



# Using the 5Rs as an Indigenous Research Framework

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**Dr. Jean-Paul Restoule**

# Land Acknowledgement



I am grateful to present to you from the traditional territory of the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.

# Using the 5Rs as an Indigenous Research Framework



## Outline for today's talk:

Self-location

What is Research

What is Indigenous research

What is Decolonizing research

What are the 5R's?

Questions

# Self-Location



## Anishinaabe web of relationships



Jean-Paul Restoule (SELF)

Wazhushk (CLAN)

Okikendawt Mnissing (COMMUNITY)

Anishinaabe (NATION)

CREATION



# Self-Location



Wazhushk ndoodem

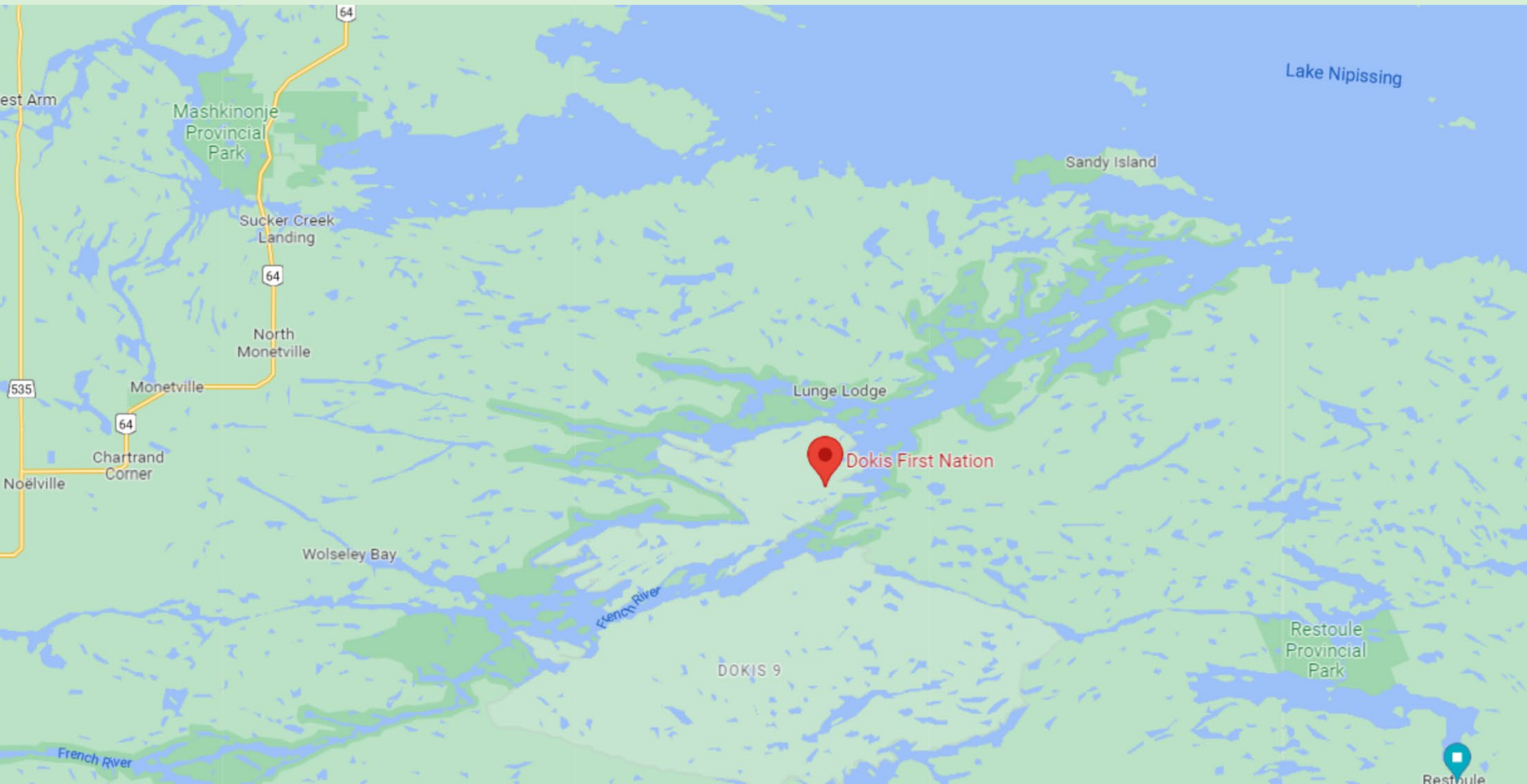


Painting by: Carl Ray

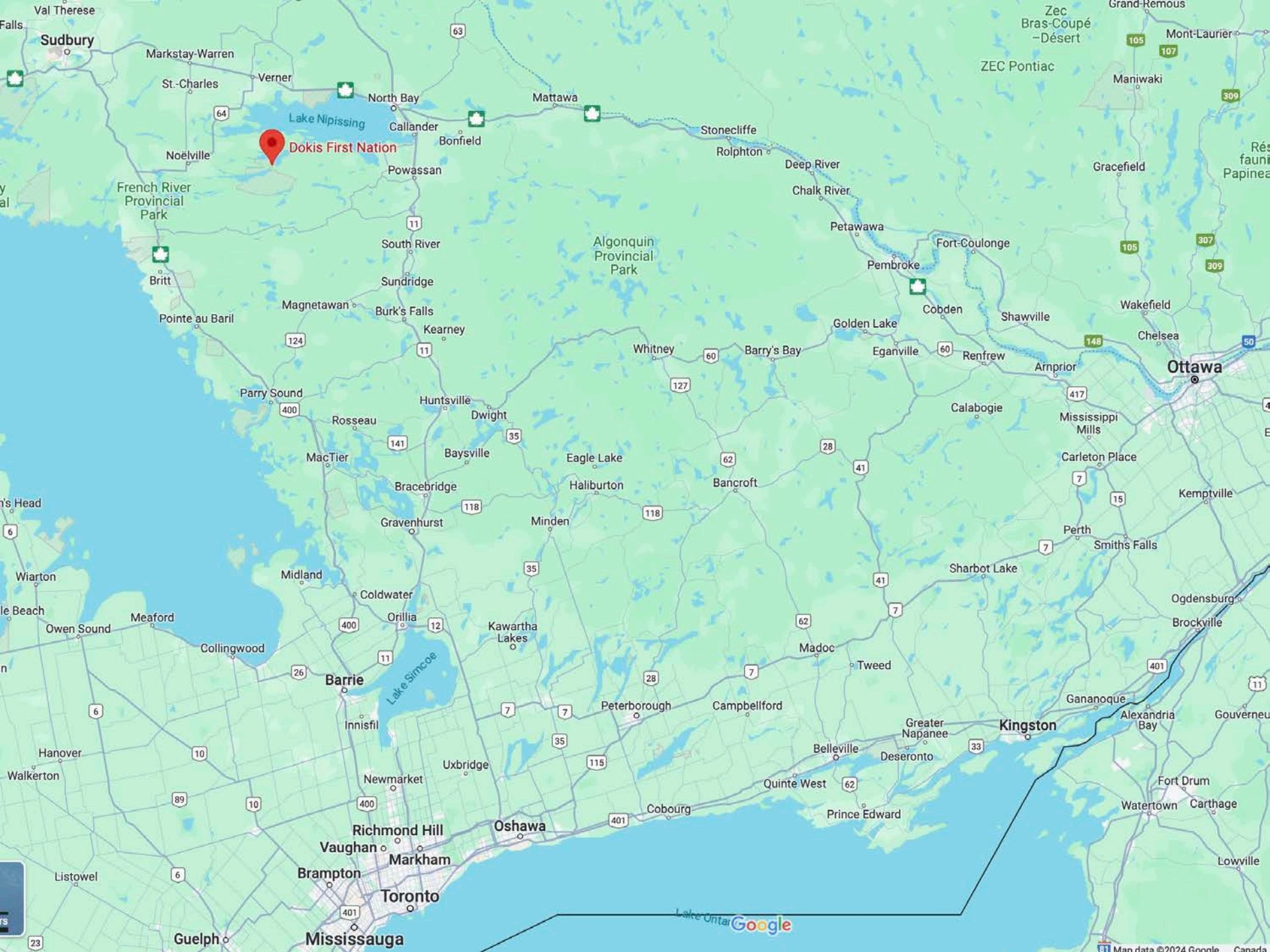
# Self-Location



Okikendawt mmissing nitooncibaa







Dokis First Nation

Lake Nipissing

Algonquin Provincial Park

French River Provincial Park

Ottawa

Barrie

Kingston

Richmond Hill  
Vaughan  
Markham

Brampton  
Toronto

Mississauga

Oshawa

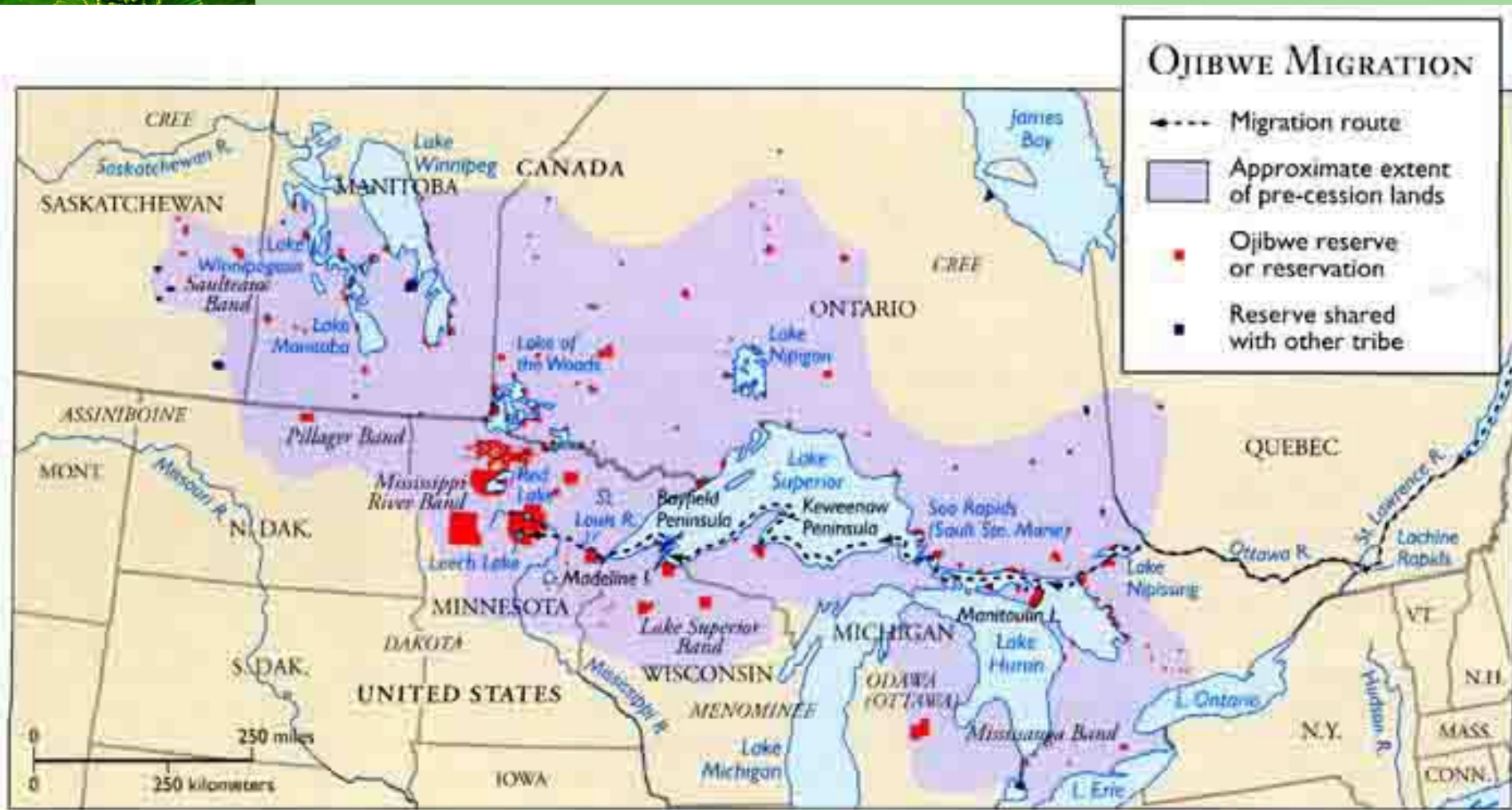
Lake Ontario  
Google

# Anishinaabek Nation

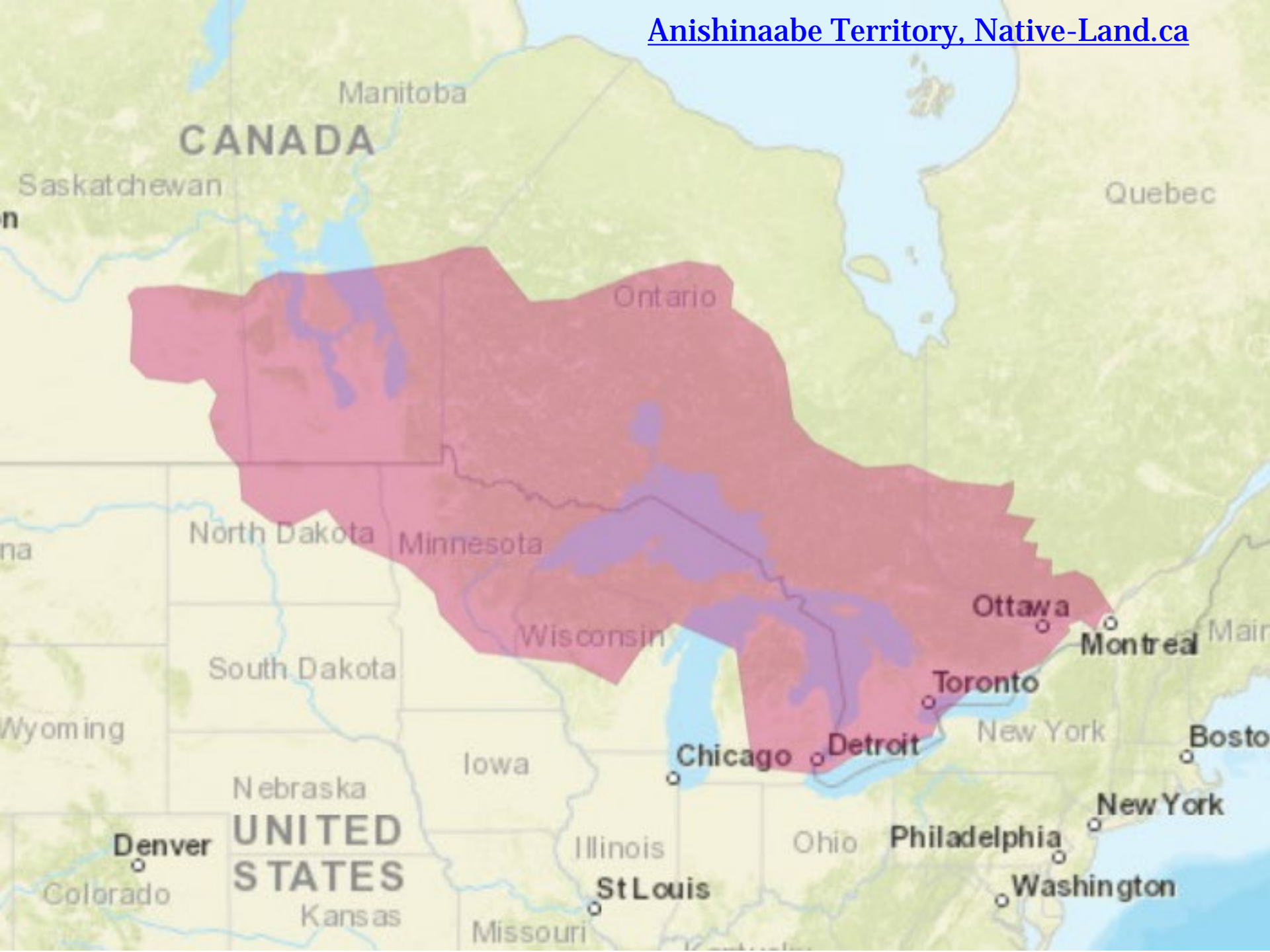


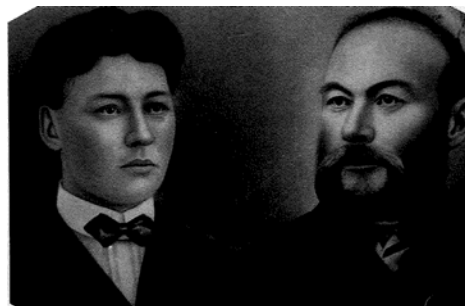
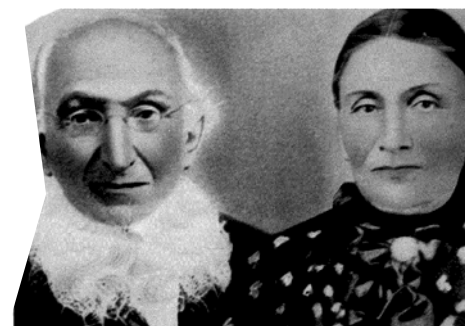


# Anishinaabek Nation



Source: Native-land.ca





**Restoules early 1900s**





**Restoules early 2000s**



**Manthas early 2000s**

# Self as researcher

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- University of Windsor BA, MA, Communications
  - ONAS Métis community research
  - INAC Ontario Regional Office Executive Services
    - Indigenous Veterans
    - Visiting Schools Program
  - OISE/UT Sociology & Equity Studies
  - UofT & Trent Aboriginal, Native, Indigenous Studies
  - Indigenous Education Network
- 







# Researcher in relation to others

Minobimaatisiwin

Tobacco ties—the sacred in research

Taking Action 1 and 2

GAAP to CANFAR to...

Every curve in the river has a name

SEC Project 32

Access to PSE in Ontario

Chi-ninkwatwasooh

Fostering student success in social studies

Kimaacihtoomin e-Anishinaabek kikinoo'amagewin

(Beginning to teach in an Indigenous way)



# Getting back to basics

**What is Indigenous?**

**What is decolonization?**

**What is BLANK research?**



# Some terminology

## What is Indigenous?

Indigenous means

- originating in a place; inhabiting land before colonists
- the people have a relationship to the land
- the land is the source of the language, and the culture
- the culture is a means of ensuring collective survival
- passing on the means of survival results in:

TEACHINGS

KNOWLEDGE

STORY

VALUES FOR ENSURING A GOOD LIFE





# Some terminology

## What is decolonization?

Decolonization means

- moving away from colonization

1. Restoring independence or self-determination

Like a state leaving a colony, making it independent OR

2. Freeing oneself or collective from the effects of colonization

Colonization brings alternate expressions of

TEACHINGS

KNOWLEDGE

STORY

VALUES FOR ENSURING A GOOD LIFE

Restoring original instructions & knowledge is *decolonizing*



# Some terminology

## What is research?

Research means

systematic investigation or inquiry

Putting “research” next to “Indigenous” or “decolonizing”

You’re essentially inquiring in a systematic way to come to a way of knowing about reality

# Indigenous research

Putting “research” next to “Indigenous” or “decolonizing”

Indigenous research will inquire in a way that represents & embodies Indigenous values; ways of being, of knowing, of coming to know

Values and teachings like:

- Respect for all relations;
- Everything is alive;
- Everything is connected;
- 7 sacred teachings;
- Good heart, good mind;
- Balance (between mind body spirit and emotion)
- Relational accountability







# Indigenous research

Putting “research” next to “Indigenous” or “decolonizing”

Indigenous research will inquire in a way that represents & embodies Indigenous values; ways of being, of knowing, of coming to know

SSHRC defines Indigenous research as:

Research in any field or discipline that is conducted by, grounded in or engaged with First Nations, Inuit, Métis, or other Indigenous nations, communities, societies, or individuals, and their wisdom, cultures, experiences, or knowledge systems, as expressed in their dynamic forms, past and present.



# Decolonizing research

Putting “research” next to “decolonizing”

Decolonizing research will inquire in a way that moves away from representations and embodiments of one culture, one state, one people over another & ideally will embody Indigenous values, ways of being, ways of knowing, and of coming to know.

Research that

- centres the concerns of Indigenous individuals and peoples
- challenges Eurocentric norms of knowing or coming to know
- opposes colonialism in its design, choices, outcomes,
- is aware of the disparities and inequities in society and knowledge production

# Indigenizing research



Make research community-driven,  
respectful, responsive and reciprocal.

Ensure research with Indigenous peoples is done in a good way  
“Nothing about us without us”







# Decolonizing your research

Principles from Indigenous education and research can inform and improve your research

Respect

Responsibility

Relevance

Reciprocity

**Relationships**

Reverence

Refusal

Responsive

Anishinaabe Seven Teachings

Wisdom

Love

Respect

Honesty

Bravery

Humility

Truth



# Respect

**Respect** means having respect for Indigenous communities, knowledge, values, processes and ways of being

## Implications

The stories are true

Acknowledge local histories and traditions

The material and spiritual co-exist.

Visiting, gifting, ceremony and time processes

Be inclusive

Know your relations

Don't go where you're not invited



# Relevance

**Relevance** means ensuring the work is important to Indigenous people and communities

## Implications

Ask what kinds of research are needed

Include the methods that make sense to the community

Use processes familiar to the community

Report outcomes in ways that make sense to community





# Responsibility

**Responsibility** means non-Indigenous people have a role to play in making our society more just and equitable.

## Implications

Resurgence is Indigenous peoples' work;

Reconciliation is non-Indigenous peoples' work.

Indigenous people have (at least) 25 projects

Activate privilege to support Indigenous aspirations

Non-Indigenous people should learn about harms done  
and how to change them

Work toward addressing ongoing social challenges



# Reciprocity

**Reciprocity** means communities must see some benefit from the research partnership

## Implications

Avoid extractive data gathering

Giving and receiving

the community must benefit in some way

usually an exchange of resources or knowledge

Leaving something with the community

Relationship lasting beyond the visit



# Relationships

Relationship follows from the tenet that Everything is related.

## Implications

Knowledge is relational

Contemplation and observation lead to insights

Recognition of our dependence on all other life

Leads to values of humility, and the other six teachings

Relationship to land, life and spirit influence research

Knowing is dynamic and evolving





# Other R's

**Reverence**

**Responsiveness**

**Refusal**



# Decolonizing your research

## Indigenous vs. Indigenist research

“Indigenist research respects and honors Indigenous ways of knowing, being, and doing through using methods that are informed by, resonate with, and are driven and supported by Indigenous peoples. Researchers working respectively with, and learning from Indigenous peoples aim to decolonize western research methodologies and methods in order to include Indigenous ways of seeking, analysing, and disseminating new knowledge.”

(Rix, Wilson, Sheehan, and Tujague, 2019).



# Indigenist research needs

Critical reflexivity (bracketing one's own views)

Accountability to community relations

Listening skills—privilege Indigenous voices

Patience—operate at pace the community sets

Give up ownership of knowledge and research

Disseminate through Indigenous preferences

Co-author and again privilege Indigenous voice

# Decolonizing Research



Produces knowledge of benefit to Indigenous communities

Disrupts power relations

Centres Indigenous ways of knowing, being and doing

Enacts, catalyses, and leads to regenerativity and life



“Indigenous peoples have been researched to death. It’s time to start researching ourselves to life again.”

-Elder participant, RCAP hearings, 1990s





# Going forward

## The 5 Rs

**Provide** a relational, ethical framework for Indigenous research  
**Guide** researchers in conducting research honoring Indigenous knowledge and communities.

What to do now

**Reflect** on how to incorporate these principles into your own work.

**Think** critically about whose knowledge is being represented  
whose voices are being heard,  
and how the research process can be a site of transformation  
and decolonization.

## Questions?



**Miigwec!**

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