

Wise Practices

Developing and cultivating the berry patch is a lifelong process. You can always return to the resources and reflection questions in the guide to continue your learning. You can also follow the six wise practices below.

1. Cultivate Active Listening

- Take time to listen to Indigenous voices, stories, and experiences. Active listening fosters understanding and empathy and is a skill that helps with any trauma-informed approach to care.
- Read books, both fiction and non-fiction, by Indigenous authors to gain understanding and learn about different perspectives and life experiences.
- Attend community gatherings, workshops, and storytelling events where Indigenous individuals share their perspectives.
- Challenge yourself to actively listen to Indigenous perspectives in your classrooms and lecture theatres.

2. Decolonize Your Mindset

- Continue to learn about colonial history and how colonization has impacted Indigenous Peoples.
- Reflect on how colonial history has shaped your worldview. Challenge stereotypes and biases.
- Consider enrolling in professional development on unconscious bias, decolonized thinking, and inclusive practices. The field is always changing as our social experience shapes our needs, so it is key to be mindful to keep growing in this area.
- Explore Indigenous worldviews and ways of knowing and being. Recognize their validity and richness.
- Become an ally to support the cultural values of Indigenous Peoples and find ways to honour what is represented as sacred within First Nations, Métis, and Inuit communities.

3. Advocate for Systemic Change

- Engage in conversations about land rights, treaty obligations, and Indigenous sovereignty.
- Advocate for policies that address historical injustices and promote equity.
- Advocate for diversity, equity, and inclusion audits or other reviews of your institution's policies.



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4. Support Indigenous Art and Culture

- Attend Indigenous art exhibitions, performances, and music events. The arts are a terrific cross-demographic opportunity to witness the richness and resiliency of First Nations, Métis, and Inuit cultures.
- Purchase art directly from Indigenous artists to support their livelihoods.
- Encourage your institution to hire and work with Indigenous artists (for example, commission artists to create art for a specific space, invite artists to give a talk about their art and culture, and develop a rotating Indigenous art library at your institution.)

5. Learn About Traditional Practices

- Learn about Indigenous practices related to healing, ceremony, and connection to the land. Appreciate that not all ceremonies are for outsiders to know and participate in. However, it's important to understand they exist, are important, and are the foundation of much of the First Nations, Métis, and Inuit rights to self-determination in Canada.
- Respect and honour these practices without appropriating them.

6. Self-Reflection and Unlearning

- Continuously examine your own biases and privilege.
- Unlearn harmful stereotypes and actively work toward dismantling oppressive systems.
- Follow social media accounts and creators that challenge your thinking, expose you to new ideas, and show the richness and resilience of First Nations, Métis, and Inuit cultures. Encourage students, colleagues, friends, and family to do the same.



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