

Classroom Agreements for Anti-Racism Conversations

In a country as large and diverse as Canada, we have so much we can learn about ourselves, about each other, about what it means to be in relation to those around us, and about what kind of society we are working to create.

The REEL CANADA Indigenous Realities Livestream will give you opportunities to listen, share and engage with peers and filmmakers. You may find these conversations new and challenging or familiar and relatable — maybe all of the above. Wherever you're coming from, we hope you find comfort and solidarity in familiar stories, and a greater understanding of those stories and experiences different from your own.

We know conversations about race, racism and colonialism can be difficult or uncomfortable. By keeping the following points in mind, you'll help to make a more valuable and equitable experience for all participants:

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| Start | <ul style="list-style-type: none">● Assume that none of us have the answers to big questions, so our goal should be to learn by listening, reflecting on what others say, and speaking from our own experiences. |
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| Listen | <ul style="list-style-type: none">● There is much we can learn from each other's unique perspectives and differences. Be open to learning by entering into conversations with an attitude of respect and curiosity.● Consider it a gift when others share; it is not the job of any one person or community to teach others about their experiences with racism.● Within every community is a great variety of stories, experiences and beliefs. You are not expected to represent your entire community. Don't expect your peers to represent theirs. |
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| Speak | <ul style="list-style-type: none">● When you speak, you only speak for yourself.● Only share what you are comfortable with, and have the same consideration for others.● If you disagree, focus on respectfully engaging with the ideas and perspectives rather than on the person who holds them.● You might feel awkward or afraid of saying the wrong thing or not knowing the right words. It's okay to make mistakes. If your words are hurtful—even if you don't intend to harm—apologize, learn from it, and keep going. |
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| Reflect | <ul style="list-style-type: none">● Feelings of discomfort can be a normal part of the growth process when learning about racism and hearing others' perspectives. Working through these feelings together <i>and</i> individually is important.● We can all take responsibility for our own learning. As you seek the answers to your questions, we hope you are also looking for ways Canadians can work towards a more equitable future together.● The goal here is to create a discussion space where everyone feels safe and empowered to speak on the truth of their experiences. So it's important to acknowledge and remember that racism and its effects touch our lives in different ways. |
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| Care | <ul style="list-style-type: none">● If you're someone who has faced racism and these conversations are too painful to participate in, that's okay.● You have the freedom to take a break at any point. If you need support, talk to your teacher, school counsellor or a trusted adult, or use the resources in this document.● If racism feels less familiar and less personal to you, recognize that this topic may not be as abstract for others. Be sensitive to others' experiences as they share. |
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Support Resources

Emergencies

If you or someone you know is in immediate danger, call **9-1-1**.

Supporting Others

Students caring for a friend or family member who is expressing suicidal thoughts or self-harm behaviours are encouraged to get support at **Youth Space**:

<https://youthspace.ca/youthspace-resources/youthspace-guides/>

General Crisis & Support Services — Need to Talk?

- **Kids Help Phone**
Web: <https://kidshelpphone.ca/>
To talk to a counsellor:
Text CONNECT to 686868
Phone: 1-800-668-6868
Search for youth programs in your area:
<https://apps.kidshelpphone.ca/resourcesaroundme/welcome.html>
- **BullyingCanada**
Get support by phone or text: 1-877-352-4497
Email the support team: Support@BullyingCanada.ca
Web: <https://www.bullyingcanada.ca/get-help/>
- **Talk Suicide Canada**
Call the toll-free helpline at 1-833-456-4566 (available 24/7 in English and French)
Pour les habitants du Québec, veuillez appeler 1-866-APPELLE (1-866-277-3553)
Text 'Start' to 45645 (available in English, 4PM - Midnight ET) (standard SMS rates apply)
Web: <https://talksuicide.ca/>
- **Canadian Association for Suicide Prevention (CASP)**
Web: <https://suicideprevention.ca/resources/>
Directory of bereavement and crisis support centres across Canada
- **What's Up Walk-In**
(Toronto Area)
Web: <https://www.whatsupwalkin.ca/>
To be connected to a counsellor for a free telephone or video session:
Phone: 1-866-585-6486 (Mental Health TO)
Monday - Friday 9am - 7pm, Saturday 10am - 4pm ET.

- **StepStones for Youth**

StepStones offers a number of programs for youth under 25 years old who come from unstable, low income homes and have been in contact with child protection, and/or legal systems.

They have compiled the following list of counselling resources for youth in **Toronto**:

<https://www.stepstonesforyouth.com/resources/youth-resources/counselling/>

- **St. Stephen's Community House: Community PEERS**

(Toronto)

Non-Crisis Peer Support Line: Peers are available to listen & chat.

Monday - Saturday: 12 Noon - 8pm.

Phone: 647-875-8967

Instagram: [@communitypeers](#)

Community PEERS — Peers Elevating & Extending Resources & Supports — is a collective of youth and young adults who are invested in supporting the well-being of youth ages 13 - 29.

- **Wood's Homes**

(Calgary)

Eastside Community Mental Health Services (ECMHS) offers all-ages support when you need someone to talk to.

Phone: 403-299-9699 (8 am -11 pm)

Text: 587-315-5000 (9 am - 10 pm)

Web: <https://www.woodshomes.ca/programs/eastside-community-mental-health-services/>

Services & Supports for Indigenous Youth

- **Indian Residential School Survivors Society (IRSSS)**

For Indian Residential School survivors and their families, support is available 24 hours a day through the National Indian Residential Schools Crisis Line: 1-866-925-4419.

- **We Matter**

We Matter is a place to help Indigenous youth get through hard times, whether you need support yourself or want to support someone you know.

To get the free Indigenous Youth Toolkit: <https://wemattercampaign.org/toolkits/youth>

To find national & regional help services across Canada: <https://wemattercampaign.org/get-help>

To find help if you are experiencing suicidal thoughts: <https://wemattercampaign.org/get-help/suicidal-thoughts>

- **First Nations and Inuit Hope for Wellness Help Line (Government of Canada)**

Call the toll-free helpline at 1-855-242-3310 for mental health & wellness support.

Phone and live chat options, available 24 hours a day, 7 days a week.

Chat counselling is available in English and French.

Phone counselling is available in English, French and Cree, Ojibwe and Inuktitut (by request).

Web: <https://www.hopeforwellness.ca/>

- **NAN HOPE: Nishnawbe Aski Mental Health and Addictions Support Access Program**

This First Nations-led program offers community-driven, culturally appropriate and timely mental health and addictions support to meet the specific mental health needs of members of the 49 First Nations communities in the **Nishnawbe Aski Nation Territory** in **northern Ontario**.

Phone (Available 24/7) and Text (8am-12am ET) support: 1-844-626-4673

Live Chat: [LINK](#) (Available 8am-12am ET)

Web: <https://nanhope.ca/>

Services available in Oji-Cree, Cree, Ojibwe & English

- **StepStones for Youth**

StepStones offers a number of programs for youth under 25 years old who come from unstable, low-income homes and have been in contact with child protection, and/or legal systems.

They have compiled the following list of **services for Indigenous youth**:

<https://www.stepstonesforyouth.com/resources/youth-resources/services-for-indigenous-youth/>

Services & Supports for Black Youth

- **Black Youth Helpline - National Helpline for Canadian Youth**

BYH serves all youth and specifically offers Black youths and families culturally appropriate support to strengthen communities by focusing on education, health and community development. Contact begins an initial assessment to help identify and understand problems in order to address them in cooperation with your interests and goals.

Anyone can initiate contact for support!

Web: <http://blackyouth.ca/contact-us/>

Phone: 416-285-9944 (Greater Toronto Area) or Toll-Free (National) 1-833-294-8650

Email: info@blackyouth.ca

- **RiseUp (Powered by Kids Help Phone)**

RiseUp powered by Kids Help Phone is Canada's first national, 24/7, bilingual e-mental health support service for Black youth. The service is free across Canada.

Access wellness support by texting RISE to 686868 or by [Facebook Messenger](#).

Web: <https://kidshelpphone.ca/rise>

- **StepStones for Youth**

StepStones offers a number of programs for youth under 25 years old who come from unstable, low income homes and have been in contact with child protection, and/or legal systems.

They have compiled the following list of **Services for Black youth**:

<https://www.stepstonesforyouth.com/resources/youth-resources/services-for-black-youth/>

- **Africa Centre**

(Edmonton/Calgary)

The ArTeMo Project offers a 6-month mental health mentorship program for Black youths (ages 12 - 30) and their families.

Apply to be a mentor or mentee at: <https://www.africacentre.ca/mentorship-leadership-program>

- **Healing in Colour**

Directory of registered therapists who are Black, Indigenous and People of Colour

(Note: *This is not a free service. Therapists set their own fees.*)

Web: <https://www.healingincolour.com/>