

Indigenous Student Handbook

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Indigenous Student Society of Acadia

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Welcome

Welcome Message from the Office of Indigenous Affairs

Welcome to Acadia! I know this year is full of uncertainty and questions. However, on behalf of staff and faculty at the University, we are all committed to making



your experience the best possible. As the Coordinator of Indigenous Affairs and Student Advising, my priority is the wellbeing, success and happiness of the Indigenous students on-campus. Being Mi'kmaq, family and community are a huge part of my identity. I am committed to bringing that feeling of Mi'kmaq family and community on-campus. It is important that you never feel alone. We are here for you and

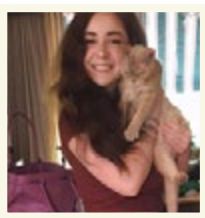
the Indigenous support team at Acadia will do our utmost to make sure you feel the sense of belonging. If you're coming from outside Mi'kmaki, we hope you will share some of your culture with us, and we can't wait to share our culture with you.

Wela'lin,

Zabrina Whitman

Welcome Message from the Indigenous Student Society of Acadia (ISSA)

I want to welcome you wholeheartedly to Acadia University. Going to university for the first time or transferring to a new university is always very nerve wracking but considering the craziness of the world right now it takes an extra level of



courage. More than anything I want you to know that you are supported, and that there is a whole team of students and staff here if you ever need help. In coordination with the Office of Indigenous Affairs on campus, I have made a handbook discussing some of the resources at Acadia. In the coming days and weeks, we will be sending out a calendar to all the Indigenous students of events we will be

offering on campus. While not all of them may be in-person, we want to make your experience at Acadia as welcoming and as inclusive as possible.

Sincerely,

Lauren Roberts



Health

In any urgent health emergency call 911

or

Safety and Security: (902) 585-1103 (tip: store their number in your phone!)

Safety and Security website

<https://www2.acadiau.ca/safety-security/welcome.html>

Mental Health/Counselling

Acadia offers free confidential counselling services for students with Counsellors possessing a variety of specialties. To contact the Counselling Centre, you can come into the Centre in the Old Student Union Building, email or call to book an appointment. Counselling during the pandemic is likely to remain as virtual or by phone. Other mental health services available virtually are also listed on the Counselling Centre website.

<https://www2.acadiau.ca/student-life/health-wellness/mental-health.html>

Mental Health Crisis Line

1-888-429-8167

First Nations and Inuit Hope for Wellness Help Line

1-855-242-3310

Sexual Health and the Health Clinic

Birth control options, STI and pregnancy testing, Plan B, general health inquiries and referrals for other health professionals are available at the Student Health Centre. To go to the Student Health Centre, you will need to have proof of Canadian health insurance (ie health card) or general insurance.

Location

The Student Health Centre is located on the lower floor of the Dennis Residence. The entrance is facing Chipman House, and if looking at the front door of Dennis is on the outer left side wall.

Appointments

Appointments are available to book online (Due to COVID-19, appointment bookings are by phone or email only). I recommend booking appointments early as they fill up quickly and there are rarely walk-in appointments available. In emergencies call 911, go to a local after-hours walk-in clinic or the hospital.

Local pharmacies, walk ins and hospital

In Wolfville, the local pharmacies are the Pharmasave and Shoppers Drug Mart, which are about a 5-8 min walk from campus, and almost directly across from each other. There is no longer a walk-in clinic in Wolfville, but there are some in the nearby towns of New Minas and Kentville. These clinics can be contacted by phone or email, but specialized appointments (ie: abortions, IUD insertions, blood tests...etc) usually require a referral from Acadia, so it is always best to call first to check what is required. The closest hospital is the Valley Regional Hospital in Kentville.





Academics

Study tips

Not cramming

Use a calendar whether online or on paper recording due dates from your course syllabus as soon as you are given them. Due dates may seem far away, having them written out helps you plan out your schedule, as well as visualize the semester right from the start. University can be very overwhelming at times, but I have never found cramming the night before to help me in the long run. Studying a little every day is the best way to both understand the material and get the work done.

Study breaks

When you give yourself lots of time to finish projects it gives you time to take mental breaks from work. Giving yourself a 15-30-minute break every hour helps keep you from feeling burnt out. Doing activities like working out, getting a breath of fresh air, doing a few short chores or having a snack can really refresh your mind and help you stay on track and feeling on top of your studies.

Using the library

Studying with the bookable library workrooms was a secret I didn't learn until second year. On the library website you can select study rooms for yourself or for larger groups. Working in the library not only means the Acadia wifi is usually a little bit better, but also helps put me into a more academic headspace than working in my dorm. The Library also has many great librarians who can help you find books, locate journals on-site, online or order them in if Acadia does not yet have them. Librarians are super helpful and are always ready to answer your questions. Maggie Jean Neilson offers library services specific to Indigenous students at Welkaqnik in Rhodes. Welkaqnik will be closed for the Fall semester, but an email will go out to Indigenous students when this service is re-launched. For now, this service is available virtually. Maggie's email is: *maggiejean.neilson@acadiu.ca*.

Textbooks

Depending on the course, textbooks can be huge lifesavers, however they are very expensive, and I recommend waiting until your first lecture before you buy or order them.

Balancing life and schoolwork

Unfortunately most students have a lot of trouble finding a good balance between having a social life, self-care and academics. While you may be told most often to study and work hard, it is also important to take care of yourself, make friends and have fun. Make sure that you take care of yourself first. Remember that everyone has limits and it's okay to put your well-being first. Seeing friends, working out, practicing hobbies and trying new things are all important aspects of university life just as much as studying and academics.

Cheating

Cheating is never a good idea and is a very serious offence at Acadia. Cheating can result in getting a ZERO on the assignment, a fail for the class or at worse, expulsion from the University. Because of this, reviewing the academic integrity section of the Acadia Student Handbook is always recommended as the rules for what is considered cheating can be confusing and can change slightly from year to year. When in doubt, ask your professor or T.A., because saying "I didn't know what I did was considered cheating" is not an acceptable reason.



Study groups

Studying in groups can be an amazing way to meet friends and get to better understand the material you are learning. Choosing who

you study with is something you should take seriously. While studying with friends can be fun, it also can be difficult to keep the conversation on the work-at-hand. Finding classmates that are as studious as you, working with people you don't know very well or setting goals can be a good way to keep study groups effective.

Talking with professors

One of the best tips is to introduce yourself to your professors. By meeting with your professors in their office hours or after class it lets them recognize your face. This can open up an avenue for not only getting help when you need it, but also can create great opportunities such as research projects or becoming a TA.

Utilizing the tutoring services

Students can be registered to be connected with Acadia tutoring services that offer personalized tutors for a fee. These tutors can really help you better understand the material through learning it in a new way, but not everyone can afford to get one. Talking to professors and TAs directly can be useful, but so are going to the free tutoring groups on campus. These are available for most programs and are often advertised by your professors. The Chemistry Help Sessions, Math and Statistics Help Group and the Writing Centre – to name a few – are some great resources to get help when you don't fully understand a topic. In some instances, your bands may cover tutoring, so connect with your post-secondary advisor at your band or tribal council. When in doubt, reach out to the Indigenous Student Advisor, or the Coordinator of Indigenous Affairs.

Accessibility on Campus

Acadia strives to be a supportive, inclusive and welcoming campus for all students. While being both physically accessible for students who have difficulties with mobility, and accessible for students with learning disabilities, Acadia is always there to give you assistance if needed.

Through Accessible Learning at Acadia there are many options for students, including but not limited to:

- Support services
- Resources introducing you to funding opportunities
- Note-taking services, as well as connections to tutors
- Electronic textbooks as well as an invitation to join the accessible text database with the Vaughan Memorial Library

Accessibility Student Advisors are found within Rhodes Hall, Rooms 111-115. You can contact them by email at: disability.access@acadia.ca or by phone at: 902.585.1291.

To register for Accessible Learning at Acadia please visit: www2.acadiau.ca/student-life/accessiblelearning/information.html

Equity at Acadia University

Available to all students and staff members, the Equity Office works to maintain a fair university environment, free of discrimination and harassment. Polly Leonard, *Equity, Diversity and Inclusion Officer*, provides the following services, and holds the responsibilities of:

- Taking steps to uphold the strong values of health, safety and security outlined in Acadia's *Harassment & Discrimination Policy*.
- Receive, investigate and resolve equity complaints.
- Create, provide and advertise programs that raise awareness on discrimination and harassment issues.

To contact Polly and the Equity Office you can email her at: equity@acadiau.ca, or give her a call at 902.585.1298 or 902.692.2487.

Or visit: <https://www2.acadiau.ca/student-life/equity-judicial/equity.html>

ASU Clubs and Club Sports

Acadia Athletic Complex

The Acadia Athletic Complex contains a gymnasium, skating rink, indoor running track, workout room, swimming pool, dance studio, squash courts as well as other multipurpose rooms. Outside the Complex there is a football field and outdoor running track. Due to the complexity of COVID-19 there is a phased reopening of the Athletic Complex with the updates changing often. For the most recent updates, check their website this checking the website is the best way to find the most current information: <https://fitness.acadiu.ca/welcome.3237.html>

Athletic Centre Offerings during COVID-19

Acadia Athletics is proud to offer an opportunity to engage students in sport, recreation, and fitness during a COVID-19 altered setting on the Acadia campus for the 2020/21 school year. While sport, recreation, and fitness activities including varsity, club sports and intramurals will not operate in the manner they normally do, modified variations of program delivery will be offered. All sport, recreation, and fitness opportunities offered to campus will meet Acadia's Return to Campus plan, Nova Scotia's Return to Sport guidelines, and the N.S. government approved plans offered by various provincial sport, recreation, and fitness organizations. In this altered setting, the aim of sport and recreation for students for Campus 2020 is to:

- Provide enhanced value to the Acadia student experience
- Expand student engagement and activity in facility
- Increase collaboration between Athletics and student body
- Create a sustainable model for recreation into the future

Learn more about the available sport, recreation, and fitness opportunities below. Alternate sport and recreation will launch on campus on September 21st, 2020. For more information visit:

<https://www2.acadiu.ca/student-life/residence-campus-life/intramurals.html>
and Acadia Athletics website: <https://fitness.acadiu.ca/welcome.3237.html>

Quarantine Workouts

During the uncertain times of the pandemic it can be safer to exercise at home or outside in order to stay away from others and keep yourself safe. If you are arriving from outside the Atlantic Bubble, you will be required to quarantine for the first 14



days. Participating in virtual exercise classes are a great way to stay active and support mental health.

If you are not in quarantine, here are some of my recommendations for exercise that also supports physical distancing requirements:

Running paths near the dykes

Around the pier and gazebo near the dykes (this is behind the Tim Hortons in town) you can easily find a few paths leading to a running trail near the ocean. It is a really lovely path for going on walks or jogs.

Hiking past Tower

Behind the Tower Residence you can walk through the woods on a little hike. This was part of one of my biology labs first year and I thought it was really beautiful.

Virtual workouts

Virtual workouts are always a great stay at home option. With low impact activities like yoga to high intensity kickboxing circuits, the internet holds endless safe workouts you can do in your residence or bedroom. For example, our Indigenous Student Advisor, Darlene Copeland, will be offering Seven Sacred Teachings Yoga this September.

Varsity Sports

Varsity sports have been suspended for the fall semester due to the pandemic, and unfortunately it is unclear what will happen in the winter semester. In the meantime, varsity teams are offering alternative plans for practices, workouts and training camps that follow health guidelines. If you are a varsity athlete or looking into varsity sports contacting the coaches would be the best course of action to see what is happening currently.



Clubs and Club Sports

Acadia has countless clubs with everything from cheerleading to the biology society. However, like varsity sports all club teams have been suspended for the fall, and the plans for the winter semester are still in the air. In terms of socially distanced practices or meetings during the fall semester, contacting clubs individually is the best way to get the newest information on the clubs you are interested in. The Athletics Department is also working on activities for students, so stay tuned for these updates.

Learn about the Town of Wolfville

Wolfville is a very beautiful town that may be small but does offer lots of nice restaurants and stores. Here are some personal recommendations of my favourite places to go in Wolfville.

Restaurants

Paddy's Pub: is my favourite classic style pub restaurant in Wolfville, it has tons of options. Paddy's also has live music on Mondays <https://paddyspub.ca/wolfville>

Library Pub: In terms of fancier places, the Library Pub is one of the nicest places in Wolfville. Despite its name, the Library Pub does not have the traditional pub fare, instead having modern dishes and really nice cheesecake.

The Rolled Oat is my favourite place to go for lunch, with gluten free, vegetarian and vegan options, there is something for everyone.

The Naked Crepe is the most popular brunch and first date place in Wolfville. They have really good crepes (as the name would imply) and yummy pizzas.

Pizza: As far as pizza goes, all the pizza restaurants are very similar in terms of price and quality. Pronto and Picasso are the most popular -they are kinda like Coke and Pepsi, pretty much the same, but everyone has their own preference. You can also get pizza at Joe's Food Emporium.

Other spots: The restaurants are endless in Wolfville – if you walk down Main Street, and even Front Street, you have so many options: There is Turkish, Chinese, Korean, pub food, and if you even want something fancier, check out some of the local wineries that have restaurants on-site.

Cafés

Wolfville has so many coffee shops and they are all very good so you really can't go wrong (maybe it is because the coffee museum is next door in Grand Pré). T.A.N. and Just Us are really great to study in and get a sweet treat and/or nice hot drink. The bonus is that they both offer fair-trade coffee.



The Second Scoop is a cafe that also has homemade ice cream. There are vegan flavours there as well. The best part is the indoor swings for chairs and the blended ice creams that are like blizzards but gourmet!



Local Food

Wolfville is famously known for the Wolfville Farmer's Market. It typically runs Wednesday evenings and Saturdays from 9am-noon (check <https://www.wolfvillefarmersmarket.ca/> for COVID-19 hours) This is a great experience. You can go here for a great meal, pick up your veggies and lots of yummy treats. Also, if you are quarantined or do not want

to go to the grocery store, you can order fresh local foods through the Wolfville Farmer's Market to-Go Site: <https://www.wolfvillefarmersmarket.ca/wfm2go>

There are also a lot of great local farmer's markets. If you don't own a car, they are a bit of walk to get to, but still within town. These include Stirling's, Noggins, Elderkins and Hennigars.

Stores

There are a lot of stores in town as well. Here are my some of my favourite:

Jane's secondhand clothing store is a great place to get gently used clothing for a great price. While it does sell only women's clothing, it is still a fun place to go to with friends.

Rainbow's End is the local record/comic book/movie/odds and ends store. It is a cool place to go to look around if you have a chance.

The Odd Book is a vintage bookstore on the street behind Main Street. I really like the atmosphere and it is a great place to find those used books with the great paperback smell.

Eos Health Food Store carries great grocery items for people with food sensitivities or who are conscious eaters.

The Independent is the primary grocery store in town. For a more diverse option, you can go to New Minas to Sobeys, Walmart or Superstore. There is a weekly grocery store run to New Minas for Indigenous students. Currently this service will be suspended due to COVID-19, but an email will go out when this service is available again.

Residence

Resident Assistants (or RAs)

If you ever feel you need help or that you are unsafe in residence your RA is the best person to go to. Talk to them about anything, no matter how insignificant it may seem. It is a good idea to get to know your RA, but remember they are a figure of authority and you need to respect residence rules and their role as an RA.

RAs are there to make your residence experience as positive as possible and if you have ideas for activities or things that would like to see, let your RA know and they might be able to make it happen.



Drinking Rules

The number one unofficial/official rule at Acadia when it comes to drinking is to not be a jerk. Residence drinking rules are a bit confusing and can be subject to change based on how students behave. Like with most things the best policy is to ask if you are confused, and always listen to your RA. Make sure to respect your RAs and Safety and Security.

Two major rules:

- **Drinking games in residence are banned**
- **No open alcohol in the hallway or in public.**

Tips for in Residence

Locking your door

I would recommend locking your door as much as possible, because even though Acadia is pretty safe, you always want to take the most precautions.

What happens if you lose your key card?

Losing your key card or forgetting your card in your room sucks, but it happens to everyone. When this happens, you can ask a RA or call Safety and Security. Safety and Security will make you come to them to get a temporary card, but (wink wink) if you say you were doing laundry and left your shoes in your room, they will come to you.

Not leaving things out of your room

Try not to leave things out of your room unless it is food in the communal fridge (make sure you label it, or it can be eaten). No one likes a mess and your stuff can get damaged, so it is best to keep it in your room.



How to feel more at home

Decorating your room is a fun way to feel at home: filling the walls with posters, putting up lights, getting a nice bed spread and making your room your own is a good way to feel like you belong in your room. Pictures of family and friends as well as regularly calling and Facetiming them helps a lot. Lots of people find having plants helps. Cooking your traditional family recipes also

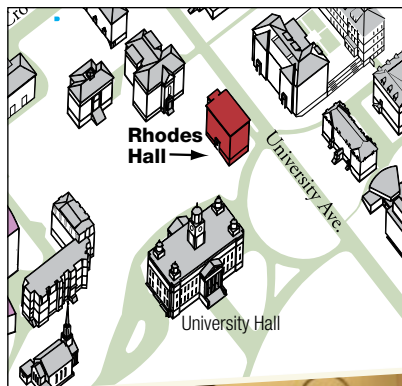
helps a lot because the stomach is the fastest way to the heart. Also connect with the Indigenous Student Advisor – Darlene Copeland – and Zabrina Whitman our Coordinator of Indigenous Affairs about ways you can connect with the local Indigenous communities and events they may offer. The local band called Glooscap invites Acadia students, especially Indigenous students, to come to community events. With COVID-19, few events are happening in the communities, but it is important to all of the Indigenous team on campus that you always have that sense of community while being away from home.

Indigenous Specific Supports

Indigenous Student Services

Rhodes 101: As an Indigenous student you normally are automatically given access to both the front door of Rhodes Hall and access to the Indigenous Student Centre (which is accessed by the door directly to your left when you enter Rhodes Hall). Just remember that the Centre is currently closed this Fall, but when it reopens, the Office of Indigenous Affairs will send out an email.

Key card access should be given to you automatically (as stated above) but if there are any issues with your card not letting you into the building contact Zabrina Whitman, the Coordinator of Indigenous Affairs.



Contacts and ISSA:

For general inquiries emailing indigenous@acadiau.ca will connect you with the Coordinator of Indigenous Affairs.

The Indigenous Student Society of Acadia has some social media accounts, following them is the best way to get the most up to date information about events and opportunities. Their Facebook page is found under the name:
Indigenous Student Society of Acadia

The Instagram for ISSA and Indigenous Affairs are:

@acadia_indigenous_affairs and ***@indigenoustudentsociety***

Activities

We will be sending out a calendar of events offered by the Office of Indigenous Affairs and by ISSA soon! We will be offering Seven Sacred Teaching's Yoga, virtual cooking classes, budgeting classes, and even hoping to have an Indigenous speaker series this Fall.

Other Tips

Tips for making friends

Always remember that everyone is in the same boat as you, everyone is new and are looking to make friends. From my experience, while it may be scary just going up to people and saying hello is the best way to make friends. Joining clubs and sports teams are also great ways to meet people with similar interests as you. It is also nice to try and talk to people from different programs and places. Being friends



with a variety of people is very mind opening and can introduce you to new things. Remember, it is university – you are here in part to try new things and meet lots of new people, try to put yourself out there and you won't regret it.

Living off campus

Living in residence for the first year is a good idea because residence is the easiest way to be introduced to new people. In later years however lots of people decide to move off campus. My recommendations for students who have never lived in an apartment would be to first make sure that you know your roommates (if you choose to have them). Roommate contracts or just verbal agreements about cleanliness, visitors and shared rooms are also good to talk about before you sign a lease to make sure you are compatible. It is also a good idea to start looking for off campus housing as soon as possible. If you wait until February most options for the next fall will already be taken.

When it comes to finding a house, it is good to consider all relative costs (food, utilities, furniture) and compare what each apartment offers. In my experience utilities cost more than you expect and so does furniture.

Key Indigenous Contacts on Campus



Zabrina Whitman, Coordinator of Indigenous Affairs

Zabrina is Mi'kmaq and a band member of Glooscap First Nation. As the head of Indigenous Affairs at Acadia, she is a great person to contact as she is both very helpful and can help connect you

with anyone on campus. **Email:** indigenous@acadiau.ca or zabrina.whitman@acadiau.ca



Darlene Copeland, Indigenous Student Advisor

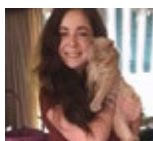
Darlene works directly with the students on campus. She puts on workshops, events and works one-on-one with Indigenous students for any issues or concerns you may have. The best way

to contact Darlene is through phone (902) 890-2543.



Leah ML Creaser, ISSA

Leah is the amazing president of ISSA. Going into her fourth year of Biology, Leah's focus in biology is studying fish. She is Mi'kmaq from Acadia First Nation. **Email:** Issapresident@acadiau.ca



Lauren Roberts, ISSA

Hi! I am the one writing this, so I'll stay away from writing in third person. I am a third-year biology student minoring in chemistry and English. I am a member of the British Columbia Metis Nation, and

the finance executive for ISSA. **Email:** 147878r@acadiau.ca



Haley Bruhm

Haley is the Vice President Internal of ISSA and is going into her second year of Community Development (Environmental and Sustainability Studies). She is Nova Scotia Mi'kmaq.

Email: 154915b@acadiau.ca



River Pictou, ISSA

River is the Internal Vice President of ISSA, and as an incredibly hard working person they are triple majoring in Chemistry, Biology and Sociology. River is Two-Spirited, uses they/them pronouns and

is a band member of Sipekne'katik First Nation in Nova Scotia.

Email: 141624p@acadiau.ca

Indigenous Education Advisory Council



First created in 2018, the Indigenous Education Advisory Council (IEAC) held its first meeting on April 5th of last year. The council was created after its recommendation by the Presidential Advisory Council on Decolonization (PAC). The PAC was created in 2016 in order to respond to the Report of the Truth and Reconciliation Commission,

and how its principles could be applied to the campus community at Acadia.

The council is made up of passionate, hardworking and eager individuals who want to work to better the indigenous community at Acadia. The IEAC works to amplify indigenous voices on campus, giving them an avenue for their ideas to be realized.

Local Indigenous Communities

While the events and services being offered by indigenous communities have been in large part either put on pause or changed to meet health protocols, your community is always there to support you, so reach out if needed. Below you can look at some of the information about the location and contact information on the local indigenous communities around Acadia University.

Glooscap

Glooscap First Nation is only 20 minutes east from Acadia University by car. Take Exit 8A for Ben Jackson Rd off Highway 101 to get to the community. The reserve is only 5 minutes from the highway. You will also see directly off the highway: Glooscap Landing. This is owned by the reserve. However, if you want to purchase gas as a Status Indian, you need to get gas on-reserve. The on-reserve gas bar can be found at the start of the reserve on Smith Road. Glooscap also typically hosts community events that Acadia students are welcome to attend. You can visit their website: www.glooscapfirstnation.com or find them on Facebook with their username: *Glooscap First Nation Site*, or by phone at (902) 684 9788.

Annapolis Valley

Annapolis Valley First Nation is 30 minutes west from Acadia. Take exit 14 off Highway 101 and watch for signs. They also have a gas-bar in the community and own their own farm: Webster's. We can organize a tour sometime if students are interested. Typically, during normal times, they also have bingo nights. The band can be contacted by phone at: (902) 538-7149. For further information and links to social media pages you can go to their website at: <http://avfn.ca>.

Bear River

Around an hour and a half from Acadia University on 130 Reservation Road, Bear River First Nation is near Digby. This is one of the oldest historic Mi'kmaq communities in Nova Scotia and the community that would have had contact first when the French arrived to Annapolis Royal. Land-based retreats are offered by one of their community members, Shalan Jodrey, a playwright. Annually in October, the community has a week-long feast to celebrate and thank the community hunters for providing food to the community. Acadia students are always welcome to this event. The band can be contacted by phone at: (902) 467-3802. For more information, or to sign up for the newsletter in order to get the most up to date information you can visit their website: <https://bearriverfirstnation.ca>.

Acadia First Nation

Acadia First Nation represents the largest off-reserve population in the province. While the main administrative buildings are in Yarmouth, it has several reserve lands along the South Shore as well: Gold River, Medway, Ponhook, Wildcat, and Hammonds Plains. The Acadia First Nation community can be contacted by phone at: (902) 742-0257 or by email at: frontdesk@acadiaband.ca.

To get more information or to sign up for the newsletter you can look to their website at: <https://www.acadiafirstnation.ca>.



Resources

Sexual Violence

The Consent Workshop

This website is fostering important dialogue on our cultural attitude towards sex, and aims to change it by providing education and resources aimed at the primary prevention of sexual violence by educating them about consent, being a bystander and recognizing different forms of sexual violence.

<https://theconsentworkshop.com/>

The Anti-Violence Project Resources

This resource list provides education about many topics such as anti-oppression, sex positivity, reproductive justice, sexual harassment, bystander intervention and many more topics.

<https://www.antiviolenceproject.org/resources/>

Bystander Intervention & Community Care During the COVID-19 Pandemic

This zine offers suggestions on how community members, families, and friend groups can break the silence on gender-based violence.

<http://awrcsasa.ca/wp-content/uploads/2020/04/Community-Care-Zine-2020.pdf>

Mi'kmaw Community Engagement Toolkit on Sexual Violence

This is a “workbook to address sexual violence, created specifically for Mi'kmaq communities and community members to use in strengthening their response to and prevention of sexual violence.”

<http://awrcsasa.ca/wp-content/uploads/2017/02/FINAL-Mikmaw-Community-Engagement-Toolkit-Fillable.pdf>

Sexual Education Resources for People with Disabilities

This is a list for “educators, self-advocates, families, or any community members interested in gaining knowledge in this area. It includes websites, academic articles, books, and mainstream reading on disability, sexuality, and disability politics.”

<http://awrcsasa.ca/sexual-education-resources-people-disabilities/>

Waves of Change: Creating Campus Responses to Sexualized Violence

This Facebook page provides an overview of, and links to, the Waves of Change training modules. “The goal of this program is to teach participants to recognize a

broad range of sexually violent scenarios that commonly occur on post-secondary campuses. Participants will also learn various techniques to intervene either as by-standers or as a community in order to interrupt or stop sexual violence, support survivors, hold those who cause harm accountable for their actions, and transform the culture that allows violence to happen.”

<https://www.facebook.com/wavesofchangeNS>

Break the Silence Online Training

This is a free, online training course designed to help participants learn more about sexual violence and how to support someone who has survived it.

<https://breakthesilencens.ca/training>

Anti-Oppression Training

Anti-Oppression Toolkit

This toolkit (originally created for community radio stations) provides an overview, insight and some activities for in recognizing and overcoming oppression in the workplace. It was created to generate thought and conversation about situations that may not be immediately recognizable to some.

<http://imaa.ca/source/wp-content/uploads/2017/06/ncra-anti-oppression-toolkit.pdf>

Training for Change Tools

This resource amalgamates several articles and activities, sorted into categories such as de-escalation and peacekeeping, as well as training fundamentals and team building. The website contains training tools, online facilitation, publications for purchase and additional resources.

<https://www.trainingforchange.org/>

Training for Change: An Integrated Anti-Oppression Framework

This is a tool for trainers and community service organizations that aim to summate various discussions taking place within the community of activists and educators. Integrated anti-oppression looks at the ways people can experience marginalization and oppression and encourages us to unlearn what we think we know and work with people as individuals.

<http://www.oaith.ca/assets/files/Publications/Intersectionality/FrameworkARAO-Training.pdf>

White Supremacy Culture

This excerpt from *Dismantling Racism: A Workbook for Social Change Groups* covers a list of characteristics of white supremacy culture that appear in our culture, society and organizations.

http://www.cswsworkshop.org/PARC_site_B/dr-culture.html

Anti-Oppression Resources and Exercises

These articles, exercises and training groups are provided to aid people seeking to be allies in recognizing privilege, white supremacy culture and anti-oppression practices and principles.

<https://organizingforpower.org/anti-oppression-resources-exercises/>

Canadian Race Relations Foundation's Education and Training

This page is a list of resources aimed at transformative education and training initiatives in the pursuit of eradicating racial discrimination and promoting diversity and equity, in all its forms in Canada. It has resources in both English and French.

<https://www.crrf-fcrr.ca/en/programs/education-and-training>

South Asian Language Translation for Addressing Anti-Blackness and Systemic Racism

This site provides translations for people whose first language is not English. The translations are available in Tamil, Sinhala, Urdu, Hindi, Gujarati, Punjabi, Farsi, Nepali, Bengali and Telugu.

<https://southasiantranslations.carrrd.co/>

Anti-Racist and Cultural Humility Resources for Allyship

This master list, created by Cherokee Cierra Washington, is for the person who wants a self-directed course of education and moving towards being anti-racist. It includes many sources, such as movies, books, organizations and other documents that discuss race related topics, the intersection of systemic racism and its effects on the black community.

https://docs.google.com/document/d/1yQKLcwHOuUOSFjgiQk_tP0Gd7aF0IXbV2iRnM4OJxME/edit

BLM Translated

This crowdsourced repository of materials in a variety of Asian and Pacific Islander languages aims to help people whose first language is not English to navigate and understand racism and how to be an ally.

https://docs.google.com/document/d/1_7sAwRnQeEBpJY26h1tlwolcib54jqNYfNDCps5_dSY/mobilebasic

BCTF Antiracism Teacher Resources

This comprehensive webpage includes resources aimed at educating both teachers and the classroom about antiracism and being an ally. It includes classroom strategies, lesson plans, handbooks, reference material and background information.

<https://bctf.ca/SocialJustice.aspx?id=21354>

Examples of Microaggressions

This is a two-page document that identifies and explains racial microaggressions.

<https://faithandleadership.com/sites/default/files/Microaggressions.pdf>

Ibram X. Kendi

This site provides links to videos, articles and books that address racism.

<https://www.ibramxkendi.com/>

How to Be an Antiracist talk with Ibram X. Kendi

<https://www.youtube.com/watch?v=TzuOlyyQlug&feature=youtu.be>

White Privilege – Alberta Civil Liberties Research Centre

This article provides an overview of White Privilege.

<http://www.aclrc.com/white-privilege>

Indigenous Equity

Indigenous Rights: Think Big, Look Back, Start Small

This page covers Indigenous Equality and Rights, and includes a brief overview of Indigenous struggles in Canada and ways you can educate yourself, advocate for Indigenous rights and recognize privilege.

<http://thinkbig-startsmall.ca/en/thinkbig/indigenous-equality-and-rights>

Indigenous Foundations

This page has a resources that cover residential schools, the Indian Act, reserves as well as the culture and politics of Indigenous people in Canada. It is aimed at educating people about the history of Indigenous people in Canada as well as global Indigenous issues.

<https://indigenousfoundations.arts.ubc.ca/home/>

Nîpawistamâsowin: We Will Stand Up

This documentary centers around a young Cree man named Colton Boushie who was killed by a gunshot to the back of his head after entering Gerald Stanley's rural property with his friends. Stanley's acquittal captured international attention and this film aims to delve into the racism embedded into Canada's legal system and colonialism on the Prairies.

<https://gem.cbc.ca/media/cbc-docs-pov/season-3/episode-10/38e815a-0125a33dc27>

Working with Indigenous Peoples at Acadia University – Handbook and Protocols

"The purpose of this handbook is twofold: to increase understanding of Indigenous cultures and knowledge, and it is to assist Acadia University staff, faculty and students in understanding cultural protocols."

https://indigenous.acadiau.ca/tl_files/sites/indigenous/Acadia-IndigProtocolsHandbook_27February2018.pdf

Mi'kmaw Community Engagement Toolkit on Sexual Violence

This is a "workbook to address sexual violence, created specifically for Mi'kmaq communities and community members to use in strengthening their response to and prevention of sexual violence."

<http://awrcsasa.ca/wp-content/uploads/2017/02/FINAL-Mikmaw-Community-Engagement-Toolkit-Fillable.pdf>

LGBTQ2+

QMUNITY Resource List

This list compiles resources that cover some of the issues surrounding the LGBTQ2+ community such as relationships, terminology and creating an inclusive community.

<https://qmunity.ca/learn/resources/>

Gender & Sexual Diversity – A Guide for Parents & Guardians

This PDF provides an overview of terminology, a guide for parents and guardians and a list of resources in Nova Scotia.

<http://awrcsasa.ca/wp-content/uploads/2020/05/Gender-Sexual-Diversity-Guide-for-Parents-Guardians-March-18-2020.pdf>

Halifax Pride Resources

This page lists a host of resources and articles.

<https://www.halifaxpride.com/resources>

Gender

GBA+ Training

“This course is designed as a basic introduction to GBA+. You will learn to define the key concepts of GBA+ and recognize how various identity factors can influence the experience of federal government initiatives. You will learn to identify how GBA+ can enhance the responsiveness, effectiveness and outcomes of federal government initiatives while applying some foundational GBA+ concepts and processes.”

<https://cfc-swc.gc.ca/gba-acsc/course-cours-en.html>

Family Violence

The Rave Project

A faith-based initiative that seeks to bring knowledge and social action together to assist families impacted by abuse. There are some online training components.

<https://www.theraveproject.org>

Unconscious Bias

Unconscious Bias - Vanderbilt University

<https://www.vanderbilt.edu/diversity/unconscious-bias/>

Project Implicit – Harvard University

“Educational resource and research site for investigations in implicit social cognition. Includes online tests for implicit preferences for racial groups, age groups, political candidates, and associations between gender and academic domains.”

<https://implicit.harvard.edu/implicit/>

Becoming an Ally

Guide to Allyship

This is an open-source guide to becoming a more thoughtful and effective ally.

<https://guidetoallyship.com/>

Resources for Students Experiencing Sexual Violence at Acadia University

Acadia University Sexual Assault Resource Website

(maintained by Counselling Services)

<https://www2.acadiau.ca/student-life/health-wellness/sexuality-relationships/assault.html>

Student Health Centre

studenthealth@acadiau.ca or 902-585-1238

Counselling Centre

counselling@acadiau.ca or 902-585-1246

Acadia University Chaplain

902-585-1203

Equity Office

equity@acadiau.ca or 902-585-1298

Acadia Students' Union (ASU) Legal Aid

The ASU retains the services of a law firm for the advice and assistance of all full-time students at Acadia University and ASU staff. This assistance is available for any legal problem, whether or not it is university related. There is no charge to the student for the initial half hour consultation. All consultations are confidential and are made by appointment.

(902) 585-2167

Peer Supports at Acadia

Acadia Pride Coordinator

pride@acadiau.ca or <https://www.facebook.com/acadiapride/>

Acadia Women's Centre Coordinator

womens.centre@acadiau.ca

<https://www.facebook.com/AcadiaWomensCentre/>

Acadia Mental Health Initiative Coordinator

amhi@acadiau.ca

<https://www.facebook.com/acadiamentalhealthinitiative/>

Off Campus Listings of Therapists

Fees will apply and may be partially covered by your ASU health plan or with private health care coverage.

Nova Scotia College of Counselling Therapists

<https://nscct.ca>

Nova Scotia College of Social Workers

<http://nscsw.org>

Association of Psychologists of Nova Scotia

<https://apns.ca>

Avalon Sexual Assault Centre

Avalon is committed to confidential, non-judgmental and professional service.

The majority of the services provided by Avalon are free of charge.

Phone: 902-422-4240 or info@avaloncentre.ca.

The Red Door

The Red Door provides confidential sexual health services, health education, and health promotion to youth 13-30 years of age. The Red Door provides support without judgment, in a safe environment, complete with an expert staff and trained volunteers.

(902) 679-1411 or info@thereddoor.ca.

211

This is a free, confidential information and referral service to more than 3,000 community and social services across Nova Scotia. 24 hours a day, 365 days a year.

Dial 2-1-1.

NS Mi'kmaq Crisis and Referral Line

The Nova Scotia Mi'kmaq Crisis and Referral phone line is available 24/7 toll-free to Mi'kmaq people across the province. The Centre also provides online support through the Eskasoni Crisis Worker Facebook account. Both are a service of Eskasoni Mental Health.

1-855-379-2099

Victim Services Emotional Support

Emotional support for victims of sexual violence. No police involvement is necessary in order to get support. Monday-Friday, 8 a.m. – 4 p.m., based in Halifax.
1-902-490-5300.

NS Mental Health Crisis Line

1-888-429-8167

Chrysalis House

<http://www.chrysalishouseassociation.org/>

Valley Refuge Association (Portal Youth Centre)

<https://sites.google.com/site/portalyouthcentre/home>

Valley Restorative Justice

<http://www.valleyrestorativejustice.org>

Survivors of Abuse Recovering

<https://survivorsofabuserecovering.ca>

Independent Legal Advice for Sexual Assault Survivors Program

This program provides up to 4 hours of free, independent legal advice for sexual assault survivors who are 16+ years of age. You do not have to report to police or take legal action if you use this service. Registration is done through an independent agency, 211 Nova Scotia.

Dial 2-1-1 for intake. <https://novascotia.ca/sexualassaultlegaladvice/>



Healthy Minds NS e-mental health tools

Good2Talk Nova Scotia

Good2Talk is a free, confidential helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Nova Scotia, 24/7/365.

1-833-292-3698

Crisis Text Line

Crisis Text Line Powered by Kid's Help Phone is a Canadian text-based volunteer-support service available 24/7/365. Just text **Good2TalkNS to 686868** to be connected to a volunteer-supporter from the privacy of your phone.

kidshelpphone.ca/text

Sexual Assault Nurse Examiner (SANE)

A SANE Registered Nurse can provide special medical support and services for all genders (13 years of age or older). Additionally, they are able to offer a medical examination and collection of forensic evidence (up to 7 days after the incident) for the purposes of criminal investigation and inquiry, if the person reporting the incident requests this.

Call the 24/7 toll-free SANE phone line 1-833-577-SANE (7263).

RCMP

Sexual assault is a criminal offence in Canada. A primary role of the RCMP is to conduct investigations into alleged offences, including allegations of sexual assault. A person reporting an incident of Sexual Violence may wish to report it to the RCMP to discuss the possibility of laying criminal charges. It is ultimately the decision of the RCMP to decide whether to undergo a criminal investigation and whether to lay criminal charges.

(902)542-3817.

Emergency Department at Valley Regional Hospital in Kentville

Open 24 hours and is available for urgent medical attention.

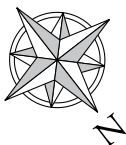
(902) 678-7381.

911 (Emergency Health Services)

911 is an emergency service that can dispatch RCMP or an ambulance when immediate help is required.

811 (Advice from a Registered Nurse)

811 can provide advice for possible action for individuals who have experienced incident(s) of Sexual Violence.



- P** 24 Hour Permit Parking
- Accessible Parking
- P** Permit Parking / No Overnight
- M** Motorcycle Parking
- Meters
- F** Free Parking / No Overnight
- R** Residence
- H** Student Health Centre
- S** Safety & Security Office
- AC** Access Control
- Automated External Defibrillator
- Locked Gate: Arrange access through Safety & Security



Share the Air

Acadia University



The Acadia Campus is smoke and tobacco free.
 For your convenience, receptacles for smoking materials are located in a number of locations on the periphery of campus.



CAMPUS MAP

Acadia Street

- 27 Wong International Centre
- 50 Vaughan Memorial Library
- 31/33 Hayward House
- 45 Manning Memorial Chapel

Crowell Drive

- 18 Whitman House/Access Control (Residence)
- 22 Seminary House (Residence)
- 23 Raymond House
- 26 Fountain Commons
- 35 Chipman House (Residence)
- 38 Willett House

Elm Avenue

- 20 Central Heating Plant
- 24 DeWolfe Building (Wolfville Farmer's Market)

Highland Avenue

- 10 Beveridge Arts Centre
- 24 Department of Community Development
- 30 Students' Centre (Old and New SUB)
- Safety & Security Office
- 38 Acadia Divinity College
- 44 Wheelock Dining Hall/Campus Bookstore
- 48 SOK Outdoor Activity Centre
- 60 Crowell Tower (Residence)

Horton Avenue

- 3 Godfrey House
- 7 Bancroft House
- 12 Harvey Denton Hall
- 22 Dennis House (Residence)
- 24 Chase Court (Residence)

Main Street

- 504 Festival Theatre
- 512 Alumni Hall / Wu Welcome Centre
- 550 Acadia Athletics Complex

Park Street

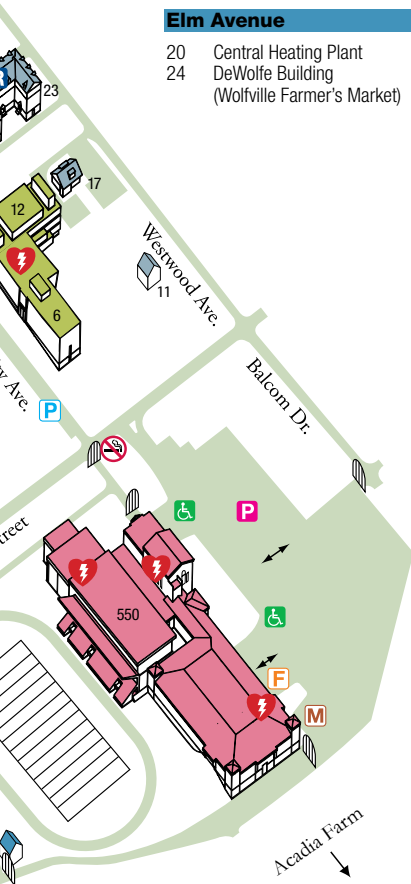
- 6 Residential
- 8 Residential

University Avenue

- 6 Elliott Hall
- 12 Huggins Science Hall / Huestis Innovation Pavilion
- 15 University Hall
- 18 Horton Hall
- 21 Rhodes Hall**
- 24 Patterson Hall
- 27 Carnegie Hall
- 31 Emerson Hall
- 32 K.C. Irving Centre
- 37 Clark Commons
- 39 Roy Jodrey Hall (Residence)
- 41 Christofoer Hall (Residence)
- 43 Eaton House (Residence)
- 50 Irving Support Centre
- 52 DeWolfe House/Welkquit Centre
- 55 Cutten House
- 56 Residential
- 58 Residence
- 61 Robbie Roscoe Services Building (Physical Plant)
- 67 Service Building Garage

Westwood Avenue

- 11 Academic
- 17 University Faculty Club
- 23 War Memorial House (Residence)
- 33 Biology Building



Acadia Students' Union

The Acadia Students' Union (ASU) officially represents the students of Acadia and provides services, events, clubs and advocacy work to the students of Acadia. Your ASU is led by students, for students and is dedicated to creating a fun, memorable, and supportive student experience.

The ASU offers:

Services

- Union Market (pick up a snack!),
- Perkin's Cafe (meet your friends for a coffee or get some work done in our lounge!),
- Cajun's Clothing (deck yourself out in some cool gear!), and the Axe Bar and Grill (great food and drinks to relax with friends!).
- Supports the efforts of House Councils, Student Associations and Clubs (Check out our full list of Clubs and Internal Organizations at theasu.ca).

Provides Internal Organizations like:

- Women's Centre,
- Acadia Pride,
- Acadia Mental Health Initiative,
- the Acadia Food Cupboard and more!

Student Health Plans (<http://theasu.ca/healthandddental.html>)

- Advocacy and Campaigning to the University, Provincially (Students Nova Scotia), and Federally (CASA)
- Fun Events and Activities
 - Welcome Week, Homecoming, Frost Week, Leadership Awards, Trivia Nights, Karaoke, concerts, Paint Nights, Open Mic, etc.

Everything we do is made available by students like you. We offer a variety of volunteer and employment opportunities for students looking to get involved!

For more information check us out at theasu.ca or our on social media (<https://www.facebook.com/acadiastudents/> or [@acadiastudents/](https://www.instagram.com/acadiastudents/)).

I hope that reading this Handbook has helped you understand a bit more about what life at Acadia University will be like. If you ever need help or just want someone to talk to don't be afraid to reach out to me or any of the other students/staff listed in this handbook. You are never alone while you are at Acadia and are always supported.

I hope to see you soon – whether virtual or in-person!

Warm regards,
Lauren Roberts



indigenous@acadiau.ca



Indigenous Student Society of Acadia



@acadia_indigenous_affairs

@indigenoussstudentsociety



ACADIA
UNIVERSITY