

BEING A TREATY PERSON

PURPOSE

A reflective exercise to provide an opportunity to explore a key part of shared history between Indigenous and non-Indigenous people, related to treaties.

INSTRUCTIONS

Use this page or write the heading in your own notebook. Review principle two to help with this reflection. Take four full minutes to pause and think about what this question means to you: “What does being a treaty person mean to me?” After this time, spend another four minutes to write anything and everything you thought of during your reflection. Write openly and without judgement. This is for your eyes only. Keep the writing somewhere you can refer back to for further reflection. Principles two and six are repeated here to help support this exercise.

- **Principle Two:** *First Nations, Inuit, and Métis peoples, as the original peoples of this country and as self-determining peoples, have Treaty, constitutional, and human rights that must be recognized and respected.*
- **Principle Six:** *All Canadians, as Treaty peoples, share responsibility for establishing and maintaining mutually respectful relationships.*

REFLECTION

What does being a treaty person mean to me?
