

UTTC LAND GRANT EXTENSION

2017

Equality and Respect

Every Size, Shape, and Color

All birds and animals are respected.

Birds do their job and are treated equal despite color or size. We don't criticize a raven for not being an eagle. We should not treat a showing-off peacock better than a shy, red cardinal. The wisdom of the animals is like the strength of the tribal community and the love of supportive parents. This helps us to be ourselves, not someone else. Know that weight and appearance are important to our self-worth and being "comfortable in our own skin" means being well physically, emotionally and spiritually.



- > Love your body. Creator made it!
- Focus on your unique positive gifts and abilities.
- ➤ Love YOU, as you are!
- FLY AS YOU WERE INTENDED!