

TERMS	INFORMATION	CAN	CAUTION
Indigenous	A collective noun for First Nations, Inuit, Métis, and growing in popularity in Canada.	Use: <ul style="list-style-type: none"> - interchangeably with First Peoples - interchangeably with First Nations - interchangeably with Aboriginal Peoples 	Caution if using interchangeably with First Nations as some may have more preference for Indigenous Peoples.
First Nation(s)	First Nation is a term used to identify Indigenous peoples of Canada who are neither Métis nor Inuit. This term came into common usage in the 1970s to replace the term “Indian” and “Indian band” which many find offensive. First Nations people include both status and non-status Indians so there’s a need to be careful with its usage, especially if in reference to programs that are specifically for status Indians.	Use: <ul style="list-style-type: none"> - to refer to a single band or the plural First Nations for many bands - “First Nation community” as a respectful alternative phrase - instead of “Indian” when referring to an individual 	Caution if using interchangeably with Aboriginal Peoples as some First Nations people don’t like the term Aboriginal Peoples.
Inuit	Indigenous people in northern Canada, living mainly in Nunavut, Northwest Territories, northern Quebec and Labrador. Ontario has a very small Inuit population. Inuit are not covered by the Indian Act.	Use: <ul style="list-style-type: none"> - Inuk when referring to an individual Inuit person - Inuuk when referring to two people; for three or more people, it is Inuit Inuit People - in the Inuktitut language the term Inuit translates to "the people".	Eskimo as it is considered derogatory. Inuit are not the same as Innu as Innu are an Indigenous group that primarily live in northeastern Quebec and southern Labrador.
Métis Peoples	Métis Peoples are people of mixed Indigenous and European ancestry. The Métis National Council adopted the following definition of “Métis” in 2002: “Métis” means a person who self-identifies as Métis, is distinct from other Aboriginal peoples, is of historic Métis Nation Ancestry and who is accepted by the Métis Nation.” *Métis are now covered by the Indian Act.	Use: <ul style="list-style-type: none"> - in reference to persons whose ancestors inhabited Canada and received land grants and/or scrip - in reference to those who self-identify as Métis 	Some people may refer to themselves as Métis but upon further research, they might fit more into non-status Indian than Metis; for example, "Barbara" self-identifies as a Métis person but with some exploratory questions you discover she lost her status in 1981 upon marriage to a non-status Indian; Barbara doesn't meet the criteria as Métis person based upon the definition.

Additional Notes from Indigenous Corporate Training Inc.:

Avoid using possessive phrases like “Canada’s Indigenous Peoples” or “our Indigenous Peoples” as that has connotations of ownership. Consider “Indigenous Peoples in Canada” instead.

Additional Notes from Indigenous Corporate Training Inc.:

Always capitalize Indigenous, Aboriginal, First Nation, Inuit, Métis as a sign of respect the same way that English, French and Spanish etc are capitalized.

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Indian	<p>“Indian” is the legal identity of an Indigenous person who is registered under the Indian Act.</p> <p>One story about the origin of the term “Indian” dates back to Christopher Columbus, who mistakenly thought he had reached the East Indies, so referred to the people in the lands he visited as “indios” which is Spanish for Indian.</p>	<p>Use:</p> <ul style="list-style-type: none"> - in direct quotations - when citing titles of books, works of art, etc. - in discussions of history where necessary for clarity and accuracy - in discussions of some legal/constitutional matters requiring precision in terminology - in discussions of rights and benefits provided on the basis of "Indian" status - in statistical information collected using these categories (e.g., the Census) 	<p>If using in front of individuals as some may deem it derogatory and outdated and call you out on it.</p>
Aboriginal Peoples	<p>The collective noun used in the Constitution Act 1982 includes the Indian (or First Nations), Inuit and Metis Peoples so legally it will always have a place at the terminology table.</p>	<p>Use:</p> <ul style="list-style-type: none"> - interchangeably with First Peoples - interchangeably with First Nations - interchangeably with Indigenous Peoples 	<p>If using interchangeably with First Nations note that some First Nations prefer not to be called Aboriginal Peoples</p> <p>If using this, it should always be Aboriginal Peoples together as opposed to Aboriginal or Aboriginals.</p>
Native	<p>An outdated collective term referring to Indians (Status, Non-status, Treaty), Métis, and Inuit but has largely been replaced by Indigenous. While some First Nations individuals refer to themselves as “Native” that doesn’t give non-Indigenous people license to do so.</p>	<p>Use when referring to organizations such as the Native Women’s Association of Canada</p> <p>Use when an individual self-identifies using this term.</p>	<p>Use it sparingly as some see it as derogatory and outdated. The term was popular in the colonial and settler era.</p> <p>*Note: The use and thoughts of the term “Native” can vary.</p>

Reminder: “Many other communities will use their language to name their Indigenous group and the peoples of that group will use that name to describe themselves and their connection to a larger collective. For example, Anishinaabe is a name used by the Ojibway and is interpreted to mean “the original people.” Another example is Haudenosaunee which means “people of the longhouse” and is used by Mohawk and five other distinct nations under this confederacy.”

From: Cultural Appropriation vs. Appreciation, <https://etfofmi.ca/wp-content/uploads/2019/09/cultural.pdf>