

## Session 6: Anti-Indigenous Racism

# Indigenous Health: A Call to Action



### *Intro:*

The goal of this session is to look at the relationship of individual and systemic racism through the lens of health and health care. Although healthcare in Canada is largely provincial, healthcare for Indigenous people is a federal responsibility. Several of the Truth & Reconciliation Commission Recommendations are devoted to health. The videos below made news in 2020 - 2021, provoking widespread concern.

### *Videos:*

As a group, watch the videos below, noting down what seems pertinent to individual and systemic racism.

- [Ottawa promises to address anti-Indigenous racism in health care](#), CBC, (1:53 min.)
- [Racism against Indigenous peoples within BC health care](#), 2020, CBC, (2:02 min.)

### *Small Group Discussion:*

Briefly review the [Section on Health](#) (#18-24 of the Calls to Action). Break into groups of 4 to 6 to discuss:

- What was your personal reaction to the racism in the videos? What surprised or disturbed you?
- How does individual racism relate to systemic racism?
- What actions should be taken to decrease or eliminate racism in health care?
- Recognizing that other systemic issues may not have received this attention, what can individuals and groups do to become aware of them?

### *Pre-Workshop:*

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(1) Go to [Delivering on Truth & Reconciliation Calls to Action \(thematic website\)](#). Please read the [Section on Health](#) (#18-24 of the Calls to Action).

(2) Read at least **one additional item** from the “Reading & Viewing materials” section below. Your thoughts on these will be welcome during the debriefing discussion.

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*He who does not seek to cause the sufferings of  
bonds and death to living creatures, but desires  
the good of all beings, obtains endless bliss.*

– Hinduism, [The Laws of Manu](#)

*There should be neither harming nor  
reciprocating harm.*

– Islam, [Hadith](#)

*Hurt none by word or deed,  
be consistent in well-doing.*

– Buddhism, [Dhammapada](#)

**Debriefing:** Quotes and  
discussion questions to promote  
reflection and action

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✚ What have we learned in this  
session? What needs to change?

✚ What are some  
recommendations to decrease anti-  
Indigenous racism in your  
neighbourhood or community?

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## **Suggested Reading & Viewing Material:**

- [Truth & Reconciliation Commission Calls to Action](#) (2015, pdf) summary of the 94 Recommendations
- [Beyond 94](#) CBC News website: provides up-to-date status reports on each call to action, detailed summaries, in-depth features, short video documentaries, etc.
- [Delivering on TRC Calls to Action](#) Government update, with What's Happening tabs.
- [School-based Indigenous Substance-abuse prevention – Background section](#)
- [United Nations Declaration on the Rights of Indigenous People](#) Website
- [Why Canada Needs a National Water Policy](#), Council of Canadians (article)
- [A mass grave unearths Canada's grim history](#) (article)
- [Canada's Native schools have been exposed, what about the US?](#) (article)
- [Surviving the Horror of Residential Schools by Skateboarding](#) (video, 15:45 min.)  
Joe Buffalo's story of trauma, addiction, sobriety and healing.