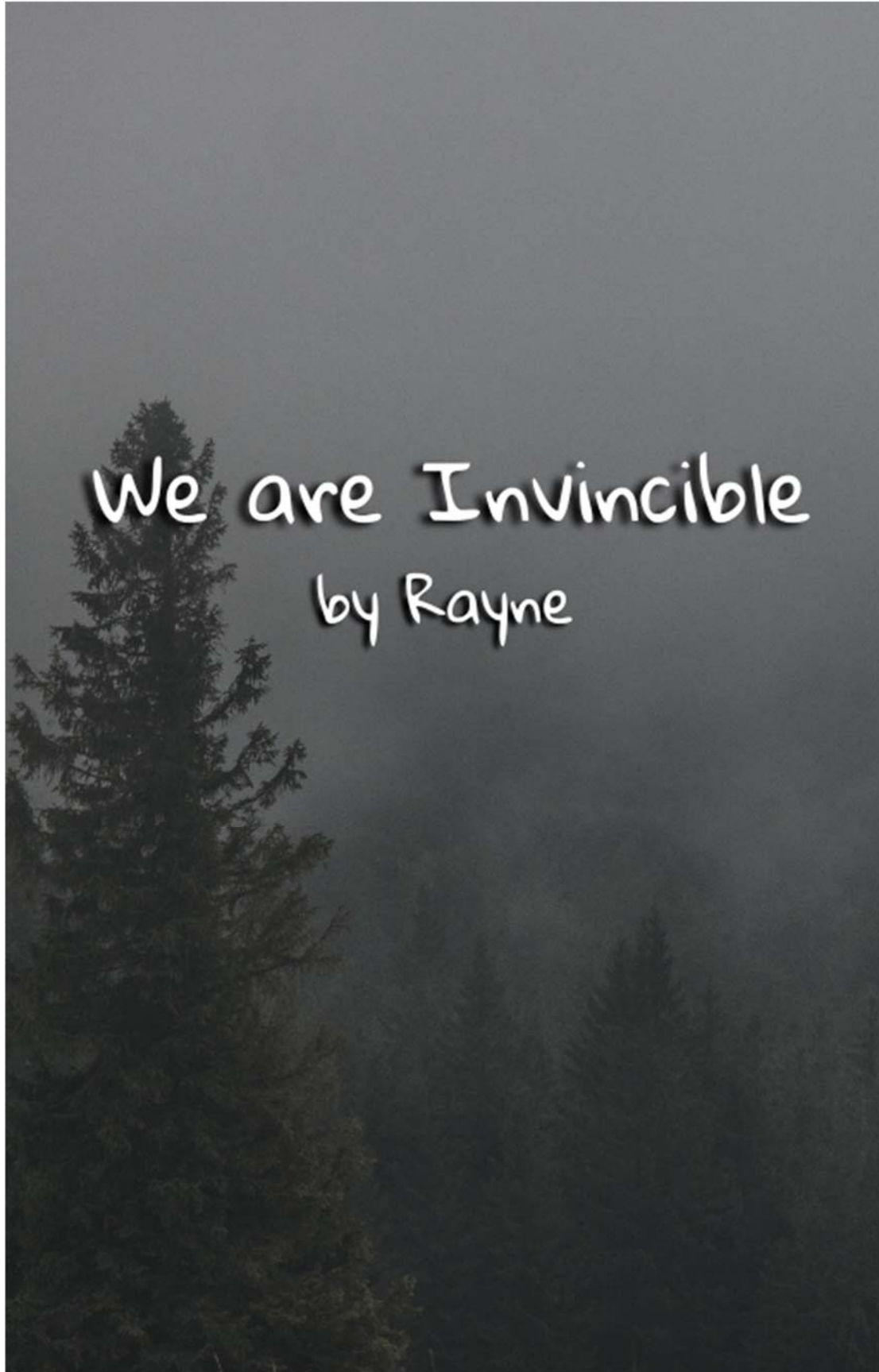


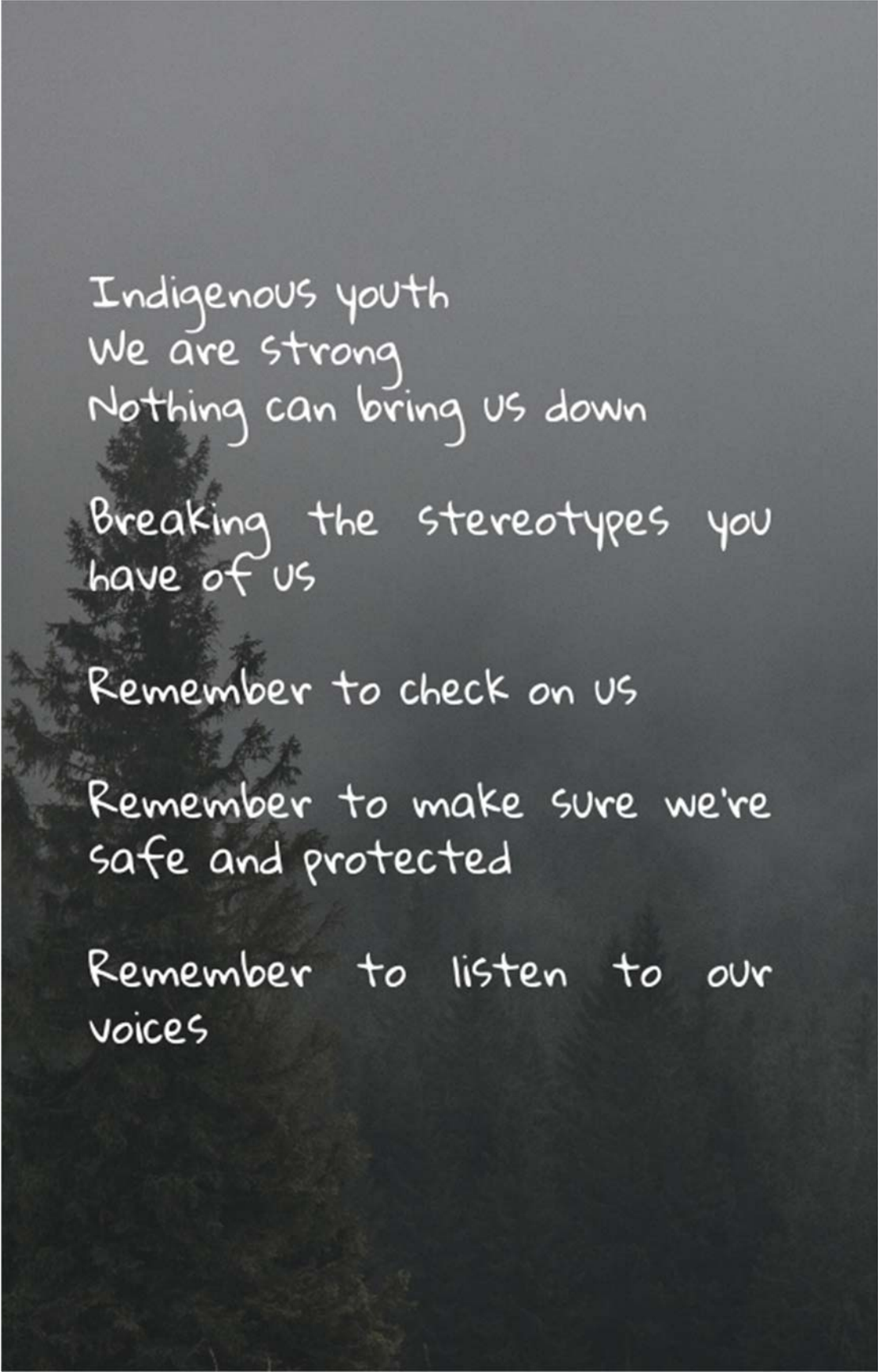
**Keywords:** Indigenous children/youth in care, Indigenous healing, belonging, Indigenous youth resurgence, Indigenous programming, Indigenous arts-based research

**Acknowledgement:** We raise our hands in deepest respect and gratitude to the ancestors and families of the *lək<sup>w</sup>əŋən* and *WSÁNEĆ* nations and to our own ancestors and Nations. We raise our hands to all Indigenous children and youth who have grown up in colonial systems, to those we have lost, and to those who survive, resist, and imagine justice and resurgence. INVINCIBLE is grateful for funding provided by the Social Sciences and Humanities Research Council of Canada (Insight grant 435-2020-1191) and the Canet Foundation.

**Rayne Kakewash** is an Indigenous youth in care and an INVINCIBLE youth storyteller/researcher who has been working with the Kinship Rising research project at the University of Victoria since 2021.

Please contact the Kinship Rising project: [kinshiprising@uvic.ca](mailto:kinshiprising@uvic.ca)





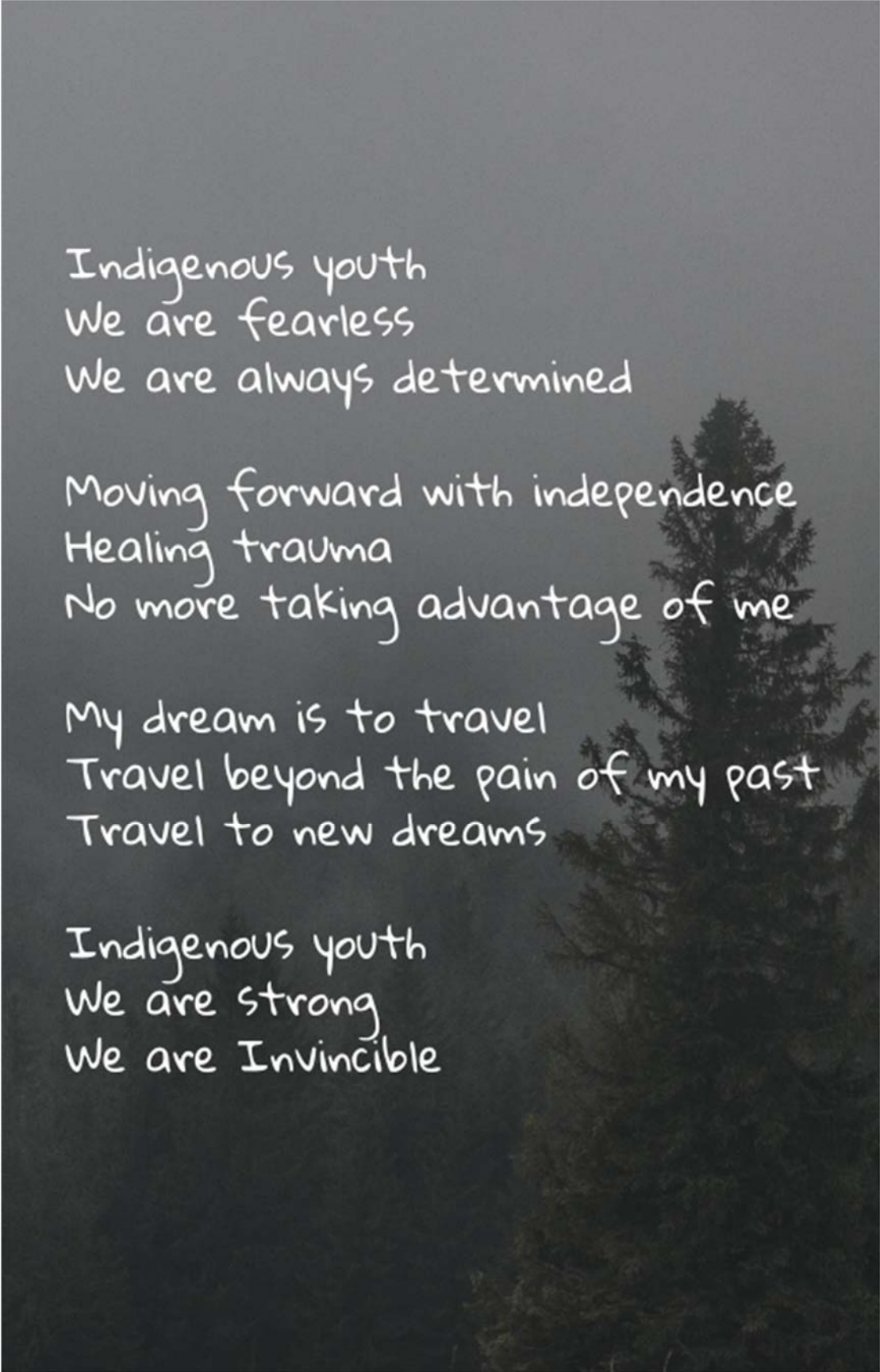
Indigenous youth  
We are strong  
Nothing can bring us down

Breaking the stereotypes you  
have of us

Remember to check on us

Remember to make sure we're  
safe and protected

Remember to listen to our  
voices

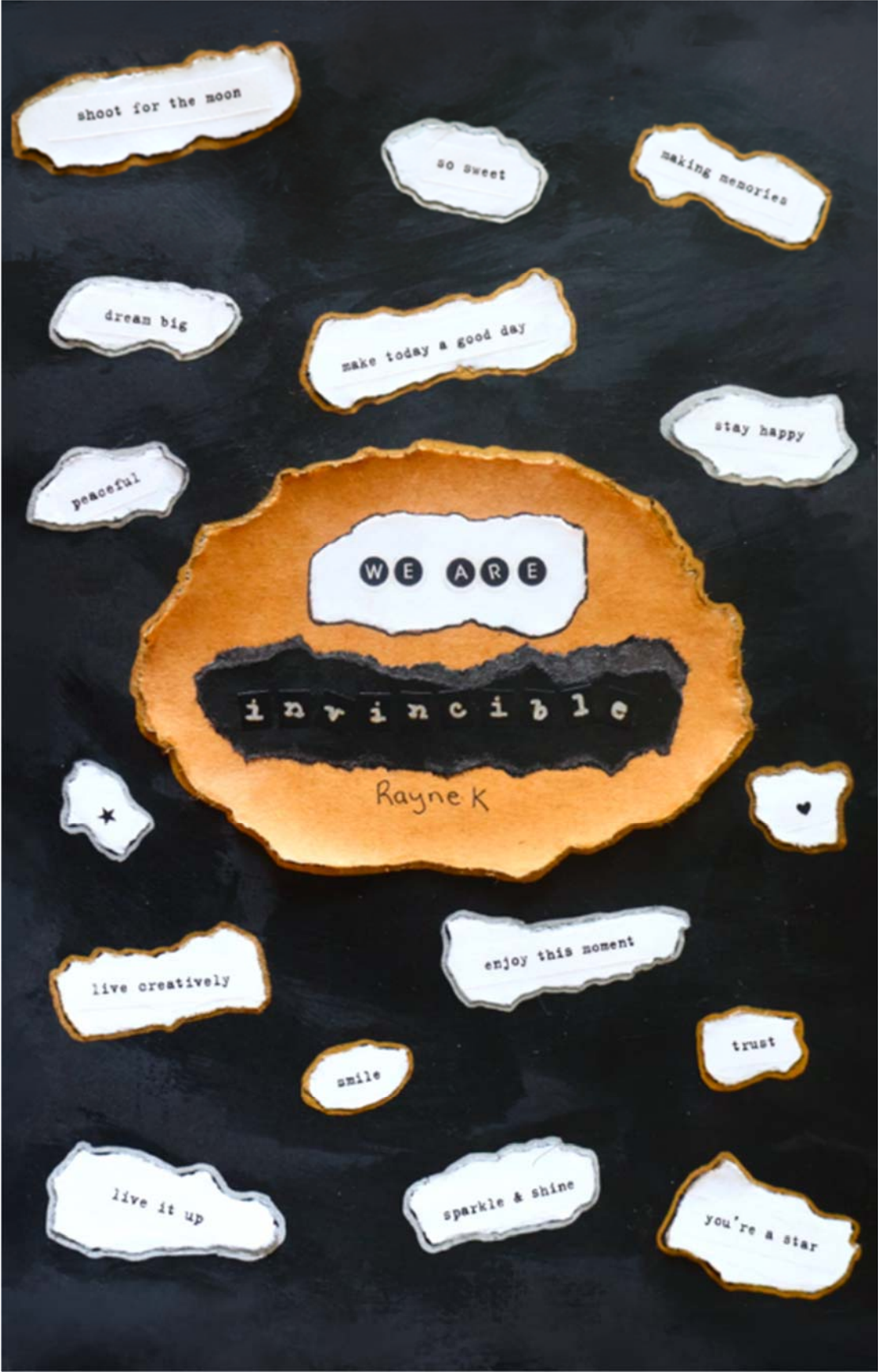


Indigenous youth  
We are fearless  
We are always determined

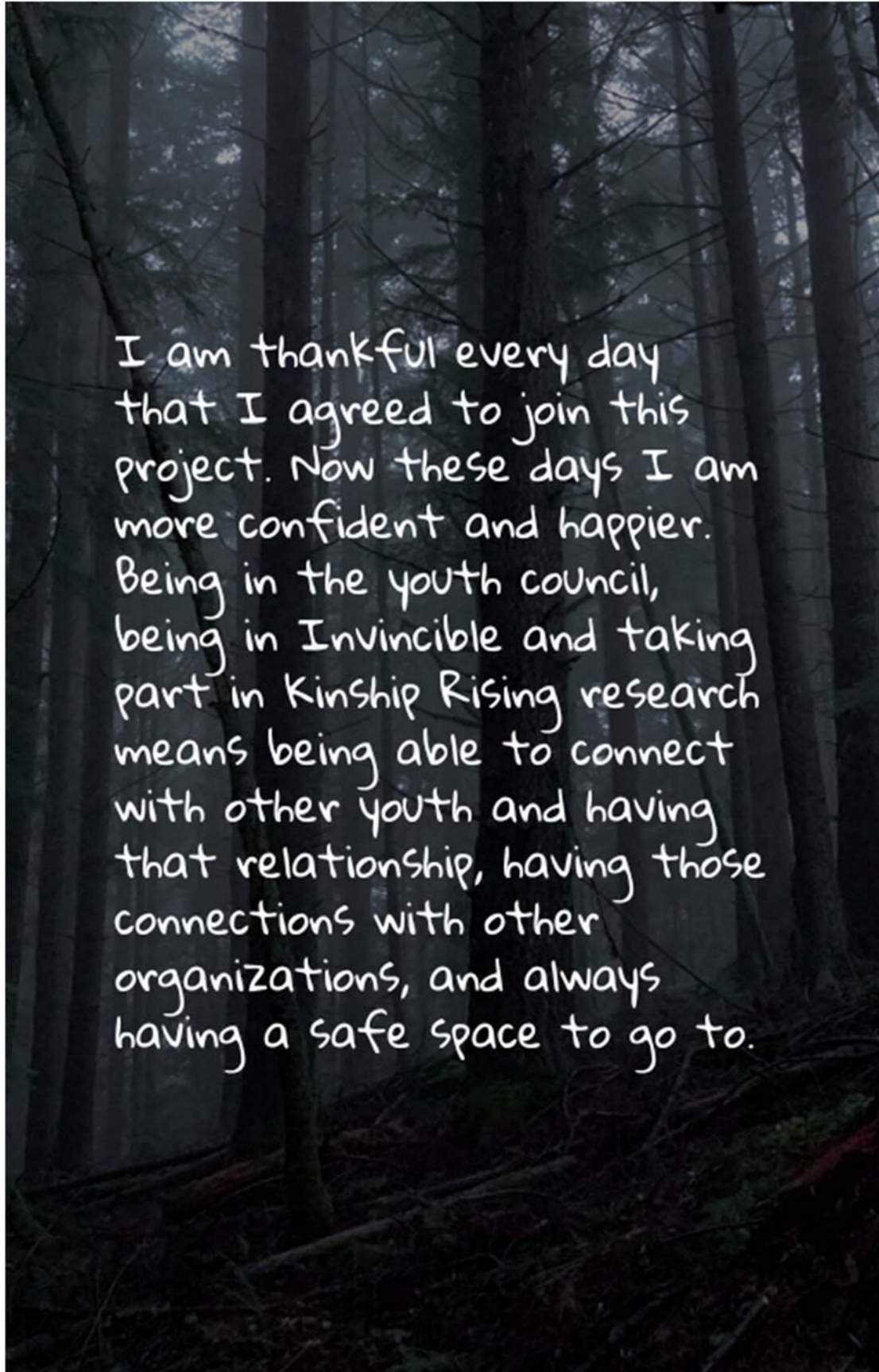
Moving forward with independence  
Healing trauma  
No more taking advantage of me

My dream is to travel  
Travel beyond the pain of my past  
Travel to new dreams

Indigenous youth  
We are strong  
We are Invincible

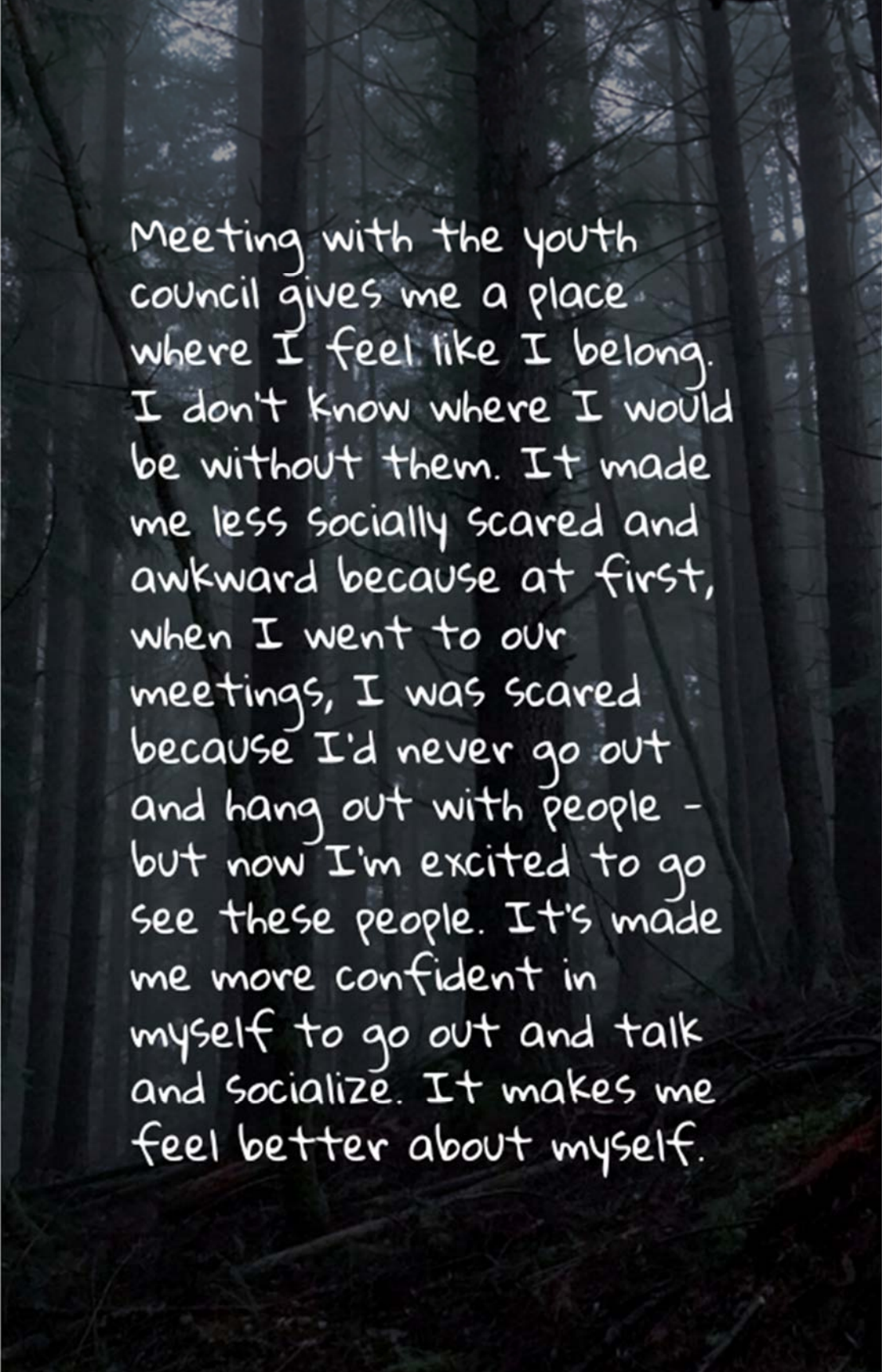




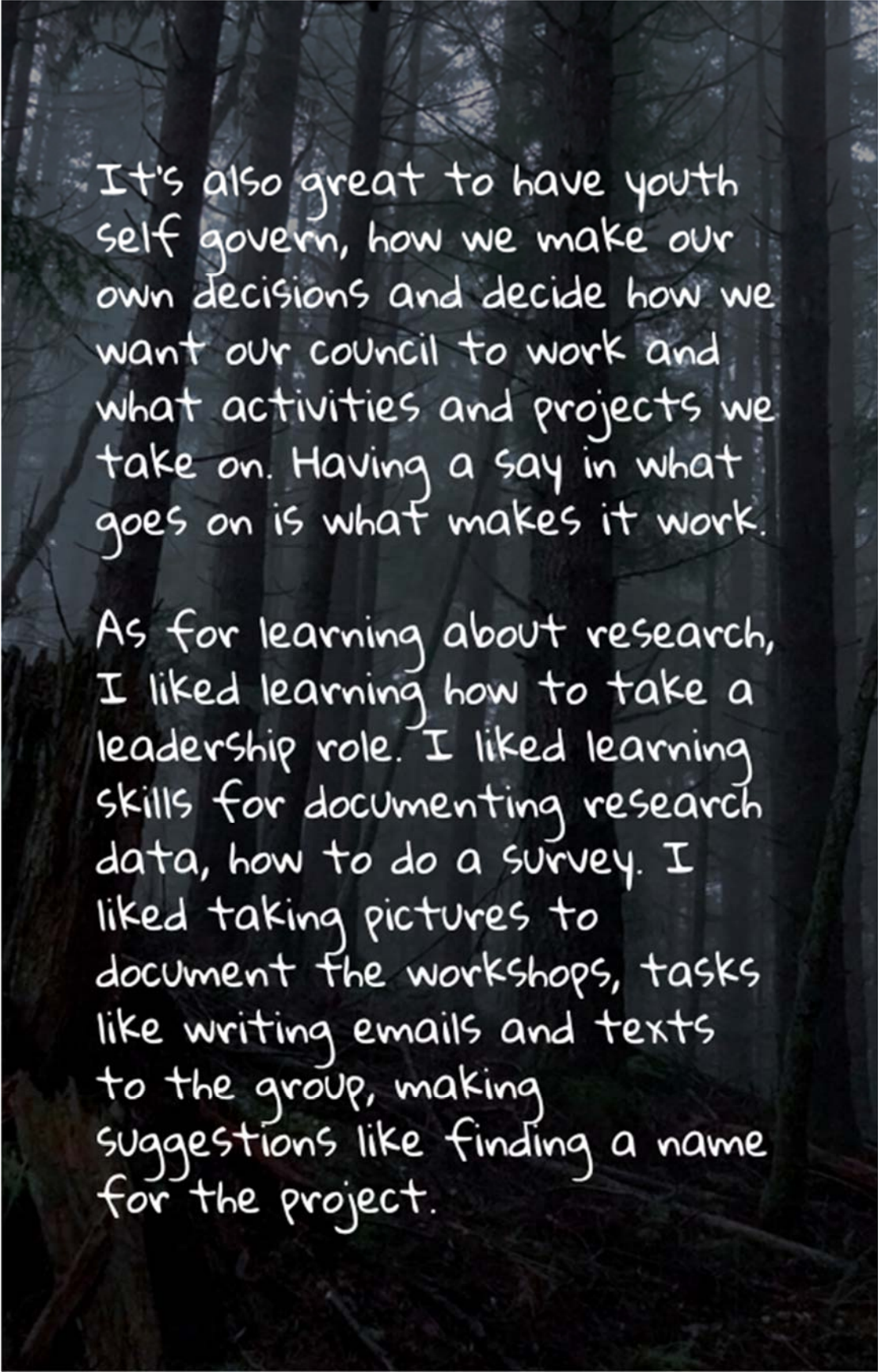


I am thankful every day that I agreed to join this project. Now these days I am more confident and happier. Being in the youth council, being in Invincible and taking part in Kinship Rising research means being able to connect with other youth and having that relationship, having those connections with other organizations, and always having a safe space to go to.



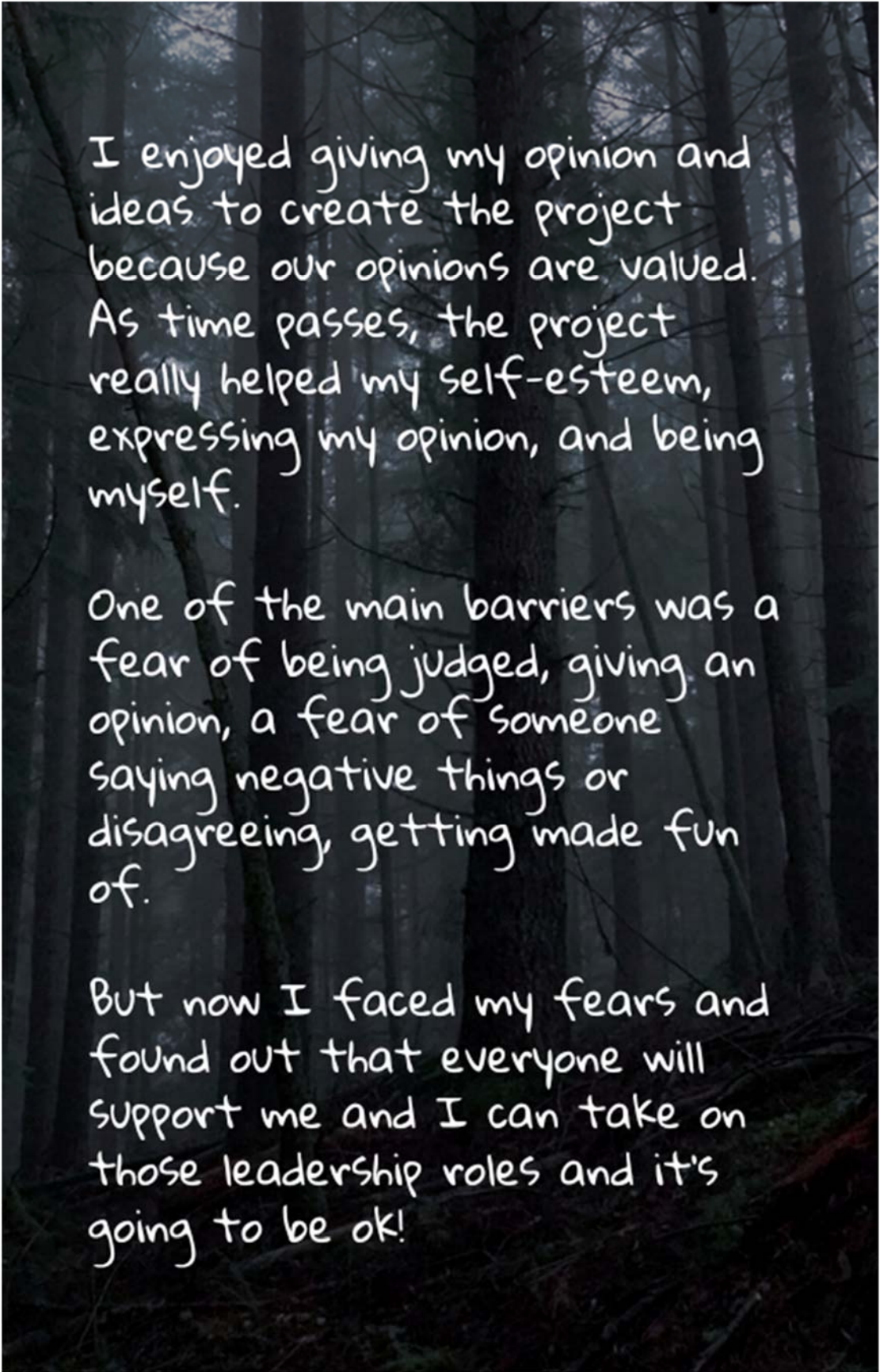


Meeting with the youth council gives me a place where I feel like I belong. I don't know where I would be without them. It made me less socially scared and awkward because at first, when I went to our meetings, I was scared because I'd never go out and hang out with people - but now I'm excited to go see these people. It's made me more confident in myself to go out and talk and socialize. It makes me feel better about myself.



It's also great to have youth self govern, how we make our own decisions and decide how we want our council to work and what activities and projects we take on. Having a say in what goes on is what makes it work.

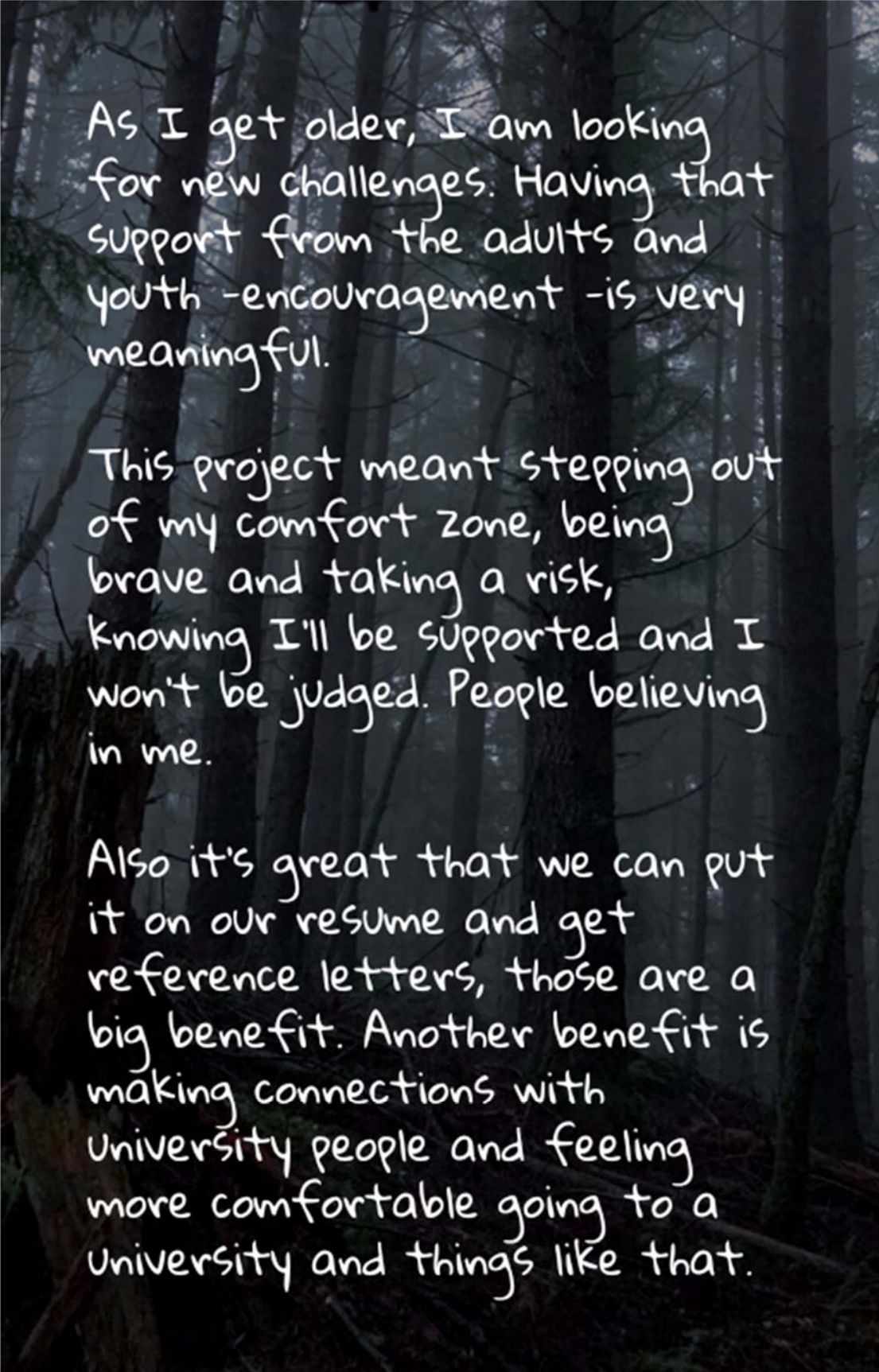
As for learning about research, I liked learning how to take a leadership role. I liked learning skills for documenting research data, how to do a survey. I liked taking pictures to document the workshops, tasks like writing emails and texts to the group, making suggestions like finding a name for the project.

The image features three paragraphs of handwritten text in white ink, set against a dark, atmospheric background of a forest with tall, thin trees and a misty or foggy atmosphere. The text is written in a casual, cursive style.

I enjoyed giving my opinion and ideas to create the project because our opinions are valued. As time passes, the project really helped my self-esteem, expressing my opinion, and being myself.

One of the main barriers was a fear of being judged, giving an opinion, a fear of someone saying negative things or disagreeing, getting made fun of.

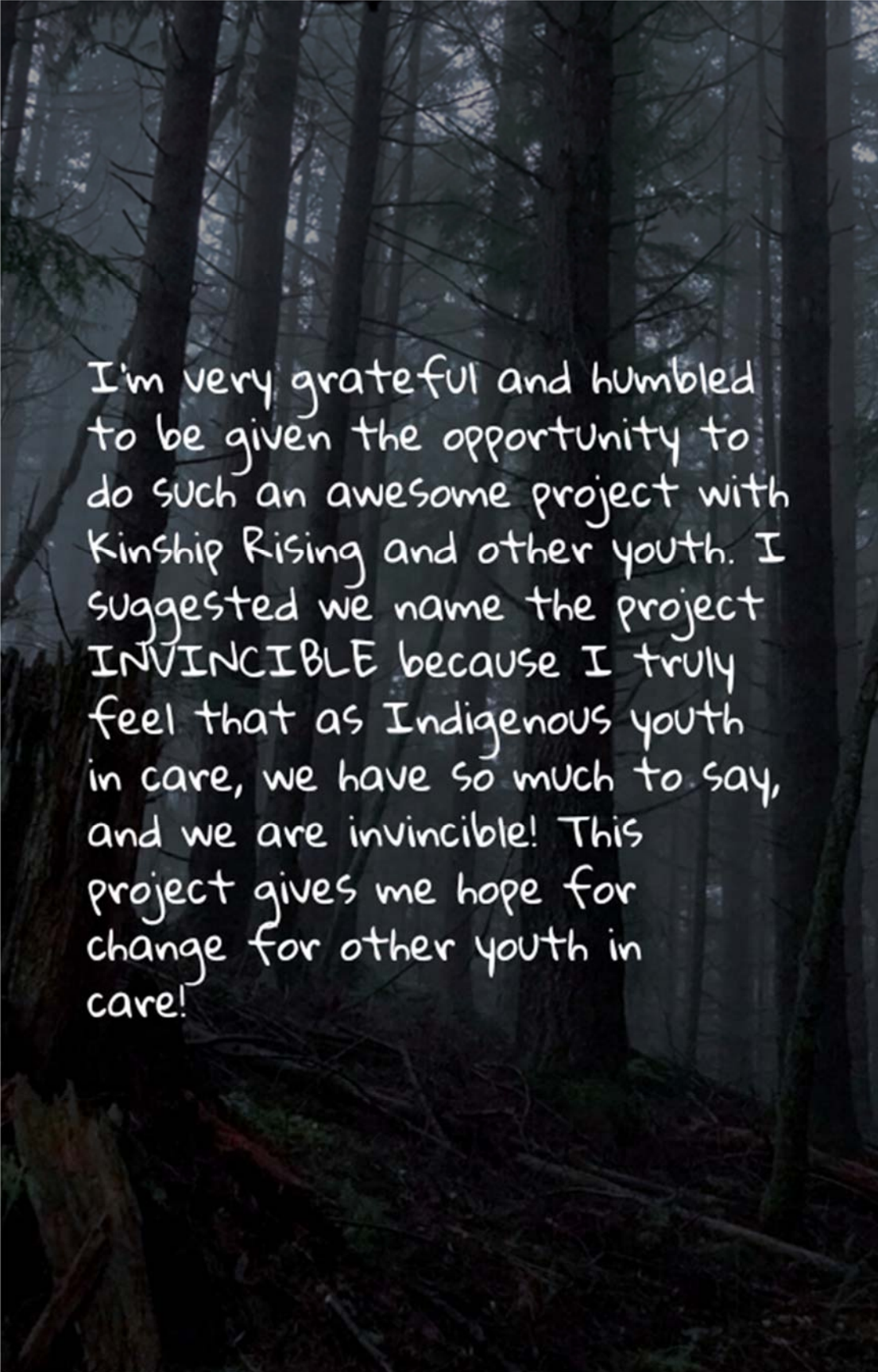
But now I faced my fears and found out that everyone will support me and I can take on those leadership roles and it's going to be ok!

The image features three paragraphs of handwritten text in white ink, set against a dark, moody background of a forest with tall, thin trees and a misty atmosphere. The text is written in a casual, cursive style.

As I get older, I am looking for new challenges. Having that support from the adults and youth -encouragement -is very meaningful.

This project meant stepping out of my comfort zone, being brave and taking a risk, knowing I'll be supported and I won't be judged. People believing in me.


Also it's great that we can put it on our resume and get reference letters, those are a big benefit. Another benefit is making connections with university people and feeling more comfortable going to a university and things like that.



I'm very grateful and humbled to be given the opportunity to do such an awesome project with Kinship Rising and other youth. I suggested we name the project INVINCIBLE because I truly feel that as Indigenous youth in care, we have so much to say, and we are invincible! This project gives me hope for change for other youth in care!



**RAYNE**  
Born and raised in Winnipeg, Manitoba

A photograph with a torn paper edge showing a person with long dark hair sitting on a beach, looking out at a large body of water under a sunset sky. A wooden pier is visible in the distance.

**Life plan:**  
Become a surgeon or a nurse because I'm really passionate about caring for others

**Likes:**  
Cats, gaming, concerts

[Click here to view this story on the INVINCIBLE website](#)