

Reserve Life

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In the world Canada is one of the best places to live right, Not for Canada's First Nations. Canada's First Nations are living in reserves all over Canada some of these are close to towns and others are over 400km away from any civilization. Reserves can range, some reserves may have new houses with plumbing new schools everything you could want, but others are way worst. The reserves could have no working water, overcrowded homes, and very high suicide rates. These are just some examples of why reserve life in Canada is bad.

Suicide rates in First Nation reserves are way higher then Canada's average. Aboriginal youth commit suicide 5 to 6 times more than non-aboriginal youth, males commit suicide 126 per 100,000 compared to 24 per 100,000 non-aboriginal youth. First Nation females commit suicide 35 per 100,000 compared to 5 per 100,000 non-aboriginal. These rates are insane this should be enough for the government to notice that Canada has a problem. That's not all, First Nation youth are dealing with their parents committing suicide. The parents are committing suicide because they can't find a job, they were forced through residential school, and they feel way too stressed to deal with everything. This is way too traumatic on any community, if kids are introduced to this at an early age their whole life will be different if committing suicide is just a normal thing. This is why First Nation reserves need their own help center specialized for the communities problems.

Poverty is another big part in why First Nations stress so much. Most parents cannot find a job because they live so far away from civilization, this means most parents worry about their kid's health and how they could afford to take care of them. Another reason on why parents don't want to find a job is because they're too depressed this is because they went through residential school. Residential schools tried to assimilate the First Nations. After residential school Indigenous people didn't know where to go because they couldn't find any jobs and if they went home they didn't know their own language.

Stress keeps many families from helping each other. Parents are often dealing with their own stress which carries on to their kids and from a very young age these kids are dealing with high amounts of stress. This is called "traumatic stress" this can generate depression, anxiety, learning disabilities, social disabilities all of these things lead to the use of drugs, and alcohol. The more stress they get when the children are young means the more likely they're going to get traumatic stress later on in life. This is horrible because this means kids don't even get a chance at life, all their life they will be concerned about is their traumatic stress. With all this going on how do you think First Nations could get a job? Finding a job under those conditions are horrible and if people with traumatic stress have children it's most likely that their children will have the same thing.

The First Nation and Government relationship has had its ups and downs, but Canada needs to realize they need to acknowledge the past. By doing this First Nations would have more trust in the Government and what they could do to help. One way to help is the Government taking action against all the things on reserve. Which mean the Government will have to fix their homes, schools, community buildings, and mental health programs. Doing all these things correctly should bring First Nations in proper living conditions instead of in a third world. After the Government and First Nations act like a team everything will turn out and maybe the First Nations will trust the Government again. If everything works out then the Government and First Nations could forget about the past and move forward in their relationship.

Even now there are mental health and wellness community centers some are not culturally safe. Which means they're not designed for treating with all the problems First Nations have from the past. "The cultural values, sacred knowledge, language, and practices of First Nations are essential determinants of individual, family, and community health and wellness." Most of the community centers don't have all the cultural values to their help. This means we should start making community centers more directed for aboriginal peoples, this will help a tremendous amount because the First Nations will trust people who work their also they can learn about their cultures past. Children can now safely learn about their cultures past straight from an elder, another thing they can learn is the language their ancestors used to speak. This is good for the children and it might make them more interested in the past culture.

In conclusion, the government, suicide rates, poverty, and stress rates are leading First nations into a bad reserve life. If some of these problems get fixed First Nations will be looking at a better future.