

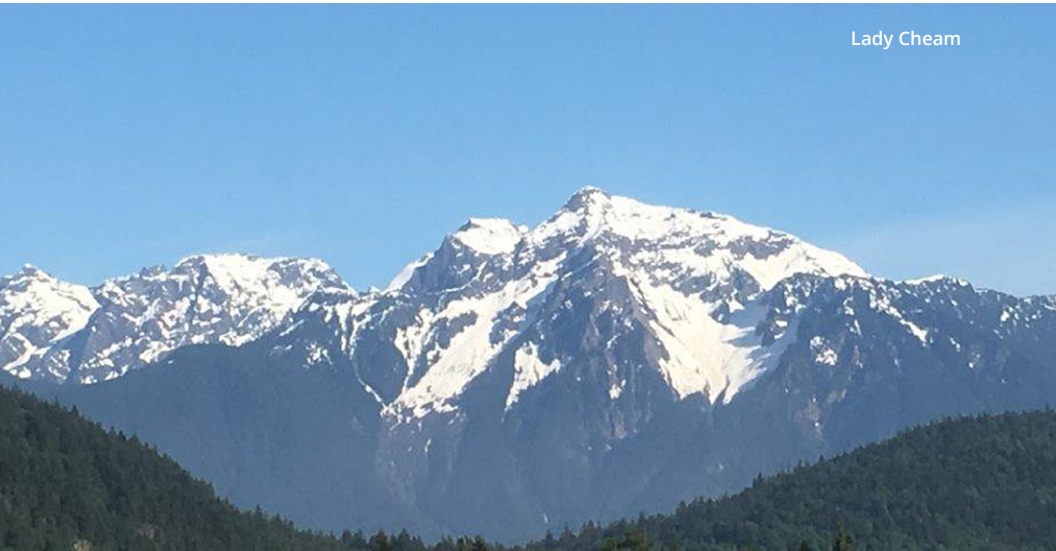
# Key do's and don'ts:

Do	Don't
<p>Include all of the names of the Nations on whose traditional territory you are located. If you are unsure of how to pronounce their names, it is okay to try! Welcome feedback and opportunities to learn the correct ways. Utilize the pronunciation guide listed in the resources below.</p>	<p>Replace the names of the individual Nations on whose land you are located with a catch-all statement about First Nations lands. First Nations have been erased in many ways throughout society, and the purpose of the acknowledgement is to recognize Nationhood, and to educate yourself as well as your audience.</p>
<p>Ask a representative of the host Nations to welcome or open up the meeting.</p>	<p>Offer or portray a territory acknowledgement as a welcoming. A welcoming can only be done by someone from the Nation that you are on, and there are specific people in those communities who are recognized or designated to do so. We are acknowledging that this is not our land, and welcoming people to the territory implies ownership.</p>
<p>Research your local geography and the National territory you are on, including the traditional names of territory landmarks such as mountains, rivers, and village names. If your organization wants to learn about First Nations history, you can reach out to local First Nations and ask if they have anyone who will work as a paid consultant to provide this education to your teams.</p>	<p>Treat a territory acknowledgement as a pro forma statement to get out of the way before the 'real business' can commence.</p> <p>Ask Nations to provide education or consulting without offering compensation.</p>

Do	Don't
<p>In some contexts you may wish to invite a representative from a local Nation to attend and potentially open the meeting or event. A representative may include a Chief (elected or hereditary), Elder, Knowledge Keeper, Matriarch, or other important dignitary. It's important to honour the representative through the traditional protocol of the Nation. This may include specific gifting or offerings. You can learn what these protocols are first by reaching out to First Nations colleagues, by calling FNHA regional offices, or by calling a First Nations office.</p>	<p>Invite First Nations, Métis, or Inuit people to your event as tokens or mascots or as unpaid consultants. They are not there just to improve your image or to teach participants as unpaid consultants. Do not give the representative a timeline for the opening or welcoming, such as "you will have 15 minutes". The work will be done in the time that it needs to be, and cannot be rushed.</p>
<p>Follow up a territory acknowledgement with a discussion of what you and your organization can do to advance reconciliation.</p>	<p>Give a territory acknowledgement as the representative of an organization without, at some point in the presentation or discussion, demonstrating the organization's commitments and intentions to advance reconciliation. Chances are your organization is either actively involved in colonial process or is passively benefiting from structural inequities resulting from historic or ongoing colonial practices. The purpose of acknowledging territory is to set the space for these conversations.</p>

Do	Don't
<p>Acknowledge that the Nation and the people are the original caretakers and stewards over the lands and waters. Rather than just being the 'original inhabitants' of these lands, First Nations culture is inextricable from the relationship to the land and water.</p>	<p>Refer to the land as "previously inhabited by" First Nations peoples. Additionally, First Nations are not just the 'original inhabitants' of the land, but rather stewards and caretakers of the land and water. This is an important distinction, as 'original inhabitants' does not acknowledge the centrality of the relationship to the earth and all things in First Nations cultures.</p>
<p>Thank or express gratitude to a host Nation if you have been invited or welcomed into their traditional territory.</p>	<p>Thank a Nation for their welcome to their territory where they have not extended an invite or a welcome. Acknowledging territory is an expression of gratitude to First Nations people for protecting and being stewards of the land, but not a 'thank you' for the (stolen) land.</p>

Lady Cheam



## Do

Introduce yourself, where you are from, and what your relationship is to the land and to the Nation(s) where you reside.

Territory acknowledgements traditionally do include information about the speaker, as a way to establish kinship and relationship. In a health care context, it is a form of reciprocity. Providers learn intimate details about community members, and in turn can also share about themselves to humanize and personalize interactions.

Announcing one's privilege of living on First Nations territory is an act of allyship.

## Don't

Make a territory acknowledgement primarily about yourself. It is great to have empathy and self-awareness, but there is a fine line between demonstrating what a territory acknowledgement means to you, and making a territory acknowledgement about yourself. At times, being outwardly emotional about historical and ongoing colonialism places an additional burden on First Nations participants by asking for their emotional labour to support you, which undermines the intent of acknowledging traditional territory.

Lake Kliluk, Osoyoos

