

## Reflection Questions – No Little Plans

West Coast NEST

No Little Plans Podcast: <https://alliance2030.ca/podcasts/>

Below are reflection questions to accompany the podcast “No Little Plans” produced by Community Foundations of Canada. No Little Plans explores the Sustainable Development Goals and their relevance in the Canadian context, inviting experts from across Canada to speak on a diversity of topics. These reflection questions are intended to provide a guide for your listening experience and deepen your learning.

To be entered to win a prize giveaway which will be announced at the end of the podcast series, email your answers to **one** of the reflection questions to [communications@westcoastnest.org](mailto:communications@westcoastnest.org). We ask that your reflection submission be no more than a single page. There will be reflection questions for each week of the podcast, and each week’s submission of answers will count as an entry to the prize giveaway. For more information, or to answer any questions or concerns, please email [communications@westcoastnest.org](mailto:communications@westcoastnest.org).

### Reflection Questions – No Little Plans Episode #2 – No Poverty & Homelessness in Canada

1. Were you surprised by the prevalence of homelessness in Canada? Why or why not?
2. As Erin Dej discusses, the housing crisis is a large component of homelessness and poverty. This is an extremely relevant issue in Clayoquot Sound. What are some solutions (on the individual, government, and organizational levels) that you can think of, or that were presented, to address the housing crisis and homelessness?
3. What did you think of Erin Dej’s ideas around homelessness prevention as a proactive rather than reactive approach? What did you think of her interventions?
4. How do you take your privacy for granted? Had you ever thought about the ideas presented about privacy and their influence on the perception of homelessness?
5. What did you think of Jesse Thistle’s emphasis on the need to redefine and reorient how we understand homelessness and Indigenous homelessness in order to successfully eradicate homelessness?
6. After listening to the podcast, how does poverty and homelessness (SDG #1: No Poverty) connect and influence the other 16 Sustainable Development Goals?

### Reflection Questions – No Little Plans Episode #3 – Women’s Rights are Human Rights

1. Were you surprised by the disproportionate number of Canadian women living in poverty? Why or why not?
2. Before listening to this podcast, had you heard of the double or triple burden before (workload of people who work to earn money, but who are also responsible for significant amounts of unpaid domestic labor and unpaid community labor)? What are some ways that you can help support women in your own community to reduce their double or triple burden?
3. Were you surprised by the rates of violence against Indigenous women and LGBTQ+ individuals in Canada? Why or why not?
4. What did you think of the GBA+ (Gender-Based Analysis Plus) framework tool to analyze policy and community development? How could implementing the GBA+ framework improve gender equality in Canada and within the Clayoquot Biosphere Region?

5. In 2018 in the Clayoquot Biosphere Region, women make up nearly 1/3 of the seats in public office, including 2 mayors and 1 chief. How can we continue to improve the inclusivity of women in government and managerial positions in our region, and especially the inclusivity of adolescent women?
6. What did you think of Harriet McLachlan's analysis that Canada needs a gender-based and human rights-based national strategy to reduce the number of Canadian women living in poverty? What do you think this could look like on the ground and in the Clayoquot Biosphere Region?
7. Why do you think providing affordable childcare and early childhood education is so significant for reducing the number of Canadian women living in poverty?
8. How is gender inequality connected with the other 16 SDGs? How can focusing on the other 16 SDGs improve gender equality in Canada?

#### **Reflection Questions – No Little Plans Episode #4 – Water World**

1. Were you surprised by the amount of plastic debris that was collected along 1% of Canada's shoreline? Why or why not?
2. Were you surprised by the lack of federal commitments and monitoring of plastic pollution in Canada's waters? What kind of strategies or policies could the Canadian government implement to reduce plastic pollution?
3. Do you think that recycling and personal choices are sound solutions to plastic pollution? Why or why not? What are some upstream and systemic solutions that could be considered to address plastic pollution?
4. The disposal of untreated sewage and wastewater is a relevant issue for the communities of Tofino and Ucluelet. How does this source of pollution influence and connect with plastic pollution and the impacts on marine wildlife?
5. Josh Laughren suggests that many people care about ocean plastics and plastic pollution because it is a visible issue. How can we make climate change and ocean acidification more visible for the public to ensure appropriate and timely action on these issues?
6. What did you think about Josh Laughren's insights into the collapse of the Atlantic cod fisheries in the 1990s and the fact that there still is no rebuilding plan for the cod stock and that cod continue to be overfished? Do you see parallels between the Atlantic cod fisheries and the fisheries on the west coast? Can these lessons from the Atlantic cod fisheries be extrapolated to the west coast?
7. As Josh Laughren and Alia Dharssi illustrated, the oceans play a central role in many people's lives around the world through their roles in food production, tourism, employment, cultural values, and more. What does your relationship to the ocean look like and what can you do to protect and conserve the oceans?
8. How does SDG #14: Life Below Water connect with the other 16 Sustainable Development Goals? What are some of the benefits of addressing SDG #14 for the other SDGs?

#### **Reflection Questions – No Little Plans Episode #5 – For love of country food**

1. Had you heard of the concept of food security and insecurity before? Were you surprised by the rates of food insecurity in Canada? Why or why not?
2. Food insecurity is divided unevenly across Canada. In Nunavut, almost half of all households are food insecure. What are some of the root causes of food insecurity in Canada and specifically in Canada's north?

- a. Were you surprised by the price of food in the northwest territories?
3. Food insecurity is a pressing issue on the west coast due to several interconnected factors including the price of food on the west coast (12% more expensive than in Port Alberni (2018 Vital Signs Report)), the lack of locally produced foods, the distances that individuals have to travel to access grocery stores, the lack of grocery stores in communities, unemployment rates and poverty, and more. What are some actions that we can take on an individual, organizational, and government level to address food insecurity in our communities?
4. Trudy Metcalfe-Coe discusses the importance of culturally relevant food for Indigenous people in Canada. How can we support the resurgence of traditionally relevant foods in Clayoquot Sound?
5. Were you surprised by the costs of food insecurity on healthcare? What are some other benefits to reducing food insecurity in Canada?
6. What did you think of Valerie Tarasuk's analysis that focusing solely on subsidizing food prices without focusing on individuals' purchasing power fails to reduce food insecurity (it actually increases it) because the two don't always balance out? Valerie Tarasuk suggests that a lot of food security interventions are often not based on evidence or systems thinking. What are some systemic solutions we can implement to successfully address food insecurity?
7. Valerie Tarasuk discusses that Canada's new food policy addresses food insecurity by providing funding to food banks and community food programs. Why is this problematic? How is it a downstream solution that fails to address the root and upstream causes of food insecurity?
8. How does SDG #2: Zero Hunger connect with and influence the other 16 SDGs?

### **Reflection Questions – No Little Plans Episode #6 – The Curse of Contract Work**

1. Were you surprised by the number of Canadians working in "precarious jobs" (more than 1 in 5 Canadians)? Had you heard of this gig economy before? Why is it problematic?
2. Do you believe your job is a "decent job" according to the definition outlined by the United Nations? Why or why not?
  - a. What makes a job a "decent job"?
3. Minimum wage keeps Canadians in a cycle of poverty. Do you think this is intentional?
4. Had you heard of the concept of a living wage vs a minimum wage? How can we implement a living wage for everyone in Clayoquot Sound?
5. As Deena Ladd from the Workers Action Centre in Toronto discusses, minimum wage is not keeping up with the costs of living. This is particularly true in the Clayoquot Biosphere Region, where we have living wage throughout British Columbia yet the majority of available jobs in the region are in the service industry offering minimum wage. What are some solutions you can think of to address this issue?
6. What do you think of Deena Ladd's approach to focus more on paid sick days rather than solely increasing minimum wage?
7. Were you surprised by the lack of protection and safety that temp agencies offer their employees that are contracted out? Why or why not?
8. We often think of teaching as a stable and safe career in Canada. Were you surprised by the precariousness of employment for private school teachers and university professors?
9. What are some policies and programs that the Canadian government could implement to better protect individuals in precarious jobs such as Foodora?

10. What are some ways that we can create more decent jobs in Clayoquot Sound to support our communities' wellbeing and safety?
11. How does SDG #8: Decent Work and Economic Growth connect and influence the other 16 SDGs?