

TRADITIONS

**WHY
ACT
NOW**

Honour Your Culture

Dr. Gita Sharma, Indigenous & Global Health Research
Group Faculty of Medicine & Dentistry, University of Alberta

TRADITIONS

What are traditions?

Why are they important?

Why should you care about them?



TRADITIONS

If the world became 1 village...

<https://www.youtube.com/watch?v=FtYjUv2x65g>

WHY
ACT
NOW

TRADITIONS

First Nations Diversity In Alberta

TRADITIONS



Tradition...

is existing knowledge.

A group of ideas that have lasted for a long time.

**WHY
ACT
NOW**

TRADITIONS

DYNAMIC tradition:

People try to improve the ideas, traditions change over time.



A Tribe Called Red

TRADITIONS

STATIC tradition: Focus is on keeping the tradition exactly the same over time.



What is **culture**?

- the values, beliefs, attitudes and practices by members of a group
- the set of rules that are used to guide the behaviour of a group

TRADITIONS

Canada has many different First Nations; each with their own culture and traditions.



**WHY
ACT
NOW**

TRADITIONS

For our parents and grandparents, it is important for them to pass on culture to us.

Otherwise, if they didn't, it could become forgotten.



TRADITIONS

Did you know...



Food is one of the most important markers of ethnic identity & is held onto the longest!

TRADITIONS

For example:

Canadian food identity includes:

- Maple syrup
- Alberta Beef



TRADITIONS

Why is food the most important ethnic marker?

Connection

We are one with Mother Earth.

Family & Friends keep us connected.



WHY
ACT
NOW

TRADITIONS

Eating habits are easy to maintain because...

It can be done at home!
You can easily keep up your traditional eating patterns.



TRADITIONS

What are **customs**?

Basis of culture.

The habitual ways of behaving.



TRADITIONS

Example: In Canada, families do not encourage belching at the table = poor manners

In some cultures, belching is encouraged.
Indicates that the meal was very good.

TRADITIONS

Example: In Canada, people respect personal space. When using public transit, people spread out and make room between each other.

In Tokyo Japan, people are more comfortable being close to one another.

TRADITIONS

Let's look at Canada as an example...

Indigenous culture is a rich part of this country's history.

Indigenous people were the first to occupy the land and they learned to be very resourceful!

TRADITIONS

Indigenous people utilized the land/water for everything; Hunting, trapping, fishing, gathering & farming.



TRADITIONS

This mixed diet was very good for health!

Today, as we move towards modern times, the **traditional** ways of living off the land are being replaced with **convenience**.

TRADITIONS

Not only are traditional foods being replaced with store bought foods,



people are becoming **less active** by not hunting, fishing, farming etc.

Why should you care?

1) Pride

- Honour your culture and identity

2) Health

- Honour your body, mind and spirit

TRADITIONS

3) Sense of belonging

- Honour each other and support one another

4) Increased confidence

- Honour yourself – be proud to be you.

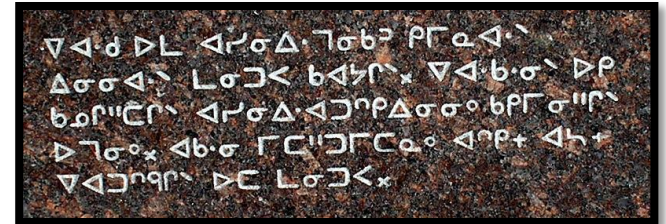
5) Spending quality time with family & friends

**WHY
ACT
NOW**

TRADITIONS

When you choose **NOT** to care about it...

You begin to lose your language and culture.



**WHY
ACT
NOW**

Honour Your TRADITIONS

“I am Proud to be Indigenous because...”

- **We are *‘the Keepers of the Land’*.**
- **My traditions are important to me.**
- **It is my connection with my family & community.**

**WHY
ACT
NOW**

TRADITIONS

Honour your traditions.

By continuing traditions,
your traditions will continue
for **GENERATIONS.**



TRADITIONS

So what should you remember from today:

- Traditions only get passed on when you make the choice to pass them on (#proudtobeme)!
- Food is one of the easiest & most popular ways to honour culture.

TRADITIONS

- Honour your traditions and culture.
- Being part of a culture, gives you a sense of belonging and identity.

**WHY
ACT
NOW**

TRADITIONS

**THANK YOU
Hiy- Hiy!**

