



My ReconciliACTION Plan – example for health (18-24)

Learn and Understand by	Reading the <i>Final Report</i> sections on health and Dr. Ian Mosby's article about nutritional experiences in residential schools.
Explore by	Familiarizing yourself with Indigenous health rights in the UN Declaration (23, 24, and 29) and <i>Joyce's Principle</i> .
Recognize by	Learning about the work of the <i>Indian Residential School Survivor Society</i> and similar organizations that support Indigenous health.
Take action by	Donating to Indigenous organizations dedicated to health and wellness; and supporting <i>Joyce's Principle</i> and make a commitment to fight racism in health care.
Teach by	Sharing informative videos like Dr. Marcia Anderson-DeCoteau's talk on Indigenous Knowledge to Close Gaps in Indigenous Health.

Learn and Understand: Reading the *Final Report* sections on health and medical care of students in residential schools and Dr. Ian Mosby's article about nutritional experiences in residential schools (<https://hssh.journals.yorku.ca/index.php/hssh/article/viewFile/40239/36424>).

Explore: Familiarize yourself with Indigenous health rights in the UN Declaration on the Rights for Indigenous Peoples and of *Joyce's Principle* for the right of equitable access to all social and health services and the right to enjoy the best possible physical, mental, emotional and spiritual health (<https://principedejoyce.com/en/index>).

Recognize: Learning about the work of the *Indian Residential School Survivor Society* (<https://www.irsss.ca/>), *Anish Corporation* (<https://www.anishcorp.ca/>), and similar organizations that support Indigenous health and wellness.

Take action:

1. Support and donate to Indigenous organizations dedicated to health and wellness.
2. Support *Joyce's Principle* and subscribe to their mailing list (<https://principedejoyce.com/en/index#appuyer>).

Teach: Share informative videos like Dr. Marcia Anderson-DeCoteau's talk on Indigenous Knowledge to Close Gaps in Indigenous Health (<https://www.youtube.com/watch?v=lpKjtujtEYI>) and other videos on Indigenous health and wellness.