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# Indigenous Outcomes

## 4 Cultural Equity

Respect, safety, and spaces for Indigenous children and families to express and practice their culture and ways of being.

Indigenous peoples have the right to express, practice, develop and foster their cultures and traditions (United Nations Declaration on the Rights of Indigenous Peoples, 2007). Cultural equity involves protecting Indigenous cultures, and supporting Indigenous people to practice their cultural traditions. Indigenous children and families experience cultural equity when they are safe to practice and express their cultures, and when their rights are respected and fulfilled. Cultural equity must also involve the sharing of power between Indigenous and non-Indigenous communities.

In order to achieve cultural equity for Indigenous children and families in Toronto, non-Indigenous people need to first reflect on the knowledge and beliefs they hold about Indigenous peoples and culture, including where this knowledge came from and whether and to what degree it genuinely reflects Indigenous experiences and contexts. They must then begin to identify and address incorrect and missing information. Evidence-based Indigenous cultural safety training will support service providers to acquire the self-awareness, skills, and tools to serve Indigenous children and families in a manner that is respectful and appropriate.

### Participation in Cultural Traditions

**65%** of adults participate in traditional cultural ceremony (i.e. smudge, sweat lodge, fast)

**However, many have experienced challenges in trying to access traditional Indigenous ceremonies.** The **top** challenges identified were:



**1 in 4 children** have been seen or treated by a traditional healer

- Too far to travel
- Do not know where to access them
- Don't have time
- Can't find ceremonies that are relevant to my people/nation

### Respecting Rights

Over **half** of Indigenous adults have been treated poorly or unfairly because they are Indigenous

**86%** of parents have talked to their child about discrimination against Indigenous people at least once in the last month.

**86%** of parents offer their child choices **every day**.

#### Notes and Definitions

Participants were selected using respondent-driven sampling to recruit Indigenous people living in the city.

Indigenous children: persons self-identifying as Indigenous such as First Nations, Métis, Inuit, or other Nation aged 0-14 years living or using services in the City of Toronto. Parent: biological and non-biological parent and/or caregiver.

\*Indicates a 95% Confidence Interval between 10-20%.



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### Action Areas:

Indigenous children and families experience cultural equity when they feel comfortable, respects and able to be themselves and when their rights are respected and fulfilled. Cultural equity must also involve the sharing of power between Indigenous and non-Indigenous communities and organizations. Service providers must become culturally proficient through evidence based cultural safety training and education. This in turn will begin to provide them with the self-awareness, skills, and tools to serve Indigenous children and families in a manner that is respectful and appropriate.

- Develop culturally appropriate curricula.
- Develop culturally appropriate early childhood education programs for Indigenous families..
- Develop culturally appropriate parenting programs for Indigenous families.
- Mandate cultural safety training for all health, social, child care, and education service providers.

Survey Question	RDS Prevalence Estimate (95% Confidence Interval)
Do you participate in traditional Indigenous ceremony?	
Yes	65.2% (57.5, 73.0)
No	34.8% (27.1, 42.5)
Have you experienced challenges in trying to access traditional Indigenous ceremonies?	
Yes	37.3% (27.4, 47.2)
No	62.7% (52.9, 72.6)
Has your child ever been seen and/or treated by a traditional healer?	
Yes	25.2% (16.9, 33.5)
No	74.8% (66.6, 83.1)
Have you ever been treated poorly or unfairly because you are Indigenous?	
Yes	54.0% (46.1, 61.8)
No	46.0% (38.2, 53.9)
In the past 12 months, how often have you talked to your child about discrimination against Indigenous people?	
More than Once	85.9% (77.5, 94.4)
Never	14.1% (5.6, 22.5)
How often do you offer your child choices?	
Every day	86.4% (76.9, 95.9)
A few times a week or less	13.7% (4.2, 23.1)

**References** UN General Assembly, United Nations Declaration on the Rights of Indigenous Peoples: resolution / adopted by the General Assembly, 2 October 2007, A/RES/61/295, available at: <http://www.refworld.org/docid/471355a82.html> [accessed 7 October 2015]



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