

Unlearning Club Evolving Schedule – Round 1 (National)

Thank you for deciding to participate in the Unlearning Club!

This schedule outlines the plan for each month. There are 18 sessions and three modules, following Dr. Camara Jones' Science & Practice of Anti-Racism 3 Tasks: (1) naming racism; (2) asking, how is it operating here; and (3) organizing and strategizing to act. Interspersed are months that are focused on Indigenous perspectives on health and wellness.

For each month, you will find the name(s) of the primarily IBPOC experts who has/have developed the resources we will learn from that month. Two options for prep work are provided – a quick dip or deep dive. At a minimum, please try to complete the quick dip. Additional preparation is requested in some months. Finally, related resources are provided in case you want to explore the month's topic further.

We chose to use existing materials to avoid additional burden on IBPOC people, when they have already shared these lessons. This upholds the grounding principle of "doing our homework." Some months include regional-specific materials, indicated with the following letters:

NTL = National or **T**I = Turtle Island

A = Atlantic (NFL+L, PEI, Nova Scotia, New Brunswick)

C = Central (Quebec, Ontario)

P = Prairie (Manitoba, Saskatchewan, Alberta)

W = West Coast (British Columbia)

N = North (Nunavut, NWT, Yukon)

Grounding Principles

1. Truth comes before reconciliation
2. Acknowledging that systemic white supremacy is an everyday problem that requires everyday attention to arrest, unlearn, and undo
3. Humility
4. Open heart, open mind
5. Love and care
6. Sharing lessons learned
7. Erring on the side of Indigenous rights
8. Doing our homework
9. No one should have to do this work alone
10. Willingness to own and fix harms that are identified
11. BIPOC voices and perspectives are privileged

Agenda for each monthly visit

- Land acknowledgement (rotating responsibility, 10m)¹
- Opening Circle – reflections on the prep work (30m)
- Mini module presented by the host (15m)
- Break (5m)
- Discussion Circle – reflect on discussion question (40m)
- Closing Circle – one word (10m)

¹ FNHA [Territory Acknowledgement Information Booklet](#) & WSÁNEĆ Leadership Council - [Resources for Settlers](#)

Overview of Schedule

Grounding Principles.....	1
Getting Started.....	3
<i>Month 1 Welcome.....</i>	<i>3</i>
Module 1: Naming Racism & White Supremacy.....	3
<i>Month 2 Orientation to Anti-Racism.....</i>	<i>4</i>
<i>Month 3 Privilege, Oppression, & Intersectionality.....</i>	<i>5</i>
<i>Month 4 My Relationship to White Supremacy.....</i>	<i>6</i>
<i>Month 5 Challenging Racism in Canada.....</i>	<i>7</i>
<i>Month 6 Indigenous Perspectives: Land, Self-Determination, & Health.....</i>	<i>8</i>
<i>Month 7 Whiteness, Public Health, & Health Equity.....</i>	<i>9</i>
Module 2: How is it operating here? - Systemic Racism & Settler Colonialism.....	9
<i>Month 8 Structures - Indian Act.....</i>	<i>10</i>
<i>Month 9 Structures - Residential Schools.....</i>	<i>11</i>
<i>Month 10 Policies - Sixties Scoop & Millennial Scoop.....</i>	<i>12</i>
<i>Month 11 Indigenous Perspectives: Resistance & Resilience.....</i>	<i>13</i>
<i>Month 12 Practices - The Pass System.....</i>	<i>14</i>
<i>Month 13 Norms & Values - Settler Colonialism, Racism, & Health.....</i>	<i>15</i>
<i>Month 14 Reflecting on Two Case Studies of Medical Colonialism.....</i>	<i>16</i>
<i>Month 15 Indigenous Perspectives: Land-Based Activity.....</i>	<i>17</i>
Module 3: Organizing & Strategizing to Act - Where do we go from here?.....	17
<i>Month 16 Reflecting on Personal Journey.....</i>	<i>17</i>
<i>Month 17 Anti-Racist Health Leadership.....</i>	<i>18</i>
<i>Month 18 An Anti-Racist Future for Public Health.....</i>	<i>19</i>
<i>Month 19 Closing.....</i>	<i>19</i>
Evaluation.....	20

Getting Started

Month 1 | Welcome

Our Teacher(s)	DR. CAMARA JONES MD, MPH, PHD Former president of the American Public Health Association who launched a national campaign against racism.
Quick Dip	TED TALK (20m31s) Allegories on race and racism ARTICLE (4pages) Toward the Science and Practice of Anti-Racism: Launching a National Campaign Against Racism . Ethnicity & Disease. 2018.
Deep Dive	DOCUMENTARY (1h40m) 13 th https://www.netflix.com/ca/title/80091741
Additional Preparation	Please bring an object that represents who you are and where you come from to our first monthly session.

Module 1: Naming Racism & White Supremacy

Module 1 focuses on making visible three interrelated systems of oppression operating in Canada: white supremacy, settler colonialism, and Indigenous-specific racism. We introduce useful frameworks for shared understanding and build a common vocabulary. We spend time thinking about our own relationship to these and other systems of oppression.

Consider buying your prep work books from an [Indigenous-owned bookshop!](#)

Month 2 | Orientation to Anti-Racism

Our Teacher(s)	DR. IBRAM X. KENDI is one of America's foremost historians and leading antiracist scholars. He is the Andrew W. Mellon Professor in the Humanities and the Founding Director of the Boston University Center for Antiracist Research.
Quick Dip	TED TALK (51m14s) Difference between being "not racist" and antiracist .
Deep Dive	BOOK / AUDIOBOOK How to Be an Anti-Racist , by Ibram X. Kendi
Related Resources	<ul style="list-style-type: none"> • CBC DOC (44m18s) The Skin We're In: Pulling back the curtain on racism in Canada • BOOK. Cole, D. The Skin We're In: A Year of Black Resistance and Power. 2020.
Discussion Questions	<ol style="list-style-type: none"> 1. What is the difference between being "not racist" and being "antiracist"? Have you ever previously used the phrase "I'm not racist" before? How can this phrase prevent us from examining our own ideas, thoughts, and actions? What language can you use in place of saying, "I'm not racist"? 2. Why does Kendi recommend that we approach antiracist work with vulnerability? Why is it difficult to acknowledge our own beliefs or perspectives as being racist? How can recognizing and sharing our own beliefs create an opportunity for self-reflection? How can you help others in their own reflection and learning? <p>Source: Zafer R. (n.d.) First-Year and Common Reading Guide for Ibram X. Kendi's How to Be an Antiracist. https://images.randomhouse.com/promo_image/9780525509288_6609.pdf</p>

Month 3 | Privilege, Oppression, & Intersectionality

Our Teacher(s)	<p>DR STEPHANIE NIXON, BA, BHSC, MSC, PHD is a white settler and a physiotherapist. She is an Associate Professor in the Department of Physical Therapy and the Dalla Lana School of Public Health, and Director of the International Centre for Disability and Rehabilitation at the University of Toronto.</p> <p>KIMBERLÉ W. CRENSHAW, BA, JD, LL.M is a pioneering scholar and writer on civil rights, critical race theory, Black feminist legal theory, and race, racism and the law. In addition to her position at Columbia Law School, she is a Distinguished Professor of Law at the University of California, Los Angeles.</p>
Quick Dip	<p>VIDEO (10m19s) Role of privilege in relation to public health ethics and practice.</p> <p>ARTICLE (13pages) The coin model of privilege and critical allyship: implications for health. BMC Public Health. 2019.</p> <p>TED TALK (18m49s). The Urgency of Intersectionality. Kimberlé Crenshaw</p>
Deep Dive	<p>BOOK. On Intersectionality: Essential Writings. By Kimberlé Crenshaw.</p>
Related Resources	<ul style="list-style-type: none"> • BRIEF (4pages). What The Freedom Convoy Protests Reveals About Structural Racism In Canada. By Krista Stelkia. • YOUTUBE (50m47s) What Every Health Researcher Needs to Know About Health Equity: Privilege, Oppression and Allyship. Stephanie Nixon. • ARTICLE Ways to Be an Ally. By Amy Tan & Pamela Roach.
Discussion Questions	<ol style="list-style-type: none"> 1. What have you begun to see that you cannot unsee? 2. What have you begun to unearth about yourself when it comes to privilege and particularly in relation to white supremacy? 3. How do you think about the role of privilege in relation to population and public health? 4. What is the issue in positioning ourselves as "neutral" in relation to systems of inequity?

Month 4 | My Relationship to White Supremacy

Our Teacher(s)	<p>TEMA OKUN and KENNETH JONES were collaborators at the now closed US-based changeWORK organization focused on dismantling racism.</p> <p>LAYLA SAAD is an author, speaker & teacher on the topics of race, identity, leadership, personal transformation & social change.</p>
Quick Dip	<p>ARTICLE (8pages) White Supremacy Culture from Dismantling Racism: A Workbook for Social Change Groups, by Kenneth Jones and Tema Okun, ChangeWork, 2001</p> <p>ARTICLE White Privilege: Unpacking the invisible backpack. By Peggy McIntosh</p> <p>ARTICLE Unpacking the Invisible Knapsack of Settler Privilege by Dina Gilio-Whitaker.</p>
Deep Dive	<p>BOOK Me & White Supremacy, by Layla Saad</p>
Related Resources	<ul style="list-style-type: none"> ● SHOW EPISODE (52mins). Deconstructing Karen. The Passionate Eye. ● BOOK. Jackson R, Rao S. (2022) White Women: Everything You Already Know About Your Own Racism and How to Do Better. ● ARTICLE (17pages) White Fragility by Robin DiAngelo ● MAGAZINE ARTICLE. Cyca, M. (2022) The Curious Case of Gina Adams: A "Pretendian" Investigation. ● PODCAST. Kim TallBear On Pretendians. ● BOOK. Painter, N. I. (2011). The history of white people. WW Norton & Company. ● PODCAST (58 min). Ep 16 Pretendians. Auntie Up!
Discussion Questions	<ol style="list-style-type: none"> 1. Reflect on your relationship to white (and settler) supremacy 2. Reflect on your relationship to white (and settler) privilege 3. Reflect on your relationship to white (and settler) fragility

Month 5 | Challenging Racism in Canada

Our Teacher(s)	<p>KENT MONKMAN. (b. 1965) is an interdisciplinary Cree visual artist. A member of Fisher River Cree Nation in Treaty 5 Territory (Manitoba), he lives and works in New York City and Toronto.</p> <p>The 150YC team: https://www.challengeracistbc.ca/#150YC-team</p>
Quick Dip	<p>REPORT (80 pages) https://www.challengeracistbc.ca/#downloads</p>
Deep Dive	<ul style="list-style-type: none"> BOOK. Monkman, K. (2023) The Memoirs of Miss Chief Eagle Testickle. A True & Exact Accounting of the History of Turtle Island. McClelland & Stewart. ART EXHIBIT YOUTUBE (36m37s + Q&A). Museum of Anthropology Curator Tour of artist Kent Monkman's Shame and Prejudice: A Story of Resilience exhibit
Related Resources	<p>Ntl</p> <ul style="list-style-type: none"> REPORT (63pages) 1923 https://challengingracism.ca/#downloads BOOK. Dying from Improvement: Inquests and Inquiries into Indigenous Deaths in Custody. By Sherene Razack. 2015. ARTICLE. Steve McCullough and Matthew McRae. "The story of Black slavery in Canadian history." Canadian Museum for Human Rights. Published August 22, 2018.
	<p>A</p> <ul style="list-style-type: none"> VIRTUAL EXHIBIT. Africville Museum. ARTICLE. Matthew McRae. "The story of Africville." Canadian Museum for Human Rights. Published February 23, 2017. Updated: April 6, 2023.
	<p>N</p> <ul style="list-style-type: none"> BRIEF (4pg). Kunuk (Sandra) Inutiq. Dear Qallunaat: Racism, Public Government and Inuit Nunangat.
	<p>C</p> <ul style="list-style-type: none"> CBC DOC (44m18s) The Skin We're In: Pulling back the curtain on racism in Canada. BOOK. Cole, D. The Skin We're In: A Year of Black Resistance and Power. 2020. DOC (1h21m) Ninth Floor. On Knowledge Network.
	<p>P</p> <ul style="list-style-type: none"> ARTICLE. Razack, Sherene. "It Happened More than Once": Freezing Deaths in Saskatchewan." Canadian Journal of Women and the Law 26, no. 1 (2014): 51-80. REPORT (380pg) Report of the Commission of Inquiry Into Matters Relating to the Death of Neil Stonechild.
	<p>W</p> <ul style="list-style-type: none"> REPORT (80pages). Challenging Racist BC. Or, the video series. PODCAST (27m35s) Tilted Ground. This Place Podcast. TIMELINE (25pages) Stolen Lands Broken Promises Chapter 1: Dispossession and Resistance in British Columbia, by the Union of BC Indian Chiefs LINK SHOW (4 episodes). BC: An Untold History. On Knowledge Network.
Discussion Questions	<ol style="list-style-type: none"> 1. Reflect on your own relationship to racism in Canada. 2. What are some historic examples of institutional racism in Canada? What are some present-day examples? 3. What is the relationship between government policies and the instituting of racism? What specific examples illustrate that relationship? 4. Reflect on how people unintentionally uphold institutional racism by 'just doing their jobs'. 5. What does this month's material tell us about IBPOC resistance and resilience?

Month 6 | Indigenous Perspectives: Land, Self-Determination, & Health

Our Teacher(s)		DR ROBIN WALL KIMMERER is a mother, scientist, decorated professor, and enrolled member of the Citizen Potawatomi Nation. She lives in Syracuse, New York, where she is a SUNY Distinguished Teaching Professor of Environmental Biology, and the founder and director of the Center for Native Peoples and the Environment.
Quick Dip		BOOK or AUDIOBOOK The Serviceberry , by Robin Wall Kimmerer.
Deep Dive		BOOK or AUDIOBOOK Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants , by Robin Wall Kimmerer
Related Resources	Ntl	<ul style="list-style-type: none"> ARTICLE. Redvers, N., Celidwen, Y., Schultz, C., Horn, O., Githaiga, C., Vera, M., ... & Rojas, J. N. (2022). The determinants of planetary health: an Indigenous consensus perspective. The Lancet Planetary Health, 6(2), e156-e163. BOOK Therapeutic Nations: Healing in an Age of Indigenous Human Rights. By Dian Million ARTICLE. Redvers N, et al (2023). Towards an educational praxis for planetary health: a call for transformative, inclusive, and integrative approaches for learning and relearning in the Anthropocene. Lancet Planet Health;7(1):e77-e85.
	A	<ul style="list-style-type: none"> PODCAST. Aunties on Air Episode 6&7: Mother Earth: Our History, Our Healing, Our Responsibilities - PART ONE and PART TWO. DOCUMENTARY SERIES (4x22m). Mi'kma'ki. WEBPAGE. Etuaptmumk (Two-Eyed Seeing) teachings from Elders Albert and Murdena Marshall on the Institute for Integrative Science and Health.
	N	<ul style="list-style-type: none"> VIDEO (6m33) katatjanik utippalianinga (The Return of Throat Singing). BOOK. Watt-Cloutier, S. (2015). The right to be cold: one woman's story of protecting her culture, the Arctic and the whole planet. Penguin Canada.
	C	<ul style="list-style-type: none"> BOOK. Noopiming: The Cure for White Ladies. By Leanne Betasamosake Simpson BOOK. This Accident of Being Lost Songs & Stories. Leanne Betasamosake Simpson
	P	<ul style="list-style-type: none"> BOOK. Remembering Our Relations: Dēnesuḥiné Oral Histories of Wood Buffalo National Park. Athabasca Chipewyan First Nation, Sabina Trimble and Peter Fortna ARTICLE. Hatala, A.R., Njeze, C., Morton, D. et al. Land and nature as sources of health and resilience among Indigenous youth in an urban Canadian context: a photovoice exploration. BMC Public Health 20, 538 (2020).
	W	<ul style="list-style-type: none"> VIDEO (23m5s) Walking with Plants ARTICLE Corntassel J & Bryce C (2011). Practicing sustainable self-determination: Indigenous approaches to cultural restoration and revitalization. Brown J. World Aff 18, 151. CHAPTER Everything Is Connected: Integrating First Nations Perspectives and Connection to Land into Population Health Reporting, by FNHA OCMO & OPHO.
Discussion Questions		<ol style="list-style-type: none"> 1. Reflect on tensions between Indigenous worldviews and settler colonial worldviews. Has your own way of seeing the world clashed with mainstream? 2. Dr. Wall Kimmerer talks about receiving a gift as creating responsibility for those who receive it. What gifts did you receive from this month's materials? 3. A major theme this month is reciprocity - that humans, the land, and environment depend on each other - and this relationship is sacred. How do we/can we/will we honour teachings of gratitude, reciprocity, and responsibility in relation to our work?



The U&U Lab.
Unlearning & Undoing
White Supremacy and
Indigenous-Specific Racism
in Population & Public Health

Month 7 | Whiteness, Public Health, & Health Equity

<p>Our Teacher(s)</p>	<p>NANCY LALIBERTE, PHD (C) is Nêhiyaw/Métis from the Beaver River area of what is now known as Saskatchewan and works for PHSA Indigenous Health.</p> <p>SUME NDUMBE-EYOH is the Director of the Black Health Education Collaborative and an Assistant Professor in the Clinical Public Health Division at the Dalla Lana School of Public Health at the University of Toronto.</p> <p>ALYCIA FRIDKIN is a settler and Lead Facilitator for PHSA Indigenous Health.</p>
<p>Quick Dip</p>	<p>ARTICLE (9pages) Let's Talk: Whiteness and health equity. NCCDH.</p> <p>ARTICLE (3pages). Moore, P. Indian Health Services. Canadian Journal of Public Health / Revue Canadienne de Santé Publique, April 1946, Vol. 37, No. 4, pp. 140-142</p>
<p>Deep Dive</p>	<p>WEBINAR (90mins over 5 videos) Let's talk: Whiteness and health equity . NCCDH, 2021.</p>
<p>Related Resources</p>	<ul style="list-style-type: none"> • VIDEO (1h29m). Dismantling Colonial Structures in Public Health: The Journeys of two First Nations Women. Eryn Braley is nehiyaw (Cree) and a member of Saddle Lake Cree Nation. Jordan Hendry (she/her) is Tsimshian/settler and a member of the Lax Kw'alaams band. • BOOK. The Smallpox War Against the Haida. By Tom Swanky. 2023. • PODCAST (1h6m). Disrupting Whiteness with Sume Ndumbe-Eyoh. NCCDH Mind the Disruption Podcast. • BOOK White Benevolence: Racism and Colonial Violence in the Helping Professions, edited by Amanda Gebhard, Sheelah McLean, and Verna St. Denis. • POSITION STATEMENT (8pages) Racism & Public Health Position Statement. Canadian Public Health Association. • DECLARATION Addressing Anti-Black Racism as a Public Health Crisis in the City of Toronto • BOOK Inflamed: Deep Medicine & the Anatomy of Injustice, by Raj Patel & Rupa Marya • VIDEO (5m). Inuktut as a public health issue, featuring Aluki Kotierk.
<p>Discussion Questions</p>	<p>Individual self-reflection questions:</p> <ol style="list-style-type: none"> 1. How do you define your racial identity? What emotions come up for you? 2. How do you see your role and responsibility in disrupting Whiteness and White supremacy? 3. What actions can you undertake to make Whiteness visible in your organization? <p>Organizational questions:</p> <ol style="list-style-type: none"> 4. What can support organizational leaders to increase their awareness of Whiteness and racial identity and actions to disrupt Whiteness? 5. How do values and practices of Whiteness show up in your organizational programs, policies and processes? 6. What practices can your organization put in place to recognize and disrupt systems of Whiteness? <p>Source: Laliberte N, Fridkin A, & Ndumbe-Eyoh S. (2020). Let's Talk Whiteness and Health Equity. NCCDH</p>

Module 2: How is it operating here? - Systemic Racism & Settler Colonialism

Module 2 focuses on the structures, policies, practices, norms, and values of ongoing settler colonialism in BC and Canada. We will hear about tools of settler colonialism that are still active in the present day. We will also hear about tools of settler colonialism that have officially come to an end, but their impact is still active. It is important to emphasize that while we may sometimes be looking to the past to help our understanding, what we are learning about is occurring in this place, at this time (here and now).

Month 8 | Structures – Doctrine of Discovery & Indian Act

<p>Our Teacher(s)</p>	<p>BRUCE MCIVOR is lawyer and historian, and a partner at First Peoples Law LLP, a law firm dedicated to defending and advancing Indigenous Peoples' inherent and constitutionally protected title, rights and treaty rights. His great-grandparents took Métis scrip at Red River in Manitoba. He is a member of Manitoba Métis Federation.</p> <p>Mary Two-Axe Earley, OQ was a Mohawk and Oneida women's rights activist from the reserve of Kahnawake in Quebec, Canada</p> <p>JOHN BORROWS BA, MA, JD, LL.M, PhD, LLD, FRSC, is a member of the Chippewa of the Nawash First Nation in Ontario. He is Canada's pre-eminent legal scholar and a global leader in the field of Indigenous legal traditions and Aboriginal rights. John holds the Canada Research Chair in Indigenous Law at the University of Victoria.</p> <p>BOB JOSEPH, founder and President of Indigenous Corporate Training, has provided training on Indigenous relations since 1994. He is an initiated member of the Hamatsa Society and has inherited a chief's seat in the Gayaxala (Thunderbird) clan, of the Gwawa'enuxw one of 18 tribes that make up the Kwakwaka'wakw.</p>
<p>Quick Dip</p>	<p>YOUTUBE (4m29s) What is the Doctrine of Discovery? With Bruce Mclvor.</p> <p>RESEARCH PAPER (34pgs): Seven Generations, Seven Teachings: Ending the Indian Act. John Borrows for the National Centre for First Nations Governance. 2008.</p> <p>DOC (34m) Mary Two-Axe Earley: I Am Indian Again. By Courtney Montour.</p>
<p>Deep Dive</p>	<p>BOOK. 21 Things You May Not Know about the Indian Act, by Bob Joseph</p>
<p>Related Resources</p>	<p>DOCTRINE OF DISCOVERY</p> <ul style="list-style-type: none"> ● PAPAL BULL (English translation). Bull Romanus Pontifex 1455. ● YOUTUBE (1h6m). Doctrine of Discovery. ● WEBPAGE. Tomchuk T (2023). The Doctrine of Discovery: A 500-year-old colonial idea that still affects Canada's treatment of Indigenous peoples. ● PODCAST (24m). Discovery. Telling Our Twisted Histories with Kaniehtiio Horn. <p>INDIAN ACT</p> <ul style="list-style-type: none"> ● FEDERAL LAW. Indian Act (R.S.C., 1985, c. I-5) ● INFOGRAPHIC. The Indian Act Said WHAT? By Native Women's Assn of Canada ● PODCAST (44m51s) The Indian Act Secret Life of Canada ● PODCAST (53m38s). The Indian Act 101. Unreserved with Rosanna Deerchild ● VIDEO (25m). The Indian Act Explained. TVO Today. ● VIDEO (32m) The Indian Act: What to do with it The Agenda. TVO Today. <p>RESISTANCE & RECLAMATION</p> <ul style="list-style-type: none"> ● VIDEO (6m25s). Stephen Kakfwi on the United Nations Declaration on the Rights of Indigenous Peoples. ● UN Declaration on the Rights of Indigenous Peoples (32pages) ● PODCAST (50m58s) Red Paper/White Paper. CBC Radio Ideas. ● VIDEO (6m). BC Achievement First Nations Art Award Recipient 2024 Andy Everson.
<p>Discussion Questions</p>	<ol style="list-style-type: none"> 1. What did you see that was once invisible to you? How did you react? 2. Now that we have witnessed these truths and carry these sacred responsibilities, what is the work we are doing in response?

Month 9 | Structures - Residential “School” System

Our Teacher(s)	<p>DENNIS SADDLEMAN (C'eletkwmx) from the area known as the Nicola Valley, is a respected and widely-known poet who is a Residential School Survivor.</p> <p>TANYA TALAGA is an Anishinaabe journalist and speaker. Talaga’s mother’s family is from Fort William First Nation and her father was Polish-Canadian.</p> <p>SEAN CARLETON (He/Him). I am a settler scholar and an Associate Professor in the Departments of History and Indigenous Studies at the University of Manitoba in Winnipeg, Manitoba, Treaty 1 territory and the homeland of the Métis Nation.</p>
Quick Dip	<p>POEM. Dennis Saddleman (C'eletkwmx). ‘Monster’</p> <ul style="list-style-type: none"> • Author reading the poem on National Day of Truth & Reconciliation 2022, and sharing his reflections from 30 years on. • Poem accompanied by footage from Kamloops Residential School <p>OP-ED. Talaga T. Canada must stand against residential-school denialism.</p> <p>LECTURE. Carleton, S. HIST 2616 Open Classroom Lecture with Sean Carleton: Truth Before Reconciliation.</p>
Deep Dive	<p>The Knowing by Tanya Talaga. Pick either:</p> <ul style="list-style-type: none"> • DOCUMENTARY SERIES. CBC. The Knowing. 4x44min episodes. • BOOK. The Knowing. By Tanya Talaga.
Related Resources	<p>Ntl</p> <p>REPORT. Honouring the Truth. Reconciling for the Future: Summary of the Final Report of the Truth and Reconciliation Commission of Canada. 2015</p> <p>REPORT (285pg) Executive Summary: Final Report on the Missing and Disappeared Indigenous Children and Unmarked Burials in Canada. Independent Special Interlocutor. 2024.</p> <p>TRC REPORT CARDS: Indigenous WatchDog and the Yellowhead Institute.</p> <p>HEALTH & RESIDENTIAL SCHOOLS</p> <ul style="list-style-type: none"> • REPORT. Braiding Accountability: A Ten-Year Review of the TRC’s Healthcare Calls to Action. 2025. • Wilk, P., Maltby, A., & Cooke, M. (2017). Residential schools and the effects on Indigenous health and well-being in Canada—a scoping review. Public health reviews, 38, 1-23. • ARTICLE. Mosby, I. (2013). Administering colonial science: Nutrition research and human biomedical experimentation in Aboriginal communities and residential schools, 1942–1952. Histoire sociale/Social history, 46(1), 145-172. • REPORT Section 4 An attack on Aboriginal health: The marks and the memories. Volume 5: The Legacy. Final Report of the TRC. Pgs 139-184. <p>RESIDENTIAL SCHOOL / SETTLER DENIALISM</p> <ul style="list-style-type: none"> • ARTICLE (21p). Carleton, S. (2021). ‘I don’t need any more education’: Senator Lynn Beyak, residential school denialism, and attacks on truth and reconciliation in Canada. Settler Colonial Studies, 11(4), 466–486. • BLOG. Truth before reconciliation: 8 ways to identify & confront Residential School denialism. • PODCAST (1h46m) Confronting Indian residential school denialism. Warrior Life Podcast. • OP-ED. We fact-checked residential school denialists and debunked ‘mass grave hoax’ theory. <p>A</p> <ul style="list-style-type: none"> • BOOK. Song of Rita Joe: Autobiography of a Mi'kmaq Poet. By Rita Joe, 1996 • VIDEO (15m). Mikwite'tmek, We Remember Parks Canada & Mi'kmawey Debert Cultural Ctr <p>N</p> <ul style="list-style-type: none"> • REPORT (289p) Canada’s Residential Schools: Inuit & Northern Experience. TRC Final Report

		<ul style="list-style-type: none"> BOOK. By Strength, We Are Still Here: Indigenous Peoples and Indian Residential Schooling in Inuvik, Northwest Territories. By Crystal Gail Fraser. 2024.
	P	<ul style="list-style-type: none"> DOC (22m) Bimibatoo-win: Where I ran. On CBC Gem. SHOW. Bones of Crows. On CBC Gem. DOCUMENTARY MOVIE (1hr22m) We Were Children. On NFB. REPORT (97p) Canada's Residential Schools: The Métis Experience. Final Report of the TRC
	W	<ul style="list-style-type: none"> PODCAST (8x 30min) CBC's Kuper Island. Host by Duncan McCue. DOCUMENTARY (45min). Returning Home. Phyllis Webstad. On Crave. PODCAST Stolen: Surviving St. Michaels (Season 2)
Discussion Questions		<ol style="list-style-type: none"> What did you see that was once invisible to you? How did you react? Now that we have witnessed these truths and carry these sacred responsibilities, what is the work we are doing in response?

Month 10 | Policies - Sixties Scoop & Millennial Scoop

Our Teacher(s)	DR. CINDY BLACKSTOCK, PHD. A member of the Gitksan First Nation, Cindy is honoured to serve as the Executive Director of the First Nations Child and Family Caring Society and a professor at McGill University's School of Social Work.	
Quick Dip	VIDEO (1h16m) Dr. Cindy Blackstock: Reconciling History (presentation to the University of Ottawa Faculty of Medicine)	
Deep Dive	DOC (2h43m) We Can't Make the Same Mistake Twice , by Alanis Obomsawin	
Related Resources		<ul style="list-style-type: none"> TIMELINE. I am a Witness: Tribunal Timeline & Documents. REPORT (17p). Peter Bryce. The Story of a National Crime. 1922. ARTICLE. The Story of a National Crime. 2021 SHOW. Little Bird. On Crave, Amazon Prime, YouTube. BILL. C-92 An Act respecting First Nations, Inuit and Métis children, youth & families (2019) PODCAST (35m). Ep 153: Another class action for another stolen generation. Media Indigena with Rick Harp. 2019. BOOK. Righting Canada's Wrongs: The Sixties Scoop and the Stolen Lives of Indigenous Children. By Andrew Bomberry and Teresa Edwards. 2024
	A	<ul style="list-style-type: none"> ARTICLE (12pgs). MacDonald, N., & MacDonald, J. (2007). Reflections of a Mi'kmaq social worker on a quarter of a century work in First Nations child welfare. First Peoples Child & Family Review, 3(1), 34-45. PODCAST (28m). Surviving the Sixties Scoop. Pjilasi Mi'kma'ki. NB Media Co-op. 2015.
	N	<ul style="list-style-type: none"> VIDEO (46m22s). Unakuluk (Dear Little One). Isuma.tv BOOK. Inuit Kinship and Naming Customs. Edited by Pelagie Owljoot. BRIEF. Inuit Customary Adoption. https://www.makivvik.ca/article/legal-tips/
	C	<ul style="list-style-type: none"> PODCAST NCCIH Voices from the Field 25 – Youth Protection, Social Determinants of Health, and Reappropriation of Decision-Making Power: Quebec First Nations Demands. 2023 DOC (12m41s). Becoming Nakuset. On Knowledge Network.
	P	<ul style="list-style-type: none"> DOC (29m). Richard Cardinal: Cry From a Diary of Métis Child (dir. Alanis Obomsawin). CHAPTER 10: In the Spirit of Wahkootowin: Kinship Affiliation as an Antidote to Divisive Identity Politics for Métis Children in Care, by Jeannine Carriere, Julie Mann-Johnson, and Catherine (Cathy)

		<p>Richardson. In Protecting children: theoretical and practical aspects (Eds. K. Kefeldt, B. Fallon, and B. McKenzie, Canadian Scholars Press, 2022).</p> <ul style="list-style-type: none"> • DOCUMENTARY (44m). Jordan River Anderson, the Messenger. On CBC Gem. • PODCAST SERIES Missing & Murdered: Finding Cleo. • NOVEL. In Search of April Raintree by Beatrice Mosionier.
	W	<ul style="list-style-type: none"> • DOCUMENTARY MOVIE Highway of Tears https://highwayoftearsfilm.com/watch • REPORT (78p) The Road to Safety Indigenous Survivors in BC Speak Out against Intimate Partner Violence during the COVID-19 Pandemic. BCAFC.
Discussion Questions		<ol style="list-style-type: none"> 1. What did you see that was once invisible to you? How did you react? 2. Now that we have witnessed these truths and carry these sacred responsibilities, what is the work we are doing in response?

Month 11 | Indigenous Perspectives: Resistance & Resilience

Our Teacher(s)		<p>MI'KMAQ. The people of Mi'kma'ki territory, particularly the Kespe'k district, who have relationships with Wolastoq River and ocean and their inhabitants, including salmon, lobster, eel, crab etc.</p>
Quick Dip		<p>PODCAST (27m). Migwite'tmeg: We Remember It. This Place Podcast.</p> <p>2020</p> <ul style="list-style-type: none"> • VIDEO (9m39s). CBC Indigenous. The history of the Mi'kmaw lobster fishery • VIDEO (5m). APTN News. Conflict over Mi'kmaq lobster fishing continues in Nova Scotia • TIMELINE. How did it get to this? A recent timeline of Indigenous lobster-fishing rights. The Coast. • BRIEF (3pgs). Peace, Friendship and Fishing in Mi'kma'ki. By Hannah Martin. • BRIEF (3pgs). Colonizers Being Colonizers: Lobster Fishing & the Continued Oppression of L'nu'k in Mi'kma'ki. Yellowhead Institute. By Melkita'n <p>2024</p> <ul style="list-style-type: none"> • NEWS. Fisheries minister announces external review of Mi'kmaw fishermen's case. CBC. 2024.
Deep Dive		<p>DOCUMENTARY SERIES (12x22m) Gespe'gewa'gi: The Last Land. On CBC Gem.</p>
Related Resources	Ntl	<ul style="list-style-type: none"> • VIDEO (6m16s) Lament for Confederation Chief Dan George 1967 (Text) • FLOWCHART. Do you have a right to catch and sell fish commercially? Yellowhead Institute. • BRIEF (3pgs) Reviewing the Fisheries Act: An Indigenous Perspective. Yellowhead Institute. Nicholas XEMFOLTW Claxton. • DOC SERIES Future History. On CBC Gem.
	A	<ul style="list-style-type: none"> • DOCUMENTARY SERIES (4x22m). Mi'kma'ki. On CBC Gem. • DOC (45m) Incident at Restigouche. Dir Alanis Obomsawin • VIDEO (6m53s) What's behind the violent dispute over a N.S. lobster fishery
	N	<ul style="list-style-type: none"> • DOC (1h22m) Angry Inuk. On Knowledge Network. • YOUTUBE (10m10s) Mumilaaq Qaqqaq House of Commons Farewell Speech. • DOC (44m) Twice Colonized. On CBC Gem.
	C	<ul style="list-style-type: none"> • DOCUMENTARY (1h56m) Kanehsatake: 270 Years of Resistance. • DOC (14m27) Karihawanoron: Precious Things. On CBC Gem.

		<ul style="list-style-type: none"> • DOC (25m) OshKikiShiKaw: A New Day. On CBC Gem.
	P	<ul style="list-style-type: none"> • GRAPHIC NOVEL Louis Riel: A Comic-Strip Biography, by Chester Brown
	W	<ul style="list-style-type: none"> • CBC DOC (1h28m). They're fighting to protect their land from fossil-fuel companies Yintah. • MOVIE (1h12m) c̓əsna?əm, the city before the city • BOOK. George, Ruben. (2023) It stops Here: Standing Up for Our Lands, Our Waters, Our People. Penguin Canada. • PODCAST (32m). Episode 5: People of the Salmon. The Urbanoriginal. CBC.
Discussion Questions		<ol style="list-style-type: none"> 1. What did you see that was once invisible to you? How did you react? 2. Now that we have witnessed these truths and carry these sacred responsibilities, what is the work we are doing in response?

Month 12 | Practices - The Pass System

Our Teacher(s)	<p>BOUSHIE FAMILY. On August 9, 2016, a young Cree man named Colten Boushie died from a gunshot to the back of his head after entering Gerald Stanley's rural property with his friends. The jury's subsequent acquittal of Stanley captured international attention, raising questions about racism embedded within Canada's legal system and propelling Colten's family to national and international stages in their pursuit of justice.</p> <p><i>The Pass System</i> is a result of a five-year investigation involving extensive, pan-Canadian archival research and elders' oral history testimony, revealing a system that appears to be much more widespread than previously thought. Nehiyaw, Saulteaux, Dene, Ojibwe and Niitsitapi Elders from Treaty areas 4, 6 & 7 (Saskatchewan & Alberta), tell stories of living under and resisting the system. Leading historians and scholars such as Winona Wheeler, Sarah Carter, J.R. Miller, Brian Titley, Shauneen Pete, and the film's Historical Consultant John S. Milloy, provide key context essential to understanding the system's many impacts that reverberate to this day. Narrated by Tantoo Cardinal.</p>
Quick Dip	<p>VIDEO (50m) The Pass System: Life Under Segregation in Canada. Rental on Vimeo (\$5).</p> <p>CHAPTER. Chapter 9: Colten Boushie and the Deadly Articulations of Settler Colonialism. By TJ Stanley. In White Benevolence: Racism and Colonial Violence in the Helping Professions.</p>
Deep Dive	<p>DOCUMENTARY MOVIE (1h38m) nîpawistamâsowin: We Will Stand Up. On NFB website.</p>
Related Resources	<p>Ntl</p> <ul style="list-style-type: none"> ARTICLE Owusu-Bempah, et al. (2014). Years of life lost to incarceration: inequities between Aboriginal and non-Aboriginal Canadians. BMC Public Health, 14(1), 585. CBC PODCAST (24m). Reserve. Telling Our Twisted Histories with Kaniehtio Horn MAP. Treaty Map: Indigenous Perspectives on Treaties in Canada. Yellowhead. DOC (1h24m) Trick or Treaty. On the Knowledge Network.
	<p>N</p> <p>PODCAST (35m33s). S1: The Secret Life of the North. The Secret Life of Canada. CBC. 2018</p> <p>Mass Sled Dog Slaughter</p> <ul style="list-style-type: none"> DOC (54m). Echo of the Last Howl. REPORT (83pg) Qikiqtani Truth Commission Final Report: Achieving Saimaqatigiingniq. 2013 NEWS. Ottawa to compensate Inuit in Nunavik for mass sled dog slaughter. 2024. <p>High Arctic Relocation Program</p> <ul style="list-style-type: none"> VIDEO (48m) Exile Nutaunikut. Isuma.tv. 2009. VIDEO (52m) Broken Promises - The High Arctic Relocation. NFB. 1995. VIDEO (1h23) Martha of the North. NFB. 2008.
	<p>C</p> <ul style="list-style-type: none"> DOC (36min) You Are on Indian Land (Dir Michael Kanentakeron Mitchell). On NFB.
	<p>P</p> <ul style="list-style-type: none"> BOOK. Clearing the Plains: Disease, Politics of Starvation and the Loss of Indigenous Life. By James Daskchuk. PODCAST (56m) Treaty 6. Secret Life of Canada. CBC.
Discussion Questions	<ol style="list-style-type: none"> What did you see that was once invisible to you? How did you react? Now that we have witnessed these truths and carry these sacred responsibilities, what is the work we are doing in response?

Month 13 | Norms & Values - Settler Colonialism, Racism, & Health

Our Teacher(s)	<p>BRIAN SINCLAIR was an Indigenous man who used a wheelchair living in Winnipeg, Manitoba. Indigenous is used here, as his parents lost their 'status' because of discriminatory Canadian law. He died without receiving care at Winnipeg Health Sciences Centre in 2008.</p> <p>KEEGAN COMBES was a young man from Skwah First Nation who was non-verbal by choice. He died following delayed treatment at an Emergency Department of a BC hospital in 2015.</p> <p>JOYCE ECHEQUAN was a 37-year-old Atikamekw woman and mother of 7. She died shortly after filming herself being insulted and mocked by staff at a hospital northeast of Montreal in 2020.</p>
Quick Dip	<p>CASE STUDY (52pages) Remembering Keegan: a BC First Nations Case Study Reflection. First Nations Health Authority. 2022.</p> <p>BRIEF (16pages) Joyce's Principle.</p>
Deep Dive	<p>Structures of Indifference, by Mary Jane Logan McCallum & Adele Perry</p> <ul style="list-style-type: none"> • BOOK Structures of Indifference. • WEBINAR (57m) Structures of Indifference
Related Resources	<ul style="list-style-type: none"> • BRIEF. Gouldhawke, M. The Failure of Federal Indigenous Healthcare Policy in Canada. Yellowhead Institute. • BOOK White Benevolence: Racism and Colonial Violence in the Helping Professions, edited by Amanda Gebhard, Sheelah McLean, and Verna St. Denis.
A	<ul style="list-style-type: none"> • REPORT (16pg) Addressing Anti-Indigenous Racism in Healthcare: Guidance from an Atlantic First Nations Roundtable. May 25, 2021.
N	<ul style="list-style-type: none"> • POLICY PAPER (12pgs) Pauktuutit Inuit Women of Canada. Addressing Racism in the Healthcare System. A Policy Position and Discussion Paper. • News. Review into Hugh Papik's death calls for cultural training for health care workers. 2017. • News. Inuvialuit Elder whose stroke went untreated for six hours has died says niece. 2016.
C	<ul style="list-style-type: none"> • CORONER'S REPORT (28p). Investigation Report Concerning Joyce Echequan. 2020. • REPORT (42pages) Share Your Story: Indigenous-Specific Racism & Discrimination in Health Care Across the Champlain Region: Summary Report. • CORONER'S INQUEST. Ruthann Tracy Quequish (Kingfisher Lake First Nation). 2024. • CBC NEWS. Inquest for First Nation woman yields 42 recommendations to improve remote health care. 2024.
P	<ul style="list-style-type: none"> • REPORT (32). Southern Chiefs' Organization. Survey on Experiences of Racism in the Manitoba Health Care System 2021. • CASE STUDY (15 pages). Out of Sight: A summary of the events leading up to Brian Sinclair's death and the inquest that examined it and the Interim Recommendations. 2017
W	<ul style="list-style-type: none"> • BC's In Plain Sight report. & 24 IPS recommendations shorturl.at/ioEV5 • ARTICLE. Sharma, R., et al (2023). The Cedar Project: Racism and its impacts on health and wellbeing among young Indigenous people who use drugs in Prince George and Vancouver, BC. <i>PLOS global public health</i>, 3(8), e0001914.
Discussion Questions	<ol style="list-style-type: none"> 1. What did you see that was once invisible to you? How did you react? 2. Now that we have witnessed these truths and carry these sacred responsibilities, what is the work we are doing in response?

Month 14 | Reflecting on Two Case Studies of Medical Colonialism

Our Teacher(s)	<p>INUIT SURVIVORS Of Indian Hospitals & Tuberculosis Sanatoriums.</p> <p>ALISA LOMBARD is a Mi'kmaq lawyer involved in the class action related to forced sterilization of Indigenous women in Canada.</p>
<p>Case 1:</p> <p>Inuit experiences of TB medical “care”</p>	<p>ARTICLE. Budgell R. Trapped in a paradigm: Canadian Inuit and Medical Transportation in Healthcare. 2023</p> <p>VIDEO (50m38s). The dark past and injustices of tuberculosis sanatoria in Canada APTN InFocus.</p> <p>Additional Materials</p> <ul style="list-style-type: none"> NEWS. How the legacy of Canada's tuberculosis sanatoriums haunts public health efforts in Pangnirtung. CBC News. 2023. NEWS. Watts, R. For decades, Inuit were sent to Quebec City for tuberculosis treatment. Many never came home. CBC News. 2024. WEBSITE. Mistreated: The Legacy of Segregated Indian Hospitals Haunts Indigenous Survivors. CBC VIDEO (23m51s) The Cure was Worse. APTN Investigates BOOK Separate Beds: A History of Indian Hospitals in Canada, 1920s-1980s. By Maureen Lux. 2016. BOOK. Life Beside Itself. Imagining Care in the Canadian Arctic. By Lisa Stevenson. 2014
<p>Case 2:</p> <p>Forced sterilization of Indigenous women in Canada</p>	<p>VIDEO (18m). Forced Sterilization – A Malicious Determinant of Health. NCCIH.</p> <p>SUBMISSION TO SPECIAL RAPPORTEUR (10pgs). Mistreatment & Violence Against Women During Reproductive Care, With Focus on Childbirth – RE: Forced Sterilization of Indigenous Women in Canada. 2019</p> <p>Additional Materials</p> <ul style="list-style-type: none"> PODCAST (1hr) Alisa Lombard on Forced & Coerced Sterilization. Warrior Life. REPORT (57pg). Tubal Ligation in the Saskatoon Health Region: The Lived Experience of Aboriginal Women. Dr. Yvonne Boyer, Dr. Judith Bartlett. 2017. GUIDE. Coercion and Consent: A health care provider’s guide for facilitating consent conversations with First Nations patients. BC First Nations Health Authority. ARTICLE. Defending Consent: In conversation with Alisa Lombard, Lawyer with Maurice Law. Amnesty International. 2018. VIDEO (3m13). Alisa Lombard tells DDS's story before Senate committee. CBC.ca. 2018
Related Resources	<p>BOOK. Fighting for A Hand to Hold: Confronting Medical Colonialism against Indigenous Children in Canada. By Samir Shaheen-Hussain. 2020.</p>
Discussion Questions	<ol style="list-style-type: none"> 1. What did you see that was once invisible to you? How did you react? 2. Now that we have witnessed these truths and carry these sacred responsibilities, what is the work we are doing in response?

Month 15 | Indigenous Perspectives: Land-Based Activity

Our Teacher(s)	The land where we live. This month's homework is a little different before we dive into the final module on Organizing and Strategizing to Act. You are invited to do a self-directed land-based activity in your area – going for an intentional walk on the territories we have been learning about.
Prep Work	Identify a walking, biking, or driving tour that offers you the chance to learn more about the territory. There are several examples in this evolving Unlearning Club Land Based Activity Map . We invite you to identify something in your area, do it, and then share it with us.
Deep Dive	BOOK. A Grandmother Begins The Story . By Michelle Porter. 2024.
Discussion Questions	<ol style="list-style-type: none"> 1. Share your reflections on this month's way of learning. 2. What did you see that was once invisible to you? How did you react? 3. Now that we have witnessed these truths and carry these sacred responsibilities, what will you do/are you doing in response?

Module 3: Organizing & Strategizing to Act - Where do we go from here?

Month 16 | Reflecting on Personal Journey

This month focuses on organizing and strategizing to act at an individual and personal level.

Our Teacher(s)	<p>DR CRYSTAL GAIL FRASER is Gwichyà Gwich'in and originally from Inuvik and Dachan Choo Gèhnhjik, Northwest Territories. She is Assistant Professor at University of Alberta.</p> <p>DR SARA KOMARNISKY is a settler, scholar, and author of <i>Mexicans in Alaska</i> (UNebraska Press); co-author of <i>150 Acts of Reconciliation (Active History)</i>. She is Research Chair, Health & Community at Aurora Research Institute in Sòmba k'è (Yellowknife), Northwest Territories.</p> <p>PUGLAAS JODY WILSON-RAYBOULD, PC, OBC, KC, served as MP for Vancouver Granville, Minister of Justice and Attorney General of Canada, Minister of Veterans Affairs and Associate Minister of National Defence until her resignation in 2019. She is a member of the We Wai Kai Nation. Puglaas means “woman born to noble people.”</p>
Quick Dip	<p>WEBSITE 150 Acts of Reconciliation for Canada's 150.</p> <p>PODCAST. Reconciliation. Telling Our Twisted Histories.</p>
Deep Dive	<p>BOOK True Reconciliation: How to Be a Force for Change by Jody Wilson-Raybould</p> <p>BOOK Who We Are: Four Questions for a Life and a Nation. by Murray Sinclair.</p>
Additional Prep	<p>Please create your own list of Acts of Reconciliation you plan to undertake, thinking about this week, this month, this year, and the next 10 years.</p>
Related Resources	<ul style="list-style-type: none"> ● REPORT (199p) What We Have Learned: Principles of Truth & Reconciliation. Final Report of the Truth & Reconciliation Commission of Canada. ● REPORT (68pgs) Land Back: A Yellowhead Institute Red Paper ● REPORT (76pgs) Cash Back: A Yellowhead Institute Red Paper ● BOOK Namwayut-We Are All One: A Pathway to Reconciliation by Robert Joseph
Discussion Questions	<ol style="list-style-type: none"> 1. Add your Acts of Reconciliation to the Acts of Reconciliation Teams Channel. 2. Reflect on what you thought and felt as you made your list. 3. Share any comments, questions, or reflections on reading others' Acts. <p>ACTIVITY. How Do You Like Your Reconciliation? Yellowhead Institute.</p>

Month 17 | Anti-Racist Health Leadership

This month focuses on organizing and strategizing to act at an organizational level.

<p>Our Teacher(s)</p>	<p>DR. MARCIA ANDERSON is Cree-Anishinaabe and grew up in the North End of Winnipeg. Her family roots go to the Norway House Cree Nation and Peguis First Nation in Manitoba. She practices both Internal Medicine and Public Health as a Medical Officer of Health with the Indigenous Services Canada-Manitoba Region. She is the Vice-Dean, Indigenous Health and the Executive Director of Indigenous Academic Affairs in the Ongomiizwin Indigenous Institute of Health and Healing, Rady Faculty of Health Sciences, University of Manitoba. She serves as the Chair of the Indigenous Health Network of the Association of Faculties of Medicine of Canada.</p> <p>DR. ESTHER CHOO is Associate Professor in the Center for Policy and Research in Emergency Medicine, Oregon Health & Science University and Founding Member for TIME'S UP Healthcare</p> <p>DR. J NWANDO OLAYIWOLA is the inaugural Chief Health Equity Officer and Senior Vice President for Humana, Inc., a role she assumed in April 2021. Until March 2021, Dr. Olayiwola served as Chair and Professor of the Ohio State University Department of Family and Community Medicine, and Chief of Family Health Services for the OSU Health System.</p>
<p>Quick Dip</p>	<p>ARTICLE (1page) Choo, E. (2020). Seven things organisations should be doing to combat racism. Lancet, 396(10245), 157.</p> <p>ARTICLE (1page) Olayiwola, J. N., & Choo, E. (2020). Seven more things organisations should be doing to combat racism. The Lancet, 396(10251), 593.</p>
<p>Deep Dive</p>	<p>YOUTUBE (1h59m) The Imperatives of Anti-Racism in Leadership - Dr. Marcia Anderson</p>
<p>Related Resources</p>	<ul style="list-style-type: none"> • YOUTUBE (2m57s). How to Start a Movement? Leadership Lessons from Dancing Guy. • REPORT (30pgs) Bringing Reconciliation to Healthcare in Canada: Wise Practices for Healthcare Leaders by Lisa Richardson and Tracy Murphy • PODCAST. Acadia University Indigenous Research Spotlight Episode 4: Allyship in Research with Dr. Melody Morton Ninomiya.
<p>Discussion Questions</p>	<ol style="list-style-type: none"> 1. What does anti-racist leadership mean to you? 2. What strategies do you/is your team currently use to eradicate racism? 3. What aren't you doing but would like to start doing?

Month 18 | An Anti-Racist Future for Public Health

This month focuses on organizing and strategizing to act at a system level.

Our Teacher(s)	<p>SHANNON WATERS. Dr. Shannon Waters’ maternal roots are Hul’qumi’num (part of a larger First Nations group referred to as Coast Salish). She is a member of Stz’uminus First Nation with many family ties to Cowichan Tribes/Quw’utsun. Her paternal roots are Hungarian, Swedish and Scottish. She was honored to work in her home territory as a family doctor but became largely frustrated with the health system’s focus on sickness and instead chose to focus on what keeps us well. Shannon completed her specialty training in Public Health and Preventive Medicine. She has worked in this field federally, provincially and at First Nations organizations. Shannon was honored to have come full circle and work in her home territory as the local Medical Health Officer with Island Health. In 2024 Dr. Waters became the first ever BC Deputy Provincial Health Officer, Planetary & Water Health.</p> <p>PETER HANLON is a Clinical Senior Research Fellow (General Practice & Primary Care) at the University of Glasgow.</p>
Quick Dip	<p>PODCAST (47m). Indigenous Planetary Health. EP13: Supporting Indigenous health through governance and stewarding the land and waters with Dr. Shannon Waters.</p> <p>ARTICLE (7pages) Hanlon et al. Making the case for a ‘fifth wave’ in public Health. Public Health, 2011</p>
Deep Dive	<p>REPORT (64pgs). Visioning The Future: First Nations, Inuit & Métis Population & Public Health. NCCIH.</p> <p>REPORT (56pgs) Future Search: Action for Disrupting White Supremacy and Racism in Public Health Systems Workshop Report. CIHR & NCCDH</p>
Related Resources	<ul style="list-style-type: none"> ● POLICY STATEMENT (10pages) Indigenous Relations & Reconciliation. Canadian Public Health Association ● WEBINAR SERIES Visioning the Future: First Nations, Inuit & Métis Population & Public Health. NCCIH
Discussion Questions	<ol style="list-style-type: none"> 1. Based on our learning together over the last year+, what do you imagine for the fifth wave of public health? 2. How has your understanding of population and public health changed during Unlearning Club? 3. How has your sense of responsibility shifted?

Month 19 | Closing

Quick Dip/Deep Dive	<p>Choose your own adventure: Look back over this schedule and revisit one resource that calls out to you. It might be one you didn’t get to the first time through or one you’d like to revisit.</p>
Discussion Questions	<ol style="list-style-type: none"> 1. Reflect on any key learnings that you are taking away from this journey together. 2. How do you plan to keep unlearning moving forward? 3. Share any insights you have about applying your learning (personally/professionally).

Evaluation

- **Monthly:** Rapid Reflection on Unlearning & Undoing Systemic White Supremacy and Indigenous-specific Racism Tool
- **Every 6 Months:** U&U Lab Unlearning Whiteness & Settler Colonialism Questionnaire
- **Implementation:** Quarterly debrief with U&U team + Secretariat