



# AM BRAVE



solutions for kids in pain  
pour la douleur chez les enfants



MORNING STAR LODGE  
AN INDIGENOUS COMMUNITY-BASED HEALTH RESEARCH LAB

Information from My Comfort Care Plan from Alberta Children's Hospital



## ALL ABOUT me

This booklet is to help you get to know me better and so I can feel safe and will be kept confidential.

**My name is:**

.....

*Content Warning - this booklet will include topics that some individuals may find offensive and/or traumatizing. Please be advised.*

Raven & Floral Needle Artwork by Lisa Boivin

## My Experiences:

(please check any applicable circles)

- ☐ I have had racist healthcare experiences
- ☐ I/close relative attended Residential School
- ☐ I was experimented on without my consent
- ☐ I am a domestic violence survivor
- ☐ Other difficult experience giving me anxiety about this situation

**People who make me feel safe and comfortable:**

.....

**Things that I brought with me to help me feel safe are:**

.....

- ☐ This is my first time at the lab/health clinic
- ☐ I have been to the lab/health clinic many times
- ☐ I have had many tests and procedures

## When I get a needle, I want:

(please circle)

- A numbing product
- To breathe calmly
- To look away or close my eyes
- To look or watch
- To use a tablet or phone
- A family member with me
- If available, a person of the male or fluid gender to give the needle
- If available, a person of the female or fluid gender to give the needle

Other: .....

**HELPFUL HINT**

Plan to do something special after the needle to recognize how brave you are.

