1. **Truth and Reconciliation Action Points**

2. **Child Welfare**
   - I will educate my child about the history and impact of residential schools.

3. **Child Welfare**
   - I will make First Nations, Métis & Inuit child welfare an election issue by pressuring each candidate to take a position on the overrepresentation of First Nations, Métis & Inuit children in custody.

4. **Child Welfare**
   - I will learn who Jordan River Anderson was and what Jordan’s Principle is.

5. **Child Welfare**
   - I will write a letter to the government calling on it to establish national, culturally appropriate standards for First Nations, Métis & Inuit child apprehension cases.

6. **Child Welfare**
   - I will speak up when I hear racist or insensitive remarks about a First Nations, Métis & Inuit parent.

7. **Education**
   - I will write a blog or an op-ed piece for my local paper about why we should repeal Section 43 of the Criminal Code.

8. **Education**
   - I will inform myself and others about employment and educational gaps between First Nations, Métis & Inuit and non-Aboriginal peoples.

9. **Education**
   - I will ask the Education Minister if the government has prepared a report comparing education funding for First Nations, Métis & Inuit children on reserves and off reserves and I will keep asking until such a report is prepared.
Education

- I will look for opportunities to tutor First Nations, Métis & Inuit youth in a subject I’m an expert in.

Language and Culture

- I will learn an First Nations, Métis or Inuit language.

Language and Culture

- I will ask my local library to carry books written in a local First Nations, Métis and/or Inuit language.

Language and Culture

- I will attend an event hosted by a First Nations, Métis and/or Inuit group at my university or college.

Language and Culture

- I will learn how to pronounce First Nations, Métis & Inuit names correctly.

Health

- I will speak up when someone makes a racist remark about First Nations, Métis & Inuit and alcohol.

Health

- I will find information about the gaps in health outcomes between First Nations, Métis & Inuit and non-Aboriginal peoples and ask my doctor’s office to display it.

Health

- I will learn about the distinct health needs of the Métis, Inuit, and off-reserve Aboriginal peoples.

Health

- I will give funds to an First Nations, Métis & Inuit healing centre.

Health

- I will ask my doctor what s/he knows about First Nations, Métis
& Inuit healing practices and provide her/him with contacts and resources if s/he isn’t aware of them.

20  **Health**
   - As a health-care professional, I will demand training in cultural competency, anti-racism and First Nations, Métis & Inuit issues to better serve all my clients.

21  **Health**
   - I will petition my university or college to mount a course about First Nations, Métis & Inuit health issues, including the history and legacy of residential schools.

22  **Justice**
   - I will launch or join a Facebook campaign to pressure the government to establish a written policy affirming the RCMP’s ability to investigate crimes independently where the government could end up a party in civil litigation.

23  **Justice**
   - As a legal professional, I will undertake cultural competency training so I can better understand the legal issues facing First Nations, Métis & Inuit peoples in Canada.

24  **Justice**
   - I will petition my school to mount a course on First Nations, Métis & Inuit peoples and the law.

25  **Justice**
   - I will educate myself and others on the overrepresentation of First Nations, Métis & Inuit peoples in Canadian prisons.

26  **Justice**
   - I will donate money or time to a First Nations, Métis and/or Inuit group that advocates for community justice rather than prison.

27  **Justice**
   - I will start a petition asking the provincial and federal
governments to work with First Nations, Métis & Inuit peoples to address Fetal Alcohol Spectrum Disorder (FASD).

28 **Justice**
   - I will write to Corrections Canada and call on them to create more First Nations, Métis & Inuit healing lodges in the prison system.

29 **Justice**
   - I will start a conversation online about the links between trauma, substance use, violence and prison.

30 **Justice**
   - I will volunteer with an First Nations, Métis and/or Inuit youth program.

31 **Canadian Governments and the United Nations Declaration on the Rights of Indigenous People**
   - I will read the United Nations Declaration on the Rights of Indigenous People.

32 **Canadian Governments and the United Nations Declaration on the Rights of Indigenous People**
   - I will ask my M.P. and M.P.P. if they are familiar with the United Nations Declaration on the Rights of Indigenous People. If they are not, I will bring them a copy.

33 **Royal Proclamation and Covenant of Reconciliation**
   - I will ensure that I always talk about and that I encourage others to talk about First Nations as nations and political equals.

34 **Royal Proclamation and Covenant of Reconciliation**
   - I will ask what further steps I can take towards reconciliation and then I will take them.
35 Royal Proclamation and Covenant of Reconciliation
   ▶ I will keep up to date on First Nations, Métis & Inuit politics in the same way I would keep up to date on the politics of any nation.

36 Settlement Agreement Parties and the United Nations Declaration on the Rights of Indigenous People
   ▶ I will ask my church, community group or social justice group to issue a statement as to how it will implement the United Nations Declaration on the Rights of Indigenous People by March 31, 2016.

37 Settlement Agreement Parties and the United Nations Declaration on the Rights of Indigenous People
   ▶ I will learn about concepts used to justify European sovereignty over Indigenous lands and peoples, such as the Doctrine of Discovery and terra nullius and then teach others in my church, community group or social justice group.

38 Settlement Agreement Parties and the United Nations Declaration on the Rights of Indigenous People
   ▶ I will boycott Canadian companies whose advertisements imply that the land was empty before Europeans arrived.

39 Equity for Aboriginal People in the Legal System
   ▶ I will help fundraise for the establishment of an Indigenous law institute.

40 Equity for Aboriginal People in the Legal System
   ▶ I will ask my M.P. to keep her/his website updated when the government develops new legal opinions regarding Aboriginal or Treaty rights.

41 Equity for Aboriginal People
in the Legal System
▶ I will learn the local land acknowledgement and begin meetings, classes and presentations with it.

42 National Council for Reconciliation
▶ I will start a twitter conversation calling on the government to establish a National Council for Reconciliation in collaboration with First Nations, Métis & Inuit peoples.

43 National Council for Reconciliation
▶ I will hold a rally calling on the government to renew its commitment to reconciliation if progress stalls.

44 National Council for Reconciliation
▶ I will email the Prime Minister’s Office and ask him to issue an annual “State of Aboriginal Peoples” report outlining the government’s plans for reconciliation.

45 Professional Development and Training for Public Servants
▶ As a public service employee, I will demand training in cultural competency, anti-racism and First Nations, Métis & Inuit issues.

46 Church Apologies and Reconciliation
▶ I will respond to media stories about the Pope by calling for him to apologize for the Church’s role in Catholic-run residential schools.

47 Church Apologies and Reconciliation
▶ I will ask my priest or pastor to speak to the congregation about the church’s role in colonization, its role in the residential school system and its plans for reconciliation.

48 Church Apologies and Reconciliation
▶ I will petition my school’s theology department/seminary to include courses on respecting Indigenous spirituality and the impact of spiritual violence.
Church Apologies and Reconciliation

I will host a fundraising event for First Nations, Métis & Inuit community healing, culture and language revitalization, or Indigenous spirituality programs.

Education for Reconciliation

I will teach my child about the history of First Nations, Métis & Inuit peoples and their contributions to Canadian society.

Education for Reconciliation

I will ask my local school board to commit to increasing student awareness of First Nations, Métis & Inuit history, colonization, residential schools and inter-cultural competency.

Youth Programs

I will ask my local community youth groups to include programming about reconciliation.

Museums and Archives

I will speak to the manager of any museum I visit that displays racist or misinformed exhibits or information about First Nations, Métis & Inuit peoples.

Museums and Archives

I will use the 150th anniversary of Canadian Confederation in 2017 to commemorate reconciliation in a special way.

Museums and Archives

I will ask my local library to make information about First Nations, Métis & Inuit history and residential schools more visible to the public.

Missing Children and Burial Information

I will phone Ontario’s Office of the Registrar General and ask them to provide their records on residential school deaths to the Truth and Reconciliation Commission.
I will make a donation to help the National Centre for Truth and Reconciliation develop the National Residential School Student Death Register.

### Missing Children and Burial Information
- I will visit a residential school cemetery and pay my respects.

### National Centre for Truth and Reconciliation
- I will visit my local archives at City Hall and the library to learn about the local history of residential schools.

### National Centre for Truth and Reconciliation
- I will ask the municipal archivist to make all of their relevant records available to the National Centre for Truth and Reconciliation.

### Commemoration
- I will visit a local Indigenous heritage site to learn more about Indigenous history.

### Commemoration
- I will encourage my family and friends to take one day to commemorate the history and legacy of residential schools by learning and sharing stories about them.

### Commemoration
- I will petition the federal government to build a Residential Schools National Monument in the city of Ottawa.

### Commemoration
- As an artist, I will collaborate with another Indigenous artist to produce a work that contributes to the reconciliation process.

### Media and Reconciliation
- I will listen to First Nations, Métis & Inuit radio or television programs.

### Media and Reconciliation
I will keep informed about First Nations, Métis & Inuit issues by reading media stories by, for and about Aboriginal peoples.

67 Media and Reconciliation
I will ask my local newscaster if s/he is aware of Aboriginal current affairs and provide her/him with contacts and resources if s/he isn’t.

68 Sports and Reconciliation
I will research and find information on First Nations, Métis & Inuit athletes who play/ed the same sport as I do.

69 Sports and Reconciliation
I will attend the next North American Indigenous Games in Toronto in 2017,

70 Sports and Reconciliation
I will ask what my or my child’s sports league is doing to include and support First Nations, Métis & Inuit athletes.

71 Sports and Reconciliation
As a coach or trainer, I will undertake cultural competence and anti-racist training to better support First Nations, Métis & Inuit athletes.

72 Sports and Reconciliation
I will speak out when international sporting events like the Olympics fail to observe and respect Indigenous people’s territorial protocols.

73 Business and Reconciliation
I will make a copy of the United Nations Declaration on the Rights of Indigenous Peoples available at my workplace and ask the management to read it.

74 Newcomers to Canada
I will learn the history of Treaties in my area and share the
information with others.

Newcomers to Canada

- I will petition the federal government to include the observation of treaty rights in the Oath of Citizenship.