UNDERSTANDING CULTURAL IDENTITY

Cultural connections such as Papago identity, the Ojibwe, and the Rez people of the northern plains have all been shaped by their environment, their history, and their cultural beliefs. These connections are the foundation upon which most Indigenous cultures are built.

Spirituuality

Spirituallity is essential for all cultures. In the case of spiritual beliefs, there are many different forms in which they manifest themselves. Some cultures believe in the spirit world, and others believe in the afterlife. These beliefs often influence the way people act and think. The belief in the spirit world can lead to practices such as prayer, meditation, or yoga. The belief in the afterlife can lead to practices such as funerals, burials, or memorial services.

Creation Stories and Teachings

There are numerous creation stories and teachings that are interwoven throughout cultural practices within each nation. These stories and teachings provide the foundation for all Indigenous cultures on Turtle Island (North America). Each nation has their own unique version of creation stories, and these colonies have contributed to loss of language, difficulty passing down stories through the oral tradition, and loss of connection to the land. Therefore, there is a need to understand these stories and teachings in order to connect with the land and understand our place within it.

COMMUNITY OF ORIGIN, SPIRIT NAME, AND CLAN

Names have various meanings, yet they jibe identities. There are many different clans, such as the Mohawk, the Mi’kmaq, and the Ojibwe, that have distinct names. Each clan has its own set of names, and these names are passed down through generations. Each clan also has its own set of responsibilities and traditions.

TERRITORY & CONNECTION TO LAND

It is important to acknowledge traditional territories. These territories are the foundation of all Indigenous cultures and are passed down through generations. They are also important to recognize because they are the foundation of all Indigenous cultures. They are also important to recognize because they are the foundation of all Indigenous cultures. They are also important to recognize because they are the foundation of all Indigenous cultures.
REGIONAL AND CULTURAL DIFFERENCES

Métis

Métis are a distinct and diverse group of First Nations people of Canada. They are the descendants of Indigenous women who married European men in the early 1800s. The Métis have a unique culture that draws on their diverse European and Indigenous heritage. The term "Métis" comes from a French word that refers to a cross-cultural group.

Inuit

Inuit are the traditional inhabitants of Arctic North America. They are the indigenous people of Canada, including Nunavut, Yukon, and the Northwest Territories. The term "Inuit" is derived from a Yukon word that means "people".

Status Indian

Status Indian is an official Canadian government term that refers to people who have registered status under the Indian Act. These individuals have full or partial Indigenous ancestry and are recognized by the Canadian government as having a relationship with the Crown. Status Indians have certain rights and privileges, including the right to vote in federal elections.

The Royal Proclamation of 1763

The Royal Proclamation of 1763 was a British colonial act that established a framework for the administration of land and Indian affairs in the British Empire. It recognized the rights of Indigenous peoples to their lands and resources and established the principle of Crown land ownership.

The Indian Act

The Indian Act is a federal law that governs the relationship between the Canadian government and Indigenous peoples. It contains provisions that regulate the rights and responsibilities of status Indians, including those related to land, resources, and cultural practices.

The United Nations' Declaration on the Rights of Indigenous Peoples (UNDRIP)

The United Nations' declaration on the rights of Indigenous peoples is an international legal instrument that sets out the rights and obligations of states in relation to Indigenous peoples. It is not a treaty, but it is widely recognized as a framework for the protection and promotion of Indigenous rights.

Aboriginal peoples

Aboriginal peoples are the original inhabitants of Canada, including First Nations people, Inuit, and Métis. The term "Aboriginal" is often used to refer to these groups collectively.

The Two Row Wampum Belt

The Two Row Wampum Belt is a sacred agreement between the Haudenosaunee nations and all other nations that was established through a series of treaties and agreements. It is a symbolic representation of a two-row approach to governance, where each nation is responsible for its own affairs and the relationship between nations is based on mutual respect and honor.

Indigenous peoples

Indigenous peoples are the original inhabitants of a country or region. They are the descendants of the peoples who inhabited the area before the arrival of European settlers. Indigenous peoples have unique cultures, languages, and traditions that are distinct from those of other groups.

Cultural competence

Cultural competence refers to an understanding and appreciation of another culture. It involves recognizing cultural differences and adapting one's behavior to accommodate those differences. Cultural competence is an important skill for working with Indigenous peoples.

Cultural safety

Cultural safety is the practice of ensuring that Indigenous peoples feel safe and respected when interacting with service providers. It involves recognizing cultural differences and adapting one's behavior to accommodate those differences. Cultural safety is an important skill for working with Indigenous peoples.

CULTURE CARD

INDIGENOUS

CULTURE CARD

LONDON + MIDDLESEX

ABOUT THIS GUIDE

This Culture Card was developed by Healthy Weights Connection (Western University) and London Children’s and Youth Network in response to overwhelming interest expressed by London Children’s and Youth Network, and the London Indigenous Child Health Network (LICHN). We would like to extend our sincere thanks to驗MANAI for their support.

This guide is intended to provide health and social service providers to London and Middlesex communities with access to relevant cultural safety information and resources about Indigenous peoples in Canada to support culturally safe and competent practice.

CULTURAL DIFFERENCES

Cultural awareness

The acknowledgement that other cultures exist and may have different values, beliefs, behaviors, worldviews, and experiences.

Cultural competence

The ability to understand and work effectively with people from different cultures.

Cultural safety

The understanding that one must work from a position of cultural humility.

TERMINOLOGY

In the 1940s and 1950s many First Nations children were placed in residential schools. The Indian Residential School System was created to encourage assimilation of Indigenous children into non-Indigenous society. The system was intended to "kill the Indian in the child." These schools were often characterized by neglect, abuse, and cultural suppression.

The "60s Scoop" refers to a time when, according to statistics from Aboriginal Affairs and Northern Development Canada, 120,000 children were removed from their homes and placed in non-Indigenous foster care between 1960 and 1985.

The Truth and Reconciliation Commission of Canada (TRC) was established in 2008 to examine the history of residential schools in Canada. The TRC produced a final report and a number of recommendations for reconciliation.

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ROLE OF ELDERS AND SENATORS

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Indians

Indians are a group of First Nations people who are the descendants of the peoples who inhabited the area before the arrival of European settlers. Indians have unique cultures, languages, and traditions that are distinct from those of other groups.

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White people

White people are the descendants of European settlers who arrived in Canada in the 1600s and 1700s. They have a unique culture that draws on their diverse European heritage.

RACISM AND DISCRIMINATION

Discrimination is a term used to describe unfair treatment based on race, ethnicity, gender, or other characteristics. Discrimination can take many forms, including direct or indirect discrimination.

Health and Wellness

The health and wellness of Indigenous peoples is a complex issue that is influenced by a variety of factors, including social, economic, and environmental conditions.

Children

Indigenous children are at a higher risk of experiencing poor health outcomes than non-Indigenous children.

Diabetes

Diabetes is a chronic condition that affects the way the body uses sugar. It is caused by a group of conditions that affect how the body processes blood sugar.

Elders

Elders are respected members of Indigenous communities who have wisdom and knowledge that is passed down from generation to generation.

FNMI

FNMI stands for First Nations, Métis, and Inuit. It is a term used by the government of Canada to describe the Indigenous peoples of Canada.