

What's in a name?

I'm sure you have heard many different terms for the First Peoples of Canada.

Can you name a few?

What are the differences?

Using the words and definitions provided. Match each term with the appropriate definition.

Aboriginal People

A collective name for the original peoples of North America and their descendants.

In Canada there are 3 recognized groups of Aboriginal Peoples- Indians (First Nations), Metis, and Inuit.

These are three separate peoples with unique heritages, languages, cultural practices and spiritual beliefs.

Band

A band is a community of First Nation people for whom lands have been set apart.

The members of a band generally share common values, traditions and practices rooted in their ancestral heritage.

Today, many bands prefer to be known as First Nations.

First Nation(s)

A term that came into common usage in the 1970s to replace the word "Indian," which some people find offensive.

The term should not be used as a synonym for Aboriginal Peoples because it doesn't include Inuit or Métis.

Many have also adopted the term "First Nation" to replace the word "band" in the name of their community. Eg. Squamish First Nation (or Squamish Nation).

First Peoples

"First Peoples" is another collective term used to describe the original peoples of Canada and their descendants.

It is used less frequently than terms like "Aboriginal peoples" and "Native peoples." It includes First Nation, Métis, and Inuit.

Indian

The term "Indian" collectively describes all the Aboriginal people in Canada who are not Inuit or Métis.

The term "Indian" is considered outdated by many people, and offensive to some, and there is much debate over whether to continue using this term.

Indigenous

Indigenous means "native to the area"(or originating in the area). In this sense, Aboriginal people are indeed indigenous to North America.

It's meaning is similar to "Aboriginal peoples," "Native peoples" or "First Peoples."

The term is rarely used, but when it is used, it usually refers to Aboriginal people internationally.

Inuit

Inuit are the Aboriginal people of Arctic Canada united by a common culture and language.

Inuit live primarily in Nunavut, the Northwest Territories and northern parts of Labrador and Quebec, above the treeline.

The word "Inuit" means "the people" in Inuktitut, the Inuit language, and is the term by which Inuit refer to themselves. Avoid using the term "Inuit people" as the use of "people" is redundant. It's like saying "People People".

The term "Eskimo," was once given to Inuit by European explorers and is now rarely used in Canada. It means "raw meat eaters",¹¹ and many people find the term offensive.

Inuk

Inuk is the singular form of Inuit.

Use Inuk when referring to one person.

When referring to two people, the correct term is Inuuk.

For three or more people, it is Inuit.

Métis

French for "mixed blood." The Canadian Constitution recognizes Métis people as one of the three Aboriginal peoples.

Historically, the term applied to the children of French fur traders and Cree women in the Prairies, and of English and Scottish traders and Dene women in the North.

Today, the term is used broadly to describe people with mixed First Nations and European ancestry who *identify* themselves as Métis, distinct from Indian people, Inuit, or non-Aboriginal people. (Many Canadians have mixed Aboriginal and non-Aboriginal ancestry, but not all identify themselves as Métis.)

Native

"Native" is a word similar in meaning to "Aboriginal."

"Native peoples" is a collective term to describe the descendants of the original peoples of North America.

The term is increasingly seen as outdated and is starting to lose acceptance.

A few of your questions:

How many Aboriginal groups are there?

First Peoples of Canada

There are 617 Aboriginal communities in Canada.

Here is a map: <http://native-land.ca/>

A few of your questions:

What languages do First Nations people
speak?

Languages

There are around [60 distinct Indigenous languages](#) in Canada.

Many languages have decreased from one generation to the next, recognition of this has led to efforts by Indigenous peoples to revitalize and sustain their languages.

On 6 December 2016, Prime Minister Justin Trudeau announced a plan to implement a new law to protect and preserve Indigenous languages in Canada.