

# Land-Based Etiquette, Protocol and Values

Developed by SD57 Indigenous Education  
in consultation with local Elders and Knowledge Holders

- You can protect yourself from physical and spiritual harm through cultural practices such as Smudging, Brushing or using ash/charcoal on your face before entering the forest.
- You can protect yourself from harm by avoiding the use of makeup and strong perfumes (including soaps, shampoos etc.) before entering the forest.
- We are part of our environment; What we do to the environment, we do to ourselves. Take care of the land and waters and they will take care of you.
- Our food is our medicine and Water is life.
- Everything is connected. Our connection to the land is healing.
- Walk lightly, leaving no trace behind.
- What you bring in you bring out, no garbage left behind.
- Ensure fires are completely extinguished before leaving the area.
- Stay on walking trails if you can so you do not trample plants which could be edible or medicinal.
- Wildlife are very protective of their territory and their young so do not approach, enjoy from afar.
- Always carry respect for all life, which includes every animal, plant, rock etc.; They have souls and feelings – they hurt and cry when defaced.
- Listen to the environment: babbling brooks, rustling trees and vegetation, birds and wildlife.
- Give thanks to *Dakelh Nekeyoh / Tse'khene Lands / The Creator* for what it provides by giving an offering before any type of harvest. This offering may be personal (hair, saliva, song, prayer, etc.) or material (tobacco, sage, seed etc.).
- Always have good thoughts when harvesting and processing; do not harvest or process with negative thoughts.
- Pay attention; learn to harvest properly and respectfully to ensure everyone's safety and the longevity of *Dakelh Nekeyoh / Tse'khene Lands* and the ecosystem.
- There is a time for everything.
- Be respectful and only take what you need, leaving the rest for the future.
- Learn and respect the stories, songs and language connected to the land as they carry deep knowledge.
- The land is our classroom; it is holistic and filled with knowledge in all curricular areas.
- Honour the teachable moments by incorporating natural materials to ground and connect us.

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