

Books to help you explore Settler identity

Regan, Paulette. (2010). [*Unsettling the settler within*](#). UBC Press: Vancouver, Toronto.

In *Unsettling the Settler Within*, Paulette Regan, a former residential-schools-claims manager, argues that in order to truly participate in the transformative possibilities of reconciliation, non-Aboriginal Canadians must undergo their own process of decolonization. They must relinquish the persistent myth of themselves as peacemakers and acknowledge the destructive legacy of a society that has stubbornly ignored and devalued Indigenous experience. With former students offering their stories as part of the truth and reconciliation processes, Regan advocates for an ethos that learns from the past, making space for an Indigenous historical counter-narrative to avoid perpetuating a colonial relationship between Aboriginal and settler peoples.

Freeman, Victoria. (2000). [*Distant relations: How my ancestors colonized North America*](#). McClelland and Stewart Ltd. Toronto, Ontario. ISBN 0-7710-3192-0

As a North American of European ancestry, Victoria Freeman sought to answer the following question: how did I come to inherit a society that has dispossessed and oppressed the indigenous people of this continent? After seven years of research into her own family's involvement in the colonization of North America, she uncovered a story that begins in England, in 1588, and concludes in Ontario, in the 1920s. Through both the ordinary and remarkable episodes in her ancestors' lives, and her own travels to the places where her ancestors lived, she illuminates the process of North American colonization. Freeman neither demonizes nor whitewashes her ancestors, but instead attempts to understand their actions and choices both in the context of their time and with the benefit of hindsight.

Lowman, E & Barker, A. (2015). [*Settler: Identity and colonialism in 21st century Canada*](#). Fernwood Publishing, Halifax.

"Through an engaging, and sometimes enraging, look at the relationships between Canada and Indigenous nations, *Settler: Identity and Colonialism in 21st Century Canada* explains what it means to be Settler and argues that accepting this identity is an important first step towards changing those relationships. Being Settler means understanding that Canada is deeply entangled in the violence of colonialism, and that this colonialism and pervasive violence continue to define contemporary political, economic and cultural life in Canada. It also means accepting our responsibility to struggle for change. *Settler* offers important ways forward--ways to decolonize relationships between Settler Canadians and Indigenous peoples--so that we can find new ways of being on the land, together."--

Manuel, A. (2017). [*The reconciliation manifesto: Recovering the land and rebuilding the economy*](#). James Lorimer and Company, Toronto.

In this book Arthur Manuel and Grand Chief Ronald Derrickson challenge virtually everything that non-Indigenous Canadians believe about their relationship with Indigenous Peoples and the steps that are needed to place this relationship on a healthy and honourable footing. Manuel and Derrickson show how governments are attempting to reconcile with Indigenous Peoples without touching the basic colonial structures that dominate and distort the relationship. They review the current state of land claims. They tackle the persistence of racism among non-Indigenous people and institutions. They celebrate Indigenous Rights Movements while decrying the role of government-funded organizations like the Assembly of First Nations. They document the federal government's disregard for the substance of the

United Nations Declaration on the Rights of Indigenous Peoples while claiming to implement it. These circumstances amount to what they see as a false reconciliation between Indigenous and non-Indigenous Canadians.

Vowel, Chelsea (2017) [Indigenous Writes. A Guide to First Nations, Métis, & Inuit Issues in Canada.](#)

Abstract: In 31 essays, Chelsea explores the Indigenous experience from the time of contact to the present, through five categories – Terminology of Relationships; Culture and Identity; Myth-Busting; State Violence; and Land, Learning, Law, and Treaties. She answers the questions that many people have on these topics to spark further conversations at home, in the classroom, and in the larger community.

Specific to Social Work

Blackstock, C. (2009). [The Occasional Evil of Angels: Learning from the Experiences of Aboriginal Peoples and Social Work.](#) *The First Peoples Child & Family Review*. Vol. 4 (1). Pp. 28-37.

Abstract: This paper explores how the propensity of social workers to make a direct and unmitigated connection between good intentions, rational thought and good outcomes forms a white noise barrier that substantially interferes with our ability to see negative outcomes resulting directly or indirectly from our works. The paper begins with outlining the harm experienced by Aboriginal children before moving to explore how two fundamental philosophies that pervade social service practice impact Aboriginal children: 1) an assumption of pious motivation and effect and 2) a desire to improve others. Finally, the paper explores why binding reconciliation and child welfare is a necessary first step toward developing social work services that better support Aboriginal children and families.

Sinclair, R., Hart, M., & Bruyere, G. (2009). [Wicihitowin: Aboriginal social work in Canada.](#) Fernwood Publishing, Halifax.

Wicihitowin is the first Canadian social work book written by First Nations, Inuit and Metis authors who are educators at schools of social work across Canada. The book begins by presenting foundational theoretical perspectives that develop an understanding of the history of colonization and theories of decolonization and Indigenist social work. It goes on to explore issues and aspects of social work practice with Indigenous people to assist educators, researchers, students and practitioners to create effective and respectful approaches to social work with diverse populations. Traditional Indigenous knowledge that challenges and transforms the basis of social work with Indigenous and other peoples comprises a third section of the book. Wicihitowin concludes with an eye to the future, which the authors hope will continue to promote the innovations and creativity presented in this groundbreaking work."

Baskin, C. (2016). [Strong helpers' teachings: The value of Indigenous knowledges in the helping professions.](#) Canadian Scholars Press, Toronto.

Strong Helpers' Teachings encourages students, scholars, and practitioners in the human services, as well as anyone who has an interest in decolonization and healing, to recognize the value of Indigenous worldviews to all peoples. Cyndy Baskin demonstrates how these important Indigenous teachings, including holistic approaches, spirituality, and community ethics, can inform the work of those in the helping professions. This highly accessible text includes both theory and practice for those whose life's work is helping others. It is an invaluable resource that offers pathways to collaboration between

Indigenous and non-Indigenous peoples in areas such as social work, child and youth studies, health care, and community development.

Selected Websites and Videos

- [Ground Work for Change](#): A web site meant to support people who are asking questions and looking to learn more in respectful and useful ways. It was created to provide access to information to help non-Indigenous/settler peoples grow relationships with Indigenous peoples that are rooted in solidarity and justice.
- [First Nations Family and Caring Society of Canada](#): “The First Nations Child & Family Caring Society of Canada (the Caring Society) was developed at a national meeting of First Nations child and family service agencies (FNCFS), held at the Squamish First Nation in 1998. Meeting delegates agreed that a national non-profit organization was required to provide research, policy, professional development and networking support to support FNCFS in caring for First Nations children, youth and families.”
- CBC. [8th Fire](#). 4 episode, 4 hour, documentary. *8TH Fire* draws from an Anishinaabe prophecy that declares now is the time for Aboriginal peoples and the settler community to come together and build the '8TH Fire' of justice and harmony. 8th Fire is a provocative, high-energy journey through Aboriginal country showing you why we need to fix Canada's 500 year-old relationship with Indigenous peoples; a relationship mired in colonialism, conflict and denial.
- McMahon, Ryan. (2017). [Colonization Road](#): Comedian Ryan McMahon travels Ontario’s colonization roads, pathways established by early European settlers to break ground into First Nations communities and establish their own settlements. Ryan discovers more about their impact on First Nations and settlers, and the long and winding road of reconciliation in Canada. 45 minute CBC podcast.
- Tasha Hubbard. (2017). [Birth of a Family](#) is a 44 minute video documentary which reveals the impact of the Sixties Scoop on one Indigenous family.
- The [Sixties Scoop Explained](#) accompanies the Birth of a Family video.
- Drew Hayden Taylor's conversation about the power of Indigenous humour and his play, [Only Drunks and Children Tell the Truth](#), about the separation and hardships of the Sixties Scoop.
- [It Matters: The Legacy of Residential Schools](#) produced by World Sikh Organization of Canada, working with the Truth and Reconciliation. This 5 minute video looks at the Indian residential school system in Canada, and why it matter today as Canadians and Sikhs. <https://www.youtube.com/watch?v=rxGtnKUT0ms>
- [Truth & Reconciliation: Stories from Residential School Survivors](#). (2015). This 5 minute video provides a snapshot of the experiences of and impact on residential school survivors. <https://youtu.be/VmjrVfsLRBE>
- [Reconciliation](#): A website addressing how the Government of Canada is working to advance reconciliation and renew the relationship with Indigenous peoples, based on recognition of rights, respect, cooperation, and partnership. Contains a variety of updates and resources. <https://www.aadnc-aandc.gc.ca/eng/1400782178444/1400782270488>