

First Nations 101, 2nd edition (2022)

Table of Contents

Introduction.....	1
-------------------	---

Section 1 - Indigenous Diversity

Definitions & Clarifications.....	7
Diversity: We Are Not All the Same.....	9
Inuit and Inuit Nunangat.....	11
Métis People.....	16

Section 2 - Who We Aspire to Be Again

Traditional Cultures.....	21
Everyone Has a Place in the Circle.....	22
Spirituality.....	23
Traditional Teachings / Education.....	25
Traditional Governance.....	26
Traditional Economies.....	28
Potlatches.....	29

Section 3 - Externally-Imposed Interventions

Introduction.....	32
Indian Act.....	33
The Disproving Agenda.....	36
Residential Schools and Day Schools.....	40
Transitioning from Residential Schools to Child Welfare.....	44
The Loss of Traditional Parenting Skills.....	46

Section 4 - Fallout from Forced Interventions

Introduction.....	49
UNDRIP.....	50
Indian Status and Band Membership.....	55
Treaties and Specific Claims.....	59
Reserve Lands.....	69
Governance 'Options'.....	74
The Politics of Voting.....	78
Anti-Indigenous Racism.....	81
Inappropriate Phrases.....	89
Common Misperceptions.....	91
What's in a Name?.....	93
Acts of Genocide.....	94
(Mis)Appropriation.....	96
Poverty.....	107
Women and Girls.....	109
Sterilization.....	115
Sexual Exploitation and Human Trafficking.....	118
Criminal Justice.....	120
Mainstream Policing of Indigenous People.....	127
Environmental Concerns.....	130
Veterans – Finally Recognized.....	136
Child Welfare – Reclaiming Responsibility.....	139
Child Welfare On-Reserve and Substantive Equality.....	147
Gangs – Filling a Void.....	152
Urban Considerations.....	155

Housing and Homelessness.....	160
Decolonization.....	164
Research Issues.....	169
Human Rights.....	173
Violence Against Indigenous People.....	177
Suicide – The Loss of Hope.....	182
News Media.....	187
Communication Technology and Access.....	192
Water for Life.....	195
Post-Residential School Era – Educating a Nation.....	197

Section 5 - Towards Health & Wellness

Introduction.....	213
Rematriation.....	214
Culture – What's the Big Deal?.....	217
Health and Wellness.....	220
Traditional Medicines.....	226
Medicine Wheel.....	228
Indigenous Feminisms.....	229
Food Security.....	231
Addictions.....	234
Sexual and Reproductive Health.....	236
Childbirth and Parenting.....	239
Education.....	242
Employment.....	249
Economic Development.....	255
Police, Fire and Emergency Preparedness.....	261
Early Childhood Development.....	265
Two-Spirit / 2SLGBTQQIA+.....	268
Indigenous Knowledge.....	274
Sports and Recreation.....	276
Canoe Journeys.....	278
National Days of Recognition.....	280
Language Revitalization.....	282
Volunteerism.....	288
Friendship Centres.....	290
Arts and Culture.....	292
Family Tree & Genealogy Research – Finding Our Way Home.....	296
What is Reconciliation?.....	301
Youth – A Clear Majority.....	308

Section 6

How to Become a Great Ally.....	311
---------------------------------	-----

Section 7 – The Way Forward: Paddling Together

Introduction.....	319
Things Everyone Can Do.....	320
Things Indigenous People Can Do.....	321
Things the Government of Canada Must Do.....	322
Things Provincial and Territorial Governments Must Do.....	324
Things City, Town, and Village Governments Must Do.....	326
About the Author.....	328