

SEEDschool Vocabulary List

Advocacy- to speak up on yours, or another person's behalf.

Affordable Housing-housing for which someone is paying no more than 30% of their income for rent, utilities, and/or property taxes.

Basic Need(s)-minimal elements that human beings require for survival and to fulfill basic requirements to live a decent life. Food, water, shelter, clothing, healthcare, hygiene items, transportation, communication, laundry services, education, sanitation, insurance, are all considered basic needs.

Belonging- to be accepted as a natural member or part of something.

Compassion- a deep sympathy for the sorrows of others, with an urge to alleviate their pain.

Community- a unified group of people.

Community Impact Centres- a centre run by The Mustard Seed aimed to facilitate a greater sense of community and wellbeing among certain neighborhoods in Calgary through different supports and resources.

Cost of Living- the average cost of a variety of expenses for living (basic needs), such as rent, transportation, insurance, utilities, groceries, etc.

Couchsurfing- staying temporarily in a series of other people's homes, typically not having a designated room for sleeping space.

Dignity- being worthy of esteem or respect.

Discrimination- being treated unjust based on class or category, such as race or gender.

Empathy- identifying with or understanding the experiences, feelings, thoughts, or attitudes of another.

Equality- equal sharing, exact division.

Equity- the qualities of justness, fairness, and impartiality.

Eviction- the removal of a tenant from occupation of a property.

Fair Entry- a program that the City of Calgary provides for lower cost fees for programs such as entry to leisure and aquatic centres, assistance with property taxes, and subsidy around Wi-Fi/internet. This program also has specific programs to help seniors with some living costs and home maintenance.

Food Security- to know that food is available, accessible, appropriate, acceptable, adequate, and that a person has agency (a choice in what one eats).

Homelessness- not having access to safe, stable, appropriate housing.

Homeless Shelter- a facility that provides a warm, safe place to sleep for those who are experiencing homelessness.

Hostile Design- design of architectural elements that is used to control behaviour by excluding people and/or animals from specific spaces. The materials and forms used are hostile and intended to push vulnerable people such as those who are unhoused away from parks and other public spaces. Also known as **defensive architecture**.

Inclusive Design- a way of designing places everyone can use (such as public spaces). It aims to remove the barriers that create undue effort and separation, enabling everyone to participate equally.

Person-First Language- is a way of speaking that puts a person before their situation or diagnosis. It emphasizes that the person becomes before their circumstance or illness. Examples include: a person experiencing homelessness, a person with a substance use disorder, or a person struggling with anxiety.

Poverty- the lack of adequate means to meet their basic needs.

Public Space- a place that is open and accessible to the public.

Rough Sleeping- a person who may be sleeping in a car, park, or on the street because they do not have a home. Also known as **living rough**.

Rent- a regular payment by a tenant to a landlord for use of a property.

Resilience- the capacity to recover quickly from difficulties, to be able to withstand and adapt to hardships (including trauma).

Respect- positive feeling or action shown towards someone or something.

Responsibility- able to answer for one's behaviour and obligations.

Social Justice- a society which gives individuals and groups fair treatment and a just share of the benefits of society.

Stereotype- a negative or limiting belief about a certain type of person that is applied to everyone in that group.

The Mustard Seed- a non-profit organization in Calgary that helps people experiencing homelessness and poverty. It is a supportive place where people can have their physical, mental, and spiritual needs met.

Trauma- a response to an intensely stressful event(s) or situation. It can be an emotional response to a terrible event like a collision, crime, natural disaster, physical or emotional abuse.

Want- yearning for something that is not necessary for day-to-day living or survival.