



## Definition of Terms

*Race* is a socially constructed category of identity (based on physical characteristics and geographic origin) with its roots in an ideology that situates human beings within a hierarchy of social value (Williams, Lavizzo-Mourey, & Warren, 1994).

*Culture* has been described as historically and geographically bound patterns of shared beliefs, values, and behaviours (Amick, Levine, Tarlov, & Walsh, 1995). It is also recognized that groups in institutional boundaries have culture. Humans are not born with culture – they learn it through language and observation and likewise transmit it to others in these ways (Marks, 1995), as well as through rules and policies.

*Ethnicity* refers to groups of people who possess shared cultural traits that they characterize as different from those of other groups. A distinct ethnic group is often understood as people with a common origin, history, spirituality, language, traditions, values, beliefs and so on (Camoroff & Camoroff, 2009). However, like culture, ethnicity is not a static phenomenon; rather, it evolves in response to changing natural, social, and political environments (Barth, 1998).

*Ethnocentrism* refers to a belief in the superiority of one's own culture or ethnicity (Omi & Winant, 1994; Smedley, 1999).

this categorization, Linnaeus also suggested that *Europaeus* (Europeans), *Asiaticus* (Asians), *Americanus* (Americans) and *Africanus* (Africans) differed in general mood. He arbitrarily classified *Europaeus* as cheerful, *Asiaticus* as melancholy, *Americanus* as aggressive, and *Africanus* as sluggish (Brace, 2005). In 1779, Johann Blumenbach further proposed five major racial divisions including: *Caucasoid* (White), *Mongoloid* (Asian), *Ethiopian* (later *Negroid*), *American Indian*, and *Malayan* (South American).

During this time, scientists became increasingly interested in looking for differences between groups who were now being defined as separate races. These investigations produced an official ideology (or worldview) of race. According to this ideology, racial categories are exclusive; they arise from nature, and they are enduring (Smedley, 1999). Subsequent authors such as Georges Buffon, Petrus

Camper, Christoph Meiners and Thomas Jefferson promoted a more oppressive ideology in which Caucasians were generally viewed as superior to other races, and particularly to people who had been classified as *Negroid* or *American Indian* (Graves, 2001). It is interesting to note that 18th century naturalists, who were formulating the characteristics of various 'races', relied primarily on colonists' subjective descriptions of Indigenous peoples who were often referred to as inferior savages who lived a primitive life (Smedley, 1999).

By the 1800s, the term 'race' had become commonplace and for the first time in human history, racial classifications were used to create and maintain discriminatory social hierarchies (Allen, 1994; Smedley, 2012). Unfortunately, these racialized classifications and hierarchies have persisted into the 21st century in 'race-based' societies that

share a number of similarities including a belief that:

- a) racial differences originate in biology and that physical characteristics (e.g., skin colour, hair texture, eye shape) as well as behaviours are accurate indicators of race;
- b) each race has a distinct culture (e.g., language, dress, music, dance) that is also linked to biology;
- c) racial differences are meaningful and unchangeable;
- d) some races are 'naturally' inferior, and consequently;
- e) racial categories should be written into political, legal and social systems (e.g., the one-drop rule<sup>iii</sup> and the *Indian Act*<sup>iv</sup>).

Scientists have confirmed that there is no biological basis for what we refer to as human 'races.' In fact, genetic researchers have discovered that among modern humans, 85% of our genetic variation occurs between individuals, with only 5% between so-called 'racial groups' on the same continent and 10% between people on different continents (Smedley, 1999). As Graves (2001) points out, some animals have more genetic variation than humans: "there is more genetic variation within one tribe of wild chimpanzees than has been observed within all existing humans!" (p. 31).

Erroneous beliefs about racial differences have led to the formation of 'racialized' groups that are, in reality, established as socially rather than biologically distinctive. In fact, Omi (2001) suggests that "the idea of race and its persistence as a social category is only given meaning in a social order structured by forms of inequality – economic, political, and cultural – that are organized, to a significant degree, by race" (p. 254). Research employing critical

<sup>iii</sup> The one-drop rule was a social classification used in the United States in which a person having any African ancestry was considered a 'Negro' and during the time of slavery, therefore a slave (Davis, 2001).

<sup>iv</sup> Enacted by the Parliament of Canada in 1876, the *Indian Act* grants the federal government authority over First Nations lands, First Nations governance and First Nations identity (*Constitution Acts, 1867*).



race theory has been used to reveal how the social construction of race influences the health and well-being of racialized groups by supporting the inequitable<sup>v</sup> structuring of privilege for some groups and disadvantage for others (Adelson, 2005; Oliver & Shapiro, 2006; Danzinger & Haveman, 2001).

## The Ideology of Racism

An ideology is a set of beliefs and attitudes that evolve through persuasion or coercion to become deeply rooted in the structures and systems of a particular society (Marshment, 1978). In North America, the ideology of racism involves beliefs about racial inequalities that are based on superficial differences in physical appearance as well as artificially constructed differences in intellectual capacity and moral character between people racialized as 'White' and people racialized as non-white, including those racialized as Aboriginal. The evidence is clear that discussions of race do not occur in a social or material vacuum (Lewis, 2004) and have been used to rationalize unfair treatment and diminished

opportunities afforded to certain groups. In general, those people racialized as 'White' are afforded better treatment and more opportunities than people who are categorized as 'Black,' 'people of colour,' or 'Aboriginal, Indigenous, or Indian' (Battiste & Youngblood Henderson, 2012; Summit on Indigenous Peoples, 2003; Statistics Canada, 1993).

Stereotypes are generalized beliefs about the nature, behaviour, morality, work ethic, etc. of individuals who have been designated to a particular group (based on race, ethnicity, social class, religion, age, gender, etc.). Walker (2008) defines stereotypes as 'social distortions' that do not accurately reflect the diversity within populations and can have a negative impact on relationships between individuals and groups defined as meaningfully different. In particular, racial stereotypes can form a mental framework among members of the dominant racialized group (in the case of North America, people defined as white) about how to 'deal with' the racialized other. On a cultural level, racial stereotyping promotes race-based fears and hostile attitudes that validate

and foster social distancing. Equally problematic is that stereotypic, racist misrepresentations form a 'shield of ignorance' which hinders members of the dominant group from understanding their own privilege and thus, prevents them from confronting the racist ideology that forms their perceptions, attitudes, and actions (Hook, 2005).

## Forms of Racism

In this section, we will explore several forms of racism that reflect domination of knowledge, aggressive interactions between individuals, and inequitable structures within society.

### Epistemic racism

Epistemology refers to the study of knowledge, exploring questions such as how knowledge is acquired and what assumptions are made in the historical development of knowledge. This area of inquiry is critical to understanding racism because the dominance of western<sup>vi</sup> knowledge systems produces and promotes beliefs about racialized cultures as inferior to western culture. For Indigenous people,

<sup>v</sup> The term 'inequity' refers to something that is unjust or unfair (Merriam-Webster online dictionary, 2012a).

<sup>vi</sup> Western civilization, with its roots in European and Mediterranean antiquity, is based on three major traditions including: classical Greek and Roman culture, the Christian religion, and the scientific method (Perry, Chase, Jacob, & Jacob, 2009).

these knowledge systems played a key and relentless role in their portrayal as primitive or noble savages who were less evolved than Europeans. ‘Civilization’ was thus legitimated as an obligation of the colonial group (Bastien, Kremer, Kuokkanen, & Vickers, 2003; Yancy, 2008; Solomona, Portelli, Daniel, & Campbell, 2005; Wetherell & Potter, 1992).

The practice, discourse, and culture of western science are based on, and therefore reinforce, racist ideologies and structures (Lester, 2012). Western science has been afforded vast resources and opportunities by a colonial system to observe, measure and record hypothetical racial differences (Sibeud, 2012).

Consequently, science has emerged as one of the most dangerous tools of colonial domination, as disciplines of science have created and maintained racial distinctions used to segregate and oppress Aboriginal peoples. Examples of this can be found in studies that describe the generalized and diminished social, economic and health status of Aboriginal people and yet fail to consider the detrimental historical, social, and political determinants of those disparities. The findings of this flawed research are published and offered as facts through academic and popular media, which creates erroneous, yet widely held, negative stereotypes and attitudes about Aboriginal peoples. Moreover, research involving Aboriginal people continues to be dominated by certain paradigms while Indigenous and other alternative worldviews<sup>vii</sup> and approaches are ignored or rejected as ‘unscientific’ (Walker, 2003). Too often, non-Aboriginal researchers with little or no connection to Aboriginal communities conduct research about Aboriginal peoples that is based on western disciplinary-specific theories. The culturally irrelevant and often racist results

of these studies are then disseminated to an often equally disengaged and uninformed academic audience, thus perpetuating the dominance of western research on Aboriginal people. In fact, the recent advance of Indigenous paradigms and methodologies<sup>viii</sup> by Indigenous scholars, as well as the development of Aboriginal-specific research ethics guidelines by the Tri-Council<sup>ix</sup> has been initiated to address this form of epistemic racism.

While it is critical to consider the dominance of western knowledge systems and practices as a distinct form of racism, most people are familiar with the more obvious form of relational racism.

#### **Relational racism**

The term ‘relational’ refers to the context of everyday human relationships. Relational racism occurs when a person experiences discriminatory behaviour from people he/she encounters in his/her daily life (e.g., being followed by sales people in stores; being ignored in a line up when their turn comes; being denied promotion by an employer when others are receiving one for doing less well; and having others avoid close personal contact, particularly in isolated locations or at night). Unfortunately, relational racism also manifests as more overtly damaging behaviour, including name-calling, as well as physical and sexual assault, and sometimes murder. Much of this behaviour is based on hostile attitudes informed by negative stereotypes (Levin, 2011; Dylan, Regehr, & Alaggia, 2008; Lamontagne, Canadian Electronic Library, & Canadian Women’s Foundation, 2011).

Relational racism is certainly the most obvious form of racism. Therefore, we often perceive racism as being associated with this type of irrational bigotry that

is demonstrated in personal interactions and includes demeaning language, discriminatory behavior, and/or assault. Yet, by confining racism to the realm of the interpersonal, we neglect the more insidious and perhaps destructive impacts of structural racism (Klitgaard, 1972).

#### **Structural racism**

The term ‘structural’ refers to the economic, social and political institutions and processes of society and the moral and cultural systems that underpin them (McGibbon, Waldren, & Jackson, In press). A structural theory of racism is based on the notion of racialized social systems (Bonilla-Silva, 1997), which emerges when a dominant group is established and its power is reinforced through inequitable laws, policies, rules and regulations, as well as access to resources. Structural racism is perpetrated when policy makers and power brokers [re]produce or fail to redress structural inequities between racialized groups. In this way, the ideological concept of race is given material power in the social order, as it becomes linked to political and economic structures and systems (Essed & Goldberg, 2002).

McGibbon, Etowa, and McPherson (2008) describe how the ideological construction of racial difference is frequently used to generate and reinforce structural inequities through a cycle of oppression. Within these structures, stereotypes about Aboriginal people (e.g., they are alcoholics, lazy, and irresponsible) bring about prejudices (to pre-judge based on a stereotype [Merriam-Webster Online, 2012b]; e.g., every Aboriginal person I meet is a threat to me and/or a burden to society), which produces discrimination (an action or inaction based on prejudice; Dictionary.com, n.d.- b), which leads to

<sup>vii</sup> Indigenous worldviews are based on ancient and sacred knowledge and traditions about human beings’ interconnectedness with the natural world, the spirit world, the past and the future, as well as the need for balance and harmony in all relationships (Turtle Island Conservation, 2012).

<sup>viii</sup> Methodology refers to the approach taken in research, while methods refer to ways of gathering information.

<sup>ix</sup> The Tri-Council consists of the Canadian Institutes of Health Research, the Natural Sciences and Engineering Research Council of Canada, and the Social Sciences and Humanities Research Council of Canada.



oppression (institutional disregard and/or support of prejudicial and inequitable treatment of a racialized and stereotyped group; Dictionary.com, n.d.-c).

Structural racism is operationalized within the routine practices created and supported by racist ideologies. Essed and Goldberg (2002) suggest that “these practices both adapt to and themselves contribute to changing social, economic and political conditions in society” (p. 185). Examples of racist structural practice can be seen in political actions that attempt to maintain dominance over Indigenous peoples (Berger, 2009). For instance, the *Indian Act* essentially conveys the status of ‘Indian’ on individuals through a variety of criteria that have never been sanctioned by Indigenous peoples. Likewise, the size, location and distribution of Indian reserves, which are lands set aside for residence by status Indians, were often not determined by, or in consultation with, Indigenous peoples (Alfred & Alfred, 2009). The residential school program established by the federal government and Christian churches forcibly removed thousands of Indigenous children from their homes in order to ‘educate and civilize’ them, yet caused physical, emotional, and sexual

harm to the children and produced complex intergenerational effects (Milloy, 1999). More recently (1960s to present), child welfare programs continue to apprehend Aboriginal children from their homes at rates much higher than non-Aboriginal children, often placing them in non-Aboriginal homes away from family, community and cultural supports (Blackstock & Trocmé, 2005).

Structural racism frequently takes the form of exclusion from social society, social goods, social production and social consumption.

#### Social exclusion

Social exclusion physically and socially isolates racialized groups from equally participating in and benefiting from educational, economic, political, and health systems. These actions disadvantage certain racialized groups to the extent that they create unfair distribution of resources such as housing, health care, and opportunities for education, employment, justice, and social welfare. Wallis, Sunseri and Galabuzi (2010) describe social exclusion in four areas: social society, social goods, social production and social consumption.

Exclusion from *social society* occurs when institutional mechanisms create social, material and/or geographic isolation, which limit participation in civil society<sup>x</sup> and political decision-making. Aboriginal people have been excluded from Canadian society through the *Indian Act*, which defines them as wards of the federal government rather than as valuable citizens of Canada. This has been accomplished through centralization, which physically isolated Aboriginal people on remote First Nations reserves and Inuit hamlets, and through policies that limit or curtail Aboriginal peoples’ ability to make decisions for their own communities (Royal Commission on Aboriginal Peoples, 1996).

Exclusion from *social goods* represents a failure to provide for the needs of a particular population or measures to restrict others from doing so. Several examples of the exclusion of Aboriginal people from the attainment of social goods can be found in the poor quality of housing provided on First Nations reserves and Inuit communities, the lack of adequate federal investment in critical infrastructure such as water treatment and accessible roads, as well as lack of protection from ecologically unsafe extraction and/or development of natural resources on traditional lands (Royal Commission on Aboriginal Peoples, 1996).

Exclusion from *social production* refers to the denial of opportunities to contribute to, or participate in, social and cultural activities of a society. This begins with an historical record that essentially ignores the harms suffered by Indigenous peoples during colonization of Canada and does not respectfully acknowledge the past or present contributions made by Aboriginal peoples to the cultural (music, dance, art, spirituality), environmental (protection, sustainable resource development), and political (democratic government)

<sup>x</sup> Civil society refers to non-governmental, special interest or faith-based organizations (e.g., Friends of the Earth, World Vision) that reflect the interests and goals of the public.

development of Canadian society (Royal Commission on Aboriginal Peoples, (1996).

Exclusion from *social consumption* manifests as inadequate access to the usual forms of employment and participation in the economy and labour-market. For Aboriginal people, this is revealed as a lack of educational and employment opportunities resulting from inadequate investment in the education and retention of Aboriginal students, as well as inaccessible (physically and/or culturally) training or advanced education for those living in remote communities. Furthermore, as a result of relocation to isolated and/or inadequately resourced locations, there are very few opportunities for economic development within Aboriginal communities. Moreover, government policies have limited the degree to which Aboriginal peoples can engage in economic development and the market economy (Royal Commission on Aboriginal Peoples, 1996).

#### Symbolic racism

Symbolic racism was defined relatively recently to describe explicitly negative public response to forms of relational racism (Henry & Sears, 2002). Symbolic racism persists in some members of the dominant racialized group who might not be labeled as racist because they abhor overt relational racism, yet they often hold similar, albeit less aggressive, attitudes that serve to maintain the inequitable racial status quo (Tarman & Sears, 2005; Trepagnier, 2001). In this case, prejudices are revealed in less direct ways such as opposition to social justice-based racially targeted policies such as affirmative action policies or the Non-Insured Health Benefits program for status First Nations people (Vala, Pereira, & Costa-Lopes, 2009). Those individuals who believe that Aboriginal people should not be given 'special' treatment and who make statements about their ancestors coming to Canada with nothing and "climbing their

way to the top through hard work and perseverance" are said to be demonstrating symbolic racism (Shuman, Steeh, Bobo, & Krysan, 1997).

#### Embodied racism

Embodied racism is experienced through the reactions of the body to the anxieties of discrimination, alienation and social violence (Hook, 2006). Aside from creating inequities in the material conditions of life, the injustices of racism also exert powerful, physical, and psychological responses within individuals. Likewise, the social isolation and residential segregation of structural racism is experienced in the body as physical and psychological pathogens such as increased rates of chronic disease and mental health challenges (Collins & Williams, 1999; Trocmé, Knoke, & Blackstock, 2004). An example of this kind of racism can be found in the racially motivated formation of an 'Aboriginal welfare state,' which has captured Indigenous people within punitive colonial systems that are directly and indirectly linked to the disproportionate burden of illness, injury, and premature death (van Krieken, 2004).

#### Colour-blindness

The recent concept of 'colour-blindness' suggests that racial differences are not important and, on the surface, this is obviously true. This notion of 'racelessness' is regularly promoted in social science discourses that present race as a social construction and focus instead on differences between ethnic groups (Harrison, 1995). However, although the theory of biological race has been refuted, these discourses fail to consider the very real *social experience* of racism (Shanklin, 1998; Bernard, 2011). Consequently, this philosophy actually perpetuates inequities because it does not recognize that people are, in fact, treated differently based on the racialized or ethnic category to which they are socially assigned; racialized people experience discrimination and systemic oppression, whereas people categorized

as white are imbued with an unearned privilege as a result of their skin colour. National statistics related to education and employment fully support the reality of this differential treatment (Galabuzi, 2006). Rather than promoting social justice, colour-blindness or racelessness essentially ignores the social realities of racialized inequities experienced within relationships, systems and structures, thereby maintaining the status quo. Civil rights activists claim that this is simply a new form of racism that manifests in more subtle and indirect ways than the more explicit forms of racial segregation and antagonism (Leach, 2005; Bonilla-Silva, 2006; Blair, 2008). Some scholars have even suggested that the academy, as an institution of higher learning, is implicated in the maintenance of white privilege through the discourse of colour-blindness (Zamudio & Rios, 2006).

## Conclusion

Race is not a biological fact but rather a socially constructed concept that was created and is maintained to establish disparities in the distribution of resources and power (Smedley & Smedley, 2005). The roots of inequities within structures, systems and individual behaviours are deeply embedded in erroneous beliefs about innate differences between groups of people. This is particularly evident in relationships between people of European ancestry and Indigenous peoples in North America. Racism exists in several, often intersecting, forms including: negative and stereotypic attitudes about 'racialized' groups, the dominance of western knowledge systems, overt aggression and more subtle discriminatory behaviours, as well as structural inequities and social exclusion. In the next paper, we will explore how a racist ideology and diverse forms of racism create and perpetuate disadvantage and poor health among Aboriginal peoples.

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