

Resources for the National Day for Truth and Reconciliation

September 30, 2021

Take your learning further by exploring the educational resources and recommended actions to self-educate and to support Indigenous peoples and reconciliation.

NOTE: Some of the following links are not accessible via the CRA network.



Acts (Where to begin)

- Read the [Truth and Reconciliation Commission of Canada: Calls to Action](#).
- Read the [United Nations Declaration on the Rights of Indigenous Peoples](#).
- Read [Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls](#).
- Learn the [land acknowledgement](#) in your region ([Whose Land](#)).
- Find out if there was an Indian Residential School [near where you live](#).
- Find your local [Native Friendship Centre](#).
- Volunteer your time to an Indigenous non-profit organization.
- Donate to a non-profit organization that supports the health and well-being of Indigenous peoples and communities like [The Indian Residential School Survivors Society \(IRSSS\)](#), the [Native Women's Shelter of Montreal](#), the [All Nations Hope Network](#) and [more](#).
- Learn about [Jordan's Principle](#), its namesake, Jordan River Anderson, and how it helps First Nations children access the products, services and supports they need, when they need them.
- Read the [Indian Act](#).
- Read the [Indigenous Languages Act](#).
- If you live in an area where there is a [Treaty relationship](#), read the treaty document.
- Wear an [orange shirt](#) on September 30.
- Attend an Indigenous cultural event, such as a pow wow ([PowWows.com](#), [IndigenousQuebec.com](#)).
- Support Indigenous artists by purchasing their artwork.
- Visit a local museum and find its Indigenous people section. Then ask yourself critical questions: **who tells the story, how that item got there, and what processes are in place around repatriation.**
- Learn a greeting in an Indigenous language.
- Eat at an Indigenous restaurant, café or food truck.
- Listen to Indigenous music: Tanya Tagaq, Leonard Sumner, Jeremy Dutcher, Buffy Sainte-Marie are good starting points. You can also listen to CBC Radio's [Reclaimed](#).
- Watch a video, read a book, listen to a podcast (*suggestions below*).



Media to read/watch with your children



Title	Author/ Director	Video length	Language	Medium
Celle-Qui-Va	Virginia Pésémapéo Bordeleau		French	Picture book
Dear Canada: These Are My Words	Ruby Slipperjack		English	Chapter book
Cher Journal : Les mots qu'il me reste			French	
Fatty Legs: A True Story	Christy Jordan-Fenton & Margaret Pokiak-Fenton		English	Chapter book
Les bas du pensionnat			French	
I Am Not a Number	Jenny Kay Dupuis & Kathy Kacer		English	Picture book
Je ne suis pas un numéro			French	
Maq and the Spirit of the Woods	Phyllis Grant	8 minutes	English	Video
Maq et l'Esprit de la forêt <small>(for children ages 5-9)</small>			French	
Not My Girl	Christy Jordan-Fenton and Margaret Pokiak-Fenton	12 minutes	English	Video reading of a picture book
Phyllis's Orange Shirt	Phyllis Webstad		English	Picture book
Le Chandail Orange de Phyllis			French	
Sugar Falls: A Residential School Story	David Alexander Robertson		English	Graphic novel
Stolen Words	Melanie Florence	5 minutes	English	Video reading of a picture book
The Land Is Our Storybook (series)	Julie-Anne Andre & Mindy Willett		English	Picture books
The word Indigenous – Explained	CBC Kids	3 minutes	English	Video
We Are Water Protectors	Carole Lindstrom		English	Picture book
Nous sommes les protecteurs de l'eau			French	
When I Was Eight	Christy Jordan-Fenton & Margaret Pokiak-Fenton		English	Picture book Video

Title	Author/ Director	Video length	Language	Medium
When We Were Alone	David Alexander Robertson		English	Picture book
Quand on était seuls			French	



Videos/ Short films

Title	Director/ Speaker	Video length	Language
Becoming Nakuset	Victoria Anderson-Gardner	13 mins	English
Namwayut: we are all one. Truth and reconciliation in Canada	Chief Robert Joseph	5 minutes	English
St. Joseph's Residential School Stories	Chief Fred Robbins & Phyllis Webstad	3 minutes	English



Books

Title	Author	Language
A Mind Spread Out on the Ground	Alicia Elliot	English
First Nations 101	Lynda Gray	English
Highway of Tears: A True Story of Racism, Indifference and the Pursuit of Justice for Missing and Murdered Indigenous Women and Girls	Jessica McDiarmid	English
Indigenous Writes: A Guide to First Nations, Métis, and Inuit Issues in Canada	Chelsea Vowel	English
Kuessipan	Naomi Fontaine	French English (translated)
Langues de notre terre : Poèmes et récits Autochtones Du Quebec	Susan Ouriou (Editor), Christelle Morelli (Translation)	French
Languages of Our Land: Indigenous Poems and Stories from Quebec		English
Nous sommes des histoires: Réflexions sur la littérature autochtone	Marie-Hélène Jeannotte, Jonathan Lamy, Isabelle St-Amand (Editors) Jean-Pierre Pelletier (translator)	French

Title	Author	Language
Seven Fallen Feathers	Tanya Talaga	English
The Inconvenient Indian: A Curious Account of Native People in North America	Thomas King	English
L'indien malcommode : Un portrait inattendu des Autochtones d'Amérique du Nord		French
They Called Me Number One: Secrets and Survival at an Indian Residential School	Bev Sellars	English
21 Things you Might Not Know about the Indian Act	Bob Joseph	English
23 Tips on What Not to Say or Do Working Effectively with Indigenous Peoples	Bob Joseph	English
27 Tips on What to Say and Do When Working Effectively with Indigenous Peoples	Bob Joseph	English
Unsettling Canada: A National Wake-Up Call	Arthur Manuel	English
Décoloniser le Canada		French



Podcasts / Audio



Title	Platform	Language
Anish-Nah-Be, l'homme autochtone – Légendes	Radio Canada International	French
Coffee With My Ma		English
Laissez-nous raconter : L'histoire crochie	Radio Canada	French
Les grandes familles Amérindiennes d'Amérique du Nord	Radio Canada International	French
Missing & Murdered: Finding Cleo	CBC	English
Oser s'en parler	osersenparler.ca	French
Seven Truths	Audible Original	English
The Secret Life of Canada: Kanasetake 300 years Later	CBC Radio	English
The Secret Life of Canada: What do you really know about The Indian Act?	CBC Radio	English
Unreserved	CBC Radio	English



Feature-length films and documentaries



Title	Description	Platform	Language
Angry Inuk, by Alethea Arnaquq-Baril	Exploring how Inuit hunters in tiny remote communities in the high arctic are negatively affected by animal rights groups protesting against the Canadian east coast seal hunt that happens a thousand kilometers away.	CBC Gem	English
Highway of Tears, by Matt Smiley	“Highway of Tears” is about the missing or murdered women along a 724 kilometer stretch of highway in northern British Columbia.	https://highwayoftearsfilm.com/watch	English
Kuessipan, by Myriam Verreault	Based on the book by Naomi Fontaine, Kuessipan tells the story of a bond between two best friends from an Innu community and how it is tested.	Available for rental on Apple TV	French
Mary Two-Axe Earley: I Am Indian Again, by Courtney Montour	Mary Two-Axe Earley fought for more than twenty years to challenge sex discrimination against First Nations women embedded in the Indian Act.	National Film Board (NFB) – coming soon	English
nîpawistamâsowin: We Will Stand Up nîpawistamâsowin: Nous nous lèverons by Tasha Hubbard	In 2016, Colten Boushie, a young Cree man, was shot and killed by Gerald Stanley. The jury’s subsequent acquittal of Stanley captured international attention, raising questions about racism embedded within Canada’s legal system and propelling Colten’s family to national and international stages in their pursuit of justice.	National Film Board (NFB)	English French
Our People Will Be Healed Le chemin de la guérison by Alanis Obomsawin	Our People Will Be Healed, Alanis Obomsawin’s 50th film, reveals how a Cree community in Manitoba has been enriched through the power of education.	National Film Board (NFB)	English French
We Were Children, by Tim Wolochatiuk	The profound impact of the residential school system is conveyed through the eyes of two children who were forced to face hardships beyond their years.	Available for rental at the National Film Board (NFB) and on Amazon Prime video	English
Rhymes for Young Ghouls by Jeff Barnaby	Guided by the spirits of her departed mother and brother, an Indigenous teenager plots revenge against a sadistic Indian Agent at the fictional St. Dymphna’s Residential School.	Available for rent or purchase on YouTube Available on Crave and Amazon Prime (Starz)	English
Where the Spirit Lives by Bruce Pittman	In 1937, a young First Nations girl named Ashtecome is kidnapped along with several other children from a village as part of a deliberate Canadian policy to force First Nations children to abandon their culture in order to be assimilated into white Canadian society.	YouTube	English



Online Courses/Apps

Title	Course Provider	Length	Language	Cost
4 Seasons of Reconciliation	First Nations University of Canada	3 Hours	English	\$231
An Introduction to Understanding Indigenous Perspectives in Canada [nisitohtamowin ᓇᓗᓄᓐᓂᓴᓐ]	First Nations University of Canada	1 hour	English French	Free
Indigenous Canada	University of Alberta	Approximately 21 hours	English (French subtitles available)	Free
National Indigenous Cultural Safety Webinars	Indigenous Cultural Safety Collaborative	Various	English	Free




Canada School of Public Service

Title	Length	Medium	Language	Cost
Reflecting on Cultural Bias: Indigenous Perspectives (K099)	1 hour	Online course	English French	Free
Reconciliation: A Starting Point mobile app		Mobile App	English French	Free
The Uncomfortable Truth: A Brief History of the Relationship Between Indigenous Peoples and the Government of Canada (K100)	1.5 hours	Online course	English French	Free
First Nations in Canada (K101)	1 hour	Online course	English French	Free
Métis in Canada (K102)	1 hour	Online course	English French	Free
Inuit in Canada (K103)	1 hour	Online course	English French	Free
Sitting by the Fire		Podcast	English French	Free



Taking the time for self-education is key in fostering an inclusive community. We invite you to take action and expand your knowledge in order to take part in the collective effort towards reconciliation.