

INCLUSIVE LANGUAGE HANDBOOK

DEVELOPED BY THE CANADIAN FEDERATION OF STUDENTS



LANGUAGE ROOTED IN LIBERATION: A HANDBOOK FOR LEARNING, UNLEARNING, AND ORGANIZING TOGETHER.

Developed by the Canadian Federation of Students

Letter from the **Executive**

Dear Student Body.

As a student movement rooted in equity and justice, we recognize how language shapes the way we understand, navigate, and communicate with the world. The words we use intentionally or not carry weight. They can shift power, and create space for healing. But they can also exclude, erase, or reinforce systems of harm if we are not careful. That is why this Inclusive Language Handbook is such an important tool for our work.

Across the country, students are organizing against colonialism, racism, ableism, homophobia, displacement, gendered violence, and all forms of systemic oppression. We are united in the belief that another world is possible, however it must be built through solidarity, collective learning, and political clarity. This handbook was created to support that journey.

Here, you will find key definitions, curated learning resources, and national organizations (solidarity partners) working on the front lines to address a variety of these equity issues. Each section is organized by a theme, which relates to our national campaigns to make it easier for you to find what you need. Whether you are planning a teach-in, responding to the media, organizing at your local, or just deepening your own learning. We hope you can use this to help advance your mobilization efforts.

It's not about being perfect. It's about being accountable, being in practice, and being in it together.

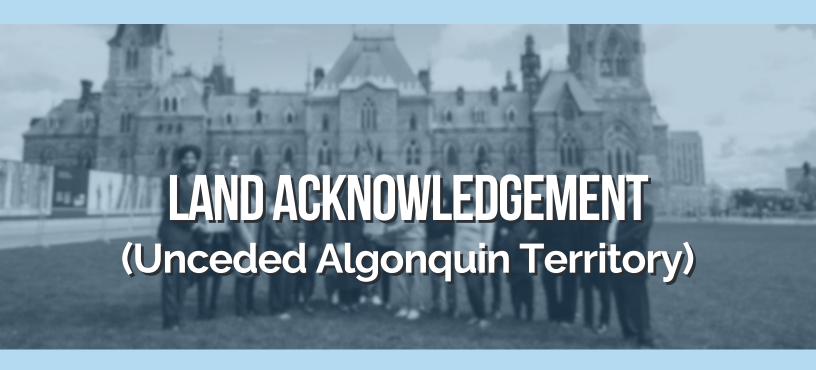
In solidarity,

Your At-Large Executive Team



As we ground this Inclusive Language Handbook in equity and justice, we begin by acknowledging that the Canadian Federation of Students' national office is located on the unceded and unsurrendered territory of the Algonquin Anishinaabe Nation. This land has been stewarded by the Algonquin people since time immemorial, and we recognize that colonial occupation is ongoing, not a closed chapter in history.

As a national student movement, our organizing takes place across many Indigenous territories and nations, each with their own histories, languages, and ongoing struggles for sovereignty. We name these lands not as a formality, but as a call to action, a reminder of our responsibility to meaningfully support Indigenous self-determination, resist settler colonialism, and commit to the work of decolonization in all that we do.



We affirm our support for the Calls to Action of the Truth and Reconciliation Commission, and for the demands of the Land Back movement, which seeks the return of Indigenous lands and the restoration of Indigenous governance and laws. We also acknowledge that many students, especially Black, racialized, and displaced peoples, have been forcibly removed from their own lands placed on these territories through systems of colonialism, capitalism, and migration injustice.

Land acknowledgements are not enough. We must pair our words with ongoing learning, action, and accountability. Let this handbook be one step toward building a shared language of resistance and solidarity rooted in the truth of where we are, how we got here, and what justice requires of us.





The Canadian Federation of Students (CFS) is committed to upholding the principles of equity, inclusion, and justice within all educational, working, and community spaces we serve. We believe that excellence stems from diverse experiences and that we all share responsibility for creating a respectful and inclusive environment. In pursuit of these values, we work proactively to dismantle barriers and ensure that all members, especially those from historically marginalized communities, feel seen, respected, and supported.

We actively encourage applications and participation from members of groups facing systemic and historical inequities, including but not limited to:

- Indigenous peoples, including First Nations, Métis, and Inuit communities;
- racialized communities;
- persons with visible and invisible disabilities;
- individuals marginalized due to gender identity, gender expression, or sexual orientation;
- individuals experiencing economic, social, or other structural inequities.

We recognize that identities intersect and that these intersections may create unique experiences of marginalization. Our commitment to equity means striving for fairness and inclusivity through an anti-oppressive framework. This framework acknowledges how systems of oppression such as colonialism, citizenship, racism, sexism, homophobia, transphobia, ableism, and classism create both individual and systemic barriers. Our approach actively seeks to address and dismantle these barriers by deconstructing power imbalances and fostering equal opportunities.

Through our work, we endeavor to embed these principles into every aspect of our organization to create a community where everyone's contributions are valued, and every individual can thrive.

CONTENT WARNING AND DISCLAIMER

This handbook discusses topics that may be emotionally challenging and/or triggering for some readers. While these topics are not explored in graphic detail, they may be emotionally difficult for some readers.

Please engage with this resource at your own pace. Take breaks when needed. We've included national resources throughout the handbook to help connect you with organizations to better understand topics you may have trouble understanding.

This handbook is grounded in intentional research and is not meant to encompass all socio-economic issues within the world. As we recognize that there is still much for us to learn, unlearn and take action, remember that this handbook is non-exhaustive. As we continue to grow as a National movement we are excited at the opportunity to continue to build upon this handbook for years to come. We invite you to approach this guide with the same care and understanding.

Please reach out to the following 24/7 Mental Health Crisis line if you need support while navigating through difficult concepts: crisisline.ca | 613.722.6914 (within Ottawa) | 1-866-996-0991 (Outside Ottawa).



HOW TO USE THIS GUIDE

We created this guide to be as user friendly as possible. It is divided into three main sections for each topic, to better assist you as you engage with our National campaigns:



EQUITY DEFINITIONS

A collection of key terms relevant to the theme. These definitions provide foundational knowledge to help the reader use accurate and respectful terminology when engaging in equity-related discussions.



EDUCATIONAL TOOLS

A curated list of resources, including books, articles, blogs, podcasts, and films/TV shows, that help deepen understanding of the topic. Each resource includes a short description to help you decide what might be most relevant to your learning.



NATIONAL RESOURCES

A list of national organizations or support services that provide ongoing work, advocacy, or support related to the subject area. We've also included the relevant CFS National Campaign associated with each theme. This way you can easily connect this work back to your local organizing efforts.

WHYTHIS GUIDE MATTERS

Language is powerful. This handbook was created to support our students across the country who are organizing in varied contexts and need shared tools to ensure their advocacy is inclusive, and informed.

We hope this gide serves as a starting point, not an endpoint for learning, unlearning, and effective campaigns mobilizing and organizing.





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FOUNDATIONAL TERMS

EQUITY DEFINITIONS

This section introduces key equity-related terms that appear repeatedly throughout the Inclusive Language Handbook. These words form part of the foundation of equity-based conversations and organizing, and you may notice them intersecting with multiple topics and movements.

This overlap exists because many of these terms share historical roots, struggles, and contexts they are not confined to a single community, issue, or movement. For example, words like justice, liberation, or intersectionality can be applied across conversations about race, gender, disability, colonialism, class, and more. Their meanings evolve from the lived experiences of communities, social movements, and histories of resistance.

Foundational words are especially important as we continue to expand our understanding and learning of equity. They help us build layered knowledge—where one concept often informs another. For instance, in order to meaningfully understand Black liberation, it is necessary to first understand terms such as race and race theory.

These building blocks ensure that our conversations and actions are rooted in clarity, respect, and context.



Term	Definition
Access	The ability of individuals or communities to fully utilize and benefit from services, resources, opportunities, or spaces.
Colonialism	The practice or ideology by which one nation or group asserts control over another territory, people or culture, through occupation, exploitation and the imposition of political, economic and social systems.
Justice	The principle of fairness and equity, ensuring that all people have access to rights, opportunities, and resources, and that systems, institutions, and societies operate in ways that recognize and address harm.
Systemic	Problems / Issues embedded throughout a system.
Equity	The practice and principle of ensuring fair treatment, access, and opportunities for all people, while recognizing that individuals and communities face different barriers and needs. Unlike equality, which treats everyone the same, equity acknowledges historical and systemic disadvantages and works to remove obstacles so that everyone can achieve comparable outcomes.
Equality	The principle of treating everyone the same and providing the same resources, opportunities and rights, regardless of individual circumstances and barriers.
Liberation	Gaining freedom from oppression and systemic barriers so individuals and communities can fully exercise their rights and self-determination.

Definition Term A framework for understanding how different aspects of a person's identity such as race, gender, sexuality, ability, class, and more interact and overlap to shape their experiences of privilege and oppression. It Intersectionality highlights that systems of discrimination and inequality do not operate in isolation, and that people can experience multiple, interconnected forms of marginalization simultaneously. A socially constructed concept used to classify people based on physical characteristics (such as skin color) or ancestry. Race is not a biological fact but a social Race and historical concept that has been used to justify discrimination, and systemic oppression. It shapes experiences, opportunities, and social dynamics in society everyday. The qualities, beliefs, experiences, and characteristics that make a person who they are, including aspects such as race, gender, sexuality, ability, culture, religion, Identity and more. Identity is both personal and social, shaped by individual experiences as well as societal recognition, and it can evolve over time. The process of challenging and dismantling colonial systems, structures, and mindsets that continue to oppress Indigenous peoples and other marginalized communities. Decolonization involves restoring Decolonization Indigenous knowledge, leadership, lands, and selfdetermination, as well as critically examining how colonial histories and practices influence institutions, policies, and societal norms today.

Re-Indigenization

The process of revitalizing and reclaiming Indigenous cultures, languages, practices, and governance within communities and institutions, in spaces that were historically colonized or dominated by non-Indigenous systems. It involves centering Indigenous knowledge, leadership, and ways of being, and actively correcting the erasure or marginalization caused by colonialism and capitalism.

Term

Definition

Capitalism

An economic system in which private individuals or businesses own and control the means of production, distribution, in exchange of goods and services, often with the goal of generating profit.

Political Clarity

Enables individuals and groups to make informed decisions, strategize effectively, and engage in advocacy or activism with a clear awareness of goals, and the broader social and political landscape.

Institution

A framework for understanding how different aspects of a person's identity such as race, gender, sexuality, ability, class, and more interact and overlap to shape their experiences of privilege and oppression. It highlights that systems of discrimination and inequality do not operate in isolation, and that people can experience multiple, interconnected forms of marginalization simultaneously.

Structural

Issues created and reinforced by the overall organization of society (laws, economies, histories).

ACCESSIBLE AND FREE EDUCATION FOR ALL

CFS National's *Fight the Fees* campaign emphasizes the **importance** of education that is accessible to all by targeting the primary barrier to postsecondary education, the cost of education.

By demanding education that is free for all, postsecondary education becomes accessible to all, and a clear understanding of what these terms mean can bring students together around a shared understanding of our demands.



FREE,
ACCESSIBLE,
FOR ALL





Term

Definition

Accessible Education

Accessible education refers to the process of designing courses and developing a teaching style to meet the needs of people from a variety of backgrounds, abilities, and learning styles.

Affordable Education

Affordable education refers to the process of creating an educational system which does not incur significant costs to the student, through lowered or nonexistent tuition and fees.

Bridging Programs

Bridging programs are transitional programs designed to help students move into the next phase of their education. This can include the transition from secondary school to post-secondary, or the transition from post-secondary to graduate studies.

Community-Based Education

Community-based education refers to a wide variety of instructional methods and programs that educators use to connect what is being taught in schools to their surrounding communities, including local institutions, history, literature, cultural heritage, and natural environments.

Decolonizing Education

An ongoing process of fundamentally transforming educational systems, and structures so that they no longer center colonial worldviews, and instead affirm and prioritize the histories, knowledge systems, languages, and lived realities of Indigenous, racialized, and marginalized communities. This is not just about adding diverse perspectives into existing frameworks (worldviews), it is about challenging the frameworks themselves.

Term **Definition** Tuition fees or other charges that the government doesn't put a limit on. This means the school (institution) can decide how much to charge, and the cost can go up from year to **Deregulated Fees** year without a cap. These fees often affect international students and certain programs like law, medicine, or business the most, making education in general more expensive and harder to access. Equity in education refers to ensuring that students receive the support and resources needed to achieve **Equity in** academic success, regardless of their social, economic, Education and academic circumstances. This can come in the form of academic or financial accommodations. Education that does not incur tuition fees or administrative fees to the student attending school. The institution, **Free Education** whether it's college or university, is publicly funded through taxes, distributing the cost among all taxpayers. An approach to learning that seeks to dismantle oppressive systems and empower students to Liberatory Education critically understand and transform the way they view society. Financial aid and grants distributed based on Needs-Based financial need, particularly to students with a lower **Financial Aid** income background. Prior Learning Assessment and Recognition (PLAR) is **Prior Learning** a process that allows individuals to obtain academic Assessment and credit for learning they have acquired through work, Recognition school, and/or life experiences.

Problem

Description

Privatization

The process of turning public utilities, such as schools, into entities owned by a corporation, in order to turn a profit. For instance, the postal service is publicly run and does not make a profit, in order to keep prices low and the service accessible. The postal service is sold to a private company, which significantly raises prices to turn the service profitable, at the expense of the consumer. Universities in Canada are publicly run, although threats of privatization would lead to further increases in tuition prices.

Public Education

Education that is publicly funded, publicly governed and accountable to the community. Not driven by private profit or corporate interests.

Public Funding

Funds given to an institution to subsidize their services, in part or on the whole. The funds are taken from taxes, in order to provide a service at the point of consumption which does not cost the consumer a significant amount, or anything. This allows certain services which would not otherwise turn a profit to help people, such as hospitals, schools, mail, firefighters, etc.

Student Debt

Money owed by students in loans used to pay for education. The cost of postsecondary education for many students can be thousands to tens of thousands of dollars per year, which many students do not have access to. Student Loans are the only option for postsecondary education for many students, making many students graduate with significant debt as they enter the workforce.

Systemic Barriers

Policies, practices, and cultural norms that, intentionally or not, exclude certain groups including racialized students, international students, disabled students, or low-income families.

Tuition Fees

Tuition fees are the cost of education. Educational institutions require money in order to pay for all aspects of the institution, from salaries to maintenance. Consequently, if there is not enough public funding going towards the institution, the cost of tuition for students will increase or the quality of education will go down- or both.

Problem Description A policy which caps tuition rates at certain prices, sometimes adjusted to inflation or limited yearly increases. **Tuition Freeze** Although it helps keep tuition lower, it does not always apply to international students. A principle that all people, regardless of ability, income, race, gender identity, immigration status, or location, **Universal Access** should have the opportunity to participate in education at all levels. Mandatory, non-tuition related charges levied on students to support services and activities distinct from their **Ancillary Fees** academic program, such as student life, health services, technology, and alumni relations.



Туре	Title	Author/Creator	Description
Article	Why Canada Should Have Free University Tuition, and How it Could	Tannara Yelland	An argument for free education in Canada.
Book	Decolonizing Education: Nourishing the Learning Spirit	Marie Battiste	Drawing on treaties, international law, the work of other Indigenous scholars, and especially personal experiences, Marie Battiste documents the nature of Eurocentric models of education, and their devastating impacts on Indigenous knowledge.
Podcast	voicED Radio	Stephen Hurley	A podcast focused on education, both K-12 and postsecondary in Canada, and the barriers people face to it. Host Stephen Hurley invites guests on to discuss all manner of issues pressing to the Canadian public education system.

* NATIONAL RESOURCES

Organization/Service

Description

Contact/Link

Canadian Federation of Students National Student Union and Advocacy group representing over 500,000 postsecondary students.

info@cfs-fcee.ca https://www.cfsfcee.ca/

Canadian Teachers Federation (CFS National Solidarity Partner) Bilingual and National not-for-profit advocacy organization representing over 200,000 elementary and secondary school teachers across Canada.

613-232-1505 https://www.ctffce.ca/

Indigenous Youth Roots

Non-profit providing grants, support, community activities and opportunities to Indigenous youth grounded in Indigenous ways of knowing.

https://indigenousy outhroots.ca/about -indigenous-youthroots

ACCESSIBILITY, DISABILITY JUSTICE AND MENTAL HEALTH

Usage of clear and simple language is important when talking about mental health and disability justice so that everyone can understand and feel included. The Canadian Federation of Students highlights these issues through campaigns such as Health Mental Matters. Fairness for International Students, and United for Equity, which aim to create supportive and more equitable environment for students.





Term

Definition

Accessibility

Making spaces, services, and tools available for everyone to use, including people with disabilities.

Ableism

Discrimination or unfair treatment against people with disabilities, based on the idea that being "able-bodied" is better.

Disability Justice

A movement that fights for fairness and freedom for all disabled people, especially those who also face racism, sexism, or other forms of oppression.

Accommodation

Changes or supports that help people with disabilities fully take part in school, work, or daily life (like extra time on tests or ramps for wheelchairs).

Mental Health

Our emotional, social, and mental well-being, including how we think, feel, act, handle stress, and connect with others.

Problem	Description
Stigma	Negative attitudes or unfair judgments about someone because of a condition or difference, like mental illness.
Mental Illness	A health condition that affects the way a person thinks, feels, or behaves (such as depression or anxiety).
Neurodiversity	The idea that cognitive differences (like autism, ADHD, or dyslexia) are natural and valuable forms of human diversity.
Psychosocial Disability	Barriers people face in society because of mental health conditions, such as discrimination or lack of support.
Care Work	Support or help given to others, often unpaid, like looking after family members, friends, or people in need.
Universal Design	Designing spaces, products, and services so they work well for everyone from the start, without needing special changes later.

Problem	Description	
Able-Bodied	A term used to describe someone who does not have a disability.	
Mad Pride Movement	A movement that celebrates people with mental health conditions, challenges stigma, and promotes acceptance.	
Peer Mental Health Programs	Support programs where people with lived experience of mental health issues help and guide others going through similar challenges.	
Disability Benefit	Financial help provided by the government or institutions to support people with disabilities in meeting their basic needs.	



EDUCATIONAL TOOLS

Туре	Title	Author/Creator	Description
Podcast	Leading Toward Disability Justice	Dr. Gillian	Explores what disability justice means from an academic and activist perspective, helping listeners understand its core principles and relevance. York University+2Government of Canada Publications+2
Podcast episode	Disability Inclusion: Access to Administrative Justice, Post-Secondary Education and Community Activism	Canadian Institute for the Administration of Justice (CIAJ) with Prof. Laverne Jac obs and Michael McNeely	A rich discussion about legal access, accessibility barriers in education and activism, featuring perspectives from disabled legal professionals. Government of Canada Publications+14ciaj-icaj.ca+14Government of Canada+14
Blog post	Disability Justice Resources	Breanna Case (University of Alberta blog)	Curates Canadian disability justice resources and highlights disability rights advocacy, including historic and current efforts for systemic change. Statistics Canada+15ALBERTA

ACCESS TO JUSTICE WEEK - HOME+15York University+15



Organization/Service

Description

Contact/Link

Canadian Mental Health Association (CMHA)

Offers mental health resources, programs, peer support, and advocacy across Canada through local branches in 300+ communities.

https://cmha.ca/? utm_source=chatgpt.c om

Council of Canadians with Disabilities (CCD) Advocacy and solidarity across disability justice issues, policy reform, and inclusion. (Listed under "useful links" from CCLA)

CCLA

ARCH Disability Law Centre

Legal support and resources for disability rights, including accessible media updates like ASL DeafDots reports.

archdisabilitylaw.ca

Disability Benefit Navigation (DBN) Program (via **Employment and Social Development Canada**)

Supports individuals in accessing government disability benefits (e.g. Canada Disability Benefit, Disability Tax Credit) through funded community-based organizations.

Government of Canada

Organization/Service	Description	Contact/Link
Canadian Federation of Students	CFS (CFS) runs campaigns aligned with these themes, such as Mental Health Matters, Fairness for International Students, and United for Equity.	https://www.cfs- fcee.ca/get- involved/campaigns
Jack.org	Youth-led mental health network across Canada.	https://www.jack.org/
National Educational Association of Disabled Students - NEADS (CFS National Solidarity Partner)	The National Educational Association of Disabled Students (NEADS), has had the mandate to support full access to education and employment for post- secondary students and graduates with disabilities across Canada.	https://www.neads.ca/en/
		M. F.



BLACK LIVES MATTER & LIBERATORY MOVEMENTS

This section provides foundational knowledge on the Black Lives Matter movement, the systemic nature of anti-Black racism in so-called Canada, and the calls for justice and police reform that are central to Black liberation. These terms and ideas can be used when speaking to the Federation's campaign work to dismantle systemic racism and support Black students, which is primarily led by student leaders in the National Black Students' Caucus.





Term

Definition

Black Lives Matter (BLM)

A decentralized global movement and political and social justice organization advocating for the end of systemic racism, police brutality, and all racially motivated violence against Black people. Originating in 2013 with the hashtag #BlackLivesMatter, it uses nonviolent civil disobedience as its primary tactic. It is a declaration that Black people's lives are as important as any other lives and a demand for the safety, dignity, and freedom of Black communities.

Anti-Black Racism

The specific prejudice, attitudes, beliefs, stereotyping, and discrimination directed at people of African descent. It is deeply rooted in the history and legacy of enslavement and colonialism and is manifested in the social, economic, and political systems that perpetuate inequality.

Systemic Racism

The policies, practices, and procedures entrenched in established institutions (such as education, healthcare, and the justice system) that result in the exclusion, marginalization, or oppression of racialized groups. It does not require conscious prejudice from individuals to persist; it is the "normal" functioning of the system that creates and maintains racial inequality.

Police Brutality

The excessive and unwarranted use of force, both lethal and non-lethal, by law enforcement against civilians. The Black Lives Matter movement highlights how police brutality disproportionately targets Black and other racialized individuals.

Term

Definition

Racial Profiling

The act of suspecting, targeting, or treating a person differently by law enforcement or security personnel on the basis of their perceived race, ethnicity, or religion rather than on individual suspicion. In Canada, the practice of carding (also known as street checks) is a well-documented form of racial profiling that disproportionately affects Black and Indigenous communities.

White Supremacy

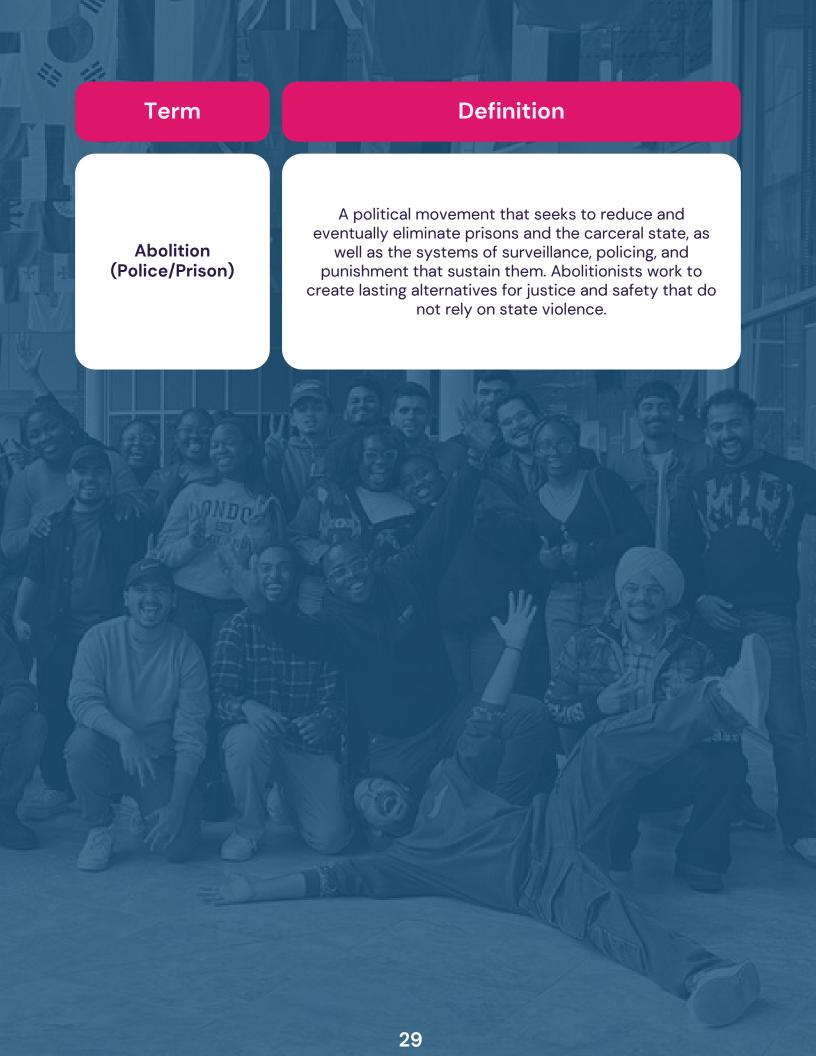
A system of structural and societal racism that privileges white people over others, regardless of the presence or absence of individual racist intent. It is an ideology and political system that has shaped legal, cultural, and institutional norms to perpetuate the dominance of whiteness.

Intersectionality

A framework, coined by scholar Kimberlé Crenshaw, for understanding how a person's various social and political identities (such as race, gender, class, sexuality, disability, etc.) combine to create unique and overlapping experiences of discrimination and privilege. For example, a Black queer woman faces a unique combination of racism, sexism, and homophobia that is different from what a Black man or a white woman might experience.

Defund the Police

A political slogan and demand to reallocate funds away from police departments and toward non-punitive, community-based models of safety and support. This means investing in social services, mental health care, housing, education, and youth programs, which are seen as more effective ways to address the root causes of crime and create safe communities.



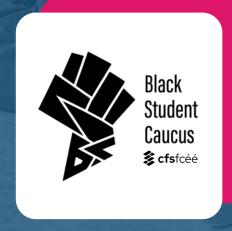
EDUCATIONAL TOOLS

Books

- Policing Black Lives: State Violence in Canada from Slavery to the Present by Robyn Maynard: An essential and comprehensive account of the 400-year history of anti-Black racism and statesanctioned violence in Canada.
- The Skin We're In: A Year of Black Resistance and Power by Desmond Cole: A powerful chronicle of one year of fighting against anti-Black racism in Canada, exposing the injustices faced by Black Canadians in policing, education, and immigration.
- From #BlackLivesMatter to Black Liberation by Keeanga-Yamahtta Taylor: Connects the historical and contemporary struggles for Black liberation, providing a sharp analysis of the political dynamics of the BLM movement in the U.S.
- How to Be an Antiracist by Ibram X.
 Kendi: A foundational text that helps
 readers move beyond awareness of
 racism to actively contributing to the
 formation of a just and equitable
 society.
- The End of Policing by Alex S.
 Vitale: Makes a clear case for police defunding and abolition, arguing that the expansion of policing has failed to solve social problems and detailing community-based alternatives.

Blogs/Online Platforms

- Black Lives Matter Canada: The network for chapters across Canada, providing updates on actions and campaigns. (blacklivesmatter.ca)
- Hogan's Alley Society: A non-profit organization that advocates for Black Vancouverites and works to preserve the history and legacy of Vancouver's Black community. (hogansalleysociety.org)
- <u>ByBlacks.com</u> A leading online magazine for Black Canadians, featuring news, opinion, culture, and business content from a Black perspective.
- The Conversation Canada: Often publishes articles and analyses on race, policing, and justice written by Canadian academics. (theconversation.com/ca)



Podcasts

- Secret Life of Canada (CBC Podcasts): Features key episodes on Black Canadian history, including the story of Africville, the destruction of Hogan's Alley, and the history of slavery in Canada.
- Sandy & Nora Talk Politics: A
 Canadian political podcast that
 frequently discusses issues of anti Black racism, policing, student
 movements, and social justice
 activism.
- Black Tea (Black Legal Action Centre): Provides updates and insights on legal and justice issues affecting Black communities in Ontario.
- Code Switch (NPR): While USfocused, this award-winning podcast offers fearless conversations about race that are highly relevant to understanding the nuances of racial dynamics everywhere.

Articles & Reports

- Reports on Racial Profiling by the Ontario Human Rights Commission (OHRC): The OHRC has published several reports, such as A Collective Impact, providing data-driven evidence of systemic racism and racial profiling by the Toronto Police Service. (ohrc.on.ca)
- Statistics Canada Data: Search for reports on "Experiences of discrimination" and "Overrepresentation of Black people in the criminal justice system" for statistical evidence of systemic racism in Canada. (statcan.gc.ca)
- Reports from the Black Legal Action Centre (BLAC): BLAC publishes reports and submissions on various legal and policy issues impacting Black Ontarians. (blacklegalactioncentre.ca)

Films/TV Shows

- The Skin We're In (Documentary, CBC Gem): The documentary companion to Desmond Cole's book, following him as he investigates anti-Black racism in Canada.
- 13th (Documentary, Netflix): Directed by Ava DuVernay, this film provides a powerful historical analysis of how the U.S. criminal justice system has been used to perpetuate racial inequality, from the end of slavery to the present day.
- Ninth Floor (Documentary, NFB): Explores the Sir George Williams Affair of 1969 (now Concordia University), a pivotal student-led protest against anti-Black racism at a Canadian university that became a flashpoint for Black Power in Canada.
- Dear White People (TV Series, Netflix): A satirical series that follows a group of Black students at a predominantly white Ivy League university, exploring modern race relations with wit and insight.
- When They See Us (Miniseries, Netflix): A dramatization of the wrongful conviction of the "Central Park Five," five Black and Latino teenagers, offering a devastating look at racial profiling and injustice in the legal system.



NATIONAL RESOURCES SUPPORT LINES/CRISIS RESOURCES

Organization/Service

Description

Contact/Link

Black Youth Helpline

Offers support for Black youth and their families across Canada Call 1-833-294-8650 blackyouth.ca

Black Health Alliance

A national organization that works to improve the health and wellbeing of Black communities. Their website often lists community resources.

<u>blackhealthalliance.</u> <u>ca</u>

Kids Help Phone

Offers support to young people across Canada, with specific resources for Black youth.

Call 1-800-668-6868 or text CONNECT to 686868.



NATIONAL RESOURCES NATIONAL ORGANIZATIONS

Organization/Service

Description

Contact/Link

Federation of Black Canadians (FBC) A national, non-profit organization working to advance the social, economic, political, and cultural interests of Canadians of African descent.

fbcfcn.ca

Black Legal Action Centre (BLAC) While based in Ontario, BLAC is a leading non-profit community legal clinic that provides free legal services for low or no-income Black residents of Ontario and engages in precedent-setting legal work.

<u>blackhealthalliance.</u> ca

Black Lives Matter - Canada

The network connecting local BLM chapters and organizing national campaigns.

blacklivesmatter.ca



NATIONAL RESOURCES NATIONAL ORGANIZATIONS

Organization/Service

Description

Contact/Link

Canadian Race Relations Foundation (CRRF) A Crown Corporation dedicated to eliminating racism and racial discrimination in Canada.

crrf-fcrr.ca

Black Health Alliance (BHA)

A community-led charity working to reduce the racial disparities in health outcomes for Black communities in Canada.

<u>blackhealthalliance.</u> ca



NATIONAL RESOURCES BLACK YOUTH ORGANIZATIONS

Support Lines/Crisis Resources

Description

Contact/Link

Black Youth Helpline

(As mentioned above)
Provides crucial mental
health and crisis
support.

Call 1-833-294-8650 (blackyouth.ca)

Black Boys Code

A national organization dedicated to introducing Black boys to computer science and technology.

https://blackboyscode.ca/

Black Mentorship Inc. (BMI)

Fosters the empowerment of Black professionals through mentorship, leadership, and skills-building.

https://blackmentor shipinc.ca/



NATIONAL RESOURCES LEGAL & ADVOCACY ORGANIZATIONS

Support Lines/Crisis Resources

Description

African Canadian Legal Clinic A provincial organization that provides legal services and advocacy for the African Canadian community in Ontario.

Hogan's Alley Society

(As mentioned above) A key advocacy group for Black communities in British Columbia.



NATIONAL RESOURCES
HUMAN RIGHTS ORGANIZATIONS (WITH SIGNIFICANT WORK ON ANTI-BLACK RACISM)

Support Lines/Crisis Resources

Description

Contact/Link

Amnesty International Canada

Campaigns on issues of racial profiling, police accountability, and the over-incarceration of Black people in Canada.

amnesty.ca

Canadian Civil Liberties Association (CCLA)

Engages in legal and advocacy work to challenge systemic racism within policing and the justice system.

ccla.org



NATIONAL RESOURCES
OTHER STUDENT UNIONS AND ASSOCIATIONS (WITH STRONG COMMITMENTS TO ANTI-RACIST WORK)

Support Lines/Crisis Resources

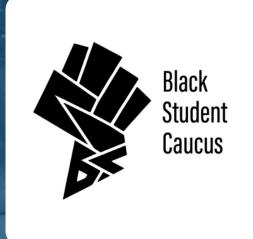
Description

University-specific **Black Student** Associations/Unions

Most universities and colleges have a Black Students' Association (BSA) or a similar group. These are the most important local partners for student union solidarity work.

Canadian Federation of Students (CFS)

National Black Students' Caucus: This is the internal caucus within the CFS that champions the issues of Black students and leads anti-racist and Black liberation work within the federation.





This section provides foundational knowledge on the enduring impacts of colonialism in so - called Canada, the critical importance of the Land Back movement, and the broader concept of liberatory movements, especially as they relate to Indigenous self-determination and student advocacy.

These terms and ideas can also be used when speaking to the Federation's ReconciliAction campaign, which addresses the ongoing effects of colonialism in Turtle Island and is primarily led by student leaders in the Circle, our national Indigenous caucus.



Definition

Colonialism

A system where one nation asserts control over another, often distant, territory and its people, exploiting its resources and labour, and imposing its own political, economic, and cultural systems. In Canada, this refers specifically to Settler Colonialism, where the colonizing power seeks to replace the original inhabitants with a new, settler society, leading to the dispossession of Indigenous peoples from their lands, cultures, and governance structures.

Decolonization

The process of undoing colonialism, both externally (e.g., through the return of land and sovereignty) and internally (e.g., by dismantling colonial mindsets, systems, and institutions). For settlers, it involves learning about Indigenous histories, cultures, and governance, and actively working to support Indigenous self-determination and the restoration of Indigenous lands.

Land Back

An Indigenous-led movement advocating for the return of Indigenous lands, territories, and resources to Indigenous peoples. This goes beyond land claims and includes the restoration of Indigenous governance, laws, and stewardship practices over these lands. It is fundamentally about sovereignty, self-determination, environmental sustainability, and economic justice for Indigenous nations.

Definition

Treaty

A formal agreement between sovereign nations. In Canada, historical and modern treaties were signed between the Crown (representing the British and later Canadian governments) and various Indigenous nations, often outlining the sharing of lands and resources. However, the interpretation and implementation of these treaties have often been contentious, with Indigenous peoples asserting that the spirit and intent of the agreements have not been honoured by the Crown.

Unceded Territory

Land that has never been surrendered or legally given up to the Crown by an Indigenous nation through treaty or other agreement. Much of Canada consists of unceded Indigenous territories, meaning that Indigenous title and rights to these lands continue to exist.

Indigenous Sovereignty

The inherent right and ability of Indigenous nations to govern themselves, their lands, and their peoples according to their own laws, customs, and traditions. This right predates and exists independently of colonial states.

Self-Determination

The right of peoples to freely determine their political status and freely pursue their economic, social, and cultural development. For Indigenous peoples, this means the right to control their own affairs and make decisions about their futures.

Systemic Racism

The policies, practices, and procedures entrenched in established institutions (such as education, healthcare, and the justice system) that result in the exclusion, marginalization, or oppression of racialized groups. It does not require conscious prejudice from individuals to persist; it is the "normal" functioning of the system that creates and maintains racial inequality.

Definition

Police Brutality

The excessive and unwarranted use of force, both lethal and non-lethal, by law enforcement against civilians. The Black Lives Matter movement highlights how police brutality disproportionately targets Black and other racialized individuals.

Racial Profiling

The act of suspecting, targeting, or treating a person differently by law enforcement or security personnel on the basis of their perceived race, ethnicity, or religion rather than on individual suspicion. In Canada, the practice of carding (also known as street checks) is a well-documented form of racial profiling that disproportionately affects Black and Indigenous communities.

White Supremacy

A system of structural and societal racism that privileges white people over others, regardless of the presence or absence of individual racist intent. It is an ideology and political system that has shaped legal, cultural, and institutional norms to perpetuate the dominance of whiteness.

Intersectionality

A framework, coined by scholar Kimberlé Crenshaw, for understanding how a person's various social and political identities (such as race, gender, class, sexuality, disability, etc.) combine to create unique and overlapping experiences of discrimination and privilege. For example, a Black queer woman faces a unique combination of racism, sexism, and homophobia that is different from what a Black man or a white woman might experience.

Turtle Island

A name for the continent of North America used by many Indigenous peoples, particularly those from the Anishinaabe, Haudenosaunee, and Lenape nations. The name comes from various creation stories that tell of the world being formed on the back of a giant turtle. Using this term acknowledges a pre-colonial, Indigenous worldview and challenges the colonial names imposed on the land.

Definition

So-called Canada

This term is used to intentionally question the legitimacy and sovereignty of the Canadian state. It highlights that Canada's existence is based on the ongoing colonization of Indigenous lands and the dispossession of Indigenous peoples. It serves as a reminder that the country was founded on unceded territories and through broken treaties.

Land and Water Protectors

Individuals and groups, often Indigenous-led, who are dedicated to defending lands, waters, and the environment from degradation, pollution, and resource extraction. They act as stewards, upholding traditional laws and asserting Indigenous sovereignty against projects like pipelines, logging, and mining that threaten ecological and cultural well-being.

Pow Wow

A vibrant cultural celebration and gathering of Indigenous peoples to honour their traditions and build community. Pow Wows feature traditional drumming, singing, dancing in elaborate regalia, feasting, and the sharing of stories and crafts. They are a powerful expression of cultural resilience, spiritual renewal, and inter-tribal connection.

Land Acknowledgement(s)

A formal statement that recognizes the unique and enduring relationship that exists between Indigenous Peoples and their traditional territories. It is a practice of respect meant to acknowledge the original inhabitants of the land where an event or gathering is taking place. While an important first step, acknowledgements are critiqued when not accompanied by meaningful action and commitment to decolonization.

Definition

Genocide

As defined by the United Nations, genocide includes acts committed with the intent to destroy, in whole or in part, a national, ethnic, racial, or religious group. This goes beyond mass killings to include causing serious harm, preventing births, and forcibly transferring children. The Truth and Reconciliation Commission of Canada labelled the residential school system as "cultural genocide," and the National Inquiry into Missing and Murdered Indigenous Women and Girls concluded that the violence they face amounts to an ongoing genocide.

Free Palestine

A political slogan and international solidarity movement that advocates for the end of the Israeli occupation of Palestinian territories, as well as for the freedom, self-determination, and basic human rights of the Palestinian people. The movement addresses issues such as land dispossession, military occupation, and systemic discrimination, calling for justice and sovereignty for Palestine.

Solidarity

A commitment to stand with and support a group in their struggle against oppression. It is an active process that moves beyond sympathy to involve listening, learning, and taking concrete action to dismantle systems of injustice. Solidarity is about recognizing a shared struggle for liberation and acting as an ally to amplify the voices and support the goals of marginalized communities. It's about "acting with," not "acting for."



EDUCATIONAL TOOLS

Books

- "21 Things You May Not Know About the Indian Act" by Bob Joseph: An accessible and essential guide to understanding the historical and ongoing impacts of the Indian Act on Indigenous peoples in Canada.
- "Settler: Identity and Colonialism in 21st Century Canada" by Emma Battell Lowman & Adam J. Barker: Explores the concept of settler identity and its role in perpetuating colonialism in Canada.
- "Indigenous Relations: Insights, Tips & Suggestions to Make Reconciliation a Reality" by Bob **Joseph:** Provides practical guidance for non-Indigenous people on how to engage respectfully and meaningfully with Indigenous communities.
- "The Inconvenient Indian: A Curious **Account of Native People in North** America" by Thomas King: A powerful and often satirical exploration of the relationship between Indigenous peoples and non-Indigenous society in North America.
- "Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants" by Robin Wall Kimmerer: While not solely focused on colonialism, this book offers profound insights into Indigenous relationships with the land and traditional ecological knowledge, which are central to Land Back.

Blogs/Online Platforms

- Yellowhead Institute: An Indigenous-led research and education centre that produces critical policy perspectives and accessible resources on Indigenous issues, including a dedicated "Land Back" online course. (vellowheadinstitute.org)
- 4Rs Youth Movement: Focuses on reconciliation through youth engagement, with excellent resources and articles, including "LAND BACK! What do we mean?" (4rsyouth.ca)
- Indigenous Corporate Training Inc. Blog: Bob Joseph's blog offers a wealth of information on Indigenous relations, history, and current events in Canada. (<u>ictinc.ca/blog</u>)
- The Land Back Movement (Ontario Nature): Provides a good overview of the Land Back movement with examples from Ontario. (ontarionature.org/landback-movement-blog/)



Podcasts

- "The Secret Life of Canada" (CBC Podcasts): Features episodes that delve into hidden or lesser-known aspects of Canadian history, many of which touch on Indigenous experiences and colonial legacies.
- "Land Back" (Yellowhead Institute):
 While also an online course, they
 may have podcast elements or
 related discussions. Check their
 platform.
- "Beyond the Headlines: Indigenous Issues" (Ryerson University):
 Explores contemporary Indigenous issues in Canada with various guests and perspectives.
- This Place: Based on the bestselling graphic novel anthology, this CBC podcast tells 150 years of Canadian history through the lens of Indigenous heroes, thinkers, and rebels. It's a powerful way to re-learn history from those who lived it.
- Métis in Space: This podcast features two Métis women, Molly Swain and Chelsea Vowel, who drink wine and deconstruct sciencefiction films and television from an Indigenous feminist perspective.

- Warrior Life: Hosted by activist and academic Pam Palmater, this podcast offers sharp political commentary on current events impacting Indigenous peoples in Canada.
- Media Indigena: Hosted by Rick Harp, this weekly roundtable podcast provides insightful discussion and analysis of the news and issues affecting Indigenous peoples. It's great for staying current on Indigenous affairs.
- Unreserved: Hosted by Rosanna Deerchild on CBC Radio One, Unreserved is a space for Indigenous community, culture, and conversation. It shares stories from across Turtle Island, offering a beautiful and intimate look into the diverse experiences of Indigenous peoples today.
- The Red Road: A podcast that explores Indigenous culture, spirituality, and healing. It features interviews with Elders, knowledge keepers, and community members who share their wisdom and stories of resilience. It's an excellent resource for understanding Indigenous worldviews. Courtney Skye and Hayden King
- Coffee with My Ma: Hosted by Kaniehtiio Horn, this podcast is a series of heartwarming and hilarious conversations with her mom, Kahentinetha Horn, a Mohawk activist. Through their talks, listeners get a deeply personal look at a life of Indigenous resistance and advocacy

Films/TV Shows

- "Rumble: The Indians Who Rocked the World" (Film): Explores the profound and often overlooked influence of Indigenous musicians on popular music, highlighting themes of cultural resilience. Catherine Bainbridge
- "Trickster" (CBC/CW TV Series): A supernatural drama rooted in Indigenous folklore, offering a contemporary narrative with Indigenous characters and themes.
- "The Grizzlies" (Film): Based on a true story, this film depicts how lacrosse brought hope and healing to Inuit youth in Kugluktuk, Nunavut. Miranda de Pencier
- "Indian Horse" (Film): A powerful adaptation of Richard Wagamese's novel, depicting the residential school experience and its lasting impact.
- "Colonization Road" (CBC Gem -Documentary): Explores the history and impact of "colonization roads" in Ontario and their connection to Indigenous land dispossession.
- "We Were Children" (NFB Documentary): First-person accounts of residential school survivors.

Articles

- "Whose land is it Anyway? A
 Manual for Decolonization" (FPSE):
 A comprehensive handbook
 designed to provide knowledge on
 the impacts of colonization and
 paths toward decolonization.
 (Available online through the
 Federation of Post-Secondary
 Educators of BC).
- "Land Back is more than a slogan for a resurgent Indigenous movement" (Various news outlets, search for recent articles from reputable Canadian sources like CBC, APTN, The Globe and Mail): Stay updated on current discussions and developments surrounding the Land Back movement.
- Reports from the National Centre for Truth and Reconciliation (NCTR): While extensive, key summary reports provide vital information on residential schools and their legacy, which is foundational to understanding ongoing colonialism. (nctr.ca)



NATIONAL RESOURCES SUPPORT LINES/CRISIS RESOURCES

\sim		Service
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Organi	Latioii	JEI VICE

Description

Contact/Link

Hope for Wellness Help Line Offers immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada. Telephone and chat services are available in English, French, Cree, Ojibway (Anishinaabemowin), and Inuktitut.

1-855-242-3310 or online chat at www.hopeforwellness. ca

Indian Residential School Survivors Society (IRSSS) Emergency Crisis Line

Check NWAC website for specific hours and services

1-800-721-0066

Native Women's Association of Canada (NWAC) Toll-Free Line

Check NWAC website for specific hours and services

1-800-461-4043

Kids Help Phone

Offers support to young people across Canada, including specific resources for Indigenous youth.

Call 1-800-668-6868 or text CONNECT to 686868

Tsow Tun Le Lum Society

Offers support via their substance use and trauma treatment centre.

Phone: 1-250-390-3123 Toll-Free Phone: 1-888-403-3123



NATIONAL RESOURCES SUPPORT LINES/CRISIS RESOURCES

Organization/Service

Native Youth Crisis Hotline **Description**

This 24/7 crisis line is for Indigenous youth and is available for residents of Canada and the United States Contact/Link

Toll-Free Phone: 1-877-209-1266



NATIONAL RESOURCES NATIONAL ORGANIZATIONS

Organi	i-otion	/Service
Organ	IZation	/Service

Description

Contact/Link

Assembly of First Nations (AFN)

A national advocacy organization representing First Nations in Canada, working to advance First Nations' inherent and Treaty rights.

afn.ca

Inuit Tapiriit Kanatami (ITK)

The national voice of Inuit in Canada, working to protect and advance Inuit rights and interests.

itk.ca

Métis National Council (MNC)

Represents the Métis Nation in Canada at the national and international levels.

metisnation.ca

Native Women's Association of Canada (NWAC) Advocates for the rights and issues of Indigenous women, girls, Two-Spirit, and gender-diverse people in Canada.

nwac.ca



NATIONAL RESOURCES NATIONAL ORGANIZATIONS

Organization/Service

Description

Contact/Link

National Centre for Truth and Reconciliation (NCTR) Houses the truths, memories, and experiences of residential school survivors and works to advance reconciliation.

nctr.ca

Indigenous Bar Association in Canada (IBA) Promotes the advancement of legal and social justice for Indigenous peoples.

indigenousbar.ca

Yellowhead Institute

Provides critical research and analysis to support Indigenous resurgence and selfdetermination.

<u>yellowheadinstitute.</u> <u>org</u>

Canadian Race Relations Foundation (CRRF) Works to eliminate racism and racial discrimination in Canada.

crrf-fcrr.ca



NATIONAL RESOURCES INDIGENOUS YOUTH ORGANIZATIONS

Organization/Service	Description	Contact/Link
4Rs Youth Movement	A national network of Indigenous and non-Indigenous youth working together for reconciliation and decolonization.	<u>4rsyouth.ca</u>
Urban Native Youth Association (UNYA)	Based in Vancouver but a model for urban Indigenous youth programming, providing cultural, recreational, and support services.	unya.bc.ca
ENAGB Indigenous Youth Agency	Focuses on cultural, employment, life skills, holistic wellness, and recreational opportunities for Indigenous youth ages 12-29.	<u>enagb-iya.ca</u>
Indspire	While primarily an education organization, they heavily invest in and support Indigenous youth's educational journeys, which is a	<u>indspire.ca</u>

significant part of youth empowerment.



NATIONAL RESOURCES INDIGENOUS EDUCATION ORGANIZATIONS

		/Service	
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Description

Contact/Link

National Centre for Collaboration in Indigenous Education (NCCIE) A national network of Indigenous and non-Indigenous youth working together for reconciliation and decolonization.

4rsyouth.ca

First Nations, Métis & Inuit Education Association of Ontario (FNMIEAO)

While provincially focused, it's a key example of an organization supporting and promoting quality education on Indigenous histories, worldviews, and knowledge systems for all educators.

fnmieao.com

First Nations University of Canada

A leading Indigenous post-secondary institution in Canada, providing culturally relevant education.

firstnationsuniversity.ca

Six Nations Polytechnic

An Indigenous-led post-secondary institution focusing on Haudenosaunee and Anishinaabemowin language and culture, as well as trades and technology.

snpolytechnic.com



NATIONAL RESOURCES

HUMAN RIGHTS ORGANIZATIONS (WITH SIGNIFICANT WORK ON INDIGENOUS RIGHTS)

Organization/Service

Description

Contact/Link

Amnesty International Canada Has a dedicated program and campaigns focused on Indigenous Peoples' rights in Canada, including issues like clean water, over-incarceration, and land rights.

amnesty.ca

Canadian Civil Liberties Association (CCLA) Often engages in advocacy and legal interventions concerning Indigenous rights, particularly as they relate to civil liberties and constitutional rights.

ccla.org

Human Rights Legal Support Centre (HRLSC) – Indigenous Services While primarily Ontariobased, their Indigenous Services provide legal support for Indigenous peoples experiencing discrimination, offering valuable insight into human rights mechanisms.

hrlsc.on.ca/indigeno us-services

First Nations Child and Family Caring Society of Canada

Advocates for the rights of First Nations children and families to equitable services, particularly in relation to child welfare.

fncaringsociety.com



NATIONAL RESOURCES

ENVIRONMENTAL ORGANIZATIONS (SUPPORTING INDIGENOUS-LED CONSERVATION AND LAND PROTECTION)

Organization/Service

Description

Contact/Link

Indigenous Climate Action (ICA) An Indigenous-led organization dedicated to climate justice and supporting Indigenous communities in their climate initiatives and land defense.

<u>indigenousclimateacti</u> <u>on.com</u>

Centre for Indigenous Environmental Resources (CIER) Supports Indigenous peoples and communities in leading positive environmental change by integrating Indigenous and Western knowledge.

cier.ca

Indigenous Leadership Initiative (ILI)

Works to strengthen Indigenous Nationhood and Indigenous leadership in caring for lands and waters, often advocating for Indigenous Protected and Conserved Areas (IPCAs).

<u>indigenousleadership.</u> <u>ca</u>

Nature United

Works in partnership with Indigenous communities across Canada to advance Indigenous-led conservation and land stewardship.

natureunited.ca

Canadian Parks and Wilderness Society (CPAWS) While a broader environmental organization, CPAWS increasingly collaborates with and supports Indigenous-led conservation efforts.

<u>cpaws.org</u>

Organization/Service

Description

University-specific Indigenous Student Associations/Centres

Most universities and colleges will have an Indigenous Students' Association or a dedicated Indigenous Student Centre.
These are crucial local partners for any student union.

Canadian Federation of Students (CFS) - Circle of First Nations, Métis and Inuit Students As noted, this is the internal caucus within the CFS that specifically champions Indigenous student issues and drives anticolonial work within the federation.







RESTORATIVE JUSTICE

section This provides an introduction to Restorative Justice as an alternative to punitive systems. It explores how focusing on repairing harm, just punishing rather than offenses, can create safer and accountable more especially communities, These campus. concepts challenge traditional, carceral approaches to justice and align with the Federation's work on transformative justice and decolonization. often connecting with the work of the Circle of First Nations, Métis and Inuit Students.





Definition

Restorative Justice (RJ)

A philosophy and approach to justice that views crime and conflict as harm done to people and relationships. It brings together those who were harmed and those who caused the harm in a safe and voluntary process to collectively repair the harm and address its consequences. The goal is healing, accountability, and reintegration, not just punishment.

Retributive Justice

The justice system most of us are familiar with, which focuses on three questions: What law was broken? Who broke it? And what punishment do they deserve? It views crime as an offense against the state and prioritizes punishment, like fines or prison, as the primary response.

Transformative Justice (TJ)

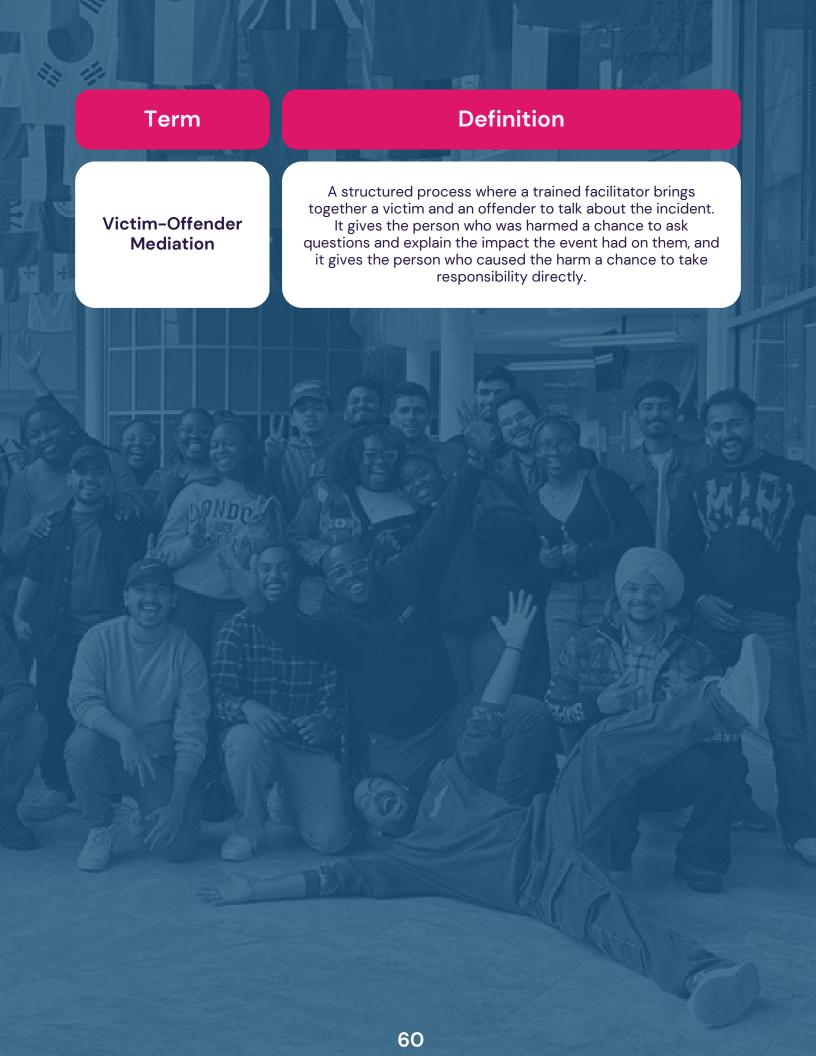
A related but broader concept that asks: Why did this harm happen, and what are the root causes? TJ seeks to address the social conditions and systems (like poverty, racism, homophobia, etc.) that create the potential for harm in the first place. While RJ repairs harm from a specific incident, TJ aims to transform society to prevent future harm.

Accountability

In a restorative context, this is not simply accepting punishment. It is a process where the person who caused harm: 1) understands the full impact of their actions on others, 2) takes responsibility for it, and 3) actively works to repair the harm and rebuild trust.

Healing Circle (or Sentencing Circle)

A common restorative practice, deeply rooted in many Indigenous legal traditions. It involves bringing together the person harmed, the person who caused harm, and community members in a circle. An object like a feather or talking stick is passed, allowing each person to speak without interruption. The goal is to reach a collective understanding and agree on a path forward for healing.





EDUCATIONAL TOOLS

Books

- The Little Book of Restorative Justice by Howard Zehr: A short. easy-to-read introduction to the core principles and practices of RJ. It's the perfect starting point.
- Changing Lenses: A New Focus for Crime and Justice by Howard Zehr: The classic book that helped launch the modern restorative justice movement, arguing for a fundamental shift in how we think about justice.
- **Colorizing Restorative Justice:** Voicing Our Realities edited by Edward C. Valandra: This important collection critiques how mainstream RJ has often ignored the voices of Indigenous and other racialized peoples, calling for a decolonized approach to the practice.
- Beyond Survival: Strategies and Stories from the Transformative Justice Movement edited by Ejeris Dixon and Leah Lakshmi Piepzna-Samarasinha: An anthology of essays and tools focused on transformative justice, providing practical alternatives for addressing violence without relying on the state or police.

Blogs/Online Platforms

- Zehr Institute for Restorative Justice: The blog from Howard Zehr's institute at Eastern Mennonite University, featuring articles on RJ theory and practice from around the world. (zehrinstitute.org)
- Correctional Service of Canada (CSC) - Restorative Justice: This federal government site explains how RJ is used in the Canadian justice system and provides reports and fact sheets.
- Community Justice Initiatives Association (CJI): The blog of one of Canada's first and most respected RJ organizations, based in Waterloo Region. (cjiwr.com)

Podcasts

- Restorative Justice on the Rise:
 Features interviews with leading practitioners, academics, and activists in the restorative justice movement from across the globe.
- Finding Our Way by Prentis
 Hemphill: While focused on
 transformative justice, this podcast
 delves into the core RJ themes of
 accountability, healing, and
 addressing harm within
 communities.
- Justice Done: A podcast that explores different facets of the justice system, with many episodes dedicated to restorative and alternative approaches to conflict.

Films/TV Shows

- Hollow Water (Documentary, NFB): A groundbreaking Canadian film from 1999 about the Anishinaabe community of Hollow Water, Manitoba, which developed its own community-led healing and sentencing circle process to address a crisis of sexual abuse.
- A Better Man (Documentary, NFB):
 A powerful and challenging film that follows a woman as she engages in a restorative conversation with her abusive ex-partner, exploring accountability and healing after domestic violence.
- Circles (Documentary): This film showcases how a high school in Oakland, California uses restorative justice circles to support students and address conflict, offering a model for how these practices can be used in educational settings.

Articles & Reports • The Department of Justice Canada's Restorative Justice page: The government's official overview of RJ principles, models, and its application in the Canadian legal system. (justice.gc.ca/eng/cj-jp/rj-<u>ir/index.html</u>) Truth and Reconciliation Commission (TRC) of Canada's Calls to Action: The TRC report identifies the revitalization of Indigenous justice systems as crucial for reconciliation. Calls to Action #30, #38, and #42 are particularly relevant to restorative justice. "Restorative Justice in Campus Sexual Misconduct Cases: A Guide for Practitioners" (Various sources): Searching for articles on this topic will reveal the ongoing, important debate about how and when RJ can be a safe and effective option for addressing sexual violence on campus. 63

** NATIONAL RESOURCES

Organiz	ation/	Service
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Description

Contact/Link

Canadian Resource Centre for Victims of Crime

Provides information and support to victims of crime.

1-877-232-2610. (crcvc.ca)

Hope for Wellness Help Line Offers immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada.

1-855-242-3310.

Your Local Distress Centre Provides 24/7 confidential support for anyone in emotional distress or crisis.

Local

Canadian Restorative Justice Consortium (CRJC) A national network that connects and supports restorative justice organizations, practitioners, and researchers across the country.

Online

Correctional Service Canada (CSC) – Restorative Justice Division The federal body responsible for implementing RJ programs within Canada's correctional system.

Online

Organization/Service	Description	Contact/Link
Church Council on Justice and Corrections (CCJC)	A national faith-based organization that has been a pioneering advocate for restorative justice and prison reform in Canada for decades.	Online
Community Justice Initiatives Association (CJI Waterloo Region)	A pioneer in the field, offering mediation, circle processes, and support for victims and offenders.	Online
Provincial RJ Associations	Many provinces have their own networks, such as the Restorative Justice Association of British Columbia (RJABC) or the Nova Scotia Restorative Justice Program, which are key resources for local information.	Online
University & College Restorative Justice Offices	Many post-secondary institutions now have RJ programs, often housed within student conduct or student life offices. Check your own campus for services related to conflict resolution and community standards.	Online

Organization/Service	Description	Contact/Link
Aboriginal Legal Services (Toronto)	Provides legal services and operates community justice programs, including healing circles, for Indigenous people in the Toronto area.	Online
Native Counselling Services of Alberta	Offers various programs to support Indigenous people involved in the justice system, often incorporating restorative and traditional practices.	Online
National Centre for Truth and Reconciliation (NCTR)	The permanent home for all statements, documents, and materials gathered by the TRC, and a vital resource for understanding the need for Indigenousled justice.	Online
Student Associations at institutions with strong Criminology, Sociology, or Indigenous Studies departments	These student groups are often engaged in discussions about justice reform and can be valuable partners.	On Campus
Canadian Federation of Students (CFS) – Circle of First Nations, Métis and Inuit Students	Given the deep roots of restorative practices in Indigenous legal traditions, the Circle is a crucial partner and leader in advocating for decolonized approaches to justice on campus.	Online



ENVIRONMENTAL JUSTICE



The Environment is the natural world that surrounds us all. As we have impacts on our environment, so too does our environment impact us. The Canadian Federation of Students is committed to ensuring that steps towards environmental justice, for the health of humankind and the world, are taken in postsecondary institutions and that particular care is given towards students disproportionately affected by climate change.





Definition

Community-Based Participatory Research (CBPR) An equitable approach to research where researchers, organizations and community members collaborate on aspects of research. By centering communities, research outcomes produced through CBPR can lead to more equitable outcomes in the transition to a green economy.

Environmental (or Climate) Justice

Environmental justice is a movement seeking to ensure fair and meaningful inclusion of affected peoples and equal sharing of benefits and costs when making decisions about the environment.

Environmental Racism Term referring to the ways in which the impacts of climate change unequally impact people of colour and their communities. Concepts like fenceline communities and unequal burdens are examples of this.

Fenceline Community A neighbourhood or community directly adjacent to a company, industrial factory, military base or other polluter. These communities are exposed to hazardous chemicals, pollutants and environmental degradation while often being inhabited disproportionately by Black or Indigenous People of Colour and those with low incomes.

Indigenous Sovereignty The concept of self-determination and localized decision making among indigenous communities. Often, indigenous communities in Canada have to fight to maintain sovereignty in the face of environmental degradation as traditional keepers of their land.

Just Transition

Action to enable a 'just' transition tries to combat inequality to bring about fairer outcomes as the world transitions to net zero carbon emissions, maximising the benefits of climate action and minimising the negative impacts for workers and their communities.

Definition Term The social determinants of health (SDOH) are the nonmedical Social factors that influence health outcomes. Economic factors can **Determinants of** play a major role in health outcomes, as can the Health (SDOH) environment- increasingly, climate extremes can affect mental and physical health in all parts of the world. Term referring to how the impacts of climate change are felt unequally throughout the world. Developing countries, which **Unequal Burden** have typically contributed the least to carbon emissions, are often affected the most by climate disasters and ecological damage from pollutants. 69



Туре	Title	Author/Creator	Description
Podcast	Sustainababble	Oliver Hayes, David Powell	A funny podcast about the environment, sustainability, and all the total guff people talk in the name of saving the planet.
Book	Slow Down: The Degrowth Manifesto	Kohei Saito	Makes the case for a distributive, needs-based economic system to solve climate change.
Book	This Changes Everything: Capitalism vs the Climate	Naomi Klein	Naomi Klein unearths how powerful and well-financed right wing think tanks and lobby groups are at the source of the climate change denial, arguing that the free market cannot solve climate change.
Documentary	Yintah	Jennifer Wickham Brenda Michell Michael Toledano	The film, released in 2024, profiles the Wet'suwet'en First Nation, as they fight to protect their traditional lands from natural gas pipeline developments.

** NATIONAL RESOURCES

Organization/Service

Description

Contact/Link

Environment and Climate Change Youth Council The Youth Council provides non-partisan advice and perspectives on key environmental, nature, and climate issues to inform decisions by the Government of Canada.

https://www.canada.ca/en/s ervices/environment/weath er/climatechange/getinvolved/environmentclimate-change-youthcouncil.html Email: ECCYouthCouncil-ConseildesjeunesECC@ec.g

Climate Action Network

The Climate Action
Network links member
organizations to direct
and coordinate broader
action against climate
change, acting as a
coalition group.

https://climateactionnet work.ca/

Indigenous Climate Action Indigenous Climate
Action (ICA) is an
Indigenous-led
organization guided by a
diverse group of
Indigenous knowledge
keepers, water
protectors and land
defenders from
communities and
regions across the
country.

https://www.indigenousclim ateaction.com

Canadian Climate Institute

The Canadian Climate Institute is Canada's leading climate change policy research organization.

https://climateinstitute.ca/ who-we-are/

FAIRNESS FOR INTERNATIONAL STUDENTS

International students suffer disproportionately compared to domestic postsecondary students. International students have far higher, unregulated tuition fees, suffer barriers to study in Canada from legislation limiting study permits, and can be subject to all the kinds of discrimination faced by People of Colour in Canada, including racism, xenophobia and religious discrimination.

CFS's Fairness for International Students Campaign advocates for the regulation of international student tuition fees, public healthcare coverage, and fairer immigration pathways for international students, in order to support one of the most vulnerable student populations.





Term

Definition

Cultural Safety

An environment that is spiritually, socially, and emotionally safe, as well as physically safe, for those who are not part of the cultural mainstream in a country. Many international students face discrimination and xenophobia regarding their culture, creating a hostile environment for them in Canada.

Recognition of Prior Learning

Recognition of Prior Learning refers to the recognition of degrees and skills acquired abroad, which often does not happen in Canada. International students wishing to pursue careers in Canada may have to repeat degrees already earned abroad, as Canada fails to recognize prior experience, such as medical degrees, from many countries.

Immigration Pathway Equity

The concept of immigration pathway equity refers to the avenues that immigrants have towards residence and citizenship in Canada. For many international students, legislative attempts have sought to block pathways to residence and immigration to Canada, removing opportunities for students to live in Canada after graduation.

Tuition Equity

International students are often subject to far higher tuition rates than domestic students, in part due to efforts to raise more money for institutions suffering from privatization. Tuition equity refers to efforts to standardize tuition rates so that students from abroad are not being exploited relative to domestic students.

Study Permit

Study permits are avenues through which international students are allowed to come to Canada in order to study at a postsecondary institution. These permits come with stringent requirements, rules and regulations which can limit international student's ability to function in Canada.



EDUCATIONAL TOOLS

Туре	Title	Author/Creator	Description		
Podcast	International Cash Cows	Damilola Onime, Johanna Hernandez	A podcast which highlights the stories of international students in Canada, who bring large amounts of money into postsecondary institutions while suffering from many unique challenges.		
Book	International Students: Stories and Strategies for Academic Success in Postsecondary Education	Yaseen Ali, Rahul Bhat, Wenzhe Xu, John Hannah, Tesni Ellis	A guidebook for international students on the challenges they may face when moving into the Canadian postsecondary education system.		
Book	Immigrant and Refugee Students in Canada	Courtney Ann Brewer	This book focuses on immigrant and refugee students, addressing their school readiness, health and well-being challenges, and the effectiveness of school-based interventions. It spans a range of educational stages, including post-secondary, and highlights systemic needs, mental and physical health dimensions, and family and community engagement.		
Documentary	Baggage	Paul Tom	The film, released in 2017, "opens the stage and turns the spotlight on newly arrived teenage immigrants studying at Paul-Gérin-Lajoie-d'Outremont High School in Montréal. Through drama workshops, theatre production and deeply personal		

interviews, the film gives voice to their stories of immigration and integration".



Organization/Service

Description

Contact/Link

One Voice Canada

One Voice Canada is a non-profit created to support vulnerable migrants, primarily students. One Voice was founded in 2019 to address the pervasive abuse and exploitation of international students. After receiving inquiries from individuals on a work permit the organization expanded its focus to include migrant workers.

onevoicecanada.org Email: info@onevoicecanada.org

Canadian Bureau for International Education Organization that serves as a national voice for international education in Canada, including international students in Canada and Canadian students abroad.

https://cbie.ca/ Email: communication@cbie.ca

HOUSING & ECONOMIC Security Housing and economic security SECURITY

Housing and economic security are often defined as an individual's or household's capacity to regularly satisfy their fundamental needs, such as access to safe, cheap, and acceptable housing, as well as financial resources for food, healthcare, and other necessities. It includes both the physical security of having a safe place to dwell and the financial stability to purchase life's necessities.

The Canadian Federation of Students' affordable housing campaign seeks to address the housing and economic crisis by raising awareness, educating students about potential scams and their housing rights, and lobbying the government for stronger regulations, including improved rent control.





Term	Definition
Housing Security	Having stable, safe, and inexpensive housing without the possibility of eviction or homelessness.
	possibility of eviction of florriclessifiess.
Food Security	Consistent availability to adequate nutritious food for an active, healthy lifestyle.
Employment Equity	Fair treatment in hiring, compensation, and advancement, particularly for historically disadvantaged groups.
Living Wage	A wage sufficient to cover basic requirements such as food, shelter, and transportation.
Affordable housing	Refers to housing that costs less than 30% of a person's income.
Precarious Work	Jobs that are unstable, low-wage, and frequently part-time or temporary.
Income inequality	The difference between how much money the richest and poorest people earn.

Term Definition Government programs that assist those who are struggling to **Social Assistance** meet their fundamental necessities. Laws that limit the amount landlords can raise rents to keep Rent Control housing affordable. Areas where it is difficult to obtain fresh, nutritious, and **Food Deserts** affordable food. The experience of not having a home, focusing on the lived reality of lacking a personal dwelling, regardless of whether someone is accessing temporary shelters or supports. This term centers the person's experience and dignity, rather than Houselessness defining them solely by their housing status. Note: Using "houselessness" can help shift language away from labeling people and toward acknowledging the systemic barriers and inequities that create housing precarity. Homelessness Lack of stable, safe, and adequate housing. Cost of Living: The amount of money you need to pay for **Cost of Living** basic things like food, rent, and transportation. People help each other by sharing resources, like food, **Mutual Aid** money, or support, without expecting payment.

Term Definition The rules that protect people who rent, such as the right to **Tenant Rights** safe housing and fair treatment from landlords. When many people cannot find affordable, safe, or stable **Housing Crisis** places to live. When a landlord demands a renter leave their home with due **Eviction** notice or not. When a landlord makes tenants move out by saying they Renoviction need to renovate (fix up) the building, sometimes used as an excuse to raise rent later. Housing that is owned and managed by a non-profit Non-Profit organization, cooperative, or community-based entity, rather Housing than by private landlords or for-profit developers. The belief and movement that everyone deserves safe, affordable, and secure housing. It focuses on challenging **Housing Justice** systems and policies that make housing inaccessible and supporting communities most affected by housing insecurity. A more inclusive term to refer to 'Food Banks'. A food centre is a community-based space that provides people with **Food Centers** access to free or low cost food and essential items in a way

that prioritizes dignity and choice. The food centre is used to reduce stigma and shift away from charity based language.



EDUCATIONAL TOOLS

Туре	Title	Author/Creator	Description	
Book	Evicted: Poverty and Profit in the American City	Matthew Desmond	Follows families in Milwaukee facing eviction, showing how housing insecurity affects every part of life.	
Podcast	The Secret Life of Canada: Housing is a Human Right	CBC Podcasts	Explores Canada's housing crisis through an anti- colonial and equity-based lens.	
Film	Waging Change	Abby Ginzberg	Focuses on low-wage restaurant workers fighting for fair pay and dignity.	
			100 PM	

ANATIONAL RESOURCES

Organization/Service

Description

Contact/Link

Canada Mortgage and Housing Corporation (CMHC) Provides programs for affordable housing development, research, and financial support.

https://www.cmhc-schl.gc.ca

Canada Housing Benefit

Monthly rent support for low-income renters, co-funded by provinces and the federal government.

https://www.canada.ca/en/service s/benefits

Food Secure Canada (FSC)

National coalition advocating for food security and justice, including Indigenous food sovereignty.

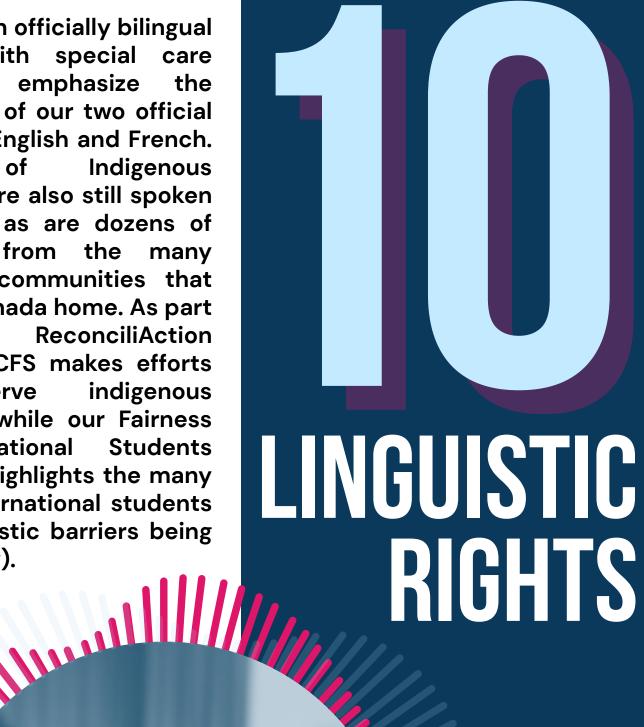
https://foodsecurecanada.org

Canadian Federation of Students (CFS) – End Student Poverty Campaign

Advocates for free education, housing support, and a living wage for all students.

https://cfs-fcee.ca

Canada is an officially bilingual country, with special care taken emphasize to the importance of our two official languages, English and French. Indigenous Dozens of languages are also still spoken in Canada, as are dozens of languages from the many immigrant communities that now call Canada home. As part of ReconciliAction our campaign, CFS makes efforts indigenous preserve to languages, while our Fairness for International **Students** Campaign highlights the many hurdles international students face (Linguistic barriers being one of many).





Term

Definition

Official Languages

An official language is a language given a special legal status in a particular country, state, or other jurisdiction, typically used for government administration, court proceedings, and official communications. In Canada, these are English and French.

Multilingualism

The ability to speak more than one language colloquially.

Indigenous Languages Act On June 21, 2019, the Indigenous Languages Act received Royal Assent, with the overall purpose of supporting the efforts of Indigenous Peoples to reclaim, revitalize, maintain and strengthen Indigenous languages.

Language Reclamation Language reclamation is the process by which communities revive, restore, and reintegrate their indigenous or ancestral languages that have been diminished or suppressed, often due to colonial influence.

Francophone Minority Communities

This term refers to French-Speaking minorities outside of Quebec. Almost a million Francophone-Canadians live outside of Quebec and experience different social realities than Anglo-Canadians due to language differences, even with the legal requirements for bilingualism in Canada.

Linguistic Discrimination

Linguistic discrimination refers to the unfair treatment of individuals based on their use of language and the characteristics of their speech, such as their first language, accent, vocabulary, modality, and syntax. In Canada, this can apply to many people, including to Indigenous Language speakers, first language speakers from countries outside the Anglo/Francosphere, French speakers outside of Quebec and English speakers inside Quebec.

Language Revitalization Language revitalization refers to efforts aimed at increasing the number of speakers and the use of a language that is at risk of falling out of use or becoming extinct. Community based methods have been used to help revitalize many Indigenous languages in Canada.



EDUCATIONAL TOOLS

Туре	Title	Title Author/Creator	
Book	The Practice of Language Rights in Canada	C. Michael MacMillan	A book examining language rights in Canada and the basis for which the Government can ensure linguistic rights as a human right.
Podcast	Let's Talk Bilingualism	Office of the Commissioner of Official Languages	A podcast focusing on the experiences of young bilingual Canadians who talk about the benefits and challenges of living in two official languages.
Documentary	Those Who Come, Will Hear	Simon Plouffe	A documentary about the importance of maintaining Indigenous culture and tradition in Quebec.
V All			MILE

* NATIONAL RESOURCES

Organization/Service

Description

Contact/Link

Parliament of Canada-Official Languages Act Parliament of Canada's official page on the Official Languages Act to aid in understanding Canada's official languages.

https://lop.parl.ca/sites/PublicWebsite/default/en_CA/ResearchPublications/201155E

Yawenda Project

Campaign working to revitalize the Huron-Wendat language, which had fallen into disuse by the end of the 19th century.

https://languewendat.com/en/revitalisation/

Alliance Française

National organization which focuses on French as a second language teaching and certificates of proficiency- note that provincial governments also have courses for FLS, especially for immigrants and refugees!

https://www.af.ca/en/ind ex.html

Canadian Linguistics Association The Canadian Linguistic Association, which was founded in 1954, has as its aim the promotion of the study of languages and linguistics in Canada.

https://cla-acl.ca/

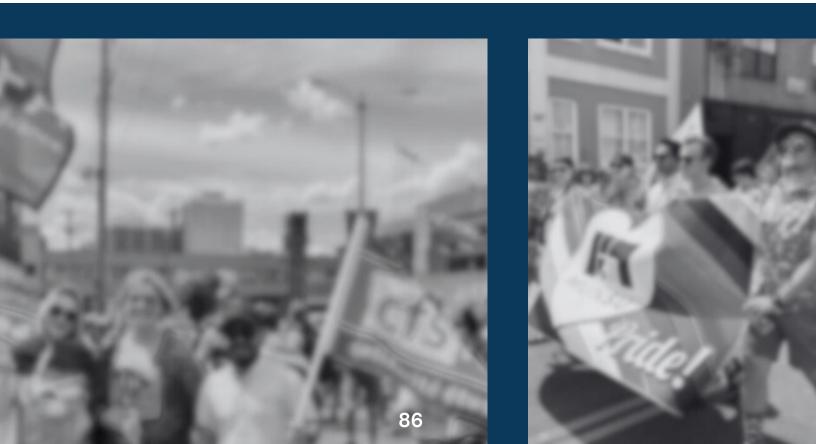
FirstVoices

A collaborative platform where Indigenous communities manage, curate and share their languages.

firstvoices.com

SEXUAL & GENDER DIVERSITY

Gender and sexual variety includes the range and variances in gender identities, expressions, and sexual orientations. Individuals whose gender identification and/or sexual orientation diverge from cultural norms such as cisgender and heterosexual.





Term

Definition

Gender Identity

Refers to a person's internal sense of being male, female, neither, or somewhere along the gender spectrum.

Gender Expression

How a person presents their gender through dress, haircuts, mannerisms, and other self-expression.

Sexual Orientation

Refers to a person's emotional, romantic, or sexual attraction towards others.

Cisgender

As a person whose gender identity matches the sex assigned at birth.

Transgender

An individual whose gender identity differs from their assigned sex at birth.

Non-binary

Folks who do not identify as male or female according to established gender categorization.

Problem

Description

Queer

A reclaimed term that some people use to denote a diverse and inclusive approach to sexuality and gender.

Transphobia

Prejudice, discrimination, fear, or hostility directed toward transgender and gender-diverse people, or toward gender identities and expressions that differ from traditional expectations.

Gender Marker

The designation of a person's gender on official identification documents (such as passports, birth certificates, driver's licenses, or health cards). Gender markers are typically recorded as "M" (male), "F" (female), and in some cases "X" (non-binary/unspecified), though available options vary by jurisdiction.

Additional note: In Canada there has been ongoing organizing work to allow individuals to change their gender markers through self-identification, without requiring medical or legal interventions. These policies aim to respect autonomy, reduce harm, and affirm people's identities. Expanding gender marker options beyond the binary supports inclusion for non-binary and gender-diverse communities.



EDUCATIONAL TOOLS

Туре	Title	Author/Creator	Description
Book	This Book is Gay	Juno Dawson	A candid and accessible guide for young people exploring gender and sexuality. It breaks down labels, myths, and experiences in an inclusive and humorous way.
Podcast	Gender Reveal	Tuck Woodstock	Features interviews with trans and non-binary artists, activists, and thinkers. Great for deepening understanding in a fun, story-based way.
Film	Disclosure	Sam Feder	Explores how transgender people have been represented in film and television, and how that impacts real-world attitudes and understanding.
Article	A Guide to Being an Ally to Transgender and Nonbinary Youth	The Trevor Project	Simple, practical guidance for students and educators who want to support trans and nonbinary peers.

ANATIONAL RESOURCES

Organization/Service

Description

Contact/Link

Egale Canada

Canada's national LGBTQI2S advocacy organization; offers research, education, and support services.

https://egale.ca

The Trevor Project

Crisis intervention and suicide prevention services for LGBTQ+ youth.

https://www.thetrevorproject.org

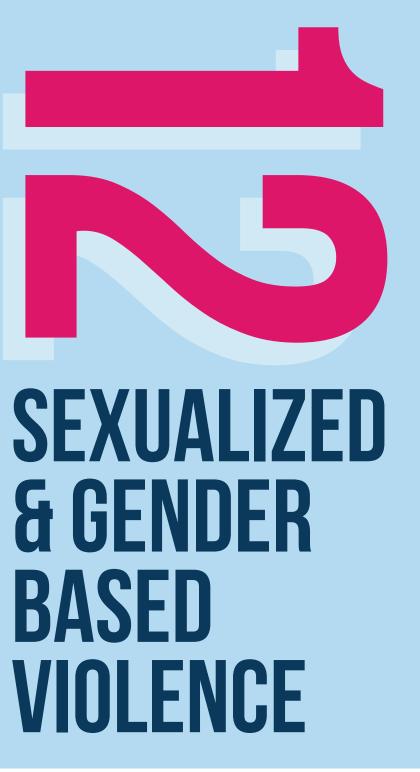
Rainbow Railroad

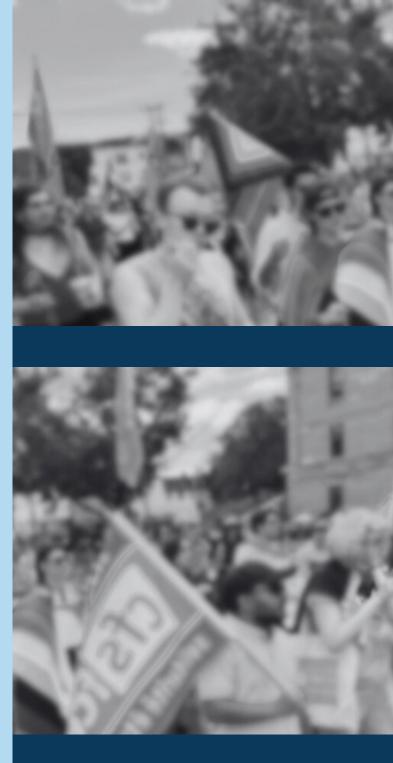
Helps LGBTQI+ individuals facing persecution find safety in Canada and other countries.

https://www.rainbowrailroad.org/

National CFS Campaign: Trans Rights Are Human Rights A Canadian Federation of Students campaign demanding protections for trans students across campuses.

https://www.cfsfcee.ca/campaigns/trans -healthcare





Sexualized and gender-based violence (GBV) refers to a variety of harmful acts against people based on their gender identity, expression, or perceived gender. It includes violence that is physical, emotional, psychological, financial, or sexual. The Canadian federation of students has multiple campaigns dedicated to combating these issues, campaigns such as "Consent is Mandatory" and "No Means No".



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Definition

Consent

A clear, enthusiastic, and continual "yes" to all sexual activities. Consent must be given freely and may be revoked at any time.

Sexualized violence

Refers to any sexual act or attempt to commit a sexual act using force, threats, or without consent.

Gender-Based Violence (GBV) Survivor

Harmful acts committed against someone based on their gender, gender identity, or perceived gender. Someone who has been the victim of sexual or genderbased violence and is currently healing.

Survivor

Someone who has been the victim of sexual or gender-based violence and is currently healing.

Comprehensive Sexuality Education

Age-appropriate, inclusive learning about bodies, relationships, consent, STIs, pregnancy, and rights.

Victim-blaming

When someone blames the person who suffered injury rather than holding the perpetrator accountable.

Problem Description GBV frequently entails uneven power relationships, when **Power dynamics** one person or group has greater control or influence over another. A form of manipulation where someone tries to make Gaslighting another person question their own memory, feelings, or understanding of reality. The state in which individuals of all genders and sexual expressions have rights, responsibilities, and opportunities **Gender Equality** in every area of life, including education, employment, political participation, and decision-making.



Туре	Title	Author/Creator	Description
Book	Know My Name	Chanel Miller	A powerful, personal account by a survivor of campus sexual assault, highlighting the legal process and reclaiming voice.
Film	The Hunting Ground	Kirby Dick	Exposes sexual assault on North American college campuses and institutional failure to respond. Bring awareness to how postsecondary institutions fail to protect sexually assaulted victims.
Book	Sexual Citizens	Jennifer Hirsch & Shamus Khan	Explores the sexual lives of students and how institutions can better prevent sexual harm.
Book	Sexual Citizens		to protect sexually assaulted victims. Explores the sexual lives students and how institutions can better

** NATIONAL RESOURCES

Organization/Service

Description

Contact/Link

Ending Violence Association of Canada (EVA Canada) Supports organizations working to end gender-based violence across Canada.

https://endingviolenceca nada.org

Canadian Women's Foundation

Funds programs for gender equity, GBV prevention, and survivor support.

https://canadianwomen.org

Hope for Wellness Help Line 24/7 mental health support for Indigenous peoples. Services available in English, French, Cree, Ojibwe, and Inuktitut

Call: 1-855-242-3310 or visit https://hopeforwellness.ca

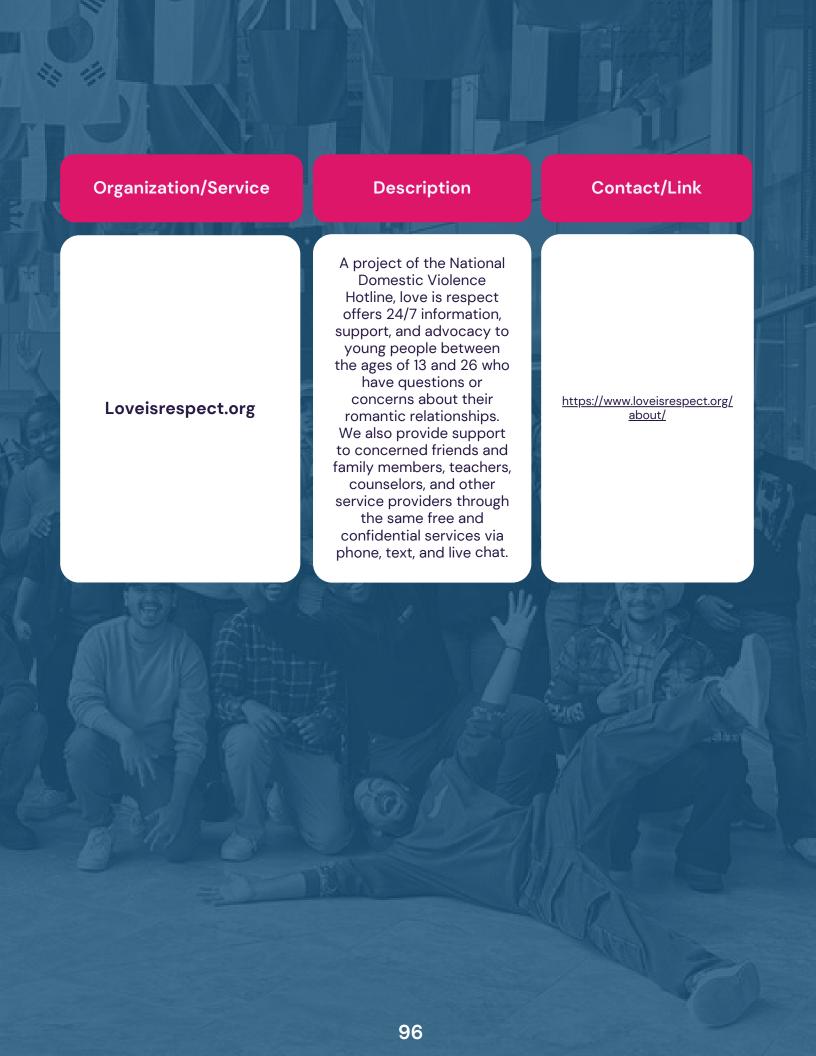
Shelter Safe

Helps people identify and contact shelters in their area.

https://sheltersafe.ca

National CFS Campaign: "Consent is Mandatory" by Canadian Federation of Students (CFS) Brings awareness to the number of students that face sexual and gender based violence with academic institutions.

https://www.cfsfcee.ca/campaigns/sexua lized-violence



SEXUAL HEALTH AND REPRODUCTIVE RIGHTS

Sexual health and reproductive rights refer to every person's ability to access accurate information, safe and affirming health care, and the freedom to make informed decisions about their own bodies without discrimination, or violence. This includes the right to comprehensive sexual education, specifically around contraception, abortion care, family planning, and culturally safe services throughout all stages of life.

Centering equity in sexual and reproductive health means recognizing that people's experiences and needs vary across identities, and ensuring that systems, policies, and practices uphold bodily care for all.



Term

Definition

Bodily Autonomy

Your right to make decisions about your own body, including sex, pregnancy, and healthcare.

Reproductive Rights

The right to safe, respectful care and to choose if, when, and how to have children (including access to contraception and abortion).

Informed Consent

Saying "yes" to care or sex only after getting clear information and without pressure.

Comprehensive Sexuality Education

Age-appropriate, inclusive learning about bodies, relationships, consent, STIs, pregnancy, and rights.

Contraception Access

Being able to choose and get birth-control methods that work for you.

Problem Description Safe, legal healthcare to end a pregnancy, including **Abortion Care** reliable info, referrals, and support 2SLGBTQI+-Services that respect sexual and gender diversity and **Inclusive Care** remove barriers for queer and trans people. Care that tackles power imbalances and racism so people **Cultural Safety** feel safe using services. 99



EDUCATIONAL TOOLS

Туре	Title	Author/Creator	Description
Guideline /PDF	Canadian Guidelines for Sexual Health Education	SIECCAN	Gold-standard Canadian framework for CSE in schools and communities. actioncanadashr.org
Website	Sexual Health Hub	Action Canada for Sexual Health & Rights	Clear, inclusive info on sex, consent, contraception, pregnancy, and abortion; includes the national actioncanadashr.org+1
Website	Sex & U	Society of Obstetricians and Gynaecologists of Canada (SOGC)	Evidence-based articles and tools on STIs, contraception, pregnancy, and relationships. sexandu.ca+1
Film	Status Quo? The Unfinished Business of Feminism in Canada	Dir. Karen Cho, National Film Board	Documentary touching abortion access, GBV, and childcare in Canadian context. National Film Board of Canada
Podcast	SHE SOARS (Canada edition)	CARE Canada Youth Champions	Youth-led discussions on SRHR, myths, and access. <u>CARE Canada+1</u>

* NATIONAL RESOURCES

Organization/Service

Description

Contact/Link

Action Canada for Sexual Health & Rights National pro-choice org offering the Access Line for information, referrals, and after-abortion support (daily 9am-9pm ET).

Call 1-888-642-2725; text 613-800-6757; email access@actioncanadashr.org. actioncanadashr.org

SIECCAN

National council supporting high-quality sexual health education (publisher of the Canadian Guidelines).

SIECCAN+1

Egale Canada

National organization advancing 2SLGBTQI+ equality, including safer, more inclusive healthcare and education.

https://egale.ca

Sexual and Reproductive Health Fund (Health Canada) Funds community projects that improve access to abortion and other SRH services for underserved groups; expanded through recent federal budgets.

Canada.ca+1

National CFS campaign: Consent is Mandatory (also "No Means No") CFS's campaign to end sexualized and genderbased violence on campus and build a consent culture.

https://www.cfsfcee.ca/frcampaigns/sexualizedviolence