

Cultural Pride

Fones goes on a journey of remembering the rich traditions of Aboriginal cultures. Fones meets all the members of the Capsules Families and together they share and celebrate their unique cultures.

Narrated Message // *Our heritage is important, we can always be proud of our culture and of who we are. Life is full of challenges, sometimes we can encounter bullying and even racism along the way. This can make us feel bad about ourselves. But we should always remember that we are not alone. We have our families to talk to and to help us. We have our Elders in our communities who can offer us guidance and teach us about our culture. We even have teachers and other adults at school who can offer us support. When we help and support one another, we grow safer. When we help each other learn, we grow stronger together. We have a proud culture; beautiful and unique. Our traditions help us learn about ourselves and enhance our education at home, school and in our community.*

IDEAS

- Reminding our children that they are not alone, that there are others at home, at school and in our communities whom they can turn to for support. We can help them understand that asking for help and sharing problems makes us stronger.
- There are many adults at home, at school and in the community that we can turn to, to help our children stay safe. With our Elders and others in our communities, we can teach our children about our rich heritage and traditions, and help them develop pride in them. We can remind them that they too can turn to Elders for guidance and support.
- Knowing who we are and understanding our traditions can help us face bullying and racism. Teaching our children about our rich heritage and our traditions can strengthen our ability to face difficult moments.
- Learning at school and learning about our traditions and cultures to make our school experience a better one. We can make connections between learning about our traditions and learning at school. Building a sense of pride that children can depend on as a source of strength when they face bullying and racism.

QUESTIONS FOR GROUP DISCUSSION

Family Members

1. What are some of the messages in this film?
2. How do our children feel when they do not know about their culture and teachings? Why is it useful for our children to be proud of their heritage?
3. How can you help children find adults in their lives—at home or at school—who they can turn to for support?
4. What day-to-day situations could be opportunities to share information about our culture and traditions?
5. How can we bring our culture and heritage into their learning and school life?
6. How can our children’s teachers and the school support us in these aims?

School Staff and Community Leaders

1. What are some of the messages in this film?
2. What examples of Aboriginal teachings and traditions are part of your students’ education (for example, the curriculum, the school’s physical environment, etc.)?
3. What more could be done to make Aboriginal teachings more present in your students’ education? What benefits could this have?
4. What opportunities are there in your day-to-day work life to incorporate information about Aboriginal cultures and traditions? How can you learn more about these?
5. How might you support Aboriginal families’ efforts to strengthen their children’s pride in their culture and history?