

## 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?

### **Reflection Questions – No Little Plans Episode #7 – But what about drugs?**

1. Were you surprised by the opioid crisis in Canada? Why or why not? What are some good policies to help support those suffering from opioid addictions?
2. What did you think about the fact that there is not a single SDG focused on drug use despite it being a pressing issue that affects most people throughout the world?
3. Before listening to this episode, did you think that the war on drugs targeted drug users? Are you surprised? How does it change what you think about the war on drugs?
4. Were you surprised that there is no universal coverage for drug treatment? As Garth Mullins says, in BC treatment is extremely privatized with many barriers to treatment. What are some ways to address this?
5. What did you think about Garth Mullins statement that half of the Sustainable Development Goals are not achievable without ending the war on drugs?
6. How can decriminalizing drug use make the lives of drug users safer?
7. In the Clayoquot Biosphere Region, substance use is a growing and pressing issue for the area. What are lessons learned in this episode that could be implemented in the CBR to support and de-stigmatize drug users?
8. Were you surprised that many drug users would rather die than go in the emergency room again as Marilou Gagnon shares because of the stigmatization and how drug users are treated?
9. As the United Nations Office on Drug and Crimes states, "Many of the communities and people caught in up in the drugs trade, whether users, small-scale traffickers, producers or cultivators, often constitute the most vulnerable and marginalized segments of society, the "further behind" which the SDGs have endeavored to reach first." If there isn't a SDG focused on drugs though, how are the SDGs truly ensuring that no one gets left behind?
10. How does drug use and substance use intersect and influence the 17 Sustainable Development Goals?

### **Reflection Questions – No Little Plans Episode #8 – The many emotions of eco-grief**

1. Had you heard of the term of ecological grief before?
2. What does eco grief look like or feel like for you? What strategies do you use to deal with eco grief?
3. Many people have heard of Greta Thunberg before and her activism, but had you heard of Autumn Peltier before? If not, why do you think that might be?
4. Does your culture or background have teachings about water? What is the significance of those teachings and can you connect them to climate change and climate justice?
5. As Vicky Mochama discusses, climate change is unevenly experienced around the world as well as across the country. Can you identify some examples of how climate change is being experienced unevenly by different communities?
6. Hillary McGregor discusses that many Indigenous youth are past the point of eco grief as they are already experiencing the effects of climate change and are at a point of crisis. He discusses

that representatives from the Ministry of Environment and Climate Change would come into community and would have solutions for climate change in the future such as carbon taxes and would treat youth, not as experts who are already experiencing climate change, but people who need to be educated on it. How can we center youth in the solutions for climate change and amplify their voices to lead the way forward?

7. What do you think about Deborah McGregor's point that to address climate change we have to change our expectations about our youth's futures which includes less material wealth? Do you agree? Do you think there are alternative ways forward?
  - a. Were you surprised by Deborah's assessment that it is often the individuals who are most materially wealthy that are most opposed by this way forward?
8. What do you think about Deborah's solution to climate change focusing on teaching and learning survival knowledge and skills by centering those witnessing climate change firsthand in leadership roles?
9. How does SDG #13: Climate Action connect with and influence the other 16 SDGs?

### **Reflection Questions – No Little Plans Episode #9 – Digital Ageism and COVID-19**

1. Healthy aging connects with many of the SDGs including SDG #1: No Poverty, SDG #3: Good Health and Wellbeing, SDG #4: Quality Education, SDG #5: Gender Equality, and SDG #9: Resilient Industry, Innovation, and Infrastructure. How is ensuring supporting digital literacy for seniors an important part of healthy aging?
2. As Vicki Mochama explores, Canada's senior population is growing and has been disproportionately excluded from access to technology and the internet, which as she explores is an essential component for quality of life and has become increasingly more important with the COVID-19 pandemic. How can we make technology and the internet more accessible and inclusive for all?
3. Had you heard of digital ageism before? Have you observed digital ageism in your use of social media or technology?
4. How have you continued to socially connect during the COVID-19 pandemic? What did it look like for you?
5. How can we monitor and regulate predatory technology companies and contracts?
6. How could providing digital literacy programming for those over 65 support their use of technology and the internet and protect them from malware and online scams?
7. How does digital ageism connect with and influence the 17 Sustainable Development Goals?

### **Reflection Questions – No Little Plans Episode #10 – Not-so-universal health care**

1. Were you surprised by the amount of money that Canadians are paying out-of-pocket for pharmaceuticals? Why or why not?
2. Do you think that the Canadian healthcare system should include pharmaceuticals, dentistry, and mental health services? How can we make access to pharmaceuticals, dentistry, and mental health services more affordable and equitable?
3. Had you considered how the COVID-19 pandemic and rising employment rates are affecting Canadian's ability to access healthcare and fill their prescriptions medications?
4. 57% of Canadians with diabetes reported failing to adhere to their prescribed therapies due to affordability issues related to medications, devices, and supplies. In Canada, 4.2 million

residents have diabetes. How does this affect individuals living with diabetes quality of life and how can we make healthcare for diabetes more accessible, affordable, and equitable?

5. What did you think about the fact that synthetic insulin was originally meant to be available by the public, but its production is now controlled by 3 companies worldwide, enabling them to spike the prices of insulin dramatically?
6. Did you know that Canada has been experiencing drug shortages for the past 10 years? How does this undermine SDG #3: Good Health and Wellbeing?
7. What do you think some of the root causes of drug shortages in Canada might be?
8. How does failing to disaggregate healthcare data by race in Canada obscure inequalities and gaps in Canada's "universal" healthcare system?
9. How does SDG #3: Good Health and Wellbeing influence and connect with the other 16 SDGs?

### **Reflection Questions - No Little Plans Episode #11 – The Learning Curve**

1. What do you think about the fact that none of the 17 SDGs directly name and address race-based discrimination? What gaps does this create in our approach to sustainable development?
2. Were you surprised by the unequal distribution of quality education across Canada, particularly for Black students? Why or why not?
3. How can policies governing our education systems be transformed to be anti-racist and inclusive of diverse experiences and perspectives? What effect could this have on our education systems?
4. What does your school's board of directors look like? Do they consult your communities to give direction to the school board that reflects your and your children's experiences?
5. Were you surprised that out of 255 pages of the Ontario Grade 8 history textbook, only 13 pages discussed Canadian Black history? Why or why not? How can we start transforming our education system to be more inclusive of alternative histories and experiences in Canada?
6. As Dr. Carl Everton James explores, black students are often streamed into non-academic programs – the ones that do not lead to college or university. This reveals the assumptions and stereotypes that teachers have about the capacity of black students to do work in particular subject areas. How does the education system, and this very apparent discrimination within the system, perpetuate anti-Black racism and inequality?
7. Dr. Carl Everton James's research shows that 42% of Black students get suspended before finishing high school and are more likely than any other group to be expelled. How is the Canadian education system, similarly to policing and the prison system, over-policing and disproportionately penalizing Black students?
8. Why is a whole-of-society approach needed to truly make the education system anti-racist, non-discriminatory, and inclusive?
9. How does race-based discrimination connect with the 17 SDGs?

### **Reflection Questions – No Little Plans Episode #13 – The Right to be Cold**

1. Were you surprised that Canada is one of the world's highest emitters of greenhouse gases per capita? Why or why not?
2. Were you surprised that Canada is also home to some of the communities most vulnerable to climate change in the world? Why or why not?

3. Why would connecting environmental issues, such as climate change or persistent organic pollutants, to human health and life make these issues easier to address and tackle? What other issues could use this strategy to get more uptake?
4. Did you already know the history of the killing of Qimmit, or Inuit sled dogs, by the RCMP and other government officials? How does this connect with the right to a healthy environment?
5. Siila Watt-Cloutier says “all too often, those who are out to save the world are all too ready to sacrifice Inuit and our way of life.” This issue was clear by the impacts that the international anti-sealing industry had on the Inuit seal hunt and pelt sales. How can we approach climate change and environmental issues in a way that is culturally relevant to eliminate cultural prejudice and truly leave no one behind?
6. How are climate change and environmental issues, such as sea ice loss in the north, contributing to the loss of cultural knowledge and resilience?
7. Had you heard of the term conservation economics before? What kind of opportunities does a conservation economy offer?
8. What do you think about Siila Watt-Cloutier’s point that all we are lacking to address climate change is imagination? Do you agree?
9. How does SDG #13: Climate Action connect with and influence the other 16 SDGs?