

# FINDING YOUR PLACE IN RECONCILIATION

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a workbook





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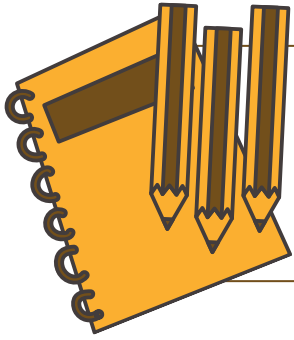
First Edition

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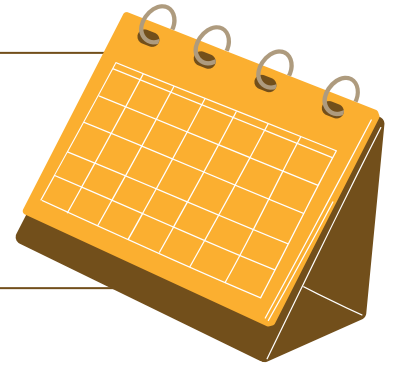
Made on Turtle Island / kana:ta? / the land currently called Canada

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*The Authentic Allyship Project is an  
Andrea Menard x Marc Bhalla  
academic collaboration.*



# HOW TO USE THIS WORKBOOK



- 1 Fill in the workbook as you work through it.  
*(in hardcopy or electronically)*
- 2 Tick off boxes when you have completed tasks or commit to completing them.
- 3 Where prompted, add deadlines in your calendar as a reminder to yourself to take action.

This workbook is not designed to be overwhelming or all encompassing. It offers simple action items that can be taken on a step-by-step basis for those interested in authentic allyship.

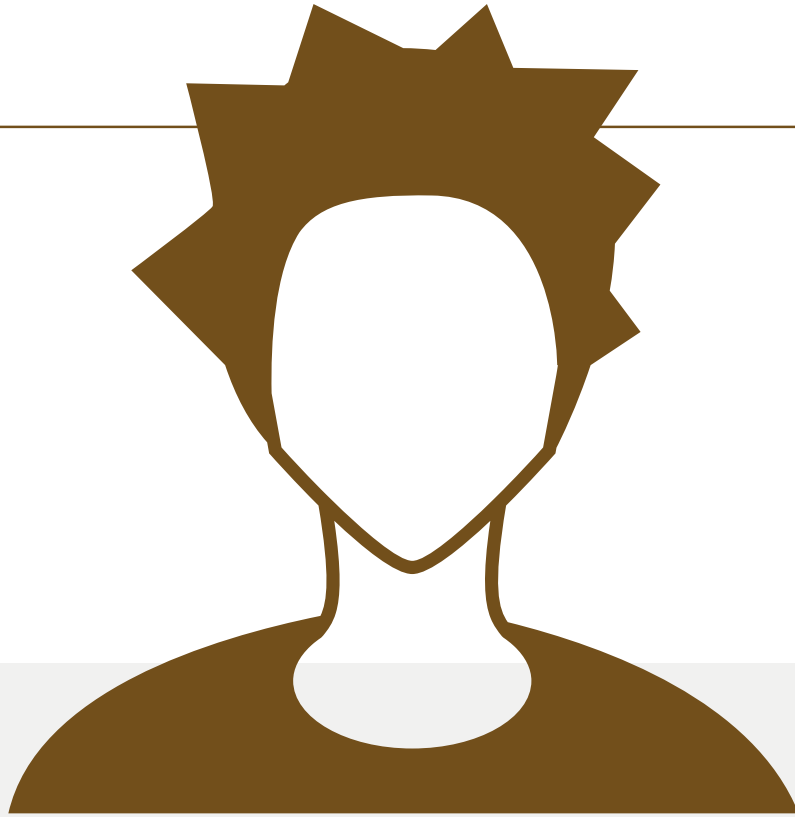
The idea is to offer clear and tangible to-do's for those interested in learning more about Indigenous worldviews, perspectives and experiences - and to encourage all with a genuine interest in supporting Indigenous Communities.



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AN AUTHENTIC ALLY

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**DOES NOT HAVE TO BE  
AN EXPERT  
OR  
PERFECT**



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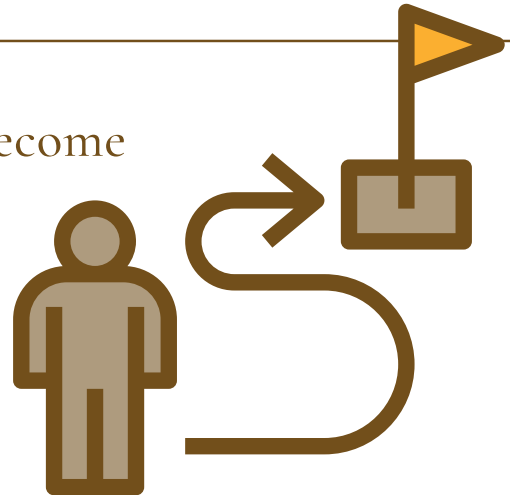
# PURPOSE...

## WHAT IS YOUR INTEREST IN ALLYSHIP?

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Consider why you would like to become  
an authentic ally.

Select all that apply.

☐

I would like to learn the truth about what Indigenous Peoples have gone through since contact.

☐

I would like to understand what I can do to take meaningful steps towards reconciliation.

☐

I would like to learn about Indigenous cultures and ways of knowing.

☐

I would like to improve my social etiquette addressing and respecting Indigenous Peoples.

☐

I would like to understand from Indigenous Peoples what authentic allyship means to them.

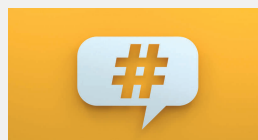
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# FIRST STEPS

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- 1 Wear an orange shirt on September 30th  
- Canada's National Day for Truth and Reconciliation -  
to demonstrate support for Indigenous communities.
- 2 Like a social media post in support of reconciliation.



Every Child Matters.


- 3 Find out what land you are on.  
(Resource to help - [www.native-land.ca](http://www.native-land.ca).)





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# CHECKLIST & NOTES

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 Add September 30th to your calendar to remember to observe the National Day for Truth and Reconciliation

 Like a social media post in support of reconciliation  
*examples...*    [twitter.com/idlenomore4](https://twitter.com/idlenomore4)  
                              [facebook.com/IdleNoMoreCommunity](https://facebook.com/IdleNoMoreCommunity)

 Found out what land I am on.  
The land I am on is...

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# APPROPRIATE AUTHENTIC ALLYSHIP ACTIONS

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- 1 Make way for Indigenous Peoples to speak for themselves (or ensure they consent in advance to you speaking for them).  
*Why? Giving Indigenous Peoples the stage ensures their voice is heard.*
- 2 Check out Indigenous art (such as paintings, music and beadwork).  
*Why? This presents an easy way to build understanding.*
- 3 Identify problematic behaviours and encourage enlightenment through positive re-direction.  
*Why? Assumptions and stereotypes have contributed to discrimination against Indigenous Peoples in Canada for generations.*





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## CHECKLIST & NOTES

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When could I invite an Indigenous Person to speak for themselves? How might I support them in doing so?

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I commit to checking out Indigenous art.  
The type of art I will check out is...

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What inappropriate behaviour or attitudes toward Indigenous Peoples am I going to look out for?

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# IN THE SPIRIT OF ALLYSHIP...

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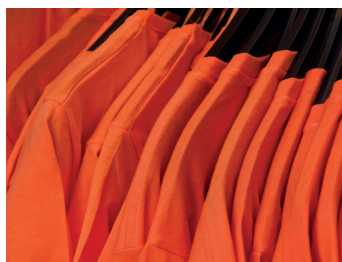
Create your own  
land acknowledgement.



Read a book  
by an Indigenous author.



Take a course  
about Indigenous Peoples.



Wear a shirt promoting support for  
Indigenous Peoples on any day of the  
year.

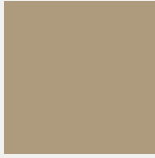


Support Indigenous businesses  
in your area.

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# COMMITMENTS TO ALLYSHIP...

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I will create my own  
land acknowledgement.

I commit to do this by...

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I will read a book  
by an Indigenous author.

I commit to do this by...

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I will take a course  
about Indigenous Peoples.

I commit to do this by...

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I will wear a shirt promoting  
support for Indigenous Peoples.

I commit to do this by...

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I will support an Indigenous business  
in my area.

I commit to do this by...

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# COMMITMENTS TO ALLYSHIP...

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If you committed to reading a book by an Indigenous author...

Which book will you read?

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Not sure?

The Book Club page on our website has some suggestions.

If you committed to taking a course about Indigenous Peoples...

Which course will you take?

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Not sure?

The Directory on our website has some suggestions.

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# COMMITMENTS TO ALLYSHIP...

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If you will wear a shirt showing support for Indigenous Peoples...

Where will you get it?

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*\*Consider getting your shirt from an Indigenous designer.*

Not sure?

The Directory page on our website has some suggestions.

If you committed to supporting a local Indigenous business...

Which business will you support?

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Not sure?

The Directory on our website has some suggestions.

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## SHOW YOUR ALLYSHIP ON SOCIAL MEDIA

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Follow an Indigenous content provider  
on social media.

(Example: Idle No More)

Why?

*A follow will allow new posts to appear in your news feed, keeping you in the loop + showing your support. It also allows them to grow their platform further.*



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## SHOW YOUR ALLYSHIP BY SUBSCRIBING

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Sign up to receive an electronic newsletter from  
an Indigenous content provider.

(Example: APTN News alerts)

Why?

*A subscription will keep you informed of developments  
and news is the community from an Indigenous voice.*

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# COMMITMENTS TO ALLYSHIP...

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I commit to an Indigenous social media follow.

I commit to do this by...

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Who will I follow?

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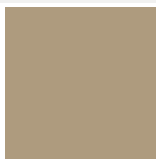
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I commit to an Indigenous content subscription.

I commit to do this by....

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What will I subscribe to?

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# AUTHENTIC ALLYSHIP LETS INDIGENOUS PEOPLES LEAD

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An approach repeatedly attempted by Canadian politicians and judges has been to decide what will help Indigenous communities and impose their "fixes" upon them.

The approach repeatedly enacted by the government, education, medical, and justice systems are to decide for themselves what Indigenous Peoples need and impose more colonial oppression upon them.

Authentic allyship embraces collaboration.

It involves understanding that Indigenous Peoples should direct the conversation about what can be done to help.

Indigenous Peoples are the best situated to know what they need.



# SHOULD YOU CARE ABOUT PERFORMATIVE LABELS?

If your heart is in the right place,  
why care what others think?



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## NOTES

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[illegible]



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AUTHENTIC ALLYSHIP DOT CA

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