Cheat Sheet 1: Rights and Responsibilities of Citizenship

Remember: Magna Carta: England, 1215. Habeas corpus: the right to challenge unlawful detention, from English common law.

Remember: Serving on a jury is a legal duty when you are called. Voting is a responsibility of citizenship.

Where Canadian law comes from

- Together, these give Canadians a tradition of freedom under the law that is about 800 years old. It goes back to **Magna Carta**, signed in England in **1215**.

The basic freedoms

- **Habeas corpus** is the right to challenge being held by the state without a lawful reason.

The Charter of Rights and Freedoms

- In **1982**, the Constitution of Canada was changed to include the **Canadian Charter of Rights and Freedoms**.
- **Mobility rights:** You may live and work in any province or territory.
- **Aboriginal peoples' rights:** the rights in the Charter do not take away any treaty rights or other rights of Aboriginal peoples.
- **Official language rights and minority language education rights:** English and French have equal status in Parliament and throughout the federal government.
- **Multiculturalism:** a basic part of Canada's heritage and identity.

The responsibilities of a citizen

- **Obeying the law.** One founding principle of Canada is the **rule of law**.
- **Taking responsibility for yourself and your family.** Getting a job, caring for your family and working hard are important Canadian values.
- **Serving on a jury.** If you are called, the law requires you to serve.
- **Voting in elections.** You have the right to vote, so you should use it.
- **Helping others in the community.** Many Canadians volunteer without pay, for example at a food bank, at a school or by helping newcomers.
- **Protecting and enjoying our heritage and environment.** Every citizen should avoid waste and pollution and help protect Canada's nature and history for the future.

Defending Canada

- Canada has **no compulsory military service**.

Then and Now: In the guide: many pages speak of the Queen, Queen Elizabeth the Second.
Now (as of November 2026): the Sovereign is King Charles the Third. The oath names him.

Key words: Rule of law: everyone, including the government, must follow the law; **Charter**: the Canadian Charter of Rights and Freedoms, part of the Constitution since 1982; **Mobility rights**: the right to live and work anywhere in Canada and to enter and leave the country; **Jury**: a group of citizens who decide a court case; **Oath of Citizenship**: the promise new citizens make at their ceremony.

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Cheat Sheet 2: Who We Are

Remember: Three founding peoples: Aboriginal, French and British.

Remember: First Nations, Inuit, Métis. Inuit means "the people". The Métis speak Michif.

A strong and free country

- Canada is known as a strong and free country. It has the oldest continuous constitutional tradition in the world, and it is the **only constitutional monarchy in North America**.
- The words **"Peace, Order and Good Government"** come from Canada's first constitution, the British North America Act of 1867.

Aboriginal peoples

- From the 1800s until the 1980s, the federal government sent many Aboriginal children to **residential schools** to make them give up their culture.
- In **2008**, the federal government formally apologized to the former students.

The three groups of Aboriginal peoples

- **First Nations.** The guide explains that the older term "Indian" was used for all Aboriginal people who are not Inuit or Métis, and that "First Nations" came into use in the 1970s.
- **Inuit.** The word means "the people" in the Inuktitut language.
- **Métis.** A distinct people of mixed Aboriginal and European ancestry.
- Most live in the Prairie provinces. They come from French and English backgrounds and speak their own language, **Michif**.

English and French

- English and French are Canada's two **official languages**.
- **Acadians** come from French settlers who arrived in 1604 in the area that is now the Maritime provinces.
- In those years, the British forced more than two out of three Acadians to leave their land. This is called the **Great Upheaval** (or the Deportation).
- **Quebecers** are the people of Quebec.

Key words: Founding peoples: Aboriginal, French and British; **Aboriginal peoples**: First Nations, Inuit and Métis; **Anglophone**: a person whose first language is English; **Francophone**: a person whose first language is French; **Acadians**: descendants of French colonists in the Maritimes, from 1604; **Great Upheaval**: the deportation of the Acadians, 1755 to 1763.

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Cheat Sheet 3: Early Canada: First Peoples to New France

Remember: 1497: John Cabot, first to map Canada's Atlantic coast, for England.

Remember: "Canada" comes from kanata, an Iroquoian word for "village".

Remember: 1759: Battle of the Plains of Abraham at Québec City. The British won. Wolfe and Montcalm both died.

The first peoples

- The **Huron-Wendat** of the Great Lakes, like the **Iroquois**, were farmers and hunters.
- The **Cree and Dene** of the Northwest were hunter-gatherers.
- The **Sioux** were nomads who followed the bison (buffalo).
- The **Inuit** lived on Arctic wildlife.
- **West Coast** peoples dried and smoked fish to keep it.

The first Europeans

- **Vikings** from Iceland, who settled Greenland about 1,000 years ago, also reached Labrador and the island of Newfoundland.
- The remains of their settlement at **L'Anse aux Meadows** are a World Heritage Site.
- **John Cabot**, an Italian immigrant to England, began serious European exploration in **1497**.
- **John Cabot**, an Italian immigrant to England, began serious European exploration in **1497**. He was the **first to map Canada's Atlantic shore**.

Jacques Cartier and the name "Canada"

- Between **1534 and 1542**, **Jacques Cartier** made three voyages across the Atlantic.
- Between **1534 and 1542**, **Jacques Cartier** made three voyages across the Atlantic. He claimed the land for **King Francis the First of France**.
- Between **1534 and 1542**, **Jacques Cartier** made three voyages across the Atlantic. He claimed the land for **King Francis the First of France**. He was the first European to explore the **St. Lawrence River** and to see the places that are now Québec City and Montreal.
- Cartier heard two guides use the Iroquoian word **kanata**, which means **"village"**.

Royal New France

- In **1604**, French explorers **Pierre de Monts** and **Samuel de Champlain** started the first European settlement north of Florida.
- In **1604**, French explorers **Pierre de Monts** and **Samuel de Champlain** started the first European settlement north of Florida. It was first on St. Croix Island (in present-day Maine), then at **Port-Royal** in Acadia (present-day Nova Scotia).
- In **1608**, **Champlain** built a fortress at what is now **Québec City**.
- Champlain allied the colony with the Algonquin, Montagnais and Huron. They were old enemies of the **Iroquois**, a confederacy of five (later six) First Nations.

The struggle for a continent

- In **1670**, **King Charles the Second** of England gave the **Hudson's Bay Company** the sole right to trade over the lands draining into Hudson Bay.
- The skilled men who travelled by canoe were called **voyageurs** and **coureurs des bois**.
- The British won the **Battle of the Plains of Abraham**, at Québec City, in **1759**.
- The British won the **Battle of the Plains of Abraham**, at Québec City, in **1759**. This marked the **end of France's empire in America**.
- Both commanders were killed: Brigadier **James Wolfe** (British) and the **Marquis de Montcalm** (French).

Key words: L'Anse aux Meadows: the Viking site in Newfoundland, a World Heritage Site; **Kanata**: Iroquoian word meaning "village", the source of "Canada"; **New France**: the French colony in North America; **Hudson's Bay Company**: fur-trading company given trading rights in 1670; **Voyageurs and coureurs des bois**: canoe travellers of the fur trade.

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Cheat Sheet 4: British North America: 1763 to 1867

Remember: Quebec Act, 1774: religious freedom for Catholics, French civil law, British criminal law.

Remember: 1758: first elected assembly, Halifax. 1791: Upper Canada and Lower Canada; the name Canada becomes official.

Remember: War of 1812: the American invasion failed. Brock, Tecumseh, de Salaberry, Laura Secord.

Remember: Responsible government: ministers need the confidence of the elected assembly. Nova Scotia was first (1847 to 1848).

The Province of Quebec

- After the war, Great Britain renamed the colony the **Province of Quebec**.
- The French-speaking Catholic people, called **habitants** or **Canadiens**, worked hard to keep their way of life inside the English-speaking, Protestant British Empire.

The Quebec Act of 1774

- To govern the French Catholic majority better, the British Parliament passed the **Quebec Act of 1774**.
- To govern the French Catholic majority better, the British Parliament passed the **Quebec Act of 1774**.

The United Empire Loyalists

- In **1776**, the 13 British colonies to the south declared independence and became the United States.
- More than **40,000** people who stayed loyal to the Crown, called **Loyalists**, fled the American Revolution and settled in Nova Scotia and Quebec.

The beginnings of democracy

- The **first representative assembly** was elected in **Halifax, Nova Scotia, in 1758**.
- The **Constitutional Act of 1791** split the Province of Quebec into **Upper Canada** (later Ontario: mostly Loyalist, Protestant and English-speaking) and **Lower Canada** (later Quebec: mostly Catholic and French-speaking).

The end of slavery

- In **1793**, **Upper Canada**, led by Lieutenant Governor **John Graves Simcoe**, became the **first province in the British Empire to move toward abolishing slavery**.
- In **1807**, the British Parliament banned the buying and selling of slaves.

A growing economy

- The **Montreal Stock Exchange** opened in **1832**.

The War of 1812

- The United States invaded Canada in **June 1812**, thinking it would be easy to conquer.
- Canadian volunteers and First Nations, including the Shawnee led by **Chief Tecumseh**, helped British soldiers defend Canada.

The Rebellions of 1837 and 1838

- Armed rebellions broke out in **1837 and 1838** near Montreal and in Toronto.
- **Lord Durham**, an English reformer, was sent to report.

Responsible government

- In **1840**, Upper and Lower Canada were united as the **Province of Canada**.
- Reformers **Sir Louis-Hippolyte La Fontaine** and **Robert Baldwin**, along with **Joseph Howe** in Nova Scotia, worked with British governors toward responsible government.

Key words: Canadiens or habitants: French-speaking Catholic people of the Province of Quebec; **Loyalists**: people loyal to the Crown who left the United States after 1776; **Upper Canada**: later Ontario; **Lower Canada**: later Quebec; **Underground Railroad**: the network that helped slaves escape to Canada; **Responsible government**: the government must keep the confidence of elected members.

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Cheat Sheet 5: Confederation: A Country from Sea to Sea

Remember: July 1, 1867: Confederation. First four provinces: Ontario, Quebec, Nova Scotia, New Brunswick.

Remember: Last province to join: Newfoundland and Labrador, 1949. Newest territory: Nunavut, 1999.

Remember: 1885: the last spike of the Canadian Pacific Railway, driven by Donald Smith.

Confederation, 1867

- Leaders from **Nova Scotia, New Brunswick and the Province of Canada** met from **1864 to 1867**.
- Together they planned a new country. These men are called the **Fathers of Confederation**.
- The old Province of Canada was split into two new provinces, **Ontario and Quebec**.

Why "Dominion"?

- **Sir Leonard Tilley**, a Father of Confederation from New Brunswick, suggested the name **Dominion of Canada** in **1864**.
- **Sir Leonard Tilley**, a Father of Confederation from New Brunswick, suggested the name **Dominion of Canada** in **1864**. He was inspired by **Psalm 72** in the Bible, which speaks of dominion "from sea to sea".

Canada's first Prime Minister

- **Sir John Alexander Macdonald**, a Father of Confederation, became Canada's **first Prime Minister** in 1867.
- **Sir John Alexander Macdonald**, a Father of Confederation, became Canada's **first Prime Minister** in 1867. He was born in Scotland on **January 11, 1815**, and came to Upper Canada as a child.
- Parliament recognizes **January 11 as Sir John A. Macdonald Day**.

Challenge in the West: Louis Riel

- In **1869**, Canada took over the huge northwest region from the Hudson's Bay Company.
- The **12,000 Métis of the Red River** were not consulted.
- **Louis Riel** led an armed uprising and seized **Fort Garry**, the territorial capital.

The North West Mounted Police

- After the first Métis uprising, Prime Minister Macdonald created the **North West Mounted Police (NWMP)** in **1873**.
- Today the **Royal Canadian Mounted Police (RCMP)**, or "the Mounties", is the **national police force** and one of Canada's best-known symbols.
- **Sir Sam Steele** was a famous Mountie and frontier hero.

A railway from sea to sea

- **British Columbia joined Canada in 1871** after Ottawa promised to build a railway to the West Coast.
- On **November 7, 1885**, the **last spike** was driven by **Donald Smith (Lord Strathcona)**.
- On **November 7, 1885**, the **last spike** was driven by **Donald Smith (Lord Strathcona)**. He was born in Scotland and was a director of the **Canadian Pacific Railway (CPR)**.
- European and **Chinese workers** built it.
- Afterward, Chinese people faced discrimination, including the **Head Tax**, a fee charged by race to enter Canada.
- The Government of Canada **apologized in 2006**.

Moving west

- **Sir Wilfrid Laurier** became the **first French-Canadian Prime Minister** since Confederation.
- **Sir Wilfrid Laurier** became the **first French-Canadian Prime Minister** since Confederation. He encouraged immigration to the West. His portrait is on the **$5 bill**.

Then and Now: In the guide: Sir John A. Macdonald is on the $10 bill.
Now (as of November 2026): the newer $10 bill shows Viola Desmond. Older $10 bills with Macdonald are still in use. If a test question asks about the $10 bill, it follows the guide.

Key words: Confederation: the joining of provinces to form Canada on July 1, 1867; **Fathers of Confederation**: the founders of Canada; **British North America Act**: the 1867 law that created Canada, now called the Constitution Act, 1867; **Métis uprisings**: the Red River (1869 to 1870) and the 1885 rebellion led by Louis Riel; **Last spike**: the end of the Canadian Pacific Railway, 1885.

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Cheat Sheet 6: Canada in the World Wars

Remember: Vimy Ridge: April 1917 (Vimy Day, April 9). The war ended November 11, 1918.

Remember: Manitoba, 1916: first province to give women the vote. Agnes Macphail, 1921: first woman MP.

Remember: D-Day, June 6, 1944: Canadians captured Juno Beach. Canada liberated the Netherlands.

The South African War

- More than **7,000** Canadians volunteered to fight in the **South African War (1899 to 1902)**, also called the **Boer War**.
- In 1900, Canadians fought in the battles of **Paardeberg** ("Horse Mountain") and **Lillefontein**.

The First World War, 1914 to 1918

- In **1914**, Germany invaded Belgium and France, and Britain went to war.
- Canada then created the **Canadian Expeditionary Force**, which was later called the Canadian Corps.
- More than **600,000 Canadians served**, most of them volunteers, out of a total population of 8 million.
- In **April 1917**, the Canadian Corps captured **Vimy Ridge**.

Women get the vote

- The effort by women to win the vote is called the **women's suffrage movement**.
- The effort by women to win the vote is called the **women's suffrage movement**. Its founder in Canada was **Dr. Emily Stowe**, the first Canadian woman to practise medicine in Canada.
- In **1916**, **Manitoba** became the **first province to give women the vote**.
- In **1917**, the federal government of **Sir Robert Borden** gave the federal vote to nurses at the front, then to women related to men in active wartime service.
- In **1918**, most Canadian women citizens aged 21 and over could vote in federal elections.
- In **1921**, **Agnes Macphail**, a farmer and teacher, became the **first woman Member of Parliament**.
- Thanks to **Thérèse Casgrain** and others, **Quebec** gave women the vote in **1940**.

Remembrance Day

- Every year on **November 11**, **Remembrance Day**, Canadians remember the veterans and the people who died in all the wars in which Canada took part.
- People wear a **red poppy** and keep a moment of silence at the **11th hour of the 11th day of the 11th month**.
- **Lieutenant-Colonel John McCrae**, a Canadian medical officer, wrote the poem **"In Flanders Fields"** in **1915**.

Between the wars

- After the First World War, the British Empire changed into a free association of states called the **British Commonwealth of Nations**.
- The **"Roaring Twenties"** were boom years.
- The **stock market crash of 1929** led to the **Great Depression**, or the "Dirty Thirties".
- The **Bank of Canada**, a central bank, was created in **1934**.

The Second World War, 1939 to 1945

- The Second World War began in **1939** when Adolf Hitler, the Nazi dictator of Germany, invaded Poland.
- More than **one million Canadians and Newfoundlanders** served, out of a population of 11.5 million.
- **44,000** were killed.
- Canadians fought bravely in the failed defence of **Hong Kong (1941)** against Japan and in a failed raid on **Dieppe**, France (**1942**).

Key words: Vimy Ridge: a Canadian victory in France, April 1917; **Suffrage**: the right to vote; **Remembrance Day**: November 11, when Canadians honour those who served and died; **Commonwealth**: the free association of states that grew out of the British Empire; **D-Day**: June 6, 1944, when the Allies landed in Normandy.

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Cheat Sheet 7: Modern Canada

Remember: NATO: Western military alliance. NORAD: air defence with the United States. Korean War: 1950 to 1953.

Remember: Quiet Revolution: Quebec, 1960s. Official Languages Act: 1969. Referendums: 1980 and 1995.

Remember: Terry Fox: the Marathon of Hope, 1980, for cancer research. Rick Hansen: around the world in a wheelchair, 1985.

Remember: Banting and Best: insulin. Fleming: time zones. Bombardier: snowmobile. Hopps: pacemaker. Naismith: basketball.

Trade and economic growth

- Trade opened up through agreements such as the **General Agreement on Tariffs and Trade (GATT)**, now the **World Trade Organization (WTO)**.
- The discovery of **oil in Alberta in 1947** began Canada's modern energy industry.

Social programs

- The **Canada Health Act** sets common rules and a basic standard of health coverage.
- **Unemployment insurance** (now called **employment insurance**) began in **1940**.

Canada in the world

- During the **Cold War**, Canada joined other Western democracies to form **NATO** (the North Atlantic Treaty Organization), a military alliance.
- Canada also joined the United States in **NORAD** (the North American Aerospace Defence Command).

Canada and Quebec

- In the **1960s**, Quebec went through fast change known as the **Quiet Revolution**.
- In **1963**, Parliament created the Royal Commission on Bilingualism and Biculturalism.

A changing society

- In the past, most Canadians of Asian descent could not vote. In **1948**, the last of these, **Japanese Canadians**, gained the vote.
- **Aboriginal people** were granted the vote in **1960**.

Arts and culture

- **Writers** named in the guide include Stephen Leacock, Louis Hémon, Sir Charles G.D. Roberts, Pauline Johnson, Émile Nelligan, Robertson Davies, Margaret Laurence, Mordecai Richler, Joy Kogawa, Michael Ondaatje and Rohinton Mistry.
- **Musicians:** Sir Ernest MacMillan and Healey Willan.

Sports

- **Basketball** was invented by Canadian **James Naismith** in **1891**.
- In **1972**, **Paul Henderson** scored the winning goal for Canada in the Canada and Soviet Union Summit Series: "the goal heard around the world".

Science and inventions

- **Marshall McLuhan** and **Harold Innis** were pioneer thinkers.
- Since **1989**, the **Canadian Space Agency** and Canadian astronauts have taken part in space exploration, often using the **Canadarm**.

Key words: NATO: the North Atlantic Treaty Organization, a military alliance; **NORAD**: the North American Aerospace Defence Command, with the United States; **Quiet Revolution**: fast change in Quebec in the 1960s; **Referendum**: a vote by the people on one question; **Group of Seven**: landscape painters, founded in 1920.

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Cheat Sheet 8: How Canadians Govern Themselves

Remember: Federal state, parliamentary democracy, constitutional monarchy.

Remember: Federal: defence, foreign policy, money, criminal law, citizenship. Provincial: education, health, natural resources, highways. Shared: agriculture and immigration.

Remember: Parliament = the Sovereign + the Senate + the House of Commons. Senators are appointed and serve until 75.

Three key facts

- Canada is: a **federal state**; a **parliamentary democracy**; a **constitutional monarchy**.

A federal state

- Canada has **federal, provincial, territorial and municipal** governments.
- The British North America Act of 1867, now called the **Constitution Act, 1867**, set out the powers of the federal and provincial governments.
- **The federal government** handles matters of national and international concern, including: defence; foreign policy; trade and communications between provinces; currency (money); navigation; criminal law; citizenship.
- **The provinces** are responsible for: municipal government; education; health; natural resources; property and civil rights; highways.

A parliamentary democracy

- In a parliamentary democracy, the people elect members to the **House of Commons** in Ottawa and to the provincial and territorial legislatures.
- **Cabinet ministers** must keep the **confidence of the House**.
- **Parliament has three parts:** the **Sovereign** (King or Queen); the **Senate**; the **House of Commons**.
- Provincial legislatures have two parts: the **Lieutenant Governor** and the elected Assembly.

How a bill becomes law

- **First reading:** the bill is considered read for the first time and is printed.
- **Second reading:** members debate the main idea of the bill.
- **Committee stage:** a committee studies the bill line by line.
- **Report stage:** members can make more changes.
- **Third reading:** members debate and vote on the bill.
- **Senate:** the bill goes through a similar process in the Senate.
- **Royal Assent:** the bill receives Royal Assent after both Houses pass it.

A constitutional monarchy

- Canada's **head of state** is a hereditary **Sovereign** (King or Queen) who reigns according to the Constitution.
- As **Head of the Commonwealth**, the Sovereign links Canada to other Commonwealth nations that work together.
- There is a clear difference between: the **head of government**: the **Prime Minister**, who actually runs the country.
- The Sovereign is represented: in each of the **10 provinces** by a **Lieutenant Governor**.
- In each province, the **Premier** has a role like the Prime Minister's.
- In the three **territories**, a **Commissioner** represents the federal government and has a ceremonial role.

Three branches of government

- Canada's government has three branches: the **Executive**, the **Legislative** and the **Judicial**.

Provincial and territorial members

- **MHA:** Member of the House of Assembly (Newfoundland and Labrador).

Then and Now: In the guide: the Sovereign is Queen Elizabeth the Second.
Now (as of November 2026): the Sovereign is King Charles the Third. The Governor General is Louise Arbour, the 31st Governor General, in office since June 8, 2026. The Prime Minister is Mark Carney. These facts change: check them again before your test (see Lesson 12 and Your Extras).

Key words: Federal state: a country with a national government and provincial governments, each with its own powers; **Parliamentary democracy**: the people elect representatives who make laws; **Constitutional monarchy**: the head of state is a Sovereign who reigns under the Constitution; **Royal Assent**: the final step that makes a bill a law; **Premier**: the head of a provincial or territorial government.

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Cheat Sheet 9: Federal Elections, Voting and Local Government

Remember: To vote: citizen, 18 or older on voting day, on the voters' list.

Remember: Majority: at least half the seats. Minority: less than half. Official Opposition: the opposition party with the most seats.

Federal elections

- Canadians elect the people who represent them in the **House of Commons**.
- Canadians elect the people who represent them in the **House of Commons**. These people are called **Members of Parliament (MPs)**.
- By law, federal elections are held on the **third Monday in October every four years** after the last general election.
- The Prime Minister may ask the Governor General to call an **earlier** election.

Who can vote

- You can vote in a federal election or referendum if you are: a **Canadian citizen**; and; at least **18 years old on voting day**; and; on the **voters' list**.
- The voters' lists come from the **National Register of Electors**, kept by **Elections Canada**, a neutral agency of Parliament.
- After an election is called, Elections Canada mails a **voter information card** to each person on the register.

The secret ballot

- Canadian law protects the **secret ballot**.

How to vote, step by step

- **Voter information card:** it confirms you are on the list and tells you when and where to vote.
- **No card?** Call your local elections office or Elections Canada to make sure you are on the list.
- **Advance poll or special ballot:** if you cannot vote on election day, vote early at an advance poll or by special ballot.
- **On election day:** go to your polling station.

After an election

- Usually, the leader of the party with the **most seats** in the House of Commons is invited by the Governor General to **form the government**.
- That leader becomes the **Prime Minister**.
- If the governing party holds **at least half** of the seats, it is a **majority government**.
- If it holds **less than half**, it is a **minority government**.

Municipal (local) government

- Cities and towns usually have a **council** that passes local laws called **by-laws**.
- The council includes a **mayor** (or **reeve**) and **councillors** (or aldermen).
- **First Nations** have **band chiefs and councillors** who are responsible for things like housing and schools on reserves.

Then and Now: In the guide: Canada has 308 electoral districts.
Now (as of November 2026): Canada has 343 electoral districts. The number rose from 338 to 343 at the election of April 28, 2025.

Then and Now: In the guide: three major parties are named in the House of Commons: the Conservative Party, the Liberal Party and the New Democratic Party.
Now (as of November 2026): the parties in the House change after each election. Check the current list before your test.

Key words: Riding: an electoral district, also called a constituency; **MP**: Member of Parliament, elected to the House of Commons; **Voter information card**: the card mailed by Elections Canada that tells you where and when to vote; **Secret ballot**: no one may see or demand to know how you voted; **By-law**: a law passed by a municipal council.

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Cheat Sheet 10: The Justice System

Remember: Innocent until proven guilty. The law applies to everyone, including the police and politicians.

Remember: The RCMP is the provincial police everywhere except Ontario and Quebec, which have their own provincial police.

The main ideas

- **Due process:** the government must respect all the legal rights a person has under the law.
- **Presumption of innocence:** in criminal matters, everyone is **innocent until proven guilty**.
- **Rule of law:** the law applies to everyone, including judges, politicians and the police.
- **Elected representatives** make the laws.
- The **courts** settle disputes.
- The **police** enforce the laws.

The courts

- The **Supreme Court of Canada** is the **highest court** in the country.
- The **Federal Court of Canada** deals with matters about the federal government.
- Most provinces have an **appeal court** and a **trial court**.
- There are also provincial courts for less serious offences, **family courts**, **traffic courts** and **small claims courts** for civil cases about small amounts of money.

The police

- **Provincial police** forces in **Ontario and Quebec**.
- **Municipal** police departments in all provinces.
- The **Royal Canadian Mounted Police (RCMP)** enforces federal laws across Canada.
- The **Royal Canadian Mounted Police (RCMP)** enforces federal laws across Canada. It also serves as the provincial police in all provinces and territories **except Ontario and Quebec**, and in some towns and cities.

Getting legal help

- **Lawyers** can help with legal problems and speak for you in court.
- If you cannot pay for a lawyer, most communities have **legal aid** services, free or at low cost.

Then and Now: In the guide: some trial courts are called the Court of Queen's Bench.
Now (as of November 2026): with a King on the throne, these courts are called the Court of King's Bench.

Key words: Due process: the government must respect all of a person's legal rights; **Presumption of innocence**: a person is innocent until proven guilty; **Supreme Court of Canada**: the highest court in Canada; **Legal aid**: free or low-cost legal help.

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Cheat Sheet 11: Canadian Symbols

Remember: Flag: 1965. National colours: red and white, since 1921.

Remember: Motto: A Mari Usque Ad Mare, "from sea to sea".

Remember: Hockey: national winter sport. Lacrosse: official summer sport. Soccer: most registered players.

The Crown

- Canada became a constitutional monarchy of its own at Confederation in 1867, when **Queen Victoria** was on the throne.

Flags

- The **national flag** was first raised in **1965**.
- **Red and white** became Canada's **national colours in 1921** (they had been colours of France and England since the Middle Ages).

The maple leaf

- The **maple leaf** is Canada's **best-known symbol**.

The fleur-de-lys

- The lily flower, the **fleur-de-lys**, was a symbol of French royalty for more than a thousand years, including in New France.
- In **1948**, **Quebec** adopted its own flag, based on the cross and the fleur-de-lys.

Coat of arms and motto

- After the First World War, Canada adopted an official **coat of arms** and a national **motto**: **A Mari Usque Ad Mare**, Latin for **"from sea to sea"**.

The Parliament Buildings

- The Parliament Buildings were finished in the **1860s**, in the Gothic Revival style of Queen Victoria's time.
- The **Centre Block** burned in an accidental fire in **1916** and was rebuilt in **1922**.

Sports

- **Hockey** is Canada's most popular spectator sport and the **national winter sport**.
- Professional hockey teams play for the **Stanley Cup**, donated by **Lord Stanley**, a Governor General, in **1892**.

The beaver

- The **beaver** was adopted centuries ago as a symbol of the **Hudson's Bay Company**.
- You can see it on the **five-cent coin**.

The official languages

- Parliament passed the **Official Languages Act in 1969**.
- Parliament passed the **Official Languages Act in 1969**.

The national anthem and the royal anthem

- **O Canada** was proclaimed the **national anthem in 1980**.
- **O Canada** was proclaimed the **national anthem in 1980**. It was **first sung in Québec City in 1880**.

Honours

- Official awards are called **honours**: orders, decorations and medals.
- After using British honours for many years, Canada created the **Order of Canada** in **1967**, the 100th anniversary of Confederation.

Then and Now: In the guide: Queen Elizabeth the Second, Queen since 1952, celebrating her Diamond Jubilee in 2012.
Now (as of November 2026): King Charles the Third is the Sovereign.

Then and Now: In the guide: the second line of the English anthem says "in all thy sons command".
Now (as of November 2026): since a law of February 2018, the line is "in all of us command".

Then and Now: In the guide: the guide's list of holidays and special days does not include September 30.
Now (as of November 2026): since 2021 there is also a federal day, the National Day for Truth and Reconciliation, on September 30.

Key words: Fleur-de-lys: the lily flower, a symbol of French royalty and of Quebec; **A Mari Usque Ad Mare**: Canada's motto, "from sea to sea"; **Peace Tower**: built in 1927 in memory of the First World War; **Order of Canada**: Canada's own honour, created in 1967; **Victoria Cross**: the highest honour available to Canadians.

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Cheat Sheet 12: Canada's Economy and Regions

Remember: Service, manufacturing, natural resources. More than 75 percent of workers are in services.

Remember: Capital of Canada: Ottawa. Five regions: Atlantic, Central, Prairie, West Coast, North.

A trading nation

- Canada has always been a **trading nation**.

Three main types of industry

- **Service industries** provide jobs in transportation, education, health care, construction, banking, communications, retail, tourism and government.

Canada and the United States

- Each country is the other's **largest trading partner**.

Canada's size and geography

- Canada is the **second largest country on Earth**: about 10 million square kilometres.

The national capital

- **Ottawa**, on the Ottawa River, was chosen as the capital in **1857** by **Queen Victoria**.

The five regions and the capitals

- Canada has **10 provinces and 3 territories** in **five regions**.

The Atlantic provinces

- **Newfoundland and Labrador:** the most easterly point in North America, with its own time zone.

Central Canada

- **Quebec:** most people live along the St. Lawrence River.

The Prairie provinces

- **Manitoba:** economy based on farming, mining and hydro-electric power.

The West Coast

- **British Columbia:** Canada's westernmost province, on the Pacific.

The Northern territories

- The **Northwest Territories, Nunavut and Yukon** cover one-third of Canada's land, but have a very small population (about 100,000 in the guide).

Capitals: Newfoundland and Labrador: **St. John's**; Prince Edward Island: **Charlottetown**; Nova Scotia: **Halifax**; New Brunswick: **Fredericton**; Quebec: **Québec City**; Ontario: **Toronto**; Manitoba: **Winnipeg**; Saskatchewan: **Regina**; Alberta: **Edmonton**; British Columbia: **Victoria**; Nunavut: **Iqaluit**; Northwest Territories: **Yellowknife**; Yukon: **Whitehorse**. Capital of Canada: **Ottawa**.

Then and Now: In the guide: NAFTA, and Canada as part of the G8 (with the United States, Germany, the United Kingdom, Italy, France, Japan and Russia).
Now (as of November 2026): a new agreement, the Canada-United States-Mexico Agreement (CUSMA), replaced NAFTA in 2020. Russia was suspended from the group in 2014, and since then it meets as the G7.

Then and Now: In the guide: about 34 million people.
Now (as of November 2026): about 41.8 million (Statistics Canada estimate for July 1, 2026).

Then and Now: In the guide: Nunavut's Legislative Assembly has 19 members.
Now (as of November 2026): it has 22 members.

Key words: Trading nation: a country that depends on trade; **Service industries**: jobs that provide services, not goods; **Tundra**: the treeless Arctic plain with frozen soil; **Consensus government**: decisions made by agreement, without parties, as in Nunavut.

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