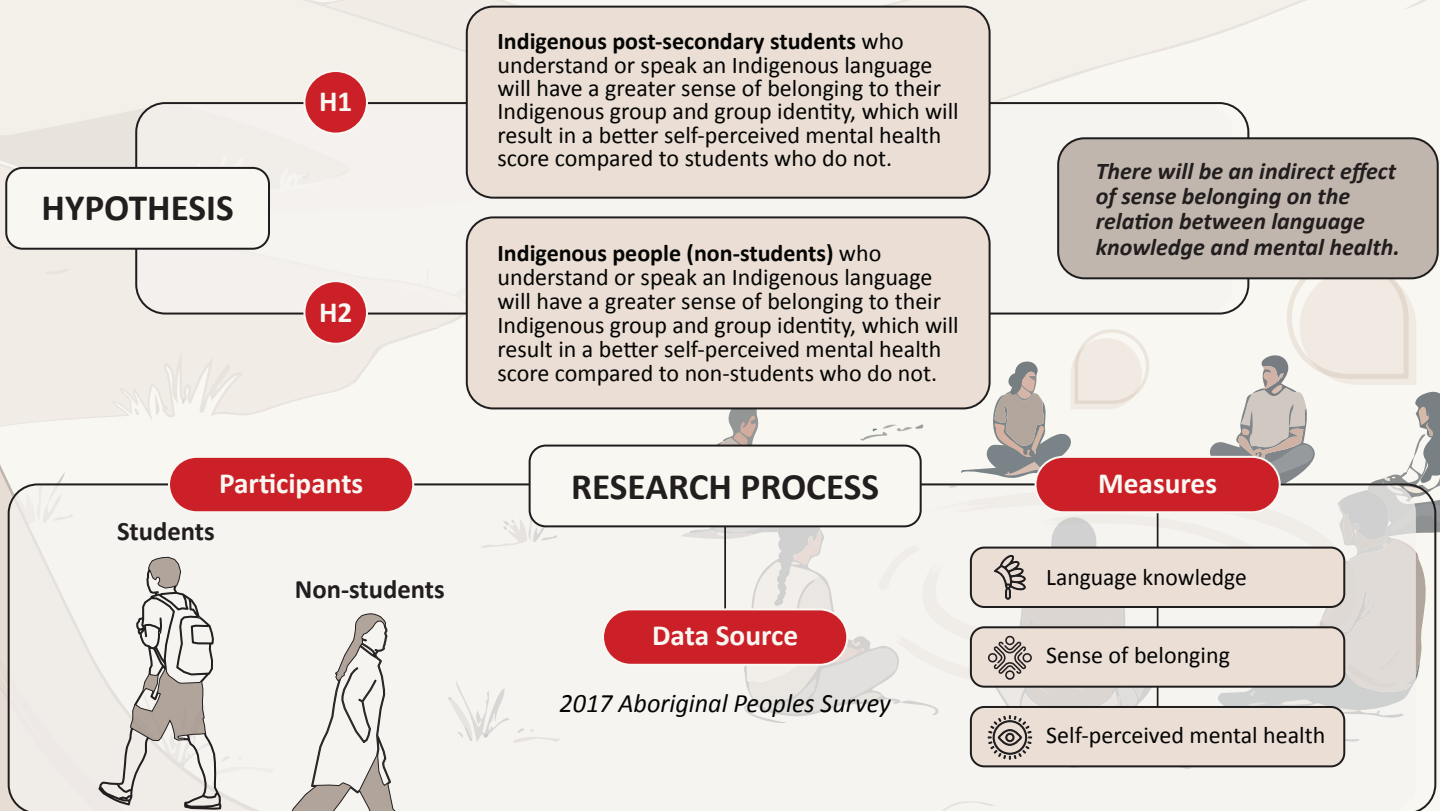


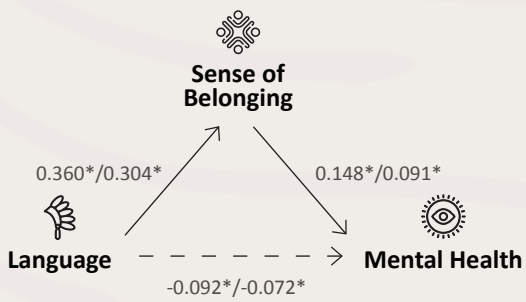


The Importance of Indigenous Languages: An Investigation of Sense of Belonging and Mental Health Among Students and Non-Students

This report investigates the connections between Indigenous language knowledge, sense of belonging to Indigenous community, and mental health among Indigenous post-secondary students and non-students.



RESULTS / Weighted Mediation



What does this mean?
The results illustrate how knowing or understanding an Indigenous language is linked to greater belonging, which in turn supports better mental health. These relationships were especially strong for students.

Key Takeaways

- Students reported lower sense of belonging and language knowledge than non-students.
- Leaving home communities for post-secondary may reduce access to cultural resources.
- Institutions often lack adequate cultural supports.
- Students lack of Indigenous language knowledge is possibly due to the effects of colonization and punitive measures taken if practiced, leading to the decline in Indigenous languages in recent decades and a diminished sense of belonging.
- Language knowledge may increase exposure to racism, which can harm mental health.

There is a need for Indigenous language revitalization, particularly on campuses, and for mental health supports that encompass the physical, mental, emotional, and spiritual.

