



## LEARNING RESOURCES

# Indigenous Cultural Safety, Cultural Humility and Anti-racism

## Definitions

Anti-racism: The practice of actively identifying, challenging, preventing, eliminating, and changing the values, structures, policies, programs, practices, and behaviours that perpetuate racism. It is more than just being “not racist” but involves taking action to create conditions of greater inclusion, equality, and justice.<sup>1</sup>

Cultural humility: A lifelong process of self-reflection and self-



Organization/author	Title/link	Theme	Type of resource	Cost
National Centre for Truth and Reconciliation	<a href="#">Reports - NCTR</a>	All apply	Report	Free
United Nations				

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The College of Family Physicians of Canada (CFPC)	<a href="#">Health and Health Care Implications of Systemic Racism on Indigenous Peoples in Canada</a>	Racism	Article	Free
BC Provincial Mental Health and Substance Use Planning Council	<a href="#">Trauma-Informed Practice Guide (2013) Trauma-Informed Practice</a>	Trauma-informed practice	Guide and supporting resources	Free
Visions Journal	<a href="#">Here to Help</a>	Mental health and addictions	Journal	Free
Wellesley Institute	<a href="#">First Peoples, Se QQ EMC /Artifact BM</a>			

Organization/author	Title/link	Theme	Type of resource	Cost
The Canadian Encyclopedia Maureen K. Lux.	<a href="#">Indian Hospitals in Canada</a>	History Knowledge	Website	Free

Webinar/videos

Organization/author	Title/link	Theme	Type of resource	Cost
University of Victoria	<a href="#">Challenging Racist "British Columbia"</a>	History	Videos (~13 mins each)	Free
UBC				

Organization/author	Title/link	Theme	
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CBC	<p>White Coat Black Art podcast</p> <p><a href="#">November 27, 2020: Fear of racism deters many Indigenous people from seeking medical treatment, says health-care leader</a></p> <p><a href="#">June 19, 2021: SafeSpace app</a></p>	<p>Self-reflective practice</p> <p>Creating safe health-care experiences</p>	Podcast	Free

## Readings

Organization/author	Title/link	Theme	Type of resource	Cost
Samir Shaheen-Hussain	<a href="#">Fighting for a Hand to Hold: Confronting Medical Colonialism against Indigenous Children in Canada</a>	History	Book	\$
National Centre for Truth and Reconciliation	<a href="#">A Knock on the Door</a>	History (residential schools)	Book	\$
<p>Creative Health Care Management</p> <p>Koloroutis, M., &amp; Abelson, D. (Eds.). (2017).</p>	<a href="#">Advancing relationship-based cultures -</a>	<p>Person-led care</p> <p>Creating safe health-care experiences</p>	Book	Free









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University of Alberta	<a href="#">Indigenous Canada</a>	History	Self-directed learning (21 hours)	Free with enrolment
Indigenous Corporate Training Inc	<a href="#">Training (ictinc.ca)</a>	Building Indigenous relationships	Self-directed learning or program (individual or group)	\$65-\$3000
UBC Faculty of Education	<a href="#">Trauma Informed Practice Institute 2021 Training</a>	Trauma informed practice	Synchronous class (8-hour session)	\$134.74 – \$167.04
Royal Roads	<a href="#">INDS400- Global perspectives on Indigenous ways of knowing</a>	Person-led care, creating safe health care experiences, building knowledge through education	Self-directed learning or programs	\$ depending on course
Camosun College	<a href="#">TEL IN T E WILNEW (TTW)</a>	History	In-person or zoom classes (4 hours over 9 weeks)	\$
Northern Health Indigenous Health	<a href="#">Local Cultural Resources</a>	Indigenous culture	Self-directed learning	Free