

exceptionalism.
of Western/European
stabilize concepts

DECONSTRUCT
RECONNECT
RECONSTRUCT

But, what is

Colonialism all about?

Colonialism is when
one power takes over
a people or an area
and enforces its
culture and values.
Colonialism and the
slave trade are
closely tied.



Decolonize 101: A primer to start your journey

BY: LMF

Commitment to the direction

The community must
dedicate itself to the
decided direction of
the new culture
norms. The collection
of previously colonized
peoples must be
gathered and unified
in a clear cut way.

GRIEF AND MOURNING

We as a community
must process and
understand the trauma
of colonized people.
The colonized
communities must
lead this process of
anger, frustration,
protest, and deep
mourning.

FOOD Decolonizing SYSTEMS

When countries colonize,
they disrupt everything,
even food systems.
They destroy native
ecosystems and indigenous
systems of hunting and
farming. Decolonize food
systems by preserving
knowledge of traditional
agriculture systems,
lobbying for food
sovereignty, and working
to recover stolen land.

source: The Peace Chronicle, Pushpalver,
"DECONSTRUCTING
or dismantling
colonial ideologies
and challenging
the superiority of
western thought
and approaches"
is what the
process of
decolonization is
all about.

decolonizing DIVERSITY

we often confuse
promoting diversity
with decolonizing.
We try to fit decolon-
ization goals within
the framework for
equity.
Do not label every
effort of initiating
change as decolonizing
Decolonizing is more
than diversity or
equity.

mass had been colonized by European countries.

80%

Between 1492 - 1914

Cover Print

Post-Activism

The action of unification toward the stated goals of the community.

This is done from a position of reclaiming what was once that of the colonized peoples.

This work is NEVER DONE!

governing procedures, and reestablishment of the culture.

Led by colonized people, we must begin the process of building the future. Conversations and debate involve the future of the culture,

Community Building

This is the MOST CRUCIAL step in decolonization.

What is Decolonization any way?

1. Decolonization is used as part of a country's independence process; OR
2. As a social, cultural and psychological process.

HEALTH

Colonial powers occupy peoples and impose their views on psychology, mental health, & treatment. Mental healthcare has caused horrific pain, and promotes racism and Eugenics. Examine collective healing models, and understand generational trauma.

MENTAL decolonizing

Rediscovery & Recovery

We must commit ourselves to the rediscovery and recovery of previously colonized roots, reclaim the value of previously colonized culture, history and traditions of a particular region. We must support indigenous communities while avoiding appropriation.

EDUCATION

Education has been colonized from early childhood through graduate school. Residential schools are proof. We have seen how education has been denied to many people. And most curriculum is Western-centric. Examine power structures, who and what is valued in classrooms, how conflict is addressed, and more.

Decolonization is often VIOLENT.

Colonial powers rarely leave without a fight, so violence is inevitable. Rebellions are violently squashed, leaders are tortured and imprisoned, and even peaceful rebellion is punished.

There is no bloodless decolonization.