

Personal Acts of Reconciliation

1. Read an autobiography written by an Indigenous person.
2. Learn a greeting in a local Indigenous language.
3. Visit your local museum, particularly its section on Indigenous people. If it does not have one, ask the staff why not.
4. Purchase an item from an Indigenous artist.
5. Look for and share the positive stories about Indigenous people, not just the negative ones.
6. Find out if there was a residential school where you live.
7. Memorize the residential school's name and visit its former site.
8. Choose one plant or flower in your area and learn how Indigenous people use(d) it.
9. Download an Indigenous podcast.
10. Eat at an Indigenous restaurant, café, or food truck.
11. Find a book that delves into Indigenous local histories.
12. Learn the difference between Indigenous, Aboriginal, First Nation, Métis, and Inuit.
13. Visit the website of the nearest First Nation(s) or Indigenous communities. Read their short introduction and history. Local bands are Splatshin First nation, Okanagan Indian band, and Neskonlith Indian Band
14. Listen more. Talk less.
15. Support local Indigenous authors by purchasing their books.
16. Find the Indigenous section at your local library.
17. Learn your family history. Know where your ancestors came from and when they arrived in Canada. In addition, understand how your family story is part of a larger system that sought to dispossess Indigenous people from their ancestral lands.
18. Be aware that Indigenous people were restricted from voting in federal elections until 1960.
19. Learn the land acknowledgement in your region.
20. Actively seek out Indigenous heroes and role models.
21. Do you have an Indigenous political candidate in your area? Even though they might not be affiliated with your political party of choice, phone or email them and start a conversation.
22. Remember that good intentions can be harmful too.
23. Learn the original names of places. Learn what places were and are important to Indigenous people.
24. Look up and learn about an Indigenous athlete.