01 IF YOU ACTUALLY WANT TO SEE THE RELATIONSHIP BETWEEN INDIGENOUS AND NON-INDIGENOUS PEOPLE CHANGE, COMMIT TO MAKING RECONCILIATION A PART OF YOUR EVERY-DAY ETHOS

02 LEARN THE LAND ACKNOWLEDGEMENT IN YOUR REGION. UPDATE YOUR EMAIL SIGNATURE TO REFLECT THE TERRITORY YOU LIVE AND WORK ON

03 PURCHASE AN ITEM FROM AN INDIGENOUS ARTIST. THERE ARE LOTS OF VENDORS AT DHALHOUSIE’S ANNUAL MAWIO’MI

04 DOWNLOAD AN INDIGENOUS PODCAST. CAMRYN + MAISYN SOCKS BURN'T TOAST + PITTEWAY, AND TRAILS, TAILS AND SPRUCE TEA WITH SHALAN JIORUY + FRANK MEUSE ARE BOTH MI'KMAW

05 FIND OUT IF THERE WAS A RESIDENTIAL SCHOOL WHERE YOU LIVE. LEARN IT’S NAME AND SOMETHING ABOUT IT

06 TUNE INTO CBC’S EIGHTH FIRE WITH WAB KINEW OR THIS PLACE WITH ROSANNA DEERCHILD

07 LEARN A GREETING IN A LOCAL INDIGENOUS LANGUAGE

08 REGISTER FOR THE UNIVERSITY OF ALBERTA’S ONLINE MOOC, CALLED “INDIGENOUS CANADA,” FOR FREE

09 LEARN YOUR FAMILY HISTORY. CONSIDER HOW YOUR FAMILY STORY MAY BE PART OF A LARGER SYSTEM THAT Sought TO DISPOSSESS INDIGENOUS PEOPLE FROM THEIR ANCESTRAL LANDS

10 SERIOUSLY CONSIDER YOUR OWN POSITION AS A SETTLER CANADIAN. DO YOU UPHOLD PRACTICES THAT CONTRIBUTED TO THE MARGINALIZATION OF INDIGENOUS PEOPLES?

11 CONSIDER THE LINE BETWEEN CULTURAL APPROPRIATION AND CULTURAL APPRECIATION. LEARN WHY HEADDRESSES ARE NOT APPROPRIATE AT MUSIC FESTIVALS AND WHY “SINX POCAHONTAS” IS JUST WRONG


13 WHEN DISCUSSING LGBTQ ISSUES, ALWAYS INCLUDE TWO-SPIRITED PEOPLES (2SLGBTQIA+)

14 ACKNOWLEDGE THAT AS A NATION, CANADIANS CHOOSE WHICH HISTORIES ARE CELEBRATED AND WHICH ONES ARE ERASED

15 LEARN THE DIFFERENCE BETWEEN INDIGENOUS, ABORIGINAL, FIRST NATION, MÉTIS, AND INUIT

16 SUPPORT LOCAL INDIGENOUS AUTHORS BY PURCHASING THEIR BOOKS. FIND THE INDIGENOUS SECTION AT YOUR LOCAL BOOKSTORE OR ASK YOUR LOCAL LIBRARY TO CARRY IT IF THEY DON’T HAVE IT

17 GENTLY COUNTER RACIST OR STEREOTYPICAL COMMENTS WITH FACT-BASED INFORMATION WHETHER YOU ARE AT A PARTY, THE OFFICE, OR THE GYM

18 LISTEN TO INDIGENOUS MUSIC. IF YOU DO NOT KNOW ANY, LISTEN TO CBC’S RECLAIMED OR SPOTIFY THE SOUND OF INDIGENOUS CANADA

19 READ REPORTS FOUND AT THE NATIONAL CENTRE FOR TRUTH AND RECONCILIATION. START WITH THE 94 CALLS TO ACTION. CHECK OUT THE TRC READING CHALLENGE

20 LEARN HOW TO BE A GOOD ALLY. CHECK OUT INDIGENOUS ALLY TOOLKITS ONLINE. SUPPORT INDIGENOUS SPACES AND VOICES

21 LISTEN TO INDIGENOUS SCHOLARS AND INTELLECTUALS SPEAKING

22 IF YOU LIVE IN AN AREA WHERE THERE IS A TREATY RELATIONSHIP, READ THE TREATY DOCUMENT. IN MI’KMA’KI THERE ARE THE PEACE AND FRIENDSHIP TREATIES

23 DO YOU HAVE ACCESS TO CLEAN DRINKING WATER? YOU ARE LUCKY. ALSO, ‘LUCK’ REALLY HAS NOTHING TO DO WITH IT; THESE CONDITIONS WERE HISTORICALLY ENGINEERED

24 WHERE WERE YOU DURING IDLE NO MORE?

25 WHEN TRAVELLING, KNOW WHOSE LAND YOU ARE VISITING WHILE ON VACATION OR TRAVELLING FOR WORK. NATIVE-LAND.CA CAN HELP

26 YES, THIS ALL MIGHT SEEM SCARY! KEEP GOING, IF YOU ARE COMMITTED

27 IF YOU ARE TALKING ABOUT OR RESEARCHING INDIGENOUS PEOPLES, HAVE YOU INCLUDED ANY OF THEIR VOICES?

28 REMEMBER THAT GOOD INTENTIONS CAN BE HARMFUL TOO

29 DID YOU KNOW THAT INDIGENOUS PEOPLES HAD SOPHISTICATED WAYS OF CARING FOR OUR LANDSCAPES TO PREVENT MASSIVE FIRES, FLOODS, AND OTHER NATURAL DISASTERS?


31 WATCH ALETHEA ARNAQUQ-BARIL’S ANGRY INUK

32 LISTEN TO THE VOICES OF MUMILAAQ QAAQAAQ AND JODY WILSON-RAYBOULD REGARDING THEIR EXPERIENCES AS CANADIAN MPS

33 EVER WONDER WHY ONLY ENGLISH AND FRENCH ARE CANADA’S OFFICIAL LANGUAGES WHEN THERE ARE AT LEAST SIXTY INDIGENOUS LANGUAGES IN THIS LAND?

34 OBSERVE WHAT IS CELEBRATED AND RECOGNIZED IN THE MONUMENTS, PARKS, AND STREET NAMES IN YOUR CITY. COULD PUBLIC HISTORY BE TOLD DIFFERENTLY?

35 LEARN THE ORIGINAL NAMES OF PLACES AND WHAT PLACES WERE AND ARE IMPORTANT TO INDIGENOUS PEOPLE.

36 DISCOVER THE WORLD OF INDIGENOUS CONTEMPORARY WRITING, THINKING AND INFLUENCING. ERICA VIOLET LEE, BILLY-RAY BELCOURT, AND CHELSEA VOWEL ARE A FEW

37 SUPPORT INDIGENOUS MEDIA (NEWSPAPERS, RADIO STATIONS, SOCIAL MEDIA SITES, AND TV STATIONS). ABORIGINAL PEOPLE’S NETWORK, MI’KMAQ-MALISEET NATIONS NEWS AND ONLINE K’UK’KWES NEWS: INDEPENDENT INDIGENOUS NEWS

38 IF YOU READ A NEWS STORY THAT FEEDS INTO STEREOTYPES, WRITE A LETTER TO COMPLAIN AND ASK FOR INDIGENOUS PERSPECTIVES ON LOCAL, NATIONAL, AND INTERNATIONAL NEWS

39 READ THE UNITED NATIONS DECLARATION ON THE RIGHTS OF INDIGENOUS PEOPLES. THE TRUDEAU COMMITTED TO IMPLEMENTING IT IN MAY, 2016. FOLLOW-UP WITH THE TRUDEAU GOVERNMENT

40 READ THE INDIAN ACT. RECOGNIZE THAT CURRENT (AND OFTEN VEXED) FIRST NATIONS POLITICS ARE GOVERNED BY THE INDIAN ACT

41 READ THE REPORT ON THE ROYAL COMMISSION OF ABORIGINAL PEOPLE

42 LOOK UP AND LEARN ABOUT AN INDIGENOUS ATHLETE. WE HAVE NHL PLAYERS AND OLYMPIANS AMONG THE MIX!

43 LOOK FOR AND SHARE THE POSITIVE STORIES ABOUT INDIGENOUS PEOPLES

44 CITE INDIGENOUS AUTHORS AND ACADEMICS IN YOUR WORK. THEIR OPINIONS AND WORLD VIEW ARE IMPORTANT


47 SEEK OPPORTUNITIES TO COLLABORATE THAT SPAN FORMS OF BOTH INDIGENOUS KNOWLEDGE AND WESTERN KNOWLEDGE

48 SUPPORT AND CELEBRATE THE PERSISTENCE OF LAND-BASED ECONOMIES, SUCH AS THE SEAL HUNT

49 FAMILIARIZE YOURSELF WITH CINDY BLACKSTOCK’S IMPORTANT WORK

50 UNDERSTAND THAT RECONCILIATION IS NOT ABOUT “FEELING GUILTY.” IT IS ABOUT KNOWLEDGE, ACTION, AND JUSTICE. KEEP GOING!

ADAPTED FROM CRYSTAL FRASER & SARA KOMARNISKY’S 150 ACTS OF RECONCILIATION FOR CANADA’S 150. FOR MORE ACTIVEHISTORY.CA/150: DAL.CA/INDIGENOUS