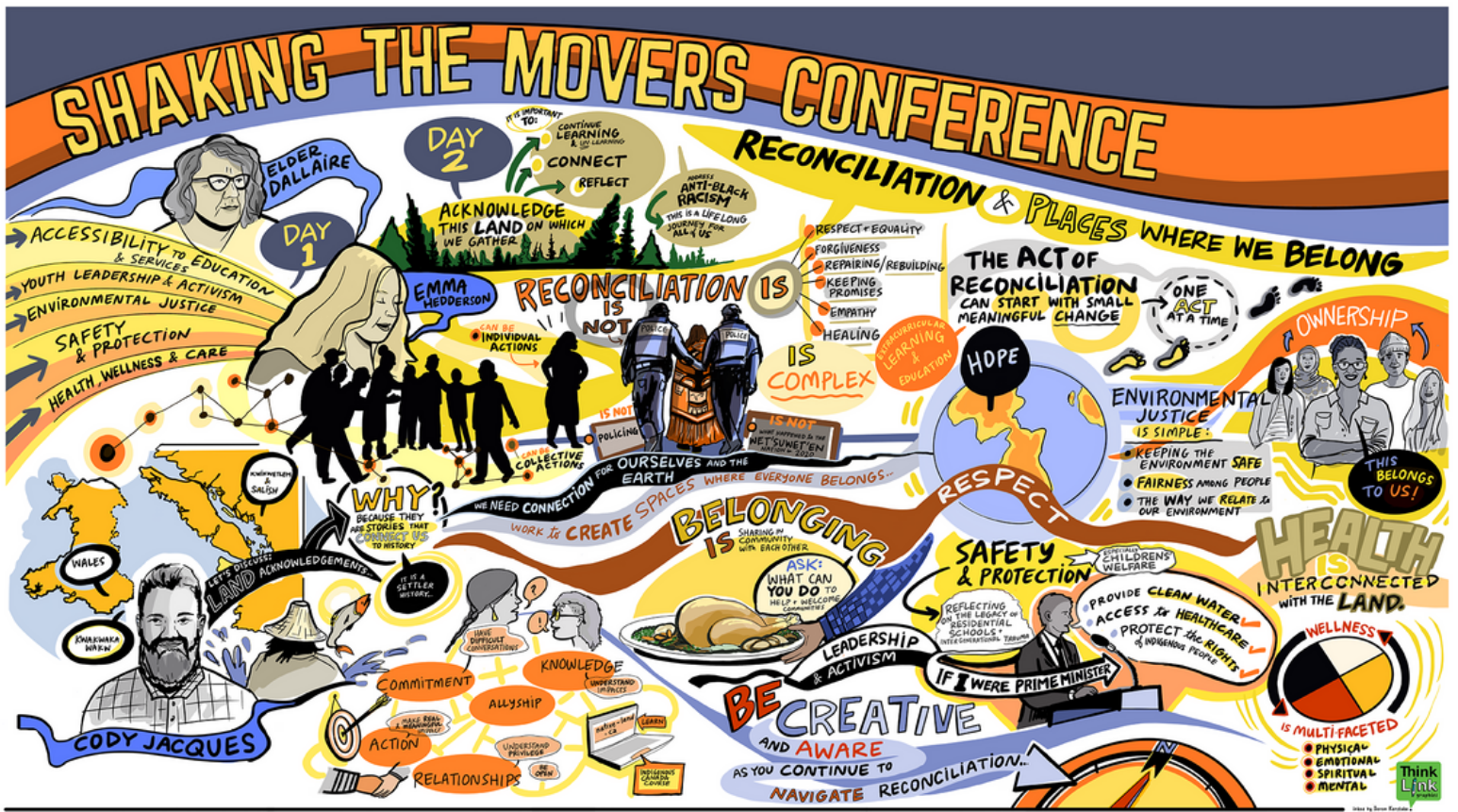


Shaking the Movers, Toronto

November 18-19, 2023

Reconciliation & Places Where We Belong



Landon Pearson Resource Centre for the Study of Childhood and Children's Rights

Toronto Metropolitan University School of Child & Youth Care Faculty of Community Services

Shaking the Movers Conference: Reconciliation & Places Where We Belong | November 18-19 2023 | Virtual Gathering

Report prepared by
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Funding for the 2023/24 Shaking the Movers Workshop Series provided by Hillary Pearson

Toronto Metropolitan University

School of Child & Youth Care
Faculty of Community Services



Landon Pearson Resource Centre
for the Study of Childhood
and Children's Rights

LAND

ACKNOWLEDGEMENT

The Shaking the Movers Toronto team recognizes that this land, its resources, and its history were stolen from its Indigenous peoples. The following land acknowledgement was shared at the beginning of our workshop series as an entry point to considering our collective responsibility to the process of reconciliation:

It is important for us to acknowledge that our opportunity to come here today and to share space with one another is a result of a long legacy of colonialism. Colonialism continues to impact the lives of many Indigenous peoples and communities across Canada today.

Land acknowledgements can be unsettling, as they encourage us to reflect and be critical of our Canadian history. But land acknowledgements, alone, are merely an invitation. An invitation to acknowledge ourselves in relation to this history; an invitation to acknowledge how we perpetuate this history; and an invitation to acknowledge how we can contribute to a changing history. It also invites us to a personal journey through the importance of connecting with the earth, its creatures, and its teachings.

Recognizing that we are virtually joining from the lands of many Indigenous communities, learn more at <https://native-land.ca/>

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RECONCILIATION & PLACES WHERE WE BELONG

By Molly Rasmussen & Jess Raby, First Nations Child & Family Caring Society

Many people are now aware that during the period from 1879 to 1996, Canada took First Nations, Métis, and Inuit children away from their homes and families and put them in residential schools. While attending these schools, the children were not allowed to speak their languages or celebrate their culture and were not treated with love or kindness by the adults who ran the schools. Because Canada did not fund the schools properly, many children who were forced to attend ended up getting very sick, and in many cases, passed away. Those who survived came home with a deep sadness and hurt that was passed on throughout generations.

The Truth and Reconciliation Commission (TRC) spent many years listening to Survivors tell their stories with the intention of helping Canada to learn from its mistakes. In 2015, they released their final reports and Calls to Action, which are 94 ways that governments, businesses, schools, and all people living in Canada can help create a better future for First Nations, Métis, and Inuit children. The Calls to Action are the Survivors' gift to all people in Canada – they are a roadmap that we can follow toward reconciliation. You can learn more about the Calls to Action in child-friendly terms by reading [**Spirit Bear's Guide to the Truth and Reconciliation Commission Calls to Action.**](#)

Every child has the right to be healthy, grow up safely at home with their family, get a good education, honour their cultures and languages, and feel proud of who they are. These rights are enshrined in the United Nations Convention on the Rights of the Child (UNCRC), and governments have a responsibility to uphold these rights for all children. Unfortunately, from the time of first contact through to this day, Canada has not honoured the rights of First Nations, Métis, and Inuit children and in many ways, continues to violate these rights today. You can learn more about these injustices by consulting the additional resources at the end of this document.

We invite you to start thinking about what reconciliation looks like, and how you might play a role in bringing it to life. We recommend consulting the Calls to Action to help guide your work and think about the connections between rights, responsibilities, and reconciliation. Think about the responsibility of the movers, too, and how they have a duty to ensure that all children's rights are respected! You can also think about your relationship to reconciliation in Canada and how you can stand with First Nations, Métis, and Inuit children and youth. Consider how these relations shape our identities and sense of belonging.

Reconciliation is in all of us, and we all have a responsibility to do our part to help with its advancement. Remember, just because we're small, doesn't mean we can't stand tall!

SHAKING THE MOVERS OVERVIEW

ABOUT STM

Shaking the Movers (STM) is an annual youth-driven and youth-led workshop that takes place across the country. STM workshops offer spaces designed to enable children and youth to consider the United Nations Convention on the Rights of the Child (UNCRC) in the context of their lives. In turn, participants prepare comments and recommendations intended for governments, academia, and civil society concerning its implementation. Participating in STM provides children and youth with a unique opportunity to exercise their rights to take part in critical civil and political processes with the assurance that their voices will be listened to and heard.

WORKSHOP FACILITATION

For over fifteen years, the Landon Pearson Centre for the Study of Childhood and Children's Rights has designed and supported workshops to create spaces for children and young people to explore their unique perspectives and experiences, while providing the opportunity to share specific recommendations and input related to a children's rights topic. Following each workshop, the voices of the participants are consolidated into a report. Hon. Landon Pearson made it her priority to ensure that these reports reached the hands of the 'movers' including the Child Rights Academic Network - Landon's legacy continues on. At the end of each conference, the participants are invited to provide recommendations for the theme of next year's STM.

STM 2023 OVERVIEW

Communications Strategy

Our planning team used lessons learned from previous years to improve our communications strategy. This included having centralized documents to onboard new planning team members including account passwords, schedules to brainstorm and email/post content, and contact lists. We used email, instagram, tik tok, and linktree to stay updated and engaged with registrants past and present (see appendix).

CYC Children's Rights Class

Involvement of undergraduate students from TMU's School of Child and Youth Care Children's Rights course is a staple of the Toronto Shaking the Movers conferences. This year, informative and creative 5-minute thematic videos were created by different small groups of TMU Children's Rights students. This included a video introducing the UN Convention on the Rights of the Child shown at the beginning of the first day. Introductory videos were also produced for each thematic group to support discussion in their small breakout groups. These videos helped provide the foundations for Shaking the Movers discussions.

Introduction to Student Facilitators

The small group discussions and activities of this year's STM workshop were organized and facilitated by undergraduate students from TMU's School of Child and Youth Care. Students in the Advanced Group Work course held the Student Facilitator roles in all of the small groups. In preparing for this important role, each student spent several weeks in class learning about strategies of youth engagement and processes of group facilitation with young people. The students identified and developed the five workshop themes for this year's topic and organized themselves into separate groups. The students used their youth engagement skills and their understanding of the processes of group facilitation to engage the young people in meaningful conversations and activities in relation to Reconciliation and Places Where We Belong.

Graphic Facilitation

A graphic facilitator joined on day 2 of the conference to produce a visual representation of the young people's valuable ideas and contributions. Our graphic facilitator did a wonderful job of listening to the participants and supported the articulation of their ideas. It was a pleasure to view the graphic being formed in real time! The result of this work is displayed as the image on the title page of this report.

STM 2023 SUMMARY

Toronto Metropolitan University's fourth virtual conference, with participants hailing from Manitoba, Nova Scotia, and Ontario

On November 18 & 19, in partnership with the Landon Pearson Centre for the Study of Childhood and Children's Rights and Carleton University, the School of Child and Youth Care at Toronto Metropolitan University (TMU) conducted a two-day virtual conference for young people across Canada. This was TMU's fourth virtual STM workshop, which included a growing national representation of our participants. The conference was opened with an inspiring welcoming address by Elder Joanne Dallaire from Toronto Metropolitan University.

Inspiring plenary sessions led by Indigenous young adult leaders

Engaging plenary sessions were delivered by two emerging Indigenous young adult leaders. The first session sought to explore the meaning of reconciliation. During the second session, STM participants were challenged to consider how the different ways in which they could participate in bringing reconciliation to life. The plenary sessions set the stage for the participants breakout group discussions. More detail on the each session is provided later in this report.

Youth contributions and community building

As the realities of life have rapidly shifted for children throughout the 21st century, the general lack of respect for young people's capacity to contribute to social life has remained constant. STM was an opportunity for our participants to participate meaningfully through the sharing of their lived experiences and the co-production of novel solutions. The young people were incredibly impressive in terms of their valuable, wise, and unique perspectives, and enthusiasm for contributing to social change. Consent has been provided from all participants featured in this report.

Fostering collective solutions and strategies

After the two afternoon sessions, all participants, young and old(er), were left energized and better informed of each other's experiences and knowledge. This report serves to carry forward the recommendations, contributions, and experiences of the young people who participated in this year's STM. It is clear that young people are ready to engage in reconciliation and foster places where we all belong.

WELCOME FROM ELDER JOANNE DALLAIRE



We were honoured to have TMU's Elder, Joanne Dallaire, share her wisdom to open our event. If we were in person, we would have intended to pass on tobacco as a gift of appreciation for Elder Dallaire's willingness to teach. Some particularly noteworthy comments are highlighted below:

"Throughout my whole life, it's about reconciling my truth with me, understanding the teachings I got from it. Asking myself, 'Are those right? Are they mine?' It's been a lifetime of reckoning with myself."

"You see someone riding a bike and it looks pretty easy; they're doing it, and they're doing it well. Well, the first time, several times you get on a bicycle and try it doesn't look anything like that. And so things aren't as quick and as easy as we think they are. There are gradual stages of recognition, availability, flexibility, and then movement."

"In our traditional languages there wasn't a word for a mistake. It's just a 'mis-trier'. You try something. It doesn't work. You look at it, you evaluate it, ask yourself 'what was your part in it? Could there be anything that you'd done better?' You're not sure you've tried everything? Okay, then try. Always work with yourself to go beyond your safety zone. We can just go back to old behaviour, and we don't have to worry about anything. We know how to do that. But you're reconciling and moving forward, and don't expect to be done quickly. It just evolves and changes because it is what life is about for human beings. We're always trying to change our environment. We're always working on ourselves."

"But please remember, you got to know what makes you happy, and that's what you're supposed to embrace. Be happy, love yourself, love others the way you want to be loved. Be kind, and let your freak flag fly."

"When you learn life doesn't come with an eraser, that you have to go through these experiences, and that if you both seek and follow teachings you will find peace in that."

"I know I'm here to learn."

AGENDA - DAY 1: NOVEMBER 18, 2:00 PM - 5:00 PM (EST)

Activity	Time
Shaking The Movers Waiting Room Opens on Zoom! <ul style="list-style-type: none">• Test out your camera and microphone• Read the welcome activity list	1:45 pm - 2:00 pm
Introduction & Welcome to Shaking The Movers <ul style="list-style-type: none">• Opening Activities	2:00 pm - 2:40 pm
Plenary #1 + Emma Hedderson	2:40 pm - 3:05 pm
Break-Out Thematic Groups	3:05 pm - 4:05 pm
Stretch + Refresh	4:05 pm - 4:10 pm
Youth Presentations <ul style="list-style-type: none">• Group presentations to report on collective learning	4:10 pm - 4:40 pm
Debrief + Closing <ul style="list-style-type: none">• Feedback on presentations + preparations for Sunday• Closing activity	4:40 pm - 5:00 pm

AGENDA - DAY 2: NOVEMBER 19, 2:00 PM - 5:00 PM (EST)

Activity	Time
Shaking The Movers Waiting Room Opens on Zoom! <ul style="list-style-type: none">• Test out your camera and microphone• Read the welcome activity list	1:45 pm - 2:00 pm
Introduction & Welcome to Shaking The Movers <ul style="list-style-type: none">• Opening Activities	2:00 pm - 2:20 pm
Plenary #2 + Cody Jacques	2:20 pm - 2:45 pm
Break-Out Thematic Groups	2:45 pm - 3:45 pm
Stretch + Refresh	3:55 pm - 4:05 pm
Youth Presentations <ul style="list-style-type: none">• Group presentations to report on collective learning	4:05 pm - 4:50 pm
Debrief + Closing <ul style="list-style-type: none">• Feedback on presentations• Closing activity	4:50 pm to 5:00 pm

PLENARY SPEAKER

EMMA HEDDERSON



Emma Hedderson is a passionate and driven mixed Indigenous woman, who is committed to Indigenous resurgence. As she continues to navigate the intricate intersections of her Indigenous and Euro-Canadian identity, Emma has contributed significantly to the broader dialogue surrounding cultural healing/revitalization, intergenerational trauma, colonialism, and Truth and Reconciliation efforts. She is currently in her 4th year of her undergraduate degree at Western University (UWO), pursuing an Honours Specialization in Indigenous Studies and a Major in Psychology.

Read below for some of Emma's comments:

"Navigating the intersection between my Indigenous identity and European identity gives me a unique positionality. Genetically, I am native and white. However, racially, I'm white. So I recognize that as a white-presenting Indigenous person, I have very different experiences than my family and friends who are visibly Indigenous. That being said, we all look so different as an Indigenous people, and we don't check a certain box as to what our physical appearance is supposed to look like, but that's a really important thing for me to recognize"

"It's important to know that a land acknowledgment is much more than words. It is not just a script to be read, it should reveal a specific relationship between the event and the people who are acknowledged"

"So, when delivering a land acknowledgement. It should be written to your own positionality, your field, your discipline, and it should bring your own personal story or meaning to the words in the environment that you're executing the land acknowledgment. And so this process should be self-reflexive, recognizing the relationships you and the organization you speak on behalf of have with colonialism. Additionally, it should carry meaning and seek to inspire action and commitment towards truth and reconciliation."

"May there be light in my words, and let there be light on the path that each of each of us walks. May we give thanks for this day and every day for the Creator and the gift of life, and continue to honour this land."

[Canada and Settler Colonialism - Land Acknowledgement Personal Reflection Guide - Whose Land](#)

PLENARY SPEAKER

CODY JACQUES



Cody Jacques is a mixed ancestry former youth in care who grew up in Surrey, British Columbia (BC), currently living on Kwikwetlem territory in Port Coquitlam, BC. Cody has a Bachelor of Arts in Child and Youth Care from Douglas College, and is currently working towards a Master of Arts in CYC at Toronto Metropolitan University. Cody is an advocate and an artist, focussing primarily on improving outcomes for young people in and from government care.

Read below for some of Cody's comments:

"So let's talk about what reconciliation is, and what it's not, and how we start kind of fostering some of these ideas around belonging and belonging not just to ourselves, to our families, to our ancestors. But also, belonging to the relationships to Mother Earth, to the land that we exist on, that feeds us, that nourishes us, and our relationships to others around us."

"When I think about what reconciliation is not... instead of these fluffy kinds of words, or abstracts, or things that sit in the clouds, I want us to really root the conversation of reconciliation in current events that are happening, and things that have been happening for years."

"We have to commit ourselves towards this journey of hard conversations. And that's with family, that's with friends, that's with colleagues, that's with bosses. That's leaving conversations or calling out conversations where racism or systemic oppression is happening. It's having really uncomfortable conversations with bosses when we're in advocacy spaces and not agreeing with where some of the directions are."

"Once you have some knowledge, you have to build relationships. That's relationships with Indigenous peoples, relationships with the land, and relationships with each other. Relationships that are hard sometimes and saying, 'you're right. I've had this power, or this resource, or whatever that looks like, and maybe I don't have claim to it'".

STM 2023

THEMATIC BREAKOUT GROUPS

Breakout groups for STM were centred on the process of reconciliation, as inspired by the event's topic.

Participants were presented with the opportunity to think about what reconciliation looks like, and how they might play a role in bringing it to life. They explored the connections between rights, responsibilities, and reconciliation, to determine how movers must ensure that all children's rights are respected! The five thematic breakout groups formed to facilitate participant engagement are listed on the right.

Day One Breakout Group Objectives

- Introduce the overall theme in relation to the specific group
- Explore how participants understand reconciliation and what it means to them

Day Two Breakout Group Objectives

- Explore opportunities for bringing reconciliation to life
- Consider creative activities that will allow participants to express their ideas
- Consider how young people can encourage adults to better work towards reconciliation

The following pages of the report will explore contributions from STM participants.

**ACCESSIBILITY TO
EDUCATION &
SERVICES**

**YOUTH
LEADERSHIP &
ACTIVISM**

**ENVIRONMENTAL
JUSTICE**

**SAFETY &
PROTECTION**

**HEALTH,
WELLNESS, &
CARE**

STM 2023 - YOUTH INSIGHTS

ENVIRONMENTAL JUSTICE

Individual Actions for Community Impact

- Depending on your personal preference and energy, you might feel more connected to hands-on action like attending a protest, joining a community event like a road clean up, and more. Some people like to make a difference through sending money or posting on their stories. **All of these actions are important and add up!**

Keeping the Environment Safe

- We need to think about our environment and the best way to keep it safe. How do we avoid using more plastic, and be mindful of the amounts of water that we use? How do we avoid other types of pollution?
- We need to think about climate change and what we can do in response.



STM 2023 - YOUTH INSIGHTS

HEALTH, WELLNESS, AND CARE

Standing Up For Others and Ourselves

- We can and must advocate for communities that have zero to no access to well-being resources.
- Sometimes we take for granted the access we have. We took some time to do a 'would you rather'. An example was "Would you rather travel far to get good food or have fast food options close by?". **Questions like these made us realize that there is always improvement to be made, especially since our health is so important in the long term.**

Importance of Self-Care

- Our group recognizes that there are so many strategies that we use to take care of our mental health and wellness, even as simple as listening to our favourite songs.

Interconnectedness of Themes

- We are realizing that within the broader theme of Reconciliation and Places We Belong, all the issues mentioned are interconnected. For example, consider what the cost of delivering good quality health and wellness services to rural communities looks like, and how to ensure it is accessible to everyone and sustainable for the service providers.

Indigenous Perspectives

- We need to recognize how economic, social, and cultural factors impact wellness.
- There needs to be Indigenous perspectives that inform wellbeing and care.



STM 2023 - YOUTH INSIGHTS

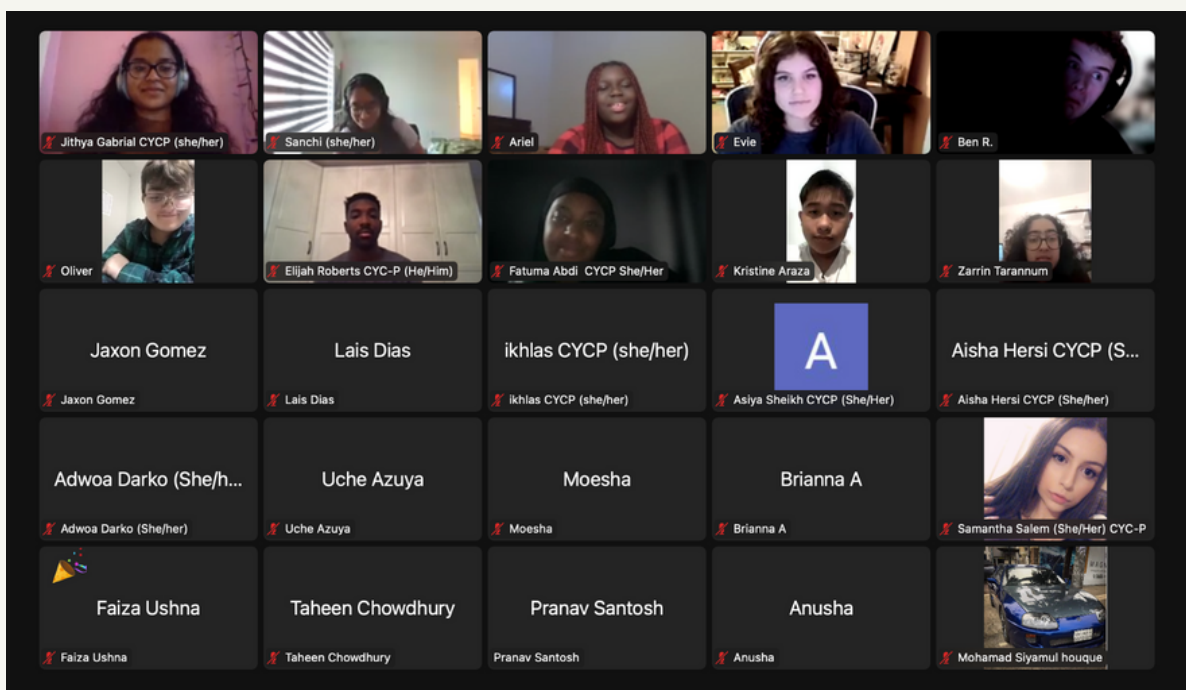
YOUTH LEADERSHIP & ACTIVISM

Importance of Indigenous Voice

- There was talk about my school personally has like a Mi'kmaq studies class, but our group members in Ontario don't have like anything like that. As a result, we considered the impact on what we understand about Indigenous peoples in different provinces.
- It is important to support Indigenous students in more than just financial ways. So we talked about like creating a student body, or like, support group for voices to be heard.

Reconciliation

- Reconciliation doesn't have to be like a huge, huge thing. Obviously, yes, it is a big topic. But, the act of reconciling doesn't have to be a big, you know, super scary topic to try and approach and how you can try and do things in your community.
- Personally, I've done a lot of thought about reaching out to one of the adults in my school and creating an Indigenous education extracurricular activity during lunch time.
- We need to take leadership on reconciliation in our community and schools!



STM 2023 - YOUTH INSIGHTS

SAFETY & PROTECTION

Talking About What Safety Means

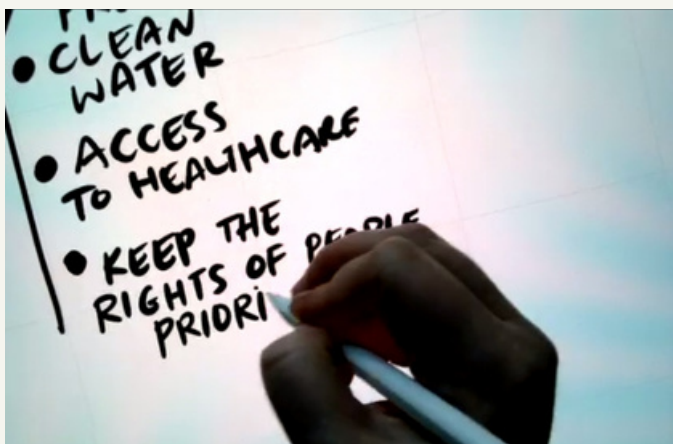
- We have to educate adults on safety. Regardless of your age, I think safety is something that even if you can't describe it in words, **it's a feeling that I think we can all resonate with**. It shouldn't be something that has to be explained.

The Impact of Colonial Systems of Protection

- Residential schools had such a negative impact on the Indigenous community. Especially on Indigenous mothers and their relationships with their children.
- Policing is often weaponized against Indigenous communities, such as the war on drugs that has happened.
- There are no appropriate resources to help communities deal with trauma from colonial violence. Instead, there is more policing.
- The child welfare system continues to impact communities and results in kids being separated from their families. This has an impact on youth mental health and wellbeing. And youth aren't put in culturally relevant homes, they often end up in homes with White people.

What Can We Do?

- Give Indigenous peoples the resources they need to thrive. Such as water and proper health care.
- Give communities the opportunity for meaningful and equitable work.
- Providing primary care physicians to Indigenous communities.



SHAKING THE MOVERS POST INTERVIEWS

At the conclusion of the conference, STM participants were given the opportunity to be interviewed and provide further feedback. Highlighted below are noteworthy responses from the participants:

Q: After participating in this year's Shaking the Movers conference, what ideas about a reconciliation stand out to you?

"The most important thing about reconciliation that stood out for me, was that reconciliation is not doing just one thing, it's doing a bunch of little things to lead into a positive change."

"I've come to realize that reconciliation shows up in so many areas of society; that all the subthemes we discussed and many more are interconnected."

"That individual actions of any size make a difference."

SHAKING THE MOVERS POST INTERVIEWS

"It was so fun to meet so many likeminded people and adults who want to hear my voice."

Q: What was the most impactful part of the conference for you?

"You have a voice. Just because you are young doesn't mean you can't use it. Utilize the resources around you."

"have a much deeper understanding of reconciliation in seeing more aspects of it, because many of these issues are on my mind as a young person."

Q: How has your understanding of reconciliation evolved from the beginning of this weekend to now?

"What one individual does can change more than you realize."

SHAKING THE MOVERS POST INTERVIEWS

Q: What do you think are currently the most significant barriers to the process of reconciliation in Canada? Who is responsible for removing these barriers?

“The most significant barriers are financial.”

“It is important that everyone in society regardless of age make reconciliation their responsibility. So many people are not aware because they haven’t learned or met someone impacted directly.”

“Anyone can help, and their efforts are important!”

SHAKING THE MOVERS POST INTERVIEWS

“It’s important to start with conversation, and asking one another what reconciliation means to them.”

Q: How do you think adults, children, and young people can work together towards reconciliation?

“We the young people are the ones who have to live in this world longer, and we are the ones affected by the adult’s decisions and opinions.”

“My next steps are to talk to the adults in my life to create new extracurricular activity for people in my community to understand the next steps in reconciliation.”

Q: How can you contribute to the process of reconciliation? What are your next steps to follow-up on this inspiration?

SHAKING THE MOVERS POST INTERVIEWS

“We should explore gender equality especially with the upcoming changes in policies, or women's health/ general public health.”

Do you have any suggestions or recommendations for next year's Shaking the Movers, including its theme?

“I think it would be valuable to explore how to increase the amount of time for young people to spend talking to one another. Consider moving some portions to pre conference work.”

“I really enjoy STM, I just wish there were more opportunities to engage and attend events throughout the year and not just once a year.”

ACKNOWLEDGEMENTS

Shaking the Movers 2023 was an incredible experience, thanks to the participation of various stakeholders. The organizing team is indebted to meaningful contributions from Elder Joanne Dallaire, Dr. Judy Finlay, our plenary speakers Emma and Cody, as well as students from CYC 602 Children's Rights and CYC 807 Advanced Group Work.

Shaking the Movers would not be the special experience that is without the enthusiastic participation of our conference participants who made this a memorable and important event. We are inspired by the social awareness and creativity displayed by all the STM participants. They meaningfully engaged with the big, complex, and pressing process that is reconciliation. Thank you for entrusting us with your valuable free time on a weekend! While we hope that our participants learned valuable lessons, we are certain that we have learned an incredible amount throughout STM. This weekend served as a reminder that it is only through intergenerational relationships that we will progress toward reconciliation and places where we all belong.

We would like to thank the School of Child and Youth Care at Toronto Metropolitan University for sponsoring the conference. Of course, we would like to thank the Landon Pearson Resource Centre for the Study of Childhood and Children's Rights for making this conference possible. **A special note of gratitude to Hillary Pearson for providing funding for the 2023/24 iteration of the Shaking the Movers workshop series.**

Finally, our participants have been encouraged to stay in touch by joining the [Shaking the Movers Alumni Network](#) - the form can be found [here](#). We look forward to another great conference next year and are excited for all the action that will take place until then.

Thank you for reading this report. We hope you have been inspired!

Sincerely,

STM Organizing Team -

Dr. Tara Collins, Annabelle De Jesus, Steven Gibson, and Marilyn Saad

APPENDIX

OUTREACH & COMMUNICATIONS

The 2023 STM Conference Package - (click **here** for link)

Includes:

1. Welcome Video
2. Important links
3. Welcome letter
4. Landon Pearson's Thematic Introduction
5. Meet the team
6. Meet the plenary speakers
7. Conference Agenda
8. Honorarium and consent form
9. Online conference tips and safety

Link.Tree - a one-stop shop regarding all news Toronto STM (click **here** for link)

YouTube - where we share all STM-related videos in a long format, including videos made by TMU's Child & Youth Care (CYC) students and STM conference recaps (click **here** for link)

Instagram - our main platform to keep participants past and present in the loop! (click **here** for link)