

5 Things We Can Do Today to Support Native/Indigenous People

From Simon Moya-Smith's article
100 Ways to Support – Not Appropriate From – Native People

Stop Using the
term Powwow for
an office meeting

- Powwow's are social gatherings for ceremonial and celebratory purposes and are conducted under strict protocol. Using this phrase to refer to a quick business meeting denigrates the long, cultural significance of the Powwow

Push for inclusion of
Native American
history in schools,
especially the
histories of local
tribes.

- In 2017, the Oregon Legislature enacted Senate Bill (SB) 13, now known as Tribal History/Shared History. This law directs the Oregon Department of Education (ODE) to create K-12 Native American Curriculum for inclusion in Oregon public schools and provide professional development to educators. The law also directs the ODE to provide funds to each of the nine federally recognized tribes in Oregon to create individual place-based curriculum.

Source: Oregon Dept of Education

Loudly speak out
against Native
American mascots

- **They are the commodification and dehumanization of Natives and have been empirically proven to harm the mental health and stability of kids.**

<https://www.apa.org/pi/oema/resources/indian-mascots>

Don't call
something your
"spirit animal," or
a group of people
your "tribe"

- Even though "spirit animal" isn't a term widely used in Indigenous cultures, it takes the concept of sacred connection with and reverence for nature and twists it into a catchphrase and a commodity.
- Using tribe to mean a group of friends, family, or folks with shared interest undermines the political, legal and social unique status of tribes.

Stop saying “Native Americans believed...”

- “*We believe. We survived. Being a better ally is about getting to know who we are and who we are not. We are not mascots. We are not mere relics of the past. We are writers, doctors, business owners, your classmate, neighbor. We are still here*”.