



# Sharing & Honouring Knowledges

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Knowledge Exchange for Healthy Families & Communities

Saskatchewan Health Authority is situated on Treaty 2, 4, 5, 6, 8 and 10 Territories and the Homeland of the Métis.



We strive to understand and honour the truth and history of this land, and build respectful relationships with the ancestors of this place and the land.



## What is Knowledge Exchange (KE)?

Knowledge exchange is the **purposeful movement of data, information, and knowledge between two or more parties, often for the purposes of collaborative problem solving.** (Provincial Centre of Excellence for Child & Youth Mental Health at CHEO, 2006)

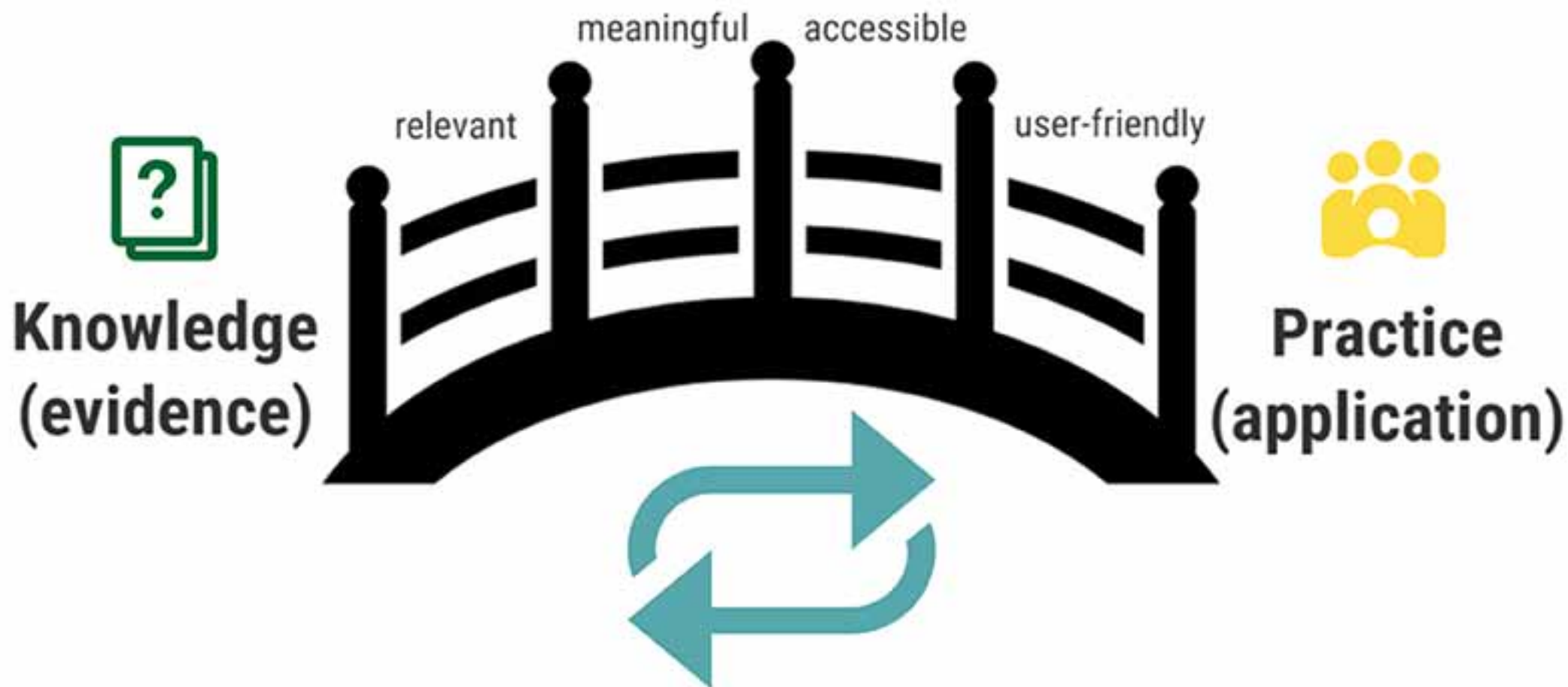
## Huh?

- KE includes all sorts of **mutually beneficial activities focused on sharing research, knowledge, and evidence of all kinds.**
- For our purposes, KE includes **activities and tools which gather, interpret, and share knowledge from and between researchers, decision-makers, service providers, and/or people with lived experience.**
- Why? To get knowledge into the **hands of people and organizations who can put it to practical use, and to help research, problem solving, and planning be more responsive to individual and community needs.**

People with lived experience see and hear their knowledge and perspectives in programs, services, and research.



Services, programs, policies and research reflect the knowledge and perspectives of people with lived experience.





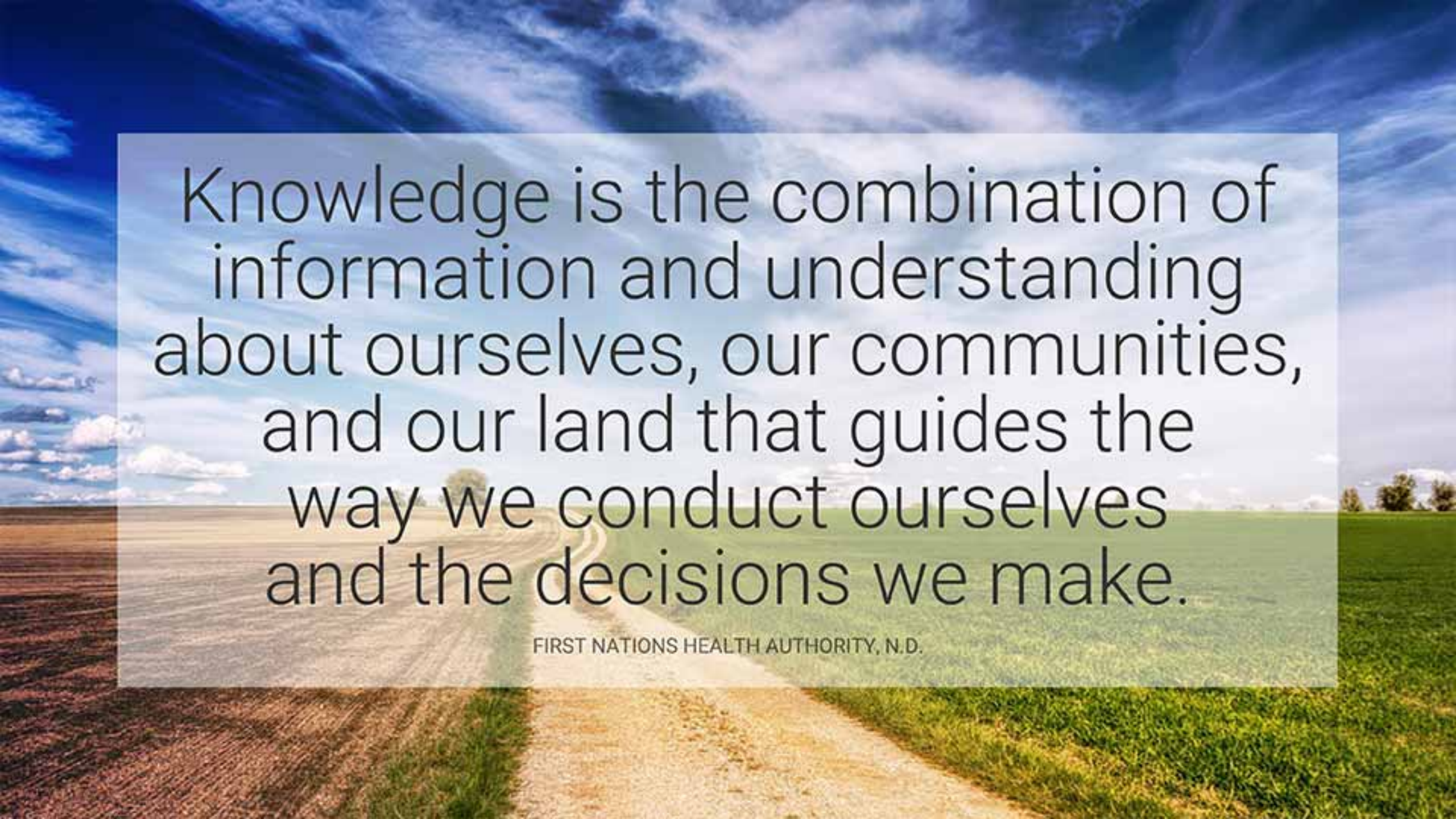
What counts as  
'knowledge'?



Who decides?



What do we do with  
knowledge?  
Is it intentional?



Knowledge is the combination of information and understanding about ourselves, our communities, and our land that guides the way we conduct ourselves and the decisions we make.

FIRST NATIONS HEALTH AUTHORITY, N.D.

A woman with dark hair, wearing a pink shirt and a gold earring, is smiling and looking towards two young boys. The boy on the left is wearing a blue t-shirt and looking at the woman. The boy on the right is wearing a dark grey t-shirt and looking at the woman. They are outdoors with green foliage in the background.

Knowledge exchange is  
happening all around  
you, every day.



## Knowledge Exchange can be...

- teaching & learning activities
- participating in sharing circles
- conducting or completing experience surveys
- hosting or attending 'town hall' meetings
- sharing research publications & reports
- producing resources for families
- reading to inform practice



How do we share knowledge in ways that honour our unique stories, perspectives, and roles in promoting healthy child development and well-being?



Does knowledge  
(education) equal  
behaviour  
change?

- Traditional methods for sharing research results and 'best' practices do not always result in changes in practice or influencing thinking.
- Historically, some forms of knowledge have been de-valued, erased, and ignored.
  - lived experiences - especially of people who are oppressed and/or marginalized
  - traditional cultural knowledges - especially Indigenous, non-European and oral traditions
- Knowledge exchange can help us explore creative and inclusive ways to improve our programs, policies, and practices.



# Food for Thought

What does knowledge exchange look like in your current work?

What would you like KE to look like in the future? What do you (or your organization/program) need to get there?

What is one thing you'd like to try?

# How well do you know your audience?

What is their interest in KE? Why do they need KE?

What do they already know? How do you know?

What do you know about your audience? How do you know?

need for information, language comprehension, cognitive capacity, cultural considerations, stress levels, time pressures, background, learning style



A large crowd of people, mostly wearing yellow shirts, filling a stadium or arena. The image is a high-angle shot looking down at the audience, which is densely packed. The people are wearing various colored shirts, but a significant portion are in yellow. The text "There's no such thing as the general public." is overlaid in the center of the image.

There's no such thing  
as the general public.



- use the most basic terms possible - when sharing knowledge and when asking others to share with you
- use language and images that welcome, include, and invite a range of knowledges and experiences
- give concrete examples whenever possible

no matter who your audience is...

# Essentials of Communicating with your Audience

## key message

single most important thing (SMIT)

## take-away

bottom line actionable message (BLAM)

Source: Hospital for Sick Kids. (2014). [Plain Language Checklist](#).



Sounds great, but...



# Barriers and challenges



Who's qualified to do KE? Whose 'job' is it?

What's the 'right' way to do this?

How will we support the work?

Who should be involved?

How we do KE matters  
more than what we  
call it or who does it.





group  
activity



# KE Tools & Resources



## readability checkers

[readabilityformulas.com](http://readabilityformulas.com)

readable

Flesch Kincaid calculator



## clear language & design

[Sask Literacy Network](#)

[BC Plain Language Guide](#)

[Plain Language Resource List](#)

[Health Quality Ontario](#)

[SickKids Plain Language Writing Checklist](#)

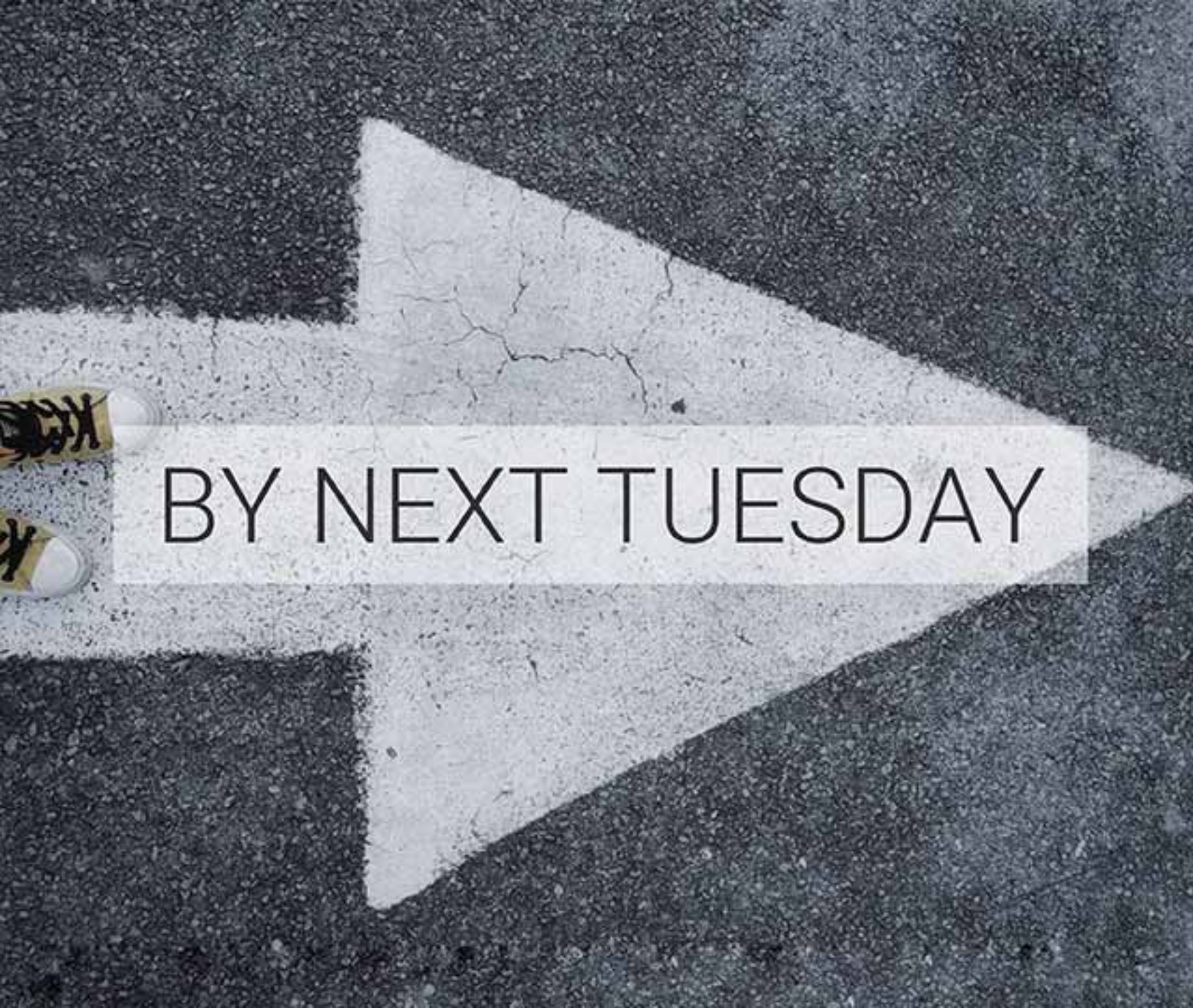


## community engagement

[sparc toolkit](#)

[Tamarack Institute](#)

[Toronto Central LHIN](#)



BY NEXT TUESDAY

What  
action can  
I take  
toward  
better  
knowledge  
exchange?



Thank you!

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