



IN CANADA, WE RECOGNIZE JUNE AS A TIME TO LEARN MORE ABOUT THE RICH HISTORY OF INDIGENOUS PEOPLE

How to talk about Indigenous Peoples in Canada

Indigenous Peoples in Canada are made up of three distinct groups:

1 - First Nations

2 - Métis

3 - Inuit



Using the right words shows respect to these unique groups of Indigenous Peoples.

*As learners we can help with this by role modelling at school (and elsewhere).

What does Indigenous mean?



According to the UN, there are over 476 million Indigenous people living in 90 countries, or 6.2 % of the world's population.

Indigenous people speak the vast majority of the languages on earth, some 7000 in total.

+These groups have a history that predates colonialism, as well as strong links to the land.

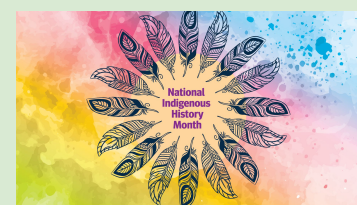


Listen to Inuk journalist, **Ossie Michelin** as he tells us how to use the right words when talking about Indigenous People. (3.5 Min)



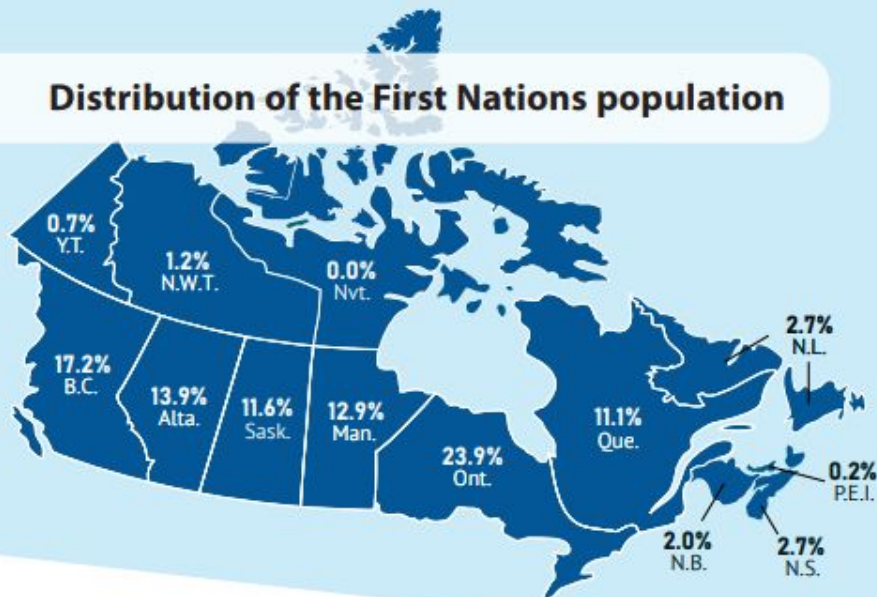


First Nations people, Métis and Inuit in Canada



In 2021, the Census of Population counted more than **1.8 million (1,807,250)** Indigenous people in Canada, making up **5%** of the country's total population. The Indigenous population grew by **9.4%** from 2016 to 2021.

Distribution of the First Nations population



First Nations population
1,048,405

Growth (2016 to 2021):
+9.7%

Among the **753,110** First Nations people with Registered or Treaty Indian status, **41%** lived on reserve and **59%** lived off reserve.



*Alberta is the home to 128 First Nations Reserves, held by 46 unique First Nations groups.

Métis population

624,220



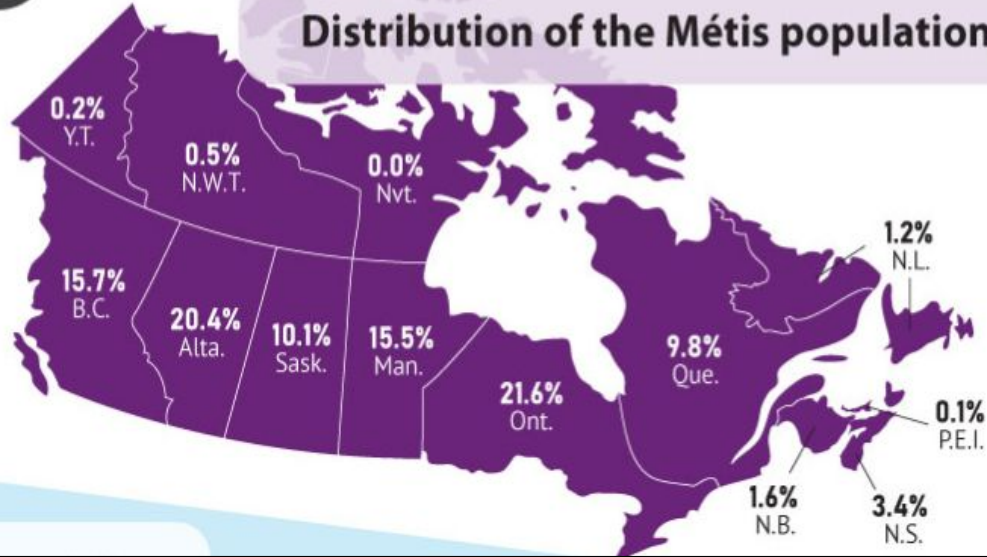
Growth (2016 to 2021):

+6.3%

224,655 people reported membership in a Métis organization or settlement.



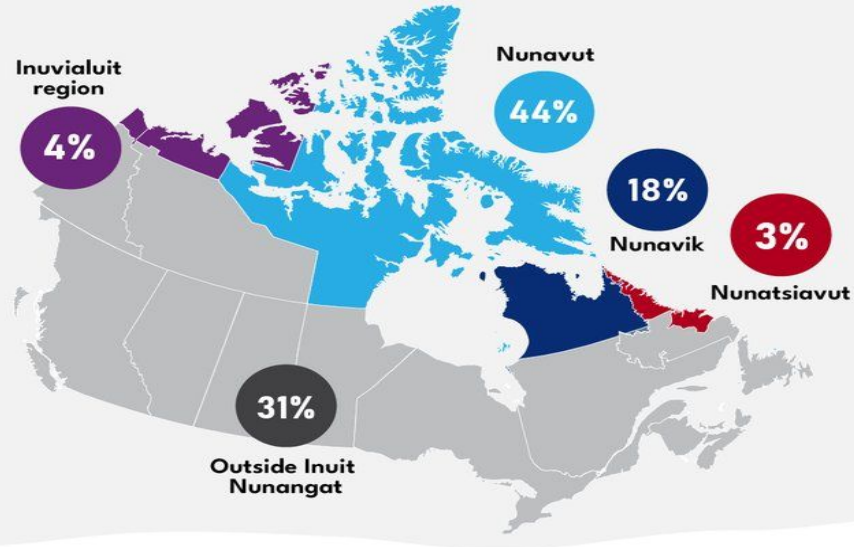
Distribution of the Métis population



*Alberta is the home to the only [Métis Settlements](#) in Canada - not *reserves*, but 8 self-governing communities for the 6300 Métis that choose to live there.

In 2021, 70,545 Inuit lived in Canada.

Distribution of the Inuit population



Source: Statistics Canada, Census of Population, 2021.



Words matter!

-Use the term 'Inuit' to describe more than one individual from this group.

-Use the term 'Inuk' to describe one single individual from this group.

FYI: Canada's total population is about 41 Million as of 2026.

Why words matter...

As an act of Truth and Reconciliation, we as Canadians can do our best to improve the language that we use when discussing Indigenous Peoples.

- Listen to Indigenous voices to learn more!
- Be aware of what you say at school and beyond!
- Speak up when the wrong words are used!

Now, let's learn more about National Indigenous History Month here in Canada....



What is National Indigenous History Month?

Since 2009, Canada has recognized **JUNE** as a time to learn about Indigenous histories, recognize the ongoing impacts of colonization, and actively engage with the **Truth and Reconciliation Commission's 94 Calls to Action**.



What is National Indigenous History Month?



Listen to **Andrea Sandmaier**, President of the Otipemisiwak Métis Government (formerly Métis Nation of Alberta) as she describes the importance of learning from the past, and looking to the future. (3.5 Min long)

The 2026 event is on June 12 and 13 at **Métis Crossing Alberta.*



NIHM - The takeaways...



Canada has a rich Indigenous history - there is still so much to learn as Canada continues on the path of Truth and Reconciliation, which officially started in 2015.

- The three diverse groups of Indigenous People in Canada share many similarities, but they each have their OWN distinct heritage, language, cultural practices, spiritual beliefs AND have contributed greatly to Canadian society.
- Keep seeking to learn more about Indigenous knowledge and perspectives.
 - + Be sure to choose authentic sources with Indigenous voices offered.
- On **June 21st**, *National Indigenous Peoples Day in Canada*, all Canadians are able to celebrate and enjoy the summer solstice!

AOB staff and students - Thank you for continuing to learn!