

Reflections and Actions for Deepening Your Knowledge of First Nations, Métis, and Inuit Communities

This handout offers reflective exercises and actions related to the [Truth and Reconciliation Commission of Canada's Calls to Action](#), Indigenous worldviews, and supporting survivors of sexualized violence.

Annual Practices

Participate in National Indigenous Peoples Day on June 21

- Reflect on the significance of this day and its celebration of Indigenous cultures.
- If you teach, consider ways this day can influence your course syllabus. For example, students should be encouraged to attend a local event to have the opportunity to embrace witnessing the resilience of Indigenous Peoples.
- If you work at a post-secondary institution, check to see what events are being held for National Indigenous Peoples Day and make an effort to attend one in your area. Offer to volunteer or provide financial support.
- Consider how you can honour and support Indigenous communities throughout the year.

Participate in National Day for Truth and Reconciliation (Orange Shirt Day) on September 30

- Reflect on the legacy of residential schools and the impact on survivors.
- Consider ways this day can influence your course syllabus.
- Wear an orange shirt to raise awareness and show solidarity with First Nations, Métis, and Inuit survivors of residential schools.

Monthly or Weekly Practices

Educational Exploration

- Read articles and books, and watch videos and documentaries about Indigenous history, culture, and contemporary issues. The guide provides many resources to help you get started.
- Follow Indigenous activists, artists, and scholars on social media to stay informed.

Community Engagement

- Attend local Indigenous events, workshops, or cultural activities.
- Engage in conversations with Indigenous community members to learn from their perspectives. Be mindful of how you approach these conversations. This is an opportunity to listen and understand, not defend or try to mitigate the perspectives, especially around documented harms.



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Daily Practices

Land Acknowledgment

- Begin each day by acknowledging the traditional lands you are on. Reflect on the deep connection between Indigenous Peoples and the land. This practice can and should include your family, peers, and social groups at every level. Understanding our place in relation to the land is a first step in relational healing and community wellness. Three helpful online maps are:
 - [First Peoples' Map of B.C.](#)
 - [Chartered Communities, Métis Nation B.C.](#)
 - [Native-land.ca](#)

Gratitude Practice

- Express gratitude for the contributions of Indigenous cultures and knowledge.
- Consider what you've learned and how it impacts your daily life. This is not a tokenistic or performative act; it includes being mindful of watercooler topics and stereotypes, being more than a bystander, and claiming the truth regarding how First Nations, Métis, and Inuit are viewed and respected in all spaces.

Actions to Become a Strong Ally

There are many ways in the short, medium, and long term to engage with truth and reconciliation, become strong allies, and support survivors of sexualized violence.

Small to Medium-Term Actions

Truth and Reconciliation Education

- Learn about the history of residential schools, treaties, and Indigenous rights.
- Consider taking a course, such as an online course like [4 Seasons of Reconciliation](#) offered by the First Nations University of Canada or the [University of Alberta's Indigenous Canada online course](#), which is free.

Local Engagement

- Attend community meetings or participate in reconciliation-focused events.
- Support Indigenous-owned businesses and artists.

Self-Reflection

- Examine your biases and assumptions. How do they impact your interactions with Indigenous people?



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Long-Term Actions

Advocacy and Allyship

- Advocate for policy changes that address Indigenous rights and land sovereignty.
- Amplify Indigenous voices and advocate for their inclusion in decision-making processes.

Land-Based Learning

- Learn more about the deep connection between Indigenous Peoples, their culture, and the land. For example, [Talasay Tours](#) offers guided walks through Stanley Park by Indigenous guides who share the rich cultural and agricultural history of the First Peoples in the area now known as Vancouver.
- Try somatic-based meditation in nature.
- Participate in ethnobotany or hikes by local Indigenous communities or museums.
- Invest time reading park information at regional or provincial parks to learn more about the natural spaces and places you visit.

Support for Survivors of Sexualized Violence

- Work with Indigenous-led organizations to create trauma-informed spaces.
- Advocate for culturally appropriate healing programs and services.
- Support initiatives that address the root causes of violence.



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