

EXPLORING INDIGENOUS HISTORIES, CULTURES, AND HERITAGE

Throughout June, we honour and celebrate National Indigenous History Month. This month serves as an important reminder of the ongoing need to recognize and reflect upon the rich histories, diversity, heritage, and resilience of Indigenous peoples across Canada.

To support Catholic teachers on our continued journey toward Truth and Reconciliation, please find below a collection of resources to help you explore the histories, cultures, and experiences of Indigenous peoples and communities across Canada.



The eagle representing
First Nations peoples



The narwhal representing
the Inuit



The violin representing
Métis peoples



PODCASTS

Telling our Twisted Histories, with Kaniehtiio Horn

Indigenous histories have been twisted by centuries of colonization. Join host Kaniehtiio Horn, for a fascinating discussion that attempts to decolonize our minds – one word, one concept, one story at a time.

The Secret Life of Canada: the *Indian Act*

CBC Podcasts has prepared a ready-made teaching guide to explore – and teach about – the *Indian Act*, the federal law that overhauled Indigenous-colonizer relations. Listen to the podcast episode, and access lesson plans, a slide show, and activity sheets for use in your classrooms.

Missing & Murdered: Finding Cleo

Where is Cleo? Taken by child welfare workers in the 1970s and adopted in the US, the young Cree girl's family believed she was raped and murdered while attempting to hitchhike back to Saskatchewan. In this podcast, CBC News investigative reporter Connie Walker joins the search to find out what really happened to Cleo.

The Truth About Stories: A Native Narrative

In his 2003 Massey lecture, award-winning author and scholar Thomas King looks at the breadth and depth of Indigenous experiences and imagination.

BOOKS

Seven Fallen Feathers: Racism, Death, and Hard Truths in a Northern City,

by Tanya Talaga

From 2000 to 2011, seven Indigenous high school students died in Thunder Bay, Ontario. Using a sweeping narrative focusing on the lives of the students, award-winning investigative journalist Tanya Talaga delves into the history of this small northern city that has come to manifest Canada's long struggle with human rights violations against Indigenous communities.

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants,

by Robin Wall Kimmerer

In *Braiding Sweetgrass*, Robin Wall Kimmerer shows that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings are we capable of understanding the generosity of the earth, and learning to give our own gifts in return.

21 Things You May Not Know About the Indian Act: Helping Canadians Make Reconciliation with Indigenous Peoples a Reality,

by Bob Joseph

Based on an acclaimed article, *21 Things You May Not Know About the Indian Act* is an essential guide to understanding the legal document, and its repercussions on generations of Indigenous peoples, written by Bob Joseph, a leading cultural sensitivity trainer.

Five Little Indians,

by Michelle Good

In this harrowing tale of connection and belonging, *Five Little Indians* chronicles the desperate quest of residential school survivors to come to terms with their past and, ultimately, find a way forward.



For more stories of Indigenous histories, cultures, and heritage, check out the curated lists at [Indigo](#) and [CBC](#). You can also visit [Goodminds.com](#), a First Nations family-owned business that promotes Indigenous authors. See their list of “First Nations Communities Read 2022” books for [children](#), [young adults](#), and [adults](#).

FILMS / VIDEO

Trick or Treaty?

Covering a vast swath of northern Ontario, *Treaty No. 9* reflects the often-contradictory interpretations of treaties between First Nations and the Crown. *Trick or Treaty?* portrays one community’s attempts to enforce their treaty rights and protect their lands, while also revealing the complexities of contemporary treaty agreements.

We Will Stand Up

In 2016, a young Cree man named Colten Boushie died from a gunshot to the back of his head after entering Gerald Stanley’s rural property with his friends. The jury’s subsequent acquittal of Stanley captured international attention, raising questions about racism embedded within Canada’s legal system and propelling Boushie’s family to national and international stages in their pursuit of justice.

National Centre for Truth and Reconciliation: *Rosie and the Métis*

In this insightful history lesson delivered by an unlikely – and adorable – historian, watch young Rosie as she discusses the life and legacy of Métis leader Louis Riel, posted to Instagram by the National Centre for Truth and Reconciliation.

Namwayut: We Are All One. Truth and Reconciliation in Canada

Chief Robert Joseph shares his experience as a residential school survivor, and discusses the importance of Truth and Reconciliation in Canada.

The Indian Act: What To Do With It

In this panel discussion from TVO’s *The Agenda*, experts examine the infamous and fraught history of the *Indian Act*, which has structured relations between the federal government and Indigenous peoples for generations.

Indigenous Communities: Surviving Canada

During an interview on TVO’s *The Agenda*, a University of Toronto professor specializing in Indigenous health made an off-the-cuff remark, that the government of Canada was essentially keeping Indigenous peoples in crisis in order to gain unfettered access to the riches of their land. In this episode of TVO’s *The Agenda*, a panel of experts discuss this controversial idea.

The Indian Act Explained

TVO’s *The Agenda* welcomes author Bob Joseph for a discussion about his national bestselling book, *21 Things You May Not Know About the Indian Act: Helping Canadians Make Reconciliation with Indigenous Peoples a Reality*.

Senator Murray Sinclair: How Can Canadians Work Toward Reconciliation

In this CBC News video, watch Murray Sinclair, Chair of the Truth and Reconciliation Commission of Canada, as he discusses the ways by which Canadians can use the Truth and Reconciliation Commission’s Calls to Action to work toward meaningful Reconciliation.



The Story of Grassy Narrows

A river poisoned with mercury. Tap water that is contaminated with cancer-causing chemicals. Decades of government inaction. The story of Grassy Narrows is only one example of more than 100 Indigenous communities in Canada without access to safe drinking water. Hear from the resilient people of Grassy Narrows and find out how you can support their struggle.

We Were Children

In this feature film, the profound impact of the Canadian government's residential school system is conveyed through the eyes of two children who were forced to face hardships beyond their years.

Canadian Shame: A History of Residential Schools

Ginger Gosnell-Myers, of Nisga'a and Kwakwaka'wakw heritage, is a policy expert, researcher, and activist whose work focuses on removing barriers between Indigenous peoples and all Canadians. In this 2017 TEDxVancouver presentation, Ginger discusses her family's experience with Canada's residential school system, and how Canadians can move forward toward Truth and Reconciliation.

500 years in 2 minutes

Wab Kinew distills and explains 500 years of Indigenous history in Canada in this short and succinct video.

WEBSITES

Indigenous Peoples Atlas of Canada

Access outstanding reference maps of Indigenous Canada, as well as a section devoted to Truth and Reconciliation, including detailed pages on many aspects of the topic with contemporary and historical photography, maps, and more. Produced by Canadian Geographic, in partnership with the Assembly of First Nations, Inuit Tapiriit Kanatami, Métis Nation, National Centre for Truth and Reconciliation, and Indspire.

Whose Land

Whose Land is a web-based app that uses GIS technology to assist users in identifying Indigenous Nations, territories, and Indigenous communities across Canada.

