**Cultural Safety Learning Resources**

**ONLINE COURSES & WEBINARS**

**Indigenous Canada -** The 12-week, self-paced University of Alberta [Indigenous Canada](https://www.ualberta.ca/admissions-programs/online-courses/indigenous-canada/index.html) course and corresponding [weekly discussions with Dan Levy](https://www.youtube.com/channel/UCrkqw94dlk3l5hzaCzbh4Qw/featured)

*3-hour online course that outlines past, present, and future considerations for health care providers in striving to serve Indigenous Peoples in ways that maintain respect and uphold dignity.*

**Indigenous Cultural Safety (ICS) Collaborative Learning Series** (PHSA & SOAHAC)

*12 archived 1.5 hour sessions that aim to facilitate opportunities for shared learning by bringing together key leaders provincially, nationally, and internationally. Hosted in partnership with the Provincial Health Services Authority (PHSA) and the Southwest Ontario Aboriginal Health Access Centre (SOAHAC).* [*Watch*](http://www.icscollaborative.com/webinars)

**Cultural Safety and Cultural Humility Webinars** (FNHA)

*11 archived one hour sessions focusing on what health service staff and allies can do to understand and integrate cultural safety and humility into their practice or interaction with First Nations and Indigenous clients. Developed by the First Nations Health Authority and BC Patient Safety & Quality Council.* [*Watch*](https://www.fnha.ca/wellness/cultural-humility)

**Learning Circle Webinars with Harley Eagle** (UBC)

*Moderated 1.5 hour sessions consisting of a presentation followed by a Q&A period with both online participants and an in-person audience.*

* **Embracing the Critical Consciousness Theory in an Indigenous Context** (02/27/18) [Watch](https://learningcircle.ubc.ca/2018/01/04/critical-consciousness/)
* **Cultural Safety and Addressing Systemic Racism** (09/18/18) [Watch](https://learningcircle.ubc.ca/2018/07/12/cultural-safety-and-addressing-systemic-racism/)
* **Cultural Safety and Leadership** (11/15/18) [Watch](https://learningcircle.ubc.ca/2018/10/20/cultural-safety-and-leadership/)

**Cultural Safety Online Modules** (University of Victoria)

*Three online modules that address Indigenous Peoples' experiences of colonization and racism as these relate to health and health care. The modules are designed for nurses, nursing students, and nursing instructors, as well as other health and human service workers, to explore the concept of cultural safety as it relates to nursing practice.*

* **Cultural Safety: Module 1 - Peoples’ Experiences of Colonization -**[Engage](https://web2.uvcs.uvic.ca/courses/csafety/mod1/)
* **Cultural Safety: Module 2 - Peoples’ Experiences of Oppression -** [Engage](https://web2.uvcs.uvic.ca/courses/csafety/mod2/)
* **Cultural Safety: Module 3 - Peoples’ Experiences of Colonization in Relation to Health Care -** [Engage](https://web2.uvcs.uvic.ca/courses/csafety/mod3/)

**PODCASTS & RADIO**

**Indigenous Peoples and Public Health** (Media Indigena: Indigenous Current Affairs) [Listen](https://mediaindigena.libsyn.com/ep-15-indigenous-peoples-and-public-health)

*Encourages health practitioners to be more aware of the larger social, political and historical issues and dynamics that often drive Indigenous health disparities. Guests are Nancy Laliberte and Alycia Fridkin of the Provincial Health Services Authority of BC.*

**First Nations, Second-Class Care** (White Coat, Black Art, CBC Radio) [Listen](https://www.cbc.ca/radio/whitecoat/first-nations-second-class-care-1.2794277)

*A look at why First Nations patients sometimes receive second-class health care in Canada.*

**All Our Relations: Finding the Path Forward** (Tanya Talaga, 2018 CBC Massey lectures) - [Listen](https://www.cbc.ca/radio/ideas/the-2018-cbc-massey-lectures-all-our-relations-finding-the-path-forward-1.4763007)

*Prize-winning journalist Tanya Talaga explores the legacy of cultural genocide against Indigenous peoples.*

**SHORT PUBLICATIONS**

**Dismantling Anti-Indigenous Racism within the Heath Care System:** Final Report on 2019 Think Tank on Anti-Indigenous Racism. [Read](https://libguides.lib.umanitoba.ca/ld.php?content_id=35373674)

**What is Indigenous Cultural Safety – And Why Should I Care About It?** (Visions Journal, HeretoHelp) [Read](https://www.heretohelp.bc.ca/visions/indigenous-people-vol11/what-indigenous-cultural-safety-and-why-should-i-care-about-it)

*By Cheryl Ward, Chelsea Branch, and Alycia Fridkin of the Provincial Health Services Authority (PHSA).*

**First Peoples, Second Class Treatment** (Wellesley Institute) [Read](http://www.wellesleyinstitute.com/wp-content/uploads/2015/02/Summary-First-Peoples-Second-Class-Treatment-Final.pdf)

*Explores the role of racism in the health and well-being of Indigenous peoples in Canada.*

**Health and Health Care Implications of Systemic Racism on Indigenous Peoples in Canada** (The College of Family Physicians of Canada) - [Read](https://www.cfpc.ca/uploadedFiles/Resources/_PDFs/SystemicRacism_ENG.pdf)

*Guide for physicians that outlines the role systemic racism can play in shaping an Indigenous patient’s clinical experience and what medical professionals can do to support the best care for Indigenous peoples.*

**Aboriginal Racism in Canada** (National Collaborating Centre for Indigenous Health)

*A series of three fact sheets focusing on racism experienced by Indigenous peoples in Canada – how to understand it in historical context, how it affects individuals and communities, and what programs, policies and strategies exist to combat it.* [*Read*](https://www.nccih.ca/419/Aboriginal_Racism_in_Canada.nccah)

**Research Study**

Harding, L. (2018). What’s the Harm? Examining the Stereotyping of Indigenous Peoples in Health Care. [Read](https://theses.lib.sfu.ca/file/thesis/4994)

**British Columbia: An Untold History:** The retelling of “British Columbia” from the diverse peoples, families and rebels and dreamers who shaped the province. [Watch 4 part series](https://www.knowledge.ca/?gclid=Cj0KCQjw5oiMBhDtARIsAJi0qk0PqClpsb6Kf2qk7ad57bOJPYH7jZ6d65xwOorD0k0zkkMMG1f4RlEaAiXSEALw_wcB)

**Challenging Racist “British Columbia”: 150 Years and Counting -** [**Read**](https://www.challengeracistbc.ca/)

**DOCUMENTARIES &** **INTERVIEWS**

**APTN Investigates 4 part series - Colonial Playbook, Toolkit, Cindy’s Justice, Disenfranchisement -** [**Watch**](https://www.aptnnews.ca/investigates/full-episodes/)

**How A People Live** (Dir. Lisa Jackson, 2014) - [Watch](http://www.lisajackson.ca/How-a-People-Live)

*The inspiring story of the resilient Gwa’sala-‘Nakwaxda’xw Nations of B.C.*

**Mansbridge One on One: Cindy Blackstock** (CBC News: The National) [Watch](https://www.youtube.com/watch?v=ahGQ0WBd0ng)

*An interview with Cindy Blackstock, executive director of the First Nations Child and Family Caring Society, about advocating for equal treatment and funding for First Nations children.*

**Colonization Road: The Path of Reconciliation Is Long and Winding** (Dir. Michelle St. John; Host Ryan McMahon, 2016) [Watch](https://www.cbc.ca/firsthand/episodes/colonization-road)

*Looks at the impacts of the pathways established in Ontario by early European settlers to break ground into First Nations communities and establish their own settlements.*

**Two Worlds Colliding** (Dir. Tasha Hubbard, 2004) [Watch](https://www.nfb.ca/film/two_worlds_colliding/)

*Examines the issues of anti-Indigenous racism and discrimination that surface when an inquest is triggered after an Indigenous man survives being dumped late at night in -20 C temperature on the outskirts of Saskatoon by police officers.*

**Jordan River Anderson, The Messenger** (Dir. Alanis Obomsawin, 2019) [Watch](https://www.nfb.ca/film/jordan-river-anderson-the-messenger/)

*The story of Jordan River Anderson – after whom Jordan’s Principle is named – and how his life initiated a battle for the right of Indigenous children to receive the same standard of social, health and educational services as the rest of the Canadian population.*

**BOOKS**

Indigenous Writes by Chelsea Vowels

Conversations with Canadians by Lee Maracle

Reconciliation Manifesto by Arthur Manual

Unsettling the Settler Within by Paulette Regan

Settler: Identity and Colonialism in 21st Century Canada by Book by Adam J. Barker and Emma Battell Lowman

White Fragility and Nice Racism by Robin DiAngelo