What's my name:

What's my age:

What's my favourite colour:

What's my height?

What's my sign?

What's my favourite food?

My current mood?

My favourite show/website?

You are valuable

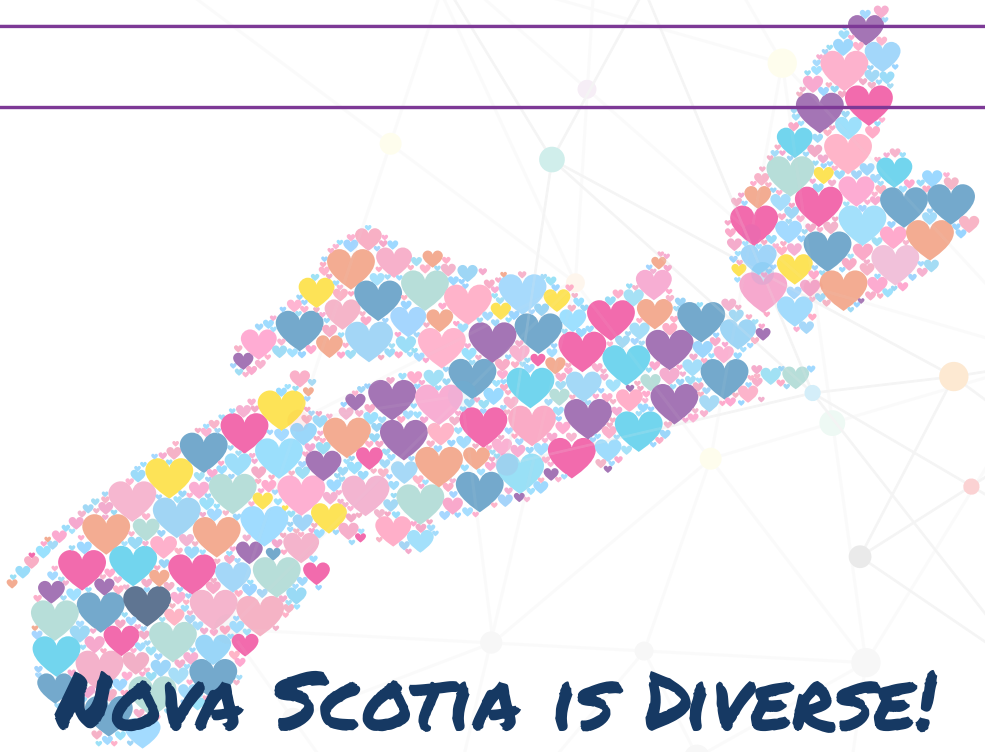
- We all have value, and we can celebrate who we are. No matter what.
- Life is all about discovery and acceptance of ourselves and of the people around us.
- You are incredible in so many ways both inside and out.

CELEBRATE YOU!

Diversity is what makes everyone special and unique. Diversity includes characteristics you can see - such as race and language and characteristics that are not seen - such as gender, sexual orientation, and/or religion. It takes time and curiosity to get to know ourselves and others well, as well as to respect and appreciate our similarities and differences.

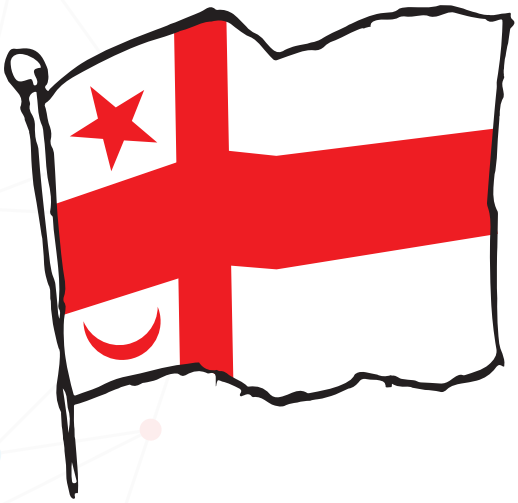
I am unique because...

My family and friends are diverse because....



NOVA SCOTIA IS DIVERSE!

WELCOME TO MI'KMA'KI



Mi'kmaq are the original people of Nova Scotia and have lived in Mi'kma'ki for over 13,000 years. Mi'kma'ki is the traditional territory of Mi'kmaq and includes seven districts which are found in what is now known as Nova Scotia, Prince Edward Island, New Brunswick, and the Gaspé region in Quebec. Some Mi'kmaq consider Mi'kma'ki extending to Newfoundland and parts of Maine. In the 1700's the Mi'kmaq entered into Peace and Friendship Treaties with the British Crown. These Treaties continue to define our relationships and responsibilities to one another. We are all Treaty people.

- Mi'kmaw Native Friendship Centre - **mymnfc.com**
- Nova Scotia Native Women's Association - **nsnwa.ca**
- Mi'kmaw Kina'matnewey - **kinu.ca**
- Nova Scotia Office of L'nu Affairs - **novascotia.ca/abor**
- Indigenous Services Canada - **canada.ca/en/indigenous-services-canada.html**

NATIONAL DAY FOR TRUTH AND RECONCILIATION

The National Day for Truth and Reconciliation (September 30) honours the lost children and survivors of the Residential School system.

There were over 140 Residential Schools in Canada between 1831 and 1996. Abuse, malnutrition, neglect and disease were common in the Residential Schools.

For more info, go to **canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html.**

AFRICAN NOVA SCOTIANS

African Nova Scotians are a vital part of Nova Scotia's history and culture.

There were 52 historic African Nova Scotian communities across Shelburne, Africville, Preston, Annapolis Royal and Birchtown, to name a few. Descendants of many of the founding families of these communities live in Nova Scotia to this day.

The achievements of their ancestors remain a great source of pride and inspiration to this day.

- The Black Cultural Centre for Nova Scotia - African Nova Scotian Museum **bccns.com**
- Africville Heritage Trust - **africvillemuseum.org**
- The Legacy of Land in North Preston - **northprestonland.ca**
- African Nova Scotian Affairs - **ansa.novascotia.ca**

WHAT IS EMANCIPATION DAY?

August 1 is Emancipation Day around the world, recognizing the abolishment of slavery across the British Empire. Throughout August, communities hold ceremonies, activities and celebrations to mark the holiday.

For more info, go to **ansa.novascotia.ca.**



L'ACADIE

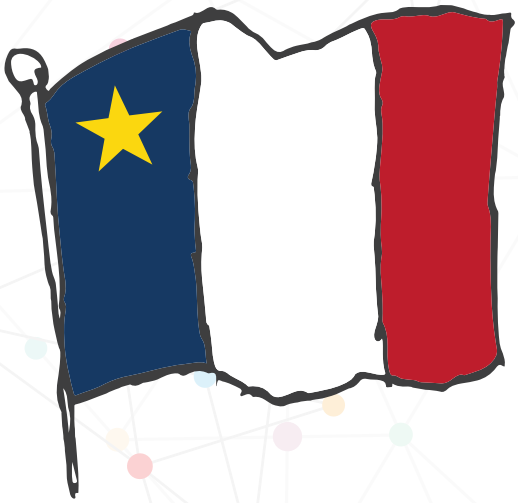
l'Acadie - or Acadia - was a French colony that extended through most of the Maritime provinces, and all the way to Maine in the United States.

Tens of thousands of Acadians were expelled from Nova Scotia by the British in the mid-1700s, into Northern New Brunswick, Quebec, Massachusetts or Louisiana. Today, you can still find several vibrant Acadian communities throughout the Maritimes.

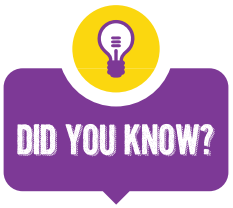
- Grand-Pré: A UNESCO World Heritage Site - **landscapeofgrandpre.ca**
- The Musée des Acadiens des Pubnicos - **museeacadien.ca**
- FFANE (La Fédération des femmes acadiennes de la Nouvelle-Écosse) - **ffane.ca**
- Conseil Jeunesse Provincial - **conseiljeunesse.ca**
- Fédération culturelle acadienne de la Nouvelle-Écosse - **fecane.ca**

NATIONAL ACADIAN DAY

Acadian Day is celebrated on August 15 of each year, marking the labour of pioneers who helped build the foundation of our country. Acadian Day is celebrated all over Canada, with events happening in every province! For more information: **www.canada.ca/en/canadian-heritage/campaigns/acadian-day.html**



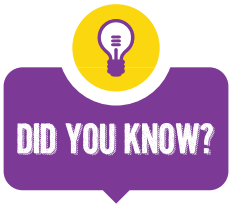
NOVA SCOTIA IS HOME TO PEOPLE FROM ALL OVER THE WORLD.



25 million people in North America can trace their families back to Nova Scotia during the past 400 years. Many people can be connected back to Pier 21 in Halifax. For more information: **pier21.ca**

Canada is a nation of nations, with many immigrants from all over the world calling it home! This is a part of our cultural, ethnic, and linguistic diversity.

- The Immigrant Migrant Women's Association of Halifax (IMWAH) works to increase public awareness of gender equality issues facing immigrant or migrant women and girls and to promote their contributions to diverse professions in Nova Scotia. **imwah.org**
- ISANS - Immigration Services Association of Nova Scotia (ISANS) works with immigrants and their families to build a future in Nova Scotia and Canada. **isans.ca**
- YMCA - The YMCA Centre for Immigrant Programs offers programs to help newcomers feel at home and engaged with their communities. For more information, **ymcahfx.ca/immigrant-programs**
- Nova Scotia Immigration - **novascotiaimmigration.com**



Nova Scotia is unique in that we still celebrate, teach and speak the Gaelic Language? Gaelic was brought to North America by Scottish immigrants. Nova Scotia is home to the first Gaelic Medium-Primary School outside of Scotland - Taigh Sgoile na Drochaide in Mabou! Learn more at **gaelic.novascotia.ca**

In Nova Scotia, our diversity is protected through human rights, both through the ***Canadian Charter of Rights and Freedoms*** [**canada.ca/en/canadian-heritage/services/how-rights-protected/guide-canadian-charter-rights-freedoms.html**], and the ***Nova Scotia Human Rights Act*** [**humanrights.novascotia.ca/know-your-rights/legislation**].

DID YOU KNOW?

DiD YOU KNOW THAT IN NOVA SCOTIA, THE FOLLOWING HUMAN RiGHTS ARE PROTECTED UNDER THE LAW?

- age
- race
- colour
- religion
- creed
- physical disability
- mental disability
- family status
- marital status
- source of income
- irrational fear of contracting an illness or disease
- association with protected groups or individuals
- political belief, affiliation or activity
- ethnic, national or aboriginal origin
- sexual orientation
- gender identity and gender expression
- sex, including pregnancy and pay equity



For more information, visit the Nova Scotia Human Rights Commission - humanrights.novascotia.ca.