



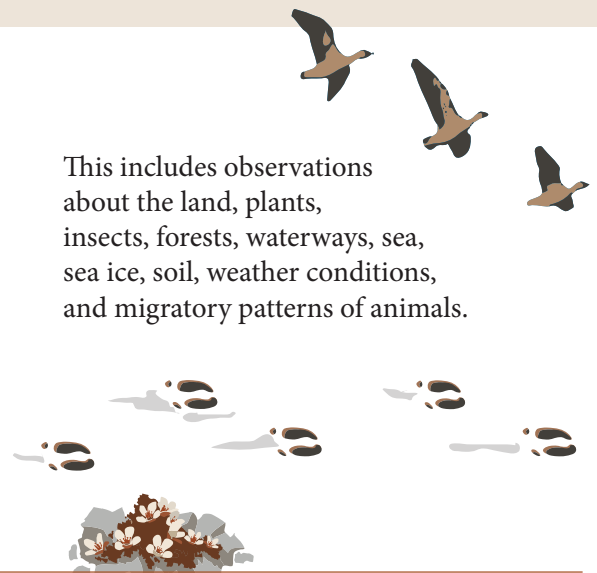
INDIGENOUS KNOWLEDGES AND CLIMATE CHANGE IN CANADA

First Nations, Inuit, and Métis peoples have been actively observing and adapting to changing environments in a diversity of ways since time immemorial. Indigenous knowledge systems and practices are equal to scientific knowledge and have been, and continue to be, critical to Indigenous Peoples' survival and resilience. Indigenous knowledge systems are increasingly recognized, both nationally and internationally, as important in adapting to climate change, monitoring impacts at the local and regional level, and informing climate change policy and research.

Indigenous knowledges are embedded within Indigenous languages and transmitted to younger generations through community practices and traditions.



This includes observations about the land, plants, insects, forests, waterways, sea, sea ice, soil, weather conditions, and migratory patterns of animals.



Climate change can disrupt Indigenous Peoples' ability to hunt, fish, trap, forage, and spend time on the land.



This affects the transmission of knowledge and land skills to younger generations, which is critical to the formation of a strong cultural identity and resilience.



Engaging in land-and culture-based activities provides mental, emotional, social, cultural, and spiritual benefits and supports individual and community resilience in the face of climate change.



These activities increase physical activity and nutrition, reduce stress, build self-confidence, foster positive relationships, replenish the spirit, enhance cultural identities, facilitate access to traditional medicines, and create further opportunities for intergenerational knowledge transmission.

